



Your Way—My Way

In Preparing Baked Beans

By a Van Camp Domestic Science Expert

You take beans as they come
And beans vary enormously. With some a good dish is impossible.

You boil, perhaps, in hard water

Hard water makes the skins tough. Then they spoil the bean dish and they don't digest.

You bake in a home oven

Of course you must. There beans should be baked for six hours. By that time some beans are crisped and broken, some are mushy. The dish is not inviting.

The beans are not easy to digest. And, if you bake in an open dish, much flavor has escaped.

You add a sauce

And it forms merely a garnish on the pork and beans.

I select them by analysis

In the Van Camp kitchens beans are selected by analysis.

I free the water from minerals

That's why the Van Camp skins are so tender, so easy to digest.

I have modern steam ovens

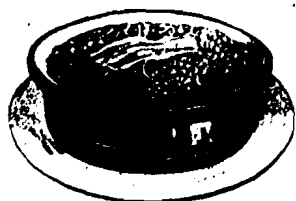
The Van Camp kitchens have modern steam ovens. There we bake for hours at high heat without bursting or crisping the beans.

We bake in sealed containers so the flavor can't escape.

We break the food cells so the beans are easy to digest.

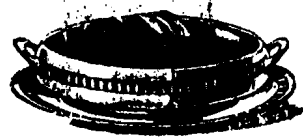
I bake it in

Here we bake the zesty Van Camp sauce into every granule.



Your result

Some of your beans are hard, some broken—all will tax the stomach. Yet you have spent some 16 hours to soak and boil and bake them. You lack the facilities.



My result

Van Camp's Beans come out whole and mealy, uncrisped, unbroken, easy to digest. The tang is delicious. And they are ready to serve, hot or cold, when you want them.

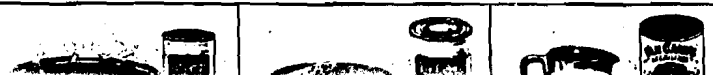
VAN CAMP'S Pork and Beans

Three sizes, to serve 3, 5 or 10

Baked With the Van Camp Sauce—Also Without It

Other Van Camp Products Include

- Soups
 - Evaporated Milk
 - Spaghetti
 - Peanut Butter
 - Chili Con Carne
 - Catsup
 - Chili Sauces, etc.
- Prepared in the Van Camp Kitchens at Indiarapolls



By Charles Frederick Weller

Special District Representative, Community Service (Incorporated)

IN "HINDU TAG" one is safe against being tagged when his forehead is touching the floor! How completely such a game "breaks the ice" is easily imagined. Fat and thin people, old and young, poor and rich, frigid and informal—all have played Hindu Tag joyfully and in such various places as a Quaker meeting house, a public schoolroom, a community club, two small family parlors, in the basement of a Presbyterian church and in soldiers' training camps.

It was in a church that I first hit upon the discovery (for it was surprising to me, though others may have understood it long ago) that many audiences will comprehend the essentials of recreation and community service better from playing games together than from hearing admirable discourses. Such discourses had been delivered to a responsive audience at York, Pennsylvania, when a sudden impulse led me to say to the fifty or sixty adults present, what I had occasionally tried with youngsters, namely:

"All of you line up against the wall at one side of the room. I'm It. Standing in the center I will call out:

*"Pom, Pom, Pull-away;
If you don't come,
I'll pull you away."*

"Then you will all run to the other side of the room. If, before you get across, I tag any one of you three times, he is It and must help me tag the others as they run back and forth, each time only at my call. When all are tagged the player whom I caught first is It for a new round."

This is the finest kind of game to begin with, if space permits. It starts things easily without asking people "Will you play?" and without making anyone conspicuous. Self-consciousness is lost in the joyful momentum of the group.

Quiet Games

TO REST a while, we next played a sit-down game—a mind-reading mystery. I had previously conferred with my co-worker and when he left the room at the beginning of the new game it appeared to be without collusion between us. Borrowing a shiny spoon, though the back of a watchcase or any other surface would do equally well, I solemnly pretended to photograph upon it the face of any member of the group whom the circle of players pointed out. My partner then returned; studied the supposed photograph; and invariably identified its subject.

There was a bright young man present who soon devised a code of his own for such mysterious mind reading and taught a young woman to play the trick with him. Their method was that the performer who remained in the room should stand or sit in the seventh place to the left of the person photographed. But it was at a schoolhouse party in New York State that my real method was detected—by a school-teacher who made my trick fail by sitting with her hands and feet in the same position in which the photographed subject sat. For that is the secret—the performer who pretends to take the photograph, while his previously instructed colleague waits outside, sits down casually, with his hands and feet in the positions assumed by the person to be identified.

What to play in the fixed seats of a small schoolroom was the problem which suddenly confronted me in an attractive coal-mining center in Pennsylvania. The desks were small, the adult audience seemed bulky and the spaces around the seats were narrow. Having first moved some of the scattered people so that all the rows were evenly filled, I gave to the person in the front seat of each row a blackboard eraser. These were all held up at arm's length and, beginning at my signal, they were passed by the front seat people to those next behind and so on from hand to hand, up each row and back again to the front seat. That row won the race whose returned eraser was first held aloft by the man or woman in the front seat.

It is well to play quiet, sitting-down games between those which make the lungs and heart work vigorously. Thirty or forty minutes of self-forgetting, cooperative recreation puts "unity" into "community" and optimistic vigor into new plans for social advance.

the seats. I was "It" and I told players that each would be safe (tagged when he held his nose in on the toes of one foot in the other).

A well-filled-out bank president come over with us from a neighbor city to help in organizing for service—made a living picture with joy. In some of my subsequent conferences with him I always contented as stoutly denied, that he could stand so long on one foot if he had against a desk. Ordinarily, if a pl too long holding his nose and t against him and he has to run fo

One young man I chased out of room, through the empty hall again around the seats. Though quite catch him, I did force him toes and nose for safety. After I learned that this youth was the winning runner, I felt that I had well. The point is to play every

the utter abandon child. As Roosevelt good American p which character wonderful work:

*Don't finch, D
Buck the line!*

Action Excels

WHEN mankind tomed, as i days, to make all tically in elevators in autos, it is v action with an group by saying: ing of something, i in this room, the n begins with "S." guesses—"smiles "spectacles," and someone says "s is right. The succ

then propounds a first letter re object he selects.

In another mining town we the folks right where they were seats of an ordinary little se gave a piece of chalk to the ma the front seat of each row. O of these men ran forward, ma the front blackboard, returne and passed the chalk to the sitting behind him. These too the relay race until everyone t row had made his mark upon t The row which first complete won the race.

One virtue of this game w: body present was drawn into inevitably; there were no wa the people felt happily enliven for the next adventure. I ther to a larger room without seats. should have at least one large the desks and seats are on clea movable. Here they began "Pom, Pom, Pull-away" and "Hindu Tag." Practically ever including the cultured mine s and his wife—who are the l cially minded despots of these t miners themselves, together w keepers, clerks from the mini office and teachers from the s

After twenty or thirty mir men and women returned to th small schoolroom, and took i sion of my suggestions for th of community service with a c gram.

Other Activities Sug

HIKES or popular walking H readily organized by an organization who will publi anyone interested may meet a at 1:30 or 2 p. m., on Saturday station or street-car stop whence leaders will conduct t to six mile tramp through attr scenes or to places of histori such hikes become regular we volunteers may be appointed plan out new itineraries and honor and responsibility of c strollers.

Suppers at outlying town: peculiar interest may be plan: Church socials may well b the young people's associatio society or men's club who g should be encouraged to go ou ways and byways, and esp

