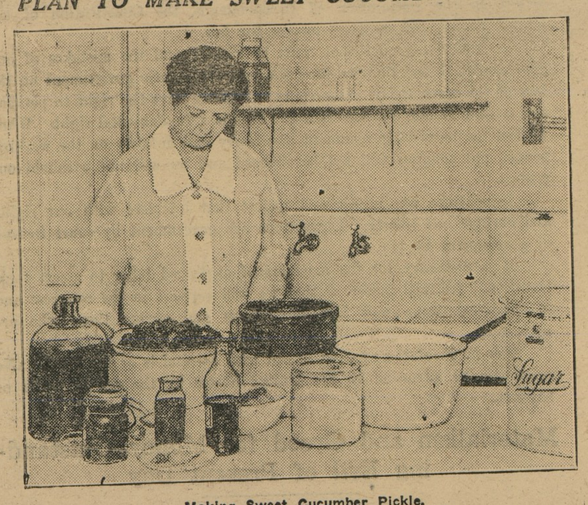
HINTS FOR THE HOUSEWIFE

PLAN TO MAKE SWEET CUCUMBER PICKLE



Making Sweet Cucumber Pickle.

(Prepared by the United States Department of Agriculture.)

Dill pickles are used for making the sweet cucumber pickle described below. If you want to make the dill pickles first yourself, send to the United States Department of Agriculture for a copy of Farmers' Bulletin 1438-F, "Making Fermented Pickles." Otherwise use any good, firm dill pickles.

50 firm dill pickles
12 peeled garlic buttons
8 pints cider vinegar
1 pint tarragon vinegar
½ cupful whole allspice
½ cupful whole black pepper, or 6 hot red pepper pods
10 pounds granulated sugar
1 pound brown sugar
1 cupful olive oil

Cut pickles in cross slices one-half inch thick, and drain in a colander overnight. In a three-gallon stone crock (with lid) pack the pickles in layers, using two garlic buttons to each layer. Boil together the vinegar, sugar, and spices for 15 minutes, watching carefully that this does not boil over, and pour at once over the pickles. Next morning stir in the olive oil. Stir the pickle well each day for ten days. It is then ready to serve.

PROTECT AGAINST DAMAGE BY MOTHS

Woolen and Fur-Trimmed Clothing Must Be Stored.

(Prepared by the United States Department of Agriculture.)

Woolen and fur-trimmed clothing, fur coats and separate pieces, and all the extra woolen blankets that are not in use during warm weather, must, as every housekeeper knows, be very carefully protected against damage by moths. The miller, or adult moth, does not eat fabrics; it selects them for laying its eggs, however, so that the larvae, or worms, will have an abundant supply of suitable food as soon as they are hatched. If there are spots due to food on the garments reached by the moth, the larva is even more attracted to that part of the material.

It pays, therefore, according to the bureau of entomology of the United States Department of Agriculture, to put everything away scrupulously clean. Coats and suits that are properly stored immediately after a trip to the dry cleaner have a very good chance to escape moth damage. This is not only because the spots have been removed, but because, in all probability, the garments have been thoroughly brushed, so that any concealed moth eggs are dislodged, and after that they have been aired and sunned to get rid of the gasoline odor. The same general treatment—thorough cleaning and brushing, with a good sunning—applied to all clothing at home before storing it for the summer, will go a long way toward assuring protection from moths.

Everything must be kept in tight containers. A brown paper parcel will do as well as an expensive treated bag, provided it is carefully done up in such a way that no moths could possibly get in to lay their eggs. Any tight chest or trunk is good, if the clothes have first been properly prepared, but cedar chests have the special virtue of killing any young larvae that might chance to develop in spite of the most careful efforts to brush and beat the garments. The use of napthalene or paradichlorobenzene flakes inside a tight package or box or trunk is also good and is recommended, since the fumes, when closely confined will kill the moth.

It is sometimes possible to seal a closet where clothing is being stored in such a way that moths cannot enter. On the whole, the safest course for the housewife to follow is to put the clothing for each individual in a suit box by itself, with napthalene or paradichlorobenzine, and wrap each one up in several thicknesses of heavy paper, turned under at the ends so that no insects can get in to lay eggs. It is needless to add that each box should have its contents noted on the outside so that it need not be unwrapped in order to locate some article.



Guard Against Moths by Fumigating Clothing in Closets.

Substantial Dish Made From Any Kind of Bean

Pea beans are probably the best kind for baking, but a very good, substantial dish may be made from any sort of beans—white, navy, lima, soy and others. Tomato sauce or tomatoes served with any kind of baked beans will greatly enhance their flavor. Beans supply protein as well as a large proportion of starch, but the protein is not so efficient a kind as that of meat, milk, and eggs. It is well, therefore, to serve a milk or egg dish at the same meal with beans. For example, a cream soup, or a custard dessert of some sort. Most of the dried beans are good sources of vitamine B, but as vitamines A and C are also needed these must be furnished by other foods, especially by vegetables, salads, and milk dishes.

