

SOME FAVORITE RECIPES

By NELLIE MAXWELL

The most lovable quality that any human being can possess is tolerance. It is the vision that enables one to see things from another's viewpoint. It is generosity that concedes to others the right to their own opinions and their own peculiarities. It is the bigness that enables us to let people be happy in their own way instead of our way.—Rotary Bulletin.

Let us not forget the value of fruits and vegetables in our menus.

Banana Supreme.—Peel, scrape and cut four bananas crosswise into quarters. Put one-half cupful of nuts through a food chopper with four graham crackers.

Mix with one-third of a cupful of brown sugar, one-eighth teaspoonful of nutmeg. Roll the bananas in this and lay close together in a buttered pan. Bake 20 minutes. Serve with whipped cream.

Maids of Honor.—Beat two eggs with one-half cupful of sugar until light, then add two cupfuls of cottage cheese, two tablespoonfuls of cream, one-half cupful of seedless raisins, one teaspoonful of lemon peel, one tablespoonful of lemon juice, two tablespoonfuls of chopped almonds. Put a spoonful of the filling into individual tart pans lined with rich pastry and bake in a moderately hot oven.

Apple Fluff.—Peel, core and cut up three large apples, simmer with just enough water to cook without burning. Soften one and one-half tablespoonfuls of gelatin in one cupful of water, then heat until well dissolved. Add the grated rind and two tablespoonfuls of juice of lemon, with one-third of a cupful of maple syrup to the apples which have been previously put through a sieve. Cool, and when beginning to set, beat until light. Add the stiffly beaten whites of two eggs folded gently into the mixture. Turn into a mold which has been rinsed in cold water and chill. Serve with a custard made of the egg yolks, or cream may be used as a sauce.

Potatoes With Sausages.—Sprinkle one and one-half cupfuls of corn meal into a quart of boiling salted water, stirring and cooking for 20 minutes.

HOW TO COOK OKRA

Select young okra, wash it well, and cut crosswise in pieces about 1/2 inch thick. Heat the fat in a heavy skillet, add the okra, cover, cook for 10 minutes, and stir frequently to prevent burning. Remove the cover, continue to cook until the okra is tender and lightly brown, and serve at once.

2 quarts okra Salt to taste
4 lbs. fat

Okra is one of the vegetables which, after being used chiefly in a limited locality, suddenly began to find its way all over the United States, due to better marketing and storage facilities. One result has been that many people are not quite sure how to cook it when they see it offered for sale. In the South, there are numerous uses for okra, and various methods of preparing it. Here is one of the best. The recipe is furnished by the bureau of home economics.

Now add one pound of sausage meat which has been well cooked and broken into small bits. Stir it into the corn meal and pour into a mold to cool. Unmold, cover with tomato sauce and cheese and bake half an hour in a moderate oven.

Here is something different to serve with a lamb roast instead of the usual mint jelly: Cut grapefruit into halves and remove every other section. In the cavity place a wedge shaped piece of mint jelly. Mold the jelly in one-half grapefruit shell and the wedges will be of the same size. These are delightful substitutes for a fruit cocktail when serving lamb or fowl.

Bake small cup cakes, spread with jelly and roll in coconut. These make very nice little cakes to serve with a cup of tea.

Rhubarb Betty.—Mix one quart of dry bread crumbs with one-fourth of a cupful of melted butter. Place a layer of sweetened rhubarb sauce in a baking dish and cover with the buttered crumbs; repeat, adding a dash of cinnamon or nutmeg until one quart of sauce and all the crumbs are used. Bake fifteen minutes. The fresh rhubarb may be used, adding sugar for each layer and baking twenty-five minutes. Serve with a hard sauce.

Peach Dainty.—Cream two tablespoonfuls of butter with one cupful of sugar and add the yolks of two eggs

lightly beaten. Now add one pint of whipping cream beaten stiff and one quart of sliced peaches. Serve over sliced angel food or sponge cake.

