

I certainly hope the meeting Omaha will work out a plan to develop our marketing and the purchasing of our supplies on this basis. We know our Farmers Union Cooperative Exchanges will be only too glad to give preference to Farmers Union Members in the buying of their supplies when they can have the assurance.

(continued on page 4).

Junior and Juvenile Department

Juniors from 16 to 21

Juniors from 6 to 16

Junior Letter

Dear Juniors:

We have a nice report of where the Crooked Creek Juniors met and had such a good time. I find several different communities are putting on plays, and are enjoying that form of activity very much. If you do not find the type of play at your local book stores, it might be that we could refer you to something useable. We are printing this week several of the interesting items from the national program service, and adding a few which we thought you might like to have. How many of you have sat and watched people go by, or standing in groups. Their posture was perhaps one of the first things which you began to comment on. Some standing on only one foot, instead of the two given us for that purpose. Some making a nice, or a back of their neck. Some doing this or that which this article says you should not do. There are certain things for our own well being which it is well to observe, and will tell you on to the Park. I hope you enjoy it as much as I did.

Here is what information we have about the location of the Camp in Estes Park.

The Estes Park YMCA camp, with its 700 acres and 150 buildings is located 4-1/2 miles southwest of Estes Park Village, in the heart of the scenic beauty of the country, joining Rocky Mountain National Park. Those familiar with the grounds claim there is no other location of such surpassing beauty, or so convenient to so many points of interest. Within easy hiking distance are splendid trails leading to Longs Peak, Bear Lake, Loch Vale, the Glaciers Fern and Odessa Lakes, and Marguerite Falls. Splendid automobile roads to the continental divide, Estes Park Village, the Fall River Road, of scenic beauty, and the new million dollar trail ridge road to Grand Lake.

We have heard lots of people talk of being to all these places, and have read about them, but here is an opportunity to see and visit them ourselves. According to the camp schedule, the afternoons are set aside for creative leisure activities, hiking, sports, music, craft, riding, dancing, etc. So, you will have time, along with the instruction of the mornings to visit all these interesting spots. Should you prefer to get there on the train instead of drive or ride with some one in their automobile, if you purchase your railroad ticket direct to Estes Park, you can take the train to Denver, and there there will be buses which have regular schedules to take you on to the Park. This bus transportation company also operates schedules between the camp grounds and the Estes Park village. They also conduct special trips around over the Park, the different canyons, etc., as you might desire to arrange with them.

I hope we will have some pictures of a few of the most outstanding spots near by which you could visit during the week of camp life, for next weeks paper, so you may all see them.

Sincerely,
Aunt Patience

TESTING GOOD POSTURE

One of the very best exercises to correct bad walking posture involves mental as well as physical effort. You have to visualize a line from the hollow of your throat (notch of the sternum) to center of the base of support (your two feet). Consider the efforts to hold your body so that line doesn't break or become crooked. When the line is straight, you will walk from your hips (not knees). And you won't sway from side to side or bob up and down with each step. Regardless of which foot weight is on, the line from notch of sternum to center of space between feet can be and should be straight.

To test whether or not you walk correctly with body perfectly balanced, stand on right foot, then on left, continuing to visualize the line thru the center of your body. Rest toes of left foot just above right ankle. Shift weight on ball of right foot to toes, standing as tall as possible. Now move up and down, back on heels, on toes. If you can do this without losing your balance you can walk as you should. If you have broken the straight line thru your body, you will stumble forward or back when you try to raise up and down on one foot.

Always sit far backward in a chair with base of spine—not shoulders—against the back cushion. While you are learning about good posture, maintain the vision of the straight line as you sit down. Otherwise, you will lose your balance and be forced to grasp the arms of the chair for support. The same applies when you get up. If weight is on one foot and you have in mind the straight line down the center of the body, you will rise easily with many an awkward gesture.

CARMEL CAKE

1/2 cup butter
1 1/2 cups sugar
3 eggs
1 cup milk
1 teaspoonful salt
1 teaspoon vanilla
1 teaspoon almond extract
1/2 cup lemon juice
3 cups pastry
2 teaspoons baking powder
3 egg whites, beaten
Cream butter and sugar until very soft. Add yolks, milk, salt, extracts, flour and baking powder. Beat 3 minutes. Fold in whites and bake, in 2 layer cake pans fitted with waxed paper, for 25 minutes in a moderate oven. Cool and cover with a caramel frosting.

