

RURAL HOUSEWIVES ARE TAUGHT TO APPLY BUSINESS PRINCIPLES



Home Demonstration in the Kitchen.

(Prepared by the United States Department of Agriculture.)

Home demonstration work, though comparatively new, is looked upon as permanent, so beneficial have been the results obtained by home demonstration agents working in rural homes. The fundamental purpose of this work, according to a report just issued by the United States Department of Agriculture, is to assist the rural housewife to apply business principles to her daily tasks for the purpose of making the farm home as efficient as the farm, thereby producing a more satisfactory and permanent type of rural life. The report referred to is Department Circular 141, which deals with the results of home demonstration work in the 33 northern and western states.

Became Co-operative Movement.

The work actually begun in August, 1914, when an agent was appointed in Erie county, N. Y., on state funds. In 1916, it became a co-operative movement supported by federal, state and local funds. During that year four agents were appointed. In 1919 the number had grown to more than 600. Then war emergency funds were cut off, and in the following year the number dropped to 286. Although in this one year the force of workers as well as state and federal funds were reduced nearly one-half, the appropriations made by the local people for home demonstration work nearly doubled, and agents were retained in direct response to requests from the people whom they served, according to the circular.

Home demonstration agents afford an avenue by which the state agricultural colleges and the United States Department of Agriculture offer the practical results of their research and experiments in home economics to housewives of the country. These agents encourage the rural housewives to bring from their store of practical knowledge and experience the lessons they have learned in home management that will be valuable to other women in the community, and so help to make this information available to all. The home demonstration agent is a teacher who makes liberal

use of practical demonstration rather than the lecture or text book.

The most successful home demonstration agents, according to the circular, aim to train local leaders who, by putting the best practices into their own homes, extend the instruction to larger numbers of women. At least two-thirds of the agent's time is spent with farm women in their homes, discussing the varied problems of house-keeping and other matters in which farm women are interested. Aside from interesting women in better home management, modern conveniences, food production and preservation, better food for the family, home nursing, and the selection and making of clothing, the agents are devoting their efforts to promoting community enterprises.

Three types of such enterprises are developed: The economic type which includes food preservation, the hot school lunch, co-operative laundries, co-operative buying and selling associations, labor-saving devices, and salvage shops. The social type is concerned with such things as recreation centers, civil improvements, and rest rooms. The educational type embraces farm home tours, libraries, and magazine circles and the like.

Local Aid Needed.
A county organization in extension work which desires the appointment of a home demonstration agent should first communicate with the extension service at the state agricultural college, or with the agricultural agent in the county, the circular suggests. It is necessary for the local organization or county to give some financial support to the home demonstration agent, though the greater part is supplied by the state and federal funds. To supply that share which is required of the local organization, there have been organized within the past two years in the majority of the 33 northern and western states what is popularly known as the "family" or "new" farm bureau. This is an association of people interested in rural affairs, the membership of which comprises men, women, and young people who generally pay a uniform membership fee of \$1 a year.

PUTTING MORE MILK IN FOOD OF FAMILY

Numerous Dishes Are Enumerated by Home Specialists.

Milk Toast, Cream Soups, Creamed Vegetables, Fish and Scalloped Dishes Are Favored—Recipe for White Sauce.

Milk toast, cream soups, creamed vegetables, creamed fish and scalloped dishes are all good ways of putting more milk into the daily food of the family, say home economics specialists in the United States Department of Agriculture. The milk for all of these is thickened into a sauce, thick or thin. To make the sauces, melt the fat, stir in the flour, add the milk gradually, and cook until thickened, stirring constantly unless a double boiler is used. All measurements are level in these recipes.

Thin White Sauce.
1 cup milk 1/2 teaspoon salt
1 tablespoon flour 1/4 teaspoon pepper
1 tablespoon fat

Medium White Sauce.
1 cup milk 1/2 teaspoon salt
2 tablespoons flour 1/4 teaspoon pepper
2 tablespoons fat

Thick White Sauce.
1 cup milk 1/2 teaspoon salt
4 tablespoons flour 1/4 teaspoon pepper
4 tablespoons fat

For milk toast and with vegetables use the thin sauce. For scalloped or creamed vegetable and meat dishes use the medium sauce. The chief use for the thick sauce is as a binding material in croquettes and loaves.

BALANCED RATIOS FOR MAN

Fruits, Vegetables, Whole Grains, Milk, Eggs, Butter and Nuts Are Most Healthful.

How many human beings eat balanced rations? The best foods for health and strength are fruits, vegetables, whole grains, milk, eggs, butter and nuts, with meat in moderation. Heavy meat eating, artificial sugars, white flour, polished rice, peeled potatoes—these are said to create acidosis which is the forerunner of many serious diseases.

