

Sparkling Fruit Juices



Fruit Juice Has Come to Be Appreciated as a Valuable Part of the Diet. One of the Most Delightful and Convenient of All Ways to Have Fruit Is to Serve Cool Fruit Drinks.

Cold Foods, Iced Fruit Drinks Ideal Combination For Summer

By Jenny Reed
Home Economics Editor

THESE are garden days! I know you want to spend as much time out of doors as possible, so why not prepare as much of the meal ahead of time as possible and then forget about it until time to eat. If we make a practice of doing this, our three meals a day will not hang over us like a suspended sword over our heads.

When dinner time comes, we demand something cold, something which may be prepared quickly in a cool kitchen, and something which may be taken to the garden or shaded porch to be eaten.

When our minds wander to foods cooling and refreshing, they cannot escape the cold sparkling drinks. People are growing more and more fruit-conscious, knowing that fruits help to prevent acidity and provide the vitamins and minerals that make a food a protective one.

Fruit juice has come to be appreciated as a valuable part of the diet, and of the necessity for it there is abundant proof. One of the most delightful and convenient of all ways to have fruit is to serve cool fruit drinks.

Fruit Punch
1 pint bottle grape juice
3 tablespoons lemon juice
1/3 cup orange juice
1 cup pineapple (crushed) with juice
1/2 cup sugar
Grated rind one orange
Several sprigs of fresh mint
Few grains of salt
1 pint bottle soda water
Whipped cream

MIX fruits and add sugar. Grate a little of the rind of one orange and one lemon. Add to orange juice and let stand 10

minutes. Strain and add juice to fruits and sugar; then add mint and salt. Cover and let stand an hour to ripen. Pour over crushed ice, add soda water and serve in tall glasses with whipped cream on top. Garnish with mint leaves.

Fruit Swizzle

1 quart tea
1 quart ginger ale
3 lemons
3 oranges
1 pint grape juice
1 cup cut-up pineapple (or any other fruit)
1 bottle Maraschino cherries
Sweeten to taste

LET me give you a recipe for lamb loaf which I am sure you will enjoy. Lamb shoulder is the cut you buy for this purpose.

3 cups lamb, ground
1 cup milk or stock
1 egg
1 cup bread crumbs
2 tablespoons minced onion
1 green pepper, minced
2 tablespoons minced parsley
1/2 teaspoon salt
1/2 teaspoon pepper

BEAT egg, add milk or stock, then the crumbs and allow to soak for 10 minutes. Put the meat and vegetables through the food chopper. Add the seasonings and combine with the crumb mixture. Turn into a well-greased loaf pan and bake in a moderate oven (375 F.) for 1 hour. Turn out onto a platter and garnish with sprigs of parsley. Serve with horseradish sauce, or mint jelly is always good with lamb.

Any meat dish which may be cooked in a moderate oven does not need to be watched and so

you can put it in the oven and go on doing other things. We always had the idea that hot weather meat dishes meant steaks or chops, those tender quickly cooked cuts; but I am convinced that the kitchen does not get any hotter if a slow fire is maintained for an hour or two than if we have a real hot fire, such as is necessary to broil a steak; nor does it require any more expenditure of effort to cook a slow cooking cut than it does to cook one which must be constantly watched.

HERE is a one-dish meal which will be relished by a hungry family who have spent the afternoon out of doors gathering an appetite.

A casserole always offers an easy method of preparation and besides, it is a dish which does not always need to be served at the particular time it is done. A few minutes wait will not injure the dish in the least.

Meat Balls en Casserole

2 pounds ground beef
2 tablespoons bacon drippings
1 onion, diced fine
1 cup cooked macaroni
1 cup tomato puree
1 tablespoon sugar
Salt and pepper

Mix the beef, salt and pepper, and diced onion, and form into balls. Fry these in bacon drippings until they are browned on all sides. Place cooked macaroni in a casserole, and on top of it place the partially cooked meat balls. Pour over the tomato puree and sprinkle with sugar. Cover and bake in a moderate oven (350 F.) for 30 minutes, or until the meat is done.

washing dishes every day you can accomplish this with no trouble—and forget the dishes! Take a word out of your dictionary, or better still, a word out of some good English book and write it down. Put the paper above the kitchen drain board and while you wash the dishes try to compose at least ten sentences, each one using the new word.

Professors of grammar tell us that if you use a word ten times it becomes yours, so you see you can acquire a new word every time you wash dishes—and at the same time forget the drudgery of scrub suds!

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WizarDO Reveals Secret Of Baffling Card Trick

YES, SIR, That's all there is to it!

Just fill out the Pledge Card printed below, mail it to WizarDO with your membership fee and you can learn how to perform amazing feats of magic! After you have studied a few of WizarDO's weekly lessons, you will be able to entertain your friends at home or at parties and club meetings, with a complete show of baffling mysteries.

