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There's a Difference in Eggs...

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Hallowe'en's Coming . . .

By Gladys Johnson

LET'S have a party! Here is October with her brisk, sunny weather and her gaily dressed trees just singing, "Have a party—an autumn party!"

After a summer with parties in the garden, at the lake, or out in the playhouse, its fun to have one indoors again, perhaps around the fireplace.

Tiny Jane, just off to nursery school, will love a Hallowe'en party. She will like to help make the plans. Mother need not go to any real bother about the



party. She can make some extra-large sugar cookies and press into the soft dough large raisins for a jolly man's eyes, nose and mouth.

Jane may entertain from four to five. Mother may have a large bowl of autumn leaves on the table and bitter-sweet on the mantel. When the guests arrive, they will sit in a circle around a Jack-o'-lantern. While they watch the lights dance in and out of his large eyes and his smiling mouth, mother will tell fascinating stories about him and weave a fantastic tale about the autumn fairies.

How the kiddies giggle with delight at the old blind-fold game of "Pin the tail on the black cat."

Mother and Jane may serve pumpkin-face cookies, hot chocolate and corn candy. Tiny tots love to take something home with them; so if mother has time, she may cut bushy-tailed cats from black paper and fasten them to rosy apples for favors.

Edith, the high school senior, may want a party. She ought to have one, because that gay, young crowd of hers will enjoy it thoroughly.

Hollowed-out pumpkins may be filled with autumn leaves, tall grasses or cat-tails. Cats, owls and witches hung around the room or pinned onto the walls will make the room still spookier.

Let it be a costume party! Masquerading is so much fun that everyone feels really in the mood for a good time.

AS THE guests arrive, light the room with Jack-o'-lanterns. Edith will pin a girl's name on the young man's back as he enters. Don't let the guests unmask until each identity is discovered. The girls are to try to discover who are to be their escorts during the "hunt for fortune." To do this, each girl must discover on which young man's back is pinned her name. This decided, the game begins.

Here and there a knot of red or yellow ribbon is visible, and under each knot begins two threads. These clues run to the veranda or upstairs, behind pictures, and so on. The guests hunt in pairs until each thread leads them to a little scroll, red for the lassies and yellow for the lads. When all are found, the guests reassemble and read their fortunes aloud.

A gypsy in a screened corner of the hall may read palms. In another place may be the three saucers test, by which the young men may find whether the partners of their lives will come to them as maids or widows, or if, mayhap, they are to live singly all their lives. They are led blind-folded to the table, and their fate is decided by the saucer they happen to touch, the empty one foretelling bachelorhood, the one with flour a widow, and that with water a maid.

You might mark letters on pumpkin

seeds with ink and place in small cloth sacks. Each player takes a teaspoonful and from these tries to form the name of his future wife or husband. If a guest is unable to make a name, the gypsy will help him.

A cooperative ghost story is always a source of great amusement. Divide the guests into groups and have each group tell a story. One member starts it; then another continues. No story-teller knows what the others are to tell, and each must stop at a critical point.

The supper may be served buffet style. The tables may be gaily dressed with autumn leaves, tall orange tapers and a centerpiece of shiny red, green and yellow apples.

The witch or gypsy will pour spiced-cider cocktail while the guests help themselves to—

Peanut sandwiches Cheese straws
Waldorf salad in apple cases
Chocolate ice cream
Hallowe'en cake

Spiced-cider cocktail may be made by boiling together for five minutes 4 cups of cider, 1 cupful sugar, 8 inch-long pieces of cinnamon, 8 cloves, and 2 small pieces of ginger-root. Strain, chill and mix with equal amounts of orange juice. Shake well, add ice, and serve cold in cocktail glasses.

For the Hallowe'en cake, bake three layers of any good white cake and use for filling 3 T. granulated gelatine dissolved in ½ C. boiling water, 1 pound confectioner's sugar, and 2 T. grated chocolate. Beat until stiff; then spread the layers, top and sides. Sprinkle with chopped walnuts.

There's a Difference in Eggs . . .

By Virginia Trullinger

MR. AVERAGE AMERICAN is shaving. He stops long enough to call to his wife, "What have you got for breakfast?"

And Mrs. Average American answers, "Bacon and eggs."

Bacon and eggs, particularly eggs, are the standard breakfast dish of America. Yet how many people know anything about the egg except that it has a white and a yolk?

Well, scientists have made a study of foods in general, and Dr. Statie Erickson of the Kentucky Agricultural Experiment Station has studied eggs in particular. For years she observed the physiological and chemical make-up of the egg in her laboratory and began to notice certain variations in its make-up which could be attributed to the manner in which the hens were managed and fed.

It occurred to her that proper feeding and managing might make the egg a carrier of important elements of nutrition necessary in the treatment of certain human ailments.

It is a long story how for years this painstaking scientist cooperated with poultry specialists and conducted systematic studies in her laboratory. But in the end she was able to announce that, if hens were fed as little as 2 percent cod-liver oil in their rations, the copper and iron contents of the yolks were considerably greater than those yolks of eggs from hens kept in confinement without sunshine, green feed, or cod-liver oil. And the greatest increase of copper content resulted when the hens were fed cod-liver oil and allowed to run in sunshine on bluegrass.

(Continued on page 15)

Play of Light

This screen door is a sieve;
 Through it the day is drifting—
 The smell of the sea and the sun,
 And the shadows shifting
 From tendrils of tossing vines,
 The sweet frail spice
 From a wild rose bush
 And the song of a thrush.

The sunset colors soon,
 And then the light of the moon
 Will sift through the old screen door
 Onto my kitchen floor.

— Florence S. Small.

Idealists

Brother Tree:
 Why do you reach and reach?
 Do you dream some day to touch the sky?
 Brother Stream:
 Why do you run and run?
 Do you dream some day to fill the sea?
 Brother Bird:
 Why do you sing and sing?
 Do you dream—
 Young Man:
 Why do you talk and talk?

—Alfred Kreyborg.

When using the oven, use it to capacity, but arrange pans to secure proper transfer of heat.

To economize on fuel, lower the flame after the food has reached the boiling temperature.

Not only is fuel saved, but flavor and appearance are improved if small amounts of water are used in vegetable and fruit cookery.

Difference in Eggs

(Continued from page 12)

You are apt to say, "What of it?" Well, there is a lot of it!

We have all heard of anemia and how prevalent and hard to cure it is. By intense research scientists found that iron would cure it. But the iron needed a little copper to help it do its work properly. Then, too, this iron-and-copper combination must be in some peculiar form not as yet analyzed by scientists. It was found that liver extract contained that desired combination. But it was so revolting to take and so nauseating that most people preferred the anemia.

This situation called for drastic action. And Dr. Erickson is taking it. Although her experiments are not complete, it is an established fact that she will soon have hens laying eggs with a high iron and copper content. Then anemia may be easily treated by a common article of food.

In waterless cookery there is a mingling of flavors which is not present if live steam is used.

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