

HINTS ABOUT FOODS THAT WILL BE ENJOYED BY THE FAMILY

By NELLIE MAXWELL

There is no trait you can not overcome. Say not thy evil instinct is inherited. Or that some trait inherent makes thy whole life forlorn. And call for punishment that is not merited.

Back of thy parents and grandparents. The Great Eternal will, that, too, is thine. Inheritance—strong beautiful eyes; pure liver of succors for one who tries; how to be a whole, whole, whole.

Chopped dishes such as mushrooms, sweet breads, minced ham or chicken, on toast, or served with small biscuits are always in order. For some, marmalade and tea with a simple cake will be all they will care for. Fresh fruits, ice cream or ices are always favorites for dessert. All of the dishes may be prepared sometime before and if to be hot, reheated, so that the serving may be a very simple matter if all is well planned.

Spinach Mould.—Put fresh spinach through the meat grinder and pack solidly in a cup. For every two cups of spinach pulp add two tablespoons of melted butter, salt and pepper to taste, a dash of cayenne and a few drops of onion juice. Pack in a buttered mold, stand in a pan of water and bake until firm. Turn out the mold and garnish with horseradish and whipped cream.

Butter Taffy.—Boil two cups of brown sugar, one-fourth cup of molasses, two tablespoons of vinegar, two tablespoons of water and a teaspoonful of salt until when tried in cold water the mixture is brittle. When nearly done add one-fourth of a cupful of butter and before turning into the pan add flavoring. Cool, mark into squares.

Philadelphia Pepper Pot.—Wash a small veal knuckle, add one large onion and cover with three quarts of

water; simmer for several hours. Skim off the fat after cooling. Add two potatoes cut into dice, one pound of cooked tripe cut fine, one bay leaf, tablespoonful finely chopped parsley and the meat cut into small pieces. Cook slowly, season with salt and pepper, rub flour to a paste with water or add noodles for thickening.

Molasses Dumpling.—Add lard to dough taken from the bread bowl, make into balls the size of a walnut and place in a well greased pan to rise. Cook one cupful each of water, molasses and one tablespoonful of butter. Pour this sauce over the light dough just before putting into the oven. Bake in a moderate oven and serve with more of the sauce poured over them.

Maple Cream Sauce.—Boil one and one-half cupfuls of maple syrup until it makes a hard ball when dropped into cold water. Remove from the heat and stir in two well beaten egg whites, add two tablespoonfuls of cream and a teaspoonful of vanilla. One cupful of maple sugar and one-half cupful of water may be used instead of the syrup.

Pineapple Aspic.—Add enough orange juice to a large can of pineapple to make a pint of juice all together. Heat the juice, add one-quarter of a cupful of sugar, a teaspoonful of lemon juice. Soak one and one-half tablespoonful of gelatin in one-fourth of a cupful of water, dissolve in the hot juice. Cut the pineapple into small pieces and cover with aspic.

Allow to set. Chill thoroughly with cream and chopped pistachio nuts.

Southern Salad.—Peel and cut five oranges into very thin slices, divide each slice into quarters. Peel a medium-sized cucumber and dice into small cubes. Chop a green pepper and marinate the mixture with french dressing. Arrange on individual plates on beds of watercress and serve very cold. Use one-half cupful of french dressing for this amount of salad.

(© 1930, Western Newspaper Union.)

Bluish-Purple Coffee Is Not a New Development

When a Cincinnati housewife noticed a bluish-purple fluid bubbling up under the glass top of the coffee percolator, her surprise can be easily imagined. She called her husband to verify her recognition of colors and he, too, saw the "blue" instead of the usual rich brown of coffee.

Officials of the federal food and drug administration's Cincinnati station were called on to explain. Was this a new development in coffee color or was the product adulterated?

Chemists carefully examining the ground coffee found small pieces of a blue substance and bits of wood which proved to be parts of an indelible pencil. It was decided that a grocery clerk's pencil accidentally fell into the coffee grinder as the coffee was being ground.

In becoming well-beeled look out that you don't become half-souled.

