

## Jellied Meat Salad Is Liked



Jellied Veal in Individual Molds.

(Prepared by the United States Department of Agriculture.)

For a hot weather luncheon a jellied meat salad is exceptionally attractive—cool and appetizing in appearance, substantial enough for the main course of the meal. Veal is excellent for the purpose because the stock made from cooking the meat and bones contains a great deal of "jelly" material and a relatively small amount of additional gelatin is needed. In very hot weather it may be necessary to increase the amount of liquid to insure a firmly molded jelly. Mayonnaise or boiled salad dressing may be served with the jellied meat.

Have the butcher crack the bones in the veal knuckle. Wash it well and cover with the two quarts of cold water. Heat slowly to the boiling point and then simmer, covered, until the meat is tender. Drain and measure the liquid. There should be about one quart. Remove the meat from the bones, discard all gristle, and put the meat through a grinder. Soften the gelatin in the two tablespoonfuls of cold water and then add to the hot stock. Chill this liquid and when partially set add the meat and seasonings and stir until well mixed. Season to taste with salt, pepper and tabasco sauce. Pour into

individual molds or one large ring mold, and let stand in the refrigerator for several hours or overnight, until set. Serve on lettuce with salad dressing. Thin slices of cucumber and tomato make an attractive garnish.

The bureau of home economics gives the following directions for making jellied veal for salad:

2 pounds knuckle of veal	1 tbs. finely chopped parsley
2 quarts cold water	1 tbs. finely chopped pimento
1 tbs. gelatin	1 tbs. lemon juice
2 tbs. cold water	1/4 tsp. celery seed
1/4 cup finely cut celery	1/2 tsp. onion juice
Salt and pepper to taste	Dash of tabasco sauce

## Food for the Family Table

By NELLIE MAXWELL

Kindness is like the sun. Everywhere the kind man goes, he brings into being priceless things—golden sympathies, radiant faces, glowing and grateful hearts—Gordon.

A delicious frosting to place on a sponge cake or any other loaf or layer cake for that matter, is:

### Golden Orange

Frosting.—Mix the grated rind of one orange with three tablespoonfuls of orange juice and one teaspoonful of lemon juice, the yolk of one egg and confectioner's sugar enough to spread. Mix the rind and fruit juices and let stand fifteen minutes. Strain into the beaten egg and add the sugar needed.



Coffee Macaroon Parfait.—Take two packages of coffee junket, prepare with milk according to directions. Turn into a freezer and let stand until firm. Add twelve macaroons or a cupful of the crumbs and one cupful of whipped cream. Pack in ice and salt and freeze.

Sirloin Steak Julienne.—Cut sirloin steak an inch thick into three-inch squares. Roll in seasoned flour and brown on both sides. Place the browned squares in a baking dish, add a teaspoonful of honey for each square, cover with tomato puree. Now place a layer of onion and celery cut

into strips over each, using four strips for each serving. Cover and bake slowly for two hours. Uncover and bake for fifteen minutes.

Salmon Turnovers.—Chop fine one hard-cooked egg and one can of salmon. Mix one-half teaspoonful of cornstarch with a half cupful of milk over a slow fire. When thick add the salmon, one tablespoonful of butter and seasoning to taste. Prepare a rich pie crust and cut the size of a saucer. Wet the edges with cold water, put one large tablespoonful of the salmon mixture in the center of each square, fold over and press the edges well together. Cut small slits in the top and place in a hot oven to bake.

Golden Cup Cakes.—Mix together one-half cupful each of molasses, sugar and squash, and two-thirds of a cupful of buttermilk. Sift two cupfuls of pastry flour, one teaspoonful of cinnamon, one teaspoonful of nutmeg, one teaspoonful of soda and one-half teaspoonful of salt. Add to the first mixture with two drops of oil of cloves and two tablespoonfuls of melted fat. Beat well and fill greased muffin pans. Bake for thirty minutes in a moderate oven. Place a marshmallow on each ten minutes before they are done.

Chicken Soup With Vegetables.—Peel and cook a quart of small onions, changing the water once. Line a soup tureen with thin slices of buttered toast, cover with onion, one pint of cooked peas well buttered and a quart

or two of chicken stock. Serve at once.

### Homemade Sweets.

Fruit Roll.—Put one cupful of dates, figs, raisins and nuts through the meat grinder, moisten with a teaspoonful of orange juice and pack into a cracker box or small tin to mold. Cut into slices, wrap in paper and it is ready to keep for several weeks if kept in a cool place.

