

Stuffed Spareribs With Sweet Potatoes



Appetizing and Inexpensive Roast Spareribs.

Prepared by the United States Department of Agriculture.
Pork spareribs are one of the less expensive meat cuts which can be made most appetizing if carefully prepared. A stuffing containing tart apples adds greatly to the flavor and palatability of the dish.

The meat, like any cut of pork, must be well done without being dry. After broiling spareribs quickly in a hot oven, reduce the temperature and cook slowly at moderate heat until tender. Do not add water. The full directions given by the bureau of home economics of the United States Department of Agriculture follow:

Roast Stuffed Spareribs.
2 sections of spare- 1/2 cup chopped ribs
1 cup dry bread 1/4 cup chopped crumbs
1/2 cup diced salt 5 tart apples, pork
1/2 cup chopped celery 1/2 cup sugar
1/2 tsp. salt 1/2 tsp. pepper

Select well-fleshed ribs sections that match. Have the breast bone cracked so that it will be easy to carve between the ribs. Wipe the meat with a damp cloth. Prepare the stuffing as follows: Fry the salt pork until crisp and remove the pieces from the skillet. Cook the celery, onion, and parsley in the fat for a few minutes and remove them. Put the apples into the skillet, sprinkle with the sugar, cover, and cook until tender, then remove the lid and continue to cook until the juices evaporate and the pieces of apples are candied. Mix the apples with the bread crumbs, crisp salt pork, cooked vegetables, salt, and pepper. Lay one section of the ribs out flat, sprinkle with salt and pepper, and spread with the hot stuffing. Cover with the other sections and sew the two together. Sprinkle the outside with salt and pepper and rub with oil. Lay the stuffed ribs on a rack in an open roasting pan and sear in the hot oven (450 degrees Fahrenheit) for 30 minutes, or until the meat is lightly browned. Reduce the oven temperature rapidly to very moderate heat (300 to 325 degrees Fahrenheit) and continue to cook for about an hour longer, or until the meat is tender. Remove the strings before serving the stuffed spareribs on a hot platter. Surround with candied sweet potatoes, prepared as below:

Candied Sweet Potatoes.
Boil six medium-sized sweet potatoes until they are fairly tender, but not done. Allow the potatoes to cool, skin them, and cut them lengthwise in halves. Arrange the pieces in one layer, in buttered baking dishes or a shallow pan, and do not pack them close together. Boil one cupful of corn syrup or maple syrup, one-half cupful of brown sugar, three tablespoonfuls of butter, and one-fourth teaspoonful salt until slightly thickened. Pour the syrup over the sweet potatoes. Bake in a moderately hot oven (375 to 400 degrees Fahrenheit) 45 minutes to one hour. Turn the pieces carefully while cooking and brown them on all sides.

HELP'S FOR HOUSEKEEPERS
Hang up cords to electric appliances when not in use and avoid knots and sharp bends which may break the wires.

Do not store articles of fur, wool, or feathers which you know will never be used. They are breeding places for mites.

Use a properly illuminated kitchen sink in no eye strain from glare; always direct on sink, stove and refrigerator the worker need never work in the dark.

When dyeing or tinting clothes at home be sure the dye is completely before putting in the material. Use sufficient water to cover the material and keep the water moving during the entire process.

When dyeing or tinting clothes at home be sure the dye is completely before putting in the material. Use sufficient water to cover the material and keep the water moving during the entire process.

When dyeing or tinting clothes at home be sure the dye is completely before putting in the material. Use sufficient water to cover the material and keep the water moving during the entire process.

When dyeing or tinting clothes at home be sure the dye is completely before putting in the material. Use sufficient water to cover the material and keep the water moving during the entire process.

When dyeing or tinting clothes at home be sure the dye is completely before putting in the material. Use sufficient water to cover the material and keep the water moving during the entire process.

When dyeing or tinting clothes at home be sure the dye is completely before putting in the material. Use sufficient water to cover the material and keep the water moving during the entire process.

