

## Some Nellie Maxwell Recipes

I do not own an inch of land,  
But all I see is mine—  
The orchard and the mowing-fields,  
The lawns and gardens fine.

And, more magnificent than all,  
My window keeps for me  
A glimpse of blue immensity—  
A little strip of sea.

—Lucy Larcom.

An emergency salad which is both good and quickly prepared is the following:

**Cabbage Fruit Salad.**—Peel and cut into small sections enough oranges to serve desired number. Cover the salad plates with finely shredded cabbage and sprinkle the orange juice over it. Season well with salt and a dash of sugar and serve with french dressing.

**Cheese With Oranges.**—Peel one or two oranges, removing all the white portion and separate into sections, removing all the connecting tissue. Place a small ball of cream cheese which has been rolled in grated orange rind in the center of the salad plate and arrange the sections of orange around it like a flower. Serve with any desired dressing.

A dessert that the children may eat and enjoy is the following which is prepared from what has been called the children's fruit:

**Peach Dessert.**—Prepare a pint of milk with a junket tablet, flavor with almonds and sweeten to taste. At serving time garnish the junket with sliced sugared peaches and a little whipped cream.

**Peach Ice Cream.**—Warm two quarts of milk slightly, add one cupful of sugar and a teaspoonful of vanilla. Dissolve four junket tablets in a tablespoonful of cold water, stir into the milk and pour into a freezer can, let stand twenty minutes in a warm place. Place in the ice and freeze to a mush. Add one pint of

whipped cream and a pint of crushed and sweetened peaches which have been peeled and mashed. Finish freezing and serve with sliced peaches on each portion.

**Savory Rice Croquettes.**—To two cupfuls of boiled rice add one pint of thick white sauce and one-half cupful of rich crumbled cheese. Shape into croquettes and fry in deep fat. Serve with crab apple jelly.

To take the place of grapefruit in the ice compartments of a mechanical refrigerator. Drop into the glasses of ice tea, ginger ale, or any fruit drink which will be improved by a little flavor. Color with strawberry or raspberry juice for flavor, if desired.

**Red Cherry Bounce.**—Boil one-half cupful each of sugar and water together for five minutes, cool, and add a can of grapefruit juice, one-fourth of a cupful of lemon juice, one and one-half cupfuls of sweetened cherry juice and chill thoroughly. Hang a bunch of cherries on each glass, or drop a whole cherry into the glass.

**Grapefruit Fizz.**—Boil two cupfuls of water and one-half cupful of sugar together five minutes to make a simple syrup. Cool, add a can of grapefruit juice, one-fourth cupful of lemon

juice and chill thoroughly. Just before serving add one quart of ginger ale. Pour over ice in tall beverage glasses. The syrup from a can of pineapple, one cupful, will add to the flavor of this drink. This amount will serve nine tall glasses.

**Date and Pear Salad.**—Stuff dates with cheese as above and place in the cavity of canned pears. Arrange two halves of pears on each lettuce-lined plate and serve with mayonnaise or with a french dressing.

**Ginger Delight.**—Cut thirty marshmallows into quarters and arrange on the bottom of a mold, sprinkle with two tablespoonfuls of preserved ginger, chopped. Prepare a package of lemon gelatin and when cool pour over the marshmallows, using half of the gelatin. When firm pour over the remaining and serve garnished with one cupful of pineapple and whipped cream. Place pears on lettuce with one marshmallow in the center of each cavity. Cut canned fruit, a few more marshmallows, sprinkle with out meats and place around the pears. Chill and serve with mayonnaise.

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### A Mail Order

Angellina—Don't tell me you haven't been kissing other girls.  
Al—Why, I never—  
Angellina—Yes, you have. One of your yumyum letters to me was delivered by mistake to the girl next door.

## Correct Posture at Desk

(Prepared by the United States Department of Agriculture.)

Much has been said about maintaining good posture while at work doing the various household tasks that require muscular effort, but one must



Good Posture for Writing and Does Not Strain the Back.

also think of the position assumed in other occupations that do not in themselves seem particularly tiring or likely to intensify bad habits. Here is a demonstration of the right

and wrong postures in writing a letter, or household accounts, or anything else that requires sitting at a desk. The pictures were taken by the United States Department of Agriculture in a Massachusetts farm home, and emphasize the points that have been repeatedly stressed by extension workers in this state, and, in fact in all states where attention has been given to good posture.

