

HERE'S GOLDEN RULE DAY MENU

Eating This Fare Will Help Near East Kiddies

International Golden Rule Sunday, December 7, will be observed in 20 or more counties by those who believe that the Golden Rule is the only principle by which people may dwell in amity together. The observance of the day is designed as a spiritual exercise for the prosperous, will provide food for the homeless and starving, and will be an expression of international fellowship and goodwill.

Golden Rule Meals

On International Golden Rule Sunday, all persons who believe in the Golden Rule are asked to provide for their Sunday dinner approximately the same simple menu provided for the tens of thousands of children in Near East Relief orphanages, and then make a substantial contribution to Near East for the purchase of food for one or more orphan children for the coming year. It is not a fast nor a "starvation" meal of which they are asked to partake; it is fare on which 100,000 children have attained health and strength with a death rate lower than the published death rate of any large city in the world.

These orphan children, deprived of homes, parents and country, are, if properly trained, the hope of the Near East. The fulfillment of this hope is within power, and the hearts of the nations if they believe in the Golden Rule.

"Any family circle will be enriched by the presence of one of these little children as an invisible guest for the coming year," declares a Near East sponsor.

"No greater influence for peace could be set free in the world than a generation of children given life through international generosity and taught love by international example.

The Menu

A standard menu for a Golden Rule Dinner is as follows:

Pilaf Armenian

or

Macaroni and Cheese

Stewed Apricots with Corn Syrup

Brown Bread

Cocoa

A stew of beef and vegetables may be substituted for the pilaf or macaroni if desired.

The food should be donated by local merchants.

The recipe for pilaf of the Chef of the Hotel Les Bergues, Geneva, Switzerland, where the first International Golden Rule Dinner was held, is as follows:

4 cupfuls well-washed rice
2 cupfuls butter or butter substitute, melted
2 cupfuls tomatoes cut up
8½ cupfuls veal and lamb broth
7 tablespoonfuls chopped onions.

Mix the onions with the butter; add the tomatoes; allow to stand for five minutes; pour over the broth and when boiling add the rice, salt and pepper. Stir with a fork to keep it from burning, cover tightly and cook in the oven for 30 minutes. Then take from the oven and let stand for 15 minutes. Take the rice from the kettle with a skimmer, lifting it from the bottom to the top to keep the grains separate. It is imperative to have a kettle with a cover that closes hermetically so that the steam may be absorbed by the rice.

The above quantity will provide for ten people.

Checks made out to George M. Reynolds, treasurer of the Near East Relief, may be left with Miss Mary Williams at Community House or may be sent directly to Mr. Reynolds, 37 S. Wabash avenue, Chicago.

Riding Club Follows Fox Hounds on Thanksgiving

Thanksgiving day is a New England festival but the Riding Club of Winnetka celebrated the day in Old English fashion. Colton Daughaday led his pack of fox-hounds from the club stables at 7 o'clock, followed by a good field, and, after a brisk run over the Skokie, the riders assembled at Godfrey Atkin's house for a Hunt Breakfast.



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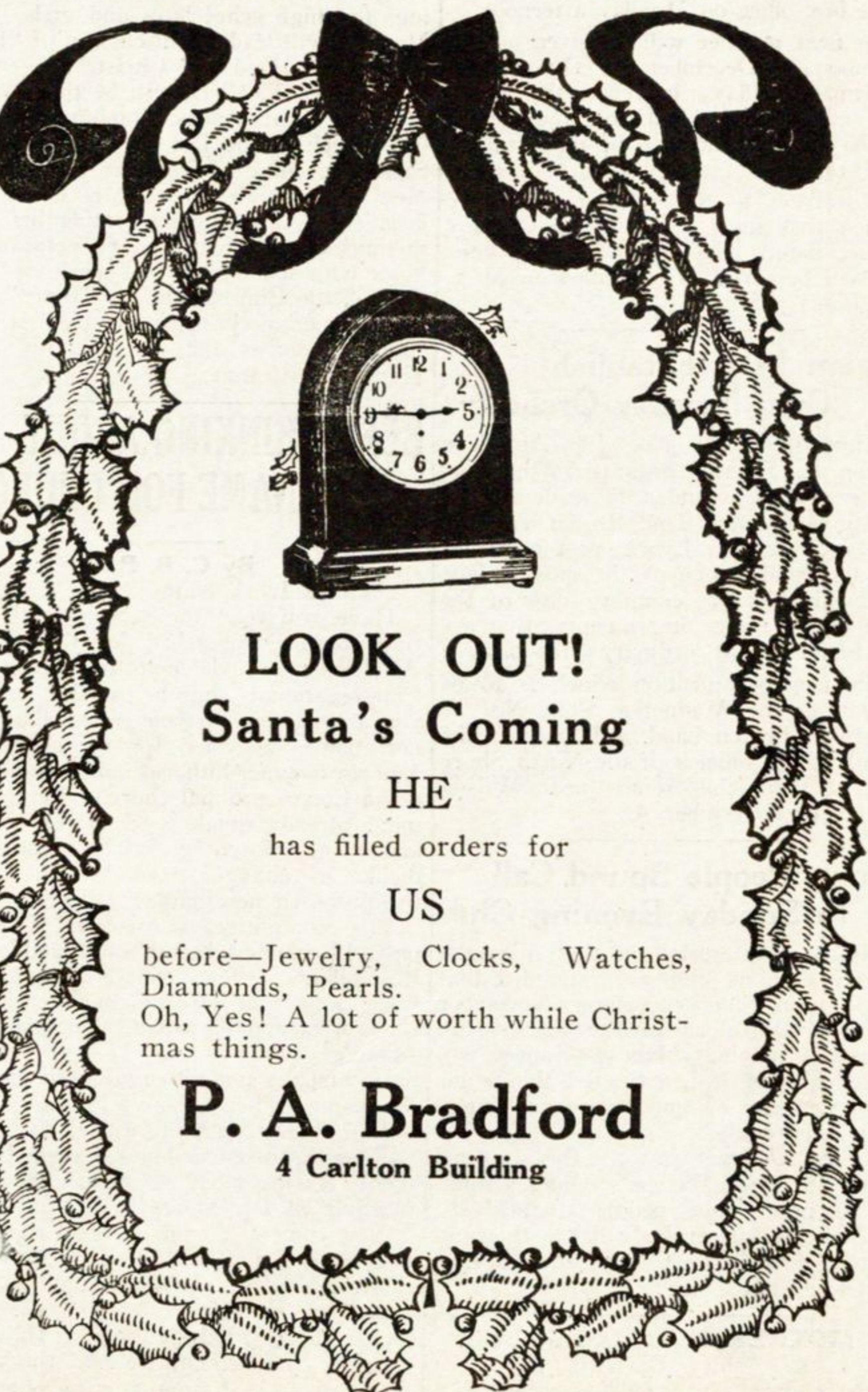
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