

MANY USES FOR CORN AS FOOD DESCRIBED

Value Is Very Similar to That of Many Other Cereals.

(Prepared by the United States Department of Agriculture.)

Sections of corn flour, hominy, popcorn and fresh, canned and dried sweet corn have been added to material formerly published in "The Corn Meal" Farmers' Bulletin 533, issued in 1917. The result is a very valuable publication, Farmers' Bulletin 1221, "Corn and Its Uses as Food." It contains more than sixty recipes, covering the preparation of various corn preparations and corn preparations commonly used in the United States.

The nutritive value of corn, it is pointed out, is similar to that of other cereals. It is used in a diet that also contains fresh fruits, dairy products and vegetables. The choice between various cereals depends more on personal preference and price than on nutritive value. If corn is the main source of starch, or if wheat, rice or other cereals are scarce or dear, corn may be safely substituted for them. Corn preparations may be used in place of starchy vegetables such as potatoes, sweet potatoes, or beans, but in such cases some other vegetable or fruit should also be included in the diet to supply the mineral matter and vitamins which are less abundant or lacking in the corn. Corn can be substituted for part of the wheat in making yeast bread, but not for all, because it does not contain the necessary gluten. It can also be used in place of part or all of the wheat flour in many good quick breads and cakes.

Differences in milling methods make "old process" or "water-ground" and "new process" corn meal differ in taste, constituents and keeping quality. White corn meal is made from a different variety of corn than yellow corn meal. The preference for one or the other kind is largely personal or local. Coarsely-ground white corn, from which the skin and germ have been removed, is usually called samp, or coarse hominy; a somewhat finer, granular product is called hominy grits. Corn meal retains its softness after grinding and treatment according to the "old process" or "new process"; corn flour is corn meal ground and boiled until it is as fine as wheat flour. During the war corn flour was widely sold, but at present it is not ordinarily found in retail stores. Bakers and sausage makers use it, and it is one of the ingredients of some of the pancake flours on the market. Corn starch is separated out from the other ingredients of the corn kernel and sold under that name for cooking purposes. It is not discussed at any length in this bulletin.

Corn meal may be boiled to make mush or porridge, which may then be used in a number of ways. The meal also forms the basis of many quick breads, cakes and puddings, and is combined with milk, cheese, eggs, meat, or other foods, into nutritious and wholesome dishes which may be served as the main dish at a meal. All kinds of hominy are used as breakfast cereals, or in place of starchy vegetables, and in a variety of cakes, puddings and dishes made with meat, fish or cheese. Popcorn is made from special varieties of corn, the dried kernels of which burst open when quickly heated. A pound of popped corn has practically the same food value as a pound of dry corn meal or hominy.

Partly ripened or green corn, especially certain sweet varieties, is a favorite vegetable in this country. It is in common use, both fresh and canned, and is occasionally preserved by drying. The bulletin includes recipes for using corn in all these forms, and directions for making lye hominy or whole-kernel hominy, at home, and for drying corn and canning it. It is free upon application to the United States Department of Agriculture, Washington.

MANY CONVENIENCES AID CLEANING WORK

"Scrubbing Chariot" Rolls Pail Around Without Effort.

(Prepared by the United States Department of Agriculture.)

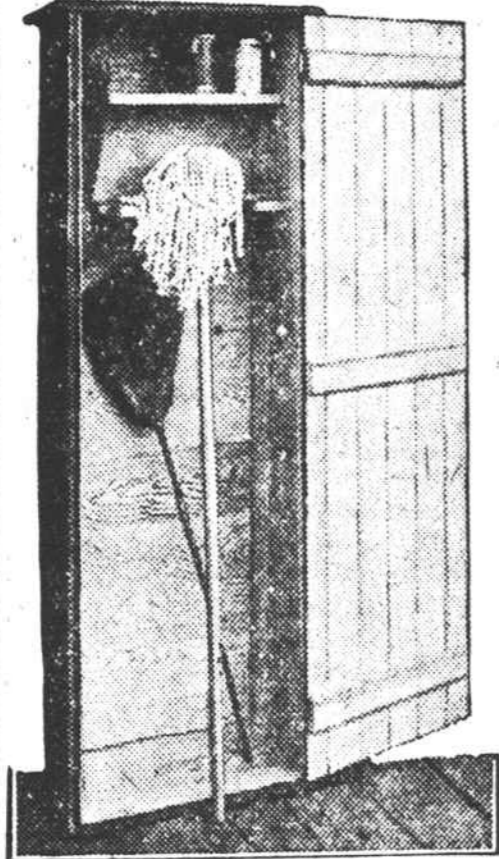
The woman in the photograph does not have many conveniences, apparently, but she has learned to make light work of cleaning by having a tall, narrow closet in a handy place in which to store her long-handled brushes, brooms and mops. She has also what is popularly known as a "scrubbing chariot," which can be used either as this housewife is using it, to roll her pail easily about, or, if there are corners which must actually be scrubbed, to kneel on as she works. This "chariot" can be easily constructed at home by an amateur carpenter.



