Tasty Sandwiches Help School Lunch

Attractive, tasty sandwiches help to make the school lunch interesting and appetizing. The sandwiches are frequently the substantial part of the school lunch and therefore should be nutritious and easily digested. Miss Florence Imlay of the Kentucky College of Agriculture suggests that a variety of breads, such as raisin, rye, whole wheat, fruit and nut quick breads, and various types of fillings help to keep sandwiches from becoming monotonous.

Sandwich fillings should be moist but not soft enough to soak the buttered bread and tasty but not highly seasoned. About one fourth cup of filling will make a sandwich moist and palatable.

Left-overs or small amounts of meat, cheese, nuts, dried fruits and raw vegetables can be utilized to excellent advantage in making sandwich fillings. The ingredients of most combinations should be chopped or minced finely and mixed with enough cream or salad dressing to make a moist mixture which will spread easily.

Bread for sandwiches should be at least 24 hours old so that it can be cut thin and spread with butter without crumbling. The butter should be creamed and a thick coating spread over the entire slice to make the sandwich palatable and prevent the filling from soaking the bread. All sandwiches should be wrapped carefully in waxed paper to keep them moist.

The following combinations make good sandwich fillings:

Chopped meat, grated carrot, shredded cabbage, chopped onion, mayonnaise.

Diced chicken, chopped celery, chopped parsley, mayonnaise.

Chopped liver, crisp bacon, grated onion, moistened with cream, catsup or salad dressing.

Fine chopped hard cooked eggs, crisp bacon or ham, grated carrots, chopped parsley, cream or mayonnaise.

Cottage cheese, chopped nuts, chopped celery, cream or mayonnaise.

Peanut butter, finely minced raw apple which has been put through food chopper, mayonnaise.

Advises Seeding Grasses In Fall

Grasses, with the exception of orchard grass, for new meadows and pastures do better in Kentucky when sown in the fall, points out Dr. E. N. Fergus of the State College of Agriculture. Orchard grass sown in the fall sometimes winter-kills. Seedings of other grasses do better in cool weather than in hot weather, especially if moisture is deficient. They also stand either temperatures better than those of mid-summer. Dr. Fergus believes farmers would do well to give more attention to fall seeding for meadows and pastures.

Scientist has invented an earthquake thermometer that goes off like an alarm clock. There is a touch more practical need for an alarm clock that goes off like an earthquake.—Arkansas Gazette.

Time To Destroy Apple Tree Pest

This is a good time to destroy round-headed apple tree borers, a pest which has done much damage in recent years, particularly to young apple trees. Prof. W. A. Price of the College of Agriculture of the University of Kentucky suggests that the soil to a depth of about 2 inches be removed to expose from about trees and the bark examined for burrows. When worms are found they can be cut out with a sharp pointed knife or probed with a piece of flexible copper wire. The burrows which the worms make in the bark and wood often result in a complete loss of the tree.

Never add sauce to boiled cabbage, onions or celery until time to serve.

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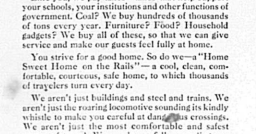

Turkey Eggs All Right For Baking

To most persons, eggs always mean chicken eggs. There are eggs of other fowls, however, that are used for food. Probably the most common, next to hen eggs, are turkey eggs. Yet the average housewife thinks turkey eggs have only one purpose and that is for hatching.

Tests made by the home economics department of the Kentucky College of Agriculture, and reported by Miss Edith Grundmeier, indicate that turkey eggs can satisfactorily be substituted for hen eggs, a turkey egg is the equal to almost exactly one and a half hen eggs.

In making angel food cake, for instance, turkey eggs were found superior to chicken eggs. The color of the cake was whiter, the volume greater and the texture more tender. Miss Grundmeier notes that when egg whites were stiffly beaten, the turkey eggs had a blue-white color while the hen eggs had a creamy-white color.

That the products made with turkey eggs were more tender and of greater volume was shown especially when plain and French meringues were prepared. Those made with turkey eggs were more tender, better textured and in all respects delightful in appearance and superior in quality.

In cooked salad dressings and custards, the tests showed that the thickening qualities of turkey eggs are about as great as those of hen eggs. Custards made from them is more pleasing. The color also is deeper in yellow. They may be used in making mayonnaise.

The general conclusion of Miss Grundmeier is that turkey eggs can be substituted for hen eggs and no one know the difference except the cook.

Favors 40-50 Mesh Screen Limestone

Tests made at the Kentucky Agricultural Experiment Station indicate that limestone that passes through a 40-50 mesh screen is most effective on land and that limestone which passes a 10-mesh screen is satisfactory for small applications.

