

JAM & JELLY

CANDY

PRESERVES

PICKLES

ETC.

TOMATOES, peas and grapes must come in from the summer sunshine and rest patiently on the pantry shelves, their warm beauty preserved in jars and glasses. You'll like these very easy recipes.

Tomato Preserves

Four lbs. tomatoes, 1 cup water, 4 lbs. sugar, 2 lemons.

Use small plum-shaped yellow and red tomatoes. Dip into boiling water, then peel. Cook sugar and water to a syrup. When syrup boils, add tomatoes and continue to simmer.

Boil lemons in clear water until tender; drain and slice, removing seeds. Add to tomatoes and continue to cook until tomato mass is clear and syrup thick. Turn into large dish and cool thoroughly. Then pack fruit in jars and strain syrup over it. Stand several hours before sealing.

Spiced Ripe Pear Jam

Three and one-half cups (1 $\frac{3}{4}$ lbs.) prepared fruit, 7 $\frac{1}{2}$ cups (3 $\frac{1}{4}$ lbs.) sugar, 1 bottle fruit pectin.

To prepare fruit, peel and pit or core about 2 $\frac{1}{2}$ lbs. fully ripe fruit. Grind or chop very fine. Add 1 teaspoon cinnamon, cloves and allspice, or any desired combination of spices to ground or chopped pears.

Measure sugar and prepared fruit, solidly packed, into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard one minute.

Remove from fire and stir in bottled fruit pectin. Then stir and skim by turns for just five minutes to cool slightly, to prevent floating fruit. Paraffin hot jam at once.

Ripe Concord Grape-Damson Plum Jam

Four cups (2 lbs.) prepared fruit, 7 $\frac{1}{2}$ cups (3 $\frac{1}{4}$ lbs.) sugar, $\frac{1}{2}$ bottle fruit pectin.

To prepare fruit, slip skins from about 1 $\frac{1}{2}$ lbs. fully ripe grapes. Bring pulp to a boil and simmer, covered, 5 minutes. Remove seeds by sieving. Chop or grind skins and add to pulp.

Pit (do not peel) about 1 $\frac{1}{2}$ lbs. fully ripe damson plums. Cut into small pieces and crush thoroughly. Add $\frac{1}{4}$ cup water, bring to a boil, cover, and simmer 15 minutes. Combine fruits.

Measure sugar and prepared fruit into large kettle, filling up last cup with water if necessary. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard one minute.

Remove from fire and stir in bottled fruit pectin. Skim; pour quickly. Paraffin at once.

PICKLING PECULIARITIES

(How's and Why's)

HOW'S

.. An enamel ware or aluminum kettle should be used for cooking pickles, and an enamel or wooden spoon for stirring them as other materials will sometimes produce injurious metal compounds.

.. Fresh spices each year insure finer flavored pickles. Whole spices tied in a cloth bag or piece of cheese cloth and cooked with the pickles will flavor, but do not darken the finished product.

.. Green or slightly under-ripe fruits and vegetables make firmer, crisper pickles than those which have fully matured.

.. To keep pickles crisp, use pure cider vinegar; water as free from minerals as possible (the presence of iron may darken pickles); and a brine of correct proportions.

.. The correct brine for pickling is a 10% solution of salt and water—that is, 1 cup of salt to 9 cups of water.

.. Fine table salt need not be used. Common or so-called dairy salt is satisfactory.

.. To retain the bright color of pickles, be sure to use correct brine and vinegar solutions.

.. Do not cook cucumbers too long or at too high a temperature.

.. Salt draws water from vegetables, making them firm and crisp and in better condition to absorb the pickling solution.

WHY'S

.. Hollow pickles are caused by using cucumbers which have been pickled too long or which were imperfect in the first place.

.. Tough or shriveled pickles are caused by too strong a brine, too strong a vinegar solution, or by putting them too quickly into too heavy a syrup.

.. Slipper pickles are caused by the pickle rising above the top of the brine. When not sealed, keep pickles weighted and covered with brine.

.. Scum will form on pickled foods if not properly sealed. In open containers it forms when the liquid comes in contact with the bacteria in the air.

.. Soft pickles are caused by using too strong a vinegar or being put in too weak a brine.

.. Off color is the result of using a copper kettle or the wrong kind of vinegar. Use pure apple cider vinegar for best results.

FALL PICKLING AND PRESERVING

Although commercial canners do "put up" many varieties of more familiar types of pickles and relishes, it would be impossible for them to can all those pickles made from the recipes our grandmothers have handed down to us. So put up a few jars of those specially-prepared or the uncooked varieties of pickles and relishes for this winter.

FRUIT WATERMELON PICKLES

(Listen to the family cheer!)

Rind from one watermelon.

1 gal. cold water.

1 tbsp. powdered alum.

Peel white portion of rind of large watermelon and trim off pink flesh. Cut this white portion in any desired shape—cubes, oblongs or leaves from four to six inches long, marking each leaf with veins so that, when cut, each leaf will be divided into individual sized portions. Soak these over night in water in which powdered alum has been dissolved. In the morning, rinse and cover with cold water. Bring to a boil and cook until rind is tender. Drain and rinse thoroughly with cold water to make more firm. Add well-drained melon rind to pickling syrup and cook until tender and slightly transparent. Pack in jars, cover with hot syrup and seal.

UNCOOKED CHILI SAUCE

(Not lazy housewife—just smart.)

8 qts. ripe tomatoes.

6 large onions.

2 cups chopped celery.

2 sweet peppers.

2 cups sugar.

$\frac{1}{2}$ cup salt.

1 qt. cider vinegar.

3 oz. white mustard seed.

Chop tomatoes fine and drain over night in a jelly bag; next day add the chopped onions, celery, peppers and other ingredients. Mix thoroughly. Place in stone jar or crock and cover with cloth. This sauce will keep indefinitely without sealing. Caution. Do not seal or cover with a tight lid.

BREAD & BUTTER PICKLES

(What memories these inspire)

25 small cucumbers.

8 onions, peeled.

1 qt. vinegar.

2 cups sugar.

2 tsps. celery seed.

2 tsps. turmeric.

1 tsp. mustard (powdered).

$\frac{1}{2}$ cup salt.

Slice cucumbers and onions and soak in cold water over night. Bring the vinegar and other ingredients to a boil. Pour the vinegar mixture over the drained cucumbers and onions and let stand one hour. Boil for three minutes. Put into sterilized jars and seal.

PICKLING SYRUP

(Equally at home with any fruit)

3 pts. vinegar.

1 pt. water.

5 lbs. sugar.

3 lemons.

6 sticks cinnamon.

2 tbsps. whole cloves.

1 tsp. whole mace.

Boil vinegar, water and sugar about 10 minutes. Add spices and lemons, sliced thin and tied in a muslin bag. May also be used for pickling other fruits such as pears, peaches, plums and crabapples.

QUINCE AND ORANGE CONSERVE

(Good at any time)

3½ lbs. quinces.
6 cups water.
4 med. oranges.
9 cups sugar.

Peel and core quinces; weigh and chop fine or put through food chopper. Then add water and chopped rind of 1 orange. Cook until fruit is tender; add sugar and juice of the 4 oranges. Simmer until thick and a few drops will jelly when dropped on a cold plate. Seal in small jars, or pour into clean, hot glasses and cover immediately with hot paraffin.

QUINCE BALLS

(Splendid garnish for meats)

Peel and core quinces. Cut into balls with French cutter. Boil Quince Balls gently in syrup made of 1 part water and 1 part sugar. Or, parboil a few minutes until tender, in clear water, then add to heavier syrup made of 1 part water and 2 parts sugar. Pack into hot sterilized jars with a greater proportion of syrup than used for pears and peaches. Seal immediately. A few slices of lemon may be cooked with the quince and will add to the flavor. These Quince Balls are a rich red color.

