

How to Arrange Balanced Diet

Fruits and Vegetables Play Important Part.

By EDITH M. BARBER

RECENTLY I read of an account of a talk given to a group of college students where the speaker indicated severely the present American diet. The speaker stated that generally the food eaten in this country was "unbalanced." In my opinion the dietary habits of the people of the United States are better than those of any other nation. They have improved enormously in the last 20 years, for two reasons.

The first reason is the availability and the high quality of a great variety of fruits and vegetables which in our cities have practically no season. It is possible even in the smallest town to purchase a large variety of canned products instead of merely tomatoes and corn, the staples of a bygone day.

The second reason is the increased knowledge of the importance of a plentiful amount of fruits and vegetables and of milk and eggs. The discovery of the vitamins and their sources and further knowledge of the need of certain mineral salts and the general dissemination of these facts by newspapers and magazines have made the men and women of today diet conscious.

Children generally are being fed in such a way that not only are they in better condition than once was the case, but at the same time they are being trained to like foods which provide health essentials throughout life. Again I say that the foundation of good nutrition is plenty of milk, eggs, fruits and vegetables, some meat, some fat, some sugars and some cereals.

Seasoning each layer with salt, pepper and butter. Pour the milk over the layers, cover with fine bread crumbs and bake slowly three-quarters of an hour.

Creamed Onion Tops.
3 bunches of young onions
2 cups white sauce
Cut the onion tops into one inch pieces. Cook the onions in plenty of boiling water (salted) about ten minutes until tender. Add to the white sauce and serve on toast.

Baked Potatoes With Chives.
Bake medium sized potatoes and when soft break open and add to each one-half tablespoonful of chopped chives, a piece of butter, salt and paprika.

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Lunch Counter on Rails Is Latest



The lunch counter, characteristic of America's bustling hit-and-run habits, has at last invaded the railroad train. With the streamlined coach of the B. & O., it shares innovation honors on the run between St. Louis and Chicago, and is popular with the patrons of the train named The Abraham Lincoln.

NEW USES FOR FARM PRODUCTS

Growing Crops for Industrial Purposes Is Possibility.

A conference between representatives of agriculture, industry and science held at Dearborn, Mich., was devoted to the possibility of producing crops for industrial purposes. The importance of chemistry in converting raw products into useful commodities was stressed.

Growing motor fuel on the farm was pictured as a \$5,000,000,000-a-year income builder for future farmers. The land requirement for the production of 25,000,000 gallons of alcohol a year was estimated at 80,000,000 to 100,000,000 acres. There seems to be no unsolved technical problem standing in the way of utilizing alcohol as a fuel, though there doubtless will be improvements and refinements developed.

Motor fuel is a competitive product. Users of automobiles will continue to utilize the type which furnishes power at lowest cost and greatest convenience. Present supplies of gasoline and those immediately in prospect, together with the efficiency developed in distribution, give it a decided advantage over other fuels. If production should decline and prices increase materially, substitutes will be given greater consideration. With corn selling at \$1 a bushel, discussion of its diversion into uses other than for feeding have largely subsided. Those who advocate its conversion into alcohol to be mixed with gasoline for fuel presuppose a decided reduction in prices.

Ethyl alcohol can be made from any farm crop. It is derived largely from carbohydrates. In Europe unmarketable potatoes are utilized largely for that purpose. Much of the molasses, a by-product of the sugar industry, is now converted into alcohol. There is, however, no indication that any crop is grown primarily for that purpose, but materials of low value, or in some instances waste products, are utilized. It probably will be many years before corn will be grown primarily as a fuel crop.

Soy bean oil is extensively used in paints and varnishes. Linseed oil has many industrial uses. Tung oil trees are grown in the South in a limited way with prospects of greater expansion. Levulose, a form of

sugar, can be made from artichokes or sunflowers. Cornstalks have been successfully converted into wall board, slash pine into paper pulp.

New uses for other farm products will be discovered, but the problems of getting production costs low enough, of factories located close to the source of supply to save labor and transportation costs, will have to be solved before commercial activity may be developed.

