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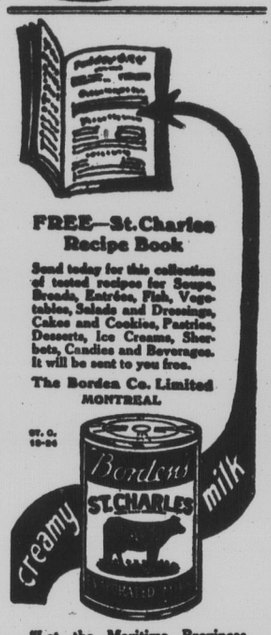

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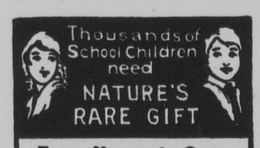

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Of Interest to Women

Unusual Ways to Use Green Corn

The coming of the corn season, its height and its waning are important events in the year's food calendar. Corn is the great American food product and the succulent ears are alike familiar on the tables of the well-to-do and the tables of small wage-earners.

The possibilities in corn cookery are great. For those who do not care for corn plain boiled and served on the ear, there are other ways in which it may be cooked. Much of muscle and brawn is supplied by corn. It is economical. Varities of corn are almost unlimited, but that which we find in the market for table use is always of the so-called sweet variety.

The Indians, who introduced corn to the early pilgrims, are responsible for many of the corn dishes in use today, their primitive recipes having been brought up to date and scattered the length and breadth of the country. The black, orange, yellow and bright red—so called "bloody butcher"—varities are most decorative when boiled and placed on the same dish.

For boiling strip the husks and silk from the ears and plunge them into rapidly boiling water. Boil them twelve minutes if the corn is young and tender, fifteen minutes if it is a day or more old, and eighteen to twenty minutes if it is very large and of uncertain age.

Do not add salt to the water as this toughtens the corn and changes its color from white to pale yellow If desired, the corn after boiling may be placed on a buttered gridiron and roasted over the coals, then buttered, sprinkled with pepper and salt and served on a hot dish. Steamed corn is prepared by husking and silking it, then wrapping each ear in the husks and placing it in a steamer. Steam it twenty-minutes, remove the wrappings and serve it hot in a napkin. This is a very delicate way of cooking the ears.

Green Corn Pudding

Cut the corn from a dozen young and tender ears, scraping down the cobs with the back of the knife to get the milk. But do not get the little kernel caps. Add four beaten eggs with two tablespoonfuls of melted butter, a tablespoonful of sugar, salt and pepper, a cupful of milk and the same of cream, and a half a cupful of dry crumbs. Mix and pour this mixture into a well-buttered baking dish and sprinkle the top with a little grated cheese. Bake it forty minutes, or a little less if the oven is very hot and a little longer if it is slow. The cook herself can judge by the appearance of the dish when it is done.

Green Corn Fritters.

Cut the corn carefully from a dozen ears. Make a batter of a half cupful of flour sifted with teaspoonful, level, of baking powder, a half teaspoonful of salt, four beaten eggs, two teaspoonfuls of sugar. Beat this mixture well then add the corn. Drop the batter by spoonfuls into hot fat, fry it a delicate brown and after draining dust the fritters with a little powdered sugar and serve in a napkin.

How to Can Some of the Uncommon Vegetables

People who have vegetable gardens usually have more vegetables than they can possibly use.

Great care is needed in the selection of vegetables to be conserved. They must be fully matured, but firm and sound. Glass jars should be clean and hot, and fresh rubbers and well-fitting covers should be provided. The jar rack that fits in a small clothes boiler makes a very satisfactory home made canner or processor.

Canning Peppers

Select firm peppers of uniform size Wipe them free of dust, then place them on the rack in a hot oven for six or seven minutes, until the skins begin to curl. Do not let them stay long enough to color. Take the peppers from the oven and peel off the skin, then remve the stems and cut out the seed cones carefully so as not to injure the surfaces. Next pack them in flattened layers in hot jars. Use no water or seasoning for the processing brings out a thick liquor. that nearly fills the jar. Partially screw on the tops after fitting the rubbers and place the jars in the canner to process for thirty minutes, with the water boiling steadily, but gently. Lift out the jars and screw down the covers tight.

Select a firm, ripe winter squash, and cut it into quarters, then eighths. Remove all seeds and spongy pulp, then peel. Cut each piece in strips and steam-blanch it for fifteen minutes until it is tender, then put it through a sieve, adding a little salt and powdered spices. Reheat in a double boiler to the boiling point, then put into jars. Partially seal the jars, place them in the canner for two and one-half hours, remove them and tighten the tops. If it is to be used for a vegetable, do not add spice when you cook it, but just salt and a little red pepper.

Canning Okra.

Select young and tender pods. Cut these stems without cuting into the pods. Put the pods ino a cloth or linen bag and blanch them in boiling water for seven minutes, then plunge them into cold, salt water for two minutes . Pack closely in jars, put a teaspoonful of salt in each jar and fill them with boiling water. Partially screw on the covers, then set them into the canner to process. Let them stay here for three hours, then lift the jars and screw down the covers tight. Store the okra in a cool, dry, dark place. When the jars are opened, rinse the okra well, then cook it as desired.

