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is in the shortening—the better the shortening, the better the pastry. You are jeopardizing your health when you take chances on pastry made from hog lard. Animal fats are mostly impure. Hog lard is made from animal fats. The hog isn't the most cleanly animal in the world at his best. Why put him into your pastry?

The production of Cottolene is the greatest step of modern science toward pure food. It is the best shortening in the world—it is also the purest. Made from refined vegetable oil and choice beef suet; sold only in tin pails.

All the country's best cooks endorse Cottolene. Buy it and try it.

A Cottolene recipe by the Principal of Philadelphia Cooking School:

French Breakfast Rolls

Scald one pint of milk, cut into it two ounces of Cottolene, add teaspoonful of salt. When cool, sift in one pound of flour, add one well-beaten egg and half a cup of yeast or half a yeast cake dissolved. Beat well and stand in a warm place over night. In the morning form quickly into little rolls with as little flour as possible. Place in a French roll pan, let rise three-quarters of an hour, and bake in a quick oven for fifteen minutes.

This is but one of several hundred high-class recipes given in our one hundred and twenty-five page-book, entitled "Home Helps," edited by a famous cooking authority which we will send free on receipt of a two-cent stamp to pay postage.

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Mrs. Sangster's Christmas Talk

She Tells Her Girls How to Help the Poor at Christmas



MERRY CHRISTMAS to every one of you, my dear girls. While I am wishing it the thought comes that we make our own mirth, that we are happy as we

send happiness to others—the poor, the lonely, the discouraged and the sick. To imitate truly the Child around whom we gather in the Nativity we must go about doing good. Especially when Christmas comes should we have in mind the poor—those whose homes are bare, whose purses are empty, and whose firesides are chill.

Some time ago the editors of this magazine offered a prize of fifty dollars for the best practical idea for helping the poor at Christmas, the essay to be not more than two hundred and fifty words in length. The prize was awarded according to the conditions of the contest. Other essays, which, though they did not take the prize, were regarded as helpful, were purchased for the Christmas issue of "The Ladies' Home Journal," and are given below. I am sure that my girls will read them with pleasure and that many JOYFUL readers will adopt the excellent suggestions contained in them.

The direct and practical plan which secured the prize, and which, because of its simplicity, may be followed by almost any family in the land, seems well fitted to hold first place on this page this month.

How to Help the Most Desolate

Several weeks before Christmas I select the family we are to help. It is not always the most worthy, but the most desolate we can find. On Christmas our basket, holding half a bushel, we make an object-lesson in usefulness. First we put in the vegetables—carefully washed and trimmed to cabbage looks attractive when daintily trimmed, next, cans of fruit, tomatoes and a bottle of ketchup; then, apples all packed with bright pretty papers; tea, coffee, butter and sugar, two boxes of bread, white and brown; and a box of doughnuts powdered snow-white with sugar.

If my purse cannot supply the meat I seek some friend who willingly gives either poultry or beef. We put in simple gifts made by the children, candy (donated from their store), popcorn balls, etc. We cover all carefully with white paper, laying a sprig of bright holly on top to give it the air of a Christmas gift rather than a charity. Full to the handle, and containing sufficient good food for two meals for a family of six, it looks very inviting.

Years ago we began giving this Christmas dinner from our own store, however meagre it might be, and though we were then poor we were always able to divide with those poorer and still have enough for ourselves.

What Twenty Boys and Girls Did

Out in Ohio the boys and girls must be very energetic if many of them do as good a work at Christmas time as the ones we are told of here.

"Twenty girls and boys provided a Christmas dinner and gifts for ten poor families. A boy and a girl looked after each family, and thus suitable presents were given instead of the promiscuous articles which usually find their way to the poor."

"On Christmas Eve the young people placed the baskets and bundles on the doorsteps of people who were needy, knocked loudly and ran away before any one saw who was playing Santa Claus. Each basket contained a turkey, potatoes, bread, butter, jelly, celery, cake, fruit, nuts, candy, and other enticements. There had been rivalry among the donors as to whose protégés should fare best, so some have been known to have been absent."

Money Dropped from Heaven

One of the best of the Christmas suggestions is the following which came from an Eastern town:

"For many years I have put aside ten one-dollar bills for the poor near by, this amount being all I could afford for that purpose. A few days before Christmas I have placed each bill in a separate envelope and addressed it to the mother of a poor family that I knew of. I have then posted the envelopes without a hint as to who sent them. This made the gift all the more enjoyable as the recipients felt under no obligations to any one."

"I know of no better method of helping the deserving poor at Christmas than to give them money in an unobtrusive way, as they often look upon such a gift as coming directly from Heaven."

Giving a Christmas Party to the Poor

The principal of a private school in an Eastern city has tried the following plan with great success.

"My plan is a Christmas party to which both adults and children are summoned by written invitations. Gifts new and useful, and suited to the wants and ages of the recipients, are distributed from the store with Christmas ceremonies. The distribution is preceded by an appropriate entertainment, and is followed by a substantial meal."

