

Good Things for the Table

By NELLIE MAXWELL

"When one grows up with the mountains rather than molehills against which to measure one's self, one's importance becomes amusingly small."

With the children the real party begins when the refreshments are served, and as we are all "children of a larger growth," we may be excused for liking tasty, nice refreshments.

For a bridge party the decorations may be in the color and design of the four suits of cards.

Canned pimientos may be cut in the form of diamonds or hearts to top an open or double sandwich, spread with cream cheese which has been rubbed to a paste with cream. Make the spots on the cards, the red of pimiento and the black of stuffed dates cut into slices.

Grand Slam Salad.—Dissolve one envelope of gelatin in one cupful of boiling water. Drain a number two can of grapefruit and add it (one cupful of the juice) to the gelatin with a few drops of coloring and enough after-dinner mints to flavor the mixture delicately. Two dozen will be ample. When the jelly is of the consistency of egg white, fold in the

grapefruit sections cut into halves with the scissors, one cupful of diced cucumber and pour into small molds. Surround when serving with water cress and serve with sour cream or cream or cream cheese dressing.

American Chop Suey.—Brown two sliced onions in two tablespoonfuls of fat, add one-half pound of fresh pork cut into strips, one green pepper shredded, one-half cupful of mushrooms sliced, one cupful of shredded celery. Cook one-fourth of a cupful of rice in three cupfuls of stock with one teaspoonful of salt, adding all the other ingredients. Serve with buttered rice crispies, pouring the chop suey over them.

Chicken Ham or Croquettes.—Put one small sliced onion and two sprigs of parsley through the food chopper with two and one-half cupfuls of ham or chicken, add one cupful of rolled

crackers and mix well. Add a beaten egg, three-fourths of a cupful of milk and two tablespoonfuls of cooking oil. Season to taste with salt and pepper and shape, roll in cracker crumbs, then in egg beaten with one-fourth of a cupful of milk, then in crumbs again and fry in deep fat after chilling well. The fat should be hot enough to brown a cube of bread in 40 seconds, or 385 degrees Fahrenheit.

Did you ever use orange juice and some of the rind in a lemon pie? If not try it the very next time you make a lemon pie.

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Wise Potato Bugs

Potato bugs that spend the winter underground take "anti-freeze" precautions by getting rid of one-third their weight in water, which otherwise would freeze and burst the body cells.

Read Labels on Bottles Before Buying

(Prepared by the United States Department of Agriculture.)—WNU Service.

When you go into a grocery store to buy the family goods, do you read carefully the labels on the bottles or packages you select? Do you trust to your eyes in estimating the quantity in each container, or do you find out from the label exactly what you are getting for your money? Do you compare articles of one brand with those of another, both in quantity and quality? Do you observe whether or not the label declares artificial coloring or flavoring?

Labels must tell truthfully what kind of material a package, bottle, or can of food contains, and what quantity. The statement on the label should not be misleading in any way to the consumer. Sometimes, however, it may be truthful and still misleading. Again, the appearance of the container may be misleading, and if the statement on the label is overlooked, the buyer gets poor value. The food and drug administration of the United States Department of Agriculture urges every housewife to scrutinize the labels on every kind of food she buys, as well as on the drugs she needs in her household. In the case of foods, it has been found that most manufacturers and packers have shown a satisfactory disposition to meet the demands for truthful labeling, but occasionally it is evident that there is some attempt to give the consumer less value than she thinks she is getting.

Take the two bottles illustrated. Bottles of peculiar shape, with thick sides and bottoms, like the taller of these two, sometimes hold less than those which are made in an ordinary

very slowly, the shrinkage of the meat when rare is only about one-eighth of the fresh weight; whereas if the roasting goes on to the end in a hot oven the shrinkage is about one-fourth of the fresh weight.

Well-done beef shrinks more than rare beef, other things being equal. Well-finished, high-grade beef and lamb roasts lose more fat and less water during cooking than very thin meat of the same kind and cut.



Bottles of Peculiar Shape.

shape, like the one that seems at first glance smaller. In this instance, the fancy shaped bottle held only one fluid ounce, and the straight-sided bottle held two fluid ounces.

Bedtime Story for the Children

By MARY GRAHAM BONNER

"I'm sorry," said young Edgar Eagle, "to be late at the party, but I'm glad I can stay later."

But now the party was over and young Edgar Eagle was talking to the birthday eagle.