CALCIUM IN OUR DIET IS NEEDED TO BUILD STRONG BONES AND TEETH



Some Common Sources of Calcium in Diet.

(Prepared by the United States Department of Agriculture.)

We need enough calcium in our diet to make strong bones and teeth while we are growing and to replace what is lost in everyday use when we are older. Children who have not been given foods to supply them with sufficient calcium have poorly formed, brittle bones and soft teeth.

During very early childhood the most important source of calcium is milk. As the diet increases many other calcium-rich foods are added. Cheese, for instance, which is made of milk, stands out as a very rich source. Calcium is also supplied by certain

vegetables, notably spinach, cauliflower, endive, dandelion greens and cabbage, rutabaga, white turnips, turnip tops, parsnips, okra, carrots, rhubarb, and watercress; so by oranges, clams, almonds, and hazel nuts, by dried figs and some of the dry legumes such as lentils, cowpeas and others; and by molasses and maple syrup. Milk, however, should always be included as a source of calcium.

In a series of charts on good nutrition the bureau of home economics of the United States Department of Agriculture shows how laboratory animals increase in weight when sufficient calcium is added to a diet otherwise adequate but lacking this necessary mineral. All of the above-named foods contribute vitamins or other factors as well as calcium, but when the diet is being scrutinized for mineral content, they may be regarded first as sources of calcium.

Cabbage Slaw Takes Place of Other Salads

(Prepared by the United States Department of Agriculture.)

Sometimes in the winter months lettuce for salads is hard to get. Cabbage slaw takes the place of other salads very nicely under these circumstances. It may be served hot or cold, and may be used as an accompaniment to almost any kind of meat. It goes especially well with fried oysters and other sea food. The bureau of home economics of the United States Department of Agriculture suggests one or two slight variations that help to make cabbage slaw a little different from usual.

Select a hard head of cabbage, cut in quarters, and wash thoroughly in cold water. Drain, shred with a sharp knife, and set aside in a cold place until crisp. Pour hot dressing over the crisp cabbage and stir until well mixed. Serve hot or cold.

One cupful of chopped celery or half cupful of finely shredded green pepper, or one cupful of thinly sliced tart apple can be added.

Dressing for Cabbage Slaw.

2 eggs
1/4 cup sugar
1/2 cup vinegar
2 tbs. sugar
1/2 tsp. salt
4 tbs. mustard
1/16 tsp. celery seed
1 tbs. butter or other fat

Beat the eggs, add all the ingredients except the fat, and cook in a double boiler until thickened. Stir constantly, and just before removing from the fire, add the fat. Pour over the cabbage while hot. If served as a cold slaw, chill after the dressing is added.

Out of the Ordinary

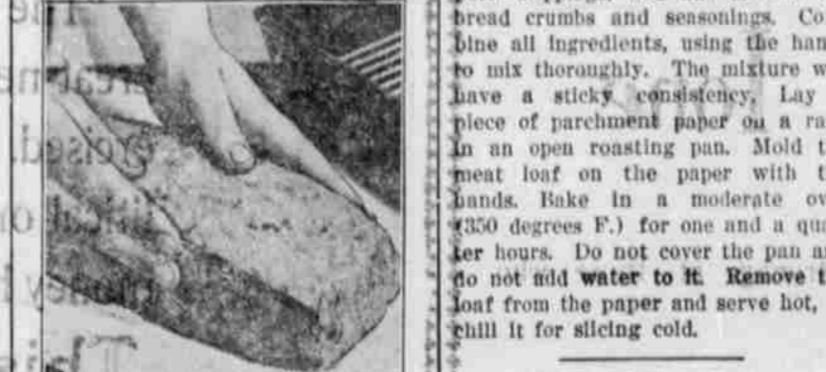
A letter was delivered to a Baltimore address 35 years late. This is unusual as there are very few inside coat pockets that will wear that long under any circumstances, and very few husbands who could carry a letter around for 35 years without stumbling across it by accident.—Detroit.

