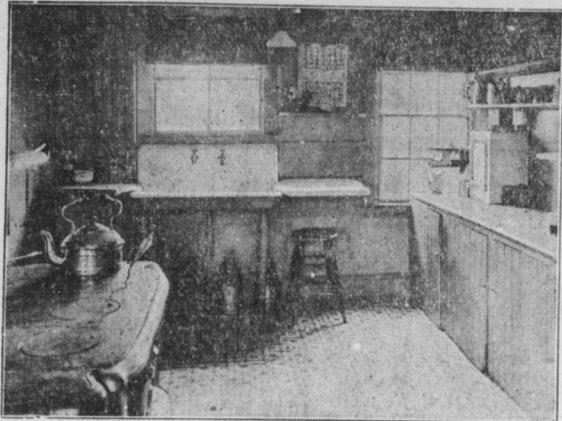


Farm Kitchen Needs Plenty of Light



Farm Kitchen With Well Lighted Work Centers in Good Sequence.

Limited wall and floor space have been used to good advantage in the farm kitchen shown in the accompanying photograph. This picture was taken by the United States Department of Agriculture, after the farm home-maker had introduced certain changes suggested by the home demonstration agent. Extension workers in many states have made a special point of encouraging the home-maker to scrutinize her kitchen arrangement and equipment and see if she cannot place the major pieces so that her work is routed naturally. Notice the long contour under the supply shelves, where work can be done within easy access to the sink and running water; similarly, the short distance from the sink, where pans must be filled with water for cooking, to the range; the double drain boards; the two windows; the electric light over the sink, but slightly to one side of it, so the worker does not cast her own shadow over the dish washing; the high stool; the linoleum covered floor. Storage closets under the work counter take care of utensils and supplies that are not constantly needed. The equipment in this kitchen is not expensive, but it is very conveniently arranged.

Some Good Things for the Table

By NELLIE MAXWELL

... Night on the hills!
And the ancient stars emerge.
The silence of their mighty distances
Compels the world to peace. Now
sinks the surge
Of life to a soft stir of mountain
rills.
And over the swarm and urge
Of eager men, sleep falls and dark-
ling ease.

—Walt Whitman.

Bananas make delightful salads, fruit
cocktails, desserts, ices, and may be
served as a vegetable.

Bananas should be thor-
oughly ripe if used fresh.
Those a bit green will
cook nicely and be
wholesome.

Baked Bananas.—Strip
the skin from the firm
yellow fruit, scrape the
banana to remove the strings which
give an acrid flavor to the fruit. Cut
into halves lengthwise, place in a but-
tered dish and sprinkle with sugar.
Pour over six tablespoonfuls of water
and bake in a moderate oven until
translucent. For six bananas, use six
teaspoonfuls of sugar (brown is best),
with a pinch of salt.

Bananas Baked in Lemon Juice.—
Cut four large bananas into halves
lengthwise and put into a baking dish.
Peel two large oranges and divide in-
to sections. Add the sections to the
top of the bananas. Sift one-half cupful
of sugar over the oranges and add
one-half cupful of lemon juice with
any of the juice left from the oranges.
Bake 20 minutes. Serve hot or cold.

Is very nice served with cold meats.

Banana Fritters.—Remove the skins
from eight bananas and cut into
halves lengthwise, then into quarters.
Sprinkle with powdered sugar, one-
half tablespoonful of lemon juice and
one-half tablespoonful of grated or-
ange rind. Cover and let stand half
an hour. Then dip into the following
batter and fry in deep fat. Drain on
brown paper. Sprinkle with powdered
sugar and serve.

For the batter—mix and sift one
cupful of flour, one-fourth teaspoonful
of salt, one-half teaspoonful of baking
powder, add one-half cupful of milk
and one beaten egg. Add a tablespoonful
of melted butter and beat thor-
oughly before using.

Bananas fried in butter make a fine
garnish for broiled steak. Served with
cooked chops they are especially good.