"What a fine white head and tail you have," said the two-year-old eagle to Edgar Eagle.

"Yes," said young Edgar Eagle, "I am three years old. But we must be friends, and we will be friends."

"Good," said the young eagle. He was very proud to have a friend a whole year older than himself.

"Do you know," said young Edgar Eagle, "that we are very much honored?"

"Lots, and lots, and lots of people, who call themselves 'Americans' have taken our family for their emblem."

"What's an emblem?" asked the two-year-old eagle.

"It means," said young Edgar Eagle, "that they wish to be like us."

"They want to be free and brave and independent. And it's very fine

which is worn a "fussy," frilly, utterly feminine blouse.

With this charming fashion foremost on the style program, there is every prospect that its vogue will be widespread during the coming months. You can see for yourself, from this picture how attractive the threesome of a pleated skirt, a bolero and a frivolous-looking little blouse can be, especially when the latter is elaborated with myriads of tiny lace edgings sewed row-and-row, as it is in this instance.

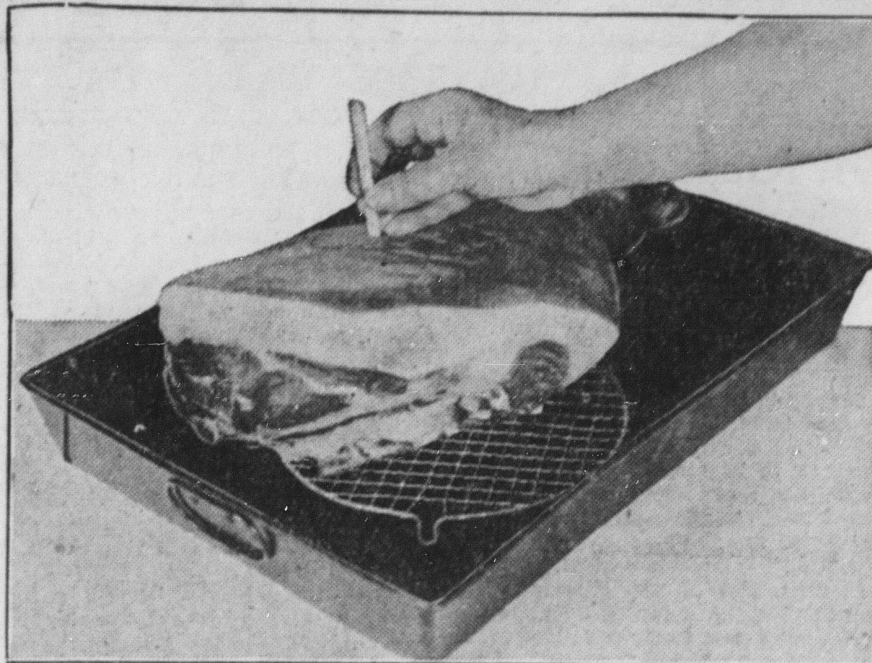
It is really a matter of choice as to whether the skirt and the wee jacket be made of flat crepe or a sheer woolen weave for Dame Fashion says either. Then there is the question of color. With black taken as a matter of course the next move is navy, for the consensus of opinion is that it is going to be a season of "blues." Others there are who declare that brown for this spring is "it."

Later on in the season these youthful bolero suits on the order of the model illustrated will appear in the most delectable pastel tones, their pistachio greens, pale grays, blues and pinks being so alluring we will be falling in love all over again with this fetching mode.

Such a blouse season as this promises to be. We have not witnessed the like for years. It simply had to be, this vogue for the blouse, what with short-jacket suits being the rage. The story of the blouse and its endless program as outlined for spring and summer, is a volume in itself. Touching merely on the highspots which relate to the new blouse types, the first thought which comes to mind is the popularity of plaids, stripes and prints for its making.

Then, too, there is every reason to believe that the dainty, frilly, lingerie blouse will return. The fact of the

PORK SHOULD BE COOKED WELL-DONE



Use a Thermometer to Insure Well-Done Roast Pork.

(Prepared by the United States Department of Agriculture.)—WNU Service.

As in cooking other roast meats, the use of a thermometer when roasting a fresh ham removes the guesswork. This is particularly important in the case of pork, which should always be served well-done. Thorough cooking is necessary, because pork sometimes contains the trichina parasite, which, if not destroyed, may cause illness. Since this organism is killed when heated to 157 degrees Fahrenheit, there is ample margin of safety when pork is cooked to the well-done stage, 182 degrees Fahrenheit.