MOLD MEAT LOAF WITH THE HANDS, BAKE IN WIDE, SHALLOW PAN

(Prepared by the United States Department of Agriculture.)

Much better results are obtained in making a meat loaf, if the ground meat is molded with the hands and baked in a wide shallow pan, than when it is packed into a smaller pan and baked like a loaf of bread. The picture shows a good way to shape a veal loaf so that when it is either hot or cold, attractive slices may be cut from it.

A well-seasoned veal loaf is one of the tastiest dishes made from the less expensive cuts. Meat from the neck, shank, or other cuts not suitable for roasts or cutlets is excellent for use in this way. Cold sliced veal loaf is particularly good as a sandwich filling, with or without a leaf of lettuce or a few sprigs of watercress.



Molding a Veal Loaf.

Rivers of Same Name

There are four Red rivers in the United States, one in Texas and Oklahoma, that empties into the Mississippi; one in Kentucky, emptying into the Kentucky river; one in Wisconsin, emptying into the Wolf river, and the other, a small stream in middle Tennessee, entering the Cumberland river at Clarksville.

FAIRY TALE FOR LITTLE ONES AT THE BEDTIME HOUR

By MARY GRAHAM BONNER

The moon had been shining but now it was not so bright, and somehow Enty's conversation did not seem so interesting to David. He hung his words now in a slow sing-song fashion which made David want to move his head slowly from side to side without thinking very much about what was being said.

"So you're going to sleep right on my belt," Enty said.

David blinked and saw he had toppled over and that he was indeed on Enty's belt.

"You'd better have a night's rest," Enty added. "We all have to come to it even though it is a bore—at least all humans must sleep."

"But I'll tell you where there is a nice bed for you."

He took David by the hand, which was just as well, for David was stumbling in his sleepiness.

Before David scarcely realized it, he was lying down in the loveliest, warmest, snugliest bed he had ever known. He did not care much where it was, he was too tired to think Enty, he just went off to sleep and it wasn't until morning that he knew that he had been sleeping in a most beautiful field of cotton upon some soft white cotton.

As he looked about him a little

creature with a cunning, jolly face, dressed all in duff, soft white, said: "You had a pleasant night's rest, didn't you? In just another hour or so you've an engagement to have a swim and breakfast with the Gulf of Mexico, but if you'd like to have a



"You Had a Pleasant Night's Rest."

look around, I'd be delighted to show you."

David hastily got up and now he was in a very different part of the country. Here he saw signs which pointed north to South Carolina and a little to the northwest was a sign

which said: "This way to Tennessee," while to the west of him was a sign which said, "Alabama." He was, it appeared, in Georgia.

"You're in the second largest cotton growing section in the South," his new friend told him. "Texas takes the lead, and why shouldn't she, with her great size? She is powerfully big, she is."

"But in all these states and in Louisiana, Mississippi, Oklahoma and Arkansas, too, we grow cotton. Of course, sugar and tobacco is grown, but cotton is the great thing."

"I am known as Miss Cotton-Cotton, and I'm a Living Map person. I never appear anywhere else this way. I'm not one of the great Living Map people, I'm simply one of the little ones who show you some of the ways of this section of the country."

"You know how you've seen little Living Map people who've been digging in mines so as to show you what happened in those parts of the real world? I'm just such a person."

"But they have let me have the nice make-believe name of Miss Cotton-Cotton. It's a good name—for in this part of the world there is so much."

"Oh, it would be a very undressed world if it weren't for us," Miss Cotton-Cotton said modestly, but quite boastfully at the same time.

"But there! I know you must be hungry!" David certainly was.

"Just take this path which goes directly South, passing through Florida, and you will be there in no time at all."

Now Miss Cotton-Cotton had vanished as quickly as she had appeared and David started off in the direction she had pointed out to him.

Great Artist Self-Taught

Albert Hechman says that Velasquez—one of the greatest painters of all times—was virtually self-taught, save for a little instruction he received from some local painters in his birthplace.

