

EAT PLENTY OF FRESH SPINACH

Vegetable Is Exceptionally Rich in Iron and One of Most Important Vitamins.

RARELY COOKED PERFECTLY

Except for Special Reasons Simplest Methods Are Best in Cooking—It Takes Much Patience and Water to Wash Clean.

(Prepared by the United States Department of Agriculture.)

One of the first vegetables in the garden or on the market in the spring is that reliable stand-by—spinach. The shoots should be cut regularly; if not, the old shoots become tough and fibrous.

Spinach furnishes little body energy, but it is exceptionally rich in iron and is one of the important vitamins, and so is a valuable food, especially for the United States Department of Agriculture. It contains little starch and only a suggestion of sugar, and therefore one of the vegetables which physicians include in the list of food of many invalids who require a diet without these carbohydrates.

Cheap in First Cost. Like most other vegetables, it is rarely cooked to perfection, yet it is not difficult to prepare. Except for special reasons, the simplest methods matter how clean the raw spinach may be. It is always expensive in one thing—labor. It takes a good deal of time, water, and patience to wash it clean.

To clean the spinach out of the roots, break the leaves apart and drop them into a large pan of water, drain them well, and lift them into a second pan of water. Do not pour the water off over the spinach or the grit that has been washed off will get back on the leaves. Continue washing in clean water until there is not a trace of sand on the bottom of the pan. If the spinach is at all wilted, let it stand in cold water until it becomes fresh and crisp. Drain from this water and blanch as follows:

For half a peck of spinach put in a large saucepan 3 quarts of boiling water and 1 tablespoon of salt. Put the drained spinach in the boiling water and let it boil 10 minutes, counting from the time it begins to boil. When it begins to boil, draw the cover of the saucepan a little to one side to allow the steam to escape. At the end of 10 minutes pour the spinach into a colander and when the hot water has passed off pour cold water over it. Let it drain well and mix coarse or fine, as is suitable for the manner in which it is to be served.

One peck of spinach will make about 1½ pints of pure blanched and minced spinach with egg. ½ peck spinach, 1 tablespoon butter or other fat, 1 teaspoon pepper, 2 eggs, 1½ teaspoons salt.

Wash and blanch the spinach using two teaspoons of salt in the water in which the vegetable is boiled. Drain the blanched spinach and chop rather fine, return it to the saucepan.

Spinach is an Especially Valuable Vegetable. and add the salt, pepper, and butter or other fat. Place on the fire and cook ten minutes. Heap in a mound on a hot dish and garnish with the hard-boiled eggs cut in slices.

Spinach Cooked Without Water. Fresh spinach when washed holds enough water for cooking. Put the spinach into a covered saucepan and cook for ten minutes. Press down and turn the spinach over several times during the cooking. At the end of ten minutes turn the spinach into a chipping bowl, and mince rather fine. Return to the saucepan and add the seasonings, allowing for half a peck of spinach two generous tablespoons of butter or other fat and a teaspoon of salt. Simmer for ten minutes, or if very tender, five minutes will be sufficient.

Spinach cooked in this manner will retain all its salts and the flavor will be stronger than when blanched (boiled in water). In young tender spinach this is an objectionable, but when the overripe vegetable is cooked in its own moisture the flavor is strong and somewhat acid.

Spinach With Cream. ½ peck spinach, 1 tablespoon butter or other fat, 1 tablespoon flour, 1 teaspoon salt, 1 teaspoon pepper, ½ pint cream or milk. Blanch and mince the spinach. Put the butter or other fat in a saucepan and on the fire. When hot add the flour and stir until smooth, and then add the minced spinach and the salt and pepper. Cook for five minutes, then add the milk or cream, hot, and cook three minutes longer. Serve.

CANNING ASPARAGUS FOR ANY EMERGENCY

It Is Excellent Served Either Plain or as Salad.

Of Great Importance That Vegetable Be Freshly and Thoroughly Washed Carefully for Any Leaky and Store in Any Dry Place.

(Prepared by the United States Department of Agriculture.)

The United States Department of Agriculture gives the following directions for canning this vegetable:

It is of the greatest importance that asparagus for canning be fresh and tender. Cut into right lengths for the jars, scrape off the tough outer skin, and remove the scales and the fibrous part.



Bunch of Asparagus.

For half a peck of spinach put in a large saucepan 3 quarts of boiling water and 1 tablespoon of salt. Put the drained spinach in the boiling water and let it boil 10 minutes, counting from the time it begins to boil. When it begins to boil, draw the cover of the saucepan a little to one side to allow the steam to escape. At the end of 10 minutes pour the spinach into a colander and when the hot water has passed off pour cold water over it. Let it drain well and mix coarse or fine, as is suitable for the manner in which it is to be served.

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SUITABLE ANY DAY AND EVERYWHERE



SOMETHING new for the summer and everywhere, and it is with all the usual ridding capes around the neck and shoulders. A wide, pleated ruffle on the sides of the bodice makes a frothy cascade of soft down the front.

