New Fashions in Foods

By KARINE HOLMES

FRUITS

These are mainly water, but that is pure, and the solids are the first aids to keeping the body cleared of all refuse matter which clogs the system.

Perfect is always best served in its natural condition. But fruits of the highest order are not always obtainable in all markets or even from one's own raising. Often other methods are quite as desirable for serving fruit, although the more fresh fruit we use the better will be the system. This of course if your system does not revolt at acids. When this is the case a good physician who understands feeding will often bring back normal conditions. For this condition the Bulgarian method of predigestion of milk is considered by far the very best. However, returning to fruits, the markets fluctuate, a holiday, or a cold wave or a long rain adds cost to even the common fruits, while a day or two earlier or later they may be proportionately lower in price. A prudent housekeeper has in reserve a supply for such occasions. When prices were low she bought a double quantity, and now serves fruit or baked fruits. For the baked fruits, how many of you good cooks ever serve baked bananas? To do this, peal the fruit, and split it lengthwise, and laying one layer on top of another in diagonal rows, dot over with a little butter and perchance a little sugar (sparingly used) and the juice of a half a lemon, place in the oven and bake until very tender. This is the most delicate form of serving these fruits and members of the family who can not eat bananas raw can use them this way.

The timely housewife may often bring out a can of blackberries or blueberries just previous to these

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fruits being on the market, and such fruits if properly canned and well aired after being taken from the jar are almost as good as when first freshly cooked.

Washing berries:—Do not ruin their flavor by washing them. This may apply to those grown in our own gardens, but not to those which come from city markets. When we think of the many hands and the clouds of dust through which most fruits come to us, the loss of a little flavor is the lesser evil. But from our own fruit patches, run cold water on the fruit in a colander, cap and place on your serving dish aud put in your ice-box, or in the coolest place at hand until ready to serve. Never allow berries to stand in the water while you cap, or cap them from the water in which they are washed; you do certainly loose much of the vitamine content we hear so much about these days.

In the preparation of fruits for canning or for the tables, no utensils should be used which can discolor them or injure the flavor. Agate or granite ware, wooden or silver spoons and silver knives are best suited to the work. It is not wise to practice the use of aluminum utensils in preparing any fruit for table or for canning. Don't do it. The acid in your fruit gives you aluminum in the product.

The French people can teach us Americans much regarding their compotes or fruits preserved with little sugar and made as needed. Too little care is given to the stewed fruits and they are consequently despised. Indefinite quanities of fruit, sugar and water are put together in a pan (perhaps a tin one) which is placed on the stove and left until it is convenient to remove it. There may be so little water that the mixture scorches, or so much water that it would better pass for one of the German fruit soups; while sugar is used carelessly and the compound is either unpalatably sour, or sickishly sweet. When cooked with acid fruits, sugar looses much of its sweetening power, therefore, it is more economical to add it after the cooked fruit has cooled, but most fruits keep their shape better if cooked in a thick syrup. Watery fruits are improved by the addition of a little gelatine to thicken the juice after cooking. This is much preferable to an excess of sugar.

A tiny speck of salt may be used with good effect with most stewed fruits. We rarely think of baking berries; but the slow cooking in your afternoon oven makes a most delicious supper dish and often relieves the housewife of the drudge, "Oh, what shall I have for supper." Never forget that the heat more like the ripening processes is best for cooking all kinds of fruits. Fruit juices require little more than a thorough scalding, provided they are afterwards kept airtight.

FEMININE TOPICS

Fruit cake is considered by some best when about a year old. One housekeeper makes, each Christmas, the fruit cake for the next.

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To clean the nickel trimmings on the range, rub with whiting moistened with kerosene, and polish with a dry cloth.

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No matter how perfectly one may be attired, a little thing like a crooked seam of a stocking, soiled gloves, or a lock of hair that is out of place, will mar an otherwise perfect appearance. In dress it is the little things that count.

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To make delicious gems of entire wheat, put one-quarter of a cup of granulated sugar, one egg yolk, one teaspoon of salt, and one cup of milk in a bowl and mix well, then add one-half a cup of white flour and one cup of entire wheat sifted with with two tablespoons of baking powder. Beat well, then add two tablespoons of melted butter, and the egg white stiffly beaten. Bake twenty-five minutes in a hot oven. Do not have the muffin pans more than half full.

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Should the knob come off the cover of the pan or kettle, a screw may be slipped through the hole with the head inside, and a cork screwed on to the protruding end; this will make a knob that will not get hot, and that can be replaced as it gets soiled.

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A large black straw hat had a conventional design painted on both crown and brim, with touches of wool embroidery added here and there.