BACK VIEW OF AUTUMN HATS

HOBBY WITH THE MILLINERS

By JULIA BOTTOMLEY



ing ribbon. The touch of white on the hat answers to the white pleated frill which enlivens the frock of black crepe. The idea of relating the hat and the frock in matter of color combination is one which receives encouragement throughout the style program.

The beret of feutre glace felt at the right above centers its attractiveness at the very peak of its crown where a bow of the felt and a crystal ornament are posed in a most clever manner.

One of the interesting things milliners are doing this season is to manipulate velvet in every possible way. They shir it, they tuck it, pleat it, drape it and tie it in bows, making it serve in most instances as its own trimming. The self-trimmed velvet hat below to the left in this group brings its pointed bow ends to the rear, thus answering the call for attractive back views.

As to the little bright feathers which so smartly trim many of the autumn and winter hats, one may expect to find them posed almost anywhere on the hat, and therein lies the secret of their charm. For example the positioning of the cluster of tiny quills on the draped felt beret in the picture is daring even to the point of being amusing and, yet that elusive quality which we call "style" has been achieved in no small degree. Which is true of all feather treatments this season—style achieved through unique poses.

It adds to the prestige of the models here illustrated that they have been approved by that group of American millinery-fashion authorities who have associated themselves together for the purpose of promoting authentic and exclusive fashions in millinery.

(© 1930, Western Newspaper Union.)

Street's Change of Name

Glassmaker's street in New York was the early name of South William street. A glassmaker, Jan Smeedoes, was given an allotment of land on Manhattan Island and the business he carried on gave the name to South William street.

Viewing many of the new hats from the front, many a bow, a feather or a flower is in sight, but from the back,



A Few Little Smiles

CALL THE S. P. C. A.

The teacher was teaching his class about parrot fever, and warned the pupils never to kiss animals or birds especially parrots, canaries, and so on. "Can you give me an instance, Jackie?" he asked.

"Yes, sir; my Aunt Emily used to kiss her lap-dog."

"Yes, and . . ."

"And it died, sir!"—Lustige Kolner Zeitung (Cologne).

PORTABLE TYPEWRITER



"He takes his typewriter in his car with him everywhere he goes."

"She's the portable kind, I guess."

Books and Problems

We read of problems great and small. No novelist fails. The greatest problems of them all are payin' rent and taxes.

Depot Literature

"There's one good thing about your railroad," said the tourist to the conductor on the Mosquito Bay line.

"What's that?" was the surprised query.

"Your time tables. They don't always get the facts quite right, but they are never sensational."

Why Weary?

"I'm very tired," said the lady at the head of the supper table one Sunday evening.

"You should not be," said her minister, who had been asked to be the evening meal; "you haven't preached two sermons today."

"No," said the lady, "I am tired."

"But I listened to them."

What Will Baconians Say?

First Pig—The devil quotes Scripture for his purpose.

Second Pig—What did you say?

First Pig—Shakespeare never ate peats.

Second Pig—But, then, you're not Shakespeare.

First Pig—Same thing, I'm Bacon.—Vancouver Province.

Something

"Has your son's college education proved of any real value?"

"Yes, indeed. It's entirely cured his mother of bragging about him."

BOVINE OBJECTION



"College boys can't work their way to Europe on cattle boats any longer?"

"No—the cattle kicked."

Guessing

A man will struggle hard and tries to gain what he esteems success. He wins it; feels that he has won; and starts in on another game.

His Idea of Consideration

"Is Bilgins a considerable man?"

"Not exactly. He is one of those people who think it is all right to tramp on your feet as often as they choose, provided they say 'Excuse me!' every time."

The Sarcastic Lover

"And after we're married, dear, we'll never quarrel and fight like other people."

"Y—you mean we'll have an entirely new and original method."

Oh, You Sheik!

"What happened to your new wrist watch, Gladys? It looks like it had been run over by a truck."

"Not a bit of it, honey; last night Charlie held my wrist while he was kissing me."

Possibly a Hint

He—There was something I wanted to say to you, but I forgot what it was.

She—Was it "good-night"?—The Humorist.