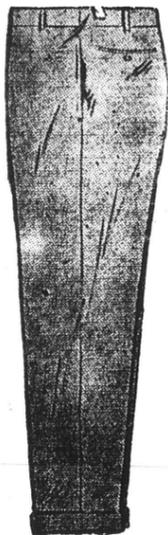


# WIFE SAVERS

BY  
MRS. MARY MORTON

Repair that worn bedspread in this way: Cut away the worn and thin part on all sides and replace it with a border of pique.

In making our preserves and pickles for next winter's use it is well to bear in mind that there is a rule for the serving of certain kinds of relish with certain meats.



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Of course this is not a hard-and-fast rule, but in all probability it was found some time that a certain relish or jelly was just the flavor needed to supplement the taste of the main dish, so someone made a note of that, and that particular relish was always thereafter served with that kind of dish. With these few instances, usually served one of the following: Tomato catsup, chili sauce, pickled onions, mustard pickles, apple chutney, pepper and onion relish, and plum jelly.

**Lettuce with Cream Dressing.**—To one-half pound of lettuce add one-half cup sour cream, one-quarter cup vinegar, three tablespoons sugar, and one-half teaspoon salt. Mix and pour on lettuce, mixing with a fork until lettuce is slightly wilted.

**Molasses Cookies.**—Take one cup sugar (brown), one cup shortening, one-half teaspoon salt, one cup molasses, one cup boiling water, three eggs, one teaspoon soda dissolved in water, one teaspoon ginger, two teaspoons baking powder, five cups sifted flour. Drop dough from spoon and bake in moderate oven.

**Pieces of stale bread may be dried, put through the food chopper, and kept in jars to use as needed for bread, for making dressing, bread puddings, or scalloped dishes. They also may be used for simple puddings by buttering the bread, putting layers of the bread and berries or other fruit in a baking dish. Pour a custard over this and bake.**

Few housekeepers realize the possibilities of currants aside from jelly-making. Currants make a very good pie, and if you think they are too tart alone, add either black or red raspberries (half and half) and try them that way. Currants are very good to eat with bread and butter if thoroughly ripe and eaten with powdered sugar. They make a delicious filling for dumplings or roly-poly puddings, and may be utilized for a refreshing sherbet or "currant cup" and, combined with orange and raisins, make a wonderful conserve. Spiced currants make a very tasty relish.

**Ham with Biscuits.**—Cut one and one-half pounds of ham (smoked) in small pieces and put in skillet and fry slowly until brown. Turn off the fat, cover with water, and cook for one hour. When done add water enough to make three pints, thicken with gravy, turn into baking dish; make baking powder biscuits, lay on top, and bake in hot oven. This recipe does not call for salt, as the ham is generally salty enough to season it.

**French Dressing.**—One teaspoon salt, one-half teaspoon dry mustard, one-half teaspoon paprika, one-half teaspoon celery salt, two slices onion, six tablespoons olive oil, two tablespoons vinegar. Mix the dry seasonings and add the vinegar and oil, beating with a fork. Add the onion and keep in a cold place one hour or more. Remove the onion. If garlic is approved of, drop in a bit while stirring, and remove when preference dictates. Substitute lemon juice in place of vinegar for fruit salads.

**Custard Junket.**—Beat two eggs light with two teaspoons of sugar and gradually blend with a cup of hot milk and an eighth of a teaspoon of salt. Cook in the upper part of a double boiler until thick, remove from the fire immediately and cool. Mix two additional teaspoons of sugar with a cup and a half of lukewarm milk, add to the cooled custard, and mix thoroughly. Meanwhile dissolve one junket tablet in four teaspoons of cold water and add to the custard mixture with one teaspoon vanilla extract. Stir quickly and turn into individual glass cups. Let stand in a warm room until it jells, then chill on the ice. This custard junket is also delicious poured over stewed dried fruit, cooked without sugar.

**When in a hurry to serve baked potatoes wash and boil them for about twelve minutes, drain and put into the oven, and in a short time they will be deliciously done, light and tender.**

**Deep Cherry Pie.**—This pie is English, and is made with only one crust. Make your pie crust as usual. Put a small cup upside-down in a deep baking dish, then add the pitted cherries, sugar to taste, and a slight dusting of flour. Cover with the crust and bake as usual. The cup will absorb the cherry juice underneath and when it is lifted will run out freely. This will keep it from cooking out through the crust.

