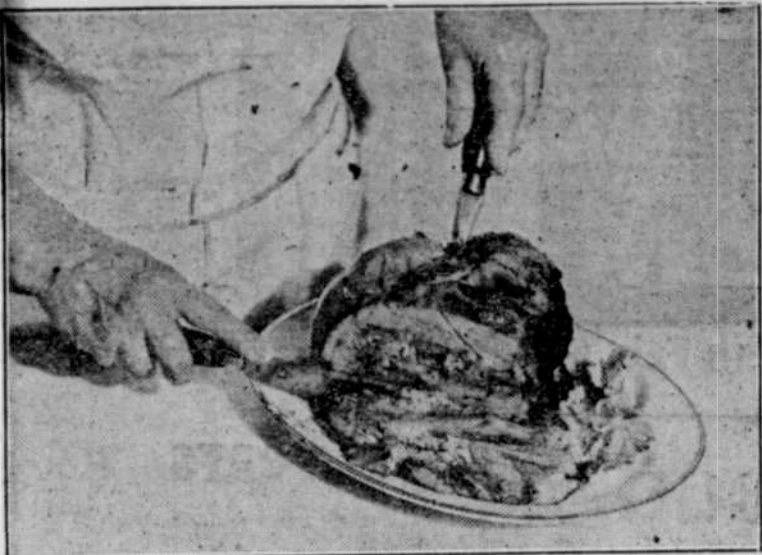


How to Roast Pork Shoulder



Carving a Boned Stuffed Fresh Pork Shoulder.

(Prepared by the United States Department of Agriculture.)

The "picnic shoulder" is one of the nicest cuts of fresh pork, and it is usually less expensive than the loin. It is often stuffed for roasting, the stuffing taking the place of the bones which the butcher removes when the meat is bought. In a new meat leaflet, "Pork in Preferred Ways," specialists of the bureau of home economics of the United States Department of Agriculture tell how to cook a stuffed shoulder roast, among numerous other delicious ways of preparing pork.

The meat should be skinned and trimmed, and the bones removed. Wipe it with a damp cloth. Lay the boned shoulder, fat side down, and carefully cut a few gashes in the parts where the meat is thickest so that it will hold more stuffing. Sprinkle with salt and pepper. Make a savory stuffing of the ingredients listed herewith, and pile some of it into the cavity while hot. Begin to sew the edges of the shoulder together to form a pocket, and gradually work in the rest of the stuffing, not packing it but putting in lightly as much as the shoulder will hold. The quantity given in the recipe will be right for a 3 or 4 pound shoulder. Rub the outside of the stuffed shoulder with salt, pepper, and flour. Place the roast on a rack in an open pan without water. Sear the meat for 30 minutes, or until lightly browned. In a hot oven (400 degrees Fahrenheit). Then reduce the oven temperature rapidly to very moderate heat (300 degrees to 325 degrees Fahrenheit), and continue roasting at this

HINTS FOR HOUSEKEEPERS

Obedience in children should be based on understanding.

If colors in material tend to run, launder in cold water and wash and dry rapidly.

Two coats of good oil paint over a smooth plaster make a satisfactory finish for kitchen walls.

The wisest parents wish to understand and help rather than to dictate to or possess their children.

Sheer material will not pucker when it is stitched on the machine if strips of paper are placed underneath and the stitching done through both fabric and paper.

Rayon undergarments give better service if they are dried lying flat on a bath towel. Rayon becomes weak when wet and is easily damaged by stretching or rough handling.

Bedtime Story for Children

By MARY GRAHAM BONNER

"I don't suppose in real life I'd ever see you, would I?" David asked the Wind. "No one actually sees the Wind itself."

"They see what I can do and I make myself heard," Wind chuckled, as it talked to David while he was on his adventures all over the world.

"Isn't France at the other side of the channel?" David asked after a moment, and felt quite pleased with himself for remembering this.

"Yes, but France is still a bit of a distance off. You're right in the Channel, so to speak. But come, jump in my airship for you are going to have a pleasant morning stroll in Ireland."

David jumped into Wind's airship which flew low and not so quickly, so that as they flew David could see a country marked Wales with mountains and wild, beautiful scenery. He saw Map people digging into the mines for coal, and then Wind blew him right across a channel marked St. George's Channel and before long they landed in a beautiful green pasture. It was the most beautiful green pasture he had ever seen. It was so really, really green.

"You're to have a first breakfast here," said Wind, "and then I'm coming back for you to have a second breakfast in Scotland."

"They're famous for their dairy products here so you should have a delicious breakfast."

