

DEVICES REDUCE AMOUNT OF WORK

Daily Attention to Carpets Tends Greatly to Lighten Periodic Cleaning.

REMOVABLE RUGS ARE HANDY

Arrangement of House, Wise Selection of Furnishings and Use of Labor-Saving Contrivances Assist Housekeepers.

Changed living conditions have brought changes in house-cleaning methods. When houses were less completely heated, and parts of them were closed during the cold months, spring house-cleaning was necessary to get the closed rooms ready for use during the warm months, and fall house-cleaning was necessary to prepare the house for winter. Nowadays, all the rooms in most houses are used and kept clean throughout the year, and upheavals in spring and fall are no longer necessary. Moreover, the increasing use of removable rugs and some of the new cleaning devices make it much easier to take the dirt out day by day or week by week. Not all housekeepers realize how much the work of keeping things clean can be lessened by choosing the right things and handling them in the right way. This is not merely a matter of labor-saving devices like vacuum cleaners, but depends partly on how the house is planned, what furnishings and finishes are used, and how the work of caring for them is organized.

Daily Care of Carpets.

For the daily care of woolen or cotton carpets and rugs, a carpet sweeper is very good, because it flakes up lint and coarse dirt without raising the dust. For more thorough cleaning some other appliance must be used, as



Vacuum Cleaner Removes Dirt Easily and the Air Is Not Filled With the Dust.

the brushes of the carpet sweeper do not go deep enough into the carpet to remove fine dirt. A vacuum cleaner is excellent, but if that is not available, effort should be made to find some other thorough but comparatively dustless process. Using a dampened broom and scattering left-over tea leaves, bits of crumpled, dampened newspaper, or one of the commercial sweeping preparations on the carpet before sweeping, helps to prevent dust from flying. These dampened materials must be used with caution, however, or stains will result, especially on delicately colored carpets. Wiping a carpet with a dampened cloth after sweeping removes more dust and freshens the carpet.

Small rugs should be cleaned out of doors, if possible, preferably on the dry grass or dry snow. They should be placed right side down, beaten with a flat carpet beater, swept, turned over, and swept again. Hanging rugs over a line while they are being cleaned, or holding them by the corners and shaking them, strains them badly; it may break the threads or loosen the bindings and cause the ends to ravel.

Using Soap and Water on Rugs.

Practically all rugs, after thorough beating, may be cleaned with soap and water. Rag rugs may be washed like any other heavy material but they must be rinsed thoroughly. Sometimes it is easier to rinse a heavy, wet rug with a hose than in a tub. Other rugs can be placed on a table and scrubbed with a brush and mild soap suds. As each section is cleaned, it should be rinsed thoroughly and the water should be changed as it becomes discolored. Rugs washed by this method are clean, but they may shrink and lose their shape and the colors may fade and run. Oriental rugs with very long, thick pile should not be thus cleaned unless they can be dried quickly and thoroughly; if moisture remains in the depth of the pile it may rot the threads, United States Department of Agriculture household specialists suggest.

Fine smooth matings should be swept with a soft brush and dusted with a dry mop, or if necessary they may be washed with a cloth tightly wrung out of warm water, and wiped dry with another cloth. All grass and fiber floor coverings should be taken up occasionally to remove the dirt which sifts through in spite of frequent cleaning.

FRUIT JUICES HANDY FOR WINTER JELLIES

Pressure of Work During Hot Season Is Relieved.

Besides Being Excellent for Jelly and Homemade Drinks Juices Are Recommended for Use in Gelatin, Ice Cream, Etc.

The juice of such fruits as the grape, currant, blackberry, strawberry, raspberry, elderberry and cherry makes delicious, wholesome drinks. Fruit juices also may be canned and made into jelly when it is wanted during the winter. Winter jelly making relieves the pressure of work during the hot and busy fruit season. Sugar need not be added until the juice is served or until the jelly is made.

