

Food for the Family Table

By NELLIE MAXWELL

But when June comes—Clear my throat
With wild honey! Retch my hair
In the dew! and hold my coat!
Whoop out loud! and throw my hat!
June wants me and I'm to spare
Spread them shadders anywhere,
I'll sit down and wait there
And oblige to you at that!
—Riley.

Sometime when something a little out of the ordinary is wanted, when cooking out of doors, try this:



Stuffed Baked Apple.—Cut a large cube, one inch across from the top of a good-sized apple. Fill the space with raisins, put back the piece cut out as a cork. Wrap in mint leaves or any aromatic leaves like sassafras, cover with moistened clay an inch thick and place in the coals to bake. Cover and leave for a half hour or more. Remove the clay, take off the leaves and you have a roasted apple which will be hard to forget.

Cook's Sandwich Filling.—Chop the ripe pulp of tomato, white leeks and chlorey, green pepper, water cress, lettuce and hard-cooked eggs. Bind with a thousand island dressing. Mix in a garlic-rubbed bowl and drain well before spreading on buttered bread. With a glass of milk this will make a good luncheon.

Cottage Cheese Combination Sandwich.—Spread small rounds of thin buttered toast with anchovy butter, then with seasoned cottage cheese and chopped chives. This may be used as an open sandwich and served as a relish or as a sandwich.

Italian Sandwich.—Chop very fine one cupful of boiled, cooked spaghetti, two strips of bacon (broiled) and one-half cupful of cooked shrimps; mix and add two tablespoonfuls of tomato catsup and one of worcestershire sauce. Season, spread on toast, sprinkle with grated cheese and brown in the broiling oven. Garnish with lettuce and serve.

Salmon Filling for Sandwiches.—Rub one cupful of salmon through a

sieve and mix with one tablespoonful of finely chopped capers, a bit of onion juice and just enough mayonnaise to make the mixture of the consistency to spread. Place on lettuce and serve between buttered bread sliced very thin.

A hot sandwich which is both appetizing and economical is prepared as follows: Toast and butter bread, then lay on sliced heated stuffing which has been left over from turkey or chicken; on this place a slice of buttered bread spread with cranberry sauce. Cut into finger strips, garnish with olives and serve with sliced cold fowl.

Roast Beef Sandwich.—Trim off the meat from the bone of a roast, chop fine, add three tablespoonfuls of chopped pickles to every cupful of meat, add mayonnaise to bind and spread on plain bread buttered or on toast buttered. Garnish with radishes.

Delicacy Sandwich.—On thin slices of whole wheat bread spread caper butter (butter mixed with chopped capers), place thin slices of cold roast leg of lamb on this, add a lettuce

leaf and another slice of buttered bread. Garnish with sprigs of mint or with molds of mint jelly.

Open Sandwich.—Sauté in butter three fresh mushrooms and one diced green pepper until tender, add one cupful of minced roast lamb, cream to bind and such seasonings as are needed. Spread on slices of toast, sprinkle with finely chopped or grated cheese and brown quickly in a broiler. Garnish with strips of fried banana and water cress.

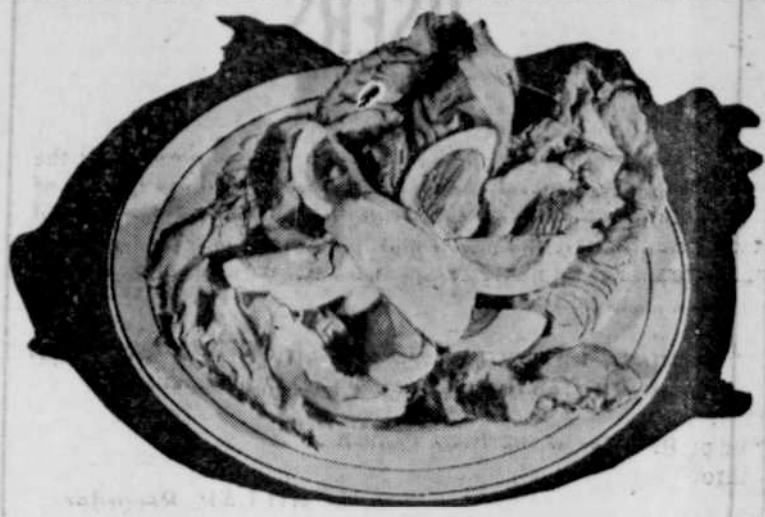
Grill Sandwich.—Chop two ounces of good strong cheese, twelve blanched almonds, one-fourth head of small lettuce and eight green olives. Add lemon juice and salt, bind with mayonnaise dressing and spread on toast or bread, cut into desired shapes.

