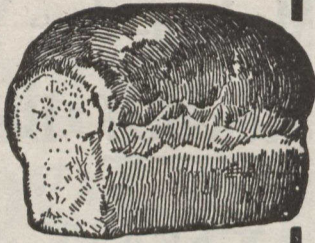


You will be proud of the bread you'll make with PURITY FLOUR

AFTER seeing a batch of big, golden-cruled, snowy white loaves, that you have baked from PURITY FLOUR, you will, indeed, be proud of your cooking-ability—and proud of your wisdom in deciding to pay the little extra it costs to procure such high-class flour. You will admit, too, that we are justified in the pride we take in milling this superb flour.



PURITY FLOUR

"More bread and better bread"



PURITY FLOUR is milled exclusively from the best Western hard wheat—the world's finest. More than that, PURITY FLOUR consists entirely of the high-grade portions of the wheat. The low-grade portions are separated and excluded during the PURITY process of milling. Such high-class flour, of course, expands more in the baking. It makes "more bread and better bread."

It makes lighter, flakier pastry, too, if you just take the precaution to add more shortening. On account of its unusual strength PURITY FLOUR, for best results, requires more shortening than ordinary flour.

Progressive dealers, everywhere, sell PURITY FLOUR and take pride in recommending it.

Add PURITY FLOUR to your grocery list right now. 106



HE SAID—"Few of us realize how much salt we eat. The fact that we put salt on all meats and vegetables—in bread, cake and pastry—soups and sauces—butter and cheese—shows the importance of using an absolutely pure salt."

SHE SAID—"Well, we are using WINDSOR SALT and no one could make me believe there was any better salt in the whole world than my old standby 64

WINDSOR TABLE SALT

Read our Advertisement Guarantee on Page Three of this issue.

Appetizing Dishes from Left-Overs

By GRACE RENAUD

IN these days of pure food laws, when canned goods are above suspicion—cleaner oftentimes than fresh meat or vegetables—there is no excuse for not having a well-equipped emergency shelf in one's pantry. That, however, should be a last resort, as the good housekeeper's refrigerator should always contain left-overs, which may with little trouble be converted into appetizing dishes.

To find left-overs in one's pantry and refrigerator should be, not a matter of chance, but a regular, daily occurrence, which is easily brought about by systematically preparing a little more of each dish than is required for one meal. There are few foods that cannot be kept over from one day to another if properly cared for.

In making up dishes from left-overs a little pastry is a great addition. This in itself may be a left-over from baking day. The best way to keep pastry is to roll it into a ball, cover it well with lard, and put it on ice. This method prevents a crust forming on it. Pastry treated in this manner has the advantage of being thoroughly chilled, a condition that is invaluable if one would secure the best results.

The first use of left-over pastry that I would mention is to make of it the old-fashioned jelly tarts which most of our grandmothers used to make on baking days. Two discs were cut from the dough, and pricked carefully with a fork, and from the rest, with infinite care and patience, three small discs were cut with a thimble. Then the tarts were baked a delicate brown and allowed to cool. When it was time to serve them a teaspoonful of jelly, jam or conserve was placed on the bottom of the disc, and the top carefully laid on to prevent the jelly from oozing out at the sides.

If the pastry has been sufficiently rolled, dotted with lard, dredged lightly with flour, folded and rolled again, and this process has been repeated four or five times, it will puff nicely when baked, and this same scheme of cutting will answer in an emergency for the more elaborate patty shells. One's judgment must determine the size, but those cut with pound baking-powder cans for the bottom, with a disc cut from the top with a half-pound can, are a convenient size. If the edges are brushed with egg they can be laid one on top of the other before being put into the oven and will bake in one piece. But this requires extra time and calls for the wholly unnecessary use of an egg, which might be put to a better use in another way. If handled carefully, the crusts baked separately will hold together very well after having been filled. These may be filled with any combinations of meats, vegetables, or fruits that can be conveniently prepared. Here are a few that have proved satisfactory:

USES OF LEFT-OVER PASTRY.

Take bits of left-over steak or roast, mince, heat in gravy, season and fill tarts, allowing gravy to run over crust.