PEACE HYMN OF THE WORLD

Tune: "Battle Hymn of the Republic"
Mine eyes have seen the splendor of the promise of the Lord,
Men are beating swords to plowshares in accordance with His word,
The music of his footsteps by the nations now is heard,
His Peace is marching on!

Chorus:
Peace and friendliness forever,
Peace and friendliness forever,
Peace and friendliness forever,
Good Will and Peace to men.

Lift high the shining banners with Good Will in every fold,
Let the angels sing it over as they did in days of old,
To every land in sorrow the glad story shall be told,
Good Will and Peace to men!

Let all men live as brothers in the friendship accord,
Let them know the peace and power that true loving will afford,
Let them put their trust in honor not in cannon or the sword,
For Peace is come to reign!

Let thoughts of hatred perish, and let friendships take their place,
Let all men know they are kindred in one common human race,
That all are of one Father and must meet Him face to face,
When these short days are done!
—Charles Coke Woods.

POLLY WOLLY DOODLE

Tune: Polly Wolly Doodle All The Day.

Words by Ralph Ingerson
Once we were told to raise more stuff
Sing Polly wolly doodle all the day;
And when we did, things sure got tough,
Sing Polly wolly doodle all the day;
I've listened to a lot of bunk
Sing Polly wolly doodle all the day;
Let's close our ears, or the country's sunk,
Sing Polly wolly doodle all the day.

Chorus:
Farewell, fare thee well,
No matter what folks say,
If you're for cooperation
You'll need no explanation
Sing Polly wolly doodle all the day.

In the farming game, there's not much dough,
Sing Polly wolly doodle all the day;
Not near enough to make things go,
Sing Polly wolly doodle all the day;
So raise more wheat and butterfat,
Sing Polly wolly doodle all the day;
If you need money, just pass the hat,
Sing Polly wolly doodle all the day.

Let's do our part, and use our heads,
Sing Polly wolly doodle all the day;
And when they brand us all as "reds"
Sing Polly wolly doodle all the day;
When the bright sun shines, we'll make our way
Sing Polly wolly doodle all the day;
And we'll buy and sell the Co-op way,
Sing Polly wolly doodle all the day;

WITH THIS GREEN EARTH

(By E. H. Holman)
With this green earth I am in love,
With mountain, field and stream,
I prize the meadowlark's clear song,
Sweet as a summer dream.

My spirit finds its deepest joy
Where earth-made laughter rings,
And friends to me are like a tree
That shade and shelter brings.

Some men seek gold; some men seek powder;
Some seek the spotlight's glare,
But I have learned that naught brings peace
Save as I love and share.
With heart devoid of fear
I'll build my heaven on this earth—
The time to act is here.

THE DOG'S GREAT NEED

Doris Hughes
Dogs, folks tell you require food, sufficient water to drink and a dry place to sleep in. True enough. But they also need that something which child specialists claim all babies are entitled to along with the latest scientific feeding, and that human affection or just plain loving.

Like a kiddie brought up in an orphanage, there is something wistful and haunting in the eyes of a dog who is not regarded as a companion by the family with whom he makes his home.

An absent-minded cat once in a while isn't enough for the eager four-footed creature in your house. Make a friend of your dog. Talk to him and try to understand his little ways as he tries so hard to do what you want him to. With patience and some forbearance on your part during the puppy stage, there will soon develop between you and your dog an understanding and fellowship which the years can never diminish and a loyalty on the animal's part which even the Great Reaper himself cannot sever.

Remember, too, a sensitive dog can make himself sick with fretting when you scold him. Don't hold your grudge too long—you can't if you really love your dog—for he'll develop a kind of homesickness from being shut out of your favor. Home to your pet is you, yourself. As long as he feels your affection, hunger and cold won't hurt him but little, but to lose your love as he believes he has done when you are angry with him, is to lose everything he holds dear. Be fair to your four-footed friend. Punish him very rarely, and love him much. In short, try to be worthy of his almost more than human devotion to you and yours.