An advantage of the small application is that limestone may be mixed with the fertilizer and drilled in when seeding grain. The small application is also advantageous where tobacco is grown, because there is no danger of injury to tobacco from the same, if it is applied when the grain is sown in the rotation.

A third of a ton or 1000 mesh limestone per acre applied when grain was sown in a rotation of corn, wheat and clover, the latter was practically as effective, over a three-year period, as a two-ton application of 10-mesh and finer limestone applied at the beginning of the period.

No Stronger Defenders Than Landon-Hamilton

"The record which Gov. Alf M. Landon invited public attention in his letter criticism of President Roosevelt for using the federal government's credit to relieve distress and put money in the hands of the country out of depression by increased budget expenditures, will be continued by statistics from Washington insofar as Kansas is concerned," writes Arthur Capper's Topeka Capital. (Rep.), heralded as the enemy to relief allocations of loans and grants to the people in their home states have totaled $168,198,000. And Gov. Landon was given a full measure of credit for being officially republicanized every cent obtained! He was praised as having dodged Washington with folks at home calls and other personal visits invariably with assurances that the funds were urgently needed to save his people from suffering.

These circumstances have been the subject of caustic comment by Democratic speakers, including a number of prominent Republicans, since Gov. Landon launched his charge of Roosevelt extravagance. He is being reminded by his home people that he himself is as morally responsible as is the President or relief agencies, in that fact for the timely and accorded Kansas "the world would never have fixed its attention upon the small fact that our State budget has been balanced by law for three-quarters of a century."

Senator Glassey's Kansas newspaper visited Gov. Landon as saying in his campaign for re-election in 1934, that if the people "really don't stand up for the relief program and its administration, I will do it for them. I say that with the greatest confidence that I have done a good job and I am glad to have cooperated with them."

The same authority quotes John D. M. Hamilton, now GOP national chairman, as having said in his senate campaign, as an argument against the election of Gov. Landon's Democratic opponent: " * * * his constants have the record to indicate that Mr. Roosevelt or his associates have distributed federal funds upon a purely partisan basis. * * * Those from the facts we know that there is no basis in truth that a Democratic State Administration would in itself and of itself place us in a more advantageous light with the Federal government."

A fly eats its own weight in food every day.

IMPROVED UNIFORM INTERNATIONAL

SUNDAY SCHOOL LESSON

By REV. HAROLD L. LUNGER, Dean of the Moody Bible Institute of Chicago.
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Lesson for October 4

THE MACEDONIAN CALL

LESSON TEXT — Acts 16:4-15; 17:10-12.
GOLDEN TEXT—Do ye therefore, and teach all nations.—Matthew 28:19.
PRIMARY TOPIC—Paul's Wonderful Journey.
JUNIOR TOPIC—Paul Goes Over to a New Continent.
INTERMEDIATE AND SENIOR TOPIC—A Cry for Help.
YOUNG PEOPLE AND ADULT TOPIC—The World's Need of Christ.

The roots of American life, cultural and religious, reach back into the European soil on which our forefathers dwelt. The lesson before us is therefore of peculiar interest, for it relates the first step in the carrying of the gospel into Europe, and ultimately to America.

Paul, the missionary with a pastor's heart, felt constrained to go to the centers where he had ministered on his first journey. As he proceeded he was providentially hindered and led by the Holy Spirit to Troas. Here his next "step" seemed for a time to be a "stop," but soon God in a vision called him into Macedonia and the gospel had come to Europe.

It is of interest to note that Paul as he thus began his second missionary journey, in a large percentage. It can hardly be willingly favorable to the Jews. Observation showing, because the Holiness Sun has announced itself opposed to Roosevelt's election.

That circumstance, incidentally, was reported in all the anti-administration organs as a notable victory from the Jewish bloc. Actually, the announcement was as much a surprise as would be a statement by the Board of Directors of the Chicago Tribune, or the New York Herald Tribune, that it some out against the President. The Baltimore Sun, also, has not favored President Roosevelt. It is the whole for the dissemination of the gospel in Europe. Paul's friend Kent, who has been enjoying the Roosevelt prosperity, actively assists.

There is no question about Mr. Roosevelt's neutrality, for he does not agree with Roosevelt or how things should be done, but the administration's paper is exactly that which also proclaims on every occasion that it is not interested in the candidate, it only opposes the President and its editorials are made for Roosevelt in terms of the most favorable comment. There has been no election before election day, he has been so much as a single editorial that it is not Democratic, or the comprehensive and the fourth-dimensional pals that Roosevelt is not the best candidate