

Try Curry, Tropical Dish To Spur Failing Appetite During Heat of Summer

By the Bureau of Home Economics U. S. Department of Agriculture

For variety, why not follow the culinary customs of people living in tropical countries and serve some Indian curry to your family? It is one of the most popular dishes of the Far East. It is hot and spicy, easy to prepare, and inexpensive, according to Fanny W. Yeatman, food preparation specialist of the Bureau of Home Economics of the U. S. Department of Agriculture. In the bureau's experimental laboratory, Mrs. Yeatman has tested several curries that are adaptable to American cookery, and recipes are available to the public on request.

Most persons associate curry with East India, but in reality it belongs to all Orient and tropical countries. Although its seasoning may vary somewhat with the country, curry is primarily a hot dish and as such acts as a stimulant for flagging appetites. Lack of appetite is a frequent accompaniment of hot weather, and in our comparatively brief summer period, a situation which is intensified many times over in the torrid zone. The tropical school of cooking, which has developed through centuries of experience with high temperatures naturally aims to offset the effects of the weather. Consequently we might do well to take a hint from them and serve some of their special dishes in July and August.

Curries, which can be made of vegetables alone or of meat and vegetables, are good ways of using leftover meat as well as inexpensive fresh cuts of meat, according to Mrs. Yeatman. This should be welcome news to persons who are budgeting their food costs. The heel or the round of beef or the breast or neck of lamb will make as good a curry as any of the most expensive cuts, she declares. Fresh or cooked pork makes delicious curries, especially if combined with tart apples or green tomatoes.

Egg, chicken and fowl can also be used for making appetizing curries, but unless these are home grown products they, with the exception of eggs, are out of the low cost group. Inexpensive fish, fresh or canned, can also be used for curries.

Curry is an old dish even in the Orient. To curry is an ancient method of preparing meat and vegetables. In India it has been in existence since Vedic times, which means that it was cooked there 1500 years before Christ. The curry powder itself, from which the dish takes its name, can be bought ready prepared in this country for about 40 cents a bottle. This should last an average family many months. In India, curry is mixed daily from the various spices that give it its distinctive flavor. Each Indian cook house has, as part of its equipment, a small flat, rough and small stone roller, on which the spices are crushed and ground as needed. Some of the ingredients for curry powder are old familiar stand-bys: American kitchen staples such as onion, garlic, and black pepper-coriander, but green ginger, turmeric, coriander seeds, dried hot chillies or peppers and coriander seeds and leaves are less frequent in our pantry shelves.

In addition to what is used as a spice, one or two more are added to the curry during the cooking process. Mrs. Yeatman points out. This onion is cooked until perfectly soft so that it pulp makes the gravy thick. And being very thoroughly cooked, the onion is usually palatable even to those persons who ordinarily dislike its flavor.

As a general rule, curry is served with rice cooked so that each grain is separate. In India a chutney often accompanies curry. Mangoes are the basis of the true chutney, but since they can not be found in our markets, the banana has developed some recipes that substitute chopped apples. One of these follows: If chutney is not available, Mrs. Yeatman suggests a tart dessert of fruit, either fresh or in a pie.

MENU FOR ONE DAY

| | |
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| Breakfast | Milk |
| Cooked cereal | Milk |

Menus of the Day

| | |
|--------------------------|-----------------------------------|
| By Mrs. Alexander George | Steak, Creole Is a Popular Recipe |
| Steak, Creole Style | Browned Rice Cakes |
| Buttered Asparagus | Bread Plum Jelly |
| Head Lettuce | French Dressing |
| Peach Roly Poly | Cream Coffee |