Milk is as old as the human race. It came to us through the function of motherhood, when the first child was born.

Unusual Salads, Desserts, Tempt Jaded Appetites By BETTY BARCLAY



Tangy Salads

Piquant salads are easily obtained by combining tangy flavors to stuff fresh Anjou pear halves. Peel and halve them, hollow the center, and fill with any of the following: crab meat and French dressing; currant or mint jelly; cottage cheese topped with maraschino cherries; Roquefort cream cheese; Philadelphia or plimento cream cheese fluffed up with a bit of milk or cream, to which mixture add chopped nut meats; fig paste; chopped green pepper; chopped stuffed olives; chopped celery; pulverized ginger snaps. Onion salt, celery salt, paprika and lemon juice give a dash of flavor. If mayonnaise is used, beat in a little cream or whipped cream. If pears are properly ripe, the flesh will yield to gentle pressure of your thumb; if not ripe, keep in open air in kitchen until ripe, even if it requires several days, as increased juiciness and flavor is worth the wait. The result is a very much in advance of the meal, squeeze lemon or orange juice on them to preserve whiteness.

Flavorful Baked Apples



In baking apples, select Doe Apple quality, and bake in baking dish (not tin). Wash and core apples, place in baking dish and fill core cavities with any of the following: sugar (white or brown), lemon juice, or melted cinnamon; grated lemon peel, or ground almonds; raisins or dates, sugar and grated lemon peel; apricot or strawberry jam; jelly; marmalade; chopped preserved ginger; chopped marshmallows topped with butter. Surround apples with syrup made of sugar and water flavored with lemon juice, or melted cinnamon candies; or syrup made of one cup maple sugar and 1/2 cup water and 2 T. sugar. Bake in slow oven until tender, about 45 minutes. Serve hot or cold in own syrup with cream or whipped cream. It is suggested a glass baking dish be used and dessert served at the table, to stimulate appetites.

GROW BEETS FOR LEAVES AND ROOTS

Economy is the stock and trade of the garden beet. It yields for 100 per cent consumption, for the leaf, the root and the skin are all eaten, and are exceptionally healthy, too. Along with the radish, it is one of the earliest plants, and can be sown in the garden as soon as the ground is workable.

This sowing is not so important with the beet, in fact it is almost impossible to do this as the seeds are really collections of seeds in a single husk and will result in bunches in spite of anything the planter might do to prevent it. Thinning can be done after the plants have reached a growth large enough to be pulled for greens.

Where baby beets are wanted to cook leaves and all, the plants should be left two or three inches apart in the rows. When the larger beet for buttering or pickling is desired this distance should be increased to 6 inches. It is a good idea to pull every other plant, using them for greens. The remaining ones will develop into baby beets, when they may be pulled, every other one again, and those still remaining in the ground will grow into the larger varieties.

A help to germination when planting is to tread the soil firmly around the seeds. The date of planting is as early as the ground will admit of cultivation, and the beets may be grown the whole season long from the first of April to the first of August. It has become such a staple in fact, that greenhouses have taken up their culture, making them available in the winter-time as well.

Roots 2 inches in diameter are considered the best for home use. Those that grow larger are oftentimes earthy tasting and somewhat woody. Select only the best seed possible, produced by a recognized seedman, to obviate the danger of poor quality plants.

CENSUS ODDITIES

The first census, in 1870, enumerating 4,000,000 persons required 18 months. The 1930 census took only 30 days!

Heavy snows in Northern Minnesota necessitated use of a ski-equipped airplane for gathering business data.

There is one birth in the United States every 14 seconds, one death every 22 seconds, one immigrant every 15 minutes, and one emigrant every 1-1/2 minutes—making a net gain in population of one person every 35 seconds.

In Texas there is a farm which has been worked continuously since 1840.

This country has 213 different recognized religious sects or denominations.

Some bee keepers tell their bees die in winter, claiming it is cheaper to import new stock each spring than feed their swarms during the cold months.

Detroit was so small and isolated at the time of the first census it was not considered worthwhile to enumerate its inhabitants.

Ten years ago per capita consumption of milk in America was 55.3 gallons per year. Today it is almost 60 gallons. Scientists agree that nutritional needs of all ages are best served when adequate amounts of milk are included in the diet.

