



SARDINES Set the Pace

Speed Their Way to New Culinary Vogues

HERE'S something very intriguing about sardines. They speed through the waters as tiny fish of many varieties; they speed through multiple machines in processes which convert them from mere fish into canned sardines; and they speed the pace of smart cooks by finding ever new ways to enhance canapés, sandwiches and hors d'oeuvres. They have a dash-and-go that sets the pace for modern menus.

Never eat sardines on crackers in the ordinary way. Don't let anyone else do it if you didn't taste good. They did. They tasted so good that people couldn't forget about them, and modern dietitians began to devise new ways to distinguish them. Sandwiches, of course—then came canapés which are just one step beyond the ordinary sandwich, because they are hot, toasted and gaily decorated. For hors d'oeuvres assortments, they presented an ideal topping because of their midget size and their delectably savory taste.

And Now!

And now we have devised even better sardine dishes—curries, newburgs and similar highly seasoned good foods. These are excellent entrées for your cold weather dinners, or main dishes for Sunday night suppers. Look into the whys and wherefores of these new sardine dishes, and make them your own.

Curried Sardines: Drain the oil from two 3½-ounce cans of sardines into a small skillet. Arrange the sardines in a shallow baking dish. Mix two teaspoons curry powder and two teaspoons cornstarch to a paste in six tablespoons hot water. Add six tablespoons cream, then stir slowly to the hot oil, cooking until creamy. Pour over the sardines and heat to boiling in a hot oven. Serve with

toast points. This serves four persons as a main dish, or eight persons as an entrée.

Sardine Newburg: Make a cream sauce of two tablespoons butter, three tablespoons flour, two cups light cream, one tablespoon lemon juice and salt and pepper to taste. Add one slightly-beaten egg yolk. Add two chopped hard-cooked eggs and the contents of two 4-ounce cans of boneless and skinless sardines which have been broken in rather large pieces. Heat and serve on thin pieces of toast. This serves six persons.

Decorative Dishes

Riviera Appetizer: Toast or sauté rounds of bread on both sides. Remove bones from one 3½-ounce can of sardines, add the yolks of four hard-cooked eggs and mash together thoroughly. Moistened with mayonnaise and season to taste. Spread on rounds of toast. Put thin strips of the white of egg crosswise over the top, with a small olive in the center. Make a border around the edge of the toast with finely-minced pimiento. This makes twelve to sixteen appetizers.

Stuffed Tomato Oriental: Cut a slice from the top of each of eight ripe tomatoes and scoop out the centers. Sprinkle inside with salt. Boil one-half cup of rice and drain. Make a white sauce using four tablespoons of butter, four tablespoons flour, two cups milk. Add one-third cup grated cheese and stir until melted. Season to taste with salt and pepper. Break the sardines which are contained in a 3½-ounce can of sardines into small pieces and add. Then combine the sauce with the rice. Fill the tomatoes with this mixture. Cover with buttered crumbs and bake in a hot oven for about fifteen minutes. This serves eight.*



The Bean Is No Has Been

BEANS have a long history behind them. They are not has-beens. Their present popularity points to a great future as well as an interesting past. Modern cooks constantly hark back to the goodness of the old New England Saturday-night bean-pot. They point ahead to bean salads, to exquisite casserole dishes which mingle the mellow flavor of beans with more highly seasoned vegetables.

Don't wait for Saturday to serve beans. They are great "warm-up" foods for cold days. Make them any day in the week, in modern as well as ancient guise.

Serve Them Like This

Baked Beans Parmesan: Sauté one small onion which has been diced and one diced canned pimiento in two tablespoons of butter until the onion is golden brown. Add the contents of one tall No. 2 can of oven-baked beans, one-eighth teaspoon pepper and three tablespoons grated Parmesan cheese. Heat thoroughly and serve very hot, garnished with sweet gherkins. This serves four persons.

Hurry-Up New England Bean Pot: Dice one green pepper and sauté it in two tablespoons of fat for three minutes. Add the contents of one No. 2 can of tomatoes and cook for three minutes more. Add one cup of cooked diced carrots, the contents of one can of oven-baked beans and the contents of one 12-ounce can of corned beef. Season to taste with salt and pepper. Heat thoroughly. This serves eight persons.