Home-made candy doesn't last long, but it is much enjoyed while it lasts.

Just now while candy is more highly respected as an energy producer, mothers of growing children will find it easier to consent to candy making in the home. Old-fashioned taffy, molasses candy, brittles of various kinds are all easy to prepare and are recommended as good exercise for the gums and teeth.

The one trouble which amateur candy makers find disturbing, is the habit sugar has of grainy.

In making fondant, the foundation for bon bons and creams, add three tablespoonfuls of white corn sirup to the two cupfuls of sugar and one-half cupful of water, then the mixture will be smooth when cooled and beaten.

Fudge.—Take one cupful each of white and brown sugar, two squares of chocolate cut fine, a pinch of salt, one-half cupful of milk and one-third of a cupful of sirup with two tablespoonfuls of butter. Boil until the mixture makes a soft ball when dropped into cold water. Cool slightly then beat until creamy, adding a teaspoonful of vanilla. Put into a greased pan and mark off into squares.

Nut or Coconut Brittle.—Melt two cupfuls of granulated sugar in a smooth frying pan over medium heat, stirring from the bottom, so that it will not burn. Add one tablespoonful of butter, a few grains of salt and a pinch of soda. Add two cupfuls of nut meats or coconut, pour into a greased pan and mark off into squares.

Before stitching heavy materials like khaki, duck, or canvas, rub hard soap over the hems and seams. The needle will then more easily penetrate the material.

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### HINTS FOR HOUSEWIVES

In baking, one egg equals one-half teaspoonful of a leavening agent.

If meat is tough, cooking it in tomato juice will help make it tender.

Cinnamon apples or pineapple slices browned in butter are good with roast.

Keep sandwiches fresh by wrapping in oiled paper then in a towel wrung out of cold water and place in the bread box.

To measure molasses quickly dip the measuring cup or spoon into scalding water and the molasses will run out quickly.

Save the bacon rinds and use for flavoring soups, dried peas and lima beans. They may be used to spread over the top of baked beans while baking, to take the place of the usual piece of pork.

## Quilted Coats Are Very Stylish

By JULIA BOTTOMLEY



with a quilted coat is indeed alluring.

Perfectly charming sports ensembles are featured with jackets or coats made of quilted calico, pique and other washable weaves. Not only are solid colors quilted but gay patterned prints as well.

Handsome, also, are coats of velvet or velveteen which are elaborately quilted, especially those in light gray or beige or the new gray-green.

The quilted hat made of tinted crepe or faille silk is also modish. Ensemble sets sometimes include pocket, hat and belt, adding sometimes a handbag of quilted material.

The use of quilted fabric is particularly stressed for negligees and boudoir wear. Among the pretty things quilted are lovely bed-jackets which are fancifully worked with borders and cuffs and collar. Pajama ensembles also boast quilting for their culling coats. Beach sets include cushions and bags of quilted material.

Children's ensembles made of washable materials feature monotone dresses over which are posed coats of printed quilted calico.

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### Magpies Wait for Feast

The sight of hundreds of beautiful magpies along the Nevada highway while few are seen in the interior is one of the puzzles of motoring across the Nevada wastelands or through such a city as Elko. A curious motorist investigated and learned that the dazzling blackbirds, spotted with patches of white feathers, lined the highways waiting for dinner. Speeding motor cars kill hundreds of the desert jack-rabbits and nothing tastes so good to a hungry magpie as fresh rabbit. So they line the highways.

### CORN SOUP IS DELICIOUS

Canned corn is the basis for an excellent soup that can be produced in a short time from materials usually at hand in the pantry or on the emergency shelf. While there is a common idea that milk soups are preferably served at luncheon, there is no reason why they can not be used for dinner soups, provided the rest of the meal is not heavy or rich. Corn soup is sufficiently substantial to serve if the meat course is somewhat light, or if unexpected guests have made it necessary at the last minute to reduce the size of the portions of meat and vegetables. The recipe is from the bureau of home economics. Buttered pop corn can be used as an interesting substitute for the usual croutons to serve with corn soup. Here is the recipe:

2 cups canned corn	1 tsp. salt
1 cup water	1 tbs. flour
2 pints milk	2 tbs. butter
1/2 large onion	

Add the water to the canned corn, cook for 10 minutes and stir constantly to keep it from sticking to the pan. Press the corn through a strainer. Scald the milk and the onion in a double boiler and thicken with the flour and butter which have been well blended. Add the corn pulp and the salt. Heat thoroughly, remove the onion, and serve.

