

Good Things for the Table

By NELLIE MAXWELL

When over the fair fame of friend
or foe
The shadow of disgrace shall fall:
Instead
Of words of blame, or proof of
this and so.
Let something good be said.
—Riley.

Most of us think of molasses as an old fashioned sirup which was used in grandmother's day to sweeten the ginger bread, cookies and juicy pies, that gave an aroma to her pantry which we never forget.

However, molasses goes back much farther than grandmother's pantry, for our Puritan grandparents used molasses in all their cooking, and the full molasses keg was a large part of the food equipment. It was eaten with mush and cereals, on griddle cakes and all kinds of bread, sweetened dried apple pies, baked ham, cakes and puddings, as there was no sugar in those days, such as we commonly use now.

The children enjoyed the molasses candy pulls in those days just as they do today.

Molasses being the product of the South, has its delectable dishes which have been handed down to us from generation to generation. The following are a few worth keeping, as they are choice:

Louisiana Pudding.—Take one-half cupful of well washed rice, four cupfuls of milk, one-half cupful of raisins, one-half cupful of New Orleans molasses, one-half teaspoonful of each of cinnamon and salt. Mix well and bake two and one-half hours, stirring often during the first hour of baking. On the last stirring add two tablespoonfuls of butter.

Southern Waffles.—Sift one pint of flour, with three teaspoonfuls of baking powder, one-half teaspoonful of salt, then add one and one-fourth cupfuls of milk, two eggs, whites and yolks beaten separately, mix and beat well, then add two tablespoonfuls of

melted butter. Add more milk if the batter seems too thick. Serve with New Orleans molasses.

Crescent Sauce.—Cook one cupful of molasses and two tablespoonfuls of butter together for five minutes. Take from the fire and add the juice of two lemons. Serve as a sauce for cottage pudding.

Serve crushed peanut brittle over ice cream. It adds to the flavor and is most appetizing.

Glorified Rice.—Whip one cupful of cream, add a pinch of salt and a teaspoonful of vanilla. Just before serving, toss two cupfuls of boiled rice into the cream mixture and serve topped with a teaspoonful of raspberry or other fruit jam for each serving.

Ginger Waldorf Salad.—Fold together one cupful each of diced tart apple celery, one-half cupful of broken nut meats, one-half cupful of mayonnaise and one-fourth cupful of candied ginger. Marinate with french dressing and rub each salad leaf with a cut clove of garlic. Serve at once after adding the nuts.

Cheese Sticks.—Slice six slices of bread and dip into melted butter, then into grated parmesan cheese. Toast on both sides and serve after draining on a paper. Nice with a lettuce salad.

Lobster Newburg.—Put three tablespoonfuls of butter into the blazer of chafing dish or in a saucepan, add one cupful of mushrooms, cook five minutes, add four tablespoonfuls of flour and a pint of milk. Add one and one-

half cupfuls of lobster meat or shrimp or crabs. Mix two egg yolks with a little of the sauce and stir into the lobster. Cook just long enough to set the eggs. Season with lemon juice, a bit of nutmeg, cayenne pepper and salt.

Ortolan en Casserole.—Cut the tails in sections and cook in boiling water to cover; cook five minutes, then drain, dredge with flour, fry in fat with a small minced onion. Season well, place in a casserole with two cupfuls of strained tomato juice, one teaspoonful of salt, one-fourth teaspoonful of Worcestershire sauce and one finely minced carrot. Cover and cook in a slow oven three and one-half hours, adding more water as needed. Ten minutes before serving add a cupful of cooked peas. Add flour to thicken if needed, and serve the gravy with the meat.

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HOUSEHOLD SUGGESTIONS

A few sound apples placed in the cake box will help keep the fruit cake moist.

Sponging with ammonia and pressing will often remove the shine from woolen clothes.

Oatmeal cookies made with molasses are more wholesome for the children than rich cakes or puddings.

Both ice and food are saved if the ice compartment of the refrigerator is kept filled, and with ice only.

How to Avoid Cockroaches



Treating Kitchen to Eradicate Roaches.

(Prepared by the United States Department of Agriculture.)

Next to flies, cockroaches are the commonest and most offensive of household insect pests. There are four kinds often found in houses and, also, frequently seen in heated office buildings, especially when employees bring lunches, and are not very careful not to scatter crumbs. The small roaches known as Croton bugs are likely to give the housewife the most trouble. Farmers' Bulletin 638-F describes the various species of roaches and suggests a number of effective

ways of dealing with them. One treatment that can be used to get rid of any species is by poisoning, according to the United States Department of Agriculture.

When you see a roach scuttling across the sink or the kitchen floor, others are likely to be hiding somewhere near. These insects come where they can get food materials, and they will eat almost anything. The first step, therefore, is to exercise scrupulous care not to leave a crumb of any sort of food where it will attract roaches. Even the odor of foods they like will bring roaches by the hundred to explore your kitchen and pantry. Keep staples in insect proof containers in the pantry, and perishable foods in the refrigerator.

