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LIBERTY CANDY IS SUGGESTED FOR XMAS; HERE'S THE WAY IT'S MADE

What about Christmas candies? Must candy be omitted from the Christmas box for the boy at camp and the girl at school or from the little one's stockings?

Before answering, let's face a few business facts. Our Allies, France and Italy, are now dependent on the American sugar bin and the bottom of the bin is in sight. According to an authoritative bulletin, "the present period is one in which stocks are nearly depleted in the United States and the countries on which it draws."

Do these business facts mean no Christmas candy? Not if you are clever in combining fruits and nuts. Such sweets keep fresh a long time and are just the kind for Christmas boxes. They are delicious for desserts, are wholesome and universally liked. One cup of white sugar is enough for five pounds of these Liberty Candies.

Popcorn Candy—For making popcorn candy either honey, maple syrup, molasses, white cane syrup or corn syrup may be used instead of sugar. To one cup of syrup allow one tablespoon of vinegar. Boil together until syrup hardens when dropped in cold water. Pour over freshly popped corn and mold into balls or fancy shapes for the Christmas tree. Little popcorn men will please the children. Mark in the features and outlines with melted chocolate.

Crystallized Fruits—Use your own preserves. Peach, pear, apple, quince or watermelon rind will do. Drain from the fruit all syrup possible. Cut any size desired, sprinkle with sugar and dry in the warmer or a very slow oven. It may be necessary to sprinkle the fruit again with sugar during the drying. When dry enough not to be at all sticky, sprinkle with sugar and pack in layers with wax paper between. This fruit may be used for dipping in bitter chocolate for bitter-sweets.

Bitter-Sweets—An attractive variety of candies may be made by dipping sweet fruits in bitter chocolate. Use for this purpose dates, citron,

candied orange peel or crystallized fruit. Melt unsweetened chocolate in a double boiler. Keep the chocolate just warm enough to prevent solidifying with a silver fork dip, pieces of fruit in chocolate. See that each piece is completely coated, then remove to waxed paper to harden.

Stuffed Dates—Use the best dates. Remove the stones. Fill with pecans, walnuts, hickory nuts or any nuts available. Peanut butter makes a good filling that is different. Press dates in shape and roll in granulated sugar, chopped nuts, or a mixture of cocoa and powdered cinnamon.

Fruit Paste—Put through the meat chopper enough cherry, peach or quince preserves to make a half pint with the juice. Heat fruit and add two tablespoons of gelatine, previously softened in a very little cold water. Stir well and continue stirring until it begins to cool and thicken, then pour into oiled dish to make a layer, one inch thick. Let dry slowly, sprinkle with sugar and place in box with waxed paper between the layers. A mixture of dried apricots and dates may be used for this paste. Wash apricots and soak overnight in enough water to cover. Pour off water, bring it to a boil, pour over apricots, and let stand until cool. Put apricots and dates through meat chopper, and proceed with the proportions as given.

Chocolate Dainties—Put through a meat-chopper one-half cup each of dates, figs and nut meats. Add one table spoon orange juice, a little graded orange peel and one square of melted unsweetened chocolate. Mould into balls and roll in chopped nuts or granulated sugar. This mixture may be packed in an oiled tin, put under a weight until firm, then cut in any shape desired.

Maple Creams—Boil one cup maple sugar with one cup water until it forms a soft ball when dropped in cold water. Remove from the fire and stir rapidly until it becomes creamy. Form into balls the size of marbles and put nut meats on either side. Lay on wax paper to cool.

REGIONAL MILK TRIBUNALS ARE PLACED IN USE

Regional milk tribunals, federally appointed, is the latest way of solving the whole milk problem of metropolitan areas. This plan has been adopted by the United States food administration following requests for aid from contending parties in the milk districts of Chicago, and New York. In these and other cities the increases in the prices of milk have created discontent among consumers. In justification the producers have claimed rising production costs, and the distributors have alleged rising costs of distribution.

The plan of the United States food administration, according to G. Harold Powell, in charge of the division of perishable commodities, is to set up regional federal commissions on which producers, distributors, consumers, milk experts and the public at large will be represented. These commissions will be formed, so far as can be done, from citizens in the districts concerned. They will at once begin public hearings, giving all parties an interest an opportunity to assemble and present all milk data and attendant facts that may bear upon equitable prices, decide according to the facts, and make reports that will advise the public of the true status of the milk industry in each of the districts named.