The following directions for cooking a fresh ham are given by the bureau of home economics of the United States Department of Agriculture:

Wipe the ham with a damp cloth and leave the rind on. The ham will cook more quickly and shrink less when the rind is not removed. Sprinkle the surface of the meat with salt and pepper and rub with flour. Place the ham, rind side up, on a rack in an open roasting pan, without water. Make a small incision through the rind with a sharp knife or steel skewer, cut short, slashes around it with scissors, and insert a roast-meat thermometer through the opening so that its bulb reaches the center of the fleshiest portion of the ham.

Place the pan containing the ham in a hot oven (480 degrees Fahrenheit) and sear for about 20 minutes.

Then reduce the oven temperature rapidly to very moderate heat (300 degrees to 325 degrees) and continue the cooking at this temperature until the roast meat thermometer in the ham registers 182 degrees. Between 25 and 30 minutes per pound will probably be required when these oven temperatures are used. Do not add water and do not cover the meat during the roasting.

When the ham is done remove it from the oven and carefully take off the rind. To remove the rind easily break through it on the fleshy side at the hock, then turn the ham over and lift the rind off in one piece. With a sharp knife score the fat covering in squares. Stick long-stemmed cloves into the intersections and sprinkle brown sugar over the fat surface. Return to a moderately hot oven (375 degrees Fahrenheit) to brown over the top. Serve hot or cold.

Savory Brown Gravy.

Remove excess fat from the pan drippings. Mix two tablespoonfuls of flour with the drippings remaining in the pan, add one and one-half to two cupfuls of cold water and cook until smooth. If the pan drippings are strong in flavor, add more water, and flour in proportion. Cook one-half cupful of chopped parsley or celery leaves and one tablespoonful of chopped onion in a small quantity of the fat and add to the gravy.

Consider the Shrinkage When Cooking Roasts

(Prepared by the United States Department of Agriculture.)—WNU Service.

When a housewife cooks a rib roast of beef or a leg of lamb she must consider how much loss there is likely to be from shrinkage. Naturally she wants the meat to "go as far" as possible. Dietitians in schools, hospitals, and other institutions have the same problem on a larger scale; they must be able to estimate both the number of servings and also the nutritive value of each serving. Shrinkage of meat during cooking means a dollars and cents loss to the manager of a restaurant, cafeteria, or hotel dining room, or to a delicatessen where cooked meat is sold. The shrinkage affects the appearance, palatability and nutritive value.

In the last four years the bureau of home economics of the United States Department of Agriculture has been accumulating meat-shrinkage data in connection with the nation-wide cooperative study of the factors that influence the palatability of meat. There seems to be a close relation between shrinkage and oven temperature; that is, when meat is roasted from start to finish in a very hot oven the shrinkage is greater than when the meat is first seared at a high temperature and then finished slowly with the temperature rapidly reduced. For example, if, after beef ribs have been seared in a hot oven, the temperature is rapidly reduced so as to finish the cooking

Bolero Suit With Frilly Blouse

By CHERIE NICHOLAS



Comes as a most welcome fashion for spring, the bolero suit with a frilly blouse. Every woman who is wise as

to what's flattering, knows that among costumes youthful there is none more so than the skirt-and-bolero type with



"We Are Very Much Honored."

to have lots and lots of people say they want to copy you, isn't it?"

"Yes," said the two-year-old eagle. He was very much impressed and was feeling very solemn through young Edgar Eagle's talk.

"So I'm going to teach you how to make your wings very, very strong—so you'll be free and independent—and so no one can be finer than you."

"Then, when it's your third birthday and your bald head is covered with white feathers—then, ah, then, you'll be glad and proud that you are an eagle."

lace blouse is already assured. Which in itself deserves a whole chapter written as to the kinds of lace, not forgetting the versatile styling, which runs the gamut from beffuted types like the one pictured to the overblouse with the cowl neck or perhaps a surplice front fastening. Lots of glittering glass buttons on the lace blouse, too, and then again the lace is apt to be strictly tailored.

(© 1921, Western Newspaper Union.)

"You know, too, that our pictures are all over the world, and as they call us such fine names we surely, surely, must live up to them."

"Yes, indeed," said the two-year-old eagle, "but can't we have an extra piece of left-over birthday cake first, before we start off on our lessons in how to be so very strong?"