VEGETABLES CHOW CHOW

(Adds that something)

4 qts. green tomatoes.
¼ cup salt.
6 small onions.
1 pt. cucumbers.
1 green pepper.
1 bunch celery.
1 cup white or brown sugar.
½ tsp. cinnamon.
½ tsp. ground allspice.
1 tbsp. ground mustard.
1 quart vinegar.

Chop the tomatoes, not too fine, mix well with salt and let stand over night. Drain tomatoes, put in enamel kettle, and add the onions, cucumbers, peppers and celery, chopped fine. Stir in sugar, spices and vinegar and cook until clear. Stir well with wooden spoon, pack in hot sterilized jars and seal. Note: For light pickle, use whole spices tied in cloth bag.

RAW CABBAGE RELISH

(You don't have to cook this)

4 lbs. cabbage.
9 sweet red peppers.
9 green peppers.
4 large parrots.
8 large onions.
½ cup salt.
3 pts. vinegar.
4 cups sugar.
2 tsps. celery seed.
2 tsps. mustard seed.
Pinch of pepper.

Chop cabbage as for cole slaw; add finely chopped red and green peppers, carrots and onions and salt. Mix well and let stand for three hours. Let drain one hour and add the remaining ingredients. Mix thoroughly. Let stand another half hour and seal in sterilized jars.

TOMATO JUICE

(Good for that tired feeling)

Rinse and drain ripe tomatoes, remove any imperfections and cut in halves or quarters. Place tomatoes in a large preserving kettle without water (tomatoes cook in their own juice) and slowly bring to a boil. Cook till the tomatoes are tender, stirring occasionally. Put through colander to remove skins and seeds. Bring to a boil, pour into hot sterilized jars or bottles and add 1 teaspoon of salt to each quart of juice. Seal at once. This should make a fairly thick juice which may be diluted when served, or used whenever the recipe calls for tomato sauce.

TOMATO PRESERVES

(An old-time favorite)

5 lbs. ripe tomatoes.
8 cups sugar.
2 lemons.

Scald and peel tomatoes. Place in enameled bowl, add sugar and let stand over night. Drain well and boil juice rapidly until it threads. Add the tomatoes and lemons, sliced thin, and cook until thick and clear. Pack into hot jars and seal immediately. The preserves should be a rich, red color.

POTTSVILLE PICKLES

Keep original freshness

3 sweet red peppers
2 heads celery
1½ quarts finely chopped ripe tomatoes
1½ quarts finely chopped green tomatoes
1½ quarts thinly sliced cabbage
1½ quarts chopped onions
½ cup salt
3 cups or 1½ pounds sugar
3 pints vinegar
½ teaspoon cloves
1 teaspoon cinnamon
½ cup mustard-seed
½ cup prepared horseradish

Remove seeds from peppers; clean celery; grind, using coarse blade. Combine all vegetables; add salt; mix and place in cloth bag; and drain overnight. Make syrup of sugar, vinegar, and spices in large preserving kettle; add vegetables and horseradish; and boil slowly about 30 minutes. Pour into hot, sterilized fruit jars; seal immediately. Makes about 8 pints.

GRAPE SPECIAL

A quickly made jam

5 pounds seedless grapes
½ cup water
½ cup orange juice
3 tablespoons lemon juice
Sugar
Cinnamon
Cloves
Nutmeg

2 When it's roast lamb for Sunday dinner, make the folks exclaim by serving canned peas set in mint jelly. Peas and mint jelly are "musts" with lamb. But peas in mint jelly is as new as today's snowstorm.

3 One more word about peas. Besides reminding one of July Fourth, they may be puréed, thinned with hot cream, seasoned and used as sauce. You eat fish, don't you?

6 Slice and fry that superfluous turkey stuffing. Cover the slices with scrambled eggs. For breakfast, to be sure.

PEACH PIQUANT

Tempting Appetizer

1½ cup canned peaches, cubed
½ cup finely sliced celery
1 teaspoon minced onion
1 teaspoon horseradish
½ teaspoon Worcestershire sauce
2 teaspoons lemon juice
½ cup syrup from peaches
Salt

Chill peaches. Combine seasonings and fruit juice; stir until well blended; chill thoroughly. Place peaches in small cocktail glasses; pour dressing over; serve. Serves 6.

PEACH APPETIZER

Something Different

2 cups canned sliced peaches, well drained
1 tablespoon lemon juice
1 tablespoon orange juice
¼ cup juice from peaches
1 tablespoon sugar
¼ cup finely diced sweet pickles

Cut peach slices in half. Chill. Combine fruit juices, sugar and pickles. Chill well. Just before serving arrange peaches in cocktail glasses and pour dressing over them. Serves 6 to 8.

PEACH COCKTAIL

For Luncheon

2 cups canned sliced peaches, drained
½ cup peach juice
4 tablespoons orange juice
1 tablespoon lemon juice
Maraschino cherries or fresh mint leaves

Chill peaches. Combine juices and powdered sugar to taste if desired, stirring until sugar

is dissolved. Chill well. Arrange fruit in cocktail glasses. Pour chilled juice over it. Garnish with cherry or mint leaves. Serves 6 to 8.

Wash and stem grapes. Cook in large preserving kettle with the water until skins split and grapes are tender, about 15 minutes; mash slightly. Add fruit juices; measure; and add one-half as much sugar. Cook slowly until thick, about 1½ hours, stirring occasionally to prevent burning. Add spices to taste. Pour into hot, sterilized jelly glasses; seal immediately with paraffin. Makes about 4 8-ounce glasses. (Note: Other kinds of grapes may be used. Cook in water until tender. Press through coarse sieve.)

AUTUMN CONSERVE

Grapes with pears

1 pound seedless grapes
½ cup water
2 cups diced pears
¼ cup orange juice
1 tablespoon grated orange rind
2 cups or 1 pound sugar
½ teaspoon salt
1 cup seedless raisins
½ cup chopped walnut meats

Simmer grapes in the water in large preserving kettle about 15 minutes, or until tender; crush thoroughly. Add pears, orange juice and rind, sugar, salt, and raisins. Cook over slow fire until quite thick, about 1 hour, stirring occasionally. Add nuts; cook only until nuts are thoroughly heated through, about 10 minutes. Pour into hot, sterilized jelly glasses; paraffin at once. Makes about 4 8-ounce glasses.

4 Was there rosemary in your garden? If you dry and save a bouquet of it? If use a sprig or two in the pan when you cook pork chops. Rosemary, that's for remembrance—so don't forget this hint.

5 Have I told you about adding a cup chopped peanuts to chicken and turkey stuffing? If not, I should like to mention it now. A worth-while suggestion.

23 Small leftover pieces of turkey and chicken may be quickly sautéed in butter or margarine; then break up in the pan a currant jelly, mix well as it partly melts and serve on boiled rice.

DIVINITY FUDGE

- 3 cups granulated sugar
- 1 cup Karo, Red Label
- ½ cup water
- 2 egg whites
- ¼ teaspoon salt
- ¾ cup chopped mixed nuts
or mixed dates, figs and
raisins
- 1 teaspoon vanilla

Combine Karo, water, salt and sugar, boil (300 degrees F.) until a little tried in cold water is brittle. Beat egg whites stiff and gradually beat in the boiling syrup. Whip until it begins to stiffen, add vanilla and fruit or nuts, beat more and pour into a pan slightly oiled with Mazola. When cold cut in squares.

