

Calcium Needed in Daily Menu

Growing Boys and Girls Require It Regularly.

By EDITH M. BARBER

Do you know how to check your calcium diet for its calcium content? It is essential that you have a calcium supply, and even more important that the children of the family get what they need.

Growing boys and girls need from three to four times as much calcium in proportion to their weight as do adults. Calcium is responsible, although not entirely, for producing good bones and teeth. It helps to regulate the way our blood flows and clots. Nowadays before a small operation, it is customary to test the blood for its clotting properties. If these are not satisfactory, calcium salts are given the prospective patient.

The food which is most liberally supplied with calcium is milk which, of course, includes cheese, one of the most important milk products. Ice cream will also contribute some. Some vegetables and fruits provide it in less liberal amounts. Cauliflower, lima, dried beans, celery, string beans, cabbage, carrots, spinach, sweet potatoes, eggs, whole wheat and bran contribute worthwhile amounts.

A child who gets a quart of milk a day will not suffer from a calcium shortage.

Nut Muffins.
1 cup whole wheat flour
1 cup white flour
2 teaspoons baking powder
4 tablespoons brown sugar
1 egg
1/2 teaspoon salt
1 cup milk
4 tablespoons shortening
1/2 cup chopped walnuts or pecans
Mix dry ingredients. Beat egg, add milk and melted shortening. Add to dry ingredients. Add chopped nuts. Bake for 25 minutes in a moderate oven (400 degrees Fahrenheit).

Spinach Ring.
1/2 peck spinach
2 tablespoons butter
2 tablespoons flour
1 tablespoon grated onion
1/2 cup milk
3 eggs, separated
Pepper
Salt
1/2 teaspoon nutmeg
Wash, pick over and cook spinach until tender, about ten minutes. Drain and chop or put through meat grinder. Beat butter, stir in flour, then the milk. When smooth and

One of the New Hats



This square-back crown, perky bow, newest of the new, made of smart fur felt, tops an unusually chic new fall suit.

thick, stir gradually into the beaten egg yolks. Add spinach and seasoning, grated onion and nutmeg. Fold in the stiffly beaten whites of eggs, place in a well-greased ring or melon mold, set in a pan half filled with boiling water, and bake 20 minutes.

Cheese Fritters.
2 cups corn meal mush
1/4 cup flour
1 teaspoon baking powder
1 teaspoon salt
1 cup grated cheese
1 egg
Mix mush with flour, sifted with the baking powder and salt. Add the cheese and lastly the egg. Drop by spoonfuls on a hot griddle and fry on both sides.
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Boo-Boo Weighed Her Hand, Also



"My, what a big girl you're getting to be," smiled Boo-Boo, the London zoo chimpanzee, as she weighed her baby daughter, Jubilee. But Boo-Boo, like some butchers, weighed her hand along with the baby. When that was removed it was found Jubilee tipped the beam at seven pounds and two ounces.

The Household

By Lydia Le Baron Walker

IRONING boards must be properly covered if the ironing done on them looks expert. Irons must be in best condition also, and be of the right temperature. With electric irons the heat is intermittent as with the ordinary irons heated from without instead of within themselves. With the electric iron this is because of the need of alternating current. With the ordinary flat iron the change of temperature comes with the cooling of it during use, and the increase of heat when it is exchanged for one from the stove.

The great advantage in using an electric iron in hot weather is that no fire is needed. The current of heat from the iron does not permeate the room and the temperature can be kept lower than when a fire must be going. With either kind of iron the work can be equally as well done. An ironing board must be well padded. The padding must be without seams, and be in one piece. It must be long enough to extend the full length of the board and be wide enough to reach from side to side of the widest part of it. Boards can be padded with material at hand or pads can be bought. Unless they fit your particular size or board they are inadequate. One pad may do, but two pads are preferable. The more give there is to the board when ready for use the better, up to a certain point. Too deep padding retards ironing.

Extra Padding.
If extra padding is needed for ironing embroideries, etc., which should be in relief, use a pad of soft cloth, such as a Turkish towel. The reason why the board must be free from seams, from patches and creases, is that each one will make its imprint on the ironed garments, and mar the perfection of the work. The board must be straight and even. A warped board or a split one should be discarded, unless

mended to even it. Sometimes planing a warped board will renew its usefulness, and strips screwed underneath the board may restore a broken one. The end of the board over which garments are positioned must be smooth and free from pins, tacks or anything that might catch materials.

Irons should be waxed occasionally to make them glossy smooth. An ordinary candle end will do the job successfully as will other lubricants. If starch gets onto the iron, use a knife held with blade flat against the iron and scrape and then rub with wax. Always rub the freshly waxed iron well on paper or a cloth before ironing clothes with it as the wax will make grease marks.