Jellied Custard With Peaches.—Prepare the following custard and mold: Take one tablespoonful of gelatin, soften in one and one-half pints of milk, heat to boiling and pour over the beaten yolks of three eggs and one-half cupful of sugar, one-fourth teaspoonful of salt, one teaspoonful of almond; cook well, adding the almond after the mixture is taken from the stove. Fold in the beaten whites and turn into a large mold. When chilled serve with sliced peaches and cream.

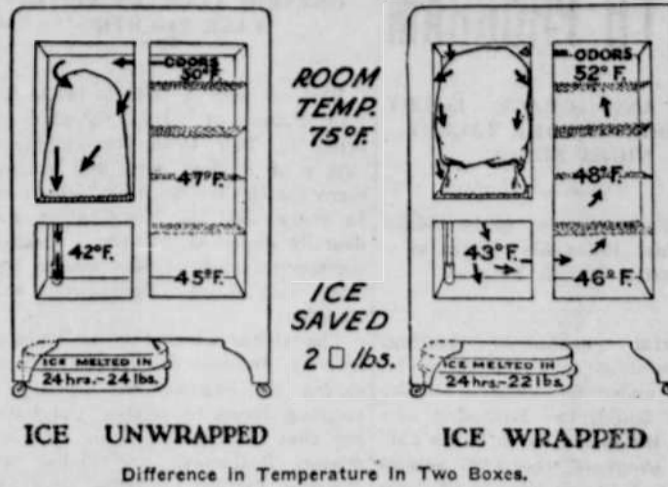
Asparagus Wholesome

Asparagus, freshly cut and immediately served is a wholesome and appetizing product of the garden. As it is one of the earliest green vegetables it is especially enjoyed.

Wild asparagus, which is often found growing on the farm, may be used by the housewife. It furnishes nourishment for the family which would otherwise be used by the plant in the growth of its stalk and leaves.

For green asparagus the shoots are cut near the surface of the soil, while for white asparagus the shoots are cut several inches below the surface as soon as the tops appear.

Ice Should Not Be Wrapped



Wrapping may save ice, (a cent a day), but it does not save food. Unwrapped ice melts slightly faster, therefore gives lower temperatures and furnishes surfaces for condensation of odors

(Prepared by the United States Department of Agriculture.)

A better understanding of what goes on when we put ice and food into a refrigerator has led to an absolute repudiation of "ice blankets."

or any sort of paper or cloth covering that retards the melting of the ice.

It is true that wrapped ice does not melt as fast as unwrapped, but for that very reason it does not give as low temperatures in the refrigerator as unwrapped ice. In a good refrigerator the faster ice melts the lower the temperature of the air around it. More surface is also furnished by melting ice for the absorption of odors. The important thing in using a refrigerator is that it shall be possible to maintain temperatures low enough to safeguard milk and meat, especially since bacterial increase goes on very rapidly in these foods above certain temperatures. Below forty-five degrees is now considered proper for a 24-hour storage of milk and meat.

The diagram prepared by the bureau of home economics of the United States Department of Agriculture shows the difference in temperature in two boxes, one with unwrapped and the other with wrapped ice. Currents of cold air move downward from the melting ice so that the place just below the ice on the floor of the refrigerator is the coldest spot. In the first case it is 42 degrees Fahrenheit in this part of the box and in the second, 43 degrees Fahrenheit.

In laboratory tests made by the bureau the total amount of ice saved in 24 hours by wrapping was two pounds, worth about one cent a day, but to save this small amount the housekeeper runs the risk of insufficient refrigeration and failure to have odors absorbed. These shortcomings defeat the entire purpose of refrigeration.

SOME HOUSEHOLD HINTS

Cheese is an excellent meat substitute because it is rich in protein and fat and contains calcium, phosphorus and vitamin A.

Blankets should be hung for drying so the stripes are vertical. This prevents the brighter colors from running into the ground color.

