

WIFE SAVERS

By Mrs. Mary Morton

"There are three requisites for a girl to be a 'real girl,'" says Miss Kempthorne, national field secretary of the Campfire Girls. "She must be a home-maker, a leader, and a healthy citizen. If she cannot take care of a home she cannot be a good citizen, and a good citizen is healthy. The joy of living depends on good health."

Hermits.—One-third cup shortening, two eggs, one cup brown

sugar, two and one-half cups flour, one-half teaspoon salt, one-quarter teaspoon soda, one teaspoon cinnamon, one teaspoon baking powder, one teaspoon nutmeg, one-half teaspoon cloves, one cup seedless raisins, one-half cup walnuts, chopped. Cream shortening well, add sugar, sift all remaining dry ingredients. Add well beaten eggs to shortening and sugar; mix well, add dry materi-

als, raisins and nuts. Chill and then roll out and cut in any desired shape. Bake in a moderate oven.

Teach the children how to pack their own lunches. It is difficult for one who has to pack many lunches not to get into a rut. If the children are interested and help, they will make suggestions that will prevent a constant repetition of the same foods. The heaviest things should be packed in the bottom of the box, and great care must be taken to wrap each kind of food separately in waxed paper so that the flavors do not mingle. Paper napkins or towels are inexpensive and save the children's clothes. Cup custards, fruit sauces, etc., can be carried in paper cups or cartons or in small screw-top jelly glasses. If milk is not provided at school it is desirable that it be carried from home.

A piece of carpet sewed on the tread of your sewing machine will make it much more comfortable to run.

Because of its high nutritive content, macaroni can almost be considered a meal in itself. It has a bland flavor, however, and is very concentrated and has no bulk, so it is advisable to add other food materials which will make a more balanced dish with a pleasing flavor. Macaroni is really a cereal food. It is made of equal parts of water and flour, which are mixed by machinery to a very stiff dough. Then the dough is pressed through perforated steel discs and hung over a stick for a certain length of time to dry before it is put in packages ready to put on the market.

Macaroni blends well with meats, fish, vegetables, cheese and eggs. It is a starch food chiefly, so it is well to serve a protein food with it when planning a macaroni meal.

Prune Fritters.—Soak prunes over night, or you can use already cooked prunes. Cut into small pieces, add to a batter made from two cups of pancake flour, one cup milk, one egg. Drop by spoonful in hot griddle. Serve with syrup.

Try sprinkling a little flour over suet when chopping it for a pudding and see how much easier it chops.

Never place meringue on hot pudding or pie, as it will shrink and flatten when browned. Let cool first.

Macaroni Loaf.—Three-quarters cup macaroni, one cup cream, one cup soft bread crumbs, one-quarter cup butter, one teaspoon red or green pepper, three eggs, three-quarters cup cooked and chopped meat or one cup grated cheese, one teaspoon onion juice, one tablespoon chopped parsley, one teaspoon salt. Cook the macaroni in boiling salted water until tender. Drain and rinse in cold water. Scald the cream, add the bread crumbs, butter, pepper, salt, meat or cheese, onion juice, the beaten eggs and macaroni. Line a quart baking dish with buttered paper, turn in the mixture, set on many folds of paper in a dish of hot water and bake in a moderate oven for one-half to three-quarters of an hour. Serve with tomato or mushroom sauce.

Tomato Sauce.—Two tablespoons butter, two tablespoonfuls flour, one-half teaspoon salt, one-eighth teaspoon pepper, one cup stewed and strained tomatoes, slice of onion, one-half tablespoon capers. Melt butter, add other ingredients and blend thoroughly. Cook the tomatoes with a slice of onion for a few minutes, then remove the onion and add the tomatoes gradually to butter and flour. Cook thoroughly until thickened, and add capers if desired.

running high jump. The victories earned them places on the team.

As the Giants trek northward toward home, the opening of the season and a fourth pennant (possibly), John McGraw finds that he has four young pitchers on his payroll that may be the hurling stars of the Giant team of tomorrow. McGraw has paid more attention than ever to his young fingers this spring, because he realizes that he must build, by next fall, an entire new pitching staff, with Claude Jonnard, Rosey Bill Ryan, and possibly Virgil Barnes as the nucleus.

The youthful aspirants who proved almost conclusively that they have the makings are:

Ernest Maun, obtained from Wichita.

Wayland Dean, from Louisville.

Dennis Gearin, with the club last year.

Joe Bradshaw, obtained from Toledo.

Maun and Dean seem, at this stage of the year, to be ready to play some part in the coming campaign. It wouldn't surprise those who have watched the kids at camp to see both of them break in in pinch roles.

Gearin, while with the club last season, needs a bit more experience, having less than either Maun or Dean.

Bradshaw's status right now is a question. In exhibition games he seems to have a world of stuff and the nerve of a burglar. Whether or not he is "ripe" is still a question. He will be kept through the season, however.

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SPOTLIGHTS ON SPORT

by JACK KEENE

THE EXPERT'S QUANDARY
Huggins, Tris or Ty?
Will someone tell me why I can't decide the winner
No matter how I try?

Speaker, Ty or Hug?
I know I've got the bug,
But who the deuce can tell me
Just who'll win the rug?

Tyrus, Huggins, Tris?
My strongest hunch is this:
Oh, what an awful dub I'll be
If I pick one and miss!

Jimmy Burke, bustling new manager of the Toledo American association club, says the millenium is due in the Ohio municipality this year. The Toledo club has floundered along in the baseball mire so long, however, that the fans refuse to become enthused, despite their knowledge of and wholesome respect for Burke's capabilities.

Hans Wagner's going to play semi-pro ball around Pittsburgh the coming summer. As long as Hans has the same pair of pins he used in the National league he'll draw a crowd.

For the first time in the history of the modern games India is preparing to send a track and field team to the Olympic contests in Paris. The majority of the men who will represent that country in the international event were chosen at a recent meet staged by the Y. M. C. A. at Delhi. Over 7000 athletes from all parts of the country were entered in the elimination trials. H. G. Buck, an American, is directing the team.

Nine men are expected to comprise the team. Of these nine, three are of British extraction. The other six are natives. The three British descendants are Hall, Hawkes and Heathcote. Hall, from Bengal, won the 100-yard dash. Hawkes, emerging from the Punjab, won the shot-putting event. Heathcote won the