Fruit Cocktail.—Take three oranges,
three grapefruits, one cupful of grapes,
three tablespoonfuls of lemon juice,
six tablespoonfuls of powdered sugar
and one bottle of maraschino cherries.
Remove the sections of the oranges
and grapefruit. Combine the ingredi-
ents and serve very cold. Pineapple
may be substituted for the grapes.
Grapes should be peeled and seeded.

Creamed Shrimps and Mushrooms.—
Melt three tablespoonfuls of butter,
add one-half cupful of mushrooms
chopped, stir and cook two minutes,
add four tablespoonfuls of flour and
when mixed, one cupful of stock or
thin cream; now add one cupful of
chopped cooked shrimps, salt, paprika

As Santa Claus looked through his
wonderful telescope on Christmas
morning he said:

"It is always a great help to me,
too, to see the children. I can tell
in this way, too, what pleases them
most.

"Of course I have their letters and
I try to give all of them the presents
they most want.

"But in this way I can tell how
much they like the toys and games
and books I have given to them.

"It gives me so many ideas, too.
"There," he continued, as he talked
to his dog, Boy of the North, "it is
just as I thought.

"Little girls will never grow tired
of dolls and boys will always like
trains.

"And they enjoy a good game, too,
for the winter evenings. Ah, I see
that boy at his skates.

"He asked for a pair in his letter
to me—that is he asked for a pair in
the six different letters he wrote to
me.

"He really can hardly wait to start
using them. I do believe he would
like it if the floor were suddenly cov-
ered with ice!

"And how that little girl is hugging
her doll! I thought the one I made
with the golden curls and the eyes
that opened and shut would just
about suit her.

"She told me the kind she wanted
in her letter. What a help those let-
ters are! They tell me what they
want, and they tell me so many nice
things, too.

"They tell me how much they are

looking forward to my visit, and that
they hope I'll have a merry Christ-
mas, too.

"The dear little people! As if I
could help but have a merry Christ-
mas when I look through this tele-
scope and see their smiles.

"How happy they do look! How
their eyes sparkle.

"And their letters tell me that
they've tried to be good. I know
they have! And they tell me of
things their little brothers and sis-
ters want.

"I like that—I like hearing of them
thinking of each other. Oh, such a
great help as the letters are, but my

much better now. And how she does
love the white lamb with the blue rib-
bon around its neck which I took to
her.

"Oh, she does love him so much. I
certainly couldn't have forgotten that
lamb.

"She's going to love him as long as
she is a little girl. I'm sure of that!"

And Santa looked through his mag-
ic telescope and saw the children
opening their gifts, and their excite-
ment and their glee and their happi-
ness made Santa Claus happy beyond
all words.

Before the spring vegetables are all
available, one must still depend on
carrots, onions, celery, and other win-
ter vegetables several times a week.
Here are two ways of combining
some of these to give a little variety
in the menu. Both recipes are from
the bureau of home economics of the
United States Department of Agricul-
ture. Either dish is substantial enough
for a main course at luncheon.

Vegetable Curry.

1 cup rice 4 tbs. butter or
1 cup diced onion other fat
1 cup diced carrots 1/2 tsp. salt
1 cup diced celery 1/2 tsp. curry
1 cup fresh or 2 tsp. worcester-
shir sauce
canned peas

Wash the rice and cook in two
quarts of boiling salted water. Drain
in a colander, pour cold water through,
and let stand over steam until the
grains swell and become separate.
Cook the vegetables in a small quan-
tity of water and just before removing
from the stove add the canned peas,
or if fresh peas are available, cook
them with the other vegetables. Use
the liquid from the vegetables and add
the fat, salt, curry, and sauce. On a
hot platter make a ring of the cooked
rice, pile the vegetables in the center-
pore over them the liquid mixture,
and serve very hot.

Vegetable Loaf.