WAY TO POLISH SILVERWARE

After Soaking in Sour Milk Wash in Warm Water to Which Ammonia Has Been Added.

It is not necessary to rub all morning polishing the silverware. Next time soak it for three hours or longer in a pan of sour milk. Wash in warm water to which a small amount of ammonia has been added, and polish with a clean chamois cloth. Shining silver makes the dinner-table look doubly attractive.

SOLE OF SHOES WATERPROOF

Place in Melted Mixture of Eight Ounces of Vaseline and One Ounce of Beeswax.

You can save leather and make your shoe soles fairly waterproof by placing the soles for 15 minutes in a melted mixture of eight ounces of vaseline and one ounce of beeswax. The mixture should not be hotter than can be borne by the hand.

WAY TO HEM STRAIGHT EDGES

Run Corners Together With Needle and Thread Before Putting Goods in Hemmer.

When you have a number of straight edges to hem—towels and like—run the corners together with needle and thread before putting the goods in the hemmer. This will make a continuous hem and avoid the trouble usually experienced in starting the hem neatly.



OF INTEREST TO THE HOUSEWIFE

Always remove stains before washing, as soap fixes them.

A pinch of sugar or a little vinegar will make the stove polish stay on.

A salad made with chopped cabbage, grated raw carrots and chopped peanuts is delicious.

An asparagus stalk is edible only a far down the stem as it will snap easily between the hands.



"Dine well and wisely and the cares of life will slip from you; its vexations and annoyances will dwindle into nothingness."

HEALTH VALUE OF FRUITS AND VEGETABLES.

Vegetarian schools have great faith in tomatoes as a medicine for biliousness and all forms of liver trouble; this is because of the vegetable calomel in large quantities which is found in that fruit.

Rhubarb or pie plant, when properly cooked, is a good laxative, while its agreeable acid is cooling and stimulating. The tender green leaves, combined with other greens, are especially good served as greens.

Lettuce is considered a sure remedy for nervousness and insomnia. Even Shakespeare has one of his characters remark: "Did I eat any lettuce to supper last night that I am so sleepy?"

And of water cress, "a cheap but wholesome salad from the brook." Containing so much sulphur, this dainty little green tends to purify the blood. This sulphur, in vegetable form, is all ready to be assimilated, while the form we buy is not.

Dandelion greens carry a high percentage of iron, while the tender young leaves make a fine salad. Mixed with potato, it improves both kinds.

Spinach, which is called the broom of the blood, stands at the head of vegetables in percentage of iron. This vegetable has a most healthful action on both bowels and kidneys.

The onion, too often snubbed by those who would be ultra fine, holds a high place as a flavor vegetable, stimulating, laxating and generally purifying the whole system.

Beets are a nerve tonic, make new blood; the Greeks held the beet ideal for brain workers.

Cucumbers are rich in potassium and phosphorus; even in ancient times they were used for the complexion, internally as well as externally.

Carrots rank still higher in these days with the beauty specialist; when eaten raw, one day, they are a sure cure for a muddy complexion.

Grapes are one of the favorite fruits and are usually taken by all with cleansing and tonic effect.

All art starts from simplicity; and the higher the art rises the greater the simplicity.—William Morris.

How can any one start the day properly if he wakes in a room where the paint and wall-paper are constantly making faces at the furniture?

DAINTY COMPANY DISHES.

A dish of baked bananas to serve with broiled steak is a most appetizing dish and is prepared thus: Remove the peeling from a half dozen large bananas, scrape to remove all the coarse threads and lay in a well-buttered glass

baking dish. Grate the rind of an orange and one-half a lemon and add the juice of each with one-half cupful of sugar. Pour over the bananas, adding two tablespoonfuls of butter. Bake during the baking, about twenty minutes.

Sour Cream Pie.—Beat the yolks of four eggs until light and creamy, add a cupful of sugar, the same of chopped raisins and sour cream, with one-fourth teaspoonful of cloves. Place in a double boiler and cook until smooth and thick. Line a pie plate with rich pastry and bake the crust. Fill with the mixture, cover with a meringue, using the whites of the eggs mixed with four tablespoonfuls of sugar. Heap roughly over the top and place in the oven to brown lightly.

Pear Salad.—Take halves of peeled very ripe pears, or the canned variety may be used if drained. Sprinkle with a teaspoonful of lemon juice and fill the center with a ball of cream cheese. Place on lettuce leaves and cover with a dressing made with the pear juice, if canned fruit is used, or with a little pineapple juice, olive oil, catsup, lemon juice and paprika, with a dash of salt, and sugar if fresh fruit is used.