"Scrubbing Chariot" in Operation.

Directions for making it have been given to members of home demonstration clubs, by extension workers employed co-operatively by the United States Department of Agriculture and the state agricultural colleges.

Brooms, mops and brushes should either be hung in the closet by strings



Tall, Narrow Closet for Mops and Brooms.

or screw-eyes fastened to the handles, so that the weight does not rest on the straws, strings or bristles, or they should be set upside down on their handles. A small shelf or two for cleansing agents such as scouring powder, ammonia, lye, etc., is a convenience. The picture shows a home-made closet with shelves, placed on the back porch.

IN WELL-EQUIPPED KITCHEN

More and Better Work Can Be Done in Room Arranged for Comfort and Convenience.

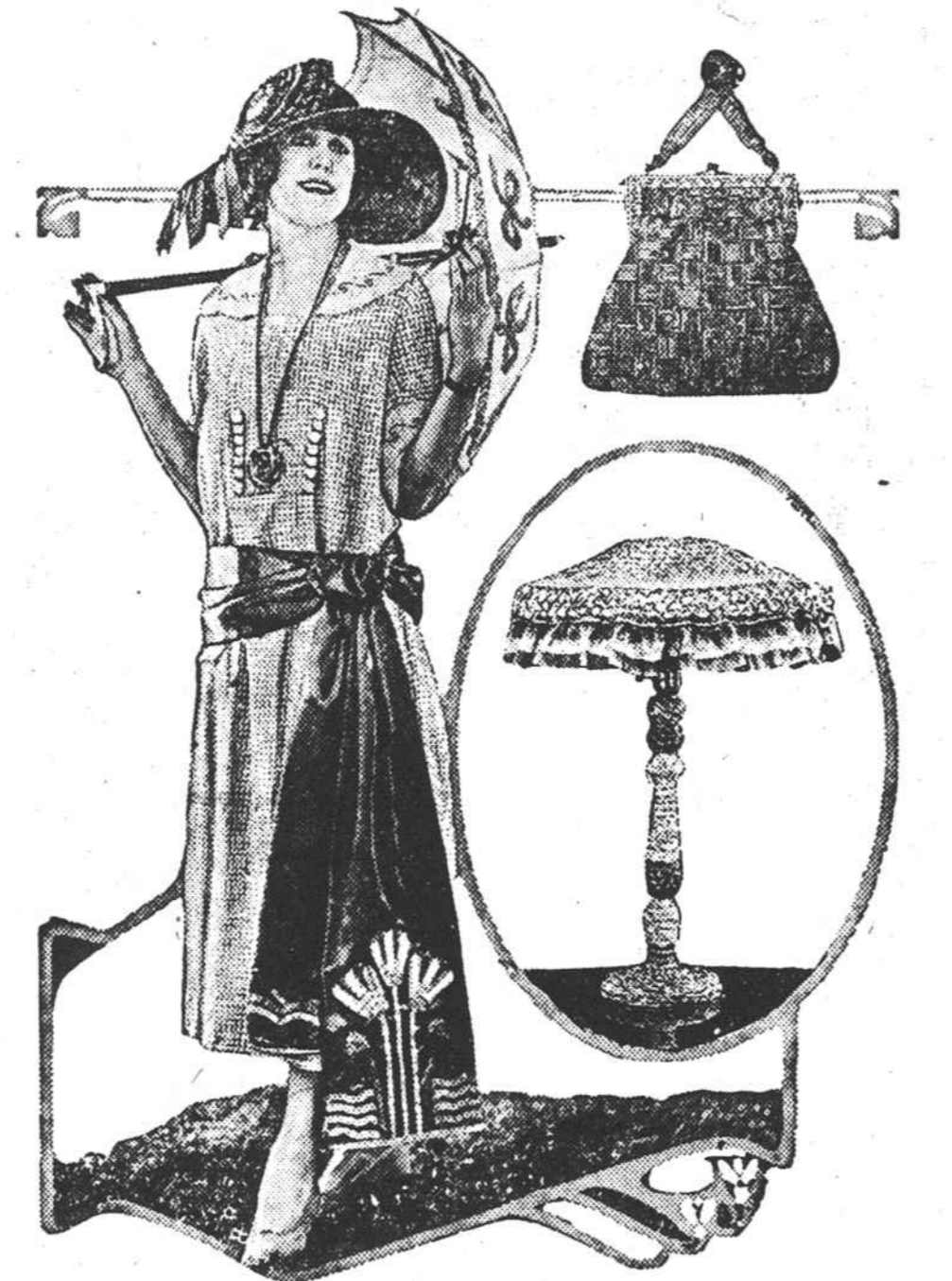
The kitchen is the workshop in most farm homes. In it the housekeeper and her helpers prepare the food for the family, and from it as a center carry on most of the other household work. More and better work can be done in a well-lighted shop arranged for the comfort and convenience of the workers and equipped with good tools than in a dark shop where much time must be spent in unnecessary steps and energy wasted with scattered equipment. Business men have found this a sound principle, and it should be applied to the farm kitchen so that the housekeeper can do her work more quickly and with the least fatigue.

