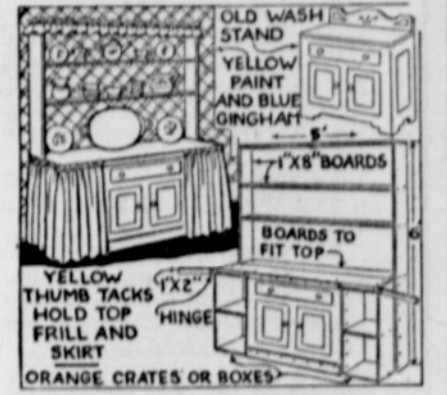


Expand Wash Stand To Fit Large Space

IT IS easy enough to make a small serving table out of an old wash stand but, when there is a large wall space crying for an imposing piece of furniture and nothing but a small wash stand on hand, the problem is something else again. Here you see the solution achieved with odds and ends of lumber, a pair of wooden



boxes, a little paint and some plain gingham with the old wash stand at the center of it all. The lower sketch shows how the carpenter work was done. Note the piece across the bottom of the stand to cover the irregular line, also the hinged arms so that the skirt may open out, and the piece across the top of the stand to make it the same thickness as the arms.

NOTE—This furniture remodeling idea is from BOOK 7 which contains directions for more than 30 other ways to use things on hand and inexpensive new materials to make your home attractive. Send for this book today. It will help you keep your home fresh and gay while you save money for bonds and war stamps. Copies of BOOK 7 are 15 cents each. Order from:

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star of the Warner Bros. picture, "Strawberry Blonde," recommends **CALOX TOOTH POWDER** for teeth that shine.

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HOUSEHOLD MEMOS by Lynn Chambers



Families Like Meals With a Relish (See Recipes Below)

Bit of Spice

"I've saved many a meal just by serving it with a good relish," homemakers often tell me.

This is the season to put up those small, precious jarsful of sweetness and spice to go with meat-thrifty meals. There needn't be many if your sugar rations are low, but do fit a few of them in your canning budget and classify them as morale builders.

Pickles, chutneys, catsups, preserves and relishes add that bit of something special to the meal. They're easy to put up because the sugar, spices and vinegar in them act as preservatives.

First on the list is a tasty blueberry relish that goes with mild-flavored meats like lamb or veal.

Blueberry Relish.

- 4 cups blueberries (prepared)
 - 7 cups sugar
 - 1/2 cup vinegar
 - 1/2 bottle fruit pectin
- To prepare blueberries, crush thoroughly or grind 1 1/2 quarts fully ripe, cultivated blueberries. Add 1/4 to 1 teaspoon cinnamon, cloves, allspice or any desired combination of spices.

Measure sugar, prepared blueberries and vinegar into a large kettle. Mix well and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in bottled fruit pectin. Skim; pour quickly. Paraffin hot relish at once.

Chili sauce has carried a high point value since rationing came into effect. It would be a good idea to put it up at home so as to save points for other canned food.

Chili Sauce.

- 1 gallon tomatoes
- 2 cups onions
- 2 cups sweet red pepper
- 1 pod hot red pepper
- 1 cup sugar
- 3 tablespoons salt
- 1 tablespoon mustard seed
- 1 tablespoon celery seed
- 3 tablespoons mixed spices
- 2 1/2 cups vinegar

Skin tomatoes before chopping. Chop all vegetables before measuring.

Tie mixed spices in a bag. Mix all ingredients except spice bag and vinegar. Add spice bag after mixture has boiled 30 minutes. Cook until very thick, then add vinegar and boil until there seems to be no more "free" liquid. Taste and add more seasoning, if necessary. Pour, while boiling hot, into hot, sterile jars and seal at once.

Tomato Ketchup.