BUTTERS-COTCH

- 1 cup Karo, Red Label
- 1 cup Karo, Blue Label
- 2 cups granulated sugar
- 4 tablespoons butter
- 2 tablespoons cream or top
milk
- ½ teaspoon salt
- 1 teaspoon vanilla

Combine the Karos, sugar, butter and cream and boil, stirring frequently, to 258 degrees F., or when the mixture is brittle if a little is tried in cold water. Add the vanilla and salt, pour into shallow oiled pan, and cut in squares while still warm.

Send for this Helpful Book Today!

After you have enjoyed eating the delicious candies made with KARO, you will want a copy of "The Modern Method of Preparing Delightful Foods" by IDA BAILEY ALLEN, the well-known economics expert. This interesting book contains nearly 300 valuable recipes, helpful hints and general information. Send 10c (stamps or coin) to Corn Products Refining Co., Dept. K.F., P. O. Box 171, Trinity Station, New York City, and you will promptly receive your copy of this book.

IT'S EASY TO MAKE FINE CANDIES AT HOME

with

Karo



KARO FUDGE

- 2 squares (or oz.) chocolate
- ½ cup cold milk
- 2 cups granulated sugar
- ¼ cup Karo, Blue Label
- 2 tablespoons butter
- 1 teaspoon Vanilla

at once into a buttered pan. Mark deeply in cakes when nearly cold.

Grate the chocolate, and add all the ingredients except the vanilla. Cook slowly, stirring once in a while. Cook till it makes a soft ball in cold water (requires about five minutes after actually boiling). Remove from fire, add the vanilla and beat until it begins to granulate. Pour

SALT WATER TAFFY

- 1 cup Karo, Red Label
- ¾ cup water
- 2 cups granulated sugar
- 1 tablespoon Argo or King's-ford's Cornstarch
- ½ tablespoon Mazola
- ¾ tablespoon salt
- 1 teaspoon desired flavoring, preferably vanilla

Combine the sugar, cornstarch, salt and Mazola. Add the Karo and water and stir until the mixture boils rapidly. Boil to 252 degrees F. or until a little when tried in cold water forms a fairly hard ball. Flavor, pour onto a large platter lightly oiled with Mazola and when cool enough to handle, oiling the hands with a little Mazola, pull into a rope and cut in inch lengths.

KARO TOFFEE

- 2 cups Karo, Blue or Orange Label
- 2 cups sugar
- ½ cup rich milk
- Few grains salt
- 1 tablespoon Mazola
- 6 drops vanilla

a pan lightly oiled with Mazola and let stand several hours to become firm. Cut in sections with a sharp knife and wrap in waxed paper.

Combine the ingredients with the exception of the vanilla, and boil (252 degrees F.) until the mixture forms a fairly firm ball when tried in cold water. Add the vanilla, beat a few minutes until the mixture is beginning to cream and looks thick, then pour one-half inch deep into

PLAIN FONDANT

- 4 cups granulated sugar
- 1 cup Karo, Red Label
- 1 cup boiling water
- ¼ teaspoon cream of tartar

ly oiled with Mazola; cool until luke warm. Beat with a spoon or whisk, until creamy, then knead with the hands so it will not crumble. Put into a bowl lightly oiled with Mazola, cover and do not use for twenty-four hours. Then divide into portions, flavor, stand the bowl in warm water, color if desired, and use in making bonbons, etc. As this fondant contains Karo, it will not become grainy.

Combine the ingredients. Stir until dissolved and heat to boiling point. Boil without stirring until a little, when tried in cold water, forms a soft ball, 238 degrees F. Pour onto a large platter slight-

PEPPERMINT AND WINTERGREEN WAFERS

Prepare Plain Fondant, coloring part pink, and flavoring it with a few drops oil of wintergreen; leave the remainder white, but flavor it with a few drops oil of peppermint. Warm, put on a board over which a little confectioner's sugar has been sifted, roll quickly to one-fourth inch thickness and cut into rounds with a large thimble, or small cutter. Dust with confectioner's sugar and let stand a few hours to become firm.

NOUGAT

- 1 cup Karo, Red Label
- 2 cups granulated sugar
- ½ cup water
- 2 egg whites
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- ½ cup candied cherries cut fine
- ½ cup chopped almonds

Pour the Karo into a saucepan, add the sugar, salt and water and boil (258 degrees F.) until a little, tried in cold water, forms a hard ball. Beat the egg whites stiff and pour in the candy mixture, beating constantly until the mixture is almost as thick as whipped cream. Stir in the vanilla, cherries and nuts and pour into a pan oiled well with Mazola.

The Nougat should be about half inch thick. Let stand over night, cut into oblong pieces and wrap in wax paper.

POPCORN BALLS

2 cups Karo, Blue Label
1 $\frac{3}{4}$ cups granulated sugar
 $\frac{1}{2}$ cup water
1 teaspoon vanilla
4 quarts popped corn

with Mazola and form the corn into medium sized balls, pressing closely together.

Combine the Karo, sugar and water and boil (254 degrees F.) until a little when tried in cold water forms a hard ball. Add the vanilla and pour into the popped corn from which all hard grains should be removed. Stir till coated, rub the hands

PENUCHE

2 cups brown sugar
 $\frac{1}{2}$ cup Karo, Blue Label
 $\frac{1}{2}$ cup rich milk
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ tablespoon butter
 $\frac{1}{3}$ teaspoon vanilla

Combine the Karo, butter, sugar, milk and salt and boil (238 degrees F.) until a little when tried in cold water forms a soft ball. Cool till tepid, add the vanilla, beat until creamy and pour one-half inch deep into a medium-sized pan lightly oiled. When almost cool, cut into squares.

PEANUT BRITTLE

2 cups Karo, Blue Label
1 cup granulated sugar
 $\frac{1}{4}$ teaspoon vanilla
 $\frac{1}{2}$ teaspoon baking soda
2 cups roasted peanuts

Combine the Karo and sugar and boil to 300 degrees F. or until brittle when a little is dropped in cold water. Add the soda to the candy and spread thickly on oiled pans containing a layer of roasted peanuts.

TAFFY APPLES

1 cup brown sugar
 $\frac{1}{2}$ cup granulated sugar
 $\frac{1}{2}$ cup Karo, Orange Label
1 teaspoon vanilla
 $\frac{1}{2}$ cup water
1 tablespoon Mazola
 $\frac{1}{4}$ teaspoon salt

Cook sugar, Karo, water, salt and Mazola until syrup crackles in cold water. Remove from fire and add flavoring. Stick skewer in stem end of apple, dip one at a time into hot syrup and place on pan oiled with Mazola to cool.

REFRESHING ROOT BEER

With Maca Yeast

$\frac{1}{2}$ package Maca Yeast
5 gallons lukewarm water

4 pounds granulated sugar
1 bottle (3-oz.) Root Beer Extract

Dissolve yeast in 1 cup of the water. Put sugar into large container and pour over it the Root Beer Extract. Add remaining water and stir. Add dissolved yeast and mix well. Bottle at once, leaving 1 inch space at top of bottles. Seal securely with bottle caps or corks. Place bottles on sides and keep in a warm place, away from drafts, for 2 or 3 days. Then store in cool place. Chill before serving. Ginger Ale Extract may be substituted for Root Beer Extract.

Southern Sweets

Cooked sweets, rich milk, butter, maple or other syrup, marshmallows, salt, pepper, cinnamon

Pare and slice boiled sweets into thin sections. Arrange layer in greased casserole. Season with salt, pepper, and cinnamon. Pour over syrup. Cover with second layer of sweets and repeat. Cut marshmallows in half and cover entire top. Dot with butter, sprinkle with cinnamon. Bake moderate oven until marshmallows are melted and brown.

