New Fashions in Foods

By KARINE HOLMES

Yorkshire Fruit Loaf

4 cups of flour
¾ cup lard
1 teaspoonful salt
2 cups milk
1 yeast cake
1 cup sugar
1 " Sultana raisins
1 " currants
½ " seeded raisins
1 teaspoonful powered ginger
½ teaspoonful mace

Heat lard in milk—which must not be allowed to boil, simply heated to the stage where the skim rises and steam vapor is thrown off, then cool and add yeast cake which has been dissolved in ½ cup luke warm water (same as you'd do for bread) allow this to rise till it is very light, usually it will take four hours. Now mix sugar, fruits and spices to the dough mass, let rise again, divide into two loaves allow to rise about 15 minutes after it is in the baking tins, bake in a moderate or slow oven for an hour or an hour and a half. In summer this provides bread for a week or more, because it keeps nicely. The fruit will aid materially in holding the moisture and where there are children it makes a wonderful summer time lunch, for them.

KARINE HOLMES

Raspberry Batter Pudding

1 pint of milk
2 eggs
4 tablespoons flour
Salt and a little melted lard

Put flour and a good pinch of salt into a basin, make a well in centre, break in eggs, stir gradually mixing in flour from sides and add milk by degrees until a thick smooth batter is formed. Now beat well 10 minutes, add remainder of milk, cover and let stand about an hour or more. When ready to use, put one tablespoon melted fat into pudding dish and while it is heating give batter another good beating. Pour into dish, and bake in quick oven for 35 minutes. Serve with raspberries and sugar.

Gooseberry Pie

2½ cups gooseberries which have been stemmed, washed and drained thoroughly.
1¼ cups sugar
1 or 2 eggs
3 tablespoons flour

Mix sugar, flour, and beaten egg together. Add gooseberries and bake between crusts as any other pie.

Prune Pie

½ lb prunes
½ cup sugar (scant)
2 tablespoons flour
1 tablespoon lemon juice
1½ teaspoons butter
1 tablespoon flour

Wash prunes and soak in enough cold water to cover. Cook in same water unti they are soft. Remove stones, cut prunes in quarters and mix with sugar and lemon juice. Reduce liquor of the prunes by boiling down to 1½ tablespoons. Line plate with paste, cover with prunes, pour over liquor, dot over with butter, and dredge with flour. Put on an upper crust and bake in a moderate oven.

"All that a man hath will he give for his life"

Dr. Sheppard says a carefully regulated diet has in numberless cases proved one of the best, if not the very best correctives of diseases.

When seasons are unusual, and vegetation does not respond to man's care as rules tell they will, the gardens are pinched and garden vegetables scharce, then is where the housewife is puzzled about serving the correct diet for a well family and for the children, the aged members of the family or any sick within her care—makes the ordeal a very hard one. A few things must be kept in mind.

By some method green vegetables must be had, or their substitutes. Perhaps one may have lettuce, another carrots, another more fortunate in getting beets started. An exchange of these garden materials will aid in keeping the entire neighborhood well, while maintaining the neighborly fellowship and spirit of comradeship. Never forget the needed vitamines in all green vegetables, nor the value of milk in the diet for the entire family.

In cases where there is illness, the physician should know his diets as well as his Materia Medica. Very often, however the doctor is not able to place diets although he may recommend certain foods or lay down certain rules and regulations—but after all it devolves upon the housewife to think of the nourishing materials and see they are served in manner which will be appetizing to her patient. Where there is a local trained nurse the situation is very much relieved, because consultation once a week with her will help the overburdened homemaker. The nurse, if she is what she should be, will be busy, yes—but that is her businss, her brain will be more perfectly under control in that her daily and hourly thought will be for the good of her people. Then she is in touch more or less with the best medical minds, and she has at her command reference books on almost all general subjects touching every phase of her work. She is invaluable in her school work and has opportunity to put the best practices into all homes represented at the school. In short she, the local nurse is the greatest factor in State and municipal aid, because she gives health and health gives life, and clean wholesome living is the nation's best asset. Without clean living we cannot have clean thought or vice versa. The vices so prevalent today are largely the result of diseased bodies, which will sooner or later effect the thought of the individual. So let us wage war against the immoral, while apparently innocent, tricks of deception and we rather admire the virtues of the snake who is at all times what he seems to be. Oh let us not defile these bodies, which are given to us as temples of the Holy Spirit, by using them as means of traffic.

FEMININE TOPICS

Instead of the hard neckline of the past seasons we welcome the return of the V and square necks and the white collars and cuffs and embroidered frills that so soften the line.

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Artificial fruit has been perfected to such a degree that one must actually touch the pieces to realize that they are merely wax. A cleverly arranged basket of this fruit makes a very pretty and artistic center-piece for the dining-room table.

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A little tea apron of bright colored organdie with edgings of lace or embroidered here and there with contrasting silk is a dainty thing to have, and can be made in a very short time, with only a half yard of material.