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| Steak, Creole Style | 2 pounds round steak, cut 1 inch thick |
| 1-3-cup flour | 1/2 teaspoon salt |
| 1/2 teaspoon paprika | 1/2 cup onion, finely chopped |
| 1/2 cup diced celery | 1/2 cup diced carrot |
| 1/2 cup diced celery | 1/2 cup diced carrot |
| 1/2 cup diced celery | 1/2 cup diced carrot |
| 1/2 cup diced celery | 1/2 cup diced carrot |
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| Chilled Desert For Dinner | Breakfast |
| Stewed Prunes, Chilled | Ready Cooked Wheat Cereal and Cream |
| Poached Eggs | Buttered Toast |
| Coffee | Luncheon |
| Toasted Cheese, Tomato and Bacon Sandwiches | Tea |
| Ginger Cookies | Dinner |
| Chilled Salmon-Creamed Potatoes | Buttered Spinach |
| Head Lettuce | Raspberry Jam |
| Chocolate Gelatin Pudding | Chocolate Gelatin Pudding |
| Cream Coffee | Toasted Cheese, Tomato and Bacon Sandwiches |
| 6 slices bread | 6 large slices cheese (cut thin) |
| 2 tablespoons soft butter | 6 slices tomatoes |
| 6 slices tomatoes | 2 tablespoons finely chopped onion |
| 2 tablespoons finely chopped green peppers | 6 slices haxon |
| Arrange bread on baking sheet | Spread with butter and add cheese. Arrange tomatoes on cheese and sprinkle with onion and peppers. Top with bacon. Bake in moderate oven until bread is toasted and bacon is crisp. Cut in halves and serve at once. |

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| Chocolate Gelatin Pudding | 1 tablespoon granulated gelatin |
| 4 tablespoons cold water | 2 squares chocolate, melted |
| 2 cups boiling water | 1 cup milk |
| 1 egg yolk | 1/2 teaspoon vanilla |
| 1/2 teaspoon salt | 1 cup sugar |
| 1 egg whites, beaten | Soak gelatin in cold water five minutes. Mix chocolate and boiling water. Add sugar and egg yolk. Beat mixture until thick. Add egg whites, beaten. Pour into mold and chill until set. Turn out on bed of crisp lettuce leaves. |

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| Peach Roly Poly | 2 cups flour |
| 1/2 cup milk | 1/2 cup sugar |
| 1/2 cup butter | 1/2 cup vanilla |
| 1/2 cup raisins | 1/2 cup nuts |
| 1/2 cup peaches | 1/2 cup apples |
| 1/2 cup cherries | 1/2 cup plums |
| 1/2 cup strawberries | 1/2 cup raspberries |
| 1/2 cup blueberries | 1/2 cup blackberries |
| 1/2 cup currants | 1/2 cup cranberries |
| 1/2 cup raisins | 1/2 cup nuts |
| 1/2 cup peaches | 1/2 cup apples |
| 1/2 cup cherries | 1/2 cup plums |
| 1/2 cup strawberries | 1/2 cup raspberries |
| 1/2 cup blueberries | 1/2 cup blackberries |
| 1/2 cup currants | 1/2 cup cranberries |

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| Browned Rice Cakes | 2 1/2 cups cooked rice |
| 1/2 cup salt | 1/2 cup paprika |
| 1/2 cup butter | 1/2 cup onion |
| 1/2 cup celery | 1/2 cup carrot |
| 1/2 cup celery | 1/2 cup carrot |
| 1/2 cup celery | 1/2 cup carrot |
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| Head Lettuce | 1/2 cup dressing |
| 1/2 cup dressing | 1/2 cup dressing |
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| Buttered Asparagus | 1/2 cup butter |
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Coffe (adults) Milk (children)

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| Vegetable Curry | 1/2 cup rice |
| Green Apple Pie | 1/2 cup sugar |
| Milk (everybody) | 1/2 cup butter |
| Supper | 1/2 cup vanilla |
| Tomato Rabbit on Toast | 1/2 cup salt |
| Baked Potato | 1/2 cup paprika |
| Tea | 1/2 cup onion |
| Milk | 1/2 cup celery |

RECIPES

(These recipes serve 5 persons)

Vegetable Curry

- 1/2 cup rice
- 1 cup diced onion
- 1 cup diced carrot
- 1 cup diced celery
- 1 cup fresh or canned peas
- 4 teaspoons butter
- 1/2 teaspoon salt, or to season
- 1/2 teaspoon curry
- 2 teaspoons Worcestershire Sauce

Wash and cook the rice in three pints of gently boiling salted water. Drain rapidly in a colander and pour hot water over the rice. Then stand the colander over steam until the grains swell and separate. Cook the vegetables in a small quantity of water and just before removing from the stove add 1 cup of canned peas. If fresh peas are available, cook them with the other vegetables. Add the salt, curry and sauce to the vegetable liquor. Make a ring of the cooked rice, place the vegetables in the center, and pour over them the liquid mixture. Serve very hot.

