

Chicken Chop Suey Is a Welcome Dish



Chicken Chop Suey is Quite Delicious.

(Prepared by the United States Department of Agriculture.—WNU Service.)

Perhaps you have always thought of chop suey as a dish that is too unusual and foreign to prepare at home. As a matter of fact, chop suey is unknown in Chinatown in San Francisco, in an attempt to give visitors something out of the ordinary. It is made with such Chinese ingredients as water nuts, bamboo shoots, bean sprouts, soy sauce and often dried mushrooms, as well as chicken or pork, but a very good dish closely resembling the original chop suey in flavor may be made with vegetables that are common in most American localities. Soy sauce is sold in a great many groceries, and the chop suey will be almost perfect in flavor if you can get it. If not, Worcestershire sauce will do. Soy sauce contains a good deal of salt, so the amount of salt needed in your chop suey will depend on which kind of sauce you have.

Why not invite your friends or family to try a Chinese supper some evening? If you have any Chinese accessories or decorations, so much the better. At least, you can make chicken chop suey and rice the main attraction, with preserved ginger for dessert. The Chinese do not use bread and butter, because they have the rice, but you may serve it if your family prefers. The vegetables on which we depend for vitamins are incorporated in the chop suey-onions and celery. The recipe below is from the bureau of home economics of the United States Department of Agriculture.

- | | |
|------------------------------|--|
| 1 fowl, weighing 4 to 6 lbs. | 2 cups sliced Brazil nuts or all nuts or Jerusalem artichokes. |
| 1 cup of shredded onions. | 4 lbs. soy sauce. |
| 2 cups of shredded celery. | 2 lbs. fat. |
| 1 green pepper, shredded. | 1 1/2 tsp. salt, depending on the amount of salt in sauce. |
| 1 cup of chicken broth. | 1 tsp. cold water. |
| 1 tsp. cornstarch. | |

Put the fowl on a rack in a kettle, half fill with boiling water, cover tightly, and simmer until the meat is nearly tender. Let cool in the broth, remove the meat from the bones, dis-

Hints for Housekeepers

Dried fruits are some of the best confections for the children because the sweet is less concentrated.

Prevent rusting in the oven by leaving the oven door ajar for an hour after baking to allow any moisture to vaporize.

Pastry improves by chilling, so after the dough is mixed, wrap it in waxed paper and keep it in the refrigerator a few hours.

Mattresses will last longer and be more comfortable if they are turned frequently, sunned and cleaned with a brush or vacuum cleaner brush attachment.

card the skin, and cut the meat into small pieces. Cook the green pepper and onion in fat in a heavy skillet for three or four minutes, turning them frequently. All the celery, chicken meat, salt, and broth, cover, and simmer from five to eight minutes, depending upon the tenderness of the chicken. Mix the cornstarch and cold water until smooth and stir into the mixture. Then add the nuts or artichokes. Add the soy sauce in sufficient quantity to give the desired flavor and more salt if necessary.

Good Things for the Family Table

By NELLIE MAXWELL

"Suppose that this here vessel," says the skipper with a groan, "Should lose her bearin's, run away and bump upon a stone." "Suppose she'd shiver and go down when 'ave ourselves we couldn't!" The mate replies, "Oh, blow me eyes!" "Suppose, ag'in, she shouldn't!" —Wallace Irwin.

There is no dinner dish that is more popular, if we except chicken, than



Baked Ham—Soak a ham over night. In the morning put it into a kettle with one onion, one carrot, six peppercorns, one bay leaf, six cloves and water to cover. Simmer for three or four hours until tender. Remove the skin and stick with whole cloves; bake in a roasting pan, basting with the ham liquid and cider, using half of each. When the ham is well done stir some brown sugar into the cider sauce and spread all over the ham and brown. Serve hot with the liquor from the pan for sauce.

Deviled Lobster—Cook three table-spoonfuls of onion, one table-spoonful of green pepper, three table-spoonfuls of butter very slowly until tender. Add one and one-half cupfuls of lobster meat and sprinkle with two table-

spoonfuls of flour, one teaspoonful each of mustard, salt and paprika to taste, with a teaspoonful of Worcestershire sauce and a cupful of cream. Cook a minute or two. Place in ramikins or shells and bake well covered with buttered crumbs.