:: Of Interest To Women ::

NEW WAYS TO DRINK YOUR FRUIT

Breakfast menus may vary all the way from a hurried snack and a page or two from the morning newspaper to the heavy breakfasts served in logging camps that include meat and potatoes and closely resemble in many respects dinner menus.

Stack all the various kinds of breakfasts menus together and consider the many individual needs being supplied by them and there will be at least one need common to all. That is the daily supply of fresh fruit in the diet. There is no limitation on this requirement. Even the diet of the two weeks' old babe includes orange juice, and as age increases so does the quantity required as well as the quantity desired.

Of all the healthful foods and beverages recommended by dietitians and physicians the world over, perhaps none is so universally enjoyed as oranges and fresh orange juice. Many foods which serve as distinct aids to health are also sources of vitamin C, the most important of the citrus family. Every one likes oranges and fresh orange juice and knows of their healthfulness.

Although orange juice has its greatest number of followers at the breakfast table, it is now recognized as a standard part of any and every meal, and for between meal refreshments as well.

The alkaline reaction of orange juice in the body counteracts the acid reaction of many foods. Specialists recommend it as a regular part of the menu because of its value in balancing the diet. Children especially should have their daily glasses of orange juice as it contains four different vitamins, as well as calcium and iron, important elements they must have for proper growth and development.

If you wish to start the day right, begin your breakfast with a big glass of fresh orange juice, made from rich, sweet Florida oranges. Its zesty flavor awakens the energy and sharpens the appetite. You can afford to be generous in your serving of orange juice as every home-maker knows that the oranges from Florida yield one fourth more juice at no additional cost, thus making them more economical to use.

Instead of chilling the orange juice after it is extracted by adding ice cubes and thus diluting its delicious flavor, you may easily have chilled orange juice for breakfast by placing the necessary number of oranges in the refrigerator the night before. If you have confined your use of orange juice to simply serving it at breakfast time, you have overlooked many delightful uses for it, particularly in cocktail recipes. Here are just a few you will wish to jot down.

Minted Orange Ale
Add finely cut mint leaves to orange juice and cool just before serving. Add 1 1/2 cups pale dry ginger ale to each 2 cups orange juice. Serve in tall glasses, decorated with a sprig of mint.

Orange-Gingerale
For each person combine 2-3 cup orange juice with 1-3 cup ginger ale. Pour over cracked ice in glass and serve immediately.

Orange and Grapefruit Cocktail
Combine equal quantities of freshly squeezed orange juice and grapefruit—pour over crushed ice and serve at once.

Orange Juice Cranberry Cocktail
Prepare cranberry juice as follows: 2 cups cranberries
2 cups hot water
1/2 cup sugar

Wash and sort cranberries, add hot water, and boil for 20 minutes. Put through strainer. To the hot juice add the sugar and stir until dissolved. No more cooking is necessary. Chill for serving. Fill lower half of cocktail glass with chilled cranberry juice. Then carefully pouring down the side of glass, add fresh chilled orange juice to fill glass. The juices will remain in distinct layers, thus giving an attractive appearance as well as a delightful combination of tart flavors suitable to stimulate the most languid appetite.

3-GALACTOSIDYLCYANIDIN PUTS RED IN APPLE SKIN

If an apple has 3-galactosidylcyanidin it blushes. If it merely has 3-galactosidylquercetin it is unusually yellow. Chemical tests by United States Department of Agriculture workers confirm the fact that 3-galactosidylcyanidin is present in yellow apples such as the Grimes Golden variety, but this particular substance is not identical with or responsible for the yellow color as we see. In red varieties the unseen coloring matter is acted upon chemically and changed to red idean, which is a simpler name for 3-galactosidylcyanidin. They have not yet identified the conditions that cause this change from yellow to red.

Color in apples is important to growers and to consumers. For the grower there is the practical advantage that well-colored apples are not nearly so subject to injury by storage as are pale apples. For the consumer, good color is a practical and easy guide to selection of good ripe fruit.

