

Hints for the Home

by Nancy Hart

Before you start to do any canning it is advisable to have scientific directions for each step of the work. The United States Department of Agriculture has a bulletin that is free for the asking. It is known as Farmers' Bulletin 1471-F, "Canning Fruits and Vegetables at Home." Every part of the canning process is described; illustrations showing just what is meant, and a full explanation of the reasons that lie behind recommendations made is also included.

On the success of your canning and preserving depends much of the prosperity of your special department in farm management. So do not risk a single failure through spoilage or second-class results. Send for a copy of that booklet before you are confronted with too many harvest fruits and vegetables that require immediate preservation.

For Bridge Luncheon
Tomato aspic salad Mayonnaise
Cream cheese sandwiches
Olives
Sponge cake filled with whipped cream to which chopped pineapple, nuts and cherries are added

Beef Roll
3 lbs. chopped beef; 1 lb. chopped fresh pork, 3 eggs, 6 crackers rolled fine, 2 tbs. milk, 1 tsp. black pepper, 1 scant teaspoon salt, 1 tbs. parsley, 2 tbs. onion chopped fine. Butter size of an egg. Mix well, mold in roll, bake 45 minutes in a quart of water, basting frequently.

Corn Pudding
Cut corn from cob, boil until tender, add 2 eggs slightly beaten, 1 tsp. salt, 1-4 tsp. pepper, 2 tbs. melted butter, 1 pint hot milk; mix well and turn into buttered baking dish; bake in slow oven until firm and brown.

Tomato Relish Sauce
10 large tomatoes, scalded and peeled; 2 medium sized onions, 1 small red pepper. Grind all thru a meat grinder, then add 1-2 cups vinegar, 1 cup sugar, 1-8 tsp. cloves. Boil until mixture is quite thick.

Special Sandwich
Blend together with French mustard or spicy mayonnaise, equal quantities of minced tongue and chopped cooked mushrooms. Spread between thin buttered bread; remove crusts, cut in triangles.

Easy Sponge Cake
4 eggs, 1 cup sugar, 1 cup flour, 1-2 tsp. salt. Beat whites of eggs until very light; combine other ingredients with beaten egg yolks; fold in beaten whites of eggs last. Flavor with lemon or almond. Bake slowly at low temperature.

An Economy Hint
Never throw away the bones left from a roast or fowl. Put them in cold water and cook for several hours and use this stock for gravies or as the foundation for a vegetable soup.

Care of Floors
If you would keep your floors in best condition, and with least effort to you—see that they are waxed and polished once a month. Then dusting over them between times will be sufficient to keep them immaculately.

Beauty Secrets

By HELENA RUBINSTEIN.
He to whom your soft lip yields
And perceives your breath in kissing
All the odors of the fields
Never, never shall be missing.
—Wm. Browne.

Summer Perfumes
Perfumes and summer have an undeniable kinship. The nature scents are never sweeter or more alluring than at this fragrant season. And not unnaturally the woman who values charm and daintiness adds to her flower-tinted wardrobe nests of new, flower-scented sachets; to her dressing table the atomizer, summer perfumes and toilet water which will enable her to rival the freshness and allure of her surroundings.

In selecting summer perfumes it may help you in your choice to remember that a light flower or bouquet scent is much more suitable for hot days than a heavy cloying oriental scent.

Heavy thickly sweet fragrances convey an illusion of heat. A rain-drenched lilac has a fresh delicate scent infinitely more delicious on a

Heart to Heart

By John Joseph Haines M.D.

PERSPECTIVE

It is a marvelous spring morning. I am looking out through the window as I write; the summit of a purple lilac-bush is visible—its blossoms in process of formation. The cooing sunbeams are at work. When I have finished this sketch, I shall hurry outdoors and get all of the wonderful picture; one cannot see much from a window-case.

So much depends on one's vantage-point. So much that is essential to really intelligent living. I cannot see all that is for me, unless I hasten to the broad view.

A long time ago, an author wrote, "The West Through a Car Window." He saw a mere ribbon of the west, some fifty miles wide. It was very interesting—what he saw, but meager in scope.

There are big things outdoors; one cannot see them through a car window, much less understand them. I believe it is the duty of every

warm day than the heavy sweetness of a tuberose or narcissus. The same principle holds true of your own perfume. An exotic languorous blended scent is much less successful than a faint fresh flower odor.

Some fastidious women even banish their perfume bottles at the first sign of summer weather and use only Toilet Water, a light diluted perfume water that is delightful to use on the hands and face in an atomizer or in the bath. Let me warn you that the scent of perfume cannot be used to disguise the odor of perspiration so be

sure before you spray a flower essence on your gown that you have scrupulously attended to the use of a deodorant which will keep you immaculately fresh throughout the day.

Experiment a little with the daintily, not too lasting summer scents and select one that not only pleases you most but that best expresses your own daintiness and personality.

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DEVILED HAM UNDERWOOD QUALITY. 3 CANS 29c	ORANGES Medium Size and Full of Juice 3 doz. 59c	

SWEET and SWEET MIXED PICKLES KERR'S BEST. JAR 35c	Tomatoes These are good tomatoes. Just right for canning or table use. 49c Crate Come in and look them over. Lots of them to choose from.	HEINZ RIPE OLIVES CAN 25c MEDIUM SIZED OLIVES
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