"We'll have the birthday cake right away and eat it as we go," said Edgar Eagle.

So off went young Edgar Eagle and the two-year-old eagle, and they had many flying adventures.

Edgar taught him splendid lessons about flying and it certainly was fine for the young eagle to have such a superior and wise eagle teacher.

Just think, he was being so friendly and he was a whole year older and was really a full-grown eagle.

(© 1921, Western Newspaper Union.)

Harvard Beets Tasty, Colorful, Attractive

"Sweet-sour" beets, they are sometimes called. Harvard beets are not only tasty but colorful and attractive to look at, and because of the vinegar used in the sauce, they take the place of a relish. The bureau of home economics tells how to make them.

1/2 medium-sized beets 1/2 cup vinegar 1/2 cup sugar 2 tbs. butter or 1 tsp. cornstarch other fat

Wash the beets, cook them in boiling water until tender, remove the skins, and cut the beets into thin slices or cubes. Mix the sugar and the cornstarch and salt. Add the vinegar and let the sauce boil for five minutes, stirring constantly. Add the fat. Pour the sauce over the beets. Let them stand for a few minutes to absorb the sweet-sour flavor of the sauce. For variety two tablespoonfuls freshly grated horseradish may be added just before serving.

Snake Species

The copperhead and the highland, moccasin are the same species of snake. The water moccasin is a different species. These snakes are frequently called cottonmouth snakes from their habit of opening their mouths wide in a threatening manner and exposing the whitish inner parts.

First Name for Matches

Matches were formerly called congraves in Sweden, France and Germany because the progenitor of the modern match, a friction light devised in 1827 by John Walker, was named by him after Sir William Congreve, an English artillery officer, who had invented the life-saving rocket.

Teena-min
The Cheering Gum
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No Taste But the Mint
Chew It Like Gum
For Constipation
Non-habit forming
Safe Scientific

Cures
Bunions, Calluses
and all Foot
Troubles
"SOFT SPOTS"
Prevent
Flat Feet and
Fallen Insteps
\$1.50 per pair
Your shoe
dealer has
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Ask for
them.
Write for
illustrated pamphlet
THE A & E SPECIALTY CO.
918 Prospect St., Trenton, N. J.

**CHERRY-GLYCERINE
COMPOUND**
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COUGHS & COLDS
Threat or Promise?
Dick—I won't leave you for a minute after we're married.
Doris—Why, you suspicious thing!

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FIVE minutes after you rub on Musterole your throat should begin to feel less sore! Continue the treatment once every hour for five hours and you'll be astonished at the relief.
This famous blend of oil of mustard, camphor, menthol and other ingredients brings relief naturally. Musterole gets action because it is a "counter-irritant"—not just a salve—it penetrates and stimulates blood circulation and helps to draw out infection and pain. Used by millions for 20 years. Recommended by doctors and nurses.
Keep Musterole handy—jars and tubes. To Mothers—Musterole is also made in milder form for babies and small children. Ask for Children's Musterole.

MUSTEROLE
BETTER THAN A MUSTARD PASTER
Just as Good
"Does your wife know the traffic rules?"
"No, but then, she's good looking."
Our whole life should speak forth our thankfulness.—R. Libbes.

OLDER PEOPLE Must watch bowels Constantly!
As we grow older the bowels become more sluggish. They don't get rid of all the waste. Some days they do not move at all. So older people need to watch their bowels constantly. Only by doing this can they hope to avoid the many forms of sickness caused by constipation.
When your bowels need help remember a doctor should know what is best for them, and get a bottle of Dr. Caldwell's Syrup Pepsin from your drugstore. Syrup Pepsin is a doctor's prescription for lagging bowels, good for all ages.
No restriction of habits or diet is necessary while taking Syrup Pepsin. Made from fresh, laxative herbs, pure pepsin and other valuable ingredients, it is absolutely safe. It will not gripe, sicken or weaken you.
Take a spoonful next time your tongue is coated, or you have a bad taste in your mouth. It clears up a bilious, headachy, dull, weak, gassy condition every time. When you see how good it tastes and how nice it acts, you'll know why Dr. Caldwell's Syrup Pepsin is the world's most popular laxative for every member of the family.



OLDER PEOPLE Must watch bowels Constantly!

DR. W. B. CALDWELL'S SYRUP PEPSIN
A Doctor's Family Laxative