Holiday Candy

1 cup maple sugar, $\frac{1}{2}$ cup golden corn syrup, $\frac{1}{4}$ tsp. cream of tartar, $\frac{1}{2}$ cup water, 1 cup chopped seeded raisins, $\frac{1}{2}$ cup chopped pecans or walnuts, 1 egg white

Boil first four ingredients a few moments. Add raisins and nuts and boil to the hard-ball stage. Pour over stiffly whipped white. Drop from spoon onto wax paper. Press whole raisin or nut in top of each candy.

Pickled White Onions

Small button white pickling onions, brine to float an egg, ginger root, small black peppers
Cover onions with boiling water. Stand until cool, then peel. Cover with brine to float an egg. Let stand 24 hours. Drain for 24 hrs. Place onions in sterilized jars, adding ginger root and black peppers. Cover with good cider vinegar. They will be ready in 2 weeks.

Pickled Peaches

4 qts. peaches, 2 lbs. brown sugar, 2 cups vinegar, 1 oz. stick cinnamon, $\frac{1}{2}$ oz. whole cloves

Boil the sugar, vinegar, and spices for 20 minutes. Dip peaches into hot water and rub off fuzz with a cloth. Place a few peaches at a time into syrup and cook until tender. Pack into sterilized jars. Fill each jar overflowing with boiling syrup.

Adjust covers and seal jars immediately.

Grapefruit-Cider Gelatin

2 tbsp. gelatin, $\frac{1}{4}$ cup cold water, 1 cup boiling water, 1 cup scalded grapefruit juice, $\frac{3}{4}$ cup sweet cider, $\frac{1}{2}$ cup sugar, few grains salt

Dissolve gelatin in cold water 5 minutes. Add boiling water, sugar, salt, and grapefruit juice. When cool, add cider. Pour into glass molds and chill. Serve with roast poultry and meats.

Grape Juice Gingeree

2 cups grape juice, juice 4 lemons, 1 qt. dry ginger ale, sugar to taste

Dissolve sugar in grape juice and add lemon. Chill thoroughly. Just before serving, add ginger ale.

Cucumbers With Horseradish

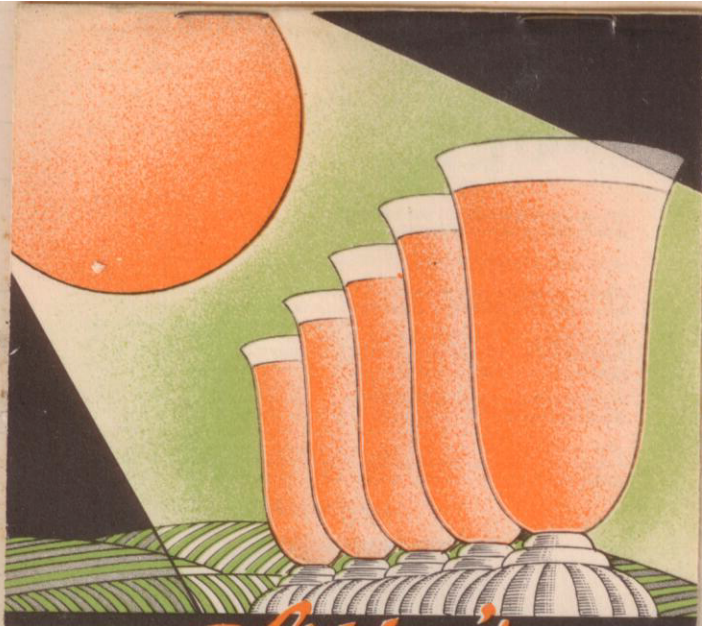
2 cucumbers, 1 cup sour cream, 1 tbsp. vinegar, 3 tbsp. grated horseradish, $\frac{1}{4}$ tsp. paprika, $\frac{1}{2}$ tsp. salt

Peel and slice the cucumbers very thin; stir horseradish into the cream, add vinegar and seasonings and pour over the chilled cucumbers. Serve on lettuce.

Uncooked Tomato Catsup

$\frac{1}{2}$ peck ripe peeled tomatoes, 2 long red peppers, 2 large onions, peeled; $\frac{1}{2}$ cup salt, 1 cup granulated sugar, $\frac{3}{4}$ cup white mustard seed, 1 cup grated horseradish, 1 tbsp. black pepper, 1 qt. cider vinegar

Mix all together after grinding or chopping coarsely the tomatoes. Do not cook. Seal in sterilized air-tight jars.



Libby's

**FAMILY OF SUN-RIPENED
FRUIT JUICES**

GRAPEFRUIT JUICE

LOGANBERRY JUICE

ORANGE JUICE

TOMATO JUICE

PINEAPPLE JUICE

Quick Chili Sauce

2 qts. tomato pulp and juice, 4 onions, $\frac{2}{3}$ cup brown sugar, $\frac{2}{3}$ cup vinegar, 3 tsp. salt, 2 tsp. paprika, 1 tsp cinnamon, $\frac{1}{2}$ tsp. cloves, $\frac{1}{4}$ tsp. cayenne

Chop onions fine and add to tomatoes with seasonings and vinegar. Simmer until thick. Bottle and seal into sterilized jars or bottles.

Quince and Pear Honey

5 quinces or cooking pears, 5 lbs. sugar, 1 qt. water, pinch cream-of-tartar

Wash, wipe, pare and grate the fruit. Place sugar, water, cream-of-tartar into preserving kettle, stir until dissolved and boil 10 minutes. Add grated fruit; boil 10 minutes. Pour into sterilized glasses. Cool;



Greetings Homemaker:

Variety is the spice of life, I've no doubt, and certainly it adds interest to everyday meals. Certainly your family will enjoy the variety of Libby's Family of "Sun-ripened" Fruit Juices. Keep several cans of each in your refrigerator and just see how many calls you'll have for them.

Libby's Tomato Juice, the gentle press kind, has the incomparable flavor of fine red-ripe tomatoes. It's a good source of the valuable vitamin C, too. Your family will prefer it.

The delicious fresh flavor of Libby's Natural Unsweetened Pineapple Juice makes it a popular favorite and it's just as good for us as it is good tasting. Pineapple Juice, you know, contains vitamins A, B and C and it helps to maintain normal alkalinity.

Libby's Loganberry Juice is an especially refreshing fruit juice. It's the sparkling red juice of flavorsome fruit, diluted and sweetened slightly to please you.

You'll like the tangy bitter-sweetness of Libby's Grapefruit Juice which may be served icy cold on any occasion.

Libby's Orange Juice is the natural unsweetened juice of tree-ripened oranges, rich in vitamin C. It's convenient and it's economical served well chilled just as it comes from the can.

Sincerely yours,

Mary Hale Martin

Director,

Mary Hale Martin Kitchen

Grapefruit Juice

GRAPEFRUIT CHIFFON PIE

- 1 tablespoon unflavored gelatin
- $\frac{1}{4}$ cup cold water
- 4 eggs, separated
- 1 cup sugar
- $\frac{1}{2}$ cup Libby's Grapefruit Juice
- $\frac{1}{4}$ teaspoon salt
- Baked pastry shell

Soften gelatin in water. Beat egg yolks and add one-half cup sugar, Grapefruit Juice and salt. Cook in double boiler until of custard consistency. Add softened gelatin and stir until dissolved. Cool. Beat egg whites until stiff. Fold in remaining sugar and cooled custard. Fill pastry shell and place in refrigerator to set.

Amount—Makes one 9-inch pie.

MOLDED SALAD, SUPREME

- 1 can Libby's Grapefruit Juice
- 1 No. 2 $\frac{1}{2}$ can Libby's Bartlett Pears
- 2 tablespoons unflavored gelatin
- $\frac{1}{4}$ cup cold water
- 1 cup green or red grapes
- Parsley or water cress
- Mayonnaise

Combine Grapefruit Juice and syrup drained from Pears. Heat to boiling. Add gelatin softened in cold water. Arrange fruits in a ring mold. Add gelatin carefully and allow to set. Unmold.