Remnants of chicken fricassee may be cut into small pieces and treated as just described. If there is rice and gravy and no chicken left, use in the same way. This, with a baked sweet potato, makes a tasty and attractive dish.

Mince some corned beef or ham and spread a thick layer on bottom crust. Place top on and fill with creamed peas, asparagus, or mushrooms.

Scramble some eggs, allowing two tablespoonfuls of milk to each egg. Add one-half cup of grated cheese, a seasoning of salt and a dash of red pepper. Cook slowly until the eggs are light and creamy, stirring constantly. Fill shells, sprinkle with chopped parsley and serve at once.

As an accompaniment to a salad, try these cheese pasties: Take a piece of dough of whatever size you wish. Roll out, dot with lard, dredge lightly with flour and sprinkle thickly with grated cheese. Repeat the process five times. Cut into squares, cut the squares in two diagonally, and bake. Crisp in the oven before serving. Another novelty, which may accompany a salad or may be served with stalks of celery stuffed with pimento cheese as an entree, is made as follows:

Prepare crust as for tarts. Cut in

squares. Put an oyster and a piece of crisp bacon in the center of each. Season with a speck of butter and a dash of white pepper. Fold over, secure the edges by pressing with a broad-tined fork and bake. Serve hot.

Besides the tarts above mentioned we will not forget the apple or peach dumplings, which are such a toothsome finish to a very light dinner. Sweets which will be just the bit one wants after a hearty dinner may be made as follows:

Roll into the crust finely chopped raisins and nuts, cut in fancy shapes, and bake.

Sprinkle the dough with currant, cut out in diamonds, shake some red sugar over the top, and bake.

Add some spices and sugar to the crust, cut in small rounds, and bake. We call these "pennies." Any kind of preserves, jam, mincemeat, or applesauce may be converted in a few minutes into a "pocketbook" tart, made by laying preserves in the center of the paste, folding over and securely pressing the edges.

LEFT-OVER MEAT, FISH, OR VEGETABLES

The sandwich can be made the most substantial part of a luncheon, or may be served as a successful entree. One's ingenuity can readily make combinations that will attract both the eye and palate, at the same time utilizing many remnants of food-stuff that would otherwise be wasted. The following combinations, served in the form of sandwiches, have proved acceptable enough to be repeated, and demonstrate economy both of time and food:

Knead into left-over mashed potato as much flour as it will hold. Mold into a flat, round cake, cut into four triangular pieces, roll in flour and brown on both sides, using as little fat as possible. When sufficiently browned cut in two, lengthwise; butter, fill with slices of crisped bacon and bits of cress and serve. These may also be filled with minced meat to which has been added a little gravy, and more gravy may be poured over them.

A particularly nice way of using up remnants of chicken or veal is to roll pastry and cut into rounds or diamonds. Spread on each piece the hot minced chicken or veal, put two together, pour gravy over and serve.

Peas, asparagus, or a combination of these vegetables, may be mixed with white sauce and put between slices of thin buttered toast. Add the yolk of an egg to the remaining sauce and pour over the sandwich. Serve very hot.

Fried oysters which have been left over may be minced and have added to them an equal quantity of chopped celery. This should be mixed with mayonnaise and served on a leaf of lettuce between slices of hot, buttered toast. A bit of bacon or ham laid on top gives an additional relish.

Left-over ham and eggs may be chopped together and served between slices of French toast which has had the crust removed. Cut the toast rather thick and fry quickly so that it will be moist and not greasy.

Left-over bits of bacon may be reheated in the oven and served between slices of toast garnished with watercress.

Where good slices of roast beef are not available for hot roast-beef sandwiches, chop finely the more inferior part, put between slices of bread, pour hot gravy over and serve.

Pieces of cold fish may be heated in white sauce or mixed with mayonnaise and spread between buttered toast. Put grated cheese on the top, set in the oven until the cheese melts, and serve at once. Bits of cold vegetables, such as peas, beans, asparagus, or carrots, may be treated in the same way.—Good House-keeping.

Frosted coffee is delightfully invigorating after a long walk on a warm day. To prepare it make a strong, clear, drip coffee; sweeten to taste and chill thoroughly. Just before serving drop on each glassful a heaping teaspoonful of whipped cream which has been faintly sweetened and slightly flavored with vanilla.