Household Questions

A good vinegar will awaken the flavors of vegetables and salads. To preserve the rubber bathing cap sprinkle the inside with talcum. Lemon milk sherbet is a wholesomely delicious hot-weather dessert. All vegetables should be clean and fresh if one intends to can them. String beans and sweet corn are the perfect combination for succotash. This is the time of the year to take the family on a week-end vacation. It is good for health and disposition.

Pretty Things that are made at Home

THE goddess of the looms thought out a new enchantment when she inspired weavers to make ribbons. They fire the feminine imagination and lead ingeniously a merry dance; nothing of women's belongings will go unadorned so long as the silk mill continues to run. For under and outerwear, and for home furnishings, there is an unending procession of pretty things made of them and a few of those that are engaging attention just now are illustrated here. First, there is a regal-looking sash



PRETTY THINGS MADE OF RIBBON

of wide, black satin ribbon on which the waves of the River Nile and gorgeous lotus blossoms are interpreted by narrow, metal-edged ribbon embroidery. The plain white silk parasol might waste its sweetness on the summer air if it were not for those true-lover's knots of picot-edged ribbon applied to each section. The same ribbon borders it. A superb rosette in two colors of faille ribbon provides a fine, wide-brimmed body hat, with all that it needs in the way of rich adornment.



GROUP OF FOUR SPORTS HATS

A boudoir lamp, by way of variety, is a bit of luxurious splendor with a shade made of gold net having narrow satin ribbon in two colors run through the meshes; the lamp standard is covered to match the shade. A handsome shopping bag requires narrow more ribbon woven over and under in basket weave and tacked to a foundation of plain silk or satin. It may be lined with a contrasting color and sewed to a silver mounting. Whether foretold by prophets of the mode or not, white apparel makes its annual appearance triumphantly in midsummer and challenges all colors to comparisons. Nothing is quite so refreshing to look upon in hot weather. But there is a style and crispness in the combination of black and white that captivates the imagination of those who create

Aspirin

Say "Bayer" and Insist!



Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product prescribed by physicians over twenty-two years and proved safe by millions for

Colds Headache
Toothache Lumbago
Earache Rheumatism
Neuralgia Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark of Bayer Manufacture of Mononucleic acid ester of Salicylic acid.—Advertisement.

Got Away With the Pictures. An American motion picture operator, who had been taking films of the French occupied area of the Ruhr, was pursued by the French, but escaped in his auto to Berlin. There the film was developed and two copies were sent abroad. Now the negative is stolen by French agents. However, the operator had an additional copy and will make another negative.

Old Colored Mammy Knew What to Do

"I was distracted with fear when my little 9-month-old baby had dysentery, but an old colored mammy told me to give her Teethina and she has given me no more trouble since," said Mrs. Nettie Barnes, South Bay, Palm Beach Co., Fla. "With my last baby I got Teethina before he began teething and he was never sick a day." It is not always safe to follow the advice of old colored mammys, but when they are as well informed as this one who recommended Teethina no advice could be better. All mothers can inform themselves as to the proper care of their babies by consulting Moffett's Baby Book, which can be had free by sending 30c to the Moffett Laboratories, Columbus, Ga., for a full size package of Teethina.—(Advertisement.)