Thoughts and Actions.
Few persons understand that there is a time of reaping of the seeds of thought and action which they sow. Youth is the javish time for sowing, mature years are those for garnering. Not all seed is sown in youth. We are continually strew-

ing our pathway with seeds, all of which we evidently consider will bloom in beauty. Many of these little seeds, however, block up our way with rank weeds that have thorns and dense growth, through which it is difficult to plough our way. Not all these seeds are those of good or bad actions. Many are of thoughts, apprehensive thoughts that tangle our ideals, worrying thoughts that cause sleeplessness and frequently bring illness in their wake, jealous thoughts that rend our hearts and bring unhappiness to us and often to those we love. The reaping is as sure as the sowing.

"No one will know, if I do this or that," so youth and adults often reason. Yet in time the effect of what was sown is plainly to be seen in the lines of the face, in the look of the eye, in the bloated visage, or the loose mouth, or it may be in the reverse, and loveliness of character shines forth with its mellowing grace that illuminates a face even though it may have far from handsome features. We all know faces of these descriptions and we realize that it is not chance that causes the repulsive or the charming look. Each is evidence of the seeds the person has sown.
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DO YOUR BEST

By LEONARD A. BARRETT

In his little book, "Kathrina," John Holland writes:
Of all dull, dread thoughts man ever bore,
Sure, none can wear the soul with discontent
Like consciousness of power unused.

Instinctively we want to attain our goal in life. We shun failure. No sacrifice is too great and no effort too difficult when we ardently seek possession of a coveted prize. When we honestly want to realize an ideal, all our powers are taxed to the very utmost.

In our strivings "sometimes we fall where we least expected to do so. Some unsurmountable obstacle, not of our own making, and for which we are not responsible, obstructs our pathway. We falter and, as Theodore Roosevelt used to say, "get our second wind"; then go on. But try as we will, we just do not attain the goal. Perhaps it was not intended that we should reach it. It may be a question whether our ideals were ever intended to be realized. Browning wrote, "A man's reach should exceed his grasp, or what's a heaven for." Perhaps we were in error in setting up an abstract ideal in place of a definite and burning purpose as the motivating incentive of our lives. If the expression of a great and commanding purpose be our supreme ideal, what higher purpose could there be than "to do our best" under all circumstances and conditions regardless of consequences.

That man who does his best need never fear failure, remorse or defeat. He will never know, "The discontent of power unused."

A man today holds a responsible position in the government because of the thoroughness with which he did his work. He rose to this position not through influence or "pull" but because he always did his best. Early in life he was taught "to do his best" even though the task seemed menial and unimportant.

Doing our best means that under all circumstances, as far as we are able, we should live in the environment of the best. Hear the best music and see the best art. Choose the best companions and read the best literature. Think the best thoughts. Give to the world your best, live in the environment of the best, and life to you will never lose its meaning but will bring to you deserved contentment, joy and true success.
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My Neighbor Says:

Cover soil in which delphiniums are planted with a heavy coat of lime in the fall. Work into the soil, then spread with cow manure, digging into earth about 15 inches deep.

If sugar is put between two layers of fruit when making fruit pies, juice will not boil over.

When making ice box cookies, put mixture into pan used for ice cubes, first lining pan with waxed paper. Cookies should be cut the width of the pan.

Vegetables keep fresh longer in a dark well-aired cellar. Do not let direct sunlight shine on them.
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POTPOURRI

Original Foot Warmer
The foot warmers, or "free-stones," of New England, are blocks of steatite rock which holds heat for a long time. It contains mostly talc, and because it has the feel of soap, it is sometimes called soapstone. Tallors' chalk is one variety of it. Early wood-burning stoves were manufactured from it.
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In Her Fall Dress



Mrs. Franklin D. Roosevelt is here shown in her first autumn afternoon dress, selected from Milgrim. The dress is fashioned of Jacquard satin crepe in a beautiful tone of chamberlain red. A soft cascade of drapery falls down the side of the skirt, which is ankle length. The drapery and pleating over the shoulders are caught with a rhinestone and ruby tone clip.

TEAR MARK'S STAMP

A curious variety of the one-cent Canadian silver jubilee stamp has been found by philatelists. The first stamp in the third row of the top left of the sheet shows a distinct tear drop falling from Princess Elizabeth's left eye to her cheek. Canadian collectors have christened the variety "the crying princess."—Detroit News.

ENTIRELY OF WOMEN

The Women's Mission Workers of Sweden, which recently celebrated its fortieth anniversary, is believed to be the first and perhaps the only missionary society composed entirely of women. Its workers are active among the Lapps of northern Europe and the Chinese and in India, Mongolia and Congo, North Africa; and the Middle East.



"I Simply Swear by Calumet!"

