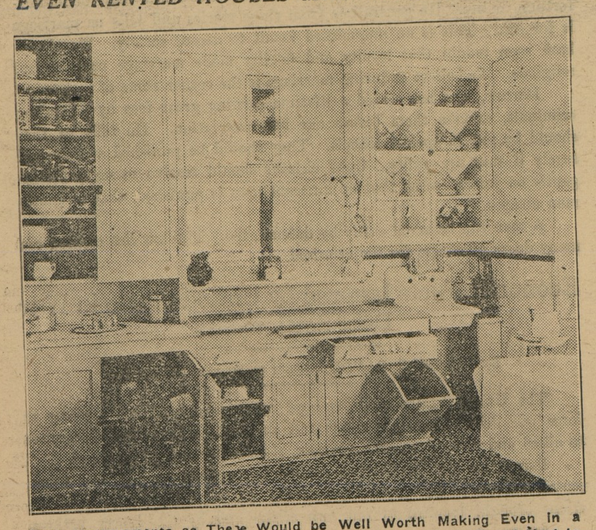
HINTS FOR THE HOUSEWIFE

EVEN RENTED HOUSES MAY BE CONVENIENT



Such Improvements as These Would be Well Worth Making Even in a Rented Home—A Few Cupboards, a Counter, or Drain Board Next to the Sink and Storage Places for Supplies, Dishes and Saucepans are Handy.

(Prepared by the United States Department of Agriculture.)

It is true that when you rent a home you must accept most of the stationary features as they are. In looking about for a place to live you make the best choice you can. But unfortunately sometimes interest and attention stop right there. You say, "It does not pay to spend time or money on somebody else's property," forgetting that what you would really spend both for would be your own comfort and pleasanter working conditions.

You will pass a great deal of time in the kitchen. Why not begin by looking at it critically, to see what improvements could be made without too great effort or expense? Are the walls and woodwork a cheerful color? A little paint will make them so. If you cannot persuade the owner to do it for you, paint them yourself. Choose a warm tan or soft yellow for the walls in a room that needs sunshine; a cool gray in one that already receives plenty of light and sun.

Work Centers Arranged.

How are the work centers arranged for preparing food, cooking, serving, clearing away and dishwashing? Can you move any part of the equipment so as to save steps? Farmers' Bulletin 1513-F, "Convenient Kitchens," will give you some good suggestions as to how this can be done. The United States Department of Agriculture will send the bulletin free on request as long as the supply lasts.

What about the height of the various working surfaces? You can put blocks under the legs of a kitchen table so that you do not stoop over it. If the sink is too low for your height, set a box or pan in it and rest the dishpan on that. Put rollers on anything that must be moved frequently, such as the table or wood box.

Curtains Brighten Workroom.

Get some fresh curtains made of sturdy washable material to brighten up your workroom. Gingham or unbleached muslin would be inexpensive and answer the purpose. In fact, in every room where it is not possible to make other changes, curtains will help to give an attractive, individual note.

Glance about the rest of the house and see what can be done to make it livable. Before moving in the furniture look at the woodwork, walls, windows, and floor and see if they need any treatment which you could give without much outlay. Paint and varnish help wonderfully. Think over your furniture, and make up your mind to do without any ugly or unnecessary pieces, and to put away any bric-a-brac or pictures that only require extra work and care. Put a pole in each bedroom closet for clothes hangers, and make shoe bags or racks.

Sliced Oranges Are One of the Nicest Desserts

Sliced or cut-up oranges are one of the easiest and nicest desserts, either just as they are or in a soft custard. Shredded coconut sprinkled over sliced oranges makes a favorite southern dessert known as "ambrosia." Sliced oranges may be served in tart or patty shells with a spoonful of whipped cream. Orange and water cress salad with French or whipped cream dressing is appetizing, and, of course, oranges may form at least half of any mixed fruit salad, fruit cup, or fruit gelatin. Use pure orange juice for making the jelly part of a mixed fruit gelatin, with such combinations as chopped apple, banana, orange and fig; or grapefruit, orange, pineapple, nuts and dates; or canned peaches, pears, oranges and a small amount of preserved watermelon rind, citron or other spicy preserves. Plain orange jelly made with pure fruit juice is a delicious dessert in itself. When half congealed it may have the white of an egg beaten through it, but this is not necessary. A dainty way to serve orange jelly to an invalid or a child is to scoop out the contents of one orange, leaving the rind a basket shape. Fill this with the jelly when ready to mold it.

Baked Omelet Will Ease Pressing Kitchen Tasks

A baked omelet is practically a custard without sugar. The advantage in baking an omelet is that it does not require such careful watching as the other type and so may be managed when the housewife has other pressing tasks on hand. The proportion of milk to eggs is different from that in an ordinary omelet, which requires very little milk. The recipe is supplied by the bureau of home economics.

Baked Omelet.

1 quart milk	½ teaspoonful salt
5 eggs	1 teaspoonful melted butter

Warm the milk and pour it into the lightly beaten eggs. Season with salt and butter and pour this mixture into a greased baking dish. Bake in a moderate oven surrounded by a pan of water, until set in the center. Serve from the dish, adding more seasoning as desired.