When dyeing or tinting clothes at home be sure the dye is completely before putting in the material. Use sufficient water to cover the material and keep the water moving during the entire process.

When dyeing or tinting clothes at home be sure the dye is completely before putting in the material. Use sufficient water to cover the material and keep the water moving during the entire process.

When dyeing or tinting clothes at home be sure the dye is completely before putting in the material. Use sufficient water to cover the material and keep the water moving during the entire process.

When dyeing or tinting clothes at home be sure the dye is completely before putting in the material. Use sufficient water to cover the material and keep the water moving during the entire process.

When dyeing or tinting clothes at home be sure the dye is completely before putting in the material. Use sufficient water to cover the material and keep the water moving during the entire process.

When dyeing or tinting clothes at home be sure the dye is completely before putting in the material. Use sufficient water to cover the material and keep the water moving during the entire process.

When dyeing or tinting clothes at home be sure the dye is completely before putting in the material. Use sufficient water to cover the material and keep the water moving during the entire process.

When dyeing or tinting clothes at home be sure the dye is completely before putting in the material. Use sufficient water to cover the material and keep the water moving during the entire process.

When dyeing or tinting clothes at home be sure the dye is completely before putting in the material. Use sufficient water to cover the material and keep the water moving during the entire process.

Some Welcome Dishes for the Table

By NELLIE MAXWELL

"Anyone who can assemble, prepare and cook an appetizing, wholesome meal should feel that it is an achievement. A well balanced meal takes information, knowledge, training and application."

These recipes have been gathered from various sources; some will like to try them as they are not common:



Salmon With Sauce Piquant.—Take three-quarter inch slices of salmon, place in a saucepan with hot fish broth, adding a touch of fruit juice or vinegar. Simmer fifteen minutes. Remove from the broth, wipe dry, place on a hot platter and serve with the sauce prepared as follows: Melt a quantity of butter, flavor to taste with tarragon vinegar, pepper, mustard, fennel and any spices liked. Stir over the heat until cooked, move to the back of the range and add the yolk of an egg to thicken. Serve at once.

Bisque of Herbs.—Chop together a handful of lettuce, sorrel, spinach, a small onion, a little celery and chervil and cook with two tablespoonfuls of butter until soft, stirring constantly. Add three tablespoonfuls of flour with four cupfuls of cauliflower water; add a beaten egg and serve with croûtons.

Fresh Perch.—Prepare six fresh perch and marinate them in two tablespoonfuls of olive oil, a sprig of parsley, a little pepper and salt, allspice, bayleaf and other spices. Keep

the fish in the marinade for an hour. Remove, roll in crumbs which have been seasoned with spices and cook until a golden brown. Serve with a butter sauce.

Stuffed Egg Plant.—Cut egg plant into halves lengthwise, remove the inside and make of this a stuffing by chopping fine and adding chopped parsley and onions. Stuff the egg plant with the mixture and place in a casserole with plenty of melted butter. Simmer over a slow fire until all is well cooked. Cover the top with bread crumbs, add a little melted butter and keep hot until served.

Pineapple Salad.—Place a slice of pineapple on a bed of lettuce. Lay sections of orange on pineapple slice to form a cone. Garnish with a cherry cut into points. Add a bit of green pepper for cherry stems or chop it and sprinkle over the orange.

The first ancestor of the sandwich family was a meat sandwich. They are substantial things, often meant to take the place of a full meal or the main part of a meal.

The meat sandwich is often a dainty affair, but its meat to satisfy hearty appetites and is filling and practical. Ham as the meat for sandwich filling would no doubt receive the most votes, so we'll serve a few as follows:

Ham Sandwich.—Mix one cupful of

chopped ham, one sweet red pepper chopped, one tablespoonful of olive oil and one-half teaspoonful of made mustard. Spread on buttered bread. Tastes differ as to the amount of fat used—many prefer to remove the fat. The ham when used in slices should not be too thin; spread with salad dressing and thin slices of sour pickle, or lettuce may be used between the bread. Also some prefer the pickles served separately.