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Egg orangeade has grown remarkably popular of late, quite as much as the well known egg malted milk. The drink is one that is easily made at home. To half a glass of orange juice, add sugar and a small amount of water, or sugar syrup to sweeten as much as desired. An egg is broken into a bowl and thoroughly beaten The orange is added and the drink served with or without ice as preferred. The calorie content of such a drink is very high and taken an a light between meal luncheon it is an excellent addition to the diet of the thin person who is trying to gain weight. It is an exceptionally good between- meal luncheon for the child.

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One thing which strikes the eye today is the preponderance of checks in silk goods. Not only the silks designed for sports wear, but also those intended for afternoon gowns, show checks ranging from bold ones three inches square to others so tiny and shadowy as to be almost invisible.

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Do not wash your lingerie ribbons in the garment. Wash and rinse them by themselves, and wind around a bottle to dry. This is better than ironing them and they'll last much longer.

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Serve pickles or some sour sauce like stewed apricots with baked beans, especially if pork is cooked with them. An acid helps in the digestion of fats and oils.

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Give candles a coat of white varnish and then put them away to dry for a few days. When they are lighted the grease will not run down the sides, and the candles will last much longer.

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Nightgowns of tinted pongee are among the acceptable novelties to-day. One of these, tinted a deep turquoise, has little puff sleeves above the elbow.

If the dough for ginger snaps is mixed several hours before using and set in a cool place, the dough will be easy to roll and can be rolled thin without sticking to the board or rolling pin.

MARYDEL

Mr. Harry Rudder returned from Baltimore on Friday, having taken his wife to the Colonial hospital for an operation. She is much better at this writing.

Miss Ann Jump spent the week end in Sudlersville with her sister, Mrs. Walter Stevens.

Mr. Harry Bowdle spent the day in Wilmington on Sunday.

Messrs. Jessie Harmon and Paul Smith of Dover spent Sunday with their parents.

Miss Effie Heather returned to her home on Saturday evening after an extended stay in Wilmington and Philadelphia.

Mr. and Mrs. Owen Moore of Dover are spending a vacation with Mrs. Moore's parents, Mr. and Mrs. Henry Davis.

Mr. Harry Vane and family of Dover were town visitors on Sunday.

Mr. and Mrs. B. R. Kaler and Miss Maud Starkey were guests at the home of S. E. Thompson, Seaford, Del., on Thursday evening.

Mr. Elmer Bowdle accompanied by Mr. and Mrs. G. Westley Smith motored to Bowers, Del., for one of Johnson's famous seafood suppers on Sunday evening.

Mrs. M. May returned Sunday evening after a short stay with her sister in Virginia.

Miss Mildred May spent Thursday in Wilmington.

Marydel was well represented at Hartley Children's day services on Sunday evening.

The League held their June Social at the parsonage on Tuesday evening, there were a goody number present and everybody reported a good time. Come out next month, everybdoy welcome.

Don't forget Sunday morning is Missionary Day for the Sunday school.

Miss Maud Starkey left on Sunday for Stroudsburg, Pa., where she will attend summer school for the next nine weeks.

Mr. and Mrs. Wallace Stafford are visiting in Baltimore.

Mr. Elmer Bowdle made a business trip to Batimore on Tuesday.

Preston High School--County Champions

BASE BALL TEAM

Left to right—Sitting: V. Griffith, 2d; M. Wiliams, l. f.; A. Blades (mascot); G. Blades, 1b; C. Thompson, s. s.and c. f.. Kneeling: E. Wheedleton, p. and 3b (captain); A. Nepert, c; R. Turner (manager); I. Fooks, r. f.; E. Lane, p. and 3b. Standing: J. Douglas, scorer; D. Blades, p. and s. s.; H. A. Kinhart, principal and coach.

VOLLEY BALL TEAM

Left to right—Sitting L. Cheezum, H. Cheezum, M. Christopher, N. Fisher (captain). Kneeling: B. Marquardt, A. Dulin, M. Lane, R. Poole and I. Douglas (substitute).

Mrs. J. Tyson Heather spent Sunday and Rose Gulrich attended the day with her mother, Mrs. Evans of Sudlersville.

Mr. Edward Morris and family and Mrr. William McCreary and family were out of town visitors Sunday.

Mr. T. E. Heather and family and Miss Maud Hummer and Mrs. John Stafford and Nolan and Naomi, also commencement exercises at Denton Monday evening.

Mr. H. H. Smith and family and Miss Rosiene Scotten were Hartly visitors Sunday evenng.

Miss Dorothy Rawlins of Greensboro spent Tuesday with Mrs. James Scotten.

What is "STANDARD"?

—that by which others are compared

It is as true of "Standard" Motor Gasoline as it is of the Government yardstick and Troy pound. "It is as good as Standard," says the dealer who does not know where his gasoline comes from. And maybe it is—but you can safely stick to the original. A distillation test will reveal the uniform high quality which has established "Standard" as the all-round pacemaker in quick starting, smooth acceleration and big, economical mileage. "Standard" specifications mean that uniform satisfaction can be bought at thousands of Standard pumps.

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