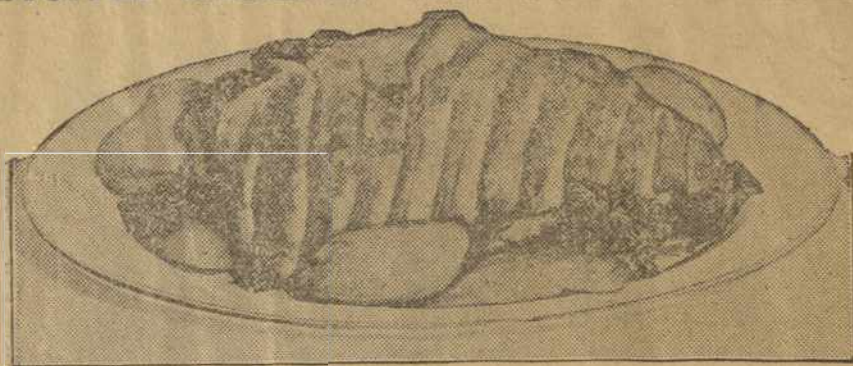


STUFFED SPARERIBS WITH SWEET POTATOES



Appetizing and Inexpensive Roast Spareribs.

(Prepared by the United States Department of Agriculture.)

Pork spareribs are one of the less expensive meat cuts which can be made most appetizing if carefully prepared. A stuffing containing tart apples adds greatly to the flavor and pliancy of the dish.

The meat, like any cut of pork, must be well done without being dry. After browning spareribs quickly in a hot oven, reduce the temperature and cook slowly at moderate heat until tender. Do not add water. The full directions given by the bureau of home economics of the United States Department of Agriculture follow:

Roast Stuffed Spareribs.

2 sections of spare- ribs	1/2 cup chopped onion
1 cup fine dry bread crumbs	1/4 cup chopped parsley
1/2 cup diced salt pork	5 tart apples, diced
1/2 cup chopped cel- ery	1/2 cup sugar
	3/4 tsp. salt
	1/2 tsp. pepper

Select well-fleshed rib sections that match. Have the breast bone cracked so that it will be easy to carve between the ribs. Wipe the meat with a damp cloth. Prepare the stuffing as follows: Fry the salt pork until crisp and remove the pieces from the skillet. Cook the celery, onion, and parsley in the fat for a few minutes and remove them. Put the apples into the skillet, sprinkle with the sugar, cover, and cook until tender, then remove the lid and continue to cook until the juice evaporates and the pieces

of apple are candied. Mix the apples with the bread crumbs, crisp salt pork, cooked vegetables, salt, and pepper. Lay one section of the ribs out flat, sprinkle with salt and pepper, and spread with the hot stuffing. Cover with the other sections and sew the two together. Sprinkle the outside with salt and pepper and rub with flour. Lay the stuffed ribs on a rack in an open roasting pan and sear in a hot oven (450 degrees Fahrenheit) for 20 minutes, or until the meat is lightly browned. Reduce the oven temperature rapidly to very moderate heat (300 to 325 degrees Fahrenheit) and continue to cook for about an hour longer, or until the meat is tender. Remove the strings before serving the stuffed spareribs on a hot platter. Surround with candied sweet potatoes, prepared as below:

Candied Sweet Potatoes.

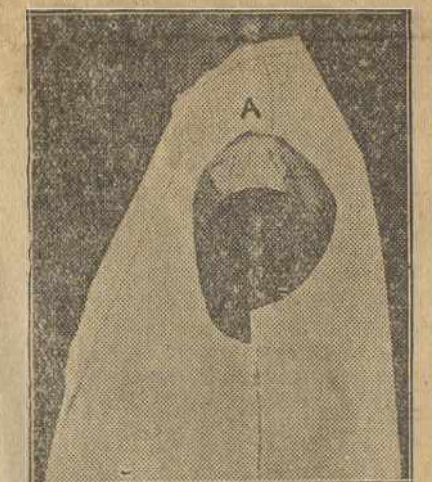
Bolt six medium-sized sweet potatoes until they are fairly tender, but not done. Allow the potatoes to cool, skin them, and cut them lengthwise in halves. Arrange the pieces in one layer, in buttered baking dishes or a shallow pan, and do not pack them close together. Roll one cupful of corn sirup or maple sirup, one-half cupful of brown sugar, three tablespoonsful of butter, and one-fourth teaspoonful salt until slightly thickened. Pour the sirup over the sweet potatoes. Bake in a moderately hot oven (375 to 400 degrees Fahrenheit) 45 minutes to one hour. Turn the pieces carefully while cooking and brown them on all sides.

DRESS BALANCED AT THE SHOULDER

Garment Not Hung Properly Never Looks Well.