Green Apple Pie

- 6 to 8 green apples
- 1 cup sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 2 tablespoons butter
- Pastry

Pare, core and slice the apples. Place in a pan with a very small quantity of water. Cook until the apples are partly tender. Add the sugar, cinnamon, salt and butter and stir until blended. Line a deep pie tin with pastry, and fill with the apples. Add the top sheet of pastry. Put the pie in a moderately hot oven (400 degrees F.) for 10 minutes, lower the temperature to more moderate heat (375 degrees F.) and bake the pie for 20 to 25 minutes, or until the apples are tender and the crust is golden brown. If the pie seems too tart, sugar may be added when served.

Tomato Rabbit

- 2 tablespoons butter or other fat
- 1/2 cup finely cut celery
- 1/2 green pepper, chopped
- 1/2 small onion, chopped
- 2 tablespoons flour
- 1/2 cup canned tomatoes
- 1/2 pound cheddar, shaved thin
- 1 teaspoon salt
- 2 eggs
- Tobacco sauce

Melt the fat in a heavy skillet, add the celery, green pepper, and onion, cook for a few minutes, and stir frequently. Sprinkle the flour over the cooked vegetables, pour in the tomatoes, and add the cheese and salt. Cook over low heat and stir until the mixture thickens and the cheese is melted. Pour some of this mixture into the well-beaten eggs, then pour all back into the skillet, and continue to cook over low heat until thickened and creamy. Add a few dashes of tobacco sauce and serve on crisp toast or crackers.

Apple Chutney

- 3 quarts chopped apples
- 3 lemons
- 2 chili peppers
- 1 quart brown sugar
- 1 quart cider vinegar
- 1 quart dates, stoned and chopped
- 1 pint tarragon vinegar
- 2 pounds sultana raisins
- 1 tablespoon ground ginger
- 1 teaspoon nutmeg
- 1 teaspoon salt
- 1 onion chopped
- Garlic
- 2 small cloves

Wash, pare, and core the apples. Chop them with the lemons, as the acid will help to keep the apples from turning dark. Remove the seeds from the chili peppers. Mix all the ingredients. Boil gently until the apples are soft and stir the mixture occasionally with a fork. Bottle the chutney while hot and seal.

Paris Styles

By Mary Night

United Press Staff Correspondent PARIS (UP)—If you were told it was a matter of life or death to pick out the leading couturier in Paris, if you were an honest man and fair judge, there would be one and only one thing that you could do. Take the list of the favorite 40, shut your eyes and turn until you come to the time that starts off, Eneeny, meeny, ninny, no.

It is a pure case of counting out to see who's IT.

Fashion plays so many games, and plays them so fast, that all the great houses are "IT" in almost perfect and impartial rotation. A summer taffeur by Kasinus has all the "IT" earmarks. The material is Bianchini's flameless, printed on a lovely design in beige on a blue background. It has a blouse of beige crepe satin with a delightful jabot.

The actual Jenny Dolle is "IT" with a debonair dress that upholds the Victorian shoulder-line with a vengeance. She does it with taffeta of pale green that makes a wider circular skirt. A scalloped tulle berchhat bordered with barely pink flowers is all there is to the bodice and all that is necessary after a soft bow has been added at the waistline, center front.

Nothing could be more "IT-ish" than a gown from Lanvin made of black satin, with a blouse that is short and stiffened to the texture of pliable willow—the kind summer furniture is made of. This ripple and ruffle around the waist exactly like the beam on a floppy hat. Boucheron is "IT" for the jewelry game when he supplies this Lanvin model with a generous diamond necklace and four bracelets.