Peacherino.—Rub a cupful of fresh ripe peeled peaches through a sieve, add a cupful or less depending upon the sweetness of the fruit and the taste of the family. Beat the whites of three eggs until stiff, then fold in the peaches and cream. Pour into a well-buttered baking dish and bake in water until firm. Serve with whipped cream.

Vegetable Dish.—This is the season to cook young onions, carrots and peas together, adding a bit of browned salt pork cut in bits, a cupful of milk and seasonings, just as it is ready to serve. Cut the carrots and onions in thin slices.

Potato Souffle.—Boil and mash ten potatoes, press through a sieve, add two onions chopped fine, three slices of bacon, chopped, the yolks of four eggs well beaten; two tablespoonfuls of chopped parsley. Add a cupful of milk, mix and fold in the stiffly beaten whites. Bake in a buttered dish until puffed and brown. Serve at once.

Nellie Maxwell



"Your dreams are the wealth of your spirit, the goal."

The ideal you long to attain, The radiant vision that gladdens your soul, The hope that illumines the years as they roll, And robs them of sorrow and pain.

SUMMERY DISHES.

The delicate hearts of palm and bamboo sprouts make another addition to the good things for the summer table. Either may be used in the various Chinese dishes and are especially delightful mixed with chicken in chicken salad or creamed chicken. A can will serve eight to ten people, or more if used with other foods.

Heart of Palm Salad.—Remove the palm from the can, rinse in cold water and wipe dry. Cut in slices three-eighths of an inch thick. Arrange on head lettuce and pour over enough vinaigrette sauce to marinate well. Then serve with:

Sauce Vinaigrette.—Rub a bowl with the cut side of a clove of garlic, pressing firmly against the bowl to draw out the flavor. Add to the bowl one-quarter of a teaspoonful each of chopped chives, mustard and paprika, half a tablespoonful of chopped parsley, a teaspoonful of chili pepper, half a cupful of cider vinegar and a cupful and a half of olive oil. Beat well and it is ready to use. If desired, the dressing may be strained (any that is left) and stored in the ice chest to use later. It will keep a week or more in good condition with the vegetables left in it.

Heart of Palm—Main Dish.—Take small cubes of leftover roast of pork or chops, put into a frying pan with a little fat; stir until well browned; add a little water from time to time and simmer for an hour over slow heat. About twenty minutes before serving time add a cupful of finely diced celery and one or two good-sized onions finely diced; cook until well softened—at least fifteen minutes, then add a cupful of sliced heart of palm or bamboo, a tablespoonful or more of figi sauce, paprika, salt and red pepper to taste. Serve hot with plain hot boiled rice. The rice may be heaped in the center of the platter with the meat poured around it.

Who is the wisest man—he who says the right thing at the right time? No, indeed—but he who leaves unsaid the wrong thing at the tempting moment.

SAVORY SUMMER DISHES.

Gather some fresh mushrooms in field or pasture; peel the caps and cut the stems into small pieces; cook in a little butter until thoroughly done; add cream or add to a rich cream sauce and serve as a vegetable in timbal cases or on toast.

Beefsteak Smothered in Mushrooms.—Have the mushrooms carefully cleaned, with caps peeled, cut in bits and put into a pan with a tablespoonful of butter for each cupful of mushrooms, and bake 40 minutes. Broil steak until nearly done, then put into the pan with the mushrooms; cover with some and cook a few moments. Serve with the mushrooms over the steak.

Veal Loaf.—Boil a pound of lean veal in water to cover. When done, remove the meat and simmer the stock until reduced to one-half cupful. To this add salt, celery salt, grated lemon peel, the juice of half a lemon, the chopped veal and a tablespoonful of chopped ham. Place in a mold and press under a weight. Turn out the next day and slice. Garnish with lemon and parsley.

A most delicious icing for a sponge cake or an angel food is one made with fresh strawberries. Crush a cupful, strain carefully, add a teaspoonful of lemon juice to deepen the color, then stir in confectioner's sugar to thicken.

Nellie Maxwell

Hallowe'en of Pagan Origin.
Hallowe'en, or All Hallow's eve, is clearly a relic of pagan times, for there is nothing in the church observance of the ensuing day of All Saints to have originated such extraordinary notions as are connected with this celebrated festival, or which remarkable practices as those by which it is distinguished. In Roman Catholic countries Hallowe'en is the occasion for visiting the cemeteries and laying flowers on the graves of friends and relatives, but in parts of Scotland and elsewhere the night is devoted to merry-making and divination of the future.

Electricity and Chinese Demons.
Word has come from Shanghai that employees of the China Electric company recently called in a native priest to drive away the demon in an electric buzz saw which had cut off two of the operator's fingers. After the ceremony the workmen returned to their tasks contentedly. The manager of the plant felt that, despite the superstition displayed, these Chinese workmen were accepting electricity in their own way.—North American.

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