A light-weight, smooth wool fabric in a dark color makes the attractive dress of the right with a skirt and a wide, pleated ruffle on the sides of the bodice makes a frothy cascade of soft down the front.

Separate skirts for summer have taken to stripes and cross-bars, or large checks, in which white and a color appear together. White and black, white and tan, white and orange, white and beige, and so on, are made up in neatly fitted, padded bodices. The sweaters are approved for wear with them, retaining the color in the skirt usually, but are sometimes of white, or a livid color may be chosen for wear with black and white skirts, as emerald green, or rose color. White and orange is a favorite in shirts with white sweaters and, with white, sometimes a white parasol. Light rose or pink suits, but not a dark, deep, cool shade.

Two practical dresses for the summer are shown in the picture. One is a navy and white, one of the loopy eave waves in silk, was chosen for the model on the left of the two. In white silk, a brocade pattern, applied in outline sketches to the skirt.

The Enchantment of Blouses



BLouses are called upon to play a big role in the summer wardrobe and they are most obliging and convenient. Each type of blouse is made in many ways so that there is a party shirt, there are those that carry a flavor of daintiness and sunny color which them and bestow these attributes on tailored suits, and there are those elegancies in hand-made blouses that tone up sport or street suits with the refinement of sheer fabrics and hand-wrought novelties.

Two new aspirants for favor, among others in the waist shops, have been chosen for illustration here. One is a kimono blouse of georgette, with short puffed sleeves, a full collar, and kimono sleeves outlined and edged with lacy-bonnet stitches in silk. Lovely little chiffon roses and rose foliage are applied to it. The foliage embroidery on a wreath decorates the front, with small clusters at each side that make the starting point of a narrow belt, which ends in similar clusters at the neck. Such a blouse may be made in any of the fashionable colors, and worn with a silk or organza skirt, it is quite equal to high occasions.

The party tailored blouse at the right refuses to take life seriously and bears a tailored suit cheerful company. It is made of figured silk in the most approved and simple of tailored styles, as to leave no doubt as to its mission in a workaday world. It buttons at the front and the cuffs with small pearl buttons and relax upon a ribbon tie at the throat for a finish.

GOOD HIGHWAYS

FEDERAL AID FOR HIGHWAYS

Approval Given for 855 Projects Up to September 30, 1920—Western States Lead.

(Prepared by the United States Department of Agriculture.)

Federal aid for the construction of 8,555 miles of national highways has been approved by the United States Department of Agriculture. Up to September 30, 1920, approval had been given for 855 projects, which form links in one of the other of the 21 marked trails at open graves. Behind the wagon wheel half a dozen other vehicles similarly settled. And around the rim of the cart, perched in saucers, sat twenty-one other birds of the same species and same number.

Table with 2 columns: Name of Highway, Length in Miles, Federal Aid Approved in Dollars. Lists various highways like Task Highway, Yellowknife Trail, etc.

The extent to which federal aid has been applied to the trails varies in the different states. Naturally, the Western states are using much more of the federal appropriations in developing roads of this character than the Eastern states. This is due to the fact that the routes in the Eastern states already had been improved to a large extent before the roads were selected by the pathfinders. This was not true in the West, where long stretches of the selected trails were still in an unimproved condition when they were designated.

Nevala leads in its use of federal funds. Its roads of this character are 12.3 per cent of the entire mileage of approved federal roads, and on one of the other of the trails which were selected. On these roads Nevada will spend 90 per cent of the federal money which has been granted to her.

Indiana is a close second, with 80 per cent of the entire federal aid mileage and 83 per cent of its money aid.

There are covered now "lines" in the world. One of the latest of these additions is a plan offered by clever machinery of the weaving. In another line, the dots gradually large at the chin and smaller toward the eyes.

Building a Federal Highway in Virginia. applied to the construction of the trail; and Oklahoma with 70 per cent of its mileage and 81 per cent of its federal funds is not behind. Florida takes the lead in the percentage of its funds which will be used for trail building, with 94 per cent of its federal allotment so applied; but this amount will be spent for only 50 per cent of the mileage which has been approved in the state.

In addition to the above, the states of Illinois, Arkansas, Montana, New Mexico, Utah, and Washington are each using 50 per cent or more of their federal money for the upbuilding of the trail.

Life of Concrete Road. The life of a good concrete road should be at least twenty years and it would seem that this country could afford to spend a large sum of money in the development of such highways if the money were put into roads here and abroad believe that the concrete road is good for much longer than twenty years.

BIRDS AS STREET CLEANERS

Vultures Employed for the Purpose in Costa Rica, and Traveler Says They Are Efficient.