(Prepared by the United States Department of Agriculture.)

A dress that does not hang properly from the shoulders never looks well. On rather stout or on round-shouldered figures alterations sometimes have to be made in a foundation pattern before the material is cut. The

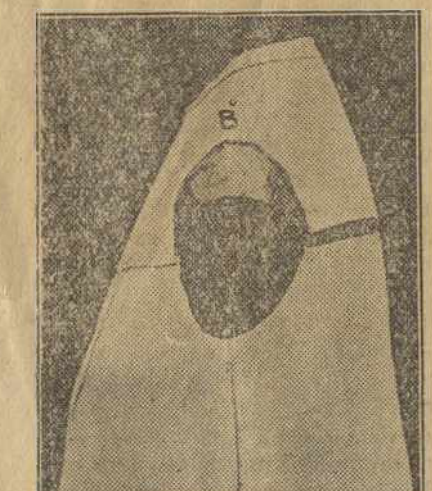


A. Method of Balancing Dress at Shoulder and Underarm.

illustration shows how this may affect the shape and size of the armhole unless special attention is given to it. In illustration A the back was raised at the shoulder seam so that the shoulder line was kept in the original position while the dress was balanced at the underarm seam. The extra goods at the bottom of the armhole remained unaltered. This change can be made after the material is cut, but all changes are best on a foundation pattern which serves for future uses.

As the changes in illustration B necessitate cutting they can only be made on a foundation pattern. A dart which has been taken in the front is equalized by cutting and separating the parts of the pattern in the back. These changes do not alter the size of the armhole. If the armhole is altered the sleeve will have to be altered an equal amount in order to keep the same relation between the edge of the sleeve and the armhole.

Detailed suggestions, with many illustrations, on fitting dresses and



B. Balancing a Foundation Pattern by Taking a Tuck in the Front and Slashing the Back.

houses, may be obtained by writing to the bureau of home economics of the United States Department of Agriculture, which has prepared a helpful bulletin on the subject, No. 1530-F.

BRAISED CELERY MOST EXCELLENT

Problem of Disposing of Coarser Stalks Is Solved.

(Prepared by the United States Department of Agriculture.)

When you buy celery you generally serve the heart and the tender stalks next to it as a relish, to be eaten raw, with salt. Sometimes a few of the middle stalks can be stuffed with cream cheese or roquefort and passed with salad; or chopped up and put into a salad. But the coarser outside stalks often constitute a problem. They may be usable for salad, but they are better cooked as stewed celery or used as the basis for a milk-celery soup.

Another way of preparing them so they will be appetizing is suggested in the recipe for braised celery from the bureau of home economics of the United States Department of Agriculture. This is an excellent way to use these outer stalks, and it also makes use of left-over gravy or meat drippings.

Braised Celery.

1 1/2 quarts celery	3 lbs. flour
cut into pieces	1 1/2 cups cold wa-
3 lbs. drippings and	ter
juice from roast	Salt and pepper
meat or fowl	

Put the celery into a shallow baking dish. Melt the meat drippings in a skillet, add the flour, stir until well blended, and then gradually add the water and continue to stir until smooth. Add salt and pepper to taste and pour this hot gravy over the celery, or use an equal quantity of left-over slightly thickened gravy or meat broth. Cover the dish and bake in a moderate oven for 45 minutes, or until the celery is tender. During the last 15 minutes remove the cover from the dish, so that the gravy cooks down and browns slightly. Serve in the baking dish.

Excellent Change in the Way of Green Vegetable

Who ever heard of cooking lettuce? The bureau of home economics of the United States Department of Agriculture, among others interested in trying out new ways with familiar foods, braised lettuce, preferably of the iceberg type, is an excellent change in the way of a green vegetable. The suggestion of bacon flavor given by using bacon fat makes the lettuce especially tasty. Here's how it's prepared:

2 large hard heads	4 lbs. bacon fat
iceberg lettuce	Salt
	Pepper

Cut each head of lettuce into four pieces, taking care that a portion of the center stem is left on each section to hold the leaves together. Heat the fat in a large skillet, put in the lettuce, cover, and cook for 30 minutes, or until the lettuce is tender. If much liquid is drawn out of the lettuce, discard some of it during cooking. Turn carefully if necessary. Sprinkle with salt and pepper and serve on a hot platter.

Color Lost by Cooking

The bright, attractive coloring and firmness of texture of vegetables often are lost by poor methods of cooking, especially poor methods of boiling. All vegetables become soft or mushy and discolored when cooked a long time.

The KITCHEN CABINET

(©, 1930, Western Newspaper Union.)

I know that any weed can tell
And any red leaf knows
That what is lost is found again
To blossom in a rose.
—Louis Ginsburg.