The next step is to dust all places where roaches are likely to hide, with commercial sodium fluoride. Sprinkle it behind the sink, around the drain board, and along the base board, which is a favorite runway because fragments of food lodge there, often unnoticed. Discover where they congregate and hide and dust the retreat with the powder. In the illustration two girls are treating the home economics classroom to eradicate roaches. One of these girls is dusting sodium fluoride around the school sink, and the other is washing the sink to free it from grease on which roaches feed. The fluoride, which is a powder, may be used pure or mixed with an equal quantity of flour or gypsum. A dust gun will help to get it well scattered, but is not essential. The first effect of the powder is to make the roaches come out of their hiding places. After a few hours, many of them will have become paralyzed or have died and may be swept up and burned. In 24 hours, if the dusting and cleaning has been thorough, all the roaches will have been destroyed.

Keep food out of bureau and other drawers at home and out of desk drawers in the classroom or office. Fill any cracks where roaches might hide with plaster of paris, putty, or some other crack filler.

Vast Waste

The area of the Sahara desert is over 3,500,000 square miles.

The Evening Story for Children

By MARY GRAHAM BONNER

"The keepers are great," said Mr. Wart Hog. "They feed me so I have a great deal of use for them."

"Don't talk like that," said the peccary—a member of the wild pig family—"It's not good form."

"Oh, gracious," said the wart hog, "who cares for good form? I'm sure I don't. And I don't think you think such a great deal of it, either, not from things I've noticed."

Now the peccary knew that that was doubtless very true, so he did not try to argue any longer.

"I came from the tropics," said the

far rather be terrifically ugly than just plain and unattractive looking.

"As it is, I have distinction. I'm so ugly that I fascinate people. They gaze and gaze and gaze at me, and they say to each other:

"Did you ever, in all your born days, see such an ugly creature?"

"And you like that?" asked Mr. Peccary.

"To be sure," said Mr. Wart Hog. "I feel as if I did things thoroughly, not half way."

"I'm thoroughly ugly—just as ugly as can be—the ugliest creature anyone can see."

"Of all the things to boast about!" said Mr. Peccary. "That is quite the strangest."

"Well, I'm naturally contented," said Mr. Wart Hog. "I like to lie in the sun and sleep, and then wake up and have something to eat."

"It's an ideal existence, perfectly ideal. And I am proud that I take the lead in ugliness."

"Most people," said Mr. Peccary, "like to take the lead in beauty, but not in ugliness."

"I am not 'most people,'" said Mr. Wart Hog. "I am the wart hog."

"I have white crooked horns. They are queer. My snout hangs down in a most peculiar fashion. I am very much wrinkled and I have a few ugly

hairs. I'm truly an ugly specimen."

"I'm interesting looking," said Mr. Peccary. "I'm rather bushy, like a porcupine. I have a snout like a pig's but not such as yours."

"I have a small, dainty under lip, and my coat is black and gray."

"My home is in the tropics, as I said before, and I'm a great addition to the zoo. I'm rare."

But Mr. Wart Hog had gone to sleep. It was one of his great pleasures.

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MAKE THE MEALS CHEERFUL

If you would make your family meals pleasant and appetizing, help the members of the family to have cheerful conversation with one another by having each person bring a joke or a funny story to the table each day—father and mother included. Each tells his story or joke in turn, the one who has told his best the day before being the first to tell his. The jokes will start the meal and the conversation and will make the time spent with the entire family together more pleasant. Cheerfulness and good fellowship at meals greatly aid digestion.

Straw-and-Felt Hats for Spring

By JULIA BOTTOMLEY



We are emerging from a siege of brimless, trimless hats into an era bright with promise of millinery as feminine and as flattering as gay color, wider brims, more trimming

and intricate handwork can make it. Of course, the transition will not take place all at once, although the southern resort styles already give a fair idea of that which is to be in the

way of picturesque brims and exotic straws.

However, the millinery modes which interest the majority of women at this time of the year are those "first hats," which, while they convey a message of spring, are eminently correct to wear with winter coats if necessary. The most noticeable trend in the initial hats for spring, is the working of straw and felt together in ways interesting and unusual. The straws employed are as supple and fabriclike as the felts with which they are used. Such linenlike straws as baki, balli-bunt and panamalaque, are featured. For northern wear, browns, navies, reds, black and other dark tones are most numerous. For southern climates, the same styles manipulated after the manner of the three straw-and-felt types sketched in the accompanying illustration, are reproduced in alluring light colors, such as haze pink, linen, blue and sea green.

Note in the two hats pictured at the top of this group and the model centered to the left, how the straw is worked in designful insets. Sometimes lace straw is interwoven in place of the more tailored linenlike straws. For the most part the straw and felt are an accurate color match, although contrast is also often successfully played up.

