The Tribune Institute

At your Service

Prices Are Subject to Change Without Notice

TESTED AIDS FOR THE HOUSEHOLD

Baby's Never-Kick-Out

Made by the Mary Blakely Co., 78 Reade Street, New York City

THE name of this article implies a miracle. The average lively baby considers it an unmitigated nuisance. In reality, it is somewhere between the two and does its work most satisfactorily from the parents' point of view. The baby usually continues to express himself with some emphasis on the negative side of the question,—until he gets used to it and finds for himself that the slight restraint laid upon his active, small legs is not intended as an insult to his dignity.

Everybody who owns a baby knows how unalterable is his conviction that bed coverings are meant to be used as a mattress. No matter how cold the night, he prefers to sleep on the outside. No matter how warmly he may be tucked into his crib he usually begins to extricate himself as soon as mother's back is turned. If he does not succeed in climbing out into the cold before he gets to sleep, he does it afterward.

For these reasons any mother may be excused for feeling skeptical as to the ability of any one device to keep a small child covered warmly during the night. But this innocent-appearing linen sheet will do it if anything will.

It is laid directly over the baby, replacing the top sheet. Tapes, to which are attached nickel-plated steel spring snaps, secure it firmly to the foot of the crib. Along the upper edge is a row of eyelets which permit the attachment of eyeleted webbing that is secured by snaps to the crib head. In this way the sheet is stretched snugly over the baby's chest and body. When he protests with vigorous kicks against this confinement, the springs allow sufficient freedom of movement to convince him that, within certain limits, he can kick if he wants to. He usually objects to the limits, his own limit being the sky.

So the next move is an attempt to work himself out at the top, eel-fashion, but here he is balked again by the pocket effect at the top. There simply is nothing to do but stay under his covers and go to sleep.

The usual covers are laid over this patented sheet and, once the baby accepts his pocket and decides to be a real sport, father and mother may sleep in peace, assured that the little quilts and blankets will "stay put."

When it is time for baby to get up the sheet is easily unhooked. Also, being easy to attach or detach, it can readily be removed for laundering. The nickel-plated brass eyelets do not rust. Price, $2.50.

"Swissalu" Berlin Saucepan

Made by The Geo. H. Bowman Co., 224-226-228 Euclid Avenue, Cleveland, Ohio

Our grandmothers would have said that there was witchcraft in a kettle that wouldn't boil over. Any one watching this saucepan when it really gets down to business would be inclined to agree with them. The trick is done by the dome-shaped self-adjusting cover, which so fits into the collar of the pot that it is raised automatically when steam collects beneath it and upon its release falls back into place.

Because of this the saucepan may be filled much more nearly to the top than an ordinary pot, and no matter how energetically the water or other liquid may boil, not a drop spills over.

In the tests given in The Tribune Institute, the saucepan was filled with water clear up to the collar, so that the cover floated. When boiling began the cover bounded and danced like a canoe on a choppy sea, the steam escaped in great puffs and not a drop fell on the stove.

Another good feature of the saucepan is the wooden handle, which remains cold no matter how hot the saucepan may become. A steel rod with a ring in the end for hanging up the pan passes through this handle.

It is made in sizes ranging from one and a half to six quarts. Prices, 85 cents to $1.85.

If You Own One of These Plierlike Can Lifters You Will Never Scald Your Hands

"Economy" Fruit Jar Lifter

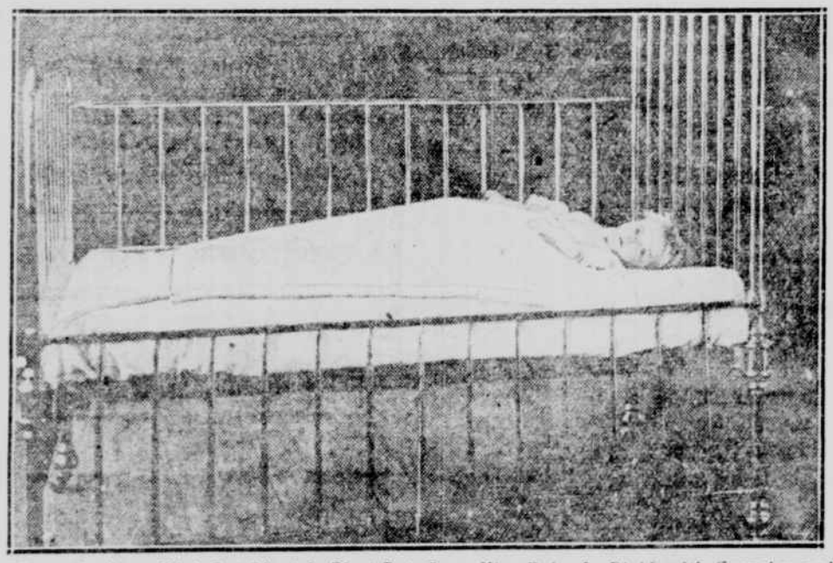
Made by the Loring Lane Co., 41 Harrison Street, New York City