THE BACK YARD GARDEN

A little garden at the back of the city lot, a bit of space where green



things may grow in neat rows, a half dozen tomato plants, bush beans, carrots, radishes and onions—what a joy it can add to one's life. Even where space is not such a factor a small garden near the kitchen where it may be tended is to be recommended.

A garden south or west of the house gets more protection from cold winds, and better sunlight. Any kind of soil with proper handling will make good gardens. Place the rows so that they get as much spacing as possible, making the garden look trim by the proper spacing and placing of seeds. Plan the crops so that the soil is working all summer. The time to plant depends upon the date of the last frosts, which is not always reliable, but many of our vegetables like lettuce, radishes, turnips, spinach and parsley are not afraid of a little cool weather.

Where one has space for corn, it must be planted after all frost danger is past. Corn is one of the most satisfactory of vegetables to raise. In good soil, with plenty of moisture and heat, with a few hoeings, a crop will respond that will delight the heart. There is nothing equal to the fresh juicy golden bantam or the country gentleman, and later the luscious milky ears of the overgreen.

When the last frost is over plant early beets, onion seed, carrots and such tender vegetables as the bush bean. Now the tomato plants may be set out, the cabbage and eggplant as well as pepper plant and cucumber seed may be sown, also melon and squash. Do not have these near enough to mix the pollen, or the melons will not be of good flavor.

In the space where the radishes and lettuce were grown early, may be placed the late beets, beans or cabbages. Beans may be followed by turnips or parsnips, early cabbage plants may take the place of the row of spinach. With a little planning on paper one may have a wealth of pleasure from a small plot of ground.

Very early you may serve a:

Squash Dish.—Cut slices of salt pork into small cubes, fry brown, add boiling water, new onions, carrots and potatoes, cook until tender, season well, add milk and serve hot.

SEASONABLE FOODS

This is the time of the year when we like a few lighter main dishes after the heavy meats of the winter.

Macaroni Luncheon Dish.—Fry two or three slices of bacon, add one chopped onion and a chopped green pepper. Place layers of cooked macaroni in a buttered

baking dish, add a layer of the bacon and vegetable mixture, half a cupful of cheese, seasoning to taste and repeat. Cover with a can of tomato soup, stirring it in lightly with a fork and bake until thoroughly heated through.

Scrambled Eggs.—Take one and one-half tablespoonsful of butter, add eight tablespoonsful of milk, eight eggs—but do not beat. Slip into the pan with the butter and milk and stir with a fork. When creamy add seasoning and a tablespoonful of phosphate baking powder. The eggs will puff up and make a much more attractive and digestible dish.

Lamb Chops.—Take the chops cut from the leg. Brown nicely on both sides, season well and put into a deep Scotch kettle or a heavy aluminum kettle. Over the layer of chops place a layer of thinly sliced uncooked potatoes, a little sliced onion, salt and pepper to season. Repeat until the meat and potato are all used. Put a cupful and a half of water in the pan in which the meat was browned and pour it over the vegetables and chops in the kettle. Cover and cook slowly for two hours. Pile on a platter or chop plate and serve garnished with turnip cups filled with green buttered peas.

To make the turnip cups, cook them in boiling salted water, using small, even-sized turnips and scoop out the centers for the buttered peas.

Now is the time to be looking up the garden seeds and getting the herb garden started. Have a small row of chervil, fennel, summer savory sage, parsley and mint. They need little care and will be a joy forever during the season.

Wild mustard is far more delicate and mild than the kind we use, as a rule. Dry the flowers and powder them by rubbing in the hands.

Mince cooked bacon and hard cooked egg with butter, salt and pepper for seasoning makes a most popular filling for sandwiches. Serve hot or cold.

Goose liver sausage, liver sausage, summer sausage and frankfurters and small pig sausages fried are liked as a filling for rolls or bread as sandwiches.

Nellie Maxwell

Current Wit and Humor



A UTOPIAN RHAPSODY

"Will you be so good as to drive off the track?" asked the motorman, and the truck driver promptly pulled to one side.

"Thank you, ever and ever so much," added the motorman with a smile. "You're a perfect dear!" "You're very welcome," said the truck driver, "but you must pardon my seeming carelessness: I really had no idea your car was so near."

PERTINENT QUESTION



He—I can live on your love forever! She—That's all right, dear; but what am I to live on while you live on my love?

Co-Operation

Boost yourself, but don't forget To boost your friend, too; By boosting him you're apt to get Some boosting done for you.

How Do They Live?

Bill—You'd need a powerful microscope to see the brain in Dora's head.

Jim—I'll say! She came in the room just as some one was mentioning something about a major issue, and she exclaimed, "Oh, introduce me to him, I just adore a man in a uniform."