Prominent also in the spring display are allover embroidered and stitched taffeta hats in delightful new spring colorings. Emphasis placed on gray taffeta models is accounted for in that gray accessories are said to be very smart with spring suits and ensembles of contrasting color. Two stitched and embroidered taffeta models are sketched in the group shown herewith. The hat centered to the right has a folded back narrow cuff, while the shape below stresses a decidedly off-the-face effect.

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A COLD

As soon as you realize you've taken cold—take some tablets of Bayer Aspirin. Almost before your head can stuff-up, you feel your cold is conquered. Those aches and pains you felt coming on will soon subside. Relief is almost instantaneous! Even if your cold has gained headway, and your temples throb and your very bones ache, these tablets will bring prompt relief. It is better, of course, to take Bayer Aspirin at the very first sneeze or cough—it will head-off the cold and spare you much discomfort. Get the genuine, with proven directions for colds and headaches; neuralgia, neuritis, sore throat, and many important uses.

BAYER ASPIRIN

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How Much?
We used to hiss public speakers. Today we merely twist the dial. How much better that is!—Atchison Globe.

If you wish beautiful clear white clothes, use Russ Ball Blue. Large package at Grocers.—Adv.

Perhaps "dough" became the slang word for money because it's always kneaded.

Begin whatever you have to do; the beginning of a work stands for the whole.—Augsburg.

Cole's Carbolisolve Quickly Relieves and heals burning, itching and torturing skin diseases. It instantly stops the pain of burns. Heals without scars. 30c and 60c. Ask your druggist, or send 5c to The J. W. Cole Co., Rockford, Ill., for a package.—Advertisement.

A man's mind sometimes runs to the contrary; a woman's always does.

Restless Children



Children will fret, often for no apparent reason. But there's always one sure way to comfort a restless, fretful child. Castoria! Harmless as the recipe on the wrapper; mild and bland as its tastes. But its gentle action soothes a youngster more surely than some powerful medicine that is meant for the stronger systems of adults.

That's the beauty of this special children's remedy! It may be given the tiniest infant—as often as there is any need. In cases of colic, diarrhea, or similar disturbance, it is invaluable. But it has everyday uses all mothers should

understand. A coated tongue calls for a few drops to ward off constipation; so does any suggestion of bad breath. Whenever children don't eat well, don't rest well, or have any little upset—this pure vegetable preparation is usually all that's needed to set everything to rights. Genuine Castoria has Chas. H. Fletcher's signature on the wrapper. Doctors prescribe it.

To Make Ox-Tail Soup

(Prepared by the United States Department of Agriculture.)

One of the less known but very delicious meats you can buy in most markets during the winter months is an "ox-tail." It is, of course, the tail of any beef animal. Restaurant chefs and other successful cooks have long known the fine flavor of the meat that clings to the vertebral bones in the tail, and have blended this flavor with that of various vegetables in making soup stocks and stews. The cartilage which is intermingled with the muscle or meat fiber has a very acceptable jelly-like texture, and gives the broth a good body. In fact, if any of the soup is strained and put away overnight it will be well jellied the next day so that it may be used as cold jellied soup.

To be truly tender and delicious an ox-tail must be simmered for quite a long time, usually 3 or 4 hours. When the meat is tender the bones will separate. It is then time to add the vegetables, cooking them 10 or 15 minutes in the liquor with the meat. Lemon and parsley, added at serving time, are among the flavors blended with ox-tail. An ox-tail soup or stew is so substantial and nutritious that with crisp toasted rolls or oven-dried bread it is enough for the main course. To round out the menu serve something tart, such as a grapefruit salad, and for dessert a rice or tapioca pudding, since there is relatively little potato

or other starchy material in the ox-tail blend.

The following recipe is endorsed by the bureau of home economics of the United States Department of Agriculture:

Ox-Tail Soup.
1 ox-tail 1 tsp. Worcestershire seasoning
2½ quarts water 1 salt and pepper
4 carrots, diced to taste
2 turnips, diced
2 onions, sliced
1 large potato, 1 the parsley, diced
3 tbs. butter 3 tbs. chopped fine slices of lemon

Wash the ox-tail, cut it in short lengths, and brown it in its own fat. Cook the onions in the butter, add to the meat with 2½ quarts of water, and simmer for 3 or 4 hours, or until the meat is tender. Then add the diced carrots, turnips, and potato, and cook for 10 or 15 minutes longer, or until the vegetables are done. Add the seasonings. Serve at once and garnish each plate with a thin slice of lemon and sprinkle with chopped parsley.

If you would rather serve the ox-tail as a stew, drain off the broth and measure as much as you will need for the gravy. For each pint of broth allow 2 tablespoonfuls of flour mixed with cold water to a smooth paste. Cook until thickened, add the meat and vegetables, and reheat. Serve the stew also with a garnish of lemon and chopped parsley. Soup or stew are equally tasty and wholesome.



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safe when this soothing, cooling, healing ointment is applied generously to the affected area **once every hour for five hours.** Used by millions for over 20 years. Recommended by many doctors and nurses. Keep Musterole handy, jars and tubes.

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