

# WIFE SAVERS

By Mrs. Mary Morton

When shirt cuffs are worn, rip off and sew on opposite ways. Shirts can be worn twice as long by this method.

butter until it is of creamy consistency. This will spread easily and go much farther.

When making a quantity of sandwiches, mix milk with the

The limpness in white marquisette curtains may be corrected by dipping

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Nita Naldi and David Powell

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Charlie Murray Comedy—"LIFE OF REILLY"

WEDNESDAY, THURSDAY AND FRIDAY

APRIL 30—MAY 1-2

Gloria Swanson

### "THE HUMMING BIRD"

Gloria Swanson does her greatest acting in this picture.  
AESOP'S FABLES NEWSVENTS

SATURDAY, MAY 3

Douglas Fairbanks

### "THE MARK OF ZORRO"

"THE WAY OF A MAN"—Chapter 6

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and wringing them out of a potato starch, which is made by cutting potatoes into small pieces and boiling them in a little water. When strained the remaining water will contain just enough starch to give the sheer curtains a new appearance. Iron while damp.

**Boston Roast**—Take one can kidney beans or same amount of cooked beans, salt, one-half pound grated cheese, and bread crumbs. Mash beans or put them through a meat grinder. Add the cheese and sufficient bread crumbs to make the mixture stiff enough to be formed into a roll. Place in buttered baking pan and bake in moderate oven. Baste frequently with one-half cup hot water in which one tablespoon butter is melted. Serve the roast with tomato sauce.

Tulip-shaped glass candlesticks in all the beautiful tulip shades are unusual and new. No candle protrudes from the tulip flower, which appears to be living. The candle is buried deep in the heart of the tulip in a small tin holder. Those who like high dressings for the table can buy the long-stemmed tulips, and those who prefer the low setting can be satisfied with the short-stemmed glass holders.

Spring is here and with it often comes the "spring fever" or "tired feeling." Do your best to keep fit physically. Exercise, drink plenty of water, eat proper food, and keep a quiet mind. Brisk walks in the open air are fine. Drink a glass or two of water first thing in the morning, between meals, and last thing at night. The first meal of the day is important, as it directly affects the intestinal action, so do not omit breakfast. Vegetables and fruits head the proper food list and may be classified thus:

Those rich in cellulose, as string beans, celery, cabbage, asparagus, lettuce, spinach, onions, figs, raisins, and prunes.

Those with vegetable acids, as lemons, oranges, rhubarb, tomatoes, grapefruit. Orange or lemon juice in the morning is beneficial.

Serenity of mind is essential to the efficient working of one's internal arrangements. Fear, anger, worry, any emotional disturbance, immediately affects digestion. Be calm. "If you can't be aisy, be as aisy as you can."

Keep a rubber mat under your dishpan, when using it in sink, to prevent scratching of the enameled surface.

Jelly or ice cream will slip out without sticking if a hot cloth is folded around the mold for a few minutes.

If the knob on your teakettle cover is hollow, press a cork into the hollow space. The cork will keep the knob from getting so hot and you can handle the cover easier.

**Apricot Eggs**—Sponge cake, apricots, two egg whites. Stamp out some rounds of sponge cake, place them on a dish, pour some syrup from a tin of apricots over them. On each round place half an apricot, flat side downward; beat up the whites of eggs very stiffly and put some carefully around each apricot. Grate a little nutmeg over to represent pepper. Serve at once. Whipped cream may be used instead of white of egg.

Do you have trouble in getting your children to drink milk? Some mothers have found that the little ones will drink it through a straw when they would not without compulsion take it from a glass or cup. One mother of a 5-year-old son got chocolate syrup that is used in sodas at the drug store and put a little into the glass of milk. It changed the flavor so that now the little fellow asks for his milk and drinks a quart or more a day.

So often when friends send in canned fruit or jelly the cans or glasses are put away and forgotten. If the name of the person who sends the gift is written on a slip of paper and placed in the can or jelly glass as soon as it has been washed there is not so much chance of forgetting to whom it belongs and neglecting to return it.