In using cheese for cooking why only the rich old cheese which will melt when heated. Heat of high temperature will toughen cheese and make it stringy, unless rich and aged.

College Sandwich.—Grate or mash two ounces of good American cheese and one ounce of chopped blanched almonds and the same of sweet pickles, finely chopped. Moisten with a tablespoonful of french dressing and spread on rye, brown or white bread, press on a buttered slice and cut.

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Egg Salad a Choice Morsel



Egg Salad Serves Many Knotty Problems.

(Prepared by the United States Department of Agriculture.)

"What shall we have for refreshments?" After the usual debate has taken place, whether the occasion is a luncheon, a card party, or a Sunday supper, some one generally solves the knotty problem by suggesting, "Why not have egg salad?" Of course, in the springtime, when eggs are abundant and gay colorings are in favor at mealtime, egg salad is the

very thing. Without concerning oneself entirely with the fact that any egg on the menu add to the day's supply of iron, phosphorus and vitamins, we all know that a hard-cooked salad is hearty enough for a main dish at luncheon or supper and attractive enough to appear before any company.

Then, too, almost everybody is sure to like it. An egg salad is particularly good as basis for a juvenile menu. The business woman who wants to entertain in the evening and serve refreshments, can hard-cook her eggs in the morning without interrupting her preparations for leaving the house early, and if she keeps mayonnaise and lettuce on hand her salad materials are ready to assemble quickly.

The photograph from the bureau of home economics shows one of the simplest and most effective ways of arranging egg salad on individual plates. Each hard-cooked egg is cut into six lengthwise sections, which are set in a circle, giving the effect of a daisy when the yellow mayonnaise is put in the center. Sometimes people like to cut the eggs in half lengthwise, take out the yolks and "devil" them by mixing them with seasonings to taste—mustard, cayenne, or tabasco, salt, vinegar, and some of the mayonnaise. Then the mixture is neatly packed into the whites and served on lettuce with dressing.

To accompany an egg salad, cheese crackers or cheese biscuits are excellent, or saltines or simple sandwiches may be served.

the weather and how we think the water feels and tastes this year, and all such things!"

"But," asked Mrs. Sea, "you were going to tell me about the place about us which is not protected."

"Oh, yes," said Mrs. Sea, "bullets from guns can hit us anywhere and not hurt us in the least but roll right off us, except in one spot which is soft, just above our eyes."

"That is the part which we must keep out of the range of enemies."

"Thanks for telling me," said Mrs. Sea. "I am very glad to know it and so glad that all the rest of my big body is safe, quite safe."

"Ah, yes, my safe part is much, much larger than the part of me, which isn't safe."

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Fairy Tale for Children

By MARY GRAHAM BONNER

"They say there are going to be great days ahead and that if every Mr. Sea Elephant doesn't get the Mrs. Sea Elephant he wants there'll be a battle," said Mrs. Sarah Sea Elephant.

"Isn't that glorious?" asked Mrs. Sea. "That's the sort of a Sea Elephant mate I have."

"And so have you. When other Mr. Sea Elephants got in the way of our Mr. Sea Elephants before they had

asked us to marry them, they quickly fought and got them out of the way."

"Yes," said Mrs. Sarah, "I wouldn't give a fig for a husband who wouldn't fight for me."

"Dear me," said Mrs. Sea, "I don't think you're saying much, for what in the world, or the sea, does a fig mean to you?"

"That's so," agreed Mrs. Sarah, "a fig doesn't mean anything to me."

"Why, a fig would be lost in the sea, and most certainly figs don't mean anything to me, the little silly, sticky thing."

"Why did you say that?" asked Mrs. Sea.

"I just used it as an expression, and it shows how much we say without thinking. I said that absolutely without thinking, for I meant to say that I wouldn't give anything for a creature who wouldn't fight for his mate."