In the "wrong" picture, the woman is crunched over the desk with her shoulder hunched up, her head thrust forward and her feet twisted uncomfortably under her chair. A little exertion in this position will soon cause her back to ache and may help to



Incorrect Posture for Writing While Seated at Desk.

make her permanently round-shouldered. In the other picture she is seen sitting with her feet squarely on the ground, her back straight, and her head following the line of her back naturally. This position is comfortable and not tiring.

## SOME HOUSEHOLD HINTS

Eggs are an economical food and should be more widely used.

Save fuel by cooking as many foods as possible when the oven is heated.

Dresses of dotted swiss keep their fresh appearance if pressed frequently on the wrong side.

The woman who dislikes cooking may find that the cause of her dislike is a dreary inconvenient kitchen.

Fresh berries will keep most satisfactory if they are carefully picked over and spread out on a shallow dish in the refrigerator.

To help children to have good appetites serve them foods without strong flavors, give them sweets only in small quantities for dessert and permit no lurching between meals.

have a box full at little expense, for one can make them oneself of various lightweight rayon weaves. Caps of knitted scarfing are also very popular. Some of these develop a soft bow at one side which falls to the shoulder. Then, too, caps of velvet or in any of the fashionable colors, smartly top frocks of printed designs.

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# Adrift With Humor

## CHECKMATE

The stately old aristocrat was approached somewhat cockily by a rich and vulgar young man, who announced:

"I say, sir, I am thinking of marrying one of your girls. Have I your permission?"

"Yes, indeed," was the reply. "Which one interests you? The maid or the cook?"—Boston Transcript.

## Mean Brute

"It is terrible the number of murders there are," exclaimed Mrs. Grouch.

"Yeah!" growled her husband, "but with the number of backseat drivers there are it is nothing short of remarkable that there are not more."

## THE REPTILE



Gladys—"The reptile! How dare he speak of me that way!" Maggie—"Why call him such a name?" Gladys—"He's a lounge lizard, that's why."

## Then He Passed On

He passed the cop sans any fuss, He passed a load of hay, He tried to pass a swerving bus, And then he passed away.

## Cautious

"You'll notice that I've written the address on both sides of the label for this package."

"Yes; any special reason, madam?" asked the post office clerk.

"Well, I thought it would be safer in case the label comes off."

## Anticipating the Hereafter

Mr. Knagg—"But, my dear, you know I'd go through fire for you."

His Wife—"I suppose you will go through fire when your time comes and you'll say it was for me because it would be like you to blame a poor widow for it."

## STEPPED ON THE GAS



"Yes, he knocked his wife down and put his foot on her mouth and she had him arrested."

"Under what charge?"

"Stepping on the gas."

## Playing Along

A man attempts audacious tricks, Proceeding with a cunning smile, He thinks he's playing politics, And playing havoc all the while.

## No Need for More

Shyman—"Tell me, Willie, have you any other sisters?"

Willie—"Huh, you don't need any others. She's made up her mind to marry you."

## Sauce for the Goose

Porter—"Miss, yo' train is coming. Pedantle Passenger—My good man, why do you say 'your' train when you know that the train belongs to the company?"

Porter—"Dunno, miss. Why do yo' say 'mah man' when yo' knows Ah belongs to mah wife?"—Pathfinder.

## Stage Business

"Then that is your farewell tour?" "All depends. If it goes well I may sign up next season for a welcome back."

## Don't Be Silly

"Did you know your husband well before you married him?" asked the caller.

"Yes; don't suppose I would have been crazy enough to have married him if I had, do you?" snapped Mrs. Grouch.

## Brisk Trade

Friend (to druggist)—Well, how's business today? Pushing, I suppose? Druggist—Yes, I've sold 78 cents worth of postage stamps and three postals.

## Collar and Cuff Sets Add Charm

By JULIA BOTTOMLEY

Some fabrics so hold the interest of the fashionable world, their vogue repeats through more than one season. There are printed velvets, for instance; it cannot be said that they reached the zenith of their glory last winter, perhaps because women did not sufficiently "appreciate" a good thing when they saw it. But in the autumn mode printed velvets have assuredly come into their own.

