Sister Mary's Kitchen

BY SISTER MARY, NEA Service Writer.

Dried apricots have a pleasantly tart flavor that is particularly appetizing in early spring. And there are so many ways of using them that it behooves the alert house-wife to give them her keen atten-

Along with many other fruits, apricots have been studied by food chemists and have been found to be good sources of copper, that mineral which goes hand in hand with iron. This characteristic alone makes them a valuable addition to the family dietary.

Carclessly handled dried apricots lose in flavor, appearance and vol-ume, yet a few simple rules which any cook can understand make them a delicious, attractive and inexpen-

The first rule to keep in mind is to soak the fruit 12 hours or overnight in water to cover. Of course the apricots are washed through many waters before cooking. The second rule is that very

slow heat for a long period is the best means of restoring the fruit to its natural state of juiciness. At the same time the fruit becomes tender and its flavor is developed. Put the fruit in water to cover over a low fire and bring slowly to the boiling point. Do not let boil but keep just below the boiling point until tender.

The third rule is never to add sugar until the fruit is tender and ready to remove from the fire.

After dried apricots are stewed,

they can be used in any way canned ones would be used. Deep dish apricot pie is very good made with dried apricots. Brown Betty is especially "tasty" made with this fruit. Bavarian cream uses dried apricots to excellent advantage, for the sifting removes the skins of the fruit. Apricot ice is refreshingly piquant and will be found particularly appetizing to serve after fish.

Apricot ice-box cake is equally

MONDAY'S MENU

Breakfast: Grape juice, ce-+ real, cream, eggs poached in + + milk on graham toast, milk, + + coffee.

+ Luncheon: Macaroni cro-+ quettes, celery and apple sal-+ ad, rye bread, apricot dainty, + + oatmeal cookies, milk, tea.

 Dinner: Filet of flounder in +
 tomato sauce, potatoes in pars-+ ley butter, beet greens, salad +
+ of cottage cheese and apricots + + in green pepper rings, maple + cup cakes, milk, coffee. +

+++++++++++++++ good for the family Sunday dinner or your next dessert-bridge party.

Apricot Ice Box Cake

One cup dried apricots, 2 tablespoons flour, 1/2 cup granulated sugar, 1-8 teaspoon salt, 1 egg, 1 cup milk, 2 teaspoons granulated gelatine, 2 tablespoons cold water, 1 tablespoon lemon juice, 1 cup whipping cream, 1/2 teaspoon va-

Cook apricots and drain from juice. Rub through a coarse sieve. Mix and sift flour, sugar and salt. Add to egg well beaten and mix thoroughly. Add milk and cook over hot water until custard is thick and smooth. Soften gelatine in cold water for five minutes and add to hot custard. Stir until gelatine is dissolved and remove from heat. Add apricots and lemon juice and let stand until cool. Whip cream until stiff, add vanilla and fold into custard mixture. Line a mold or pan with waxed paper and cover with a layer of sponge cake cut about an inch thick. Add half the apricot mixture and cover with another layer of cake. Let stand in the refrigerator over night. When ready to serve cover with whipped cream.

An Ideal for Congress. From Editor and Publisher.

If the aspirations of the president and Congress are to be realized in the nine months' celebrations of the Washington bicentennial, namely, to rekindle the fires on the alters of liberty, tolerance and justice, it will be necessary for the leaders of public opinion to empha-size those qualities of heart and mind of Washington which made him transcendently the man of the hour in the days of the nation's

Washington was essentially a religious man. He was a devoted churchman. He believed that the Almighty had a part in the affairs of men. He took an active part in the community life. He was one of the vestrymen, master of his Masonic lodge and in every way exemplified the sterling characteristics of the devout Christian gentle-

"Let it simply be asked," he wrote, "where is the security for property, for reputation, for life, if the sense of religious desert the oaths, which are the instruments of investigation

in the courts of justice?' Enmeshed in the complexities of today's international civilization, we often regard the problems faced by Washington as comparatively simple. They were not to his nor his compatriots, lacking the superb machinery we now have for the gathering of information, and they demanded from Washington and from our own times the same fundamental human qualities and the same realization that human resources, unguided by Divine Providence, are inadequate to most im-

portant affairs. MARKED PROTECTION

Washington - Senator Bingham, of Connecticut, has introduced a bill providing that all federal buildings be marked to serve as guides to aviators. If passed, such buildings all over the country would be so marked if the secretary of commerce considered this an essential aid to aviation.

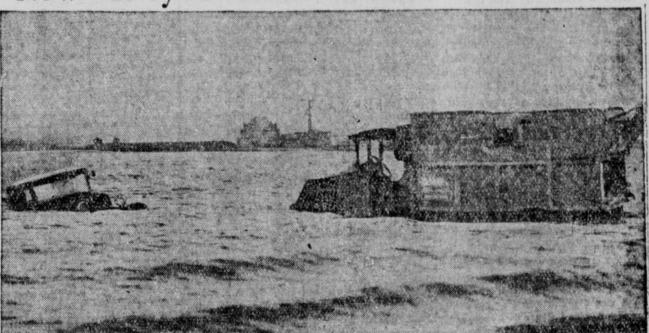
"YOUR BATH'S READY, SIR" Liverpool-(UP)-A quarter of a million baths have been prepared by Peter James, bathroom steward, during 296 Atlantic round trips in the liner Baltis

Out Our Way



Now They're Both in the Same Boat

ADVERTISING PAYS



The navigating abilities of an automobile proved to † be nil when it tried to strut its stuff in the soft sand and loam on Carson Beach, Boston. Due to a conspiracy of the sands and a high tide, the car found itself stuck and far from home. Not only I stamping ground on terra firma.

that, but when the truck at the right of the picture came to render assistance, it, too, became mired. It looks as though they'll have to charter a tugboat

J.R.WILLIAMS

FAMILY DIPLOMACY. I thought my wife knew everything About preparing food; But now I find she's treating it In manner rather crude.