Fig Cake—Beat three egg whites with one-half cupful of sugar and add a teaspoonful of vanilla. Beat three egg yolks with one-half cupful of sugar, the grated rind of an orange, a teaspoonful of baking powder sifted twice with a cupful of flour, add three table-spoonfuls of orange juice and fold in the egg mixture. Melt four table-spoonfuls of butter in a cakepan, add one-half cupful of brown sugar, one cupful of chopped figs and a sprinkling of broken pecans. Pour over this the cake mixture and bake 20 minutes in a moderate oven. When done turn upside down and serve with whipped cream. Stewed apricots, canned pineapple or any fruit desired may be used for this delicious cake dessert.

Deviled Chicken—Prepare a sauce of salt, pepper, dry mustard, parika, grated lemon peel, lemon juice, Worcestershire sauce and a few drops of tabasco sauce. Add a lump of butter when the sauce is at the boiling point. Now add cubes of cooked chicken and serve when well heated through.

Vienna Steak—Take one-half pound each of veal and beef finely chopped,

season well with salt, pepper and onion juice, with a grating of nutmeg and a little lemon juice. Cook over coals or under gas from eight to ten minutes. Serve with creamed butter and paprika spread over each steak. Parsley may be used if preferred. A very hot frying pan if lightly greased may be used instead of the broiler.

Stuffed Dill Pickles—Take two large dill pickles and core the long way with an apple corer. Fill the centers with seasoned cheese and chili. Serve cut into thin slices and use them as a garnish for a canape. To cream butter easily send the bowl before using.

(©, 1921, Western Newspaper Union.)

Vegetable Stew Makes Complete Meal

A substantial stew made of several different vegetables is liked for change once in a while. When it is served on toast it is almost a meal in itself. The bureau of home economics of the United States Department of Agriculture recommends the method of make it described below. The children will enjoy a savory vegetable stew for a mid-day lunch, and it will be good for them.

- | | |
|-----------------------|---------------------|
| 1 cup diced salt pork | 2 cups diced potato |
| 1 cup diced rutabaga | 1/2 tsp. sage |
| 1/2 cup turnip | 2 cups hot water |
| 1 small onion | 1/4 tsp. salt |
| | 1/2 tsp. pepper |

Fry the diced salt pork until crisp. Remove the pork and some of the fat from the skillet and brown the onion and turnip in the remaining fat. Add the potato, salt, sage and water. Cover and simmer until the turnip is tender. Remove the cover and cook until the stew has thickened somewhat. Add the browned salt pork, pepper, and more salt if needed. Serve with crisp toast.

Gingersnaps That Will Retain Crispness

If the family likes ginger snaps you can make them sometimes at home by the recipe below, from the bureau of home economics. These ginger snaps should be kept in a tightly closed tin to retain their crispness.

- | | |
|-------------------------------|--------------------|
| 1 cup molasses | 1/4 tsp. soda |
| 1/2 cup butter or 2 the sugar | |
| other fat | 1 to 2 lbs. ginger |
| 1 1/4 cups sifted flour | 1 1/2 tsp. salt |

Heat the molasses to the boiling point, and pour it over the fat. Dissolve the soda in a table-spoonful of water. Add this and the sifted dry ingredients to the molasses and fat. Mix well and make into a long roll as large around as the cookies are to be. Wrap this roll of dough in waxed paper and put in a cold place to chill for several hours or overnight. The dough must be cold through and through to cut properly. When ready to bake, cut the roll into very thin slices with a sharp knife and bake in a moderate oven (350 degrees Fahrenheit) until lightly browned. Remove from the pan while hot.

Doughnuts and Refreshments Popular

(Prepared by the United States Department of Agriculture.—WNU Service.)

Good tender doughnuts, freshly made, are useful for innumerable occasions where simple refreshments are called for. At church societies and other community gatherings something inexpensive but popular is usually served, and doughnuts, with a beverage of some sort, answer this need admirably. When a chance caller comes during the late afternoon, doughnuts with coffee are much appreciated. After the evening "four-some" at cards, doughnuts and a fruit drink are appropriate.

The United States Department of Agriculture gives the recipes below for doughnuts. The ingredients given make about 40.