Ham Sandwich Delicate.—Lay thin slices of cold boiled ham on buttered bread and sprinkle with powdered sugar and ground cloves. This has a flavor like the edge of baked ham.

Ham and Egg Sandwich.—Chop equal parts of boiled ham, hard cooked eggs and cucumber pickle, mix with salad dressing and add salt. Spread on buttered slices of any kind of bread.

Ham and Currant Sandwich.—Mince very fine enough cold boiled ham to make a cupful. Mix with it one-half cupful of currant jelly and a saltspoonful of paprika. Work to a paste, adding a tablespoonful of chopped capers and spread on thin strips of whole wheat bread.

Ham Loaf for Sandwiches.—Take two cupfuls of cooked ham, one-half cupful of bread crumbs, one small onion chopped, two canned pimientos, a tablespoonful of chopped green pepper and one-half cupful of tomato soup. Add enough water to moisten. Bake in a loaf. Slice when cold and use as filling with lettuce.

Ham With Chowchow Sandwich.—Mince sufficient boiled ham to make a solid cupful and enough chowchow and mustard pickle to make one-fourth of a cupful. Mix enough of the liquid mustard from the bottle to soften to the spreading consistency. Use on buttered rye or whole wheat bread.

(© 1930, Western Newspaper Union.)

Interesting Ways of Serving Lettuce

Who ever heard of cooking lettuce? The bureau of home economics of the United States Department of Agriculture, among others interested in trying out new ways with familiar foods. Braised lettuce, preferably of the iceberg type, is an excellent change in the way of a green vegetable. The suggestion of bacon flavor given by using bacon fat makes the lettuce especially tasty. Here's how it's prepared:

1 large hard heads 4 tbs. bacon fat
Iceberg lettuce Salt
Pepper

Cut each head of lettuce into four pieces, taking care that a portion of the center stem is left on each section to hold the leaves together. Heat the fat in a large skillet, put in the lettuce, cover, and cook for 30 minutes, or until the lettuce is tender. If much liquid is drawn out of the lettuce, discard some of it during cooking. Turn carefully if necessary. Sprinkle with salt and pepper and serve on a hot platter.

Plant Has Large Family
Fuchsia growing in England began with a single plant brought from South America and planted in Kew gardens, London, in 1788.

VEGETABLES LOSE COLOR

The bright, attractive coloring and firmness of texture of vegetables often are lost by poor methods of cooking, especially poor methods of boiling. All vegetables become soft or mushy and discolored when cooked a long time.

Bedtime Story for the Children

By MARY GRAHAM BONNER

"You must be careful not to get your feet wet, you know," said Father Turkey.

"Yes," said the little turkeys, "Mother was telling us to be very careful not to get our feet wet for the first four weeks of our lives, for if we do we will never be strong or well turkeys."

"If we're careful—well, then we will be strong and well turkeys."

The little turkey drew a long breath, for he had said all that without stopping.

Father Turkey laughed and said, "Well, anyway, you know just what you should do. Your mother teaches you very well."

"Why did you ask us if we were spring turkeys, dad?" asked the little turkeys.

"Didn't you know whether we were or not?"

"Yes, I knew," said their father, "but I wondered if you had heard of the autumn and of Thanksgiving."

"No, mother hasn't told us about Thanksgiving," said the little turkeys.

"Is Thanksgiving something to eat, daddy?"

"No, Thanksgiving is something which eats us. That is, we are supposed to be good food for Thanksgiving and for Christmas, too."

"We are going to be eaten?" asked the little turkeys, in frightened voices.

"Cheer up, little turkeys," said Father Turkey. "It sounds quite dreadful to you now, but it won't when I explain it to you."

"And it is best for me to explain it to you. Then some one else won't have to explain it to you—some one else who might not understand the whole thing."