David was quite sure he could eat two breakfasts. He was so very hungry and he hadn't had any breakfast at all.

He wandered around the green, green country. How pretty it all was, such interesting little lanes and turnings, such quaint little homes, such beautiful, beautiful lakes.

He had his breakfast which was of the Map people gave him.

The Map person called himself Emerald Isle. He was shaped something the way the map of Ireland had



"Jump in My Airship."

looked to David in his book, and he wore a suit of green with a beautiful linen waistcoat, and he laughed and told jokes and was such a merry host.

"I just took the name they often give the island," he explained. "It is so very green and if you think about it—"

"My face feels quite damp," David suddenly said.

"Ah, there! Such a saving of time and effort! You didn't have to bother

—the easiest face wash in the world. Yes, that's the dampness coming in from the sea, and that's why there are such beautiful green pastures here. The sea thinks a thing or two of Ireland to give it all this help and loveliness."

"I've eaten so much," David said, "that I think I'll get up and take a walk. If Wind comes for me tell him I'll be back soon."

"Maybe Wind will catch up with you. He can do that! He's a pretty quick fellow," Emerald Isle said.

David laughed. "He has his airship, too," he added.

David wandered off toward the southwestern coast until he came to some lovely lakes which were marked Killarney.

How helpful it was that in the Living Map all the places were marked. He had the most refreshing swim and just as he had finished and was dressed again he felt a cool breeze and heard Wind's voice.

"Jump in," Wind said, and David jumped into the airship, fastened himself in, and without another word they were off.

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Fermented Milks High in Food Value

Buttermilk and other sour or fermented milks are not only wholesome and refreshing as beverages and high in food value, but they have a recognized therapeutic importance, especially in the treatment of intestinal disorders.

Milks soured by the introduction of a "starter" or culture containing one or more of the lactic-acid bacteria are produced in large quantities in commercial laboratories and are generally reliable. They differ from each other in the bacteria used and consequently in their effects, but all are high in food value, lacking none of the elements contained in the fresh milk from which they are made except the butterfat.

However, the addition of fermented milk to the diet may change very materially the ratio of protein to other classes of food, the United States Department of Agriculture points out.

coloring. Mothers who make their little folks' clothes will do well to make a note of the ensemble vogue. The thought applies to wash materials for playtime hours as well as to dress-up silks.

Little girls' dresses developed in white dimity, lawn, or batiste, display delicate hand embroidery, such as is usually associated with infants' wear, which all goes to show that what with such a quantity of ornate handwork to be done on clothes for the little folks of the household, mother's leisure hours will turn out to be a myth and a delusion.

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Suitable Clothes for Boys

(Prepared by the United States Department of Agriculture.)

Clothes influence the character and happiness of children. Qualities of character that are very definitely affected by their clothing are self-reliance and independence. At a very early age, less than three years, a child can learn to dress and undress without help, provided all his clothes are designed with this aim in view. A little patience will soon teach a small boy just how his trousers should be buttoned on the waist, if the fastenings are as simple as possible and placed where he can reach them. Besides developing independence, the ability to dress himself and go to the toilet alone will save a great deal of time for the mother.

Many people believe that boys care little about their appearance, and point to their apparent indifference when they are playing actively in soiled or torn garments. If they were given suitable playclothes, however, they would not look so disreputable, and they would be equally happy in, and unconscious of, their clothing while at play. Being dressed for play, in any case, is quite a different matter from being dressed for appearance before other people, to go to school, for example, even a nursery school; or to be taken to somebody's house. A queer or ill-fitting suit or one of an ugly color will make a little boy just as uncomfortable as his little sister would be under similar circumstances.

Boy's clothes should be smartly masculine in cut and well tailored, but they may have plenty of color, according to what the child likes and what is becoming. Some children are very sensitive to colors, and this should never be ignored or ridiculed. Their likes and dislikes should be considered as far as possible. Usually children's taste in color is reliable, although a trifle primitive. With a little guidance in choice, they may receive much happiness from the color of their clothes, and at the same time develop good taste.

Workmanship not of the best can ruin a good selection in design and color. Accurate cutting followed by straight, fine, close stitching gives the air that accompanies beautifully tailored clothes. Poorly constructed suits spend much of their time in the mending basket. For the woman who sews well and has time, it may be an

economy to make the small boy's suits. A careful selection of patterns is her first responsibility.