The hardest part of canning is lifting the jars out of the hot water. They are blazing hot, as slippery as eels and the steam and hot water surrounding them make it dangerous to lift them out with a towel wrapped hand.

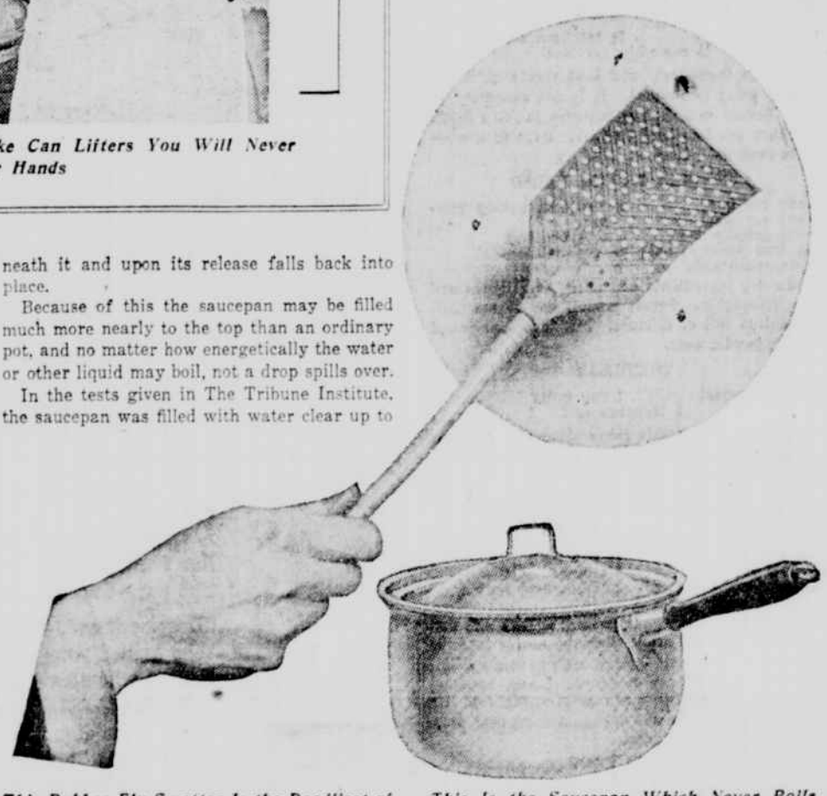
This is why every woman who cans fruit or vegetables needs an "Economy" Fruit Jar Lifter. It is a device made of tinned metal and is operated like a pair of pliers.

When the handles are pressed together the knuckle in the middle of each leg contracts the claws so that they maintain a bulldog grip around the neck of the jar. It may then be lifted in or out of the boiling water or steam without danger of smashing the jar or burning the hands.

When canning time is over the lifter may be used for taking all sorts of hot things from the stove or out of the oven. Price, 30 cents.



When the Never-Kick-Out Sheet Is First Put Over Him Baby Is Rigid with Surprise and Wrath. But He Soon Gets Used to It



This Rubber Fly Swatter Is the Deadliest of All, Because It Is So Flexible and Tough

This Is the Saucepan Which Never Boils Over. The Secret Lies in the Lid

The Tribune Institute experts have tested all articles described on this page and know them to equal the claims of the manufacturers. The only unknown element is that of time, for it is obviously impossible to give any article the same wear and tear it would receive during weeks and months of actual usage. The material and construction of each utensil are considered, and it is believed that all described here will give service that is fully satisfactory, although the actual length of wear cannot be guaranteed definitely. Should any of our readers find that an article has broken down under ordinary conditions before it has given reasonable service the facts should be reported fully to this Institute. Both the manufacturers and this Institute endeavor to present to our readers only those articles that have real merit and are of proper construction so as to give satisfactory service.

