

DRESS UP CANNED VEGETABLES TO OBTAIN BEST VARIETY FOR FAMILY

Best Canned Peas or Beans Will S Cooked in

(Prepared by the United States Department of Agriculture)

Turnips, carrots, cabbage, onions, potatoes, parsnips, kale, celery, and winter squash—for a good many winter months these are the only fresh vegetables that appear on the table...

No matter how canned vegetables are served, they should be heated thoroughly after they are poured from the can and before they are tasted.

Scalloped canned tomatoes are not only good in themselves but help use up stale bread. Canned sweet potatoes may be mashed and baked, or made into sweet potato pie...

Improve Flavor of Vegetables.

A little onion juice or celery salt, or a bit of green pepper or celery tops, or a tiny piece of bay leaf, impart to the flavor of many vegetable dishes.

The United States Department of Agriculture has a number of other suggestions for varying the taste, color and flavor of canned vegetables.

Canned asparagus may be cut up and spread in layers in a baking dish with small amounts of butter, sprinkled with salt, pepper or paprika, seasoned with the liquor from the can, and baked.

Canned vegetables may be combined with each other or with the so-called winter vegetables. Tomatoes and peppers are a popular combination...

FACTORS AFFECTING COST OF BREAD LOAF

Quality of Flour and Price of Much Importance.

Where Different Materials Are Purchased in Small Quantities, Cost Is Much Higher—Use of Milk Increases Expense.

(Prepared by the United States Department of Agriculture)

Tests in the experimental kitchen of the United States Department of Agriculture show that the quality of flour used, the retail price paid for it, the method of baking, whether in small quantities or by the barrel, the formula used, the kind and price of fuel, the sort of oven used, and the number of loaves made at one time are all factors affecting the final cost of the homemade loaf of bread.

In case of a batch of five loaves for which materials were bought in small quantities and which were baked in an uninsulated gas oven when gas cost \$1.20 a thousand feet, a single pound loaf was found to cost 7.15 cents.

A batch of eight loaves was made by a more economical formula, and all materials, though bought at retail prices, were purchased to obtain the same advantage.

Good quality knives should be cleaned with charcoal powder. The life of baskets can be prolonged by scrubbing them occasionally with hot soapuds.

ECONOMY IN USE OF CEREALS

Relatively Low in Price and Furnish Some Tissue-Building Materials and Body Fuel.

Because cereals are relatively low in price and because most of them furnish some tissue-building materials, as well as body fuel, the United States Department of Agriculture considers it good economy to use them freely and sometimes in place of part of the more expensive foods.

To Cut Butter.

When cutting butter into squares for table use, wrap one thickness of paper around the knife blade. There will then be no broken or ragged edges.

Stains on Flower Pots.

Flower pot stains can be removed from sills by rubbing with fine wood ashes and then rinsing in clear water.

Boiled Fish.

When boiling fish, add a few drops of vinegar to the water; the fish will then be quite firm and very white.

FEWER SERVANTS NOW

One of the curious facts that the recent census disclosed—or rather corroborated, for it has been observed before—is the steady diminution in the number of house servants and domestic workers. In ten years and in spite of a steadily growing population...

Lord Leverhulme, the British peer who has made a great fortune in manufacturing soap, does not think the possession of a mere material wealth gives a man a clear field in industrial competition.

Education should be sound as well as pervasive, says the Review of Reviews. Nothing is more to be desired and encouraged than the tendency of men who work for wages to study practical and economic science.

Men catch cold more easily than women and need more clothing to keep warm. The average man, bundled up in winter like an arctic explorer, wonders why women can dress so lightly in cold weather without getting chilled to the bone or dying of pneumonia.

The country furnishes the most successful, says Gary, the sled king. He adds that a man who gets his start in the country, which "gives him a better chance." It is good advice, but it should be directed at parents. Until youth leaves home, its environment is selected for it.

Some of the explorers talk, as though a trip to the North pole by airplane were little more than a weekend excursion. But the man who has not any of them making the light jump over the mountains is a long, straight path to a hazardous and a hazardous one.

It is said that the Russians planted some of the American corn sent to feed them and were delighted with the crop. Now if they test it out for health, beauty and vigor, they will find it good stuff.

Somehow or other, the news that the price of Cuban raw sugar is shooting up gives a fellow a chilly sensation, whether he's interested in sugar or not. It reminds one so much of the last time.

Portable school buildings are recommended by an educator. If they are intended to change their locations frequently, a better excuse for being late or missing school altogether was never invented.

"London milkmen," admits Punch, "are complaining that the lids of their milk cans are being stolen in large quantities." London should learn to get its milk in bottles.

