

WIFE SAVERS

By Mrs. Mary Morton

Black Raspberry Jam.—One quart black raspberries, one and one-fourth cups sugar, four tablespoons lemon juice. Pick over berries and wash in a colander by gently pouring water over them. Crush the fruit and cook about fifteen minutes. Add sugar and lemon juice and stir constantly, using a wooden spoon. Cook to 214 degrees Fahrenheit, or let boil ten minutes. Turn into sterilized glasses and when cool cover with melted paraffin.

Tomato and Crab Flake Salad.—Flake one-half pound of crab meat and mix one and one-half cups of chopped celery moistened with mayonnaise. Scald six medium-sized tomatoes and peel and chill them. Scoop out the centers carefully with a spoon and sprinkle the insides of the tomatoes with a little salt. Fill with the crab mixture. Place a spoonful of mayonnaise on top and serve in nests of lettuce leaves. This is a good luncheon or supper salad.

When storing your winter stove always grease it well with vaseline and wrap newspapers around it. When ready to use in the fall, wash it well

with soapy water and shine it, and it will be like new.

Veal Fricassee.—Roll a shoulder of veal until tender, adding salt for seasoning, roll in flour and saute in browned fat and liquor in which meat was cooked. The scraggy portions of meat may be ground and used for pressed veal for croquettes or for soufflé.

Raspberry Tarts.—One-quarter cup sugar, one box raspberries. Mix berries and sugar and fill baked tart shells. Top with whipped cream.

Puff Paste for Tarts.—Four cups flour, two tablespoons baking powder, one teaspoon salt, one cup butter, one cup lard, one-half cup water, one egg white. Sift dry ingredients. Add lard and cut into dry ingredients until the appearance is mealy. Beat egg white until frothy. Add to cold water. Cut into well mixed flour and lard, mixing into a stiff dough. Roll dough into thin sheet and spread with one-quarter cup butter; sprinkle with one tablespoon flour and roll in a long close roll, double ends over toward center, flatten out, and roll thin. Repeat until

butter has been used. Put away in an earthen bowl. Cover with cloth wrung out of cold water and let stand in refrigerator one hour or over night.

To store fine white clothes and linens, take an old pillow case and blue it a deep blue. Fold the things in it and they will not turn yellow. Blue tissue paper will serve the same purpose.

TO RID A HOUSE OF ANTS

The surest way to keep a house free from ants is to leave no food lying about on shelves or in open places where they can reach it, says the United States department of agriculture. Ants go where they find food, and if the food supplies of the household are kept in ant-proof metal containers or in ice boxes, and if all food that may happen to be scattered is cleaned up promptly, the ant nuisance will be slight. Cake, bread, sugar, meat and like substances are especially attractive to the ants, and should be kept from them. Roaches, too, will not frequent rooms unless they find some available food material.

Straining a gravy and seasoning it properly often makes the difference between a poor and a delicious sauce. Left-over gravy may be added to the soup stock for tomorrow's dinner.

Luncheon Eggs.—One-half cup chopped celery and onion, one-half cup chopped cooked meat, one-half teaspoon salt. Fry in two tablespoons butter, add one-fourth cup boiling water and simmer for five minutes. When cold, add one tablespoon cornstarch, three well beaten eggs, mix well, and drop by spoonfuls on hot greased griddle. Turn when firm, as you would pancakes, and keep heat moderate, as eggs burn easily. These are similar to egg foo yong served in the Chinese restaurants.

Fairy Ring Salad.—One small cucumber, one bunch radishes, two small onions. Slice all very thin and place in bowl of ice water to crisp. When ready to serve, drain off water and add one teaspoon salt, two teaspoons sugar, three teaspoons vinegar, and mix well. Arrange on lettuce leaves. Additional salad dressing is not necessary, but can be used if wanted.

Your old silk stockings make nice dusters that neither make dust nor scratch. Cut the feet off, cut them through lengthwise, then lay them so that the top of one comes to the bottom of the other and stitch the length on the sewing machine.

Iced Coffee.—Two cups cold coffee, two cups milk, three teaspoons sugar, one-half teaspoon vanilla. This is better if mixed some time before serving and placed on ice in

a bottle or pitcher than if cracked ice is placed in the glasses. A little whipped cream in each glass makes it quite a treat.

Cream Puffs.—One cup hot water, one-half cup butter, one and one-half cups white flour, five eggs, one-half teaspoon salt. Heat butter and water to boiling. Add flour, mixing thoroughly, and cook five minutes, stirring constantly. Set aside to cool. When cool add the unbeaten eggs, one at a time, and mix each thoroughly before another is added. Drop from a tablespoon upon a buttered baking sheet and bake in a moderate oven twenty-five minutes, or until light when lifted from the pan. Fill with either a boiled custard or whipped cream.

