

WOMAN'S PAGE

Edited By Vivian McCauley

DRIED FRUIT FILLS IN NOW

If the empty jars in the preserve cupboard outnumber the full ones, perhaps some dried fruit butters and marmalade will help make the fresh fruit preserves last until spring for special occasions.

Citrus fruit marmalades can be made as cheaply now as any time, and will be particularly relished when faded spring appetites need toning up.

Combination Conserve
One-half pound dried peaches, 1/2 pound dried apricots, 1 pound prunes, 2 oranges, 1/2 cup seedless raisins, 1/2 cup nut meats, 1 1/4 pounds sugar.

Wash peaches, prunes and apricots through several waters. Let peaches and apricots stand in cold water to cover for three hours and drain. Cover all the fruits with cold water and let stand overnight. In the morning, simmer in the same water until very tender and rub through a sieve. Put into preserving kettle and add graded rind and juice of oranges, raisins and sugar. Bring to the boiling point and cook until mixture thickens and becomes clear. Add nut meats and cook ten minutes longer. Pour into sterilized jars and seal.

The following recipe is for a combination citrus fruit marmalade that is particularly delicious.

Three Fruit Marmalade
One grape fruit, 1 large orange, 1 large lemon, 10 cups granulated sugar.

Wash fruit and wipe dry. Cut into quarters. Then cut the quarters through the peel and pulp into very thin slices, discarding the seeds and the white pith in the center. Let the fruit stand in 14 cups of cold water overnight. Cook until peel is very tender. It will take several hours. Let stand overnight again. In the morning, add sugar and cook until syrup thickens. Turn into sterilized glasses and cover with paraffin when cold. This will make about 12 large glasses of marmalade.

Stuffed Boiled Chicken Is Sunday Menu Suggestion



Oscar of the Waldorf, right, supervises the preparation of boiled stuffed chicken, which he suggests as the feature of next Sunday dinner menu.

Editor's Note—Oscar of the Waldorf, writing for The Evening Herald and NEA Service, suggests the following Sunday dinner menu:

Oyster Cocktail
Beef Broth
Boiled Stuffed Chicken
Buttered Cauliflower, Potato
Fritters
Asparagus Salad
Fig Whip
Coffee

Boiled Stuffed Chicken
Fill the body of a cleansed fowl or chicken with small onions, which have been half cooked in

milk. Boil the giblets with some onions and two or three slices of bacon, and, when done, strain the gravy in a sauce pan, put in the bowl and simmer until quite tender.

Boil three large onions in a quart of milk, and when it is reduced to half its original quantity, thicken with half a teaspoonful of flour that has been smoothly moistened with milk. Stir the sauce over the fire until thick; add two pairs of butter and a little pepper and salt, and stir by the side of the fire until the butter is dissolved. Dish the fowl, pour the sauce over, and serve.

NEW CABBAGES FOR FEBRUARY

During February new cabbages and cauliflower at attractive prices greet the market-going housewife. They are shipped north in great quantities from the south and California, and there is no reason to regard them as luxuries or as vegetables in any way inferior to the home-grown products of late summer.

Keep in mind when purchasing new cabbage that the head will not be as solid and heavy as old cabbage has been. It will be firm and fairly solid, but not hard. It should be free from sponginess or softness and reasonably heavy. It should be closely trimmed, with the outer leaves crisp and green. Wilting or yellow outer leaves mean age and a general wilting throughout the head. The head should be smooth and well formed without cracks.

Such defects as worm injury or decay spots are easily detected upon examination. Size has little relation to quality and depends largely on individual needs. New cabbage is cared for after cutting much as head lettuce is. Wrapped in a damp cloth and placed in an airtight container, it will stay crisp several days.

In choosing cauliflower there are two parts to be considered: the jacket, or outer green leaves, and the head itself. If the jacket is in good condition, an extra meal is furnished, for these outer leaves can be carefully trimmed and cooked. They should be fresh and firm and of a bright green color. Cauliflower is very perishable and a perfect head bespeaks the utmost care in harvesting and shipping. If the flower is real and pearly white, solid, finely and closely grained, free from discoloration, and the packet is green and fresh, the vegetable is of the first quality.

Riciness, so often apparent in heads of cauliflower, is said to be a sort of second growth. This gives the head a granular appearance and indicates overmaturity. Looseness, which is caused by the separation of the clusters, also shows over-maturity and is undesirable. Dirt and worm stains are hard to remove and injure the flower.

MOCHA SPONGE

Two tablespoons gelatin, 1/4 cup cold water, 2 cups strong hot coffee, 1/4 cup sugar, 3 egg whites, 1/2 cup cream, 1/2 cup chocolate, 1/2 cup nuts, 1/2 cup raisins.