It Must Seem Like This

First Film Star—I hear you're married again, Betty. Whom did you marry this time?

Second Film Star—O, erah (opening purse), I believe I've got his card somewhere.—Exchange.

Conclusive Evidence

"How do you know it was a stork and not an angel that brought you little brother?"

"Well, I heard daddy complaining about the size of the bill, and angels don't have bills!"

LOOKS LOGICAL



"Doctor, this husband of mine is insane."

"Upon what grounds do you base your belief, Madam?"

"Why, the little shrimp actually has the nerve at times to give me an argument."

Edisonian Evolution

Hush, little goldenrod, Don't you cry— You'll be a billion tire By and by.

Hoped to Rouse Curiosity

Wright—I'm writing my autobiography. Bright—What have you that's interesting to tell? Wright—That's just it. People will buy my book out of curiosity.

Mad

"You should have seen me foaming at the mouth the other morning." "Were you mad?" "I sure was. I'd brushed my teeth with shaving cream."

Speechless Emotion

"Hallo, where have you been?" "To the station to see my wife off for a month's holiday." "But how black your hands are!" "Yes, I patted the engine."—Nebel spatter.

Wants John to Try It

Mr. Jabbs—Good nature is just nothing more than a state of mind, Jane. Mrs. Jabbs—Well, I hope some day you will be able to get into that state of mind, John.

Cleanliness, but Hard

on Rest of the Outfit

After a 12-day voyage we arrived at Brest, France, in July, 1918. We marched to the Pontonazan barracks that afternoon. Our outfit was assigned to two barracks, with a promise of a bath on Wednesday.

Water was very scarce there, and at each end of the barracks assigned to us was a barrel of water for drinking purposes.

I happened to get up about two o'clock in the morning and leave the barracks. On my return I saw Mike Connors in the barrel taking a bath. I told him that he should have known better, as the water was very scarce there. He said he knew that, but he really did need the bath and couldn't wait any longer.

"We'll drink out of the other barrel at the other end of the barracks, then," I commented.

"I got my clothes in that one," Mike assured me.—John J. Boyle in New York Telegram.

Belligerent Owl

A struggle between an owl and the engineer of an electric express train has been reported at Linköping, in southern Sweden. The bird, probably attracted by the headlights of the locomotive, burst against one cab window and broke the glass. Well inside, it sank its claws into the shoulders of the motorman and attacked him with its bill. The engineer could not leave his grip on the switch, and a fierce battle ensued while the train raced on its way. At last the motorman succeeded in strangling the bird, which was an unusually large specimen.

Pianos to Fit Horses

In order to transport pianos over mountain trails or difficult roads, an enterprising German manufacturer has constructed a special type of the instrument, which permits it to be carried on horseback. The piano has a U-shaped lower section which fits the animal. Other pianos are made dismountable so that they can be transported in several packing cases on the backs of mules, and assembled on delivery, because the instrument would be ruined were it to be hauled over many of the trails for hours, and often days, in a cart drawn by oxen.

Soviet Salvage

The Soviet Union has been recovering from the bottom of the Black sea the metal parts of warships and merchantmen sunk at various places within the last twenty years. One harbor is expected to yield thousands of tons of useful metal.

Biblical Pictures His Forte

Hofmann, who painted the famous "Christ in the Temple," was a German, born at Darmstadt in 1824. He died in 1902. His pictures owe their popularity to his illustrative talent and ideal conceptions of Biblical events.

Ungallant

There are some persons, nearly all of the female sex, who suffer from a chronic rush of words to the mouth. —Dean Inge.

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A caller on Elijah Harriman, South Warren, Maine, ninety-eight years old, found him doing his share of work and helping prepare the evening meal. His eyesight, hearing and memory are unimpaired. He said to the visitor: "I remember the first time I saw you; it was sixty years ago."

Would you like to try this doctor's laxative free of charge?

Every family has occasional need of a laxative, but it should be a family laxative. One that can't form a habit, but can be taken as often as needed. When breath is bad or tongue coated. Or appetite fails. Only a doctor knows the right ingredients. Dr. Caldwell discovered the correct combination years ago. Dr. Caldwell's Syrup Pepsin combines harmless herbs and pure senna. It starts muscular action and soon corrects constipation. Gently, but surely, it relieves a bilious or sluggish condition. It is mild. Delicious. Effective. All druggists keep this famous prescription ready, in big bottles. Or write Dr. Caldwell's Syrup Pepsin, Monticello, Ill., for a free trial bottle postpaid.



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Not Homesick

Ann's parents left her at her grandmother's when they went East last summer. The little girl seemed quite contented for several days; then one evening she wouldn't eat. Her grandmother asked whether she was homesick. "No," she answered, "I'm not, but my stomach wants to go home."