The suit illustrated was designed by a specialist of the bureau of home economics of the United States Department of Agriculture, and is one of the very first little boy will wear. The trousers are as simple and straight as possible and are carefully cut. The back seam is longer than the



Colorful Suit.

front, and gradually slants from the top to the crotch. This provides room for sitting. There is a front drape which is independent of the side placket. The little blouse has a collar trimming stitched flat, matching the trousers and cuffs in color. There is enough variation in the line of the bound front closing to make it interesting. To give room for activity in a blouse with long sleeves the waist must be a little loose through the body and under the arms. This extra width is slightly confined at the hips by buttons and loops so that it does not hang outward in front. Some companies have issued patterns in accordance with the designs developed by the bureau of home economics.

Some Recipes That Will Be Liked

By NELLIE MAXWELL

Crabbed age and youth Cannot live together: Youth is full of pleasure, Age is full of care; Youth like summer morn, Age like winter weather; Youth like summer brave, Age like winter bare.

The modern housewife strives to be different, to cut new paths in culinary trails. She is constantly looking for new dishes, new ways to serve ordinary foods, to charm her family and friends.

This is the season when turkey, goose and duck are plentiful. Try the Southern way of using corn bread for turkey stuffing and baste the fowl with orange juice, using two teaspoonfuls of lemon juice to each cupful of the juice. This gives a delicious flavor to the bird. Lemon, like vinegar, softens the fibers of meat and makes them tender. Rub the fowl with lemon before putting it in to roast, it will soften the skin and make it tender and palatable.

Potato Balls With Lemon Parsley.—Prepare the potato balls with a potato cutter and cook until tender. Prepare six tablespoonfuls of butter, one tablespoonful of lemon juice and two tablespoonfuls of minced parsley, one teaspoonful of salt and one-fourth teaspoonful of pepper. Mix and pour

over the hot balls and serve at once.

Plum Pudding.—Take one pound each of raisins and currants, one pound of suet, one-half pound of citron, one cupful of chopped mixed nuts, one pound of bread crumbs, one teaspoonful each of cinnamon, cloves and allspice; one-half teaspoonful of nutmeg, five eggs well beaten, one-half cupful of orange juice, one pound of sugar, one-half cupful of flour. Chop suet, citron and nuts. Mix the flour with the fruit and add all the ingredients. Fill pound baking powder cans two-thirds full. Steam four hours, cool and wrap as for fruit cake. Keep in a cool place; it will keep indefinitely.

Lemon Hard Sauce.—Take one and one-half pounds of powdered sugar, the yolk of an egg, one-half cupful of butter, two tablespoonfuls of lemon juice, one teaspoonful of vanilla, one egg white and green vegetable coloring. Cream the butter, add sugar very gradually, the egg yolk, lemon juice and other ingredients; add stiffly beaten white and heat until smooth, then tint with green coloring. Serve garnished with a candied cherry in the center of each helping.

Filling for Caramel Cake.—Take two pounds of brown sugar, one-half pound of butter, one pint of milk. Cook at a simmering temperature for three hours. Chop one and one-fourth cupfuls of walnut meats. Cool

the sirup and add to the whites of two well-beaten eggs; sprinkle with nuts after spreading on the layers.

When preparing a salad, it will be much more palatable, especially if of vegetables, to marinate it for an hour or more in the following:

Salad Marinade.—Mix thoroughly six tablespoonfuls of lemon juice, three tablespoonfuls of oil, one teaspoonful of salt, one-fourth teaspoonful of pepper and the same of onion juice. When serving add a spoonful or two of any desired salad dressing.

Lemon Mincemeat.—Take one cupful of raisins, three cupfuls of chopped apple, one-half cupful of chopped nuts, one-fourth cupful of candied orange peel or orange marmalade, one-half cupful of lemon juice, two cupfuls of sugar, one-half teaspoonful of salt, two teaspoonfuls of cinnamon, one teaspoonful each of cloves and ginger. Scald, drain and chop the raisins, mix all the ingredients, adding to each pie one-fourth cupful of melted butter. Chopped suet, one-half cupful, will take the place of the butter and may be scalded with the raisins. This amount will make two pies.

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Daddy's Evening Fairy Tale

By MARY GRAHAM BONNER

GEO'S TALK

David had just seen a splendid parade, and now he was talking to Geo whose real name was Geography. Geo was taking him on adventures so he could see what was what and who was who on the other side of the world.

Never had David dreamed there could be such a parade and as it came to an end along hurried his little friend North Temperate Zone, wearing the family coat of arms of a belt.

It was at the end of the long parade that Geo came along, too, smiling at David with his blue, blue eyes, and as David greeted them Geo said:

"You're going to have a banquet."

"That's great," David cried. "I'm so hungry."

"Yes," Geo went on, "the different countries have sent food for the banquet. Of course you can journey through this continent—it's a nice, convenient size for you, and will see how irregular old Europe's coastline is, but you must have a good meal first."