Amount—Serves eight.

Loganberry Juice

LOGANBERRY APPLES

1 cup sugar
 $\frac{1}{2}$ cup water
1 can Libby's Loganberry Juice
6 medium apples

Cook sugar, water and Loganberry Juice to form syrup. Peel and core apples. Simmer in syrup until apples are tender and colored. Serve hot or cold as a meat garnish. For added color top with parsley.

Amount—Serves six.

LOGANBERRY PUNCH

1 can Libby's Loganberry Juice
1 cup Libby's Orange Juice
 $\frac{1}{2}$ cup lemon juice
 $\frac{1}{2}$ teaspoon grated lemon rind
Sugar to taste
1 quart charged water

Mix fruit juices and rind. Let stand several hours and strain. Sweeten. Pour over ice and add charged water.

Amount—Serves ten.

LOGANBERRY MILK SHAKE

1 cup ice water
1 cup chilled Libby's Evaporated Milk
3 cups Libby's Loganberry Juice
Sugar to taste
Chipped ice

Dilute Milk with water. Add Juice and sugar. Shake vigorously with chipped ice and serve at once.

Amount—Serves six.

MOLDED JUICE SALAD

1 can Libby's Loganberry Juice
1 No. 2 $\frac{1}{2}$ can Libby's Pears
2 tablespoons gelatin
1 banana
 $\frac{1}{4}$ cup almonds, shredded

Combine Loganberry Juice and syrup from Pears. Heat to boiling. Dissolve gelatin, softened in a little cold water, in hot syrup. Arrange Pears, sliced banana and almonds in molds. Add cooled fruit juice mixture. Chill. Unmold on lettuce and serve with a sweet dressing.

Amount—Serves eight.

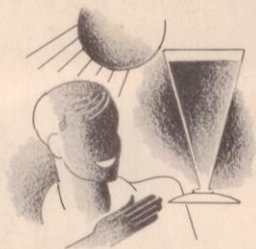
LOGANBERRY SHERBET

$\frac{1}{2}$ cup Libby's Loganberry Juice
 $\frac{1}{2}$ teaspoon lemon rind
1 tablespoon lemon juice
 $\frac{1}{2}$ cup sugar
1 pint of milk

Mix juices, rind and sugar until sugar is dissolved. Pour mixture into milk and place in freezing tray of automatic refrigerator. Freeze until nearly solid. Remove and beat to incorporate air. Return and freeze.

Amount—Serves four-six.





Orange Juice

TART PUDDING

- 1 cup Libby's Evaporated Milk diluted with
- 1 cup water
- 2 cups bread crumbs
- 2 eggs, separated
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ cup Libby's Orange Juice
- Apple Jelly
- 2 tablespoons sugar

Heat diluted Evaporated Milk to boiling point then pour over bread crumbs. Add beaten egg yolks, sugar and Orange Juice. Pour into a baking pan and bake. Remove, spread surface with jelly and cover with meringue of stiffly beaten egg whites and sugar. Brown in slow oven. Serve warm.

Time for baking—30 minutes to bake—15 minutes to brown.

Temperature—350 degrees F.

Amount—Serves six.

ORANGE ICE CREAM

- 1 tall can Libby's Evaporated Milk
- 2 cups sugar
- Few grains salt
- 1 cup water
- 2 cups Libby's Orange Juice
- 2 tablespoons lemon juice

Mix ingredients in order given and freeze in freezer with three parts ice to one part salt.

Amount— $1\frac{1}{2}$ quarts.

ORANGE COCOANUT CAKE

- $\frac{1}{2}$ cup shortening
- $1\frac{1}{2}$ cups sugar
- $2\frac{1}{2}$ cups cake flour
- $\frac{1}{2}$ teaspoon salt
- 3 teaspoons baking powder
- $\frac{1}{4}$ cup Libby's Evaporated Milk diluted with
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ cup Libby's Orange Juice
- $1\frac{1}{2}$ teaspoons vanilla
- 3 egg whites

Cream shortening and blend with sugar. Add sifted dry ingredients alternately with diluted Milk. When Milk is used, add Orange Juice. Add vanilla and fold in stiffly beaten egg whites. Bake. When cool add Orange Filling, top with plain butter icing and sprinkle well with cocoanut.

ORANGE FILLING

- $\frac{1}{2}$ cup sugar
- Pinch of salt
- $\frac{1}{4}$ cup cornstarch
- $\frac{3}{4}$ cup Libby's Orange Juice
- 1 egg, beaten
- 1 tablespoon butter

Combine sugar, salt, cornstarch and Orange Juice. Cook in double boiler until thickened. Pour mixture into beaten egg. Return to fire and cook five minutes. Add butter and cool.

ORANGE PINEAPPLE FROST

- $\frac{1}{2}$ cup Libby's Orange Juice
- 1 No. 1 can Libby's Crushed Pineapple
- 2 eggs, separated
- $\frac{1}{4}$ cup sugar
- Salt
- 1 cup whipping cream

Pour Orange Juice and syrup drained from Crushed Pineapple over beaten egg yolks. Cook in a double boiler until mixture coats spoon. Cool and add Pineapple. Beat egg whites until stiff. Fold in sugar and salt. Fold in fruit mixture. Combine with whipped cream and freeze in automatic refrigerator without stirring.

Amount—Serves six to eight.



Tomato Juice

TOMATO JUICE FRAPPE

- 3 cups chilled Libby's Tomato Juice
- 1 cup chilled Libby's Evaporated Milk
- 1 cup chipped ice
- 1½ teaspoons celery salt
- 1 teaspoon salt
- Dash black pepper

Mix ingredients in order given and serve in cocktail glasses.

Amount—Serves ten.

FROZEN TOMATO JUICE

- 1 No. 2 can Libby's Tomato Juice
- 3 tablespoons sugar
- 1 tablespoon lemon juice
- Pinch salt
- Fresh mint

Mix ingredients well, reserving mint for garnish. Freeze to stiff mush in automatic refrigerator.

Amount—Serves four.

CELERY SAUCE (for Meat Croquettes)

- 1 medium can Libby's Tomato Juice
- 1 cup diced celery
- 2½ tablespoons flour
- Salt and pepper

Combine ingredients and cook until thickened and celery is tender. Serve hot.

Amount—Serves six.

TOMATO JUICE BISCUITS

- 3 cups flour
- 1 teaspoon salt
- 4 teaspoons baking powder
- ½ teaspoon soda
- 6 tablespoons butter
- ½ cup Libby's Evaporated Milk diluted with
- ½ cup water
- ¼ cup Libby's Tomato Juice

Sift and measure dry ingredients. Cut in fat and combine with liquid ingredients. Turn on to floured board. Roll and cut.

Time for baking—12-15 minutes.

Temperature—425 degrees F.

Amount—Makes 20 small biscuits.

BARBECUE SAUCE

- ½ cup sugar
- 1 cup water
- 2 onions, chopped
- 2 tablespoons butter
- ½ teaspoon salt
- ¼ teaspoon ginger
- ¼ teaspoon nutmeg
- ½ teaspoon paprika
- ¼ teaspoon red pepper
- 1 cup Libby's Tomato Juice
- ½ cup vinegar

Caramelize sugar and add water. Simmer until sugar is dissolved. Chop onions and brown in butter. Add seasonings, Tomato Juice, vinegar and syrup. Continue cooking five minutes.

Amount—2¼ cups.