### Floor Polish Made at Home

For cleaning coarse furniture and floors, a polish can easily be made at home. Take one-half pound paraffin and one gallon gasoline. Melt the paraffin and pour into gasoline. This performance should be done outside the house. Then stir the contents thoroughly until a thick paste is formed.

If you are following fashion to the "last word" you will want to know about the leading role things quilted are playing just now, especially coats. One among the infinite charms of the new quilted coats is the fact of their being so daintily lightweight and pleasing to wear.

There is real distinction in a navy quilted coat like the one pictured. Its patterning is done in a conventional way, restricted to stripes and squares. However, many of the coats, especial-

ly the hiplength quilted jackets which complement ensemble costumes, are stitched in all-over fantastic patterns which are extremely pretty and decorative.

An ensemble of silk crepe which consists of a plaited skirt and quilted coat with a contrasting blouse, is among the proudest achievements of the spring mode. Not only in navy or black is such an ensemble to be coveted, but in beige or gray, white or any of the pastel tones the costume

## Fairy Story for the Children

By MARY GRAHAM BONNER

The man was a fireman and he was sitting outside the firehouse in a town some little distance away when he heard the most tremendous amount of quack-quacking he had ever heard.

He told another fireman that there surely must be some trouble at the duck farm.

"I think," said the fireman, "I will get out my spyglasses and see what I can make out."

For the quacking continued and was so terrific.

"Don't you suppose," said the second fireman, "that one of the ducks has been hurt and the others are quacking in sympathy?"

"I don't believe," said the first fireman, "that one hundred or more ducks would be so sympathetic at the same time."

"Nor would they make so much noise. I fear something has happened over there."

He looked through his spyglasses in the direction of the duck farm.

"There! I see something like smoke," he said. "Yes, I'm sure I see something like smoke."

"Near the duck farm?" asked the second fireman, getting up, and adding:

"We'd better send out the alarm and get started."

"It's away from the farm that I see the smoke," said the first fire-

man, "but maybe the ducks are afraid it will reach them. It's one of those forest fires I think."

So an alarm was sent out in the town and the firemen rushed to the fire house and got on their fire clothes



Quack, Quack, Help, Help.

as they hurried away on the fire engine.

How they did go! Still the ducks were quacking.

"Quack, quack, quack, quack, help, help, quack," they kept calling.

"Oh, dear," they said in duck language, "will help never come? Oh, dear, will we all be burned up?"

"The smoke is coming nearer. Oh, dear, the fire is spreading."

"Oh, can't they hurry? Hurry!"

"Oh, oh, quack, quack, quack, quack."

By this time every one on the farm was awake for it had been very, very early in the morning when the firemen had first heard the ducks making their noise.

"It's a fire!" shouted the people on the farm. "A terrible forest fire!"

"Oh, send for the firemen and the engines! Oh, send for help, help, help." They telephoned wildly to the town.

"Quack, quack, quack," cackled and quacked the poor ducks. They were very much frightened.

But just then the fire engines and the firemen arrived and they drove past the duck farm to the part of the forest which was burning.

They stopped the fire!

And when it was over the ducks cackled and quacked softly and happily though they were still a bit nervous and said:

"We are safe, we are all safe, quack, quack."

"How did you ever get here before we telephoned?" asked the people on the farm.

"Your ducks sent us the alarm," said the first fireman, and how proud everyone was of the ducks!

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## Tailored Wash Dress Popular

(Prepared by the United States Department of Agriculture.)

An inexpensive plain rose-colored cotton fabric was used for this simple tailored wash dress. It was planned



Tailored Morning Dress of Rose Cotton Material.

and made by the bureau of home economics in connection with a series of easily made cotton wash dresses for women. The front is in two sections,

sewed together at the low waistline, under the belt. The one-piece back is plain. The normal shoulder line has been used, and long set-in sleeves, finished with a turn-back cuff matching the design stitched on the front of the dress. Pin tucks form this design and meet the stitched flat plaits of the skirt at the beltline. These pin tucks are made on a suitable length of the material before it is cut according to the pattern. This assures their being symmetrical and in the right position on the wrist.

Plaits taken in the skirt give the appearance of a continuation of the design on the waist and provide fullness for the knees. The joining line is covered by a narrow all-around belt, closed by a pearl buckle. A bias band forms the flat neck finish and follows the lines of the tucked trimming, ending in a pointed tab, stitched flat. There is a concealed shoulder opening that closes with snaps. This dress might have been made in sleeveless or short-sleeved style for sport wear. With the long sleeves it is suitable on the street or for business in warm weather.