Lloyd George coming to U. S. Washington—Lloyd George is coming here. He will be seen and heard in Detroit as well as in Washington, New York and other American cities.

Tinsel Chenille. Tinsel chenille makes its entrance as a very important trimming material of the season. The company has imported this item and finds it being rapidly adapted by both dress and millinery houses.

Crocheted Hats. Crocheted hats are very popular now for sport wear, and crocheted belts with big tassels on the ends of the streamers are liked for unceasing frocks.

New Touches in Winter Frocks; Styles for the Younger Girls

STRAIGHT line and draped dresses that contribute their part toward "general" and "specific" of home laundry workers one-quarter and of dressmakers in the home nearly one-half. Unlike previous advanced civilizations, our own flourishes without a constant increase in the numbers of the serried class, says the Youth's Companion. The reason of course is the extent to which machines have come to do the work of hands.



TWO FORMAL AFTERNOON GOWNS

made clothing or to take the styles shown in the shops as guides and copy them in home-made garments. Any girl, from eight to fourteen, will like the frock of velvet shown at the left of the picture. It is especially smart in blue or brown, with its round neck and elbow sleeves outlined with three rows of very narrow silk braid in vivid shades of bright color.

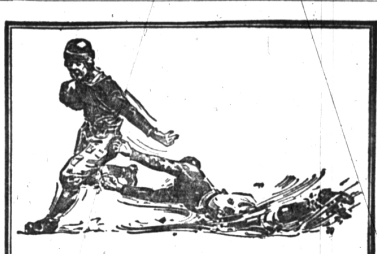


TWO PRETTY FROCKS FOR JUNIORS

Two pretty frocks for the younger girls are shown here; one of them a red skirt is divided into panels by frills of georgette. In two particulars this frock undertakes to copy the dress of grown-ups: the side panels of the skirt are lengthened and the sleeves are split on the upper side.

Head chains are growing much looser. Often the worn twice or three times about the neck. One smart frock trimmed with silk fringe so long it reaches from the shoulder to the hem.

New Frocks. In some of the newest frocks circular gold studs are imparted at each side of the skirt.



Help You Run the Ball

—bring home the bacon, collar the blue vase, carry the message to Garcia, etc.

LITTLE Raisins, full of energy and Lion, will put the pep into you that makes winning plays. Use via like it in your business, too.

One hundred and forty-five calories of energizing nutrient in every little five-cent red box that you see. Comes from fruit sugar in practically predigested form—levulose, the scientists call it—so it goes to work almost immediately. Rich! Rich! Iron also.

Try these little raisins when you're hungry, lazy, tired or faint. See how they pick you up and set you on your toes.

Little Sun-Maids

"Between-Meal" Raisins So Everywhere

Had Your Iron Today?



Paper for Dark Room. Modern photographic plates are so sensitive that often a screen of red glass in the dark room is not sufficient to prevent fogging.

My husband and I, while dining at a cafe, saw a young woman acquaintance who is not only extremely homely, but who has unattractive manners. We discussed her quietly. Later we went to call on a distant relative of this girl, and it mentioned that we had seen her at dinner. The girl was not a favorite with my hostess and both of us proceeded to enumerate her shortcomings. My husband is deaf and had been paying no attention to our gossip. Suddenly he turned to our hostess and said: "We just met Marfan, and my wife declares she looks and acts enough like you to be your daughter." You can imagine what I said to him later.—Exchange.

FREEDOM FROM LAXATIVES

Discovery by Scientists Has Replaced Them.

Pills and salts give temporary relief from constipation only at the expense of permanent injury, says an eminent medical authority. Science has found a newer, better way—a means as simple as Nature herself.

In perfect health a natural lubricant keeps the food waste soft and moving. But when constipation exists this natural lubricant is not sufficient. Medical authorities have found that the gentle lubricating action of Nujol most closely resembles that of Nature's own lubricant. As Nujol is not a laxative it cannot grip. It is in no sense a medicine. And like pure water it is harmless and pleasant.

Nujol is prescribed by physicians: used in leading hospitals. Get a bottle from your drugist today.—Advertisement.

A Total Loss. "Allee"—Did you win your \$50,000 breach of promise suit? Virginia—"No"; he offered to marry me! "Only those who have never loved well who have not loved for themselves alone.



For a third of a century the name Calumet has stood as the emblem of the best baking powder. Calumet contains only such ingredients as have been officially approved by the United States Pure Food authorities. Has more than the ordinary leavening strength, therefore you use less. The most dependable of all leaveners. THE WORLD'S GREATEST BAKING POWDER