Clean to handle. Sold by all Druggists, Grocers and General Stores

LUMBER CUT WILL BE CURTAILED

Resolution Adopted at Meeting Held in Bathurst

St. John, N. B., Aug. 2.—The resolution of the New Brunswick Lumbermen's Association to curtail its production of lumber 35 to 50 per cent. in the coming season passed at the meeting of the Association in Bathurst, N. B., on July 30, had the hearty endorsation of the 22 members present at the meeting.

The resolution is supported by lumbermen throughout New Brunswick it is believed.

The 22 present at the meeting represented all of the large lumber companies and many of the smaller companies. It was stated by lumbermen who were interviewed last night over the long distance telephone, that the reduction in lumber production was made necessary by the fact that a great deal of the lumber cut this season was unsold and could not be profitably sold because of the high rates of government stumpage in New Brunswick, $4 as against $2.70 in Quebec and because of the high charges for workmen's compensation. The workmen's compensation levy last year was eight per cent. to be spread over a period of three years, and the tax this year will be four per cent. for workmen's compensation.

Solving Some Problems For the Week-end Vacationist

Home-staying people do not think much about baggage until the short-trip season begins, then suddenly all available luggage is dragged from attic and closet. Sad to say, it seldom passes muster according to up-to-date ideas. There are certain well-defined laws concerning hand luggage to-day that should govern one in purchasing. Sizes that can be tucked under Pullman seat, on the seat, or in the rack, are practical. Any pieces that are oversize you are strongly advised to "check" for your own comfort and that of the other passengers.

We have learned much in recent years. We realize that we do not need as much for a short trip as we used to carry in the past. For instance, the woman who starts out with a dark well-fitting and well-made tailored suit, a good umbrella, a light travelling coat, purse, handbag, a toilet bag, a twelve by twenty-two suitcase of light leather or enameled duck and a ligh six-by-sixteen inch hat box of the same material can travel far and look none the worse for wear. She can carry her own luggage without a serious inconvenience. Surely this is a far cry from the Saratoga-trunk days and the handbox covered with wall-paper.

"How can she do it?" someone may ask. To begin with her "undies'" are of fine, thin material. Her evening gown of crepe might also fold into a large envelope, and a lot of little things fold in the crown of her hat in the hatbox where their presence is never even suspected. This is the day of filmsy materials and they pack in almost no space at all.

The sweater that goes with the outing skirt folds inside the travelling coat, which may be needed for motoring or outdoor use on arrival when the tailored suit is laid aside. Satin slippers and outing shoes are all that will be needed besides the trim pumps worn to travel in, so they are not hard to stow away. It is astonishing the amount of things a suitcase can be made to hold, especially when the tray is left out and when a woman is an expert packer.

In case there is a possibility that there may be undies or stockings to wash, it is a good idea to slip in a small, flat cake of white soap, which will save borrowing or perhaps buying what one does not like.

The outlay for the suitcase and hatbox is not serious, and they look well for two and maybe three seasons if well cared for. A canvas cover keeps the case perfectly fresh and an old flannel cover will keep it fresh when it is stowed away at home. Carelessness is responsible for bad-looking luggage more often than actual wear.

A China silk Pullman robe and folding slippers are a great comfort. The pullman apron to hold toilet articles, which ties around the waist, fills a long-felt need.

All these may be made at home for half the price, and there are often pieces of silk in mother's piece-bag that will do nicely for the purpose. In fact, all the little toilet bags and cases can be made at home by the clever needlewoman.

A fitted suitcase is a luxurious-looking affair, but in reality the fittings take up more room than is necessary. The wise traveller takes her fitted tray on a trip only when her trunk it with her. For the week-end trip, light, inexpensive toilet bottles that take up little space and fit into the toilet apron are advisable. It is wise to travel lightly to enjoy a week-end visit.

EAT FISH TO AVOID GOITRE, SAYS EXPERT

Eat plenty of fish and avoid goitre and other diseases of the thyroid gland. That is the receipt given by Mrs. Evelena Spencer, lecturer for the United States bureau of fisheries. Fish, she asserts, contain the necessary iodine needed to keep the thyroid gland functioning normally.

No woman can be homely who does this

A simple method which safeguards lovely complexion—the beauty every woman can possess.

No girl or woman can be called unattractive who has kept the beauty and radiance of youthful complexion.

And today millions of women know this simple method. You too may employ it to keep lovely and young the clear, fresh skin Nature gave you.

This is all you need

Cleanse the skin regularly, authorities say, to keep your complexion lovely, radiant, youthful. But beware of harsh cleansing methods. They injure skin.

Wash thoroughly with Palmolive Soap—each night before retiring. Rub the creamy, foamy lather well into the tiny pores. Rinse — and repeat the washing. Then rinse again.

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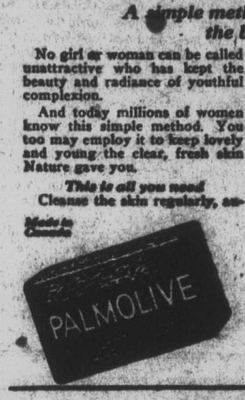
The simple, correct way

You cannot find a more effective beauty treatment. Because Palmolive Soap is blended of rare palm and olive oils—famous for mild but thorough cleansing qualities since the days of Cleopatra. And it is inexpensive. Let it do for your whole body what it does for the face.

See that you get Palmolive—which is never sold unwrapped. All dealers have it. In a short time improvement will be noticeable, encouraging.



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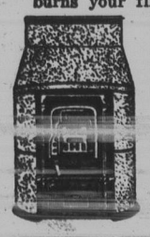

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