American agriculture has been conducted upon an export basis. As yet no workable plan of self-sufficiency has been developed. It is a whole-some thing for agriculture, industry and science to co-operate in an effort to develop the market for farm products as any success along this line will add to the standard of living in rural communities and make a wider market for industrial goods.

Meanwhile the farms need foreign markets.—Kansas City Times.

Insurance policy with its paraphernalia. This policy, on the payment of the premium, insures conjugal happiness for different lengths of time—the longer the period the smaller the premium. In the policy "conjugal happiness" is defined in the biblical way, and the policy may only be redeemed on proof of divorce or legal separation.

The Easy Way to Iron

Coleman Self Heating Iron

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THE COLEMAN LAMP & STOVE CO.
Dept. W-100, Wichita, Kan. Los Angeles, Calif. Chicago, Ill.

Vegetable Chowder.

1 tablespoon fat
1 medium sized onion
Salt
1 cup boiling water
1 cup potatoes, diced
1/2 teaspoon paprika
Pepper
1 cup canned corn
3 cups milk

Brown the onion sliced thin in the fat, add the seasonings, boiling water and potatoes and cook until potatoes are soft. Add milk, corn and more salt if needed. Bring to the boiling point and serve.

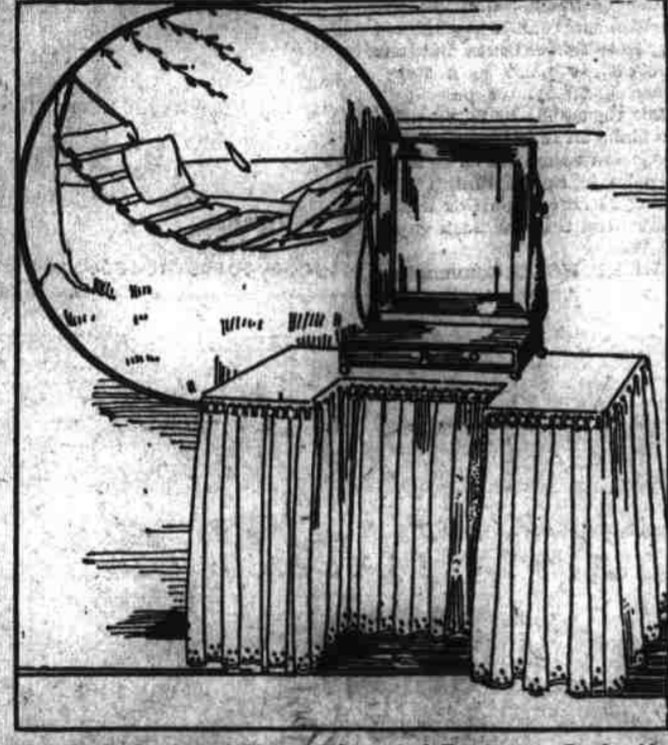
Carrots and Onions in Casserole.

3/4 dozen medium sized carrots
3/4 dozen good sized onions
Bread crumbs
1 cup milk
Butter

Place carrots and onions in greased casserole in alternate layers.

The Household

By Lydia Le Baron Walker



Two Easily Constructed Pieces of Improved Furniture, a Comfortable Hammock From Barrel Staves and a Dainty Dresser From Three Boxes.

IMPROVED furniture is just the sort to have when an essential article cannot be bought at the present moment. The cost is reduced to a minimum, the labor is not great, and the utility is assured. Also some of this type of furniture is very attractive and decorative.

For the summer shack the sturdy sort, minus frills, suits the architecture—if one can use so pronounced a word for such a simple dwelling place. The improvised furniture is also well-suited to cottages, and it may be used effectively in city and country houses.

There is no definite decorative style to improvised furniture. It may be constructed for lawn, or inside-the-house, or porch furnishings. I have enjoyed a comfortable seat in a hammock made from the staves of a barrel. Two holes were drilled near the ends of each stave. Through them clotheslines were run, and knotted between staves. The shape was in accord with the contour of the staves and was further accentuated by giving the hammock an upward turn at the ends, for added comfort.

