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Recipes

The Editor will be pleased to receive and publish favorite recipes.

**Meat and Rice Croquettes.**  
**O**NE CUPFUL of cold boiled rice, one cupful of finely chopped meat of any kind, one-half teaspoonful of salt, a saltspoonful of pepper, two table spoonfuls of butter, half a cupful of milk and one egg. Put the milk on to boil and add the meat, rice and seasoning. When this boils add the egg well beaten, and stir one minute. When cool form into rolls, dip in beaten egg and fry in hot lard.

**Sweet Potato Puff.**  
 Bake or boil the potatoes, remove skins, and mash the potatoes well seasoning with salt, pepper and a little sugar. Add butter, a little thick cream, the beaten yolks of two eggs (to a pint of potato and last, the whites, beaten very light. Put into a buttered baking dish and bake in a moderate oven till puffy and light brown.

**Green Tomato Pickles.**  
 Gather full-grown green tomatoes; make a strong ginger tea (root is strongest), into which drop your fruit, scald well; to each pound tomatoes take one-half pound sugar, one-half pint vinegar, make a strain of this and put tomatoes in, cook until perfectly clear, add cinnamon, mace and white ginger, cover well with sirup and tie up closely. Cut stems out so juice will penetrate.

**Apple Goodie.**  
 Cut apples in balls with a vegetable scoop and cook until tender in a little syrup, to which a little lemon juice has been added. Toast slices of bread or stale cake; dip in milk, to which a little salt and butter has been added. Pile apple balls on slices of bread or cake, with five or six blanched almonds, add bits of any kind of jelly or marmalade. Serve with plain cream.

**Tomato Jam.**  
 Select sound, ripe fruit and peel and quarter them. Then put them into the preserving kettle with an equal weight of loaf sugar, the strained juice and rind of a lemon for every four pounds of fruit, and a little powdered ginger. Cook the mixture slowly until it jellies when tried on a spoon. Turn into jars and cover.

**Warmed-Over Veal.**  
 One tablespoonful butter, one-half pint veal stock or gravy, cold veal, two tablespoonfuls catsup or chili sauce.  
 Heat the butter, tomato catsup or chili sauce and veal stock or gravy in the chafing-dish. When smoking hot, warm in it slices of cold veal cut rather thin. Salt and pepper before serving. This recipe may be used to successfully warm over lamb.

**Meat Substitute.**  
 One cup rice, six bananas, one-half cup sugar, one-half teaspoon salt, one tablespoon butter, one table-spoon currant jelly, one teaspoon cornstarch.  
 Wash, boil and blanch the rice as usual, place on warm platter and dust with one teaspoon salt. Scrape and split the bananas, brush shallow pan with butter, put the bananas cut side down, sprinkle with one table-spoon sugar and one teaspoon salt, place in hot oven 20 minutes or bake until light brown; remove with cake turner and place evenly on the boiled rice, pour over the currant sauce. Put one cup water on to boil, mix one teaspoon cornstarch with cold water, add the boiling water, add three table-spoons sugar and the currant jelly, or any other jelly, boil three minutes and pour over the dish. This makes a good meat substitute.

Fashion Talks By May Manton

A SMART AND PRACTICAL SUIT



—Design by May Manton.  
 7152 Boy's Blouse Suit, 4 and 6 Years.

**B**OYS will welcome this suit because it is essentially practical and comfortable, and mothers will like it because it gives smart lines. The blouse is made with plain set-in sleeves and can be finished either with a rolled-over collar or with a neck-band, while the knickerbockers are finished with hems and elastic. Linen serge is the material illustrated and it is thoroughly comfortable for midsummer wear while it is also very durable, but boys wear a great deal of galatea and of plain linen, while, for hard usage, khaki is a favorite, and for the more dressy suits of afternoon, madras can be used, or, if liked, the knickerbockers can be made of a duck and heavier material while the blouse is of lighter, as trousers of khaki or serge with blouse or serge with blouse or madras or linen.

For the 6 year size the suit will require 4 1/2 yards of material 27, 3 yards 56, 2 1/2 yards 44 inches wide. The May Manton pattern of the suit 7152 is cut in sizes for 4 and 6 years. It will be mailed to any address by the Fashion Department of this paper, on receipt of 10 cents.

Household Hints

The Editor will be pleased to receive and publish hints of interest to our readers.

**A** GREAT saving in laundry work can be achieved by using paper napkins on all except the most important occasions.

To remove paint from clothing saturate the spots with ammonia and turpentine, mixed, and then wash out in soap suds.

The best egg beater is a glass jar and a firm wire whip. Not only eggs and cream, but mashed potatoes can be beaten in it.