STUFFED PEPPERS

- 1 No. 2 can Libby's Whole Kernel Corn
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon butter
- 2 slices chopped bacon
- 2 tablespoons diced onion
- 1 chopped pimiento
- 6 green peppers, medium size
- 1 can Libby's Tomato Juice

Fry onion and bacon together until slightly browned. Add all remaining ingredients with exception of peppers and simmer until juice is nearly gone. Parboil peppers and then fill with corn mixture. Put in flat baking pan and add Tomato Juice. Bake. Serve with sauce made by slightly thickening juice in pan with flour.

Time—20 minutes.

Temperature—375 degrees F.

Amount—Serves six.

PINEAPPLE BAVARIAN CREAM

- 1 No. 2 can Libby's Pineapple Juice
- $\frac{1}{3}$ cup sugar
- 2 eggs, separated
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon gelatin
- $\frac{1}{3}$ cup Orange Juice
- Grated rind of half Orange

Cook Pineapple Juice (reserve one-quarter cup for soaking gelatin) sugar, salt and beaten egg yolks in top part of double boiler for 10 minutes. Remove from fire. Add gelatin softened in one quarter cup of Pineapple Juice and stir until dissolved. Add Orange Juice and rind. Let stand until mixture begins to set. Then fold in stiffly beaten egg whites. Chill. Serve in sherbet glasses lined with orange segments.

Amount—Serves six.

SPICY PINEAPPLE PUDDING

- 1 egg
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- 3 tablespoons melted butter
- 1 cup Libby's Pineapple Juice
- 1 cup chopped dates
- $\frac{1}{4}$ cup Libby's Raisins, chopped
- $\frac{1}{2}$ cup nut meats, chopped
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{3}{4}$ teaspoon soda
- 1 teaspoon baking powder
- $1\frac{1}{2}$ cups flour

Beat egg. Add sugar, butter, salt and Pineapple Juice. Beat. Stir in fruits, nuts and vanilla. Add dry ingredients, sifted together. Pour into two suitable pans. Cover with waxed paper tied in place with clean string. Steam 2 hours. Serve warm with your choice of sauce.

Amount—Two medium puddings.

(These puddings, when cool, may be wrapped in waxed paper and stored in a cool place. Re-steam them for serving.)

PINEAPPLE HONEY BREAD

- 2 tablespoons shortening
- 1 cup honey
- 1 egg
- $2\frac{1}{4}$ cups flour
- 3 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup chopped nuts
- 1 cup All-Bran
- 1 cup Libby's Pineapple Juice

Blend shortening and honey. Add egg and beat well. Sift dry ingredients together. Mix about one half cup with nuts. Add half of remaining dry ingredients to honey mixture. Add All-Bran and Pineapple Juice. Add remaining ingredients. Pour into well-oiled loaf pan which has been lined with waxed paper and bake. Time for baking—About $1\frac{1}{4}$ hours.

Temperature for baking—350 degrees F.

Amount—One large loaf.

PINEAPPLE FLUFF PIE

- 3 eggs, separated
- $\frac{1}{3}$ cup Libby's Pineapple Juice
- $\frac{3}{4}$ cup sugar
- 1 tablespoon lemon juice
- $\frac{1}{4}$ teaspoon lemon rind
- 1 baked pie shell

Beat egg yolks, add Pineapple Juice and half of sugar. Cook in a double boiler, stirring constantly, until thick. Add lemon juice and rind. Beat egg whites until stiff. Fold in remaining sugar. Combine mixtures. Place in baked pastry shell and bake.

Time for baking—20 minutes.

Temperature—375 degrees F. for 5 minutes.

325 degrees F. for 15 minutes.

Amount—One 9-inch pie.

SHERBET

- $1\frac{1}{2}$ tablespoons gelatin
- $\frac{1}{2}$ cup sugar
- 1 cup water
- 1 No. 2 can ($2\frac{1}{4}$ cups) Libby's Pineapple Juice
- Pinch salt
- 3 egg whites
- $\frac{1}{2}$ cup sugar

Soften gelatin in a little cold water. Dissolve in syrup made by cooking sugar and water together. Add Pineapple Juice and salt. Freeze in automatic refrigerator to a mush. Beat egg whites stiff and fold in remaining sugar. Fold into frozen mixture and continue freezing.

Amount—Serves eight or ten.

A small strawberry huller saves stained fingers.

Fill one section of the gem pan with water and gems will never scorch. It saves time and is easier to cream the shortening first and then gradually cream the sugar into it.

Fine granulated sugar makes the best cake; coarse sugar gives a coarse grained cake; powdered sugar a dry cake.

Whites and yolks of eggs may be beaten lighter if beaten separately.

Yolks of eggs contain a large proportion of fat; both fat and molasses burn easily and the temperature of the oven must be regulated accordingly.

To remove grass stains, rub with butter and set in hot sunshine or wash in alcohol.

Sour milk doughnuts may be turned as soon as they come to the surface and frequently afterwards.

For individual gelatin molds use drinking cups of heavy waxed paper.

To keep cookies fresh and crisp in the jar, place crumbled tissue paper in the bottom.

Boiling liquids, jellies or fruits may be turned into glass without breaking the vessel if you press the bowl of a spoon on the bottom while filling.

To keep dishes from sliding when you put them on ice place a rubber ring from a fruit jar under the dish.

This will cling to both the ice and the dish.

Ants can be driven from bread boxes and pantries by scattering black pepper in all corners and cracks.

A delicious cake frosting is made by whipping 2 tablespoons of any fruit jelly with the white of an egg.

If oven is too hot and cake begins to burn, set a pan of cold water in the oven.

Use fermented fruit by heating, adding a little sugar and make in pies or tarts.

Sift top of cake with flour to prevent icing from running over the sides.

In making jams small bottles are best. Fresh canned or dried fruits can be used in making jams, jellies and preserves.

Mayonnaise can be made with the whole egg instead of just the yolk, with much less chance of curdling, even when the oil is added rapidly. Always invert canned jars to cool and test before laying away.

Save extra syrup from canned fruits and bottle. Use as basis for punches and sauces.

Pickles, sweet or sour are the easiest things to serve to relieve the monotony of a plain meal.

Put cheese through food chopper instead of using the grater. This is easier and quicker.

A small brush is excellent for cleaning off a grater.

Unless water is drained at once from cooked vegetables they become water-soaked and unpalatable.

Boiled cabbage is much sweeter when the water is changed in boiling.

When milk boils over on the stove or in the oven, sprinkle a thick layer of salt on the burning milk; let it stand a few minutes, then brush off.

Place a lump of sugar in teapot before putting away, to prevent musty flavor.

Grapefruit juice rubbed over meats long hung or odorous at once neutralizes and sweetens them by checking the growth of bacteria.

Peas too hard for serving plain may be cooked until tender, pressed through the sieve and the pulp used for soup.

For pan broiling steak or chop, the pan must be kept hot and the meat turned constantly.

Boil an onion with cabbage and there will be very little odor.

When rendering fat of any kind, slice raw potatoes into it and this will make the fat white and clear.

Use a grater to remove burned portion of cake or bread.

Baking powder biscuits can be reheated very successfully by dampening the top slightly, covering with a paper and heating in the oven.

Always cook and keep cranberry sauce in earthen, porcelain lined, aluminum, glass or enamel vessels only —never in tin.

Put cranberries through the meat chopper before cooking them and they will not require straining afterwards.

Chicken fat may be carefully rendered and used for cake or pastry for which it makes excellent shortening.

In making pastry, shortening used generously and water sparingly gives the best results.

1 tablespoon of grapefruit juice added to each 2 cups of sugar while cooking prevents candies from graining and makes them more delicious and creamy

Powdered sugar, not confectioners' should be used in making hard sauces. Mix nuts at home instead of buying them mixed at the store.