Man-Sized Sandwiches: Mash one cup of cold oven-baked beans and season to taste with salt, paprika and a few grains of mustard. Add one tablespoon chili sauce, and mix well. Place a piece of ham on a square piece of buttered toast. Spread with mayonnaise and then with the bean mixture. Place another piece of ham on top of this and spread with mayonnaise. Top with another square of buttered toast. Cut in triangles and serve with a garnish of sweet pickle fans.*



PEP FROM CORN

"CORN fed" animals have plenty of pep. Cornucopias are horns of plenty—whether the first syllable has any significance is a matter for students of etymology. For us—for people who like to eat wisely and well—corn signifies pep and energy.

If you're lazy along this summer storing up all of the sunshine you could absorb, you've stored up energy for the busy fall and winter days. The corn that ripened out in the sunshine has also stored away energy to replenish you. Keep plenty of cans of this delicious sun-kissed corn on your pantry shelves, and collect recipes which are worthy of such a good food. Here are some for your "pep" list:

They're Tested

Corn Envelopes: Sauté four tablespoons chopped green pepper in two tablespoons butter for a few minutes. Add the contents of one No. 2 can of cream-style corn



and season to taste with salt and pepper. Cook gently for a few minutes until some of the moisture has cooked away. Roll pastry thin, cut in squares or rounds. Place a large spoonful of corn on each pastry, wet the edges a little and fold over, pinching the edges tightly together. Bake in a 425 degree oven for about twenty minutes. These are good served with fricassee chicken. They serve eight persons.*

Corn and Mushroom Casserole: Sauté two tablespoons sliced onion and the mushrooms from one 4-ounce can of mushrooms in one tablespoon butter for several minutes. Add the contents of one No. 2 can of cream-style corn, three-fourths cup grated cheese, three-fourths cup chili sauce, salt and pepper to taste. Put in a buttered casserole. Bake in a 375 degree oven for about thirty minutes. This serves six persons.*

JOHN RANDS Teacher, Lecturer, Counselor Astrological COLORADO - MARYLAND

The Astrological Forecasts
FOR YOU—If born between Jan. 3-9, incl., of any year, you are entering a period, which will last more than one year, during which you will blossom out in original and expansive ways. Work. Seek to develop your talents to the utmost. Highly personal occupations and associations will be important. Turn your popularity to good account. A year of magnificent opportunities, and very necessary and impelling obligations.
FOR EVERYBODY—A highly mentally stimulating period is this—Jan. 3-9, incl., but there is present the element of surprise and unpremeditation. The success factor this week being the original, the new. In war maneuvers and matters of sharp contest between wit or intellect, the most new and original will gain the victory. Be very careful in financial dealings, commercial transactions and occupational matters generally.

Friday, Jan. 3—Careful between 3 P. M. and 7 P. M. Avoid friction. Saturday, Jan. 4—Hold judgment in check. Make not rash moves.

Sunday, Jan. 5—Older people resistant. Congestive. Guard health.

Monday, Jan. 6—Around noon and about 45 minutes before and after sunset, this day, avoid decisions and sudden urges. Wise occupational moves O. K.

Tuesday, Jan. 7—Steer around difficulties with women and older persons. Past events or experiences may be the cause of trouble. Act upon advices reaching you from a distance.

Wednesday, Jan. 8—Many things fulfilled today—expect the unusual. Secure finances. Guard home, estate, physical assets. Careful in dealings with opposite sex.

W. C. T. U. NOTES

Did you ever hear a person criticize a man or woman under the influence of liquor by saying that he ought to have known better? Granted. But why did he not know better? Because alcohol had killed his sense of right and wrong.

The stories which are becoming more and more common of abuse and murder caused by drink are having their effect, and people who are realizing that indulgence is getting the best of them are flocking to Keeley Cure Institutes and hospitals till the capacity of these is enlarged many times over what was called for during prohibition days.

Who is to blame for the man with thirst for liquor who cannot resist the temptation to stop in at the saloon on the corner to spend just a little of his pay check to celebrate? Then if he spends it all, and next day takes the Christmas basket, which kind neighbors have provided for his family and trades it in for more, as has been done in known cases, must he bear all the blame for the sorrow and suffering caused?