Soak gelatin in cold water five minutes. Add to hot coffee and stir until dissolved. Add sugar. Strain into a bowl and allowed to cool. When it has thickened slightly, set in pan of ice water and beat until stiff. Add stiffly-beaten egg whites and beat until it will hold its shape. Turn into a mold which has been dipped in cold water or pile lightly in sherbert glasses. Sprinkle chopped pecans over the top and chill thoroughly. Serve with whipped cream.

hands planted rows upon rows of trees around the school and church buildings of Corvallis—trees which still stand, a living tribute to her memory.

During her lifetime Dr. Margaret Snell was honored throughout America on different occasions as "one of the most remarkable women who ever dedicated her life to the teaching profession." On the Oregon State college campus stands a beautiful women's dormitory, furnished in the most modern style, bearing her name, as a monument to the memory of one who "blazed the way" for a freer and happier womanhood.

The new American Association of University Women fellowship fund, to be used in giving young women graduates of colleges and universities opportunity to study and do research work abroad, comes now as a perpetual and imperishable tribute to one who dedicated her life to the advancement and education of women.

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To Remind You of A Winter Evening Pastime

By Maureen McKernan

AND now the long winter evenings are upon us. Which brings to mind that grand indoor pastime—making candy in the kitchen at home. The finest box of bon-bons cannot equal a plate of good homemade candy. There's romance for the girl and her beau who manage to while away a whole evening over the making of a plate of fudge. The caramels mother makes for the children who are doing their "home work" about the living room table, adds a touch of gala celebration to a quiet evening. The business woman satisfies her craving for domesticity, making candy in her tiny kitchenette.

A thoughtful woman considers food values when she makes candy, for she knows that candy made with the proper ingredients is a fine, well balanced food. These recipes tested and proven, are rich in food values, in addition to being unusual and easy to make. They are inexpensive, too, for evaporated milk, used to insure perfect creaminess, gives also a richness equal to the richest cream and butter.

Burgundy Fudge

1 cup evaporated milk
1 cup granulated sugar
1 cup butter
1 cup raisins

Boil the first four ingredients to the soft ball stage (235° F.), stirring constantly. Cool and add Sauterne and beat as for Chocolate Fudge. With last few stir in raisins. Time required for making: about 20 minutes. Yield: 1 1/2 lbs.

Orange-Cocoanut Creams

1 cup butter
1 cup sugar
1 cup water
1 cup orange flower water

Melt the butter in the pan in which candy is to be cooked. Add sugar, water and milk and boil to soft ball stage (235° F.), stirring constantly. Cool and beat like Chocolate Fudge. Add favoring and cocoanut, and work into candy until creamy. Using about a tablespoon of candy, mold with the hands into even sized balls. Roll

in cocoanut. Time required for making: about 25 minutes. Yield: 1 1/2 lbs.

Ten Minute Fudge

1 cup sugar
1 cup evaporated milk
1/2 cup butter
1/2 cup vanilla
1/2 cup water

Put the first six ingredients in a sauce pan and boil rapidly to soft ball stage (235° F.), stirring constantly. Set pan in cold water and start beating at once. When the mixture begins to crystallize, add vanilla, then turn quickly into a buttered pan. Time required for making: 10 minutes. Yield: 1 1/2 lbs.

Money Fudge

1 square bitter chocolate
1 cup sugar
1 cup evaporated milk
1/2 cup honey
1/2 cup vanilla
1 cup nuts

Melt chocolate over hot water. Add sugar, salt and milk and boil five minutes. Add honey and cook to soft ball stage (235° F.). Add vanilla and nuts. Proceed as in Chocolate Fudge. Time required for making: 20 minutes. Yield: 1 1/2 lbs.

Cream Caramels

1 cup sugar
1 cup evaporated milk
1/2 cup corn syrup
1/2 cup butter
1/2 cup vanilla

Use a three quart pan for cooking. Stirring occasionally, boil sugar, salt and corn syrup to 245°. Add butter and milk gradually so that the mixture does not stop boiling at any time. Cook rapidly to firm ball stage (241° F.). Stir constantly because the mixture sticks easily at the last. Add favoring and pour into a buttered pan. Cool thoroughly before cutting. Cut with a heavy sharp knife with a saw-like motion. Time required for making: 25 minutes. Yield: 2 lbs. or 45 caramels 1 1/2" x 1 1/2".

Cocoanut Kisses

1/2 cup evaporated milk
1/2 cup sugar
1/2 cup shredded cocoanut
1/2 cup almond extract

Combine ingredients. Drop from a teaspoon onto a well oiled (not buttered) baking sheet. Bake in a slow oven (300° F.) 15 minutes. Remove from pan while hot to avoid crushing. Yield 15 kisses.

HOUSEHOLD HINTS

TASTY HASH
If you soak the chopped meat for hash in gravy or sauce some time before chopping, the hash will be far tastier than if heated immediately.

BLEACHING BLANKETS

To bleach blankets that have yellowed, steep overnight in a solution of hydrogen peroxide diluted to about one-eighth its natural strength.

PIANO CARE

A piano should be kept in a room of moderate and even temperature. It should not stand against an outside wall nor should it be near a radiator. It should be kept covered with felt or other

warm covering when not in use.

