



Under the Home Reading Lamp

WITH the crisp footsteps of Fall approaching, one begins to think seriously and with anticipation of Friend armchair and the shaded reading lamp. We suggest any of the books below as worthy companions of your leisure hours.

These books are all attractively bound in cloth, printed in large type on quality stock and handsomely illustrated. Size 7½ by 5 inches.

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September Publications

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The Knave of Diamonds.....	Ethel Dell
The Daredevil.....	Maria Thompson Davies
Pierre and His People.....	Sir Gilbert Parker
Richard Yea and Nay.....	Maurice Hewlett
The Fruitful Vine.....	Robert Hichens
The Bandbox.....	Louis Joseph Vance
Daddy-Long-Legs.....	Jean Webster
The Key to Health, Wealth and Love.....	Julia Seton, M.D.
Facts For the Married.....	Wm. Lee Howard, M.D.
Bathing For Health.....	Edward F. Bowers, M.D.
Sex Problems in Work and Worrry.....	Wm. Lee Howard, M.D.
Confidential Chats With Girls.....	" "
Confidential Chats With Boys.....	" "
Hollow Tree Stories.....	Albert Biglow Paine
Bedtime Stories.....	" "
Halt! Who Goes There!.....	Wilfred Meynell
Aunt Sarah and the War.....	" "
The Young Mother's Guide.....	Francis Tweddell, M.D.
Breathe and Be Well.....	Wm. Lee Howard, M.D.
Inside the Cup.....	Winston Churchill
The Street Called Straight.....	Basil King

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HABIT

I Never Miss My Morning Glass of

Kkovah Health Salt

Conservation School Lunch

(Continued from page 46)

When the reasons for saving the foods which can be shipped to our soldiers and our Allies across the ocean are explained to children they are as eager to help in the food drive as are the grown ups.

Conservation recipes for service in the school lunch basket follow.

Sandwich Fillings

PEANUT Butter.—Soften peanut butter with a little salad dressing or milk and add chopped olives.

Date and Nut.—One-half cupful dates, one-fourth cupful walnut meats, hickory nuts or other nuts locally grown. Put dates and nuts through a food chopper. Moisten with salad dressing or milk. Raisins or figs may be substituted for the dates.

Honey and Nut.—Mix honey with finely chopped pecans, hickory nuts, black walnuts, or other nuts locally grown.

Honey, nuts and cream cheese also make a good filling.

Baked Beans.—Put baked beans through a colander. This puree may be seasoned with a little catsup and onion juice, if desired.

Marmalade and Nut.—Mix one-fourth cupful of orange marmalade with two tablespoonfuls of chopped nuts. Jelly or other kinds of marmalade may be substituted for the orange.

Breads and Dainties

CORNMEAL BREAD.—One and one-fourth cupfuls liquid; one and one-half teaspoonful salt; two thirds cupful cornmeal; one fourth cake yeast, softened in one-fourth cupful lukewarm water; and two and one-half cupfuls flour.

Pour the liquid over the cornmeal and salt, and heat to the boiling point. Cook twenty minutes in a double boiler or over hot water. Cool, add yeast and flour; knead and let rise until double in bulk. Shape into a loaf and let rise in the pan until again double in bulk. Bake fifty minutes.

Potato Bread.—One and two-thirds cupful mashed potatoes; one teaspoonful salt; one-fourth cake yeast, softened in two tablespoonfuls lukewarm water; three cupfuls flour. One tablespoonful of fat and of sugar may be added if desired.

Wash the potatoes, boil, peel and mash thoroughly, add salt, and when cool, the yeast. Work in sufficient flour to make a stiff dough. Let rise until very light. Work in the remainder of the flour and knead very thoroughly, making a stiff dough. Let rise till treble in bulk, shape into loaves and let rise in pan till double in bulk. Bake forty-five to fifty minutes.

All the flour may be added at once, but the dough is difficult to handle.

Oatmeal Bread.—One cupful liquid; one teaspoonful salt, one cupful rolled oats, one-fourth cake yeast, softened; one-fourth cupful lukewarm water, and two and one-half cupfuls white flour.

Scald the liquid, add salt and pour over the rolled oats. Cool slowly, letting stand one-half hour. Add yeast and sifted flour, knead and let rise till double in bulk. Shape into loaves or make into rolls and let rise in the pan till double in bulk. Bake fifty to sixty minutes. Raisins may be added to this bread for variety.

Honey Drop Cookies.—Three-fourths cupful honey, one-fourth cupful fat, one-half teaspoonful cinnamon, one-eight teaspoonful cloves, one egg, one and one-half to two cupfuls flour, one-fourth teaspoonful soda, one teaspoonful baking powder, two tablespoonfuls water, and one cupful raisins cut fine.

Warm the honey and fat until the fat melts. While the mixture is warm, add the spices. When cold, add the water, the beaten eggs, and one and one-half cupfuls of flour sifted with the baking powder and soda. Finally stir in the raisins. Sufficient flour must be added to make a dough stiff enough to drop from a spoon. Bake in a moderate oven.

Oatmeal Macaroons.—Put one tablespoonful of fat into one-half cupful of sugar and mix with one well-beaten egg. Stir in one and one-half cupfuls of rolled oats, one-fourth teaspoonful of salt and one-half teaspoonful of baking powder. Drop in small shapes on a greased pan and bake in a hot oven until crisp.

Cup Custard.—Two cupfuls milk; two eggs, four tablespoonfuls sugar, and one-half teaspoonful vanilla.

Pour into cups set in a pan containing water to a depth of one-half inch. Bake in a moderate oven until a knife comes out clean when inserted in the custard. The custard may be sweetened with maple syrup in place of sugar.



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