The following directions are given by the United States Department of Agriculture: Extract the juice by boiling the fruit with a very little water and strain through a jelly bag. To prepare the juice for canning pour it into bottles or jars which have been boiled for 15 minutes. Put these on a false bottom in a hot-water bath. This may be a commercial canner or a container large enough to hold sufficient water. The water should reach the necks of the bottles and the shoulders of the jars. A cotton stopper may be pressed into the neck of the bottle and left during the processing period, or a cork, after being boiled, may be put in lightly.

If jars are used as containers put boiled tops in place and half seal. Process for 30 minutes at the simmering point. Remove, put stoppers of bottles in tightly, and when cool dip the top of the bottle into melted paraffin or sealing wax. Equal parts of rosin and beeswax make a good wax. Finish tightening the tops of the jars as soon as they are removed from the bath. Test for leaks and store in a dry, dark, cool place.

Aside from their use in making jelly and as a base for home-made drinks these fruit juices are excellent for use in gelatin, sauces, ice creams, sherbets, and other desserts. Those which are to be used in this way will have a better flavor if sugar is added before they are bottled.

GOOD LESSON FOR BEGINNER

Specialists Outline Plan for Determining When Dough Is Ready to Be Put in Pans.

Beginners often have difficulty in telling whether the dough is ready to be divided into loaves and put into pans. A good rule is to measure its volume, say home economics specialists of the United States Department of Agriculture. When it is ready to be made into loaves, the dough for each loaf, if made out of hard-wheat flour, should amount to three pints; if made from soft flour, to about 2½ pints.

The levels to which these masses of dough will reach in the mixing bowl can easily be determined beforehand and marked. For illustration: If one loaf of bread is to be made, before mixing it put three pints of water into the mixing bowl and mark the point to which the water comes. This will indicate the height to which the dough should rise.

When recipes direct that dough be allowed to double or treble in volume, it is convenient to have a measuring glass to determine the expansion. An ordinary tumbler will do, but a glass of smaller diameter, like a small jelly glass, is better. Before the dough is set to rise tear off a small piece and pack it in the glass. Note the height to which it comes and mark the place it will reach when its volume has doubled or trebled, as the case may be. Put this beside the large loaves of bread and use it as an indicator.

CHEESE AND POTATO DISHES

Excellent Luncheon or Supper Dishes Tested in Kitchen of Department of Agriculture.

The following excellent luncheon or supper dish is one tested in the experimental kitchen of the United States Department of Agriculture:

- 1 cupful of mashed potatoes.
- ¼ cupful of milk.
- 1 egg.
- ½ teaspoonful of salt.
- ½ cupful of grated cheese.

Beat the potatoes and milk together until thoroughly mixed. Add the egg and the salt and beat thoroughly. Finally add the cheese. Bake in muffin tins in a slow oven ten or fifteen minutes.

A similar dish may be made by scooping out the inside of a baked potato and mixing it with cheese, as above. Fill the potato skin shell with the mixture, return to the oven, and bake until light brown.

HOUSEHOLD NOTES

Add a little ammonia to cut the grease when washing dishes.

In making an overblouse of soft chiffon, give body to the shoulder seams and the opening where the fasteners go by sewing them on tape.

A few drops of olive oil in the last rinsing water when the head is washed gives the hair a gloss without making it greasy.

The Kitchen Cabinet

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Let the furrows be plowed deep enough while the brain cells are plastic, then human energies will result in efficiency and the line of least resistance will be the right line.

SEASONABLE RECIPES.

Chicken is such a favorite dish with the majority of people that a new way of serving it will be enjoyed.

