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Thrifty Housewives' MARKET



TRADE
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GUIDE

Cooks in a Jiffy!



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THE KITCHEN CABINET
(© 1924, Western Newspaper Union)

"To grow and keep in person as attractive as possible should be not only everyone's pleasure but should be also everyone's duty."

HOUSEHOLD HINTS

An alarm clock is a fine thing to see in the kitchen when baking cake, pudding, bread or in fact any kind of food. One is so apt to forget how long the bread has been baking. Set it at the time one is to start getting dinner, too.

A cheap little slat with a crayon or pencil hung on the kitchen wall will help in doing the ordering. When any staple is getting low a note to that effect will call it to mind. A good reminder for work to do or engagements that might be neglected is thus handy.

If the hands are rubbed with a mixture of salt and cornmeal after peeling onions or handling fish, they washed in cold water the odor will be removed.

To remove obstinate mason jar covers on canned fruit dip them in boiling water for a minute or two, then unscrew easily.

Melt butter and heat milk when adding to mashed potato—then they will beat up light and fluffy.

Cornmeal mush will not become lumpy when cooking if the water is boiling and the cornmeal is mixed with a little cold water to pour into the boiling water. Stir until well-mixed and cook until thoroughly done. Add a tablespoonful of butter to the hot mush—it improves the flavor and it will fry better.

Do not put the dressing on salads that contain lettuce until ready to serve as it loses its crispness.

When baking potatoes clip the ends wash well, then rub with any sweet fat. The skin will be thin and edible when baked. Roll the potato and crack to let the steam escape—this will make a mealy potato.

Newspapers laid around the stove when frying cakes or broiling steaks will save many a spot on the floor. The papers may be gathered up and burned and much work be saved.

When cooking steak add the seasoning after the steak has been well seared over on both sides. Salt draws out the juices of the meat if added before it is cooked.

Potato peelings put into the furnace or kitchen stove will keep the flues clean.

Nae shoon to hide her tiny toes,
Nae stockin's on her feet;
Her supple ankles white as snow,
Or early blossoms sweet.

Her een saue like her mither's een,
Two gentle, liquid things;
Her face is like an angel's face:
We're glad she has nae wings.
—Jeremiah Kames Rankin.

GOOD THINGS FOR THE TABLE

For a change from the ordinary bread the following will be liked:

Southern Grist Bread.—Mash until smooth one cupful of cold, well-cooked hominy. Into this stir one well-beaten egg, one tablespoonful of lard, a little salt, one cupful of milk, and lastly one pint of uncooked hominy. Spread this in a well-greased baking pan and bake half an hour. Cut into squares and serve hot with butter.

Apple Sauce Cake.—Take one cupful of sugar, one-half cupful of butter, one cupful of thick unsweetened apple sauce, one cupful of raisins, one and one-half cupfuls of flour, one teaspoonful of cinnamon, one-half teaspoonful of cloves, a teaspoonful of soda and one-fourth teaspoonful of grated nutmeg. Mix and bake slowly in a moderate oven.

Sponge Bananas.—Cover the bottom of a baking dish with small sponge cakes or with pieces of cake, cover

with a layer of bananas, sprinkle with sugar, the juice of an orange, chopped nuts or coconut. Bake fifteen minutes, serve with a custard or thick cream.

Chicken, Mississippi Style.—Pass through a meat chopper one-fourth of a pound each of fresh veal and pork, two slices of bacon, the liver of a chicken, half a green pepper, two sprigs of parsley, a teaspoonful of scraped onion, a tablespoonful of Worcestershire sauce, half a teaspoonful of salt, a dash of cayenne; mix all well and use to stuff a chicken. Bake often and cook in a hot oven until tender. Serve with sweet potatoes.

Cranberry Bavarian Cream.—Wash a quart of cranberries and put to cook; while hot press through a sieve. To one pint of pulp add one-half cupful of sugar. Soak a quarter of a box of gelatin in one-quarter of a cupful of water and dissolve over hot water, then add to the berries. Turn into a bowl and beat until cold and beginning to thicken, then add one-half cupful of rich milk and beat again. Lastly add one cupful of thick whipped cream. Beat well and mold.

Nellie Maxwell

USE SWEET POTATOES IN MAKING BISCUITS

Department of Agriculture Gives Recipes for Bread.