3 tbs. melted butter string beans
or other fat 1/2 cup chopped
nuts
2 cups soft bread 4 tbs. liquid from
crumbs 4 tbs. liquid from
cooked veget-
ables
1 cup chopped cooked celery
1 cup diced cooked 2 eggs, beaten
carrots 1 tsp. salt
1 cup cooked or Pepper
canned peas or

Mix the fat with the bread crumbs,
and reserve about one-fourth cupful
for the outside of the loaf. Mix to-
gether all the ingredients, form into
a loaf on a sheet of greased paper,
cover the surface with the crumbs,
place on a rack in an uncovered pan,
and bake in a moderate oven for 30
minutes. The loaf should then be hot
through and the crumbs golden brown.
Serve with tomato sauce.

First Sewing Machine

While Elias Howe is usually cred-
ited with the invention of the sewing
machine, a patent for this device was
secured 15 years earlier, in 1830, by a
Frenchman, Barthelmy Thimonnier,
who was called the "enemy of thim-
bles" by Parisian garment makers.

"Oh, Boy of the North,"
telescope does its work, too, for I can
just see how much the children care
for each gift."

Santa's faithful dog, Boy of the
North, put his head in Santa's lap
and licked his hands.

"Oh, Boy of the North, isn't this
wonderful—to have this telescope and
see what all the boys and girls are
doing now with their presents and
how they are opening them and en-
joying them.

"Oh, Boy of the North! I've just
seen that little girl who has been sick
this fall.

"She wrote me about it. She is

Five-Minute Cabbage Retains Vitamins

Five-minute cabbage gives one, in a
hot cooked vegetable, the crisp texture
of cabbage that has been made into
slaw. As it is cooked only enough to
heat thoroughly, this helps to retain
vitamins that make cabbage an im-
portant item, especially in the winter
menu. The recipe is from the bureau
of home economics of the United
States Department of Agriculture.

2 cups milk 1/2 tbs. melted but-
1 1/2 quarts shredded ter or other fat
cabbage 3 tbs. flour
1 cup cream or rich Salt
milk Pepper

Heat the milk and cook the cabbage
in it for two minutes. Add the cup
of cream or rich milk, the blended fat
and flour and the seasoning; cook rap-
idly for three or four minutes and stir
constantly. The cabbage retains its
crispness and is delicate in flavor and
color.

As a Man Sees It
Back-talk is a woman's back-bone.—
Colliers' Weekly.

and pepper to taste. A soft cooked
egg dropped into a patty shell and
covered with the shrimp mixture
makes a very dainty luncheon dish.

Winter Sherbet.—Take one-fourth
cupful of orange juice, one-half cupful
of lemon juice, two and one-half
cupfuls of sugar, one quart of milk
and one cupful of sweetened cran-
berry sauce. Mix and freeze. Cider
may be substituted for the cranberry
if desired.

If one is serving a yellow luncheon
and wishes the soup to be tinted, add
two or three dark yellow egg yolks
well beaten just before serving. They
not only give the note of color but add
to the nourishment.

(©, 1921 Western Newspaper Union.)

Winsome Combination for Tea Sandwich

Cut nut bread in one-fourth inch
slices. Spread lightly with butter.
Mash cream cheese with a fork; sea-
son with salt and paprika and thin
out slightly with pineapple juice.
Spread one slice of bread with cheese
and then with a generous layer of
crushed pineapple, well drained. Cover
with second slice and press lightly to-
gether. Cut diagonally. These sand-
wiches are popular for afternoon tea.

Fur Coat May Be Any Length

By CHERIE NICHOLAS



new types of peltry to add to the
list with each passing season, nor are
any omitted from the present style
program. The variety of furs repre-
sented in the current modes is amaz-
ing.

The latitude offered in choices of
peltry tells only part of the story,
for fur coats, as they are this winter,
were never so cunningly and diversely
styled. It seems that the new models
are "willing to go to any length" to
achieve the chic silhouette. The range
includes everything from the jaunty
little bolero to short hip-length jackets
to the finger-tip length (see model to
the left in the picture), and on and
on to three-quarter to seven-eighth,
with special emphasis being given to
the popular and stunning full-length
coat types.