Stewed Chicken With Cauliflower.—Cut up the chicken as for fricassee, wash, cover with boiling water, heat to the boiling point, and after five minutes' boiling, simmer until tender. Separate the cauliflower into florets, cover with boiling salted water and cook until tender. Cook a dozen slices of carrot until tender. Arrange the chicken on a serving dish, the cauliflower and carrot slices around the chicken. Take one-fourth of a cupful of fat. In it cook the same amount of flour, add salt and pepper and one-half cupful of cream with one and one-half cupfuls of chicken broth, stir until boiling; beat the yolk of an egg, add a teaspoonful of lemon juice and stir into the sauce; pour the sauce over the chicken and vegetables and serve at once.

Chicken Pie en Casserole.—Separate a young chicken into pieces at the joints; wash, wipe, roll in seasoned flour and cook in salt pork fat until well browned on all sides. Place in a casserole, adding boiling water, salt and pepper as needed. Cover, and let cook until nearly tender; have ready for each service a small onion, two slices of carrot and five potato balls. Parboil all the vegetables, the onions half an hour, the other vegetables ten minutes; rinse in cold water, dry on a cloth and let cook in the frying pan where the chicken was browned until well colored, then add to the casserole. Have ready a rich biscuit crust the size of the top of the casserole; place this over the contents of the casserole, to rest on the edge of it, and bake until well browned.

Date Muffins.—Beat two eggs; add one cupful of sugar, one-quarter cupful of butter, one teaspoonful of baking powder in flour to make a thin batter, with one-quarter of a cupful of milk. Stir in one cupful of stoned and chopped dates. Fill muffin cups one-half full and steam half an hour. Serve as dessert with sweetened cream. This dessert is one which the children will like.

Under favorable conditions, a rapidly growing child will obviously need more bone-making material, in proportion to its total food supply, than will the adults of the family.—Sherman.

"The golden-hued end-piece of bread is infinitely richer in flavor than the crumb within."

DAILY FOOD.

With the cool autumn days we need more substantial food to supply heat.

Fried foods may now be eaten in moderation. The following is a most dainty way of serving potato:

Potato Puffs.—Beat three eggs, without separating the whites and yolks, until very light; gradually beat in two cupfuls of mashed potato, one cupful of flour, sifted with two teaspoonfuls of baking powder and one teaspoonful of salt. Drop by teaspoonfuls into hot fat; let cook to a golden brown, turning often; drain on soft paper and serve with or without meat or fish.

Mock Cherry Turnovers.—Cut rounds, about six inches in diameter, of rich pastry. Chop together one cupful of cranberries and half a cupful of raisins, seeded; mix one cupful of sugar with two tablespoonfuls of flour and one-quarter of a teaspoonful of salt; pour half a cupful of boiling water over the fruit and when again boiling stir in the dry ingredients; add a teaspoonful of butter and let it cook until thick and boiling. Let cool a little, then place a large tablespoonful of the mixture on one side of each round of paste; brush the edges with cold water, cut two or three slits in each round for the steam to escape and press the edges closely. Brush over with cold water, dredge with granulated sugar and let bake 15 minutes.

Creole Soup.—Scald three cupfuls of milk with half an onion and one cupful of cornlet (that is, fresh corn pulp, prepared by scoring the kernels and pressing out the centers); stir in one-quarter of a cupful of flour, mixed to a smooth batter with half a cupful of milk, and stir until the mixture thickens; cover and cook 20 minutes and strain. Cook sliced ripe tomatoes until the water is evaporated, then press through a fine sieve. When ready to serve the soup stir one cupful of the hot tomato puree into the milk mixture and add a teaspoonful of salt and half a teaspoonful of paprika.

Shoeing Carrots.—Cut the carrots on a potato or vegetable slicer into shoestrings. Drop into boiling salted water and cook until tender. Drain, add butter, nutmeg or minced parsley, salt, pepper and a dash of lemon juice. Serve hot as a garnish to veal cutlets.

The Kitchen Cabinet

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As Summer's handmaid, faring homeward late, Set down her burden at the palace gate, Came Autumn, dallying along the road, Snatched up the basket with its priceless load. And, at a sudden whim, about the land Tossed gold and jewels with a reckless hand.

