

Fruit Flavors With Pork



Cooked Apples Are Always Pleasant Accompaniment.

(Prepared by the United States Department of Agriculture.)

Because of their pleasant tartness, cooked apples are an acceptable accompaniment to any of the usual cuts of pork—roasts, chops or sausage. The apples need not always be made into sauce, however. Sometimes serve them baked, or fried, or glazed. Or have an apple dessert. Other slightly acid fruit flavors may take the place of apples for a change—fried pineapple, for instance, or cranberry sauce in the winter months, or tart jellies like currant or peach plum.

Success in preparing pork cuts, says the bureau of home economics of the United States Department of Agriculture, depends on regulating the heat so as to cook the meat well done to the center of the piece and at the same time to keep the outside from becoming hard and dry. Moderate cooking temperature is best after the surface has been seared to develop rich flavor. It is neither necessary nor desirable to add water to pork roasts during cooking. Ham, shoulders and loins have sufficient fat on the outside to baste the lean meat, and so do not dry out when roasted fat side up at moderate temperature in open pans without added water.

For a pork loin roast have the butcher carve the bones so that it can be carved in slices between the ribs. Wipe the meat with a damp cloth. Sprinkle with salt and pepper and rub with flour. Lay the loin, ribs down

HINTS FOR HOUSEKEEPERS

Let the children have plenty of outdoor play in the sunshine now to help them resist colds this winter.

Weather stripping around the windows helps to save fuel and to keep the house evenly heated in winter.

To foster a love of reading in children, see that they are provided with comfortable chairs and good light placed conveniently near.

An uncovered kettle and short cooking in rapidly boiling water aid in keeping the color in green vegetables during cooking.

Soap and hot water and occasionally kerosene oil are better cleaners for porcelain or enamel than coarse abrasives, since these may scratch the surface.

To Make Brown Bread

Beat two eggs, add one rounded tablespoonful of melted butter, dissolve one teaspoonful of baking soda in one and one-fourth cupsful of buttermilk and add half a teaspoonful of salt, two cupsful of graham flour, one cupful of cornmeal and one scant cupful of brown sugar. Beat all well. Bake in a well buttered pan in a slow oven for one hour. Raisins and chopped nuts may be added if liked.

Mulligatawny Soup Is Tasty

(Prepared by the United States Department of Agriculture.)

The distinctive flavor in mulligatawny soup that makes it different from most other soups is the suggestion of curry, borrowed from East Indian cookery. The vegetables and seasonings are also a source of its fine appetizing taste, and as some of the meat is added at serving time, the soup is substantial and nourishing. The addition of a tart sliced apple is another touch that makes this soup unusual. The bureau of home economics of the United States Department of Agriculture supplies these directions for making it:

USED FOR STOCK

3 or 4 pounds veal 1 onion, halved
1 knuckle 2 stalks celery
2 quarts cold water Blade of mace
1/2 tsp. peppercorns

1/2 cup sliced onion 1/2 cup butter
1 cup carrot, cut 1 cup creamed tomato
in small cubes
1/2 cup finely cut 1/2 tsp. curry powder
celery 2 cloves
1 green pepper, 1 sprig parsley
finely cut
1 tart apple, 2 tsp. salt, or to
sliced taste.

Wipe the knuckle of veal, put into a kettle with the water, peppercorns, onion, celery, and mace, and simmer for two hours. Remove the scum and strain the soup stock. Cook the onion, carrots, celery, green pepper, and

and fat side up, on a rack in an open roasting pan. Sear the meat for 30 minutes, or until lightly browned, in a hot oven (450 degrees Fahrenheit) then reduce the temperature rapidly to a very moderate heat (300 degrees to 325 degrees Fahrenheit), and cook until the meat is tender. A loin weighing from 4 to 5 pounds will probably require from 2 to 2 1/2 hours when these oven temperatures are used. A roast meat thermometer can be used with loins, just as with ham and other thick roasts. Put it into the raw meat so that the bulb reaches the thickest part and leave it in during all the time the roast is in the oven. When the mercury in the meat thermometer registers 155 degrees Fahrenheit, the meat is well done to the center.

Food for the Family Table

By NELLIE MAXWELL

Too much idleness, I have observed, fills up a woman's time much more completely and leaves her less her own mistress than any other sort of employment whatever.—Burke.

After middle age when the average person, man or woman, begins to notice the thickening of the waistline, it is necessary, if one keeps fit, active and ready for the enjoyment of all of the good things that nature provides us, to cut down on starchy foods, eat less of meat and more of the natural fruit juices, which are invaluable in neutralizing the acid ash of heavy foods. Acidosis, rheumatism of various forms, get us if we don't watch out.

When heartburn (an acid stomach) rolls up to choke you, take a good glass of fresh orange juice and see how quickly the discomfort will subside.