- 1 peck tomatoes
- 3 sweet red peppers
- 1 pod hot red pepper
- 4 tablespoons salt
- 2 cups sugar
- 1 tablespoon celery seed
- 2 teaspoons mustard seed
- 1 tablespoon whole allspice
- 2 sticks cinnamon
- 3 cups vinegar

Lynn Says

Pickles are crispier: If you put up your pickles this way:

1. Use a pure cider vinegar. Be sure that you get a good product, neither old nor adulterated.
2. Follow every direction, every measurement, and do every step carefully. Cucumber pickles may be made either by a long or short process, but the longer process yields a better pickle.
3. When slicing several kinds of fruit or vegetable for pickling, have all of them about the same thickness.
4. Too much spice destroys both flavor and color. Use the ingredients in tested recipes only.

Lynn Chambers' Point-Saving Menus

- Stuffed Veal Roll
- Creamed Potatoes
- Parsleyed Carrots
- *Blueberry Relish
- Cantaloupe
- Bread and Butter
- Beverage
- *Recipe Given

Wash and chop potatoes and peppers. Simmer until soft. Press through a fine sieve. Cook rapidly until reduced to about one-half. Add sugar, salt and spices (tied in bag) and boil until thick. Add vinegar about 5 minutes before removing from fire. Pour into hot, sterile jars and seal at once.

Two of the most popular types of pickles get a place in today's column. You'll like putting up both for variety's sake:

Bread and Butter Pickles.

- 3 quarts sliced cucumbers
- 3 onions
- 1/2 cup salt
- 3 cups vinegar
- 1 cup water
- 3 cups brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 2 tablespoons mustard seed
- 1 teaspoon turmeric
- 1/2 tablespoon celery seed
- 1 pod hot red pepper
- 1 piece horseradish

Mix cucumbers, onions (sliced) and salt. Let stand 5 hours. Drain. Boil vinegar, water, salt, sugar and seasonings 3 minutes. Add cucumbers and onions and simmer 10 to 20 minutes. Do not boil. Pack into hot, sterile jars and seal at once.

Dill Pickles.

- 35 to 40 fresh cucumbers
- 2 tablespoons mixed spices
- 1/2 pound dill
- 2 cups salt
- 2 gallons water
- 2 cups vinegar

Wash and dry cucumbers. Put a layer of dill and 1/2 of the spices in a stone jar. Add the cucumbers. Put the remaining spices and dill on top of the cucumbers. Boil salt, water and vinegar 2 minutes. Cool to room temperature and pour over cucumbers. Cover with a plate weighted down to hold the cucumbers in the brine. Keep at an even temperature (80 to 85 degrees). Remove scum each day. The pickles are ready for canning when they are crisp, uniform in color and well-flavored with dill. This usually requires 2 to 4 weeks. Pack the cured pickles into hot jars, cover with hot brine and seal at once. If the pickles are to be stored a long time, process them in water bath for 15 minutes at a simmering temperature.

If you like fruity pickles, you'll like this one:

Peach Pickles.

- 1 gallon peaches
- 3 cups sugar
- 1 piece ginger root
- 2 sticks cinnamon
- 1 tablespoon whole allspice
- 1 teaspoon whole cloves
- 2 cups water
- 3 cups vinegar

Clingstone peaches are best for pickling, although freestone may be used. Pare hard-ripe fruit. Leave whole. Boil 3 cups sugar, the spices (tied in a bag) and vinegar for 3 minutes. Add 10 to 12 peaches at a time. Simmer until they are tender. Let stand in syrup 12 to 24 hours. Pack peaches into hot jars. Add remaining sugar to syrup and cook to desired thickness. Pour over peaches. Process 5 minutes in hot water bath.

Get the most from your meat! Get your meat roasting chart from Miss Lynn Chambers by writing to her in care of Western Newspaper Union, 210 South Desplaines Street, Chicago 6, Ill. Please send a stamped, self-addressed envelope for your reply.
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Farm Topics

Wartime Protein Substitutes Tested

Corn Gluten Mash With Linseed Meal Effective

Using not more than four pounds of the usual protein feeds in 100 of chick starter, compared with 12 to 16 or more before the war, University of Wisconsin specialists have devised rations giving results comparable to those of prewar times.