The chemical changes that are essential to the formation of good color are the changes that are also required to bring fruit to maturity and to develop flavor, aroma, and palatability. This research does not compare the merits of yellow apples and red apples. It does bear out the popular

ROOT CROPS ARE MAINSTAY OF VEGETABLE GARDEN

Grubbing roots for food has been an occupation of mankind since the dawn of civilization and although modern man has invented machines to take the place of the primitive fork or finger, making the task of growing comparatively simple, there has been little essential change in method of culture, and even less in popularity. The roots still remain staple food products, and next to bread form the most important part of the average menu.

There is a long list of vegetable roots headed by the potato, and including onions, turnips, radishes, carrots, celery, beets, parsnips, salsify and sweet potatoes. Of all food plants, including also those of which we use the fruit, the seeds, the leaves or the stalks, the root group is the most important and forms the bulk of all vegetables grown for human consumption.

They are the mainstay of the garden, and starting with the radish they can be found from early spring, through the season, even winter, permitting a few of them to survive.

In the main, root crops demand a rich soil of considerable depth for their best growth, as they shoot down deeper into the ground for their food than corn, or peas, or beans which are comparatively shallow-rooted. One of the most important features of these vegetables is their ability to keep over long periods of time. Freshness is not such a necessary quality here although decidedly desirable one, as they often lose moisture and crispness after lengthy periods of storage.

The soil should be dug deep, with a liberal allowance of plant food added. Not so long ago, one of the many food culprits sprang up which advocated the abandonment of all root crops as food for human consumption, but like all fads of its kind, it proved nothing but a transitory delusion, and was soon forgotten.

TERMITES MAY BE MAKING YOUR HOME THEIR HOME

Flying Ants Are Winged Rulers of Destroying Insects

It is a good idea for every home owner to look closely at his house to see if termites are damaging it, advises E. G. Kelly, Kansas State College entomologist, as these insects are known to have attacked many buildings last summer. Since the rains began in September, evidence of the large number of termites present has been given by the white ants under boards that are found on the ground, as the moisture has brought the termites to the surface, and it is from under these boards that swarms of winged males and females are now coming.

"Termites seem to do more feeding on houses in the hot dry weather than when there is plenty of moisture in the yards," Kelly says. "Also more trees and shrubs have been attacked this summer and fall than ever before. It may be the result of water being poured on the shrubs and small ponds being made about the trees. There is no doubt that many trees and shrubs will die as a result of this injury."

Every home owner should look at windows, frames, porches, doorsteps, and basements to see if the termites have tunneled into the house. An ice pick or stiff knife will find the tunnels in timbers if they have been attacked this summer and fall than ever before. They should be tried out on the plate and sills that are near the ground.

DRESS UP STANDARD RECIPES FOR TOOTHsome BISCUITS

According to the old joke pages biscuits were the acid test of cooking ability. With the standard recipes, and with the ready-mixed preparations it is almost impossible to get biscuit failures, and even a young cook may go beyond ordinary biscuits and get extra delicious effects. The Butterscotch Spice Rolls, for which the recipe is given below, are one of the easiest variations. Although the Seed Rolls are a little bit more complicated they, too, are simple to make and will add to any woman's reputation for setting a good table.

Butterscotch Spice Rolls
4 tablespoons shortening
2 cups all purpose flour
4 teaspoons baking powder
1/2 teaspoon salt
2-3 cup milk
Cinnamon and sugar

Cut the shortening into the dry ingredients and add milk to make a soft dough. Roll about 1 inch thick, spread with softened butter, sprinkle with cinnamon and sugar and roll as for jelly roll. Cut into 1 inch slices and place them, cut side down, on a greased pan. Bake about 12 minutes in a hot oven.

Seed Rolls
2 cups sifted cake flour
2 teaspoons double action baking powder
1/2 teaspoon salt
4 tablespoons shortening
2-3 cup milk
Melted butter

Poppy seeds or caraway seeds. Sift together the flour, baking powder and salt. Cut in the shortening, add milk all at once and stir until the flour is dampened, and the mixture forms a soft dough and follows the spoon around the bowl. Turn out on a floured board and knead lightly 2 or 3 minutes; then roll 1/4 inch thick. Cut into crescents with biscuit cutter, brush the tops with melted butter and sprinkle with seeds. Place in a greased pan, cover and let rise in a warm place 20 minutes. Again butter tops, dropping melted butter from a teaspoon and continue to bake from 5 to 10 minutes. Remove from oven and butter tops as before. Makes about 20 crescents.