"You see," said Father Turkey, "Thanksgiving Day is a day when they

give thanks for all the fine things they have in this world.

"When some people came over to this country years and years ago they set aside a day upon which to give

thanks for their safe arrival in this land.

"Well, it's a day that is kept year after year after year, and in order to celebrate it in great style they have turkeys to eat."

"It's a great honor that they pay us, they also have turkeys for Christmas which is a day still greater than Thanksgiving Day."

"And more than the compliment that

they pay us is the fact that we're fed so well and given so much to eat before Thanksgiving Day that we never have to hunt for our food. We are given all the goodies we want, and we are made fat in the most delightful fashion."

"To be sure, all of us aren't eaten, but it doesn't matter whether we are or not, for we don't know it when we are, and we do know all about the delightful days beforehand, when we eat and eat and gobble and gobble and eat!"

"When your mother was looking after you I kept watch all the time to see that no harm came to you."

"I warned her whenever danger was near."

"I will teach you now to roost in the trees, and I will teach you how to put your heads under your wings."

"Yes, you're fine spring turkeys, you are!"

(© 1930, Western Newspaper Union.)

Not are you going to wear a suit this spring, but what kind of a suit are you going to wear? That is the question. Now that you know you want a suit—for every style-alert woman does this season—just what type will you choose?

It is not such an easy matter to decide upon the spring suit as it might at first thought appear. Indeed, what with an infinite variety of materials, colors, contours challenging to a final decision the adventure of suit hunting becomes a breath-taking experience. The quest for a suit leads from the strictly tailored to most alluring softly feminine types.

However, whether you choose a navy or black classic, a short jacket suit, or a three-quarter coat and matching skirt, or perhaps a novelty type feminized with such beguiling details as capellets, penguins, boleros, nipped-in waistslines or belted effects, the fact remains that a chief fascination of this season's suits are the materials from which they are made. Perhaps never in the history of a generation, at least not in the memory of this day and age, have the media of which suits are created offered such a wide range of weaves and winsome colorings.

Outstanding in the list of new suitings are loose-woven lacy tweeds which make a daring play on color, sponsoring not only the very bright shades but indescribably lovely pastels as well, also most intriguing mixtures. The suit modeled in the picture is the more striking because of the handsome and unique material of which it is made—a chesire tweed of wiry but lacy texture in a red, black and brown mixture exploiting a diagonal pattern. The flared skirt gives graceful movement to the suit. Sun-tan kid oxford and a beige hat complete the costume.

For the business girl who aims to

Spring Suits Are Interesting

By JULIA BOTTOMLEY

Cleanliness, but Hard

on Rest of the Outfit

After a 12-day voyage we arrived at Brest, France, in July, 1918. We marched to the Pontonazan barracks that afternoon. Our outfit was assigned to two barracks, with a promise of a bath on Wednesday.

Water was very scarce there, and at each end of the barracks assigned to us was a barrel of water for drinking purposes.

I happened to get up about two o'clock in the morning and leave the barracks. On my return I saw Mike Connors in the barrel taking a bath. I told him that he should have known better, as the water was very scarce there. He said he knew that, but he really did need the bath and couldn't wait any longer.

"We'll drink out of the other barrel at the other end of the barracks, then," I commented.

"I got my clothes in that one," Mike assured me.—John J. Boyle in New York Telegram.

Belligerent Owl

A struggle between an owl and the engineer of an electric express train has been reported at Linköping, in southern Sweden. The bird, probably attracted by the headlights of the locomotive, burst against one cab window and broke the glass. Well inside, it sank its claws into the shoulders of the motorman and attacked him with its bill. The engineer could not leave his grip on the switch, and a fierce battle ensued while the train raced on its way. At last the motorman succeeded in strangling the bird, which was an unusually large specimen.

