

How to Buy Fruits, Vegetables

By BETTY BARCLAY,
The Well-Known Food Writer.

DO you know the little "tricks of the trade" needed when purchasing vegetables and fruits of various kinds? If not, study the following paragraphs carefully and put what you learn from them into practice when next you go to market.

When buying sweet potatoes, get medium-sized, thick ones with tapering ends. Avoid the long stringy ones, particularly if the skins are withered.

Choose a cabbage that is hard and solid—with a hard white stump. The veins in the leaves should not be discolored.

Good onions crackle—because they are thoroughly dry. A thin neck is another good sign of a good onion. Choose smooth and shiny peppers for stuffing. Choose string beans that will snap with a bang when broken. Choose peas that fill the pods.

Choose peaches that LOOK good and they will usually be found to TASTE good. Do not take cherries that are hard. Buy pears that show no bruised spots or blemishes.

Choose a pineapple with a golden yellow color—which denotes ripeness. Pull a leaf from the top, and if it comes out easily, the pineapple is

very likely ripe. The aroma will help a lot in your choice, too.

Take the bunch of grapes where the grapes are all adhering, rather than the straggly bunch from which half the grapes have dropped. The darker grapes should not have a tinge of green if they are ripe enough for immediate eating.

FROZEN CUSTARD

1½ cups sugar
1 tbsp. flour
1-8 tsp salt
3 cups boiling water
3 eggs, beaten
1 tbsp vanilla
3 cups evaporated milk, chilled and whipped.

Mix sugar, flour and salt. Add water and boil 3 minutes, stirring constantly. Pour mixture over eggs slowly to prevent curdling. Return to fire and cook 2 minutes longer. Cool, add vanilla and fold into the whipped cream. Freeze with a one to six salt-ice mixture and you will have two quarts of frozen custard.

TOMATO JELL-O SALAD

Cook one pint of tomatoes together with one slice onion and one celery stalk for five minutes. Strain and add one teaspoonful vinegar.

SERVING MEALS CAREFULLY

(Continued from page five)
the forks—the bread and butter spreaders being laid horizontally across the lower edge of the plates.

Honey Cherry Pudding

1 tablespoon shortening
1 egg
1 cup honey
½ cup sour cherries
½ cup milk
2 tablespoons baking powder
2 cups flour

Blend shortening and honey together. Beat egg thoroughly and add to blended honey and shortening; then milk, then ½ cup drained cherries, then flour in which baking powder has been sifted. Bake in flat cake tin. This cake should be about an inch high. Serve hot with the following honey cherry sauce:

1 cup cherry juice
1-3 cup cherries, sour
3 tablespoons flour
2 tablespoons butter

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Have you ever longed to be a lawyer?

If you have, then study this writing very closely. It is the handwriting of one of our readers whom I have just advised to study law. He has the ability to make a great success in this profession.

A lawyer is the man who influences other people. He must be able to make friends. He must be able to express his feelings, and touch the feelings of other people. This man has just the quality. He feels deeply, either joy or sorrow, and he can create a similar feeling in the hearts of other people.

A good lawyer must be able to learn quickly. He must think very rapidly, because a lawyer many times finds himself in places where quick thinking is absolutely necessary.

The bit of writing which we have here this week shows just such a brain. The writer of this specimen

one-fourth teaspoon salt, pinch red pepper and water sufficient to make one pint liquid. Heat to boiling point and dissolve one package of lemon jell-o in the mixture. Mold in individual molds and serve on lettuce leaves with salad dressing.

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does think quickly. He will not seem to study very much on his law—but he will know it because he picks up knowledge easily.

(Continued on page nine)

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