

Have You a House or a Home?

(Concluded from page 19, this issue)
of ten there is a good garden, orchard and cow.

The body contains sixteen elements, and the only way it can get these is from food. Meat will not give them all, for the reason that human beings do not eat blood and bones, too, like the carnivorous animal. It is in vegetables that we get our great variety of elements. Children who eat too large a proportion of meat are over-stimulated and undeveloped.

Without sodium, which is found so extensively in the blood, digestion cannot be carried on. Potassium keeps the tissues flexible and active, and assists the sodium to carry off the carbonic gas which is manufactured as one of the products of combustion in our bodies, the furnaces of life. Iron combines with oxygen, no matter where we find it. The corpuscles of the blood, those little soldiers, are never out of the presence of iron. The iron in the blood unites with the oxygen of the lungs and burns up the waste products. When these are only partly removed, the result is diabetes, biliousness, and other ills. Calcium or lime, assisted by phosphorus, magnesium, silica, and fluorine, builds up our bones and teeth. Fluorine is found in the whites of our eyes. When the farmers' soil contains no fluorine, his cereals and vegetables suffer; when our chickens get none, their spines become weak and they develop diseases; when children are lacking in it, they show its need first in defective teeth, and then in weakened bodies. Silica possesses powerful antiseptic qualities, thus helping the body to defend itself against bacteria. It also influences the nervous system, and when accompanied by sulphur, has much to do with the development and health of the hair. These are but a few of the uses of the mineral elements found in vegetables.

What is easier than growing a garden full of these vegetables? Surely it is easier than growing animals, even though it were advisable to make all our diet of flesh; cheaper, it certainly is.

Paint! Paint!! Paint!!!

RECENTLY a very successful man in the business world visited the South. He had come at our invitation to tell us how he had overcome difficulties similar to those we have been experiencing. One thing he said sticks in my memory, I suppose because it was so true. He declared, "If I lived in this part of the world I would start a paint club, possibly on the plan of the home building association. You think poor farmers cannot afford it—they cannot afford not to. You would be surprised to see how quickly other things would pick up and the entire standard of the community come up to that of the paint."

OUR HEALTH TALK

No Meat, Coffee, Tobacco, or Whiskey at Battle Creek

PERHAPS the most celebrated institution in the United States for treating sick people who do not need surgical operations is the Battle Creek Sanitarium. This institution lays greatest stress on the value of proper diet. It not only forbids whiskey or tobacco, but also cuts out coffee, meat, pepper and vinegar. One of the editors of the Oklahoma Farmer in writing about a recent visit there says:

There is no meat, no coffee, no pepper, and I have in the course of my life used a large amount of all three. They also cut out vinegar, and I had supposed that salads without vinegar were a failure. The butter is absolutely fresh, and I have been accustomed to well-seasoned butter. They

are strong on bran. I have, from my youth up, been accustomed to regard bran as fitted only for cows. Nevertheless the meals here are palatable, at any rate I soon learned to like the diet. People fatten on it, that is those who want to fatten; also by reversing the process people get lean on it.

As this institution is as bitterly opposed to the use of tobacco as to the use of meat or coffee, and even more so, the tobacco growers and tobacco manufacturers would have to find some other way to make a living. All kinds of intoxicating liquors are taboo of course.

"So far as argument is concerned the Battle Creek Sanitarium advocates have the better of it. They can demonstrate the correctness of their theory from actual practice. The meat eaters, the coffee drinkers and the tobacco and whiskey users come here to be cured, whereas it would be difficult to find any invalids who have taken to meat, coffee, tobacco or intoxicating liquors to be cured of their bodily ailments."

Items Concerning Vegetables

IN COOKING beans add soda, just a small amount; it makes the water soft. It aids also in rendering the protein more digestible. The removal of their skins takes some of the germ of the bean. It is believed that this is largely responsible for the formation of gas in the intestine. Persons in good health and active life experience little discomfort in eating the skins, but young, old, or less robust persons find them difficult.

Peanut loaf is made by mixing and shaping into a loaf 1 cup mashed Irish potato, 1 cup finely ground peanuts, 1 cup milk, 2 eggs, beaten, 1 teaspoon salt, 1 saltspoon pepper. Bake in a moderate oven for 20 minutes.

Bean crust is made of 1 cup boiled beans put through a sieve, 1 egg, beaten, 2 tablespoons melted fat, 1/2 teaspoon salt, 1 teaspoon baking powder, flour enough to make a soft dough. Roll out the mixture to about 1/4 of an inch in thickness on a well-floured board. Cut strips of suitable size, when folded, for individual pies. Fill the pies with chopped, cooked meat or vegetables, fold the crust over, press together along the edges.

Bake the pies in a moderate oven till well browned.

Escalloped Lima beans are good. Put a layer of boiled Lima beans in a buttered baking dish, sprinkle with salt, pepper and bread crumbs. Over several such layers put enough white sauce to cover. Sprinkle buttered bread crumbs over the top. Bake 20 minutes in a moderate oven.

Bean muffins: 2 well-beaten eggs, to this add 1 cup cold, boiled Lima beans or cow-peas, that have been put through a sieve; then 1/2 cup milk, 1/4 cup melted fat, 1 teaspoon salt, 2 teaspoons baking powder in 2 cups flour. Bake in greased muffin pans 25 minutes.

Peel a few onions, slice them thin in a large bucket of cold water, separating the rings. Change the water a few times, pile lightly on plates garnished with lettuce. Serve with French or mayonnaise dressing.

Boiled onions in white sauce are delicious. Peel and drop into cold water, drain and

throw into boiling salted water. Boil rapidly for 10 minutes, having no cover on the saucepan. Drain off the water, and cover the onions with hot sweet milk, 1 pint of milk to a quart of onions; simmer for half an hour. Rub together 1 tablespoon butter, the same amount of flour, add 1 teaspoon salt, 1/4 teaspoon white pepper, stir into the liquid in which the onions were cooked; let cook 10 minutes longer and serve.

Escalloped tomatoes: brown 1 pint bread crumbs evenly in the oven. To this add 1 quart tomatoes, 1 teaspoon salt, 2 tablespoons butter. Put in a baking pan, cover with a few of the brown crumbs that have been reserved, bake in a moderate oven for half an hour.

Cut celery in inch lengths, boil 15 minutes in salt water, pour off the water, rinse in cold water, drain. Put the celery back in the stew pan with 1 tablespoon butter to the cup of celery, 1/4 teaspoon salt. Cover and cook slowly 15 minutes on the back of the stove, shaking the pan frequently to keep the celery from sticking. Serve hot. Add 1/4 cup hot milk to 1 cup of celery.



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