"What has always appealed most strongly to me at these gatherings is the sympathetic interest of the workers and their regard for the capabilities of their guests. Any one can distribute a few presents to a few poor people, but to do this in the most helpful way requires sincere feeling for the poor and the ability to do it tactfully."

"To successfully carry out such a plan needs the services of many hands for some weeks before Christmas. In this instance the scholars furnished the necessary amount of money, made the gifts, distributed the notices, and participated themselves."

Something a Sunday School Class May Do

"The following is a plan which is both feasible and

practical. The children had outgrown or would no longer need. The idea was for each child to collect a whole suit, including shoes, stockings, hat and coat, so that at Christmas each could make glad the heart of some poor child. Toys and dolls were also collected, and a few weeks before

Christmas children's and mothers' meetings were held in the church schoolrooms for the purpose of getting all in order, darned, mended, and the parcels tied up and made ready for distribution.

Money was collected from the young men of the church and in each parcel was placed something to buy the Christmas dinner. These parcels were directed by two members of the church—the rector furnishing the list of needy ones—and were distributed the morning before Christmas Day. To those who had seen better days the parcels were sent anonymously.

Christmas Self-Denial Bags

A Sunday school teacher in Illinois has tried the following plan:

"Having a Sunday school class of girls, and wishing to teach them the happiness of giving, I tried the following plan for two years with success."

"I made bags of silkoline, eight inches by four, drawing them up with narrow ribbon, giving one to each girl. These bags, which I named 'Self-Denial Bags,' were to be hung in their own rooms, and into them were to be dropped the pennies they would otherwise spend for candy or amusements. Not one penny was to be dropped in unless it represented a denial on the part of the giver."

"The week before Christmas the girls met at my home, and as each one placed her savings in a little basket she told how she had earned the amount. Candy, sodas, trolley rides, circus and many other personal pleasures given up, told the lesson of self-denial, while their faces beamed with happiness as they produced the six dollars they had saved for our poor. The next year we had more."

"Filling a basket on Christmas Eve first with a good substantial dinner, we took the remaining amount and purchased a useful present for the three children in the family, tying it up as prettily as we would if it had been for one of our dearest friends."

If each class in a Sunday school would adopt this plan many a poor family would have cause for gratitude on Christmas Day.

How Christmas Came to One Family

The following personal reminiscence from the State of Massachusetts is interesting:

"The best things to give the poor are things they need. The best way to give them is so that the recipients may feel the giving was a pleasure."

"I have received several such gifts and will tell about one that seemed just a little the nicest I had ever had. I had been racking my brain trying to study out how I could make two dollars all the money I had in the house buy the needed groceries and provisions for the week. One afternoon I heard a rap at the door. I opened it, but there was no one there. A basket was standing on the piazza. I brought it in to the light to see what it might mean. On the top was a note with my signature saying that the donors hoped I would enjoy my Thanksgiving basket as much as they had enjoyed making it. There were groceries, canned goods and fruit, and the very things I needed."

A New Way to Give a Christmas Doll

A lady in Western New York told of a new way to dispense Christmas gifts:

"One of my friends has practiced for years a pretty plan for helping the poor. She dresses a doll in the nicest way for the children, and on Christmas Eve carries it down the chief business street of the town in which she lives, there to discover the most wretched Santa Claus forsaken. For she can among the many children who press in to the window-glass of the shops, find one that with astonished hands she puts the precious bundle with 'A Merry Christmas' that must surely make one's heart jump in a hungry little heart."

Some Christmas Boxes

From San Francisco the following original and practical suggestion came:

"One day, when in the midst of my Christmas preparations for my own little ones, my thoughts wandered to some poor widows whom I knew in the desperate struggle to keep their little children clothed and fed. I felt sure there would be little or nothing left for Christmas. So I went to my friends and neighbors and requested each of them to fill a Christmas box. Each box was to contain a cake, candy and nuts, and an appropriate gift for each member of the family for whom it was intended. On the day before Christmas these boxes were delivered by an expressman and the words of greeting were, 'Merry Christmas from a friend.' In this way the recipients were not humiliated."

How to Find Those Who are in Need

The Young People's Society in a small church in Brooklyn tried the following plan one year:

"To locate the truly needy had always, owing to their reticence and pride, been the great problem in Christmas giving. To obviate this, the president of the society quietly interviewed all the real-estate dealers who rented small houses and tenements, the doctors practicing among the poor, and the ministers, priests and the city missionaries in the neighborhood. Money, small turkeys and groceries were solicited in person."

WHEN Christmas is over will those who have tried any of these suggestions, or others equally practical, write to me and tell me of their success? And again, "A Merry Christmas to you all!"

And again, "A Merry Christmas to you all!"

Mrs. Sangster will begin next month a series of articles with "Home Helps" as the title. The articles will be published either through THE JOURNAL or in the "Home Helps" which are constantly arising.

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