Cream peanut butter with shortening and give the cookies a new and delicious flavor.

Pour hot water over dates to remove the stickiness.

Bacon fat is healthful food for children. Dip their bread lightly into it and then put a little roll of bacon on top and garnish with a sprig of parsley.

To Remove Stains

A CLOTH dampened with turpentine will remove all stains easily from enamel sinks, bath tubs and bowls.

To remove old tea or coffee stains, wet spots with cold water, cover with glycerine and let stand two hours. If the spots are too bad, it may be necessary to repeat the operation.

Discolored Graniteware

IT is not good to wash the inside of tea or coffee pots with soapsuds. If graniteware becomes badly discolored, nearly fill the pot with cold water, add 1 teaspoonful of borax and bring gradually to the boiling point. Rinse with hot water and keep on the back of the stove until dry.

Gilded Picture Frames

TO brighten gilded picture frames, thoroughly mix 2 ounces of the whites of eggs with 1 ounce of soda. Dust the frames and apply the mixture with a soft brush.

A handful of salt to a pail of water is helpful in setting colors.

Tinware, Like New

TO CLEAN tinware, apply common soda with a moistened newspaper and polish with a dry piece, and the tinware will look like new.

After washing windows, wipe them over with wadded-up newspaper, and they will shine brighter.

To Remove Ink Spots

TO remove ink from white material, rub the spot with lemon, cover with salt and let stand in the sun for awhile; then wash and the ink will come out. If the spot is bad, two applications may be necessary.

To remove ink spots from colored clothes, soak the spot in sweet milk once; then wash and the spot will disappear.

Tricks in House Cleaning

Nowadays the modern home-maker knows that a little systematic weekly cleaning will eliminate the most of this confusion and do away with the necessity of semi-annual upheavals.

However, if you feel that you really must "dig in," do only one room at a time and don't undertake more than can be finished and replaced at one time—even the pictures on the wall. If one room is thoroughly cleaned each week until the entire house is cleaned, the whole can be kept in very good order and you will find it much easier on everyone, yourself included.

Here are a few practical hints and shortcuts:

The walls of a room should be cleaned by upward strokes of a brush to prevent streaking. Never brush downward as the dirt will be brushed in. Ceilings should be cleaned first and then the walls. A regular wall brush is much more effective than a cloth tied over a broom as a cloth is soon soiled and very apt to leave streaks.

Walls marked with crayon or smudged by small grimy hands may be cleaned by using a rather dry bread crust and with the soft side, gently rubbing the offending spots. Don't rub too hard, but use a light, even stroke, with very little pressure.

Woodwork should be washed with a paste of mild soap and water, rinsed thoroughly with a cloth dipped in clean water, and rubbed dry, washing only a small space at a time. Excess moisture should not be allowed to stand on the surface as it may cause the wood to swell and the paint to crack. Greasy woodwork is cleaned more easily if 1 tsp. of vinegar is added to the rinse water.

Windows washed with water to which 2 tsp. of ammonia have been added will be clean and sparkling. Dry with a crushed newspaper. If windows are washed with the sun shining directly on them the moisture will evaporate unevenly, leaving a streaked surface.

Window shades may be easily washed with soap and water. If they are worn or torn, first remove the shade entirely from the roller and take out the wooden stick at the bottom. Cut the hem off and tack this end back on the roller. Make a new hem on the fresh end, sewing it on the sewing machine, insert the stick and then wash. Lay the shade out flat over a table and, gently rub it with the rather dry sudsy lather of a

mild soap, being careful not to get it too wet. Remove the suds with a cloth wrung out in clear water and then wipe it as dry as possible.

Floors deserve the proper treatment. Once or twice a year the old wax should be removed with either benzine or gasoline—never soap and water, or oil. After the floors have been thoroughly cleaned, only a thin film of wax is needed, and best results will be obtained if the wax is allowed to dry thoroughly before polishing.

Rugs may be washed with soap and water by spreading them on a flat surface and scrubbing them with a stiff brush and a mild soap suds. Be very careful not to soak the carpet with water, but apply the suds in a thick and rather dry state. Rinse thoroughly and quickly by rubbing with cloths squeezed out of clear water, the last rinse water containing a few drops of ammonia. Spread out on a flat surface to dry. Any sort of rug may be scrubbed in this way while stretched out flat on the floor. If it is to be dried on the floor, be sure that the room is well ventilated so that the rugs will dry more quickly.

Dining room rugs which have become spotted and stained should be scrubbed occasionally with suds and warm water.

Stained or marred furniture should be treated as soon as the injury is discovered. A piece of walnut meat rubbed over the scratches in dark furniture will stain them and make them less noticeable.

Perfume stains on table or dresser may be removed by rubbing cold cream over them as soon as the perfume is spilled.

White rings caused by setting hot dishes on varnished surfaces can be removed by rubbing with a damp cloth on which a few drops of ammonia have been sprinkled.

Water marks on such surfaces may be treated similarly, sprinkling cloth with a few drops of spirits of camphor.

Unpainted wood may be bleached by rubbing oxalic crystals on the wood—such as drain boards and kitchen tables. A little time is needed for the process and after bleaching, the wood should be washed with soap and water.

Ink spots or black spots may be removed from oak floors by this same treatment, but these must be rewaxed after the spots have been removed.

January Kinks

Strong-flavored vegetables like onions and cauliflower should be cooked uncovered. A covered vessel causes the vapor to condense which makes the odor stronger.

If waffles are baked on an electric griddle no grease is needed.

In buying meat allow $\frac{1}{4}$ to $\frac{1}{2}$ pound per person as it shrinks in cooking.

An iron muffin pan made hot and well buttered before the batter is put in, gives lighter, crisper muffins than the same batter baked in a tin or agate pan.

When griddle-cakes are well filled with bubbles, they should be brown underneath and ready to turn to brown on the other side.

February Kinks

In mashing potatoes add a pinch of baking powder; this will make them light and fluffy.

A pinch of baking soda makes vegetables cook faster.

When boiled ham is taken from the hot water, dip immediately in cold water to make fat firm and white.

Natural sweetness of peas is retained during cooking if a few empty pods are added. Never sprinkle sugar on peas.

When washing spinach use a pan large enough to allow spinach to float. It will thus help to free itself from sand and dirt.

Turn collander upside down over fish or meat sauteing, the small holes allow steam to escape and prevent grease from spattering.

A few cloves in the kettle of fat, give the doughnuts a new and delicious flavor.

Test the temperature of the frying fat by dropping into it a few bread crumbs.

Soft bread crumbs are best to use for coating. They hold more moisture than cracker crumbs and give a better color.

Always place the fried article on soft or tissue paper immediately as it comes from the hot fat, in order to absorb any excess grease.

Stale bread is excellent for removing smudges and stains from wall paper. A little piece of gum camphor in a drawerful of silver will keep it from tarnishing for some time.

Left over cereals may be scrambled with the breakfast eggs and chopped green pepper, parsley or minced ham added.

Add a few bread crumbs to scrambled eggs, it will improve the taste and make larger portions.

Save excess liquid from mustard pickles and mix with meat in making sandwiches.

Add a little water to the omelet to prevent the eggs from becoming tough.

HELPFUL SUGGESTION

If your supply of ground coffee becomes slightly stale before it is all used, place it in a shallow pie tin or earthen vessel and set in a fairly hot oven for 3 minutes. The flavor will be noticeably improved.

LITTLE HOUSEHOLD HINTS

It is better to wash varnished floors with cold or warm pure water.

A cloth saturated with olive oil will remove most finger prints from furniture.

Wash leather upholstered chairs with milk, and it will make them look like new.