By virtue of an execution on foreclosure duly issued out of and under the seal of the Circuit Court of the State of Oregon, in and for the County of Jackson, to me directed and dated on the 24th day of July, 1931, in a certain action therein, wherein First National Bank of Medford, Oregon, as plaintiff, recovered a decree against Harold F. Nelson and Della B. Nelson for the sum of \$3000.00 with interest at 8% from October 2, 1930, together with \$300.00 as attorney's fees and \$2.15 costs and disbursements, and David C. Courtney and First National Bank of Ashland, Oregon, recovered from said defendants Harold F. Nelson and Della B. Nelson the sum of \$5000.00 with interest at 6% from July 6, 1931, together with \$130.00 attorney's fees and \$123.63 cost and disbursements which decree was entered and docketed in the Clerk's office of said Court in said county on the 24th day of July, 1931.

Notice is hereby given that, pursuant to the terms of the said execution, I will on the 5th day of September, 1931, at 10:00 o'clock a. m. at the front door of the Courthouse in the City of Medford, in Jackson County, Oregon, offer for sale and will sell at public auction for cash to the highest bidder, to satisfy said decree, together with the costs of this sale, subject to redemption as provided by law, all the right, title and interest that the said defendants, Harold F. Nelson and Della B. Nelson, his wife, had on the 2nd day of July, 1929, or now have in and to the following described property, situated in the County of Jackson, State of Oregon, to-wit:

Lot numbered Two (2) the Southeast quarter of the Northeast quarter of the Southwest quarter of Section Four (4)-in Township Thirty-three (33) South of Range Four (4) West of the Willamette Meridian.

Dated this 29th day of July, 1931.

RALPH G. JENNINGS, Sheriff of Jackson County, Oregon.

By OLGA E. ANDERSON, Deputy.

ing water and cook slowly until well blended. Beat egg yolks, add milk, salt and sugar. Heat in double boiler until hot. Add gelatin mixture and chocolate. Stir and stir until well blended. Do not cook too long or pudding is liable to curdle. Add vanilla and beat well. Fold in beaten egg whites. Pour into mold and chill until stiff.

Raspberry Jam

- 6 cups red raspberries
- 2 tablespoons lemon juice
- 3 1/2 cups sugar

Mix ingredients. Let stand 10 minutes. Roll gently and stir frequently until jam becomes thick. Pour into sterilized jars and when cool, seal and store in dark, dry place.

Strawberry Whip

- 3 egg whites
- 1/2 cup sugar
- 1 cup strawberry pulp
- 2 T lemon juice

Beat egg whites until stiff, adding sugar gradually. Fold in crushed fruit and add lemon juice. Chill and serve with thick custard sauce or whipped cream.

Surprise Salad

- 1 1/2 c cooked prunes
- 4 T lemon juice
- 1 1/2 T confectioners' sugar
- 1-3 c cream
- 1/2 oz cream cheese
- 1/2 c whipping cream

Add lemon juice and sugar to prunes which have been put thru sieve. Cream cheese with whipped cream. Line mold with cheese prunes and place spoonful of prune mixture in center filling mold with first mixture. Set in chilling compartment and freeze. Remove and serve on lettuce.

LIGHT ADDS BEAUTY

GARDEN NIGHT LIFE

By Phyllis K. Dunning

Except when there is a full moon, gardens, by night, have been wont to seem in darkness. This is all very nice if you happen to be in love and the object of your affections happens to be with you, but under practically all other circumstances, a dark garden is a total loss. Its beauty is completely obscured by a lot of unrelieved shadows, whereas a little artistic lighting can transform it into a fairland of mystery and charm.

The danger in artificial lighting lies in the fact that it produces the dramatic effect of a stage setting in the theatre, and it can easily produce that effect and no other. To avoid this, aim to get the same quality of light that you would get with genuine moonlight. Don't use lamps of too high wattage, and avoid harsh colors. White light is usually best, with pale green or blue or gold lights acting as complements.

Whenever possible, conceal the light source entirely. If you are unfortunate enough to have a fountain, it may be illuminated from beneath the surface of the water. Soft colored lights are very effective when their light rays are reflected by a fountain.