- | | |
|------------------------------------|----------------------|
| 1 cup milk | 5 tsp. baking powder |
| 4 1/4 cups sifted soft-wheat flour | 1 cup sugar |
| 2 tsp. fat | 1/2 tsp. salt |
| 2 eggs | 1/4 tsp. cinnamon |
| | 1/4 tsp. nutmeg |

Place the fat in a warm place until it becomes soft, though not melted. Combine with the sugar. Stir in the beaten egg yolks, and add alternately the dry ingredients, which have been sifted together, and the milk. Add



Tender Doughnuts, Freshly Made.

around, and down behind a fern was the missing basket with the strawberries.

Then the Giant and all the squirrels set to work and gathered many wild strawberries so that Mahalia's basket was filled when she left them.

She loved wild strawberries almost better than any fruit and she was very happy about having such a lot of them.

The giant was happy because he had proved to one more little girl that a giant could be a dear, friendly soul, and the squirrels were happy that they had been the ones to bring all this about.

So you see, although the cry began with tears, it ended very happily.

Man's Standby Doomed
Revolving doors for homes are now suggested. Here goes down-trodden man's last mode of self-expression. You can't slam a revolving door.—Arkansas Gazette.

Graduates Choose Sheer Frocks

By CHERIE NICHOLAS



organadies which to see is to covet. For the graduating frock we can think of nothing prettier than white, or if preferred, flesh-colored allover embroidered organdie. Of course it must have a full hemline with fitted hip-line, however, for that is the "trick" in dressmaking this season, to accent a slender silhouette with a sprightly flare commencing above the knees. The normal waistline of this youthful gown will be defined with a girlish sash. The sleeves will be either little puffs or perhaps a ruffle or two or suggested by a bertha or capelet.

Later this charming dress will go dancing in the moonlight or, topped with a wide-brimmed summery hat, it will appear at garden parties.

It is rather difficult for the girl selecting material for her graduating frock to choose between embroidered and plain organdie which is lace-trimmed, the latter to be worn over a taffeta slip. Clever things are being done with lace and organdie, one of which is posing the crisp transparent weave over a lace foundation slip. The graduating frock being white would be mounted over white lace, but for the party dress the organdie is apt to be any lovely tint and the lace underneath should be a perfect match.

The attractive organdie gown pictured has a simplicity about it which tunes in charmingly to the graduating scene. This dainty dress features bands of lace artfully inset so as to form a front panel in the skirt, the double cape repeating this trimming.

(©, 1921, Western Newspaper Union.)

As to the matter of being prettily and modishly frocked, fashion has some extremely interesting information to impart to the "sweet girl graduate" to be. The important message has to do with 'be high style value placed on fine sheer cottons.

It is smart to wear frocks of the ingenue type which charm because of

their apparent simplicity no matter how sophisticated, in reality, that simplicity may be. And so the style-wise graduate will be receiving her diploma gowned in quaint dotted swiss of crisp organdie or fine embroidered batiste this season.

Organdie is a favorite with designers, especially the new embroidered

Story for the Children at Bedtime

By MARY GRAHAM BONNER

"What in the world is the trouble?" asked a squirrel with a bushy tail, who happened to be near a place in the woods where he saw a little girl was crying.

"My name is Mahalia," said the little girl, "and I've lost my—oh, oh, oh, I've lost my—then she sobbed and sobbed and couldn't say another word.

Pretty soon one of them said: "Let's ask our old friend, Mr. Giant, to suggest some way of stopping Mahalia from crying."

"Oh," said Mahalia between her sobs, "he may eat me up and stop my crying that way. But I've lost—" and then she burst out crying again.

"Dear me, no," said the squirrel, who had suggested the giant. "He is the kindest giant you can imagine."

All the other squirrels who had come around, too, to see what was the trouble, said:

"Bushy Squirrel is perfectly right. What he says is so. The Giant is very kind."

"Yes," continued the first squirrel who had spoken to her, or Bushy Squirrel, as he was called, "he is our best friend. He lives in a cave just a little way off, and whenever we go to call on him he gives us nuts to

eat and sends home nuts to our mothers and fathers.

"He tells us wonderful stories of his adventures. He's as big as the cave but he can curl up way inside



Followed by an Enormous Giant.

where none of the real people will bother him.

"He's afraid if he came forth they'd put him in a circus—and he does love the woods so much.

"Why, he says," continued the squir-

rel, "that when the circus comes to the town nearby, the only thing he misses about it is the peanuts, and he wishes for them so we can have them.