Sanitary Flexible Rubber Fly Swatter

Made by the A. W. Drake Mfg. Co., Hazleton, Penn.

No fly can escape this rubber swatter. It is as flexible as a hound's tongue and licks around furniture edges, into window corners and over mouldings with the same sureness of aim.

Having no metal about it, it will stand salt or moist air without danger of rust. Also, it can be washed at any time, simply by placing it under the faucet.

Mosquitoes, moths, bugs and beetles, as well as flies, yield without a struggle to this most efficient lethal instrument. The surface of the rubber is covered with radial ribs, perforated, so that nothing escapes its deadly blow. Being securely attached to a short wooden handle, there is no danger of swatter and handle parting company in the midst of an exciting campaign. Price, 10 cents.

(Other articles which have been tested and endorsed by The Institute are shown in The Tribune Graphic.)

Preserving Beets and Carrots

By VIRGINIA CARTER LEE

THERE are more ways of serving a carrot than smothering it to death in cream sauce or even offering it up fried or plain boiled. Properly treated, a carrot makes the most spicy and appetizing sweet pickle that can be served as a relish.

More than this, carrots make excellent marmalade; not any tasteless substitute for the real thing, but a delicate breakfast sweet that is astonishingly good in its own way.

SWEET PICKLED CARROTS

Wash and scrape about fifteen medium-sized carrots. Boil in slightly salted water until they can be pierced with a fork; then drain, dip in cold water and drain again. Put one quart of cider vinegar into a saucepan and add five cupsful of sugar, two brown and three white, and one teaspoonful each of cloves, cinnamon and cassia buds. Let the syrup boil for five minutes; then slice in as many carrots as the liquid will hold. Cover and simmer slowly for half an hour. Seal in hot jars with air-tight covers and rubbers as for canned fruit.

MOCK ORANGE MARMALADE

(From carrots.)

Wash and scrape raw carrots; then grate enough to weigh two pounds and squeeze over the carrots the juice of three lemons. Set to cook in a double boiler over boiling water. Let cook for one hour, add the grated yellow rind and the juice of two oranges and two pounds (four cupsful) of sugar. Cook down to a thick consistency and store like jelly. This marmalade is good, but it does not have the jellylike consistency of marmalade made from oranges or grapefruit.

PICKLED BEETS WITH HORSERADISH

Chop finely three quarts of cooked beets, add three cupsful of grated horseradish, three teaspoonsful of salt, one and a half teaspoonsful of paprika and sufficient boiling vinegar to cover the ingredients. Reheat to the boiling point and turn into sterilized, heated jars. Fill them to overflowing and seal air tight with rubbers and hot covers.

She Understood German

WHEN every one is giving his time or his money for patriotic purposes, you need not worry if you have no great amount of either time or money at your disposal. It may be your lot to help in the unexpected way that the young teacher of languages on her way to school in Brooklyn helped the other day.

On the subway platform the crowd pressed her quite close to two men in the corner who jealously guarded a suitcase between them. A word or two of low-spoken German caught her ear. She pricked up her ears and glanced at them curiously. A fat man, much engrossed in his paper, kept crowding her—unnecessarily, she thought—until she was so close to the two men that she could hear them quite plainly.

"Tell me what they are saying," the fat man under cover of his spread paper managed to say directly into her ear. "I see that you understand German."

"You do it," the one said.

"No, you are the one, and go careful with that!" He indicated the suitcase.

She whispered it just as they said it, and the fat man raised two fingers above his paper. Two men in citizens' clothes made their way toward him. The train was drawing into a station. In a moment more the two Germans were handcuffed together, and the suitcase had been taken in charge.

The fat man pulled back his coat, displaying his official badge, and, removing his hat, held out his hand to the girl.

"We have been shadowing these men, but didn't have enough evidence that they were plotters to arrest them. You have served your country well this morning."

The door slid shut. No more than twenty persons had known that anything out of the ordinary was going on.—M. S. C.