Pianos to Fit Horses

In order to transport pianos over mountain trails or difficult roads, an enterprising German manufacturer has constructed a special type of the instrument, which permits it to be carried on horseback. The piano has a U-shaped lower section which fits the animal. Other pianos are made dismountable so that they can be transported in several packing cases on the backs of mules, and assembled on delivery, because the instrument would be ruined were it to be hauled over many of the trails for hours, and often days, in a cart drawn by oxen.

Soviet Salvage

The Soviet Union has been recovering from the bottom of the Black sea the metal parts of warships and merchantmen sunk at various places within the last twenty years. One harbor is expected to yield thousands of tons of useful metal.

Biblical Pictures His Forte

Hofmann, who painted the famous "Christ in the Temple," was a German, born at Darmstadt in 1824. He died in 1902. His pictures owe their popularity to his illustrative talent and ideal conceptions of Biblical events.

Ungallant

There are some persons, nearly all of the female sex, who suffer from a chronic rush of words to the mouth.—Dean Inge.

HEADACHES

Needless pains like headaches are immediately relieved by Bayer Aspirin as millions of people know. And no matter how suddenly a headache may come, one can at all times be prepared. Carry the pocket tin of Bayer Aspirin with you. Keep the larger size at home. Read the proven directions for pain, headaches, neuralgia, etc.



Sheik Weaknesses

Sally—Do you mean you forgot you were to meet me here at six?
Sammy—Well, ever since I put grease on my hair everything slips my mind.—Philadelphia Inquirer.

Feen-a-mint



FOR CONSTIPATION
effective in smaller doses
SAFE SCIENTIFIC

Relieve COUGHS

First dose soothes the throat. Relief GUARANTEED.

Quickly with Boschee's Syrup

At all druggists

Beautiful Skin

—soft, smooth, clear, "pink and white"—the matchless complexion of youth. Sulphur purifies, clears and refreshes the skin. For beautifying the face and arms use

Glenn's Sulphur Soap

Contains 5% Pure Sulphur. At Druggists.

CHICKS

Queen Hatchery Huskies for Poultry Profits
R. I. Reds, R. I. Whites, White Rocks, Barred Rocks, Black Minorcas, Black Giants, White Leghorns—all from carefully supervised flocks. Also W. L. Pullets, yearling hens and day old turkeys. Order now to insure delivery when wanted. Write for Special Discount. 100% live delivery guaranteed. 20 years' reputation your safeguard. (JAY TODD) QUEEN HATCHERY 2420 1st Avenue - Seattle

RECTOR'S COLON CLINIC

SUFFERING ELIMINATED
15-years success in treating Rectal and Colon troubles by the Dr. C. J. Deen

NON-SURGICAL method enables us to give WHITTEN ASSURANCE OF RELIEF GUARANTEED OR FREE REFUND. Send today for FREE 100-page book describing causes and proper treatment of such ailments.

DEAN RECTOR'S COLON CLINIC
FOR ALL COLON AND RECTAL TROUBLES
DEAN RECTOR'S COLON CLINIC
MENTION THIS PAPER WHEN WRITING

Not Homesick
Ann's parents left her at her grandmother's when they went East last summer. The little girl seemed quite contented for several days; then one evening she wouldn't eat. Her grandmother asked whether she was homesick. "No," she answered, "I'm not, but my stomach wants to go home."

Would you like to try this doctor's laxative free of charge?

Every family has occasional need of a laxative, but it should be a family laxative. One that can form a habit, but can be taken as often as needed. When breath is bad or tongue coated, or appetite fails. Only a doctor knows the right ingredients. Dr. Caldwell discovered the correct combination years ago. Dr. Caldwell's Syrup Pepsin combines harmless herbs and pure senna. It starts muscular action and soon corrects constipation. Gently, but surely, it relieves a bilious or sluggish condition. It is mild. Delicious. Effective. All druggists keep this famous prescription ready, in big bottles. Or write Dr. Caldwell's Syrup Pepsin, Monticello, Ill., for a free trial bottle postpaid.