"That is how kind he is. He's always thinking of others."

Mahalia had stopped crying and had decided the giant must be indeed very wonderful if the squirrels were so fond of him.

And so she let them go off for him. In a few moments they came hopping and jumping along followed by an enormous giant.

Some of the little squirrels were perched on his shoulders, and when he sat down they hopped and scampered all over him.

"What's the trouble, little girl?" he asked, and his voice was so very kind. "I've lost my six wild strawberries," Mahalia answered.

"Six wild strawberries," squealed the squirrels. "You needn't have cried over those—we can get you more than six."

"But they were in a basket of sweet grass," said Mahalia, "and such a dear friend gave me the basket."

"Oh," said Mr. Giant, "we will have to find that." And he looked all

MOTHERS ARE LEARNING USES OF MAGNESIA

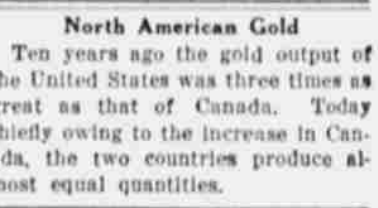
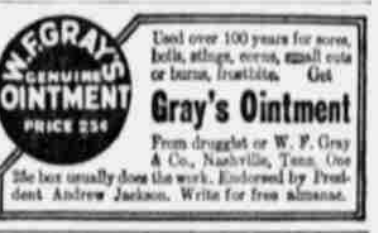
From the beginning of expectancy until baby is weaned, Phillips' Milk of Magnesia performs the greatest service for many women.

It relieves nausea, heartburn, "morning sickness," inclination to vomit; helps digestion. Its mild laxative action assures regular bowel movement.

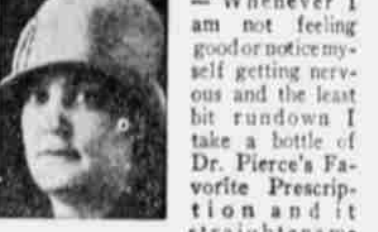
Phillips' Milk of Magnesia is better than lime water for neutralizing cow's milk for infant feeding.

All drugstores have Phillips' Milk of Magnesia in generous 25c and 50c bottles. Always insist on the genuine, endorsed by physicians for 50 years.

Burns Library Closed
Dunmore Parish Library, founded in 1790 by Robert Burns, the poet, when farming at Ellisland, Scotland, has just been closed. Rural libraries, which were aided by the Carnegie trustees, have killed it. The books of the library are being given to recreation rooms in the district. Burns was the first librarian and membership was by subscription. In recent years there was too great a decrease in membership for it to survive.



North American Gold
Ten years ago the gold output of the United States was three times as great as that of Canada. Today chiefly owing to the increase in Canada, the two countries produce almost equal quantities.



WHEN NERVOUS OR RUNDOWN
Everett, Wash.—"Whenever I am not feeling good or notice myself getting nervous and the least bit rundown I take a bottle of Dr. Pierce's Favorite Prescription and it straightens me right up, gives me new life and energy. I think it is the finest medicine any weak and nervous woman can take."—Mrs. Walter Rothfus, 2521 Harrison St. All dealers in medicine.

If you want good medical advice write to Dr. Pierce's Clinic, Buffalo, N. Y. Enclose wrapper from medicine. No charge for this service. Send 10c if you want a trial package.

Gotta Be Strong
It takes a persistent fish to swim against the current of modernism.—American Magazine.

Some great minds have some small thoughts.



BOWELS need watching

Let Dr. Caldwell help whenever your child is feverish or upset; or has caught cold.

His simple prescription will make that bilious, headachy, cross boy or girl comfortable, happy, well in just a few hours. It soon restores the bowels to healthy regularity. It helps "break-up" a cold by keeping the bowels free from all that sickening mucus waste.

You have a famous doctor's word for this laxative. Dr. Caldwell's record of having attended over 3500 births without loss of one mother or baby is believed unique in American medical history.

Get a bottle of Dr. Caldwell's Syrup Pepsin from your drugstore and have it ready. Then you won't have to worry when any member of your family is headachy, bilious, gassy or constipated. Syrup Pepsin is good for all ages. It sweetens the bowels; increases appetite—makes digestion more complete.

DR. W. B. CALDWELL'S
SYRUP PEPSIN
A Doctor's Family Laxative