A spoonful of ammonia in a quart of water for washing paint makes it look like new.

The finish on slightly scratched woodwork may be restored by rubbing with pieces of lemon. This is especially good where matches have been carelessly struck.

To wash mirrors and windows without a lot of rubbing, rub over them with a chamois skin wrung out of warm water, then wipe with a piece of dry chamois skin.

To mend holes, or cracks, in a stove, mix sifted wood ashes and one-half the amount of coarse salt with sufficient water to make a stiff mortar, and fill the holes or cracks. It will become as hard as cement.

To clean paint, dip a flannel rag into clean, warm water; squeeze until nearly dry, then apply as much whiting as will adhere to it and rub over the surface. This will remove any grease or dirt. Wash the surface with clean water and dry with soft rags.

To Darken Wood Colors

WHEN mahogany furniture has been repaired, or when the old metal knobs have been replaced with new wooden knobs, often the new wood does not match the old. You can change the color of the new wood where it appears, by washing in soap and water, to darken it to some extent. If still darker is desired, use oil, or for very dark, lime water.



VTAMINS? IT'S GOOD TO CHECK UP YOUR FOODS

Housewives are always interested in what foods contain vitamins they lack. The following lists are not menus, but merely reminders. Cut them out and keep them:

VITAMIN A

Escarole (chic-ory, greens, endives)	juice evaporated milk
Spinach, raw and canned	Sweet Potatoes String Beans
Raw carrots	Prunes
Romaine lettuce	Bananas
Raw and canned peas	Dried milk Cheese
Peppers	Butter
Raw and canned peas	Liver
Raw and canned tomatoes	Egg Yolk or tomato Kidney

VITAMIN B

Wheat bran	Liver, kidney
Wheat germ	Orange juice
Plain wheat (home ground)	Lemon juice
Milk, butter-milk	Tomato juice
Eggs	Beans, dry or canned
Cabbage	String beans
Lettuce	Bananas
Spinach	Whole Wheat bread
Pineapple (fresh or canned)	Peanuts
Prunes	Potatoes, white or sweet
Beef	Pecans, walnuts
Bacon	Green peppers
Celery	Cantaloupe
Chard	Cauliflower
Dandelion greens	Watercress
	Grapes, grape juice
	Peaches, pears
	Yeast

VITAMIN C

Orange, lemon	Apple, banana
grapefruit or fresh juice thereof	String beans
Young carrots, raw	
Tomato (factory) or canned	fresh Cantaloupe
Watercress	
or Sprouted grains	

SUCCESSFUL COOKERY OF MACARONI STARTS AT YOUR GROCERY STORE

Successful cookery starts at your grocer's, and this rule applies in the purchasing of macaroni as much as for any other food. A poor grade of macaroni cannot be enhanced by the finest cheese and other ingredients, but remains in the finished dish, poor, unappetizing macaroni that you won't be proud to serve.

Most Important

The most important rule in cooking macaroni is regarding the amount of water used. Four cups of water are usually sufficient for a six-ounce package of noodles or a half pound package of macaroni or spaghetti. Some brands may require more, but when a small amount of water is used, even though the cooking process must be watched carefully, there will be less water to drain off afterward, and consequently less of the flavor of the product lost.

Cook Till Tender

Macaroni should always be cooked till tender. The easiest way to test is by breaking it against the side of the pan with a fork; if the end is not chalky white, it is tender. However, do not confuse tenderness with flabbiness. Macaroni cooked too long is shapeless and often tasteless.

Always have the water boiling before adding the macaroni, and if additional water is required add only boiling water. Add a teaspoon of salt to the water for palatability. Be sure to drain the macaroni immediately after cooking.

Removes Starch

Blanching, which is advised by some macaroni manufacturers, on the box, is merely pouring cold water through the macaroni after cooking. This is to remove the excess starch which did not drain off.

Here is a macaroni recipe from Fred Harvey of the Santa Fe Railway, appropriately it is Macaroni Papoose:

$\frac{1}{2}$ lb. Chief Brand macaroni (broken into 4-inch lengths).
Thin slices of raw smoked ham
Horseradish sauce

$\frac{3}{4}$ cup of milk
Grated Chief Brand cheese

Cook macaroni until tender. Drain. Spread slices of ham with macaroni, horseradish and cheese. Roll slices and skewer or tie together. Place in shallow baking dish with one-third cup of milk. Bake in moderate oven for 35 minutes. Serve hot with dish of crushed pineapple to sprinkle over each "papoose" as desired.

Spaghetti Napoli, sometimes called Italian Delight, is an appetizing dish summer or winter and one which the family will hail with delight. Made with Chief Brand Products, manufactured in San Diego, it will be an attractive piece de resistance for your fall menus.

Spaghetti Napoli

$\frac{1}{2}$ lb. Chief Brand spaghetti
1 small onion
 $\frac{1}{2}$ green pepper
 $\frac{1}{2}$ teaspoon Worcestershire sauce
 $\frac{1}{2}$ cup chopped stuffed olives
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{2}$ lb. meat, cut small pieces
1 clove garlic
 $\frac{1}{2}$ cup olive oil
1 cupful tomato soup
 $2\frac{1}{2}$ teaspoons salt
 $\frac{1}{2}$ cup grated Chief Brand cheese

Cook spaghetti until tender

and drain. Fry chopped garlic and green pepper oil until onions are brown. Add tomato, Worcestershire salt and paprika. Add and cook slowly for hour. Serve with your hot sauce.

VITAMINS? IT'S GOOD TO CHECK UP YOUR FOODS

Housewives are always interested in what foods contain vitamins they lack. The following lists are not menus, but merely reminders. Cut them out and keep them:

VITAMIN A

Escarole (chic-ory, greens, endives)	juice
Spinach, raw and canned	Evaporated milk
Raw carrots	Sweet Potatoes
Romaine lettuce	String Beans
Raw and canned peas	Prunes
Peppers	Bananas
Raw and canned tomato or tomato	Dried Whole milk
	Cheese
	Butter
	Liver
	Egg Yolk
	Kidney

VITAMIN B

Wheat bran	Liver, kidney
Wheat germ	Orange juice
Plain wheat (home ground)	Lemon juice
Milk, buttermilk	Tomato juice
Eggs	Beans, dry or canned
Cabbage	String beans
Lettuce	Bananas
Spinach	Whole Wheat bread
Pineapple fresh or canned	Peanuts
Prunes	Potatoes, white or sweet
Beef	Pecans, walnuts
Bacon	Green peppers
Celery	Cantaloupe
Chard	Cauliflower
Dandelion greens	Watercress
	Grapes, grape juice
	Peaches, pears
	Yeast

VITAMIN C

Orange, lemon grapefruit fresh thereof	Apple, banana
Tomato fresh or (factory) canned, or juice thereof	String beans
Green peppers	Young carrots, raw
Young green peas	Cantaloupe
Raw cabbage	Watercress
Raw spinach	Sprouted grains
Strawberries	Sprouted peas
Raw onion	or beans
	Peaches, raw
	Fresh pineapple
	raw
	Potatoes, white or sweet
	Raspberries

VITAMIN D

Yolk of egg. Fresh whole milk, cream or butter. Halibut liver oil is far richer in vitamin D than cod liver oil.

VITAMIN E

Wheat germ oil is the richest source.

VITAMIN G

Beet leaves	milk, condensed milk, cream
Liver	
Kidney	Eggs
Lean beef	Dried Peas
Potato, white	Cauliflower
Carrot	Cabbage, raw or cooked
Orange	Lettuce
Banana	Spinach
Tomato, raw or canned	Pork, ham
Ice cream	Oysters
Milk, whole, evaporated, dried, skim	Lemon juice