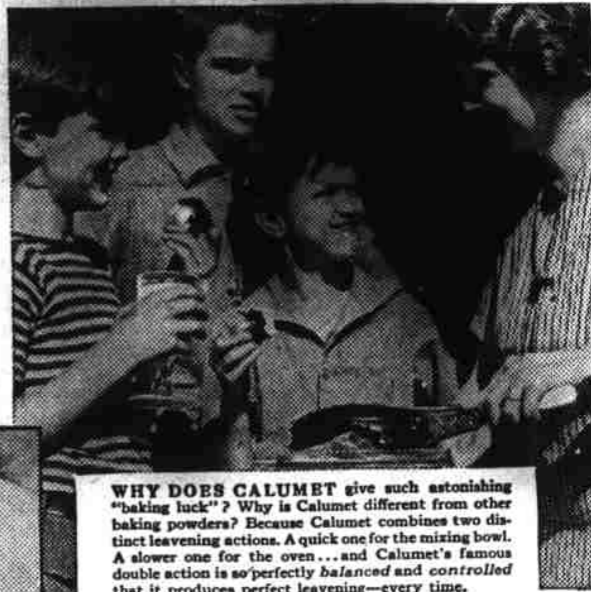
"There's not a better baking powder made!"

says Mrs. Owen H. Fleming, of 1235 Judson Ave., Evanston, Ill.

MRS. FLEMING and Calumet are staunch friends. "I never have seen any sense in taking chances with your baking," she says "when you can use Calumet and be sure of success."

"I've converted lots of my friends to using Calumet, too. And they all say the same thing I do—it's the one baking powder that's absolutely dependable!"

A SIMPLE TWIST... and the Soap-Off Top lifts off. No stirring, no broken Super-salts!



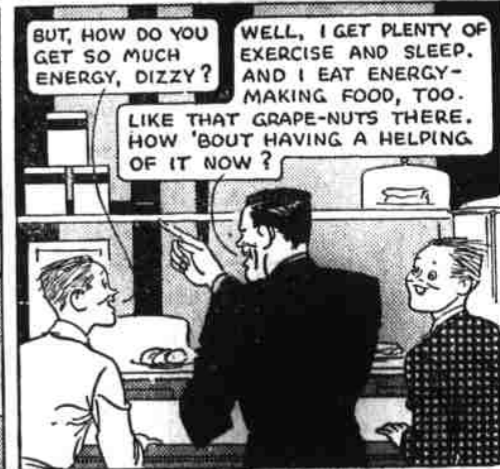
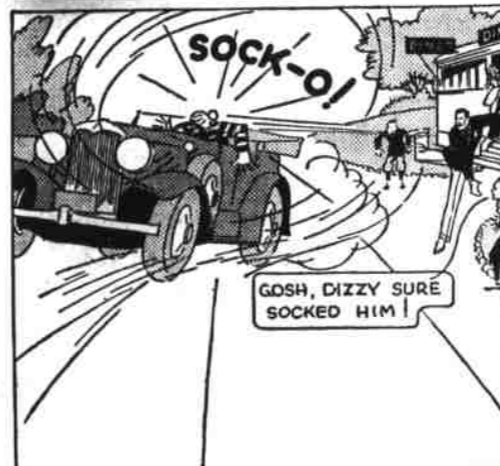
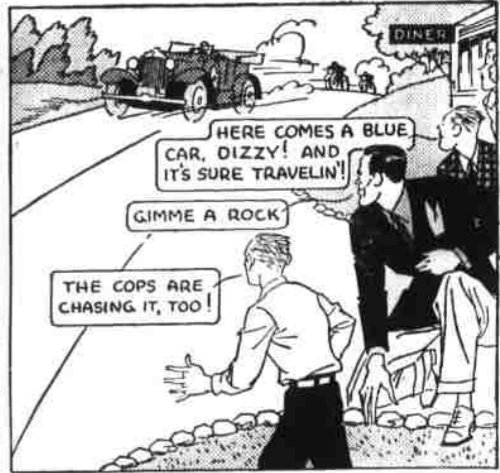
WHY DOES CALUMET give such astonishing "baking luck"? Why is Calumet different from other baking powders? Because Calumet combines two distinct leavening actions. A quick one for the mixing bowl. A slower one for the oven... and Calumet's famous double action is so perfectly balanced and controlled that it produces perfect leavening—every time.



Calumet is so economical!

Moderately priced to begin with... a full 16-oz. in weight... a can of Calumet, the Double-Acting Baking Powder, goes so much farther!

DIZZY DEAN nabs a runner!



Boys! Girls!... Get Valuable Prizes Free!

Join Dizzy Dean Winners—Carry Dizzy's Lucky Piece! Send the top from one yellow-and blue 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 fifty 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. Economical 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. Good only in U.S.A.)



AMAZE A MINUTE SCIENTIFACTS—BY ARNOLD

HEAVY LIFTING GAS!
THE THREE MILLION FEET OF HYDROGEN REQUIRED TO INFLATE THE GRAF ZEPPELIN WEIGHS 9 TONS.

A HOME FOR CATS—
THERE ARE ABOUT 53,000,000 CATS IN THE U.S., MORE THAN ONE FOR EVERY FIVE PEOPLE.

THE MUSCLE CATERPILLAR—
A CATERPILLAR HAS 4,000 MUSCLES, TEN TIMES MORE THAN A MAN.

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