When papering bedrooms it is a good plan to use some of the paper for dresser drawers. It makes attractive and serviceable linings. Hat boxes covered with the wallpaper look well upon the closet shelves. The oval boxes, which can be had at men's furnishing stores, do nicely for small hats and look much like the quaint handboxes of our grandmothers' day.

**Cheese Gingerbread**—Rub together one-half cup sugar, one-half cup cheese and one-half cup molasses. Add three-quarters cup water. Sift together two cups flour, two teaspoons ginger, one teaspoon soda and one-half teaspoon salt. Add to mixture. Bake in moderate oven.

#### HARD LUCK, NELLIE!

After eleven days in the White Memorial hospital, where she underwent an operation for appendicitis, Miss Nellie Gerhart of Governor avenue returned to her home. Now she's got the measles!

#### HAS A BIRTHDAY

Thelma Johnson, daughter of Mr. and Mrs. Grover K. Johnson of Palos Verdes ranch entertained a number of young friends Saturday at a plunge party at Redondo Beach, in honor of her birthday.

#### LADIES' AID, NOTICE!

The next meeting of the Ladies' Aid, to be held Thursday, May 1, is a very important one, and will begin at 1 o'clock. Members are urged to keep in mind the date, May 1, and—be there!

#### LOMITA COMMUNITY CHURCH

Large congregations were present at both morning and evening services on Easter Sunday. The musical programs were of a high order. Two anthems, "What Are These?" and "Christ Is Risen," were sung with enthusiasm by the large choir. Mrs. Willacy sang "He Was Despised," from Handel's "Messiah." Katherine Hunter was heard in the solo, "Lead Kindly Light." Charles Eade, the choir director, sang the solo, "There is a Green Hill Far Away," in the morning, and "The Holy City" in the evening. A quartet consisting of Mrs. Willacy, Miss Mary Wilkinson, Charles Eade and James Wilkinson rendered "God So Loved the World," from Stainer's "Crucifixion." The hymn and chorus, "All Hail, Immanuel," was sung by the choir with great spirit and expression. Harold Coackley was organist at both services.

Brief messages were given by the pastor at each service. In the morning he spoke on "The Easter Message"—"He is not here, He is risen as He said." "The Easter Hope" was the evening topic, from the words, "Because I live, I shall live also." Three infants were baptized—Frederick Norman Aber, Robert Klein Marxmiller, and William David Marxmiller.

Three persons united with the church on confession of faith—Mrs. Josephine Aber, Rebecca McDougall, and Marshall Richey.

The church, both in main room and downstairs, was beautifully decorated with calla lilies, roses, and other flowers. A large cross made of calla lilies was placed immediately in front of the pulpit. Two jars of Bermudah lilies were on the platform, one given by Mrs. A. L. Shannon, a member of the church; the other by Mrs. C. B. Hoffingsworth, Mrs. C. E. Hooper, and Fred Doane, in memory of their parents, Mr. and Mrs. M. C. Doane.

The Sunday school registered a high attendance, many parents being present. Colored eggs were given to the children of the beginners' and primary departments.

Next Sunday the pastor will speak on "The Observance of the Lord's Day." In the evening a hymn praise service will be held. Hymns of Holiness will be sung.

#### ENTERTAINS AT CARDS

Mr. and Mrs. J. B. French of Star street entertained at cards Tuesday evening in honor of the birthday of Mrs. Mary McGuire of San Pedro.

The guests included the honoree, her son, Charles McGuire, and Mrs. George Heeger, of San Pedro.



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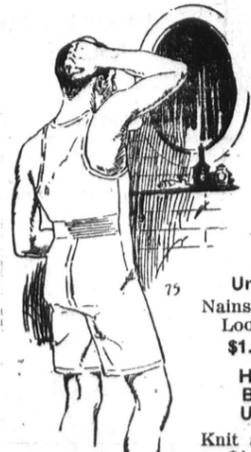
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