From the styles illustrated one
senses the charming contrasts which
go to make up this season's fur coat
program. These elegant furs were the
selection of Genevieve Tobin, which is
"huff said, for these Hollywood stars
sure do know style. The finger-tip
jacket of burunduki is slightly bloused
at the back. The collar is effective
worn up around the neck or thrown
open. In Paris the jacket of striped
fur worn with a black velvet skirt is
a much featured fashion among the
displays.

The beige ermine coat to the right
is a very exquisite affair. It preserves
the slender lines which are the envy
of every woman, and it carries an air
of quiet elegance.

It does not matter what type of fur
is used for the coat, whether inexpen-
sive or of fabulous value, it is sure to
be styled with fetching details and to
interpret a silhouette of distinction,
for that is the way of all the this sea-
son's models—they are smart to the
nth degree.

(©, 1921 Western Newspaper Union.)

WHERE many of the season's
smartest fur coats are gathered
together—what a gorgeous spectacle!
In their presence the very atmosphere
seems to be charged with a spirit of

luxury. And how intriguingly are they
styled—the fur coats which are at
this moment glorifying the midwinter
style pageant.
It seems that fashion is discovering

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For every stom-
ach and intestinal
ill. This good old-
fashioned herb
home remedy for
constipation,
stomach ills and
other derange-
ments of the sys-
tem so prevalent these days is in
even greater favor as a family med-
icine than in your grandmother's
day.

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even greater favor as a family med-
icine than in your grandmother's
day.

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COUGH

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tive is ne-
cessary

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PALM SPRINGS
California

Bread Clubs Are Liked by the Girls

(Prepared by the United States Department
of Agriculture.)
The various food preparation and
meal planning projects that are car-
ried on among 4-H club girls usually
include a unit on making breads of all
kinds—both yeast-raised breads and
quick breads, such as biscuits, muffins,
and griddle cakes. These bread clubs
are very much liked by the girls, be-
cause it often happens that the first
help the growing girl is called on to
give in her home is to make biscuits
or muffins so as to relieve her mother



Preparing Dough for Biscuits.

of this task. As she gradually gains
skill she is entrusted with more am-
bitious baking—yeast bread and cakes,
and sometimes becomes so proficient
that she can make a little extra money
herself from the sale of her baked
products. At one time or another
most bread-club girls participate in
demonstrations at county and state
fairs, and often win substantial prizes
by their exhibits.

The picture shows Hazel Connor, a

New Hampshire 4-H club girl, starting
to make some biscuits. Hazel has
done the cooking for the entire family
for the past three or four years, for
her mother is an invalid. She has
found the knowledge gained in club
work of considerable help to her.

The standard recipe for biscuits
which many 4-H girls use is in Farm-
ers' Bulletin 1450-F, Home Baking,
which is free to anyone writing to the
United States Department of Agricul-
ture, but in case some reader wants
to use it at once, it is given here:

Baking Powder Biscuits.
1 cup milk 4 tsp. baking pow-
3 cups sifted soft der
wheat flour 1 tsp. salt
4 to 6 tbs. fat

Either milk or water may be used
as the liquid in baking powder bis-
cuits and the quantity varied to ob-
tain the kind of biscuits desired. Some
persons prefer the texture of a biscuit
made from very stiff dough, using as
little as possible. Others like a lighter
biscuit, for which the dough is made
very soft by using more liquid and
combining very lightly. Drop biscuits
which are not rolled out may be made
by adding more liquid than for a soft
dough.

All dry ingredients are mixed and
sifted together. The fat is worked in,
and the liquid is added to this fat and
flour mixture. Cutting the fat into
the flour with knives, a pastry fork or
a biscuit cutter is often recommended
to avoid warming or handling it too
much, but the tips of the fingers may
be used if the work is done quickly.

Sour milk may be substituted for
sweet if a scant half teaspoonful of
soda is used to neutralize one cupful
of sour milk. Two teaspoonfuls of
baking powder are then omitted, but
the other two teaspoonfuls of baking
powder are used.