Garbage collectors in Costa Rica enjoy their occupation, because they eat what they find. In his book, "Savage South," Philip S. Marston writes as follows:

"It was awakened on the first morning in town by a chorus of wailing in the street below, and looked out. It was an impressive sight. The garbage man was abroad of his scavenging rounds. A crowd of his open wagon walked in a sober platoon four corners vultures, all in salute and maintaining the checkered demarcation of frontiers at an open grave. Behind the wagon walked half a dozen other vultures similarly settled. And around the rim of the cart, perched in saucers, sat twenty-one other birds of the same species and same number. I would fain have immortalized the scene by a camera, but was very loudly. I began to understand why the streets of San Jose, which leave much to be desired in other respects, are at least so notably clean. The vultures attend to that!"

ASPIRIN Bayer Name "Bayer" on Genuine Logo with Bayer cross symbol.

Take Aspirin only as told in each package of genuine Bayer Tablets of Aspirin. Then you will be following the directions and dosage worked out by physicians during 21 years, and proved safe by millions. Take no "cheap" substitutes. If you see the Bayer Cross on tablets, you can take them without fear for Colds, Headache, Neuralgia, Rheumatism, Sore Throat, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost ten cents. Druggists also sell larger packages. Aspirin is the trade name of Bayer Manufacture of Monacotechnische of Salzfabricat, Adv.

There You Are. "What is the shape of the world?" asked the Village schoolmaster. "I don't know sir," replied the class. "Well, that is the shape of my snuff box." "Square, sir?" "Round, sir?" "Round, sir?" "What is the shape of the world?" "Squares on week days and round on Sundays, sir."

YOU CAN WALK IN COMFORT If you should find your shoes cause ALL SORTS of trouble, you should try PARKER'S HAIR BALMS. It gives relief to corns and bunions, hot, itchy, and sore feet, and makes your feet more comfortable by making Allen's Foot-Powder.

Know What He Wanted. He is a bright little nation of the branch library and knows, well the books suitable to his age and grade. However, the opportunity and on smaller titles of his high school reading lists for which he is frequently sent sometimes stump him.

Intelligent. "You may not believe it, but we have this on our creditable authority: A marine reported the loss of his gun. "Was there any mark on it," asked the corporal, "by which you might recognize it?" "No, I think not," answered the marine. "Sure?" "Well, come to think of it, there was a name on it?" "Springfield!"—The Tennessee Tar.

A Sincere Admirer. "Do you understand the scientist to whose lectures you apparently listen with so much attention?" "No," replied Senator Sargentum. "I am interested in him as a man who makes 'em' up things they can't be understood. I often feel called upon to keep the same thing in my own business."

Law Was Obeyed. "I see it was against the old blawys to kiss your wife on a Sunday." "True." "What is the penalty?" "Damn! No husband was ever brought up on charges."—Louisville Courier-Journal.

He who attends to his own business is never out of the job.

Let This Food Help You to Health Sound nourishment for body and brain with no overloading and no tax upon the digestion, is secured from Grape-Nuts It embodies the nutrition of the field grains, and it makes for better health and bodily efficiency. Ready to serve—an ideal breakfast or lunch. "There's a Reason"

LUCKY STRIKE CIGARETTE

A new size package! Ten for 10c. Very convenient. Dealers carry both; 10 for 10c; 20 for 20c. It's toasted.

PALMER'S LOTION A HOUSEHOLD NEEDED FOR BURNS, RITZES, CUTS, SCALDS, BRUISES, AND ALL DRUGGISTS. Kills Pesky Bed Bugs P. D. Q.

Kills All Flies! THEY READ THE NEWS. Kill All Flies! HURD'S FLIER KILLS ALL FLIES. HURD'S FLIER KILLS ALL FLIES.

As One Raised From Dead STOMACH PAINS GONE Eatonic Made Him Well

After suffering ten long months with stomach pain, I am now without any pain whatever. Am as one raised from the dead. Write me today and give me a trial of your drug, Eatonic. I will give you a testimonial. Thousands of stomach sufferers report wonderful relief. Their trouble is gone. Eatonic always carries a few Eatonic, take one after eating, food will digest well—you will feel fine. Big box costs only a trial with your druggist's guarantee.

PARKER'S HAIR BALM Beauty to Gray and Faded Hair. HINDER CORNS

AS FAMILIAR WITH CHROMO Mrs. Newly Rich Somewhat Too Ambitious to Air Her Knowledge, and Her Ignorance.

Harry Marfield Watts, a Philadelphia art critic, said at a dinner in Philadelphia: "The ignorance of the new rich in art matters is quite incredible. The wife of a man rich in money was buying pictures in a Walling street shop the other day. After she had bought a number of costly pictures she said: 'How do you expect to command good prices for the pictures you buy?' 'The new rich lady nodded in a sage way.' 'Yes, of course,' she said, 'chromo is a striking and obvious always and he expect to command good prices for the pictures you buy?'

Well, Who Knows? Annie is always kissing, much to Paul's disgust. One day he said: 'Annie, how did you do a boy have before his snits stop kissing him?'

It is a wise man that can read between the lines.