### India Ranks First in Number of Dairy Cows

The fact that there are more dairy cows in India than in any other country in the world, with the United States running second is surprising news, based on a report of the United States dairy bureau. Russia is a close third.

"When we consider that there are 22,000,000 dairy cows in the United States, the fact that India has even more changes the popular conception of that country," says Miss Dorothy Buckley of the Connecticut unit of the National Dairy Council. "The sacred cow of India is part of our popular idea of that country, but the fact that she exists in such large numbers is quite astonishing."

## HOW TO LIVE LONGER

By JOHN CLARENCE FUNK

### STYLE VS. SENSE

WINTER in the northern woods can be extremely bitter and usually is very cold. Therefore, put on warm clothing which is absolutely necessary for those whose daily work is done in these magnificent forests. But because the lumberman dresses himself against the rigors of the Arctic blasts is no excuse for the man or woman who in a temperate latitude dons excessive clothing for the mere reason that the calendar indicates the presence of the winter season.

There are many days when fur coats and other heavy garments would serve better on the peg than on one's back. To realize this fact and to put the idea into practice would be a lifesaver for some, a disease-breaker for others and would mean continuous high vitality throughout the year for still another large group.

While there is no desire in any way to lessen the popularity of the coat of fur, one should not put all one's eggs in a single basket on this important question. This practice is perhaps one of the main reasons for many colds, cases of pneumonia and deaths.

An auxiliary coat of lighter weight is required for the forty to sixty degree days. If you own one, which your thermometer and use it when it registers within those limits. If you do not possess such a garment get it at once, even if you have to pay a dollar down and the rest eventually! Believe it or not, it's lack is a real hazard; its ownership and use, a positive health insurance policy.

For those whose activities are indoors, winter-weight clothing is superfluous. If the temperature of your home or office was maintained at fifty degrees there might be some reason for heavy-weight suits and dresses. But seventy to seventy-five degrees is summer heat. And that is what you likely are living in. So far as the indoor temperature is concerned light summer clothes would be more logical, wouldn't they?

To conclude, it is not a safe thing to sweat in a fur coat; and it is equally unsafe to perspire in home or office when a freezing temperature awaits you outside.

If you are a woodchopper or outdoors person, heavy everything then. Otherwise, dress for comfort and safety. There will still be plenty of days left, even then, on which to be stylish.

### CONCERN FOR LITTLE THINGS

THE other day a congenial mosquito made the personal acquaintance of a lady while she was enjoying the balmy breeze on her porch. The lady soon became itchy, she scratched—and yesterday she died. Also, a few days since, a man scratched his hand on a rusty nail. "A mere touch," said he—and yesterday they buried him, too.

These two stories are indicative of the average attitude toward insect bites and minor injuries. And while they are extreme cases, they nevertheless eloquently demonstrate an important point in the how-to-live-longer plan.

The amount of damage that bacteria can accomplish by way of the cut, bite, scratch or burn depends, of course, upon the virulence of the particular germ in the case. And while a relatively large number of injuries of this character will remain local in their manifestations, there is no use taking any chances on the possibility of more serious trouble. This is especially true since the preventive measures are so accessible, so easily applied and so cheap.

The majority of local infections can be prevented if the initial cause is promptly treated with antiseptics. A safe rule is to disinfect every small flesh wound, insect sting, burn and cut with an approved preparation.

The above suggestion, however, must not be considered as propaganda for self-treatment. Quite the contrary. As a general rule, the local application of a nonirritant germicide will settle the matter. If in spite of precautions infection manifests itself, then "double time" to your physician. Delay may be extremely unsafe. The principle of "great oaks from little acorns grow" applies to the little hurts of the body as well as to trees. General blood poisoning is a disease "oak" and the merest scratch of the skin has been known to cause it.

A word concerning powder burns and punctured wounds. They can cause tetanus. No matter how small the wound, rush to your doctor. And it takes a physician who knows his business to administer the necessary prevention.

Use care therefore in the little things, and thus kill the big ones before they kill you.

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### Contests on Stilts

Crude and barbaric contests on stilts are those held by the natives of the islands in the southern Pacific. A band of from 15 to 20 young men, with their faces painted in grotesque designs, perch themselves on high stilts and engage in a free-for-all fight, in which they try to trip and knock one another down.