Oatmeal is excellent for softening and whitening the hands. Mix some finely-powdered oatmeal with water and spread on the skin in a paste. As it dries rub it off in flakes, removing the last traces with lukewarm water. An oatmeal bag may serve the purpose if one does not.

You may like your beefsteak rare, but there is danger in eating any meat not well cooked. Measles in cows leave boxed-up parasites in the bovine flesh. You do not notice them with the naked eye, but they are there, and if they are not killed by thorough cooking they will cause tape-worms in the digestive organization of the human system, and then follow associated diseases and discomforts.

Cornstarch is the best for starching cuffs and collars—wheat starch for delicate dresses, rice starch for fine French lingerie.

Keep a long nail near the laundry tubs and use it to remove the rubber stoppers instead of chains. The nail serves as a lever.

When gasoline is used to remove a spot from clothing a ring is often left around where the spot has been. A little salt in the gasoline will overcome this, leaving no trace of the soiled spot.

The Woman's Part on the Farm

**O**N MOST farms the produce is sold by the man of the farm. The woman has no part in the business transaction and often feels that it is not her business any way, as the master usually has the proceeds from the sales. She knows, too, that articles are often sold for a poor price, which, if rightly presented on the market would have brought much more. It is true that the wife does not always get her share of the profits, but it is also true that she doesn't always do what she might toward increasing the profits.

Butter, cream, milk, eggs, poultry, vegetables and fruit are purchased and used by women; and the woman who prepares them for market should be able to understand and meet the needs of the woman who will be the ultimate user of them. A man may know, in a general way, that his produce is "good"; but he often fails to recognize the fine points and so is unable to present the different articles in a manner that will attract housewives. Here is where the woman on the farm can be of real assistance. If she will carefully consider the merits of each article and impress them upon her husband's mind, he, in turn, will be ready to relate them to customers, who will buy more readily if they are sure of the quality of the goods.

**Eggs and Eggs.**  
 Eggs are an all-year product and always in demand, yet there are eggs and eggs. The farm woman can see to it that the eggs are gathered carefully and regularly, that the nests are kept clean and the fowls healthy. Then let all eggs sold be strictly fresh and clean. If you find a nest in any way doubtful, keep those eggs at home. If they prove good, use them; if not, you can throw them away with better grace than if you had paid 2 1/2 or 3 cents each for them. Besides you will not

have lost the trade of the customer who might have bought them. Then when the eggs are all packed call the man's attention to how nice they look. Tell him that they are all strictly fresh and clean and that he can recommend them as such.

**Buttermaking.**  
 In butter making men are apt to be more careless than women, because they do not so readily recognize the importance of little things. A little dirt or odor of cream kept a trifle too long may seem unimportant to them; while most women recognize instinctively that milk, cream, and butter require strict cleanliness and prompt attention. If necessary, help him clean up about the barn and milk house and remove everything that can in any way affect the quality of your dairy products. Then keep all the dairy utensils absolutely clean and sterile; see that the products are taken to market in clean receptacles. Again, tell the market man the good points of the butter; it is sweet, fresh, solid. All points which the housewife will appreciate and which will appeal to her more readily than the overworked adjective "good."

**Selling Hints.**  
 The sale of buttermilk can be made quite profitable in some towns. Learn all the ways you can in which it is used. Then tell "Adam," when he starts out with a few quarts, that he can recommend it as fresh, clean and pure—fine to drink either as a beverage or medicine; excellent for making fried cakes and brown bread; and generally understood to be beneficial for the complexion.

When there are fruits or vegetables to sell coach him as to their good points. Do not let him sell canning fruit for table fruit nor vice versa. Oftentimes a hint as to how certain vegetables should be prepared will persuade an inexperienced woman to buy when she is in doubt. For instance, one should know that

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turnips require a rather long time for cooking. You may have old potatoes to sell and someone complains that they turn dark when cooked. Teach "Adam" that old potatoes should be peeled and covered with cold water, with a little salt added some time before they are to be cooked.

**Reputation.**  
 There are beginners in housekeeping who would like to buy certain fruits for canning, but hesitate because they don't know just how to put them up. Oh, no doubt they have cook books; but a few words kindly spoken make more impression than a whole page of printed instructions. If the marketman is able to say "My wife does thus and so," the young lady will usually buy his fruit and thank him for the information.

Remember, always, that one satisfied customer is worth a dozen dissatisfied ones, and that a good reputation is more to be desired than a little extra profit. Thus the woman on the farm can turn her knowledge of the farm's produce into profit for her family and benefit for their customers.