It's all in knowing how, and now, for the first time, everyone is invited to "find out how it's done" and adopt magic as a hobby. Magic tricks from all parts of the world are included in WizarDO's interesting weekly lessons and you'll soon agree with thousands of other W. M. C. members that magic is the best hobby of all.

In reply to the many letters I have received from club members asking for more card tricks, I am going to show you how to perform "The Mystery of the Three Queens," one of the most baffling impromptu card tricks known.

Many card tricks require a great deal of practice and ability in sleight-of-hand, but this mystifying trick is easy to do and you will be able to perform it within a few minutes after studying the secret.

EFFECT: The performer takes

Queens were missing, he set out to find them, and he went right in the front of the forest." (Place the King on top of the deck.)

"Of course, with three Queens each in a different part of the forest, things were bound to get a little mixed up, so we'll mix things up too, and cut the deck." (Have the deck cut several times by members of the audience.)

"The King soon discovered that with the Queens scattered all over the forest, it would be impossible to capture them alone, so he sent for help. Now, let's see what happened."

As you say this begin dealing the cards off the top of the deck, turning them face up on the table one at a time. When you come to the Queens, each Queen will be in between two Kings, or in this order: K, Q, K, Q, K, Q, K.

"Well, it looks like the King got plenty of help. Here's the runaway Queens, each surrounded by two kings!"

SECRET: VOYIDO BODYDIT-ERZ GPEF GDEWN YEK the deck SENO GPEF—YEDFG, DO-TIHO USS GPO NERZF URX Queens. GPOR BSUWO IRO NERZ IRGPO GIB IYGO XOWN. GPOR BAG GJI NERZF URX IRO QUEEN IRGPO VIGGII in GPEF IDXD, K-Q-K. GPEF will SOUHO LIA JEGP the three Queens and King for the trick.



Two Youthful WizarDO Club Members Call on WizarDO to Obtain a Bit of Advance Information on the Secrets of Magic Art as Taught in His Weekly Lessons.

an ordinary deck of playing cards and removes three Queens and one King. Placing them face up on the table beside the deck, he remarks:

"Once upon a time there were three Queens who decided to run away from home. They ran to a nearby forest and since none of the Queens were Campfire Girls, they soon became hopelessly lost."

As you say this, pick up the deck, then continue:

"We will let this deck of cards represent the forest. One Queen went in the front of the forest." (Place one Queen on top of the deck.)

"The second Queen went in the side of the forest." (Slide the second Queen in the center of the deck.)

"And the third Queen entered the forest from the rear." (Place the third and last Queen on the bottom of the deck.)

"The King was a wise old man, and as soon as he noticed the

The audience TAFG RIG NRI GPUG LIA PUHO YEKXO GPO XOWN in UXHURWO.

Now you are ready to do the trick.

Tell the story of the runaway Queens and as you do so, place one Queen at the top, one in the center, and one on the bottom of the deck. Then place the King on top. Now have the deck cut as many times as your audience wishes.

THE WAGE TAFG VO IDXERUDD GJI JUL WAGE. GPO YEDFG WAG JESS VDERZ all the Kings and Queens together.

Practice this trick carefully a few times until you are sure of the routine. I use this trick quite often when performing for private parties and it never fails to "fool 'em."

EXPELLED

THE painter, Whistler, was expelled from West Point because he failed at chemistry.

Menu of the Week

By Joan Andrews

ARE you going to have the girls over for luncheon pretty soon? When you do, serve them something that will send them home talking about your luncheon rather than about their bridge scores. Here is a menu designed to do just that.

Tomato juice frappe
French ham-pineapple sandwiches
Hearts of lettuce, cucumber dressing
Ice cream puff
Coffee

The French ham-pineapple sandwiches are made by spreading bread with soft butter, then with prepared mustard. Place a slice of ham and a split slice of pineapple on each piece and top with another slice of bread. Dip the sandwiches in beaten eggs, to which a little milk and a pinch of salt have been added. Sauté in butter

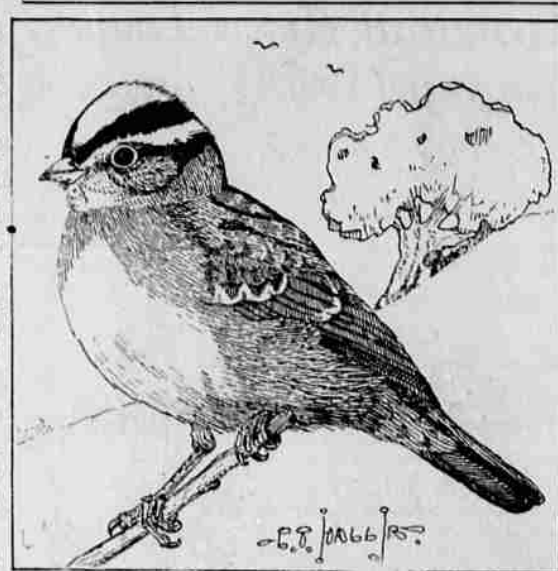
and serve with a currant jelly garnish.