As the costs of producing and distributing milk vary, it is not expected that a uniform national price will be the outcome; but there is reason to believe that important reforms may be inaugurated both among producers and distributors as a result of the inquiries to be conducted. Announcement was made today at the food administration that the personnel of the commission for the New York and Chicago dairy districts will be completed within a few days.

WALL-DOUGHERTY WILL BE OPEN

Every evening until Christmas for the accommodation of Christmas shoppers.—Adv.

RECIPES GIVEN FOR CORN-PONE AND CORN BREAD

The two following corn bread and corn pone recipes have been given to Star-Bulletin readers by Mrs. J. Milton, who has kindly offered to tell any one wishing to know any details further necessary.

One interesting thing Mrs. Milton tells: Corn bread doesn't bake well in an aluminum pan. It needs an iron pan; also the pan should be greased and heated first very thoroughly.

SOUTHERN CORN BREAD WITHOUT WHITE FLOUR

One egg well beaten, 1 pint sour or buttermilk, one teaspoon soda, one teaspoon salt, 3 cups white corn meal. Put salt and soda into meal, then add milk, buttermilk and lastly well beaten egg; bake in a hot, well greased pan in a hot oven for 25 minutes.

CORN PONE

One pint meal, 1 teaspoon salt 1 tablespoon shortening. Add enough boiling water to form a heavy dough and beat as hard as you can; form into patties with the palm of your hand and bake into cakes or pones; will make eleven cakes.

MEAT SUBSTITUTES

Impelled by economy and war duty, housekeepers are collecting meat substitute dishes. These dishes are high in protein value and should be served in place of meat and in combination with fresh vegetables. Potatoes and tomatoes combine well with bean dishes, Cornbread and a green salad make an excellent combination with the fish kedgeree.

Beans and Rice.
Two cups cooked kidney beans.
Two cups cooked rice.
Four cups tomato sauce.
To make the tomato sauce—Brown 3 tablespoons of flour in 1/4 cup of drippings or vegetable oil and mix with one quart of strained tomatoes and 1 tablespoon grated onion. Cook sauce five minutes; combine hot rice and beans; pour over them the hot sauce and serve.

Creamed Peas or Beans.
One pint dry peas or beans.
One-half cup milk.
One teaspoon drippings.
Two teaspoons syrup.
One teaspoon salt.
Pinch red pepper.
Soak beans in cold water over night or until hulls rub off easily; rub between hands until all skins are removed; boil slowly with just enough water to cover them until thoroughly done; pass through a ricer; add other ingredients; whip as for creamed potatoes; serve hot.

Fish Kedgeree
One and one-half flaked cooked fish.
One egg.
Four tablespoons rice.
One teaspoon chopped onion.
Salt and pepper to taste.
Two tablespoons dripping.
Wash rice and drop slowly into fast-boiling water, with a teaspoon of salt, and boil fast until tender (about 20 minutes). Drain well, and dry in a colander. Boil the egg hard, cool it in cold water, and chop it coarsely. Melt the fat in a saucepan, stir in the cooked rice, add the fish and seasonings. Make it very hot, then add the chopped egg, and serve at once. If onion is liked, fry it lightly in the fat before putting in the rice.

An appropriate Christmas gift. One year's subscription to the Star-Bulletin.—Adv.

Go to Thrum's for Christmas Cards.—Adv.



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SOCHE AX MURDERER WIPES OUT A FAMILY THAT BOUGHT BONDS

VIRGINIA, Minn.—Three persons, Mr. and Mrs. Paul A., and a boarder, Peter Trepich, were killed by an ax murderer. Their bodies were found today in their home here with a note

of warning to all other Austrian families in Virginia who bought Liberty bonds or subscribed to the Red Cross.

The bodies were horribly mutilated. They had been slashed with a knife in addition to being beaten with an ax. All were in their beds. Wholesale arrests have been made. Police say that the murderer, after

completing his work of killing, stood under the shadow of a large crucifix and washed his hands. Then he sat down at the kitchen table and wrote the note of warning.

Uses for Potatoes in Sweden. Uses made of Swedish potato crop, officially estimated this year at 84,220 bushels, will be interesting to people of the United States. Of the entire crop, 37.1 per cent is used for direct human consumption; 32.7 per cent is fed to animals; and 6.5 per cent is used in flour making. The loss in storage is 11.9 per cent and 1.8 is retained for seed.

TURKEYS for Christmas

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