MOTHER'S DAY

The popular idea of Mother's Day has been to send gifts of a material nature as remembrances to "Mother." This doubtless has brought happiness to countless thousands of women. In other homes there is a feeling of loneliness for mothers who have passed away. All of them are missed, many are much needed and there are some among them, whose lives could have been spared.

Medical science has demonstrated that many of the diseases which prove fatal can, if discovered in the early stages, be cured or checked to such a degree that patients may lead a normal, active life.

Many women die in childbirth. It is estimated that two-thirds of maternal deaths could be prevented by proper prenatal care and medical attention at birth. Postnatal care is also important, since damage to the mother at the time of birth, neglected over a long period, is sometimes a contributing cause of cancer. Cancerous growths in other parts of the body take the lives of many women. Such malignancies, diagnosed in the early stages and promptly treated by physicians skilled in the use of x-ray or surgery, or both, may be removed successfully.

Infected teeth or tonsils spread result in various ills, such as heart disease and rheumatism. Mothers are notorious negligent of these defects in themselves, usually because they sacrifice their own physical needs to the material needs of their families. They want to spend the money for a new coat for Johnnie, or some such thing. As a matter of fact they are robbing their loved ones, when they deprive themselves of their health and efficiency. How many women shield their mouths when they smile or laugh, conscious of the ugliness of gaping spaces or decayed teeth! And how many devoted husbands permit such sacrifices, not realizing that the stamina of their wives is being slowly but surely sapped by infection and improperly masticated food!

In true thoughtfulness of "Mother," why not make sure that she has, at least once a year, dental and medical examination, in order that she may enjoy good health and that her life may be spared for additional years of happiness and service to her loved ones?

CHOCOLATE CAKE PIE

1 unbaked pie crust
1 cup sugar
4 tablespoons flour
1-8 teaspoon salt
1 1/2 squares chocolate, melted
2 cups milk
3 egg yolks
3 egg whites, beaten
1 teaspoon vanilla
2 tablespoons butter
Blend sugar with flour. Add salt, chocolate and milk. Cook slowly and stir constantly until thick and creamy. Fold in rest of ingredients and pour into the pie crust. Bake 10 minutes in hot oven. Lower fire and bake 25 minutes in moderately slow oven. Cool and serve.

RHUBARB PUDDING

1 pint diced raw rhubarb
1 pint diced stale bread
2 eggs
2 tablespoons butter
1 1/2 cups sugar
1/2 teaspoon nutmeg
2 cups milk
Arrange the rhubarb and bread in alternate layers in a baking dish, dotting each layer with butter and sprinkling with sugar and nutmeg. Have bread for the top layer, and save out 1/2 cup of the sugar. Use all but 2 tablespoons of this sugar for a custard. Combine sugar and 2 well beaten egg yolks. Pour this custard over the rhubarb and bread. Cover and bake in moderate oven—350 degrees F.—for an hour. Remove lid, cover with a meringue made of 2 egg whites and 2 tablespoons sugar, and brown in slow oven.

LIMA BEAN SALAD

2 Cups Cooked Lima Beans
Juice of 1/2 Lemon
1 Cup Shredded Cabbage
1 Tablespoon Gelatin
2 Cups Boiling Water
1-4 Cup Chopped Pimientos
1-4 Teaspoon Salt
1/2 Teaspoon Paprika
1-4 Cup Chopped Pickles
Pour lemon juice over beans and let stand ten minutes before combining with cabbage, pickles, and pimientos. Dissolve gelatin in two tablespoons of cold water. Let stand five minutes, then add boiling water when cool add vinegar and beans with other ingredients. Mold and place in cold place to solidify. Serve on lettuce with mayonnaise.

MOLDED VEAL LOAF

1 tablespoon gelatine
1-4 cup cold water
2-4 cup mayonnaise or cooked salad dressing
2 cups diced cooked veal
1-3 cup diced celery
1 diced canned pimiento
1 hard-cooked egg
Lettuce
Pickled fennel or radish roses
Soften gelatine in cold water, then dissolve over boiling water. Stir into salad dressing with veal, celery and pimiento. Cut egg into slices and use with a few pieces of pimiento to decorate bottom of mold refrigerator tray which has been dipped into cold water. Pour veal mixture in gently so as not to disarrange decoration and chill thoroughly. Unmold carefully with lettuce and pickle fans or radish roses. Serves six.