Drink orange juice daily as much and as often as the stomach demands it. With a system well nourished daily with citrus fruit juice, whether lemon, lime, grapefruit or orange, the dreaded arthritis is routed and the body is kept in perfect condition—provided the food supply is reasonable. Young people who work off so much steam in exercise may eat more freely of hearty foods, but inactivity and overeating is the cause of a large proportion of disease and death.

Nowadays the wise mother begins with the citrus fruits. She gives her three-month-old babe a teaspoonful of strained orange juice between feedings. The vitamins and mineral matter found in orange juice builds up the tissues and bones and gives the body resistance to colds and infection.

The small glass of orange juice is part of every well-appointed table for the first meal of the day.

Fresh vegetables, especially the green-leaf vegetables, like lettuce, chard, spinach and broccoli, should be part of the menu of every dinner. Uncooked onions if eaten at night are

In the music shop the lullaby had put them all to sleep, but they were only going to take a nap so as to rest for the ball that was going to take place.

The instruments and pieces of music had all come to life and were having a fine entertainment for their guest, Minna.

But the lullaby had certainly made them sleepy.

At the very last note everyone of them had fallen off to sleep, though some had gone to sleep a little before the end.

Minna looked around and saw the music sheets resting on tables and counters.

The Big Bass Viol was leaning up against a wall, taking his nap. The Violin was resting upon a chair. Minna put her head down on the Piano and closed her eyes. Either she went to sleep very quickly or else the others didn't sleep any length of time at all, for in what seemed but a few minutes the Metronome shouted:

"Time-to-wake-up."

Once again they all dusted themselves off, and one or two sheets of music smoothed out their corners which had got bent over a little.

Then everyone began to dance. The Sharps and the Flats came out from the pages of the music and jumped here, there, and everywhere over the Piano. The Grace Notes did the loveliest of dancing steps.

The Octaves stretched themselves to their full length. They certainly looked quite large and Minna kept stretching her hands the way she did when trying to reach octaves on the piano at home.

Of course none of these little creatures were big enough to dance on the floor. They danced on some of the

so that all had a chance to dance. Minna danced a lovely dance with the Violin who hummed softly and sweetly as he danced.

The First Pieces were dancing around with some of the Scales. Minna particularly liked the look of one C Major Scale who was like his relatives and yet appeared finer and of greater dignity and simplicity than the others. He was dancing with a charming little First Piece. The First Piece, Minna noticed, was written in the C Major key.

Perhaps that was why they had so much in common, or were in such harmony as Miss Drumble, her teacher, would say.

There were other First Pieces, to be sure, but Minna watched this couple more than any of the others. Even as she danced with her different partners, she watched them. They were dancing together all the time.

The tunes to which they danced were many. How gay it all was! Minna was glad that she had on her good blue dress. Her every-day dress had become so shabby that she had dressed up in her better one for her music lesson.

When she had started on her walk she had thought of going home to change into the old one, but then she had decided she hadn't much time, and that she wouldn't really hurt it. How thankful she was now that she had not gone home to put on her old one.

The ball was wonderful. Such lovely music, so bright and so jolly, such delightful, graceful, interesting dancing.

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Minna Put Her Head Down.

other pianos in the shop and the Grace Notes did the same, flying down over other Notes, reminding Minna of the way butterflies alighted on the honey-suckle bushes in the garden.

The Chords came out in groups and looked distinguished and handsome.

From time to time the orchestra changed. A new group took the places of those who had been playing.

to make a heavy slurp. Combine the fruit and sugar slurp and just before serving pour over two bottles of ginger ale, adding plenty of crushed ice.

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Proper Height for Kitchen Equipment

Is your permanent kitchen equipment substantial, easy to keep in order, carefully grouped and set at such height that you do not have to stoop or strain your muscles as you work? Sink, stove, and worktable should be near together so as to save steps. Scattered equipment means walking many unnecessary miles during the course of a year, the United States Department of Agriculture has estimated. If the kitchen table is on casters it can be easily moved where needed, thus saving steps.

The various kitchen tasks can be done most comfortably at different heights. Sinks especially are often set too low: 30 inches from the bottom of the sink to the floor is considered good average height. Experiment until you find the best height for your table, ironing board, and washtubs. The table can be raised on blocks hollowed out to fit the legs, and with a little ingenuity you can adjust the ironing board and tubs.

Furred Cloth Suit Smart for Winter

By JULIA SOTTOMLEY

The thing that intrigues about the furred cloth jacket suits, which are the smart note for nearly winter, is that they dare to be so strikingly original.

In the yesteryears, a suit was merely a suit lacking for the most part that "variety" which "is the spice of life." How different the modern suit! It has become a creature of imagination in the evolving of which genius is apparently taking its fling.

It is just such fascinating types as the one in this picture which is causing the fashionable world to pay homage to the fur-trimmed suit as a "thing of beauty" as well as costume of exceeding chic.