When rolling out pie crust or cookies, try rolling them on clean wrapping paper in place of a bread-board. The paper can be rolled up and burned. Saves washing the bread-board, which is always a disagreeable task.

Muffins.—Sift two cups flour with four teaspoons of baking powder, one teaspoon of salt, two tablespoons of melted or liquid fat, one cup milk. Mix thoroughly, drop in hot greased muffin tins, and bake. If you wish to use part coarse flour, use three-fourths cup cornmeal to one and one-quarter white or one cup rye or other dark flour and one of white. Brown sugar or molasses may be substituted for white sugar in case you use dark flour. If Graham flour is used, increase the fat to three tablespoons.

Spinach on Toast.—Clean one pound of spinach. Put in pan with little hot water and salt. Boil until stems are tender (about ten minutes). Drain and chop it. Put one tablespoon butter in pan, then the spinach. Shake a little flour over it. Season with salt and pepper, a grating of nutmeg. Add water in which spinach was cooked. It must be moist when ready to serve. Have pieces of buttered toast, moistened with a little hot water, on platter. Put a generous spoonful of spinach on each. Garnish with slices of fried salt pork or bacon. The addition of slices of hard-boiled eggs makes it a very pretty dish.

In making bibs for a family of small children, sew one side of the bib instead of two pieces to tie. On the end of the tape sew a snapper, which fastens on the other side of the bib. The older children can fasten these themselves.

GELATINE

It is not so very long ago that gelatine was considered by most of us to be of very slight, or no, food value. Science tells us, however, that it has a very definite place in our dietary and is an aid to digestion. A small amount of gelatine in the food of bottle babies fed on cow's milk softens the curds and aids the assimilation of the food. Any package gelatine that is unflavored is safe to buy. If the child is on a milk formula, keep to the formula exactly, but add one-half teaspoon of gelatine to the day's milk. After the child is six months old or older, one teaspoonful may be used. Soak the gelatine for ten minutes in one ounce of the cold milk to be used in the formula. Then add one ounce of hot milk from the formula and stir until dissolved. Add this solution to the full formula, stirring until thoroughly mixed.

An old cotton blanket with the nap worn off is very useful in the nursery. From an old white double blanket one young mother made six small blankets one yard square. Some she used for bath blankets for the baby, as they were absorbent and soft to wrap the baby in when she came from the bath. They also make nice soft towels. By sewing tape on two sides near the corners crib blankets were made that were secure enough to keep the baby covered, and yet gave room enough to kick. The rest of the blanket made a nice quilt for the crib by covering it with unbleached muslin with figures of animals cut from colored material appliqued on.

If you are a busy housewife and cannot leave home to get a change of scene, change your home as much as possible with a view to eliminating work and loosening the strain of continuous duties. If it is practicable, remove your heavy rugs and carpets and have only light coverings on the floor. Put light and easily washed curtains at the windows, if any. See what bric-a-brac may be removed without giving the house too much the appearance of a barracks, and so solve part of the dusting problem. No matter how industrious one may be, there is always a vacation feeling in the air in the summer, and it behooves us to give way to it as much as possible for our good as well as that of the family.

LOCAL STARS VISIT BELL

Bell Chapter No. 383, O. E. S., held Advancement Night last Tuesday, when Sister Maud Fish was made worthy matron and hostess for the evening.

At the close of the regular work little Master Eugene of Fullerton, frequently heard over the radio, gave the welcoming address. A playlet, "Women Will Talk," was thoroughly enjoyed.

At the banquet which followed, a decorative scheme of lavender and pink was carried out. The favors were cups with fish and bells attached.

Local Stars who enjoyed the affair were Mrs. Jean Guyan, associate matron; Mrs. Persia Fess, conductress; and Mrs. Juliette Johnson, secretary.

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SACRAMENTO.—State highway traffic officers operating under the direction of the division of motor vehicles are in readiness for another campaign against violators of headlight provisions of the law, which will start simultaneously in all sections of California at once. Division officials hope by this new campaign to rid the highways of the menace of glaring lights, and the war on such violators will be waged intensively through all of July and for such time thereafter as is necessary to reduce this hazard to life to a minimum.

SCOT MEETS SCOT

The MacTavish was not a mean man. No; he just knew the value of money. So when the MacTavish developed a sore throat he meditated fearfully upon the expenditure of a doctor's fee. As an alternative he hung about for a day and a half outside the local doctor's establishment. Finally he managed to catch the great man. "Say, doctor, Hoo's beez-ness w' ye the noo?" "Oh, feyr, feyr." "A s'pose ye've a deal of prescribin' tae dae for coolds an' sair throats?" "Ay!" "An' what dae ye gin'rally gie fer a sair throat?" "Naethin'," replied the canny old doctor. "I dinna want a sair throat."

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