In the high marts of fashion, gowns of transparent rayon printed velvet are about the most featured theme of the immediate hour. These lovely velvet weaves which have brought such fame to the fabric realm have in their patternings captured every rich hue on the autumn and winter color card. Included in their range are radiant browns which reflect the witchery of autumn browns and sunset glow and golden tints in their highlights. The new blueberry tones, wine shades, the popular bright blues, dusky violet tints, pea-green and forest green, all mingle in lovely confusion in these much-featured print and plain velvets.

The rayon transparent velvet of which this winsome gown in the picture is made, is printed in a feather interpretation, which means of course, a mingling of exotic plumage colorings, such as only the soft pile of velvet can portray.

The tendency to adopt princess lines for fall is confirmed in the silhouette which this mode achieves—molded-to-the-figure lines through the use of fine tucking above the normal waistline, the fitted portion extending to below the hips, where a full skirt is shirred on.

At first glance one senses the pres-



some very puritan-like with deep flaring cuffs and prime turnover collars.

ence of the girlish cuffs and collars which add such a zestful note to this costume. It's just this way: lace-like cuffs and collars and plentiful finger "fixings," jabots, fichus, caplets collars and such, are the big thought on the new fashion program. The "starched" sets are the demier cri-

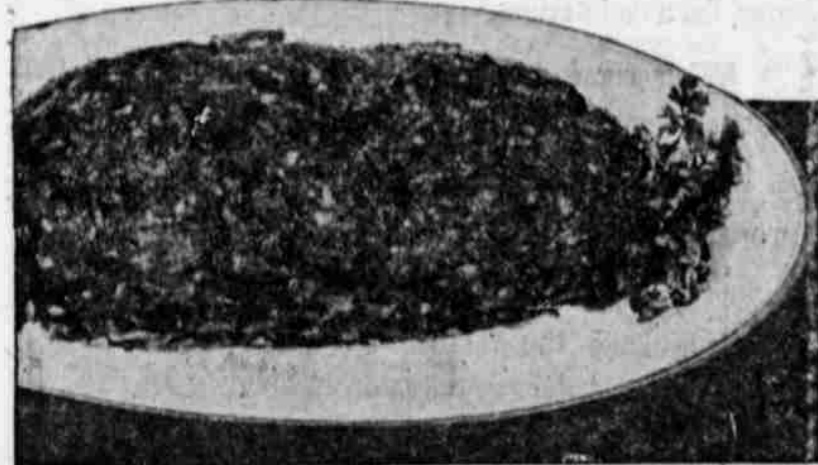
And then, continuing to analyze the fetching costume in the picture, have you glimpsed the little "rag" of a knitted rayon hat which is this young woman's crowning glory? These petite headpieces have so endeared themselves to American and French women they are acquiring whole collections of them—a hat tuned to the color scheme of each costume. One can

## How to Choose Beef

Different cuts of beef from the same animal vary greatly in tenderness. The home-maker not only has to know how to choose beef in the market but how to prepare whatever cut she buys to bring out its best qualities. Appetizing dishes can be made from all cuts of beef so that purchases may fit any budget.

Recipes for a number of different cuts of beef have been worked out by the bureau of home economics of the United States Department of Agriculture and published in a leaflet for free distribution. The principal points in cooking the more tender cuts are: Searing the surface of the meat first at a high temperature for a short time or until a well-flavored brown coating is formed, reducing the temperature so as to finish cooking at a moderate heat; in the case of roasts, using a roast-meat thermometer in the center of the roast to indicate when the meat is rare, medium, or well done. Beef is rare between the temperatures of 130 and 150 degrees Fahrenheit, medium between 150 and 170 degrees Fahrenheit, and well done at about 180 degrees Fahrenheit. As many people like mushroom sauce with their steak and Yorkshire pudding with rib roast of beef, these recipes are also given in the leaflet.

## Veal or Beef Loaf Is Tasty



Molded Meat Loaf Ready to Serve.

(Prepared by the United States Department of Agriculture.)

A well-seasoned veal or beef loaf is one of the tastiest and most attractive dishes made from the cheaper cuts. Lean meat may be selected and bought especially for making it, or parts may be trimmed from ways, put through the grinder, and thus utilized separately. In either case there is little or no waste. The recipe below, from the bureau of home economics, United States Department of Agriculture, is for a veal loaf seasoned with salt pork and savory vegetables.