The basic wartime ration, which worked tolerably well, proved somewhat deficient in vitamins. It included: ground yellow corn, 45 lbs.; wheat bran, 15 lbs.; wheat middlings, 15 lbs.; alfalfa leaf meal, 5 lbs.; meat scrap, 4 lbs.; soybean oilmeal, 16 lbs.; limestone grit, 1.5 lbs.; granite grit, 1.5 lbs.; iodized salt, 0.5 lb.; sardine oil, 0.5 lb.; and manganese sulfate, 0.8 lb.

When the protein feeds were three pounds of a special fish meal, with vitamin content preserved, and 16 of soybean oilmeal, the results were as good as with prewar protein combinations.

The basis ration was improved by using, instead of sardine oil, from 1 to 2 per cent commercial vitamin D powder of a kind which contains whey solubles and fish liver solids, and which therefore carries B vitamins as well as vitamin D.

Due to soybean oilmeal, it was found that part of the soybean oilmeal can be satisfactorily replaced by corn gluten meal and linseed meal, although a chick ration should not contain more than 5 per cent linseed meal.

One of the best protein feed combinations employing "substitutes for the substitute" proved to be meat scrap, 4; soybean oilmeal, 6; linseed meal, 5; corn gluten meal, 5.

Although a chick starter carrying 20 parts of protein feed in 100 is satisfactory where pullets are to be raised for layers, there is an advantage in using more protein where fast growth is highly important. In producing broilers it is well to use 4 parts of meat scrap and 20 of soybean oilmeal, instead of 4 and 16.

Agriculture In the News

Bees' Importance

More than 10,000 years ago man was using beeswax in mummification and the coffins in which the embalmed bodies were placed were made airtight by means of beeswax.

Before the war the main use for beeswax was in cosmetics—lipsticks, cold cream and rouge.

Now its number one use is for water-proofing and protecting shells, belts, coils and machinery, as well as airplanes.

Today as 10,000 years ago the bee serves another very essential use, the pollinating of flowers to aid in the increased production of fruit and many forage crops. While always recognized, the value of honey as a sugar substitute, has increased materially during the war.

Beeswax has played another important part in commerce, it has been employed in the making of artificial flowers and other articles of art. Its present war uses, however, have discouraged further development along this line.

Hog Cholera Danger

With the large number of pigs now on farms increasing the opportunity for hog cholera and other infections to spread, farmers in the important pork-producing middle-western states are immunizing their animals against cholera at an earlier age than in the past, according to U. S. department of agriculture reports. A small proportion are reported to have received treatment before weaning, but veterinarians recommend about two weeks after weaning for the best and longest lasting results. Immunization of pigs at about ten weeks is expected to result in smaller losses from hog cholera, as well as less danger of checking growth by means of the treatment when they are older, and especially while being fattened for market.

Laying hens now average 142 eggs annually, or twice as many as they laid 20 years ago.

Coccidiosis in Lambs

Coccidiosis in lambs may be successfully prevented by the addition of ground crude sulphur to their feed in proportions ranging from 0.5 to 1.5 per cent of the ration, the U. S. department of agriculture has determined by experiments in cooperation with large feeding establishments. Coccidiosis is a parasitic condition that often has serious if not fatal consequences. It is commonly acquired from infected pastures or feedlots.

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NO-KNEADING BREAD ROLLS
1 cake Fleischmann's Yeast
1/4 cup lukewarm water
1/4 cup shortening
1 1/2 teaspoons salt
2 tablespoons sugar
1 cup boiling water
1 egg, beaten
3 1/4 cups flour

Dissolve yeast in lukewarm water. Place shortening, salt and sugar in a separate bowl; add boiling water. When lukewarm, add yeast and a separate bowl; mix well. Add flour to make a soft dough; beat well, beaten egg; mix well. Add flour to make a soft dough; beat well. Place dough in greased bowl, cover with plate and chill 2 to 24 hours. Pinch off dough and fill greased muffin pans 1/2 full. Brush tops with melted shortening. Cover and let rise in warm place, free from draft, until light, about 2 hours. Bake in hot oven at 425° F. for 20 minutes. Remove from pan immediately. Makes 2 dozen.

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