**Drawn Butter Sauce.**—One-third cup butter, three tablespoons flour, one and one-half cups water or fish stock, one-quarter teaspoon salt, two teaspoons mustard. Melt one-half the butter and add the flour. Pour on the hot liquid gradually. Boil five minutes and add the relish and remaining butter in small pieces. Serve with boiled and baked fish.

The proper relishes, jellies and pickles to serve with certain meats are as follows: With veal—Corn relish, tomato relish, cucumber relish, gherkins, pickled beans, plum jelly, and currant jelly. With pork and ham—Pickled peaches, pears, onions and beans, crabapple pickles, mustard pickles, chow-chow, plum jelly and currant jelly. With chicken and turkey—Pickled peaches and pears, crabapple pickles, plum jelly (wild

plum, if available), currant and apple jelly, and gooseberry conserve.

**When using sour milk the acidity is variable, so it is safer to use the following rule: One full half teaspoon of soda dissolved in a little warm water to each cup of sour milk; also use one-half teaspoon cream of tartar. This insures lightness and tenderness. If you do not have cream of tartar use a level teaspoon of baking powder.**

**Macaroni Mac.**—Take one cup cooked macaroni, one cup cooked meat (diced), one sweet green pepper, one cup cooked beans (kidney, green or lima), one-half cup tomato pulp or canned tomato soup, salt, pepper. Dice green peppers, simmer in tomato until tender. Beef, dried beef, veal, mutton or chicken are best, but a combination of several left-over meats is also good. Macaroni should be cooked till very tender in an abundance of water. Combine all ingredients, season to taste, and serve very hot.

**Assorted Cakes.**—For the little cakes use a standard white cake recipe, bake a few "as is," then to the remaining batter add spices, chocolate, nuts, etc., to vary the flavor. For the whole cakes you may make an icing of powdered sugar and berry juice, which is very nice. For the spice or chocolate cakes make chocolate-butter-powdered sugar icing and sprinkle with nuts or cocoanut.

**Stuffed Hamburger.**—Half pound hamburger steak, one cup onion-bread dressing, one teaspoon salt. Line greased pans with salted meat, half fill with dressing, cover with meat, and bake thirty-five minutes.

A delicious marmalade, healthful and good, is made of carrots and oranges as follows: Six carrots, three oranges, one lemon, sugar. Dice the carrots and cook them until ten-

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der in as little water as possible. Cut oranges in small pieces and add the juice and grated rind of the lemon. Measure the carrot and fruit and add two-thirds as much sugar. Turn into jelly glasses, and when cold cover with paraffin.

The following foods are said to contain the correct ingredients to best preserve and strengthen the teeth: Almonds, cocoanut, walnuts, eggs, milk, raspberries, blackberries, oranges, lentils, raisins, figs, dates, peanuts, peas, beans, oatmeal, bean, cabbage, cauliflower, straws, beans, celery, lettuce, carrots, parsnips, and turnips. In addition to the above list, the necessary element of phosphorus is also found in considerable amounts in unrefined cornmeal and barley, cherries, currants, gooseberries, pines, asparagus, cucumbers, beets, radishes, onions, potatoes, and meats. "The natural conclusion must be," the author of the above states, "that raw, natural foods are the most ideal in every detail for perfect teeth. Salads should be greatly emphasized for this reason."

AT OCEAN QUEEN LODGE.

Mrs. John Waite, Mrs. Hans Anderson and Mrs. E. E. Miller attended the installation ceremonies of Ocean Queen Lodge of Rebekahs at San Pedro Saturday evening.

The president of the state assembly of California and other prominent officers were present.

The Washington market on Monday's bulletin board will be open for business about August 1, Ernest Heierl announces.

**NOTICE OF SPECIAL MEETING OF STOCKHOLDERS OF THE STATE BANK OF LOMITA**

NOTICE IS HEREBY GIVEN that pursuant to a written order by the President of the State Bank of Lomita, a special meeting of the Stockholders of said Corporation will be held on the 21st day of August, 1924, at the hour of four p. m., of that date, in the Directors' Room in the Banking Rooms of said Corporation at Lomita, in the County of Los Angeles, State of California, for the purpose of electing directors of said corporation for the year 1924. Dated this 21st day of July, 1924.

**Presents Herald With Big Bouquet**

In appreciation of a note in The Herald on the beauty of her floral display 460th at the Fiesta, Mrs. Oletta J. Stevenson, 1229 Portola avenue, presented The Herald with a beautiful bouquet Tuesday afternoon. Mrs. Stevenson is a regular reader of The Herald.

at Lomita, California.  
F. E. STEWART, President.  
BARRON A. BECKHAM, Secretary.

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