### Veal Loaf.

4 cups ground raw veal  
1 cup finely diced salt pork  
1½ cups milk  
4 lbs. flour  
½ cup chopped celery  
¾ cup parsley  
¼ cup chopped onion  
1 cup fine dry bread crumbs  
2 tsp. salt  
½ tsp. pepper  
½ tsp. celery seed

Fry the salt pork until light brown and crisp and remove the pieces from the pan. Make white sauce of the milk, flour, and three tablespoonfuls

of the pork drip-ings. Cook the celery, parsley and onion for a few minutes in the rest of the pork drippings, and add to this the bread crumbs and seasonings. Combine all ingredients, using the hands to mix thoroughly. The mixture will have a sticky consistency. Lay a piece of parchment paper on a rack in an open roasting pan. Mold the meat loaf on the paper with the hands. Bake in a moderate oven (350 degrees Fahrenheit) for 1½ hours. Do not cover the pan and do not add water to it. Remove the loaf from the paper and serve hot, or chill it for slicing cold.

Much better results are obtained when the loaf is molded and baked in the way described in a wide shallow pan than when it is packed into a smaller pan and baked like a loaf of bread. Cold veal loaf, sliced very thin and garnished with parsley or water cress, is most attractive for lunch. It is excellent, too, as a sandwich filling, either with or without a leaf of lettuce and a spoonful of mayonnaise.

## Bedtime Story for the Children

By MARY GRAHAM BONNER

"We dress so much alike," said Mr. Vesper Sparrow, "and I think it is so nice that we do."

"We both like the same sort of a suit or costume. We both like brown and gray and white in our feathers, and we are both very fond of having our outer tail feathers of white."

"They can be seen when we fly and I think they look very smart and stylish."

"I think so, too," said Mrs. Vesper Sparrow. "You know we're sometimes called Grass Birds and Grassfinches, and we belong to the big Finch family."

"Those would all do as names for us," said Mr. Vesper Sparrow. "We do love the grass."

"We have our nests of them which are always laid in the high meadow grass."

"We don't care about digging worms out of the ground but we love the insects of the meadows."

"We are smaller than the well-known English sparrow, and our name is indeed well chosen, though then again it isn't."

"I mean the name we are almost always called by—the Vesper Sparrow."

"Why is our name well chosen and then why isn't it?" asked Mrs. Vesper Sparrow.

"That is rather confusing to me."

"We are named the Vesper Sparrows because we sing more often in the late afternoon when evening is approaching than at any other time."

"And our voices are at their best then, too."

"Vesper, you see, means late afternoon or early evening."

"Yes," said Mrs. Vesper Sparrow,

"now I see why we are well named."

"But you also said we were not well named. Will you tell me about that?"

"I will," chirped Mr. Vesper Sparrow. "When the other birds sing they choose the morning for their big concert."

"Now we like to sing in the early morning, too!"

"We always join in with the early morning singers."

"But we sing later in the afternoon than the others, except the rosebreast."



"Named the Vesper Sparrows."

ed grosbeak family, and they love to sing in the early evening as we do."

"I'd say," Mrs. Vesper Sparrow remarked, "that we were both—morning and evening singers."

"Just what we are," said Mr. Vesper Sparrow. "We're a little bit like the meadowlarks too, though."

"How are we like them?" asked Mrs. Vesper Sparrow.

"Sometimes we sing when flying," Mr. Vesper Sparrow said. "And they do that."

"Then too, the meadowlarks are very careful about hiding their nests and keeping their birdlings safe in the grassy nest, with grass covering over and around the nest."

"We fly away, and so do they, when we think danger is near—not because we want to desert our young—oh, never, never."

"Never, never," said Mrs. Vesper Sparrow.

"But simply to keep people from knowing where our nests are. There are some creatures," continued Mr. Vesper Sparrow, his little voice shaking as he thought of such creatures "who will rob nests of eggs before the birdlings have come out."

"They think they are making collections! What do they want of eggs?"

"Do they want little shells which don't really mean anything to them at the expense of breaking the hearts of the mothers and the daddies?"

"Would such creatures like to have their brothers and their sisters stolen away from them—out of their cradles? I should say not!"

"Would they like to have collections made of their sisters and brothers? Not for an infant."

"There are enough things to collect. Stamps and pictures and stories and real pets to be cared for—but not the eggs of birdlings."

"But I have heard that people are getting over their cruel ways."

And Mrs. Vesper Sparrow said very much better about it, very much better.

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