"We never fight," said Mrs. Sea. "No, ladies never do," said Mrs. Sarah. "I suppose they might, and sometimes they have, but it isn't the custom, and custom is custom."

"They say," remarked Mrs. Sea, "that there is one part about us which can be hurt so that we are killed."

"Yes," agreed Mrs. Sarah, "that is true."

"Tell me about it," begged Mrs. Sea. "I would like to keep that part out of sight if dangerous enemies were around, as I hear they sometimes are, with guns and rifles and other fire-arms."

"Yes," said Mrs. Sarah, "sometimes we are shot. We are like seals, you know, and we have very useful, valuable oil in us."



"We Never Fight."

chat and gossip and have the very best of times.

"It's our big season of the year. I've heard of folks who go to summer resorts and winter resorts and to places for the baths, or the mountain air."

"We can hear the tales of adventure which the Mr. Sea Elephants have to tell us, and we talk of the new styles, though we never have any really new ones."

"Still we can discuss fashions and

Coats for Vacation Wear

By JULIA BOTTOMLEY



Vacation season—for water trips, vacations in the mountains, cool evenings that come during the summer time—coats are absolutely necessary. Milady wishes to have an outer wrap that will match her other apparel, as

to mode, and there are many styles that will appeal.

While coats of the heavier kind, in fact, warm coats, are necessary for vacation trips, there are many coats that are stunning for use with any kind of sports frock, and some of the short types are reversible. They are constructed of the old-fashioned flower-print calicos. Also, it may be noted that jersey, flannel, silk cardigans are offered for summer wear. It is agreed that the vogue for coats for street wear is increasing because of the fact that fashionable frocks are not only sleeveless, but many of them are without backs. Also among the models for travel are the smart jackets of chambray, as well as the full-length coats of tweed which are shown in numerous styles and which demand attention this season.

Shown in the picture is a coat of full-length styling—full-length in the extreme, as it comes well below the knees. In fact this may be classed as a cozy, comfortable coat, built of soft, heavy material, designed for the very cool breezes. It is unusual in design, having a cape-scarf attached, covering the right shoulder to the elbow and falling in a graceful scarf at the left, which extends almost to the bottom of the coat. This scarf has a decided flare, terminating in a point that may be thrown across the throat for protection against the cruel winds. One immense patch pocket at the right side in an added attraction. The coat has no fastening, but is of the wrap-around variety. Pointed cuffs, to match the end of the scarf, have been chosen for the garment.

This serviceable coat may be lined or unlined, depending upon the weight of the material. There is a wide range of colors from which one may choose.

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HOW TO LIVE LONGER

By JOHN CLARENCE FUNK
YOUR SHOES

RHEUMATISM, neuritis, spinal troubles, "nerves," backache and headache—these make an impressive array. And every one of them can be caused by the use of improper and ill-fitting shoes. It's hard to believe, isn't it?

In days gone by the ladies of China were victimized by the foot binding custom. It was sanctioned by law and was a painful and barbarous practice. Happily, those times are past. Foot binding, however, is not altogether out of style in America and it has only personal foolishness for an excuse.

The other evening a young woman derisively laughed at a story of the tattoo and brass ring styles yet prevalent in the Fiji Islands. "What nonsense and what suffering!" she exclaimed. Yet this same sophisticated person at that moment was wearing size number 4 when her foot undeniably demanded size number five. She is by no means an exception.

It is only fair to say that by far the larger proportion of both men and women display more sense than otherwise on the shoe question. But even so, there are still too many who are unwisely vain about themselves and for that reason painfully crowd their pedal extremities into unhealthily formed footwear.

While "long fingers" can get one into the toils of the law, long toes, on the other hand, are no crime; and it is extremely foolish for anyone's conceit to reach such proportions as to have them persuade themselves that they are.

While style must be considered, comfort is paramount. And this, whether it is a walking, office, or social shoe. Therefore, the next time that you go to a shoe store keep in mind the possible diseases—some of them killers—that are always lurking in the background of a misguided judgment which prompts one to purchase ill fitting footwear.

One would do well indeed to even go further than this by examining immediately the shoes which already have been purchased and are being used. If they are too short, if they bind, if they in any way inconvenience or disturb your comfort then give them away. Better by far a few extra dollars for new shoes than many dollars for a doctor bill or worse.

If you are not sensible then get that way about this shoe problem at once.