Tested and Endorsed Recipes

These Contributed Recipes Have All Been Tested and Approved by Our Domestic Science Expert. We pay $1.00 for Each Recipe That Is Printed. If Contributors Wish to Have Rejected Recipes Returned, Stamps Must Be Enclosed. Flour Is Sifted Once Before Measuring. All Measurements Are Level, and Standard Measuring Spoons and Half Pint Measuring Cups Are Used. Each recipe will provide for six persons. The approximate cost of materials is given, the basis being the market price at the time the test is made.

SWEDISH BEEF STEW

2 lbs. chuck beef cut in inch cubes.
1 large onion, sliced.
3 cloves.
2 tablespoonfuls pearl tapioca.
3 tablespoonfuls bread crumbs.
1 tablespoonful vinegar.
1 tablespoonful salt.
1 can peas (2½ cups).
Boiling water

Pack in layers in a stone jar or deep pot. Cover with boiling water. Cover and cook from four to five hours in slow oven.

H. R. H., Princeton, N. J.

This is an ideal dish to prepare in the fireless cooker. This is not too large an amount for six, since it provides all the meat and vegetables required for the dinner. Both the tapioca and the bread crumbs help to thicken the gravy, but flour may be added to the strained gravy before serving, in the proportion of one tablespoonful to each cup of liquid. Approximate cost, 68 cents.

BEAN SOUP

1½ cupfuls cooked navy beans.
2 teaspoonfuls chopped onions.
6 cupfuls water.
1 teaspoonful celery salt.
2 teaspoonfuls lemon juice.
Salt and pepper.

Mash the beans and put with the onion, celery salt, seasoning and water in a saucepan. Simmer for thirty minutes. Strain if desired. Add lemon juice immediately before serving.

M. F. S., Albany, N. Y.

If you like a rather thin bean soup you will enjoy this one. Do not forget the lemon juice; it adds much. The soup costs only 3 cents per serving when made with canned baked beans.

ALL GRAHAM MUFFINS

1 egg.
¼ cupful sugar.
½ cupful milk and water combined.
1¼ cupfuls graham flour.
2 teaspoonfuls baking powder.
1 teaspoonful melted butter.
¼ teaspoonful salt.

Combine dry ingredients and milk gradually, and add to each egg melted butter. Bake in gem pans in a moderate oven for twenty minutes.

E. G. M. H., Buffalo, N. Y.

Just now it is especially important to use less of the highly refined flours, which discard much valuable material. This recipe is unusual, in that it calls for graham flour only. For eleven cents you can make eight muffins.

STRING BEANS AND PIMENTO WITH CHEESE SAUCE

1 pint green string beans.
1 cup thin white sauce.
½ cup grated cheese.
1 pimento cut in small pieces.

Prepare beans as usual and cut in small pieces. Cook until done. Drain and cover with white sauce to which has been added cheese and pimentos.

Mrs. O. H., Brooklyn, N. Y.

This delicious mixture is economical, especially if served on toast, and suggests another alluring way to use up the stale bread. To lamb, halibut or other meats and fish not high in flavor this adds zest and color. Approximate cost, 22 cents.

CUTTING FOOD PRICES IN WARTIME

By VIRGINIA CARTER LEE

IN CUTTING down the menus and suiting them to these strenuous times, when thrift is beginning to be the nation's watchword, the careful housewife will not change too suddenly from all the good things to which the family has been accustomed, but rather by a process of evolution she will introduce here and there very economical dishes, will provide meat substitutes and occasionally will plan for a "meatless day." Keep constantly in mind the fact that the family must be gradually educated to like the plainer and less expensive food, and if it can be presented in an attractive form so much the better.

There are tricks in all trades. Surely, catering and cooking are no exceptions to the rule, and if the housewife would give her family the proper amount of nourishment for a reasonable sum and yet have the meals tempting and attractive she should study every little device to achieve this laudable end.

In the menus for the coming week this thought has been in mind. If one did not know that they were "war menus" and that the cost of preparing them was extremely low there would be no suggestion of their being planned to meet the present crisis.

Two pounds of breast of lamb will be required for the casserole dish, three pounds and a half of beef for the braised dish and one pound and a half of veal cutlet for the "mock birds."

Two pounds of small fish for Tuesday's dinner and one can of salmon for the loaf will provide the two "fish dinners." The 10-cent package of salt cod and the devilled ham are included in the grocery account.