Tomato juice frappe is different and refreshing. Season the tomato juice with lemon juice, salt, pepper, celery salt and onion juice. Pour into the freezing tray of a mechanical refrigerator and partially freeze. Serve in sherbet glasses with a spoon.

To make cucumber dressing for the salad combine 1/2 cup grated cucumber with 1/2 cup sweet or sour whipped cream. Add 1 tablespoon of lemon juice and 1/4 teaspoon each of celery salt and salt, and a dash of cayenne.

This ice cream puff is particularly appropriate just now. Fill plain, unfilled cream puffs with ice cream, cover with sliced, fresh peaches, and replace the top of the puff. Garnish with whipped cream.

Feathered Friends



GAMBEL'S SPARROW

By H. R. Eschenburg and C. T. Hall, Jr.

ABRIGHT, alert little fellow, about seven inches long; dark brown above and light below, with two black and three white stripes on the head, the center white stripe being narrower than the black stripes on either side, gives us a general description of the Gambel's Sparrow. Although small and inoffensive, they brave unknown areas as con-

firmed wanderers, wintering in California and Mexico and nesting as far north as Alaska.

Those of us struggling with winter gardens, soon realize the presence of this sparrow, as greens and young plants are part of his diet. In this instance he is, of course, a pest; but it is difficult for us to condemn such a fluffy and friendly little fellow with utter harshness. After all, he does not know how to distinguish valuable plants from mere weeds.

In some areas, Gambel's Sparrow is found in flocks with his near relatives, the White-crowned and Nuttall's Sparrows. They are very similar in appearance and only the closest field observations will distinguish one species from another.

Household Hints

MAKING an attractive closet of a dark hole in the wall is far more fun for a bored housewife than, say, making the usual mountain out of a mole hill. Everyone has at least one hide-away filled with such treasures as broken roller skates, shrunken blankets, chewed furs, incomplete picture puzzles, crippled decks of cards and choice empty pasteboard boxes. Except for the last item these should be sent to one of the charitable organizations which are surprisingly glad to get things which are only an inconvenience to you.

Green, that beguiling and popular color, is one of the most attractive tints for refinishing the closet. It shows smudges far less than pink or blue and with a few highlights of yellow brings a vermal cheer to the darkest crevice. If you want to be very gay use a green and white latticed wall paper; if you want to be a little more practical use a washable paint on the walls. Anyway paint the woodwork and shelves a deep rich green that is almost black. Unless you plan to use the closet for fragile materials and linens the heavy paint is protection enough for the shelves.

The new theory of closet care is for every article to have its bag or box (plainly labeled) and with a little trouble you can make a sylvan retreat out of an eyesore.

Feel Well, Look Well

By Frederic Damrau, M. D.

ALMOST with prophetic wisdom, William Shakespeare said, several centuries ago:

"Make less thy body, and more thy grace."

"Leave gormandizing; know the grave doth gape."

"For thee thrice wider than for other men."

Now let us see how Shakespeare's wisdom tallies with vital statistics collected by life insurance companies. Statistics furnished me by one of the leading life insurance companies of the United States, based on the experience of 871,000 lives insured teach an important lesson. They show that, in persons between 30 and 40, an increased weight of 25 to 45 pounds above the average raises the danger of death 25 per cent. Between 40 and 50 this hazard is 25 per cent higher than in persons of normal weight.

Here are four simple rules for eating sensibly:

1. Satisfy your craving for food, but learn when you have had enough.
2. Eat plenty of fresh fruits and green vegetables.
3. Cut down on concentrated foods—those rich in fat, starch and sugar.
4. Eat a certain amount of lean meat, fish, fowl and eggs.

Following is a table of standard weights for women expressed in pounds for various ages and heights:

AGE 20-24 25-29 30-34 35-39 40-44 45-49

WEIGHT 110 115 120 125 130 135

4' 11" 110 115 120 125 130 135

4' 10" 105 110 115 120 125 130

4' 9" 100 105 110 115 120 125

4' 8" 95 100 105 110 115 120

4' 7" 90 95 100 105 110 115

4' 6" 85 90 95 100 105 110

4' 5" 80 85 90 95 100 105

4' 4" 75 80 85 90 95 100

4' 3" 70 75 80 85 90 95

4' 2" 65 70 75 80 85 90

4' 1" 60 65 70 75 80 85

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