(Prepared by the United States Department of Agriculture.)

Good muffins and biscuits can be made from sweet potatoes, says the United States Department of Agriculture, which furnishes the following recipes:

Sweet Potato Biscuit.
(15 biscuits)
2 cupfuls sifted flour
1 cupful mashed sweet potatoes
1 teaspoonful salt
2 teaspoonfuls shortening
1 cupful cooked sweet potatoes
Liquid sufficient to mix

Sift together the flour, salt, and baking powder. Cut or rub into this the cold shortening. In the same way rub into this flour mixture the mashed potatoes. Finally, add just enough cold liquid to make the mass cling together. Do not knead. Place on floured board, roll until one-third-inch thick, and cut into rounds. Place these in lightly-floured biscuit tins and bake fifteen to twenty minutes in a moderately hot oven. Bake all potato breads more slowly than those made with flour alone.

Sweet Potato Muffins.
(12 to 15 muffins)
1 1/2 cupfuls wheat flour
1/2 cupful eggs
1/2 cupful sweet potatoes
1/2 cupful salt
1/2 cupful shortening
1/2 cupful liquid sufficient to make a rather stiff batter

Boll the potatoes in the skins until tender; drain, peel, and mash fine, or still better put them through a ricer or colander. Sift together the flour, salt, and baking powder. Beat the eggs until light and add to the cool mashed potato. Next add the melted shortening, then the flour mixture, alternating with portions of the liquid, until a batter is formed somewhat stiffer than for ordinary flour muffins. Bake in muffin pans for about thirty minutes in a moderately hot oven.

Round Steak on Biscuit

Makes Appetizing Dish
Cut round steak into pieces about one-half-inch square. Cover with water and cook it at a temperature just below the boiling point until it is tender, or boil five minutes, and while still hot put it into a fireless cooker and leave it for five hours. Thicken the gravy with flour mixed with water, allowing two level tablespoonfuls to a cupful of water. Pour the meat and gravy over split baking-powder biscuits so baked that they have a large amount of crust.

Mississippi was the first state in the Union to establish an agricultural high school.



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SALEM FARES INCREASED
Street Railways Will Raise Price of Ride to Seven Cents
Salem, Ore., Mar. 21.—(A. P.)—An increase in street car fares from six to seven cents in Salem and Eugene will be made effective by the Southern Pacific on April 22nd, unless a protest is made and the increased rates are suspended by the public service commission. The company filed the revised schedule today.

Mary Succeeds on Main Street
By LAURA MILLER
© 1924, by Laura Miller

"GOING 'EM ONE BETTER" IN THE POST OFFICE

"I can do what anyone else can do," a small girl out in Arkansas took as her motto. Then she added to it, "if it's worth while I can even go 'em one better!"

Thereupon life "called her bluff" as the boys say. Lucy May Schaefer had started the family record by being the first of five small Schaefers. She was within an ace of winning a coveted school record at graduation, when—failure, an empty family purse. Lucy May landed a teacher's job. Then the Hot Springs paper—did I say Lucy May lived in Arkansas down at the very end of a branch railroad?—carried a letter from Uncle Sam to Lucy May. Extra luck? Hardly. It was just an announcement of examinations for post office clerks. Lucy May felt a bit of a thrill when she went into a "first-class office" of the United States government.

Then, "women can't earn their salaries," she was informed, but she set herself to qualify for a special clerkship. The department rules that a clerk must handle letters at the rate of 16 per minute, and has, on tests, climbed up to 72 without error. But she held no political "pull," and special clerkships were jobs handed to the faithful. She stuck to the job. Four years ago came the merit ruling: semi-annual examinations to determine those eligible for special clerkships. "When my winning day arrived," she says, "it was on merit alone."

Outside the office she has mothered two younger sisters, gone into the local Y. W. C. A. and learned team work by gaining members for the post office clerks' organization. When a new organization that seeks out successful women reached Hot Springs, it didn't require political pull to make Lucy May Schaefer successively local and state president of the business and professional women's club. She still holds, so far as she knows, the post office record. "Of post office work," she says, "I believe a good woman worker can succeed better than a man. Her hands are quicker and her brain travels faster." And as for living in the smaller place she suggests, "One must prepare herself for a special line to succeed."