Two dozen eggs are necessary for the week; two pounds of butter and half a pound of oleomargarine for cooking purposes. Seven quarts of milk and two quarter pints of cream will allow for the upper part of the bottle of milk being used for the cereal and coffee, the remainder for cooking purposes and the cream whipped and served for the different desserts.

As further helps in the marketing the following budget is suggested:

Butcher's bill	$1.76
Fish bill	.75
Eggs	.84
Butter and oleomargarine	1.09
Milk and cream	1.03
Groceries, including fruit and vegetables	6.43
Total	$12.00

The blueberries used for the pudding on Tuesday will not take the whole quart box. About one-third should be reserved and set aside for the muffins on Thursday. Spread out the fruit on a flat plate, place in the ice box and they will keep perfectly.

Tested Recipes

BLUEBERRY PUDDING

Cream together two tablespoonsful of butter and three-quarters of a cupful of sugar. When very light add one lightly beaten egg, a generous half cupful of milk, a pinch of salt and two level teaspoonsful of baking powder, sifted with sufficient flour to form a good cake batter. Add a few drops of lemon juice and a cupful of blueberries and beat the batter vigorously. Turn into a square, greased tin and bake in a moderately hot oven. Serve hot, accompanied by a sweet liquid sauce.

PLUM TAPIOCA

Use the instant or quick cooking tapioca. Cook four tablespoonsful of the tapioca in three cupsful of water with a pinch of salt until clear, using a double boiler. Sweeten with a heaping tablespoonful of sugar, and when the latter is dissolved pour over two small cupsful of pitted plums that have been placed in a baking dish and sprinkled with sugar and grated nutmeg. Bake in a moderate oven until the fruit is soft and serve cold with thin cream or the top of the bottled milk.

BRAISED BEEF WITH HORSERADISH SAUCE

Select a piece of the round of beef weighing about three pounds and have the butcher lard it with tiny strips of fat salt pork. Melt in a pan three tablespoonsful of clarified beef dripping, add one sliced onion and brown the piece of meat in the hot dripping quickly. Then remove to a baking pan, dust with salt and pour into the pan two cupsful of strained stock. Add a bay leaf, the onion and a little minced parsley; cover the pan and let the beef merely simmer until it is very tender. Baste and turn the meat frequently while cooking. For the sauce, mix together two tablespoonsful of soft white bread crumbs and two tablespoonsful of grated horseradish. Cover with stock and let soak for two hours. Then rub through a sieve and add one-quarter of a teaspoonful of salt, one-quarter of a teaspoonful of sugar and two tablespoonsful of vinegar. Blend well. A brown gravy may also be made from the liquor in the pan by straining, thickening with a little browned flour and seasoning with a few drops of Worcestershire sauce. The horseradish sauce is served cold.

RASPBERRY WASHINGTON PIE

Prepare the cake batter from any recipe for plain cup cakes and bake in two layers. When cold lay on top of one of the layers large ripe raspberries and cover with a layer of meringue made from the stiffly whipped whites of two eggs and two tablespoonsful of powdered sugar. Place the other layer over the berries and meringue and cover in the same way. If the berries are sweet no additional sugar will be required; otherwise, sprinkle lightly with powdered sugar before adding the meringue.

BANANA AND NUT SALAD

To prepare this delicious and nourishing salad (to serve three persons) peel two bananas, cut in cubes and squeeze over them a little lemon juice. The bananas should be chilled in the ice box. Add two tablespoonsful of shredded romaine, two tablespoonsful of chopped peeled radishes and two tablespoonsful of chopped nut meats. Mix in a tiny pinch of salt, moisten with a mayonnaise dressing and serve in individual portions in nests of crisp lettuce leaves.

BEAN CUTLETS

This is an excellent meat substitute, and especially good to serve on the "meatless days" which many housekeepers are planning for. Soak a quarter of a pound of dried beans in water to cover for twenty-four hours. Then boil in fresh water until quite tender, drain, preserving the liquor, and mash finely. Blend two tablespoonsful of heated bacon fat with one tablespoonful of flour; add slowly half a cupful of the bean liquor and stir constantly until it boils. Stir in the drained bean pulp, salt and paprika to taste, a few drops of Worcestershire sauce and the yolks of two eggs, lightly beaten. Cook only for a moment after the eggs are added, turn out on a dish and set aside to cool. When cold, cut with a cutlet cutter, egg and bread crumb and fry in deep hot fat, by means of a frying basket, until crisp and brown. Drain for a moment on brown paper and serve with a hot tomato sauce.