Stop and think, how much are you to blame for putting temptation in your brother's path? Did you go to the polls and vote to repeal the 18th Amendment which did keep out saloons? Less than one-fourth of the people did that, while more than half stayed at home and did nothing about it.

And how about revenue from liquor? It is still acknowledged that the illegal traffic continues without paying its share. Crime was to cease, but instead is mounting higher and higher, till it is a question whether the increased revenue will pay for the efforts to restrain it. Judge Keating stated when addressing the Jurors at the last session of the Circuit Court that most of the cases brought before the court were traceable directly to the influence of the Dance Halls and Beer Gardens.

Where are those women and men who brought about repeal and promised to educate for "true temperance" when their first object was accomplished? Are they going to abandon the field entirely? If they do they need not blame the W. C. T. U. for continuing to teach the harmful effects of their beverages.

Let's all pull together to make America a safer and better place to live in during the coming year.

BERTHA BALDERSTON.

ORPHANS' COURT

Bonds Approved—Mollie L. Clark, administratrix of Elizabeth C. Clark; Lillian N. Black, administratrix of Mary B. Black.

Account Passed—First and final account of Hammond C. Nickle, administratrix c.t.a., of Isabelle Nickle.

A boy is always seeking adventures. Watch him carefully and provide them for him.

One watching a vampire at work thinks the vampire is as transparent as the victim is stupid.

THE SHADES OF NIGHT Evangelist John Moses Baker Baltimore, Maryland

When the shades of night have fallen, And the memories of the day have been set free, Will the record you have made In the sunshine and the shade, Bring gladness and happiness to thee?

When the shades of night have fallen, And the stars are in the sky, Will you have sweet peace within, That you have walked with Him; God's blessing coming to you from on high?

When the shades of night have fallen, Time gone forever and for aye, Have you scattered seeds of peace, That have brought some soul release, And lightened heavy burdens on your way?

When the shades of night have fallen, And the crown of life is won In that city just across the narrow sea; With our loved ones gone before, all safe on Cannan's shore, May we hear our Lord and Saviour say "Well Done."

LIGHT

Evangelist John Moses Baker
Baltimore, Maryland

The light that's shining farthest out, Is the troubled sea of life, God's keeping power and mercy, In the conflict and the strife.

His light and great love is ever shining, When colors in life's sky begin to fade, Nothing you need fear, God's presence is so near, He will comfort, keep and give to you His aid.

God's light shining on and on forever; Blessed gift to all, from Heaven above, Lighting up the path of life just on before us, With a blessed ray of His redeeming love.

When we walk through the valley of the shadows, God's presence going with us all the way, Will scatter all the gloom and all the darkness, Till we come to that land of perfect day.

THE MYSTERY MAN

By UNA CLINGAN RANDS
The Allies united to fight the "Fun," but began to argue as soon 'twas done. "Who won the war, was it English or French?"

Who stubbornly held, and lived in, the trench? Or men from Australia, or U. S. A? They helped, but the man who won the day

Was this elusive Man of Mystery, Who should go down as the winner, in history.

Who rules the world, Parliament, President— Tyrant afar or voters resident? Dictator, Emperor, King or Prince? They have and do in part, but since The advent of the Man of Mystery, He should go down as the ruler in history.

In election campaigns, ahead of each race-maker, Joes a Mystery Man as a pace-maker. He is officialdom's right-hand-man; but pin him down to it if you can, Will his identity prove a surprise for us?

The Press Agent hired to tell all the lies for us!

CHRISTIAN SCIENCE SERVICES

"God" will be the subject of the Lesson-Sermon in all Churches of Christ, Scientist, on Sunday, Jan. 5.

The Golden Text will be from Psalms 86:8-10 "Among the gods there is none like unto thee, O Lord, ... For thou are great, and doest wondrous things; thou art God alone."

Among the citations comprising the Lesson-Sermon will be the following from the Bible, I Peter 4:11—"If any man speak, let him speak as the oracles of God; if any man minister, let him do it as of the ability which God giveth..."

The Lesson-Sermon also will include the following passage from the Christian Science textbook, "Science and Health with Key to the Scriptures," by Mary Baker Eddy, page 83—"Science only can explain the incredible good and evil elements coming to the surface. Mortals must and refuge in Truth in order to escape the error of these latter days."