To cut butter without having it stick to the knife, rinse the knife off with hot water first, or fold a piece of waxed paper over the sharp edge.

The miles she walks in her work, not to her work, are what make the housewife weary. Rerouting equipment will often reduce the distances.

Shoulder of Lamb Easily Boned

(Prepared by the United States Department of Agriculture.)

A shoulder of lamb is one of the most tender and juicy cuts, but it is sometimes passed by because the housewife believes it will be difficult to carve. All of the bones can be easily removed, however, and the meat is then sliced without any trouble. The Bureau of Home Economics of the United States Department of Agriculture likes a boned



Boning a Shoulder of Lamb.

shoulder to be stuffed and sewed up for baking in the form of a "cushion roast" rather than a rolled roast. Directions for taking the bones out properly are given by the Bureau of Animal Industry. The first requisite is a sharp knife with a narrow blade about 4 or 5 inches long and half an inch wide. Do

not keep this knife in a kitchen drawer among other kitchen tools, or where it is likely to be picked up for odd uses, like peeling potatoes or whitening.

Lamb shoulder, as cut for the retail trade, is almost as square and plump as a cushion. It contains four or five ribs, the shoulder blade, the round arm bone, and part of the neck. To bone it, lay the shoulder flat on the table with the fat side down and the rib side up. First, slip the knife under the edges of the ribs and follow down along them to the neck bone, leaving just as much meat as possible on the shoulder. Cut the ribs and the neck bones from the meat. Inside the shoulder there still remain the blade bone and the short end of the arm. The flat blade and the round arm bone form a sort of ell that extends through the center of the shoulder. The rear of the blade bone can be seen on the side toward the one who is cutting. Slip the knife deep into the meat along the top or smooth side of the shoulder blade. Continue the cut around the corner to the arm bone raising a flap of lean meat that can be laid back far enough to expose the full length of the bones. Peel out the shoulder blade and arm bone. You now have a cushion of meat open on two adjacent sides with a fine large pocket to hold a tasty stuffing. Whether roasted with or without stuffing, the edges of the pocket should be sewed together before cooking.

DAIRY

WARM MILK BEST BACTERIAL HOME

High Counts Usually Result of Dirty Utensils.

"Bacteria get into milk only from the things with which the milk is handled," said Prof. J. D. Brew, to visitors at Cornell university. "Proper barn construction and equipment merely adds to the possibilities of making clean milk."

Bacteria grow in many liquids, and milk happens to be the most ideal of all. Like any other plant, provided with enough food and moisture, they grow rapidly at warm temperatures, and most of the exceedingly high counts are the result of growth due to poor cooling.

The next important cause of high counts is improperly cleaned utensils. Usually the greatest bacterial contamination comes from the more or less invisible parts of any utensils of equipment.

About 1 to 2 per cent of all miscellaneous high counts are due to udder infection. Often udder troubles are apparent, but at times an unsuspected udder is causing the high count.

Dirt falling into the milk may also add numerous bacteria. The numbers added, however, depend upon the source of the dirt.

To produce milk with bacterial count consistently under 30,000, requires greater vigilance in operations. No chances whatever should be taken.

There is no excuse, in general, for counts being in excess of 100,000. It can be safely assumed that with efficient cooling of milk and proper cleaning and sterilizing of all utensils, at least 98 per cent of the counts should be under 100,000.

Brushes Preferred in Washing Milk Utensils

Brushes are to be preferred to rags for use in washing dairy utensils, because they get into corners and crevices much better. The brushes should be carefully washed and allowed to dry, in the sun if possible, between the times when they are in use. A sour brush will often leave the utensil in a worse condition than before it was washed, causing the same vile, sour and musty odors to develop in the utensil that were present in the brush or rag.