In this issue we have the war menus based on a total expenditure approximating $12 a week for a family of four. These menus are cut down to the simplest meals that can furnish sufficient nourishment and variety to form a properly balanced ration. In every case where it is not otherwise specified, rye, graham, oatmeal and corn bread are understood, as it is, above all things, necessary this year to conserve our supply of wheat by using as little white bread as possible.

Monday

BREAKFAST

Raspberries
Fried Mock Scrapple
Thin Bread and Butter
Coffee

LUNCHEON

Creamed Salt Codfish in Green Peppers
Biscuit Maple Junket

DINNER

Breast of Lamb en Casserole with Vegetables
Lettuce Salad
Rice Compote with Prunes

Tuesday

BREAKFAST

Cooked Cereal with Chopped Dates
Poached Eggs
Buttered Toast Watercress
Coffee

LUNCHEON

Macedoine Salad
Lamb Sandwiches (Left-over Lamb)
Iced Tea Gingerbread

DINNER

Clear Tomato Soup (without meat)
Fried Pan Fish, Potato Balls
Cucumber Salad
Blueberry Pudding

Wednesday

BREAKFAST

Blackberries
Crisped Rice Cake in Cream Gravy
Eggless Gems Coffee

LUNCHEON

Puree of Black Bean
Croutons Radishes
Plum Tapioca

DINNER

Braised Beef with Horseradish Sauce
Peas Browned Potatoes
Watercress
Coffee Jelly

Thursday

BREAKFAST

Uncooked Cereal with Blackcaps
Vegetable Cutlets
Graham Muffins Coffee

LUNCHEON

Creamed Eggs (in the chafing dish)
Corn Bread
Fruit Blanc Mange

DINNER

Vegetable Soup
Cold Sliced Beef Sweet Pickle
Italian Macaroni
Raspberry Washington Pie

Friday

BREAKFAST

Moulded Cereal with Prune Pulp
Bacon Rolls
Coffee Cake Coffee

LUNCHEON

Baked Stuffed Tomatoes (Utilizing last of beef)
Brown Bread Sandwiches
Gooseberry Fool

DINNER

Salmon Loaf Egg and Parsley Sauce
String Beans
Romaine Salad
Rhubarb Sherbet

Saturday (A Meatless Day)

BREAKFAST

Plums Uncooked Cereal
Parsley Omelet
Toasted Crumpets Coffee

LUNCHEON

Banana and Nut Salad
Hot Graham Biscuits Iced Orangeade
Blackcaps

DINNER

Jellied Bouillon
Bean Cutlets with Tomato Sauce
Spinach with Egg
Caramel Bread Pudding

Sunday

BREAKFAST

Steamed Figs
Creamed Devilled Ham on Toast
Fried Cereal Honey Coffee

LUNCHEON OR SUPPER

Welsh Rarebit
Lettuce with French Dressing
Buttered Toast Brown Sugar Cake

DINNER

Fruit Puree in Sherbet Cups
Mock Veal Birds Peas
Potato Straws
Indian Pudding with Ice Cream

How to Can Berries and Plums

IF POSSIBLE, fruit should be canned the same day as picked. Grade and place in a strainer, then rinse by pouring water over it. Stem the berries—or pit the plums—and pack immediately in glass jars. Fill the jars with boiling water or with a thin, hot syrup, three parts water, two parts sugar. Place rubber and top in position and partially tighten. Put the jars in the container and sterilize as follows:

	Hot syrup. Minutes.	Boiling water. Minutes.
Hot water bath outfit	16	30
Water seal outfit, 214 deg. F.	12	20
Steam pressure, 5 lbs.	10	12
Pressure cooker, 10 to 15 lbs.	5	10

Remove the jars, tighten the covers, invert jars to cool, and test the joints. Wrap the jars in paper to prevent bleaching.

(From United States Department of Agriculture Bulletin No. 819. Home Canning by the One-Period Cold-Pack Method)