CAUTION!

A RECENT newspaper account stated that a young woman stepped off the last stair step and straightway broke her neck! Which proves that nine workers, powder people, divers and air pilots have no corner on life's hazards.

In the perfectly sensible desire to diminish automobile death and injury rates it is quite possible to overlook the fact that while too much cannot be said regarding the careless handling of cars, there yet are a large number of less spectacular accidents daily occurring as the direct result of personal negligence.

Frequently cases are noted where death or serious accident has been based on some homely and everyday happening; and we are startled by it. "It could just as easily have happened to us," we passively reflect and merrily go on our way.

There is no desire to suggest a fear consciousness where our daily and ordinary activities are concerned. It would be a sad world indeed if everyone were constantly afraid that the next step or move might take an accidental turn. A complex of that character would be nothing short of an obsession and would almost justify admission to a psychopathic hospital.

On the other hand, there is such a thing as reasonably developing a sense of care. And in view of the many misfortunes occasioned by its lack, it almost becomes one's duty to do so.

Care, for example, in getting in and out of an elevator; care in going up and down stairs, especially when high-heeled shoes are worn; care in walking over polished hardwood floors; care in leaning out of windows; care in getting on and off street cars; care in boarding and leaving trains; care on icy pavements. In short, the substitution of a bit of thought for abstraction in many things that constitute the day's work and routine.

It is surprising what excellent results can be obtained in the first few days one's mind is focused on this matter. The conscious exercise of care soon becomes a fixed habit and the actions involved assume a reflex and subconscious character. Thus one soon becomes instinctively careful; it is just as easy to be that as to be the reverse—and decidedly more safe. Take care to take care!

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Hoop Snake Harnless

The hoop snake is a small snake found in the South Atlantic states. It is foolishly feared by some people who believe it will put its tail in its mouth, stiffen its body and roll like a hoop. There is no foundation in fact for this belief. The coloring of this snake is blue-black, above, marked with three red lines, and flesh colored, below, with black spots.

It May Be Urgent



When your Children Cry for It

Castoria is a comfort when Baby is fretful. No sooner taken than the little one is at ease. If restless, a few drops soon bring contentment. No harm done, for Castoria is a baby remedy, meant for babies. Perfectly safe to give the youngest infant; you have the doctors' word for that! It is a vegetable product and you could use it every day. But it's in an emergency that Castoria means most. Some night when constipation must be relieved—or colic pains—or other suffering. Never be without it; some mothers keep an extra bottle, unopened, to make sure there will always be Castoria in the house. It is effective for older children, too; read the book that comes with it.

Fletcher's CASTORIA

"Ton-Litters" of Pigs by No Means Unusual

To city folks, brought up on the stories about "Three Little Pigs" and the wolf that huffed and puffed, a pig is just a fat little squealing baby until it is big enough for the smokehouse, but, not so in Idaho. Out there, one raiser reports that at six months there was a litter of 14 pigs which had reached the total weight of 4,150 pounds, nearly 300 pounds a pig. Quite a mouthful for the wolf.

The ton litter, now the aim of all pig raisers, is one in which the total weight of the litter is 2,000 pounds or more at six months.

They used to be rare, but in 1928, farmers in 30 states reported reaching the coveted mark. There were 492 of such litters. Virginia produced two, and in order not to quibble over a few pounds, made them long-ton litters, at that. Pennsylvania led all the states with 65 such litters, and Ohio was second with 48.—Washington Star.

Alaska Garden of Eden?

A fossil apple, discovered beside a mastodon tusk, in the Tanana valley in Alaska, lends some archeologists with a sense of humor to look to the North country as the scene of man's origin, claiming the apple is the original used by Eve.

For the Sick-Room

Blue flowers are the best for a sick-room. They soothe. Red should not be used; they induce restlessness.

Some people are known by their intentions and others by their works.



Makes Life Sweeter

Next time a coated tongue, fetid breath, or acid skin gives evidence of sour stomach—try Phillips' Milk of Magnesia!

Get acquainted with this perfect antacid that helps the system keep sound and sweet. That every stomach needs at times. Take it whenever a hearty meal brings any discomfort.

Phillips' Milk of Magnesia has won medical endorsement. And convinced millions of men and women they didn't have "indigestion." Don't diet, and don't suffer; just remember Phillips. Pleasant to take, and always effective.