Diminutive "Mike"



Artist using new non-directional dynamic microphone, which allows full view of face.

A diminutive microphone, no larger than a billiard ball with special acoustic properties, is a recent development of the Bell Telephone Laboratories. It is non-directional, dynamic in operation and, according to radio experts, marks the greatest advance in microphone development in recent years. No longer will performers have to hide behind the equipment while broadcasting—in fact, no part of the face will be concealed when using this microphone as the above picture illustrates.

WOULD PROTECT BANKING FIELD IN RURAL AREAS

American Bankers Association Announces Purpose to Combat Return of Excessive Number of Banks

CITES LAX CHARTER POLICIES IN THE PAST

Finds a Chief Cause of Bank Failures Was Too Many Banks—Existing Sound Banks Serving Communities Well

NEW YORK. — Existing sound banks, especially the small banks in the rural districts which are serving their communities well, should be protected from any return of the over-banked local conditions caused by former lax chartering policies, which were mainly to blame for the unfavorable failure record of the past, says the Economic Policy Commission of the American Bankers Association. This is brought out in a report covering an investigation by the commission of bank failures and public policies in chartering banks.

"The Commission's study gives an impressive revelation of how great a part mistaken public policies in the chartering of banks played in creating the unsound banking structure which finally collapsed with the Bank Holiday in March 1933," Robert V. Fleming, president of the association, says in a foreword.

"Over-production of banks, literally by thousands, over many years in the face of insistent warnings not only from bankers and others who recognized the danger, but even more so from the mounting records of bank failures themselves, is clearly shown to have constituted as a whole one of the greatest single economic errors in the history of the Nation."

A Recurrence Feared

He refers to fears of a recurrence of over-banking recently expressed by Federal banking authorities, to the powers given the Federal Deposit Insurance Corporation by the provision of the Banking Act of 1935 over the admission of banks to membership in the insurance fund, to strengthened state laws and to the policies now being followed by both national and state supervisory authorities aimed to safeguard the nation against over-banking.

"But sound laws and conscientious officials are not of themselves always sufficient safeguard in any field of our complex national life unless they have the active support of public opinion," he adds. "It is the purpose of the American Bankers Association to aid in marshaling public opinion in support of both national and state supervisory authorities in their efforts to strengthen and protect the banking structure."

The Economic Policy Commission summarizes its findings in part as follows: "The facts show a distinct causal relationship between the over-chartering of banks and the abnormal bank failure conditions that prevailed from 1920 to the bank holiday in 1933. It is desirable that studies be made on the basis of experience to develop standards governing the number of banks or the volume of bank capital which can be successfully operated."

"Such a study would embrace the question whether banking facilities can best be supplied to the rural districts by small unit banks or by branches from banks of substantial capital in larger centers. Existing sound banks, which are serving their communities well should be protected from any return of the over-banked local conditions caused in the past by lax chartering policies."

Banking Officials Queried

"An inquiry among state bank commissioners shows a preponderant opinion against increasing materially the number of banks, coupled with the fact that present laws give them sufficient discretion to prevent a repetition of the grave errors of the past."

"Under prevailing abnormal conditions, with the Federal Government extensively exercising loaning powers in competition with the banks, and with industry itself so largely supplied with funds as to render it to a great degree independent of normal bank borrowing, the banking structure even with its present reduced numbers, finds it difficult to support its existing capital investment and operating personnel."

"These are new factors, intensifying the need for highly prudent and restrictive chartering policies. We urge the retirement of the Federal Government from the banking business as rapidly as the return of normal business conditions warrant."

Conference on Banking

NEW YORK. — An eastern states conference on banking service will be held by the American Bankers Association in Philadelphia January 23 and 24 as a part of the organization's nationwide program on banking development. It has been announced.

Robert V. Fleming, president of the association, will preside over the meetings. It is stated that this conference will be the first of several to be held in various parts of the country presenting a program the details of which are now in the course of preparation.

The general topic of the conference will embrace the managerial, legislative and operative problems confronted by all classes of banks. An outstanding phase of the meetings will be the development of plans for promoting a general better public understanding in regard to bank functions and policies.

Hens in Winter Quarters Need Special Care

"Hens should have a comfortable house to live in," says C. S. Johnson, Manager of the Poultry Department of the Purina Mills. "This doesn't mean expensive quarters but a place that is clean, dry, well insulated, free from drafts, and well ventilated."