Tiny projectors, hidden in the foliage of the trees, can have their light focused on a limited surface of the garden, or on some particularly charming object such as a beautiful grotto, or particularly lovely flower bed. Marble urns may conceal lights within them, casting a soft radiance into the night.

Flood lights, well concealed and not too powerful, can give a very charming light particularly suitable for garden parties. If they are mounted on a pointed pipe which can be moved about the garden and placed wherever they are most effective or most useful.

The simplest way of lighting the garden is to place about a few simple, rustic lanterns—at the entrance to the summer house or suspend from a vine covered arch or pergola on the branch of a tree or placed on a terrace near a flight of steps.

Install a few light up your garden this summer and enjoy its beauty by night as well as by day.

by Harold Bell Wright

SYNOPSIS: Bruce tells Donovan he had unintentionally killed the bank cashier and escaped to the desert with \$25,000. Meanwhile, Charlie, who has heard the story of the tragedy for which the father of Bruce's deserted wife, Ann, is held, in a quarrel over their water rights, Donovan kills Bruce, and Pierre emerges and accuses him to dig a grave. Pierre plans to return the loot, thus effecting Ann's father's release and give Bruce's killer to the law for murder. Suddenly Donovan's digging uncovers the gold mine he and Bruce had been seeking, only when he writes his name on a location notice, along with Bruce's and Pierre's, does the boy recognize the man as his father. Pierre releases guard and Donovan secures his gun.

Chapter 34

SHERIFF'S ORDERS

THE sheriff's office in the County Courthouse at Red Butte was a large dining room with a high counter-deck enclosing a space in one corner which afforded a degree of privacy to the safe and the under-sheriff's desk. There was a door leading into the jail, and other doors leading to the sheriff's private office and to the main corridor of the building and the street. The furniture of the room consisted of a number of very plain wooden-bottomed chairs, several cupboards of no mean capacity, and



"We can't be arrested for nothing!" cried Ann.

Ann dropped wearily into a chair. But Old Tony remained on his feet. "Does this mean, sir—is it possible that by any mischance we are under arrest?"

"Ob, no," returned the sheriff, "not exactly. But perhaps you had better tell us who you are and what brings you to Red Butte."

Reassured by the sheriff's kindly manner, Old Tony relaxed and seated himself in a chair beside Ann.

"This is Mrs. Bruce Carey. I am Antonio Latour. We—ah—we expected to meet Mrs. Carey's husband here in Red Butte. But there seems to be some mistake; Mr. Carey is not here."

Ann cried anxiously, "And Pierre, too, Father Tony." To the sheriff she added eagerly: "Do you know, sir, if a young man named Pierre Donovan has been here lately?"

"At this moment the telephone rang. The under-sheriff answered, and while the others continued he received a message which he wrote down as it came to him over the wire.

"Yes, ma'am," said the sheriff. "Pierre Donovan has been here. Also your husband, Bruce Carey—that is to say, we think that a man who calls himself Fred Burnes is Bruce Carey."

The under-sheriff handed the message which he had written to Charlie, who passed it on to the sheriff. When the sheriff had read the message he looked at Ann and Old Tony thoughtfully. At last he said, "This telegram from Orchard Hill will interest you, Mrs. Carey and Mr. Latour." He read the message.

Orchard Hill, Ohio To Sheriff Billings, Red Butte, Nevada. Mrs. Bruce Carey, Ann, 22, five foot four, weight 130, brown eyes, brown hair. Antonio Latour, about 60, height five feet ten, weight 140, smooth shaven, faded blue eyes, white hair, actor. If these parties appear in your county hold them and notify me.

BOLTON, Sheriff. "Oh, but you can't," cried Ann. "We haven't done anything wrong. We can't be arrested for nothing."

A telegram may stop her. But it was a little that began Ann's pursuit, the sheriff learns tomorrow.

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Lustrous Fabrics of Evening Gowns Are Rich in Hue

By Diana Merwin

(Associated Press Fashion Editor) PARIS (AP)—New evening gowns are known by their skirt lines these days.