All milk or cream utensils should be rinsed first of all with cold or lukewarm water. This step should never be omitted, for hot water introduced directly into milk vessels coagulates the albumin of the milk, forming a sticky layer over the surface which is very difficult to remove. The utensils rinsed as indicated should then be washed thoroughly in hot water containing a high grade of washing powder. The powder readily dissolves the layer of fat on the utensils, which is very difficult to remove in any other practicable way. The utensils should then be sterilized with steam or chemicals and allowed to dry thoroughly without the use of towels of any kind.

Use of Dry Skim Milk in Raising Dairy Calf

Many experiment stations have been working during the past few years on the use of dry skim milk in raising dairy calves. All are agreed that it is practical to do so where whole milk is sold at considerable premium over butterfat prices. Professor Bohstedt of the Wisconsin Station states that they have done sufficient work to be convinced that dry skim milk has a place in the ration for growing dairy calves. A bulletin has just been issued from the University Farm at St. Paul, Minnesota, on raising the dairy calf where whole milk is sold.

Dairy Notes

Don't allow dairy cows and laying hens to become fat.

Ground barley, fed with silage and hay, has been proved to be good feed for calves.

Practically every cow that holds a world's record of production is a large cow for her breed. Stunted calves make undersized cows.

Butter-fat prices, much lower than usual, have led some dairymen to try economizing by not using cottonseed meal where needed to balance the ration, or feeding native hay instead of alfalfa. This is poor economy.

High producing dairy cows frequently suffer a severe strain on their calcium reserve and need to have that reserve replenished.

Hay for dairy cows should be cut early. This applies to all hays but seems more important in the case of timothy and other grasses.

More food value per acre is obtained from pastures when they are not grazed too early or too closely. Early pastures, even though they are bulky, properly an abundance of protein.

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AUGUST FLOWER. Or a Press Agent. A four-year-old boy has been expelled because his teachers claim that he is incapable of telling the truth. If this young man doesn't mend his ways he will likely end up in the weather bureau.—Life.

"I Feel Like a New Person". "I took Lydia E. Pinkham's Vegetable Compound when I was tired, nervous and run-down. I saw the advertisement and decided to try it because I was hardly able to do my housework. It has helped me in every way. My nerves are better, I have a good appetite, I sleep well and I do not tire so easily. I recommend the Vegetable Compound to other women for it gives me so much strength and makes me feel like a new person."—Mrs. Lena Young, R. 1, Ellsworth, Maine.



Lydia E. Pinkham's Vegetable Compound. Lydia E. Pinkham Med. Co., Lynn, Mass.

Embroidered Fabrics Are Popular

By JULIA BOTTOMLEY



These "dresy" afternoon occasions is the use of embroidered fabrics. It will be seen by the sketches herewith that we are slipping back gracefully to a designfulness, so far as materials are concerned, which for some time past has been omitted from the style program. We refer to the application of embroidery floss in decorative motifs on plain backgrounds, also embroidered eyelet effects.

For the costume to the left in the illustration the designer chooses one of the very new embroidered fabrics—crisp linen in this instance, the patterning worked in soft dune yarns of subtle luster and extremely clear and buoyant colors.

The formal afternoon frock to the left seen at Aiken, where the sun shines brightly and garden parties are consequently in order, illustrates the revival of sheer batiste with eyelets embroidered in softly sparkling dune, which by the way is a new nationally used term referring to an improved method of mercerizing cotton. Durened cotton is stronger, more sparkling and more porous than ordinary cotton.

The use of the uneven peplum should be noted in the sketch at the right. It flares up in the front while the long skirt line remains even. The handkerchief cape is removable, leaving the frock with a definite sleeveless dinner-gown character.

These sketches point to more than one good fashion lesson—contrast in frocks and wraps for afternoon, both normal and high waisted, hats, coats and shoes matching or their color harmonies contrasting the tone coloring of the costumes with which they are worn. Vogue for the hand bag, which is of the same material as one's gown, is accentuated in the figure to the right. An interesting trend observed at

Fashions at afternoon parties and other daytime social affairs are resplendent with the motifs, fabrics, colors and the general gaiety so characteristic of the 1920 modes. An interesting trend observed at

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