—Harriet Whitnet Symonds.

SANDWICHES.

The variety of bewildering sandwiches which are being brought to our notice are good and some of them are super-good. The time-honored ham sandwich, which you could bite, is not now the sandwich which is so popular. The ham sandwich of the day is thin and pink as to ham and the bread cut like a wafer and spread with the best of butter.

The open sandwiches, so-called because they are but one piece of bread, are especially attractive and may be cut in circles, diamonds, crescents or any form desired, then the filling placed on top and pretty little designs of olives, nuts and various vegetables and sweets may decorate them.

Nuts make excellent sandwich fillers. English walnuts or peanuts chopped not too fine and mixed with thick cream well salted are particularly good when made of entire wheat bread. Chopped nuts and chopped celery are well liked. Chopped blanched, salted almonds and a little cream to spread or blanched almonds chopped and mixed with cream and maple sugar, grated, makes a good sandwich.

Cold-boiled tongue makes very nice sandwich filling. Chop the tongue, add a little sweet cream, melted butter and mustard. Stir until smooth and spread on white buttered bread.

For a sustaining sandwich eggs make a good filling. Cook the eggs in the shell until hard, remove the yolks and mash them with creamed butter, or salad dressing. If an open sandwich is made, use the whites finely chopped to garnish by putting a border of the chopped whites around the sandwich. For those whose digestion will stand for it, a fried egg sandwich is tasty. Cheese sandwiches are of the sustaining variety. They may be made in a variety of ways and with a variety of cheeses, so that each may have his favorite brand.

A thin slice of cheese placed between buttered bread is the simplest. Grated cheese mixed with cream and different seasonings is a little more dainty. For sweet sandwiches at afternoon teas the open sandwich with jelly and nuts makes a good variety.

"If you would know the flavor of a pie The juicy smell, the spice, the test, You must be patient till the fiery core is cool Then bite a little deeper than the crust."

"If you would know the flavor of a man God's mud-pie made of Eden's dew and dust Be patient till love's fire hath warmed him through And look a little deeper than the crust."

SEASONABLE GOOD THINGS.

The following is another new way of serving chicken, which is worth while adding to one's recipes:

Chicken, Mississippi Style.—Pass through a meat chopper one-quarter of a pound each of veal and fresh pork, two slices of bacon, a chicken liver, half a green pepper and two branches of parsley; add a teaspoonful of Worcestershire sauce, half a teaspoonful of salt and one-quarter of a teaspoonful of paprika; mix thoroughly and use to stuff the chicken. Put to cook in a moderate oven so that the veal and pork will be cooked before the chicken is browned enough for serving. Baste with hot salt pork fat every ten minutes and cook nearly two hours. Serve with sweet potatoes or rice.

Best Cake.—Beat three-quarters of a cupful of butter to a cream; gradually beat in one and one-quarter cupfuls of sugar, the beaten yolks of four eggs, half a cupful of cold water, two and one-half cupfuls of flour, sifted with three teaspoonfuls of baking powder and, lastly, the whites of four eggs, beaten dry. Bake in two layers. Put the layers together with coffee filling and cover with maple frosting and nut meats.

Scalloped Chicken and Cornlet.—Use the remnants of chicken from a roast or boiled fowl. Free the meat from the skin and bones. For each cupful of meat take one cupful of fresh corn pulp or of cornlet and one of cream sauce. Mix the chicken with the sauce and a layer of the cornlet. Cover with buttered crumbs and cook ten minutes, or until well heated through and the crumbs well browned.

The Three P's.—Take a cupful each of peas and peanuts and one-half cupful of finely minced sour pickles. Mix well and serve with a mayonnaise dressing on lettuce.

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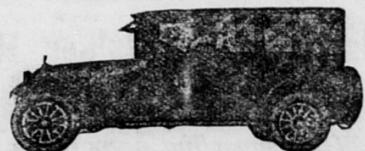
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