David thought it a good idea. He was really starved hungry.

He got out of the grand stand then and walked with Geo and North Temperate Zone whom he called Enty for short, down along the Cornish coast, past a gorgeously wild cove marked Mullion's where set gulls swooped around with their great wings flap-



Land's End.

ping as they shrieked shrilly, until they came to a point called Lanes End—all jagged and rocky, with stones thrown about everywhere.

"It's something like mother's scrap box where she puts everything she never needs but never knows when she may," David thought. He liked it here, though, and he felt it was rather fine to be at the tipmost point of England where the land walked off into the sea and didn't care about her appearance or anything so long as she could reach so far to the sea.

"Geo, it's great I'm to have this trip," David began. He felt he should say something polite, but Geo waved an arm and said:

"Don't bother to say anything. I'm happy enough that you like me well enough to call me Geo instead of by my whole name Geography. But my Right Hand Man was very anxious too, that you should have this trip."

"Who is he?" David asked.

"He's a Map person," Geo answered. "And this trip will be as the other one. You'll not meet any real world people but you'll just meet Map people. And you can choose to go one place rather than another. We know you won't have time for everything and none of us will feel slighted. We only want you to have a feeling of friendliness and liking for us all. No adventurer can go everywhere—they must do some choosing—but we want our adventurer to enjoy himself. Come now, sit on this rock and have the good things that they've sent. Some of them sent a great deal that won't be needed, but they were so anxious to take part."

"Is the Right Hand Man coming to the dinner?" David inquired.

"No, he sent his regrets. You'll see him later on," Geo said.

A Trick to Try

Have you ever tried to cut an apple into parts without breaking the skin? Pass a needle and thread under the skin for a distance of about an inch—more or less, according to the size of the fruit, and just sufficiently deep to prevent the mark of the thread being seen.

Continue to insert the needle in the same hole at which it was previously taken out, and so on until you have gone around the apple. Then the two ends of the thread having met, take both of them in your hands and draw out, by which means the apple will be separated into two parts.

In the same manner you may divide it into several parts by simply altering the course of the thread, and yet the rind will remain entire. Present the apple to anyone to peel and directly the skin is broken it will fall to pieces.

And Busy, Too
Solicitor—Is your boss in?
Office Boy—Yes.
Solicitor—Can I see him?
Office Boy—No, he's in for sixty days.

Non-Skid Pancake
Teacher—Can you tell me what a waffle is, Thomas?
Tommy—Yes'm. It's a pancake with a non-skid tread.

OLD DOCTOR'S IDEA IS BIG HELP TO ELDERLY PEOPLE



In 1885, Dr. Caldwell made a discovery for which elderly people the world over praise him today!

Years of practice convinced him that many people were endangering their health by a careless choice of laxatives. So he began a search for a harmless prescription which would be thoroughly effective, yet would neither gripe nor form any habit. At last he found it.

Over and over he wrote it, when he found people bilious, headachy, out of sorts, weak or feverish; with coated tongue, bad breath, no appetite or energy. It relieved the most obstinate cases, and yet was gentle with women, children and elderly people.

Today, this same famous, effective prescription, known as Dr. Caldwell's Syrup Pepsin, is the world's most popular laxative. It may be obtained from any drugstore.

At Last Relief for Itching or Protruding Piles without the knife, send for free trial package, prescription 951-A and be convinced. Canan Drug Co., Box 4142, Portland, Ore.



Mothers... Watch Children's COLDS

COMMON head colds often "settle" in throat and chest where they may become dangerous. *Don't take a chance*—at the first sniffle rub on Children's Musterole *once every hour for five hours*.

Children's Musterole is just good old Musterole, you have known so long, in milder form.

Working like the trained masseur, this famous blend of oil of mustard, camphor, menthol and other ingredients brings relief naturally. It penetrates and stimulates blood circulation, helps to draw out infection and pain.

Keep full strength Musterole on hand, for adults and the milder—Children's Musterole for little tots. All druggists.



Three Generations Endorse It

"When I was a young single girl I took Lydia E. Pinkham's Vegetable Compound because my mother did and she gave it to me. After I married I took it before my children were born and afterwards, and I have eight living children. I am now a grandmother and still take it and still recommend it when any one is tired and run-down."—Mrs. Alfred Iverson, St. Edwards, Nebraska.

Lydia E. Pinkham's Vegetable Compound

Clears out cold in head or chest

A home remedy of tested and tried ingredients, safe, dependable.

SALES ONEY OF MOREHOUND AND TAR

30¢ as all druggists For selling with one file's Toothache Drops.