

The Adventures of Spunky Dan

By F. VAN MILLAN



Dedication

TO ALL the red-blooded boys and girls—the men and women of tomorrow—in this glorious “Land of the Free,” these tales are affectionately dedicated.

FOREWORD

Before relating the story of the wanderings and adventures of our hero, “Spunky Dan,” I must tell you something of his forefathers; where they were born; what their calling; what kind of people they were; where “Spunky” first saw the light of day and other facts that have a direct bearing on the matter in hand.

I must tell you, also, of the purpose with which these tales are written, so that you may gather all of the good things they enfold—the educational passages as well as those intended merely for amusement.

If you will studiously read these little stories from time to time, Spunky Dan will take you on a most delightful journey, not abroad, but all over the United States, the greatest of all countries. He will show you the many beautiful points of interest, and through fields of pleasure and woodlands fraught with thrills and excitement, always explaining the why and wherefore of things so you may understand. More, he will initiate you into the mysteries of woodcraft, show you how to conquer the wilds, take you to the land of nimrods, teach you how to live in the open; what, how and when to eat; in short, how to take care of yourself in any and all circumstances, so that you may grow up healthy and sturdy and with a knowledge that will materially aid in the making of a typical progressive and fearless American citizen.

Truly, dear boys and girls, you will enjoy the adventures of Spunky Dan to the last letter and then ask for more. Chapter I begins in the June number of this publication. F. VAN MILLAN.



Economical Recipes for Spring

That Balance the Faulty Ration

THE wise housewife, while supplying her table with as much fresh fruit as possible, will not neglect to supplement this with a liberal use of dried fruits, which are far less expensive and very wholesome. It is a good rule to remember that about half one's diet by bulk should consist of fruits and vegetables. The food served on most American tables will be found to include only about half as much fruit as it should. If dried fruits are used whenever possible, in desserts, breads and salads, they will do much toward balancing the family ration.

Dates, for example, are a dried fruit of great dietetic value and pleasing to the palate, which may be used in a great variety of ways. They are especially wholesome because they are dried naturally, on the tree. They contain the lime and iron which are so necessary to health, cellulose and sugar in a highly digestible form, and a small amount of protein. They are, in fact, a complete food, as is proven by the fact that Arabs often live upon dates alone, or dates supplemented with a little milk and cheese, for months at a time.

Date custard makes a delicious dessert and one much more wholesome than a custard without fruit. The ingredients are 3 eggs, 2 cupfuls of milk, 3 tablespoonfuls of sugar, one half a cup of dates stoned and cut into small pieces, and a little salt. Beat the eggs slightly. Scald the milk. Mix all ingredients together. Turn into buttered moulds and

set the moulds in a pan of hot water. Bake until firm.

The use of fruit in making bread, biscuit and muffins is increasingly popular and much to be recommended. Date biscuit is especially good. It requires a cup of sweet milk, a cup and a half of graham flour, two tablespoons of butter or other shortening, one well beaten egg, one level teaspoon of salt, one-fourth cup light brown sugar, four level teaspoons baking powder, one half cup chopped dates.

Bring the milk to the boiling point. Add butter and sugar. Combine flour, salt and baking powder and sift. Stir this into the wet ingredients and add the eggs. Beat for about three minutes. Stir in chopped dates dredged with a little flour. Fill the gem pans nearly two-thirds full and bake in a rather quick oven to a golden brown. With marmalade these are delicious for breakfast.

Brown Betty made with dried apricots is an admirable dessert. The fruit should be first soaked over night and then steamed. Rolled dry bread crumbs should be mixed with brown sugar in the proportion of two cups of crumbs to one of sugar, and tablespoonful of melted butter should be added to each cup of crumbs. One cupful of the steamed fruit should be used for each cupful of this mixture. Fruit and crumbs should be arranged in alternate layers, topping with crumbs. Bake covered in a slow oven about 40 minutes, and then uncover and brown.

Coffee Breads--Pecan Rolls--Coffee Cake

Pecan Rolls

Roll Coffee Bread mixture very thin, spread with one-third cup butter creamed and mixed with three-fourths cup brown sugar; sprinkle generously with pecans. Roll up like a jelly roll, cut off pieces one and one-half inches thick, put in greased pans, let rise and bake at 400 to 410 degrees F. for twenty minutes. When half done, turn over so that they will be sirupy on both sides.

Crescents

Divide Coffee Bread mixture into small round pieces (about one and one-fourth ounces each), cover and let rise for ten minutes. With a small rolling pin roll very thin and long (about eight inches), making one end pointed and the other wide. Holding the point in left hand, roll up with the right, shaping into a long roll pointed at both ends. Place on greased tin, let rise and bake.

Frosted Coffee Cakes

Roll Coffee Bread mixture into long rectangle one-fourth inch thick. Spread with soft butter and fold, making three layers. Cut off pieces three-fourths of an inch wide and six to eight inches long; cover and let rise. Twist each piece from the ends in opposite directions, and shape into a coil. Let rise in pan and bake twenty minutes in a moderate oven, or at 375 degrees F. Cool and brush over with Confectioners' Frosting, which is made as follows: Mix one tablespoon boiling water and one-half teaspoon vanilla; add sifted confectioners' sugar until of right consistency to be put on with a pastry brush.

French Rusks

Roll Coffee Bread mixture one-half inch thick, cut with an oval cutter, brush one-half with melted butter, stretch and double over like a Parker House roll. Put in greased pan, let rise until double in bulk; make three parallel creases on top of each and bake in moderate oven.

Coffee Breads

The delicious recipes of the baker are no secret. If you will follow the coffee recipe given below you can duplicate at home all the dainty breads and pastry supplied by your baker. Try some of these recipes and you'll be astonished and delighted.

Foundation Coffee Bread Mixture

- 1 cup scalded milk
- 1/4 cup sugar
- 1/4 cup shortening
- 1 teaspoon salt
- 1/4 to 1 yeast cake
- 3 tablespoons warm water
- 1 egg
- 1/4 teaspoon vanilla
- 1/4 teaspoon lemon extract
- 1/4 teaspoon powdered mace
- Bread flour

Put milk, sugar, shortening and salt in mixing bowl; when lukewarm add yeast cake softened in warm water. If mixed over-night use one-quarter yeast cake, but if you mix it in the morning add a whole one, or even two if you are in a hurry. Add egg beaten with flavorings, then add one and one-half cups flour and beat well. Add one cup flour and stir with a knife until well mixed. Add sufficient flour to knead, turn out on cloth or board and knead until smooth and elastic, keeping the dough as soft as possible. Cover with a cloth and a board or tin cover, and let rise until double in bulk. Shape in any of the ways suggested. Let rise and bake at 400 degrees F. for twelve to twenty minutes, or until it is brown.

Luncheon Rolls.

Roll Coffee Bread mixture one-half inch thick, cut out with small round cutter, place close together in greased pan, let rise again and bake.



Just Two Places to Dine--Home and Here

INDEED there is no restaurant odor or tang attending a dinner when partaken of here. Just like at home, that tells the story of our meals.

We serve the daintiest French bread and pastries, made Home style, and our meats and salads are just like mother used to make.

CIVILITY — CLEANLINESS — SERVICE

HOTEL LOYAL
COFFEE SHOP
—CAFETERIA SERVICE—