APPLE PICKLES

2 cups pared and quartered apples
1 cup vinegar (mild)
2 cups sugar
1-8 teaspoon cloves
1 stick cinnamon
Make a sirup of the sugar, vinegar and spices. Add fruit and cook until tender, pack into sterilized jars, fill to within 1-4 inch of the top with the sirup. Seal at once. Other fruits such as peaches, pears and crabapples may be substituted for apples.

DATE CHEESE SANDWICH

Use equal amounts of cream cheese and stoned dates chopped fine. Add mayonnaise dressing until of creamy consistency. Spread between slices of lightly buttered graham or whole wheat bread.

GUMDROP CAKES

(Reprinted by request)
Take 4 eggs, 2 cups light brown sugar, 1 tablespoon cold water, 2 cups flour, pinch of salt, 1 teaspoon baking powder, 1 teaspoon cinnamon, 1-3 cup chopped nuts, 1 cup cut gumdrops.

Buy the gumdrops which come in sticks of yellow, green, white, orange, and red. Cut them into small pieces. Beat the eggs until they are light. Add the brown sugar and water, and continue to beat. Add the dry ingredients sifted together, beat until smooth and add the nuts and gumdrops. Spread about 1-2 inch thick in a lightly greased pan, and bake for 30 minutes in a moderate oven (350 degrees). Frost, while still warm, with an icing made of powdered sugar and orange juice, with the addition of a little grated orange rind. Spread the frosting thinly. Cut the cake into squares.

BOILED CREAM DRESSING

Boiled cream dressing combines well with many salad ingredients and helps make a use sour cream which might otherwise be wasted. For this salad combiner you need:

One cup sour milk, 1 egg slightly beaten, 1-4 cup vinegar, 2 tablespoons salt, 2 teaspoons sugar, 1 teaspoon dry mustard, 1-8 teaspoon pepper.
Mix all the ingredients thoroughly, adding them in the order named. Cook them in a double boiler. Strain constantly until the mixture begins to thicken. Remove from the stove and use when cold.

A NEW WAY TO PREPARE BEETS

Fancy dishes for company meals are all right in their way, but what every woman yearns for this time of year is a new way to prepare the day-in-and-day out vegetables which are so frequently served with the winter roasts and chops. Beets with Dutch sauce are an old friend, but a welcome new guise. They taste intriguingly different, and thanks to a bit of glycerine, have an appetizing glaze that gives them eye-appeal far none. The sauce is very easy to prepare, so why not try this recipe next time you cook this popular vegetable:

Beets With Dutch Sauce
2 cups cubed beets
1 cup liquor or stock from cooking beets
3 tablespoons butter
3 tablespoons flour
Salt
Pepper
1-4 cup vinegar
2 tablespoons glycerine
1 tablespoon sugar
Melt butter, add flour and brown well. Add stock and glycerine and cook until smooth and glossy. Add beets with salt and pepper and add vinegar and sugar. Pour over beets and serve.
The addition of the glycerine makes a glaze on the beets.

CUCUMBER SANDWICH

Closed
1 medium sized cucumber
1 teaspoon grated onion
4 hard cooked eggs
Mayonnaise dressing
Have cucumber, cut lengthwise, remove seeds, and chop—there should be one cup of chopped cucumber. Add grated onion, and eggs which have been chopped fine. Add enough mayonnaise to hold ingredients together. Put filling and lettuce leaf between buttered slices of bread.

BAKED TOMATO PORK CHOPS

Select as many pork chops as desired, salt, pepper, and flour the same. Put them into a baking dish. Slice onions, green pepper, and lemon on top of pork chops, and if another layer is desired proceed as above mentioned; then pour a large can of tomatoes over same. Bake in a moderate oven for 1 hour and 45 minutes. Serve hot.

Chops cut from the shoulder might be used. This would reduce the cost.
Round or chuck steak would be delicious—the acid in tomatoes and lemon would help to give a tender product.