"In accomplishing these features the first important step is cleanliness and sanitation. The house should be scrubbed and disinfected regularly with a Cre-so-fec solution at the rate of one pint to six gallons of water. To avoid crowding, at least 3½ to 4 square feet of floor space should be allowed per bird. Plenty of ventilation, too, is important because in a 24-hour period 200 hens will throw off 28 quarts of water in the air they breathe out, and through their droppings.

"Roosts," Johnson says, "should be 12 to 14 inches apart, allowing 6 to 9 inches space per bird, with the poles running from the rear of the house toward the front, not from side to side. It is best to provide dropping boards, using poultry wire under the roosts and over the top of the boards for proper sanitation. A nest for each 8 to 8 birds is recommended. If space permits, nests for light breeds should be 12x12 inches and for heavy breeds 14x14 inches. "A good clean litter is essential. Wheat straw, cut straw, wood shavings, or peat moss will serve the purpose. When necessary, the litter should be changed and the floor thoroughly cleaned. The house itself should be dry at all times and everything kept clean and sanitary both inside and outside the house."

"The care of the flock during these months of confinement is just as important as keeping the house in shape for the flock," says Johnson. "The owner should cut his laying stock as early in the fall as possible, replacing them with pullets. Doing this will insure a steady year-round supply of eggs."

Worming Is Easy

"If the birds show symptoms of worms, they should be wormed before going into winter quarters, and as often after as indicated. Worming is made easy by the use of Roundworm Tetsules to get rid of large round and Tapeworm Kernels to prevent damage from tapeworms. Both of these products were developed in the Purina Research Laboratories."

Making sure that the layers get in their feed the elements needed for health and egg production, is more good common sense than counting for a lot in keeping chickens on profitable basis during the winter months, according to Johnson.

Hens Need Vitamin A

"Hens need a lot of Vitamin A for their bodies and to put into the eggs they lay," he says. "The faster a hen lays the more she draws on her Vitamin A reserve in her own body. Finally, the reserve is used up and unless it is replenished the hen goes to pieces. That's why her mortality has increased at such an alarming rate the last few years. It is a known fact that hen mortality runs from 27% to 35% in many parts of the country and in some congested areas goes as high as 55.5%."

"Poultrymen everywhere know that hens literally lay their heads off during the spring months and yet keep in good health. They do not lay in pieces. One of the big reasons is the abundance of young, tender, green feed which tones them up and puts them in radiant health. There's an 'elusive something' in fresh, young, tender, green feed that does wonders for hens. That's why poultrymen years ago began feeding sprouted grains to hens during the long winter months. But sprouted grains were unsatisfactory and few poultrymen would bother with them. A more practical way had to be discovered."

Purina's New Discovery

"After years of research, scientists have found a way to capture this goodness and put it into a bag to feed. They have found a way to extract that 'elusive something' and refine it into Puratene, the new ingredient that is now being used in Purina poultry rations. Enough Puratene is mixed in each bag to step up its Vitamin A activity 2½ times. This gives hens sufficient Vitamin A to let them lay all winter like they do in spring and keep in springtime health."

YOUR DOG COUNTS ON YOU TO KEEP THE PESTS AWAY

"Your dog—he's a trusting companion, a willing helper, a best friend. His life is in your hands and he looks to you to take care of him—to furnish the things so necessary for his health and comfort. He can't tell you with words what he wants," says A. H. Leonard of the Purina Dog Department, "but trusts you to provide protection against disease and parasites, which so frequently make a dog's life everything the term implies."

Some of the things, Leonard calls attention to, are keeping the dog free from fleas and worms and keeping his living quarters clean. He advises the disinfecting of living quarters with Cre-so-fec to kill disease germs, fleas, and worm eggs. For controlling roundworms and hookworms, he advises treatment with Roundworm Tetsules. Dusting with a high grade of flea powder, he advises, kills the fleas on the dog's body. Cre-so-fec, Roundworm Tetsules, and high grade flea powder are kept at every store, mill and elevator where Checkerboard feeds are sold. They help to provide dog health and dog comfort.

Don't eat as much as you want. That is the reliable method of reducing. provoke a saintly man into a fit of temper.