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If you are the sort of woman who cannot work well except under pleasant conditions, it is economy to buy the things that mean this to you. It may only be pretty curtains, light woodwork or a certain kind of wallpaper, but it means everything to certain types of women and results in much more accomplished.

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Bedspreads seem to be the favorite subject for decoration and there are many fine examples of cross-stitch work in large wreath designs.

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Remember that egg shells are porous and the eggs must not be placed where they will absorb odors. Keep them covered and in a cool place.

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Pleated georgette in a long narrow panel at the side of the skirt from the waistline to the hem, also placed on the opposite side from the shoulder down the side front to the waistline, and set in the sleeves at the elbows, forms the trimming for a dress of silk clocky.

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Silk handkerchiefs should be washed in a solution of borax and tepid water, and ironed before they are dry.

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So much may be done to make the space surrounding a house attractive, if plans for it are made early enough in the spring, that the results will more than repay one for spending some time in planning for them now.

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A great deal of pleasure may be derived from the planting of flowers, both in watching them grow and when they have blossomed. On a small ascale, a flower garden may form a good method of taking outdoor exercise, especially where one is busy almost all day, since it does not require being far away from the house.

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For afternoon frocks, crepe satin is widely used, the crepe side and the satin side being combined in contrasting effects.

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Okra is a delicious vegetable that deserves a better asquaintance with the home garden than it now possesses. It is one of the important ingredients in "chicken gumbo" and is a great addition to any stew. The edible portions are the pods, which must be gathered when young.

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Red silk bags, studded in steel beads and mounted on filigree metal frames oxidized to a dark gray, are said to be greatly in demand just now. The gray of the metal makes an effective contrast to the brilliantly colored silk.

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Scarfs have come to be recognized as a definite and important part of the evening attire. These can be made very easily from batiste or printed chiffon, and bound all around wth ribbon.

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Sweaters in all the lovely colors of the flowers will be worn in the latter part of the spring and the summer. The more brilliant in color, the more fashionable, will be the guiding principle of the smartly dressd women. As a rule these will be worn with skirts of neutral colors and plaited.

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One new coat is made of dark blue satin and lined with red flannel, the red showing on the turned cuffs and collar. This touch of brilliant color is quite in keeping with the times.

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The "tie-dyed" method which has been used in making some of the popular bandanas is also applied to the material for a skirt of knife pleated crepe de chine:.

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Small bands of rabbit fur spaced about two inches apart completely cover a summer evening cape of white crepe which is designed for wear over thin frocks.

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The young girl is delighting in the new Eton jacket suits with Buster Brown collars and ties. They have detachable skirts and blouses of white crepe de chine.

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Roll your raisins in butter before putting into a cake or pudding and they will not all settle in the bottom.

HOG CHOLERA CONTROL VERSUS PREVENTION

Efforts at hog cholera control, as carried on in many parts of the country, simply have in view the stopping of the spread of the infection from one farm to another can be ly no attention has been given to preventing the introduction of the infection into free territory, and as a consequence hog cholera is still one of the most serious diseases of our domestic animals with which we have to contend.

It is admitted that much is accomplished if the spread of the infection from one farm to another can be stopped. With a limited number outped. With a limited number of outbreaks, it is the experience in Maryland that this is a matter of routine procedure. During the year 1922, in 330 out of 354 primary or original outbreaks, there was no spread of the infection. In no instance did a secondary outbreak occur when the primary infection was promptly reported. This might seem very satisfactory, but it was not.

Notwithstanding these 330 outbreaks were reported in time to prevent the spread to other herds, a sufficient number of hogs on these premises had become infected that there was a loss of approximately 2,800 hogs with a value of $35,000.00. To this loss must be added the cost of serum, veterinary fees, etc. Surely control at its best is not the solution of the hog cholera problem.

Hog raisers and officials charged with the responsibility of protecting the swine industry must come to a sense of realization that the step which must be taken is to prevent the primary centers of infection or new outbreaks. Until comparatively recently much mystery shrouded this phase of the hog cholera question, and this is probably the reason why more attention has not been given to it.

It has long been known that the introduction of sick and exposed hogs started new outbreaks, and that the abuse of the double treatment was often responsible for new centers of infection. Now it is practically certain that the only other method by which the infection is introduced into free territory is the feeding of garbage, table scraps, or kitchen swill containing infected pork.

Care to prevent these sources of infection will not cost one penny. Furthermore, in the scheme of prevention, owners of swine are not vention, owners of swine are not denied any additional protection for their hogs they may wish to employ, providing it is not used in a manner that it will be the means of introducing, harboring or spreading the hog cholera infection. But it is obvious that without centers of infection none will be needed. Can you beat it?