CLEANING FELTS
To clean a felt hat, wipe off with a cloth dipped in ammonia water and wipe off with a clean muslin cloth. Brush when dry.

CLEAN HATS

Sometimes a very fine sand paper is an efficacious cleaner for felt hats. But it must be used gently and it must be very fine.

POLISHED SILVER

If you drop silver that has been used on eggs into a pan of salt water the minute they come from the table, they are less likely to be discolored.

TOMATO JUICE

Tomato juice cocktail makes an excellent appetizer for a meal. If

you squeeze just a drop or two of onion juice into it it is improved.

Crepe de chine blouses are ironed more easily and more beautifully if rolled in turkish towels after washing and allowed to stand 12 hours before ironing.

COLD FEET

If one suffers from cold feet, often plunging them into cold water and then rubbing briskly and

thoroughly with a coarse towel helps start the circulation that they lack.

WHITE SILKS
To keep white silks white, use borax for washing instead of soda. Rinse in a blueing water the same temperature as the first wash water.

There are anywhere from 75,000,000 to 1,000,000,000 stars, astronomers say.



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90c Mineral Oil, 1 Quart	60c
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50c Whisk Brooms	37c
10 lbs. Bathing Epsom Salts	60c
50c D. C. A. Shaving Cream and 25c	50c
Shaving Talc—both for	50c
50c Emetine Tooth Paste and 50c Tooth	50c
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Rubber Sponge.....10c
Shaving Stick.....10c
Hair Pins.....10c
Bobbed Hair Clips.....10c
Cashmere Bouquet Talcum.....10c
Colgate Tooth Paste.....10c
Colgate Cold Cream.....10c
Hand Brush.....10c
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Mending Tissue.....10c
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Harmonica.....10c
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Rubber Balls.....10c
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Sister Mary's Kitchen

By SISTER MARY, NEA Service Writer

It takes much planning on the part of the housekeeper to serve a meal suitable for all members of a family of "assorted sizes."

One of the simplest ways of handling this situation is to remove an individual portion of a good wholesome food before additional seasoning makes it undesirable for the youngest member at the table.

A meat loaf made savory with green peppers is not an accepted food for the 3-year-old. But a pan broiled meat cake lightly seasoned with salt can be made for the small person. The meat should be taken out for the patty cake before the seasoning for the meat loaf is added.

Individual portions of vegetables can be set aside before seasoning for the family. Salads can be simplified and plainly dressed with lemon juice and oil. These precautions usually make it unnecessary to supply special and entirely different foods for children.

The following menu takes care of the needs of small children as well as those in their "teens."

BREAKFAST—Orange juice, cooked cereal, cream, baked hash, crisp kraham toast, milk, coffee.

LUNCHEON—Noodle soup, toast effects, cottage cheese-salad, green pepper salad, cup custard, milk, tea.

DINNER—Baked lamb loaf, potatoes en casserole, canned lima beans, whole wheat rolls, new onions and radishes, fig and orange jelly, vanilla cookies, milk, coffee.

Children under school age and persons well past middle age will not want the hash suggested in the breakfast menu, but growing, older children and active adults need the extra breakfast dish. The luncheon salad must be culled out to cottage cheese and one table spoonful of finely chopped seeded radishes on a nest of finely shredded lettuce for children under the school age.

In the dinner menu, the potatoes should be well mashed with a fork, the beans rubbed through a ricer and the onions and radishes very finely minced for small children.

A cheap cut of lamb from the forequarter is carefully trimmed and put through the food chopper for the loaf. One or two shankins added with the seasonings will dease the adu taste.

Dr. Snell to Be Honored

These women view as a fitting and glorious tribute the proposal of the Oregon branch of the American Association of University Women to name the \$30,000 fellowship fund to be raised in the Pacific Northwest section in honor of Dr. Margaret Snell, "whose life was a sermon, and its effects immortal." The branch associations of both Washington and Oregon have already agreed to so naming the fellowship.

Born of Quaker parentage in 1844, Margaret Snell spent the early years of her life in New York. Later she moved with her parents to Iowa, and received her bachelor of arts degree from Grinnell college. After teaching school in Iowa for a few years, she moved to California, where, in cooperation with her sisters, she established the Snell seminary, now located at Oakland. She studied to be a doctor, and after receiving an M. D. degree from the Boston medical school entered upon the practice of her profession.

But this was a beaten path, and being "in all things like unto herself," Dr. Snell decided that even better than curing the ills of humanity would be to teach people how to live so as to avoid disease and ill-health.

Always a great lover of fresh air, she placed this first in the list of five rules, which, repeated for emphasis, she called her "Ten Commandments for Perfect Health." The others were plenty of exercise, a balanced diet, a cold bath each morning and proper clothing. And they were revolutionary indeed in those days when it was generally considered dangerous to open the window and let in the night air, when exercise was thought un ladylike, and a balanced diet was unheard of.

Minds on Lofly Thoughts But it was more than health