A pint of dried beans will make a large potful, and the seasonings we are giving are in proportion to this amount. Soak the beans overnight and then cook gently until they can be pierced but are not mushy. The skins will break easily. Put the beans in the pot with a quarter-pound piece of well-streaked salt pork in the middle, rind side up. The rind should be scored. If you are not using meat, mix about six tablespoonfuls of butter with the beans as you put them in the pot. Add the seasonings, blend with a little hot water. Use a teaspoonful of salt, a teaspoonful of mustard, two tablespoonfuls of molasses or sugar, and a tablespoonful of minced onion, if you like it, or a small onion cut in slices. Bake the beans in a very moderate oven from six to ten hours. Add a little boiling water from time to time but never enough to bring the water beyond the top of the beans. Keep the lid on the bean pot until the last hour, then uncover and allow the top beans to become nicely browned.

Valuable Minerals Are Found in Raisin Bread

It may not always be convenient to make a yeast-raised dough when you want raisin bread. Everybody likes raisin bread once in a while, however, and the raisins contribute valuable mineral elements to the diet. A very good bread can be made by using baking powder. It will dry out more quickly than a yeast-raised bread, so it is well to make only as much as you are sure will be eaten promptly. The United States Department of Agriculture furnishes the following directions for making it:

Quick Raisin Bread.

3½ cupfuls flour
1 teaspoonful salt
4 teaspoonfuls baking powder
½ teaspoonful cinnamon
1 cupful milk
4 tablespoonfuls melted butter
4 tablespoonfuls sugar
1½ cupfuls raisins, chopped
2 eggs

Sift the salt, cinnamon, flour and baking powder together. Beat the egg and add the milk and sugar. Combine the liquid and the dry ingredients. Stir in the raisins until well mixed. Place the bread in a greased pan and let it stand for 10 minutes. Bake at a moderate temperature (about 350 degrees Fahrenheit) for about 45 minutes.

Why Plants Seek Light

Why plants in window boxes turn toward the light is due to the irregular development of the growing tissues of the plants in the absence of uniform lighting. The plants should be turned often to keep them straight.

How Apples "Breathe"

Growing apples "breathe," taking in oxygen and breathing out carbon dioxide. The rate of this breathing is to be measured at Cambridge this year.

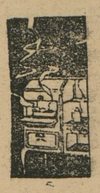
THE KITCHEN CABINET

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Give pleasure. Lose no chance of giving pleasure. For that is the ceaseless and anonymous triumph of a truly loving spirit.—Henry Drummond.

VEGETABLE DISHES

In many homes the entire meal for the dinner time is composed of vegetables in some form. Here are a few suggestions:



For soup there is such an endless variety that it is needless to name but a few, such as potato, cream of onion, asparagus, pea and bean. For a main dish it is best to choose some vegetable which will blend into the menu, after the soup. Try some of these in a dinner menu:

Fried Summer Squash.—Cut the squash into crosswise slices about one-half inch thick. Peel and remove seeds unless very tender. Dip each slice into beaten egg diluted with cold water and then into fine bread crumbs. Saute in hot fat until brown on both sides and well cooked.

Baked Tomato a la Creole.—Wash six firm tomatoes and cut a slice from the top of each. Scoop out the pulp, leaving a shell one-fourth-inch in thickness. Chop the pulp and mix with a cupful of cold minced chicken or other meat, one cupful of bread crumbs, one tablespoonful each of chopped onion and green pepper and one teaspoonful of salt, a bit of cayenne and paprika to season. Stuff the tomato shells with the mixture, add a bit of butter to each and cover with buttered crumbs. Bake in a moderate oven until the crumbs are brown. Baste often with butter and water and serve with a rich brown sauce.

Cabbage au Gratin.—Chop very fine three cupfuls of cooked cabbage. Melt two tablespoonfuls of butter, add two tablespoonfuls of flour and stir in one cupful of milk. Cook until the mixture is thick and smooth, then add one teaspoonful of salt and one-fourth teaspoonful of paprika. Fill a greased baking dish with layers of cabbage and white sauce until all are used. Cover with one-half cupful of crumbs that have been well mixed with three tablespoonfuls of butter. Bake in a moderate oven for 20 minutes or until the crumbs are well browned.

Nellie Maxwell

WHY

School Building Should Interest Parents

The school building to which the child goes each day must be hygienically built and equipped. The day's program of school work, the methods of teaching in the classroom and the moral atmosphere of the school must be healthful. The child should not only learn through his daily experiences at school how to live a healthful life, but he should also be inspired with the desire to live a healthful life.

So say Dr. Thomas D. Wood and Marrion O. Lerrigo writing on different phases of the school child's health in Hygeia, popular health magazine published by the American Medical association.

Parents may best exert their influence and aid by co-operating through the agency of the local Parent-Teacher association. When a new school is to be built this organization offers the best means of informing the parents of the plans under consideration and giving them an opportunity to make suggestions.

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