"Everyman's Gasoline"

A REPLY by the Standard Oil Company (N. J.) in the May issue of its magazine, "The Lamp," to the findings and charges of the sub-committee of the U. S. Senate appointed to investigate conditions in the petroleum industry—a reply in which the true position of this company, its policies and actions, are frankly set forth.

Also in this number, an article by Dr. Warren K. Lewis, head of the Department of Chemical Engineers of the Massachusetts Institute of Technology, on the possibilities of "dollar gasoline"; an analysis of the sub-committee's use of figures by R. L. Welch, Secretary of the American Petroleum Institute; a resume of the current crude oil situation; and letters and newspaper comment inspired by the report.

A copy of the magazine may be obtained free of charge from the Standard Oil (N. J.) agent nearest you, or by request addressed to The Lamp, 26 Broadway, New York City.

STANDARD OIL COMPANY
(New Jersey)

CHIPS

Found Him Cold

A man went into a Chicago library recently, a columnist says, and asked for a copy of "A Kentucky Cardinal." The librarian said: "Look under 'Religious Books' in the catalogue." "But this cardinal was a bird!" remonstrated the applicant. "I have no interest in his personal habits," said the librarian, coldly.—The Outlook.

A Short Commandment

The teacher had given lessons to an infants' class on the Ten Commandments. In order to test their memories she asked:

"Can any little child give me a commandment containing only four words?"

A hand was raised immediately.

"Well?" said the teacher.

"Keep off the grass," was the unexpected reply.—Youth's Companion.

If That's The Case

A man went into a barber's shop to be shaved. Said he to the barber, in his gravest manner, "Have you the razor you shaved me with the day before yesterday?"

"Oh, yes, sir," replied the barber, with much exuberance and delight at the favorable appreciation and the tender interest evinced in his instrument. "Here it is, sir."

"Ah, well, said the visitor, dryly, after a little hesitation, "then—yes—then—I'll take chloroform, please."—Atlanta Journal.

Matching Wits

A Californian and a New Englander were matching stories.

"Why," said the Californian, "we grow cabbage so big that an army of soldiers can camp under one."

"That's nothing," said the New Englander, "we make copper kettles in New England so big that a thousand men can be riveting one and yet be so far apart they can't hear each other hammer."

"Go on," said the Californian, "what would any one use a kettle of that size for?"

"Why, to boil your California cabbage in," said the New Englander.—Boston Globe.

A sturdy Scotsman had been having a dispute with his wife. He had taken refuge under the bed. As she stood guard with a stick, he called lustily from his retreat: "Ye can tem me and you can bate me, but ye canna break ma manly spirit. I'll nae come oot."—Mpls. Moring Tribune.

She: "Albert, you have such affectionate eyes."

He: "Do you really mean that, dear?"

She: "Yes, they are always looking at each other."—Toronto Globe.

Fire Insurance

I kept my barn insured for years, for I had dreams of scorching steers, of peacocks blistered to the ears and pitchforks charred and burned. While other men were taking trips with bulging wallets on their hips, I paid up my insurance tips with surplus coins I earned. Rough hoboes when allowed to stay dropped live ashes in my hay yet never made a blaze. At last I argued to myself, "Why stack up troubles on the shelf? Why not hoard up this surplus pelf to spend in other ways?" So when the agent came around he nearly sank into the ground, for I made no uncertain sound when I made known my plan. "All right," he said, "but some bright day you'll come around to me and say this risky business doesn't pay—you poor deluded man." That night a hobo hove in sight, a weary man in sordid plight, and asked if he might spend the night in my good mow of hay. "You may if you don't smoke in bed." said I. He shook a solemn head; "I never smoke," was what he said, and so I let him stay. I woke at 3 o'clock that night to see a weird and lurid light, while through the yard I marked the flight of that untidy man. He'd left my barn a seething fire, a mass of flames from stone to spire; next day I found his pipe—a briar—he had dropped it as he ran. I lost no livestock, thank the Lord, but lost the building, hay and ford, 10 tons of oats that I had stored and my good grubbing plow. I looked that agent up and said "See here. Insure my house and shed, my woodpile, silo, stove and bed, as quick as you know how." J. Edward Tufft.

America's Oldest Bell

The oldest bell in the United States, possibly in the Americas, is in the small village of East Haddam, Conn. It bears the date "A. D. 803." Presumably it came from an old monastery in Spain, and was probably brought to this country as ballast or old iron in some sailing ship. Later it was bought in a junk shop, and now it hangs in a belfry in the rectory at East Haddam.—Public Service.

Classified Advertising

Advertisements under this heading, 10 cents per line, each insertion. No advertisement less than three lines.

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Miscellaneous

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