Eggs in Tomato Sauce Make Good Dinner Dish

Do you enjoy an occasional egg dinner? Some people think of eggs as suitable only for breakfast, luncheon, or supper, and do not regard them as substantial enough for dinner. As a matter of fact, however, eggs contain the same kind of efficient protein for body building that is found in meat. Eggs, particularly the yolks, are rich, too, in mineral substances and they are one of the best sources of vitamine A which everybody needs for health and physical well being. What makes eggs seem to be less substantial than some other foods is that their food materials are in such form that they can be rather quickly assimilated by the body. Eggs are pure food material mixed with water. Because of their rather large percentage of water, when serving eggs for dinner it is well to allow two or more apiece for the grown-up members of the family. An exact recipe cannot be given without knowing the number of persons in your family. With these proportions for sauce enough to go with six eggs in mind, you can count noses and estimate the exact quantities needed.

Make a sauce by blending three tablespoonfuls of flour and two tablespoonfuls of melted butter and combining with two cupfuls of tomato juice and pulp and seasonings—one and one-half teaspoonfuls salt, one-quarter teaspoonful of pepper, one-half teaspoonful celery salt. If you are planning to bake your eggs put about half the sauce in a shallow buttered baking dish or pie plate and then break the eggs separately in a saucer and slide them carefully, one at a time, into the sauce. If you have more than six eggs, use two dishes. Cover the eggs with the rest of the sauce and sprinkle three tablespoonfuls of grated cheese over the top. Bake in a moderate oven until the eggs are set.

If you like, you can heat all the sauce in a skillet and poach the eggs in it, handling them carefully as before. In this case, spread rice or noodles on a hot platter while the eggs are cooking, skim out the eggs as they are done and slip them on top of the rice or noodles, and pour the tomato sauce over the whole dish.

Tasty Cheese Straw Adds Needed Flavor to Salad

Sometimes a tasty cheese cracker or cheese straw adds just the touch to a salad that is needed to make it seem a course out of the ordinary. Accessories of this kind are especially good at lunches or suppers when guests are invited, or for serving with a salad that is the main dish among party refreshments. Cheese straws may be included by way of variety on any occasion where sandwiches or crackers would be served. The United States Department of Agriculture gives the following recipe for making them:

Cheese Straws.

1 cupful flour	1 cupful grated cheese
½ teaspoonful salt	1-16 teaspoonful cayenne
4 tablespoonfuls fat	2 tablespoonfuls water

Cut the flour, salt, fat and one-half of the cheese together with a biscuit cutter until the mass is blended. Add the water and mix well. Toss on a slightly floured board and roll two or three times until the dough is smooth. Sprinkle one-half of the remainder of the cheese and roll again. Repeat this until all the cheese is used. Roll the mass out about one-quarter inch thick. Cut in strips one-half inch wide and six inches long. Place the strips on a baking sheet and bake until a delicate brown in a moderate oven about 400 degrees Fahrenheit.

The KITCHEN CABINET

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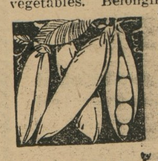
"Why give a thought to that which has been done?
No triumph can from out the past be won.
But in the future there is not a height
Where we from life cannot win new delight."

WAYS WITH PEAS

Peas are among our most nutritious vegetables. Belonging to the proteins they take the place of meat in the diet.



Green Pea Soup.—Take one pint of green peas, a quart of stock (chicken is best), a small bunch of parsley—mint if liked, two tablespoonfuls of butter and a teaspoonful of salt. Cook all together and put through a sieve, then reheat. Season with butter, salt and pepper and serve hot.

Pea Souffle.—Cook a pint of peas until soft, put them through a sieve, add two tablespoonfuls of butter, a pint of milk, the yolks of three eggs. Season with salt and pepper and fold in the stiffly beaten egg whites. Pour into a buttered baking dish and bake twenty minutes.

Salmon and Pea Salad.—Flake a can of salmon, removing the skin and bones. Take an equal amount of cooked peas and mix well with the salmon. Serve on lettuce with a boiled dressing to which a sour pickle has been added, chopped into bits.

Combination Salad.—Take one cupful of peanuts cut into bits, two cupfuls of peas, one-half cupful of olives, a bit of chopped onion and mayonnaise dressing with seasoning of salt and pepper.

Peas and Peppers.—Take the tops from six even-sized green peppers, remove the seeds and soak in strong brine overnight. Moisten with the liquor from a can of peas, fill the shells with one-half cupful of minced meat, one cupful of peas, one-half cupful of bread crumbs, a little onion juice, salt and pepper to taste. Bake until the peppers are tender.

Creamed peas served round a steamed salmon loaf makes a fine dish. Cook the salmon loaf in a small bread pan, turn out on a hot platter and pour the peas around the loaf.

Peas with peanuts and chopped sour pickles, adding a good dressing, makes a piquant salad, well liked.

Nellie Maxwell

How Salt Is Obtained

There are really three ways in which salt may be secured; first, by mining; second, by evaporating sea water, and third, by digging wells until a salt vein is struck and then pouring down water and pumping it up again as brine. When the veins or leads of salt lie at a great depth below the surface it is usually much cheaper to resort to the brine-well method than to mine it out like coal. This brine is put through a plant which heats, filters and evaporates it, leaving only the dry salt. When this product is refined, sifted and graded it is ready for sale and use.

Why Sauerkraut "Spoils"

Spoilage of the top layers of vegetables fermented in brine is sure to occur unless the scum which forms on the surface is frequently removed. This scum is made up of wild yeasts, molds and bacteria, which, if allowed to remain, attack and break down the vegetables beneath. They may also weaken the acidity of the brine, in which way they may cause spoilage. The fact that the top layers have spoiled does not, however, mean that all in the container are spoiled.

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