The latest after-nine-o'clock robes which Parisian couturiers exhibit have skirts with more intricate drapes and flounces than they have displayed in years. Even trains have been added to the night-time picture.

Pictures are lustrous and luxurious, while colors reflect the rich hues of Rembrandt's palette, with wine and grape tones such as raspberry, ripe gooseberry, plum and prune prominent in fashion's picture.

One of the most striking of the new gowns is designed of raspberry moire with a tight hipline extending almost to the knees and three narrow flounces gathering the fullness to the front of the skirt.

A ruche of moire flowers in two shades of raspberry, draped along the necklines in a manner reminiscent of the old-fashioned feathered bonnet, and long gloves of the same tint and tissue complete the frock.

Another smart new evening gown is designed of crimson and gold lame, with a wide flounce breaking from the neckline and swirling into a long train, while a bright purple colored chiffon has a knifepointed skirt clearing the floor in front and sweeping it for six inches on either side.

Eggshell satins with skirts ending in a long flounce embroidered in pearl and coral beads and pale blue and green satins ending in 18-inch trains are also taking their place in the evening mode.

Style Chats

By Mary Knight

United Press Staff Correspondent PARIS (AP)—Fashion artists say it's time to draw the neck-line in a new place. And when they speak they set the action to the work.

For instance, Malynoux makes one that is square to just over the curve of the shoulders, back and front, and then curves for a couple of inches and then suddenly becomes pointed—so pointed that both sides meet in a novel V center front. The same treatment is carried out for the back but less deeply, and the whole outline is

Patented Process Removes Guesswork From Roasting

Automatic Control of Heat Insures Exactness. Hills Bros. Coffee Has Matchless Flavor

There are many risks attached to roasting coffee by ordinary methods. For a man must guess when the roast is right. If he misses his guess, the flavor of the coffee usually suffers.

Hills Bros. eliminated guesswork when they invented and patented Controlled Roasting—an automatic process that develops the fullest flavor in every berry of the blend.

As the accuracy of the hour-glass depends upon an even, continuous flow... a little at a time... so the unvarying flavor of Hills Bros. Coffee is produced by Controlled Roasting—the patented process that roasts evenly, continuously... a little at a time. Automatic control of heat and flow of coffee does what ordinary methods often fail to do. Every pound is roasted to the same degree of perfection, and every pound has the same fine flavor.

To preserve this delicious flavor, Hills Bros. pack their coffee in vacuum cans. Air, which destroys the flavor of coffee, is removed and kept out of these cans. Ordinary, "air-tight" cans won't keep coffee fresh. But Hills Bros. Coffee can't go stale! Order some today. Ask for it by name, and look for the Arab trade-mark on the can.

Hills Bros. Coffee, Inc., San Francisco, California. © 1931.

SURPRISE them with THIS

A salad innovation with a most intriguing flavor. Made with White Star Tuna, the inexpensive deep sea delicacy, tender and sweet as chicken. Rich in iodine.

MOULDED TUNA SALAD

- 1 level tablespoonful gelatine
- 1/2 cup cold water
- 1/2 cup milk
- 1/2 cup mayonnaise
- 1/2 cup white Star Tuna
- 1/2 cup green peas
- 1/2 cup celery
- 1/2 cup onion
- 1/2 cup carrot
- 1/2 cup celery
- 1/2 cup carrot
- 1/2 cup celery
- 1/2 cup carrot
- 1/2 cup celery
- 1/2 cup carrot

Soak gelatine in cold water about five minutes. Mix egg yolks, slightly beaten, with salt, mustard and cayenne; then add butter, milk and vinegar. Cook in double boiler, stirring constantly, until mixture thickens. Add soaked gelatine and tuna, separated into flakes. Turn into wet mold, chill, and unmold on bed of crisp lettuce leaves.

FREE RECIPES...

Write for "17 Proven Recipes for White Star Tuna" to Van Camp Sea Food Co., Inc., Terminal Island, California.

Why Take Pills? There's no need to... self with laxatives... eating a delicious... F. C. Amintore, Washington, writes: "I suffered with chronic constipation for many years and... I