The name Phillips is important; it identifies the genuine product. "Milk of Magnesia" has been the U. S. registered trade mark of the Charles H. Phillips Chemical Co. and its predecessor Charles H. Phillips since 1875.

PHILLIPS Milk of Magnesia

STRAWBERRY JAM IS DELICIOUS

(Prepared by the United States Department of Agriculture.)

There is no more delicious jam than that made from strawberries, whether the preserves are cooked in the usual way or managed in the special and somewhat more tedious method known as "sun preserves." Here is a recipe for everyday jam cooked over the fire until done. The addition of lemon juice not only gives a fine flavor but helps it to "jell." The recipe is from the bureau of home economics.

4 quarts strawberry- 2 to 3 lbs. lemon
ribs juice
3 pounds sugar

Wash the berries thoroughly, drain, cap and pick out the largest. Take about one quart of the smaller fruit, crush it and add the sugar. Cook this rapidly in an enameled saucepan and stir until the sugar is dissolved and a thick syrup is formed. Add the remainder of the fruit and continue the rapid cooking, stirring frequently to prevent scorching. An asbestos mat should be placed under the pan as a precaution. Cook from 30 to 45 minutes until fairly thick, then add the lemon juice. The jam should then have a brilliant red color, and some of the fresh flavor of the fruit.



Making Strawberry Jam.

The jam thickens when cold, and should not be cooked down too much. Place the jam in sterilized jars, seal and store.

Ways of Cooking Asparagus

(Prepared by the United States Department of Agriculture.)

Whatever way you serve asparagus, cook it quickly so as not to destroy its delicate flavor nor injure its vitamins. If you cook the stalks whole have the pan broad and deep enough so that the entire bunch can be kept together and lifted out without the stalks being broken. A strip of clean cheesecloth loosely fastened around the asparagus will help in removing it when cooked, or a frying basket may be used.

Asparagus is trimmed, washed and scraped if there are large scales. Then it is broiled until tender in lightly salted water, either whole or cut in inch pieces. It is then ready to be served with butter, a white sauce, or hollandaise sauce, or in any other way. In the following recipes from the bureau of home economics the amount of asparagus needed is relatively small. These dishes can be served while this delicious vegetable is still scarce. The asparagus season is comparatively short, so those who are fond of the flavor will want to enjoy it frequently, prepared in different ways.

Asparagus Custard.
1 pint milk 3 eggs
2 cups raw aspara- 1/2 tsp. salt
gus, cut in small 3 lbs. butter
pieces Few drops tabasco

Cook the asparagus in a small amount of water until almost tender. Beat the eggs slightly, add the milk and seasoning, and then the cooked asparagus and the water in which cooked if not more than one-half cup. Grease a casserole and pour in the mixture, bake in a pan surrounded

by water in a moderate oven until set in the center. Serve at once.

Spaghetti and Asparagus.
2 cups cooked 2 lbs. butter
spaghetti 2 lbs. flour
2 cups asparagus, 1/2 tsp. salt
cut in inch pieces 1/2 cup fine but-
1 cup rich milk or 1 cup fine but-
cream crumbs
1 cup asparagus 3 or 4 drops ta-
basco

The spaghetti must be thoroughly cooked in salted boiling water and then drained. Cook the asparagus for ten minutes. Prepare a sauce of the flour, butter, milk, and asparagus water, and add the tabasco and salt. Grease a casserole and put in a layer of the cooked spaghetti and then one of asparagus. Cover with the cream sauce, continue until all ingredients are used. Cover the top with the buttered bread crumbs. Place in an oven until the crumbs are golden brown.

Asparagus Timbales.
1/2 pound fresh as- 2 lbs. butter
paragus, about a 3 lbs. flour
dozen good-sized 1 cup milk
stalks 1/2 tsp. salt
3 eggs

Wash the asparagus well and cut the tender portion from the stems. (The stems are good for soup.) Cook the tips in a small amount of salted water for five or ten minutes or until soft. Force through a strainer or chop very fine. Prepare a cream sauce of the flour, butter and the milk. Add the very lightly beaten eggs and the asparagus and season with salt and a little pepper. Fill buttered timbale molds, set in a pan of hot water, and bake about 15 or 20 minutes or until set.