Color and Cushions.
The hammock was painted tile

red. In it were Turkey red cushions. What more can be desired for a seat under the trees, a seat that lends gaiety to the surroundings, and which will weather any storm without detriment? Even the cushions will not suffer when they are covered with waterproof material.

It is a far cry from this piece of lawn or porch furniture to the dainty boudoir dresser contrived from three boxes. Each box is stood on its side, the center one with the width toward the front, while at ends the boxes have the width at the sides which makes them project at side front. All boxes are on a line at the back, and are secured together with screws. Pieces of boards resting on screw eyes form shelves. This is the construction. Now for the dainty touches.

Covering for Dresser.
Pad each box top lightly. Tack

plain or figured, glazed chintz over the whole, bringing the material down over all edges. Use small brass rods, fastened inside the boxes just under their top boards, on which to run curtains, which extend to the floor. Edges of box tops and curtains may have borders or be finished with a ruching made of narrow contrasting colored chintz in double box pleats. Or the entire dressing table may be covered with net over the textile. The sides of boxes are finished as described, but the slightly ruffled material is brass tacked or invisibly tacked along top edges.

With a mirror above this dressing table, the furniture is a genuine addition to chamber furnishings. Frequently such a dresser is made to order by a cabinet maker for a special room, being done by a decorator. Nevertheless, it is an improvised furnishing.

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Awning Striped Chiffon



Awning striped chiffon in raspberry red, cedar green, and white is casually knotted to form a draped shoulder line with a V to the waist-line in back. The huge taffeta sash matches the red stripes.

CHOICE OF BOOKS

By LEONARD A. BARRETT

The president of one of the largest American universities recently expressed the opinion that not one of the books written today will be read 25 years hence. Perhaps this statement is true with reference to fiction and most of the poetry. One hesitates to accept as true so drastic a statement regarding books of science and philosophy.

The theories advanced by our modern scientists may be discarded, and likely will be, but as books of reference, a quarter of a century from now, they will be valuable. We are of the opinion that books of reference containing results in any research field will always be of much value. We are living in a different world than that in which Hawthorne, Emerson, Shakespeare and Browning wrote. The works of authors like these will always remain of permanent value and will be eagerly read by generations to come. The wonderful story of Les Miserables by Victor Hugo is still read by thousands.

In choosing books we should read, modern fiction may or may not have a prominent place. This depends upon the desire of the reader. We are informed that books of this sort

remain in shop windows, conspicuously displayed for sale, for just three months. After this time other books of a like nature take their place; which indicates the large amount of such writing that is thrown upon the market. Publishers are evidently of the opinion that the destiny of a book is determined within a three month's period. It is evident that no person can keep up with all the latest fiction. We are of the opinion that the most stimulating reading is biography and history. Many most excellent biographies have been published within the last ten years. The demand for books on biography have been large and very insistent. In such books we live over the periods of history and share the failures and triumphs of that person whose life we are reading. It is also a wonderful study in human nature at its best and at its worst. The historical novel seems to have been supplanted by books in the field of biography. It is not necessary to read a large number of books. It matters not how much we read but how we read. Lincoln had few books, but these he mastered and his Gettysburg address still remains a classic in American literature. "Master books, but do not let them master you—Read to live, not live to read."

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Outboard Winner



Fred Jacoby, Jr., of North Bergen, N. J., photographed just after he won the eighth annual Hudson river outboard motor race, from Albany to New York.

AMAZE A MINUTE

SCIENTIFACTS BY ARNOLD

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Send the top from one full-size Grape-Nuts package, with your name and address, to Grape-Nuts, Battle Creek, Mich., for membership pin and copy of club manual, containing list of 37 nifty free prizes. And to have loads of energy, start eating Grape-Nuts right away. It has a winning flavor all its own—crisp, nut-like, delicious. Reconstituted to serve, too, for two tablespoons, with whole milk or cream, provide more varied nourishment than many a hearty meal. (Offer expires Dec. 31, 1935.)

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