Pocket Orchestra.

A Hungarian engineer has invented a gramophone no larger than a watch, and his slogan is "carry your orchestra in your vest pocket." The invention is described as a practical instrument, capable of producing jazz, waltzes and one-steps. "The Mikophone," as it has been christened, winds like a watch, and has a speed regulator. There is room inside for ten plates, giving a repertoire of twenty selections. In the other vest pocket one can carry enough music for an all-night session.

By placing the instrument on a champagne glass the sound is amplified sufficiently for an ordinary-sized ballroom.

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder. Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound. Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Advertisement.

Hemp in the Philippines. The Department of Agriculture is going to help the hemp growers of the southern Philippine islands. It will determine which varieties of abaca plants are best suited for given localities, and make them easily available to the growers. Some plants give 90 per cent efficiency; others only 10. Hemp production in 1922 exceeded that of 1921 by 500,000 bales. The harvest was 1,209,088 bales of 270 pounds each.

Sure Relief FOR INDIGESTION



6 BELLANS Hot water Sure Relief

HANCOCK SULPHUR COMPOUND

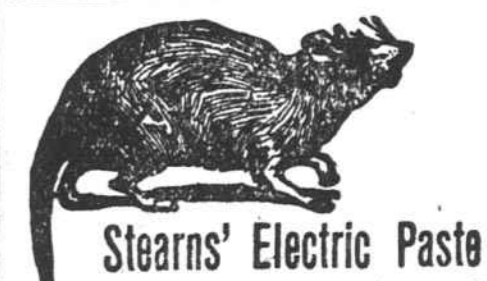
For pimples, black-heads, freckles, blotches, and tan as well as for more serious face, scalp and body eruptions, hives, eczema, etc., use this scientific compound of sulphur. As a lotion, it soothes and heals; taken internally—a few drops in a glass of water—it gets at the root of the trouble and purifies the blood. Physicians agree that sulphur is one of the most effective blood purifiers known. Remember, a good complexion isn't skin deep.—Be sure to ask for HANCOCK SULPHUR COMPOUND. It has been used with satisfactory results over 25 years. 60c and \$1.20 the bottle at your druggist's. If he can't supply you, send his name and the price in stamps and we will send you a bottle direct. HANCOCK LIQUID SULPHUR COMPANY, Baltimore, Md. Hancock Sulphur Compound Distributors: 30c and 60c for use with the Liquid Compound.

WATCH THE BIG 4

Stomach-Kidneys-Heart-Liver Keep the vital organs healthy by regularly taking the world's standard remedy for kidney, liver, bladder and uric acid troubles—

LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES

The National Remedy of Holland for centuries. At all druggists in three sizes. Guaranteed as represented. Look for the name Gold Medal on every box and accept no imitation.



Stearns' Electric Paste is recognized as the guaranteed exterminator for Rats, Mice, Ants, Cockroaches and Waterbugs. Don't waste time trying to kill these pests with powders, liquids or any experimental preparations. Ready for Use—Better than Traps. 2-oz. box, 35c 15-oz. box, \$1.50 SOLD EVERYWHERE

Comfort Your Skin With Cuticura Soap and Fragrant Talcum

DON'T NEGLECT

Inflamed eyelids or other eye irritations. You will find a soothing and safe remedy in MITCHELL EYE SALVE. 25¢ at all druggists.

Kill All Flies!

They spread disease. DAISSY FLY KILLER attracts and kills all flies. Neat, clean, ornamental, convenient and cheap. Lasts all season. Made of metal, can't spill or tip over; will not soil or injure anything. Guaranteed. DAISSY FLY KILLER at your dealer or by EXPRESS, prepaid, \$1.25. HAROLD SOMERS, 160 De Kalb Ave., Brooklyn, N. Y.

PARKER'S HAIR BALSAM

Removes Dandruff Stopped Falling Hair Restores Color and Beauty to Gray and Faded Hair 6c and \$1.00 at Druggists. BROWN CHEM. WKS. PATENT OFF. N. Y.

THE SMILING SHRINER

Every Shriner should have the big doll, hit of the convention in Washington, Md. Mailed anywhere in U. S. upon receipt of \$1.00. V. V. Straub, 1413 G St., Washington D. C.

WINTERSMITH'S CHILL TONIC

SOLD 50 YEARS—A FINE GENERAL TONIC. If not sold by your druggist, write Wintersmith Chemical Co., Louisville, Ky.