This striking model is made of brown verona cloth, its collar of brown caracul interpreting an entirely new and decidedly flattering silhouette. The bordering on the coat repeats the graceful circular movement of the collar. There is the buckle fastening. It is the latest—much more satisfactory and smarter than the button-and-loop idea. The close-fitting brown felt turban with its one-side flare, crowns this costume with a definite style touch.

The vogue for thin flat furs is proving an inspiration to designers to design, for the reasons that supply peltry, such as beaver, seal, lapin, broadtail, Persian lamb, astrakhan, galyak, caracul and such, yield to manipulation as gracefully as any fabric.

The smartest of the smart on the daytime costume list is the suit of tweed for sports, and broadcloth or velvet for dressier wear, which is colored and cuffed with some one of the furs just mentioned. Competing with the flat fur trims, to no small degree are the showy long-haired varieties, chief among which are badger fox, wolf and lynx.

Not all suits are black, not all suits are brown, although many of them are, but there is also a most delectable color program mapped out for the furred cloth suit, which includes deep wines,

rich greens and very new dahlia and eggplant shades.

A fascinating type of suit or ensemble, if you so please to call it, which has made its debut this season, exploits color and novelty in its every detail. We refer to the suits of loose-woven tweed which have an interwoven border which introduces a multiplicity of typical gay autumn

and winter shades. The bordering is neatly finished with a selvedge which is featured in a trimming way. Of the same tweed the designer fashions a cunning hat, usually a draped toque which displays the selvedge to advantage. In some instances a peck etbook and a boutonniere of the soft tweed adds the final touch of chic and charm.

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Community Building

What Home Ownership Means to Average Man

Look into the family life of the home owner—there you find right thinking, thrift and pride. Father, mother and the children weeding the lawn, planting flowers and trees. Would they take that same interest working in a yard where contentment is measured by dollars and cents, paid to the landlord each month?

Spare time is spent making improvements, placing a touch here and there to enhance the beauty and increase the value of the home place.

Drive over the city and you can easily distinguish the home that is owned by the family within from the house which is rented. The home owner gives his children a better chance. Good citizens grow out of well-established homes. They are better known and they command respect in their community.

If for any reason one has outgrown one's present place, remember there is some one ready to take it over—some one who will be proud to call it home. He should by all means buy another. One can never be satisfied unless one does. After once owning your own home it is evident that life seems aimless and shallow, paying for the privilege of living in some one's property other than your own.

The American home means so much today. It is the very corner stone of progress and safety. Its morale and dignity must be upheld. The home owner commands respect.—Indianapolis News.

Roof Important Unit

in Decorative Scheme

The modern note in home decoration, according to leading authorities, is complete harmony of color, outside as well as inside the building.

According to this idea, while the roof of a house must give protection against the elements and must be lasting, yet as a prominent architectural feature of the house, the roof should also add to the beauty of the structure.

In line with this idea, commercial roofing materials are being manufactured in the greatest selection of colors. With these new colors it is possible to make the roof one of the most effective units in the decorative scheme.

These beautiful colors can be combined in an almost endless variety of tasteful combinations to harmonize with every architectural style and color scheme.

By consulting a roofing color chart, information is obtained in a second as to what color roof is in harmony with a red brick house, a white Colonial residence, or a gray, brown or cream building. The chart also takes into consideration the color of the trim so that building, roof and trim may form a harmonious whole.

Protection From Fire

The modern home builder forgoes and cancels a possible "4-11" fire alarm when he plans his house.

He knows, for example, that a considerable proportion of house fires originate in basements—around heating plants or in stores of fuel, ash, trash or other inflammable material. So he plans to prevent such figures climbing upward and through his house.

Fire may also enter through the roof which is exposed to flying embers. Fire-safe shingles or tile eliminate the hazard and add materially to the beauty of the home.

Real fire safety also implies fire resistive construction in exterior walls. Fire stops in walls, unburnable stairways, proper design of fireplaces and chimneys—these are a few of the details the modern builder includes in his far-sighted "4-11" alarm preventive.

Be Liberal With Paint

Paint is insurance against losses resulting from weathering and decay. Paint protects a house and keeps it in good condition. Weathering and decay cause losses, according to one authority, of over a billion and a half dollars a year. While most of us are willing to pay for fire insurance because of the sense of security it brings, few of us realize that weather insurance is really more necessary because while fire rarely threatens, weathering and decay are constantly at work to lower houses into dust. It has been estimated that if a house is painted every five years, its value increases about 5 per cent at each paint.

Longer Covenants Urged

In many suburban sections there has come a change in the duration of restrictions placed on property. It was formerly thought that 20 years was long enough, but developers are now of the belief that 33 years is better. The reasoning behind the new figure is that a man who buys a house at the beginning of his business career, and often at about the time he takes on the responsibilities of marriage, will be approaching the close of active participation in business at the end of 33 years.

Plant Protection

The uprooting of ferns and other plants growing in roads, lanes, banks or commons is a punishable offense in Berkshire, Eng.