Today I read an article A woman writer wrote, Then read it to the better half, To loose for fair her goat.

For she had fixed our grapefruit raw, And then became unnerved

It ever should be served. But you can bet I fixed it up, And frankly I confessed, (Though never had I seen one

To learn it should be baked, before

I liked them her way best. -Sam Page.

PLANS DRIVE TO **BOOST STATE**

Ten Year Plan of Development Outlined by Leaders

Raleigh, N. C. - (UP) - In the midst of depression the state of North Carolina is proceeding with a sound economic formula to improve present conditions and to lay foundations for future economic soundness and stability.

An organization composed of the state's leaders has been formed to further projects of the "Ten-Year plan for the economic development of rehabilitation of North Carolina." North Carolina is one of the most diversified states in the country, economically and geographically. It is outstanding in both agriculture and industry with great textile mills all over the state and with its farmers raising the bulk of the world's

tobacco crop. In the immedate future, the Ten-Year corporation will be incorporated. Several committees already have been appointed to proceed with various projects to bring the Old North State to the front.

The en-Year plan was originated by Tyre C. Taylor, 33-year-old executive counsel to Governor O. Max Gardner. Taylor has been elected president of the corporation for promotion of the plan.

The Ten-Year plan has the following three main projects: Project A: A program for attract-

Slump Fails to Halt Swiss Auto Travel

Geneva -(UP)- The worldwide econonmic depression and especially that of Europe has in no way decreased the luxury of automobile touring in Switzerland.

Statistics just completed by the federal government show that during the first balf of 1931, 53.691 foreign automobiles entered Switzcriand in comparison with 48.931 for the corresponding six months of

British Empire Trade Parley

From Journal of Commerce.

London - With Prime Minister MacDonald's announcement here last week of the British government's delegates to the imperial economic conference at Ottawa in July, the deck is cleared for what undoubtedly will be the most important and the most difficult conference of the component parts of the British commonwealth of nations since this euphemistic title was substituted for that of the British empire. For the July meeting is expected finally to prove-the British dominions now being independent nations in everything but name-whether it is possible to substitute binding but voluntary economic allegiance for what once was an involuntary political tie.

All, certainly, is not going to be plain sailing. For instance, Walter Runciman, president of the Board of Trade, who will be a member of the British delegation, has confessed that the Beaverbrookian ideal of "empire free trade" is a wonderful but impracticable ideal, since the dominions have their own ideas regarding the working out of their respective fiscal policies. He added, however, that there is a large amount of good feeling in this country in regard to the idea of imperial preference and that the younger generations in the dominions are enthused with the idea of imperial economic unity.

Whether these two enthusiasms eventuate into actuality, however, will not be certain until the conference itself is concluded, and two recent developments here give ample indication of the difficulties ahead. First was the editorial in the London Times-which on imperial affairs usually is considered to speak with authority. The editorial advanced the thesis that there are likely to be two agreements reached at Ottawa. One will be the general arrangement including, presumably, all the dominions, India and Great Britain. The paper pointed out, however, that such an agreement would be limited by the extent to which the least willing dominion was prepared to go in accepting the principle of reciprocal tariff preferences.

The second sign post toward the difficulties at Ottawa encountered here on the road to Canada was the announcement that a company formed for the purchase and distribution of Russian soft woods in Great Britain and Ireland had completed their contract to buy 450,000 stands of timber from Russia this year at an approximate cost of £4,500,000.

ing additional tourists and desir- 1 able permanent residents to North Carolina.

Project B: Industrial and agricultural research. Mobilizing all scientific facilities of the state in an elfort to find new and commercially profitable uses for natural resources. Project C: A country life pro-

increase continued to be maintained even during July when the German financial crisis was great-

MAN THE PUMPS

New Orleans, located in a natural bowl with no outlet for rain water to flow by gravity to the Mississippi. has 16 pumps removing 60,000 cubic feet of storm water each every minute of the day.

ASBESTOS WAS THEFT CLUE Wenstchee. Wash, - (UP) - Asbestos fiber found under fingernalls It is also pointed out that this | of Ted McClure, 29, led to his arrest

AIRSHIP NAMED PALO ALTO Palo Alto, Cal. - (UP) - Palo

Alto, home of Stanford university, wants its name adopted for the navy's new dirigible now under construction. A petition by the city, signed by 11 California chambers of Commerce and Governor James Rolph, Jr., will be sent to naval authorities, it is planned.

on a charge of safe robbery here. The safe of an auto freight depot was robbed of \$40 and McClure was suspected. It was lined with as-

Lots of Fun. Travelers (with hours to wait at small country station): Any picture show here, or billiard hall or li-

Poster: No-nothing like that Traveler: Well, how do you spend

the evenings? Porter: We go down to the store. They've got a new bacon slicer-

OF INTEREST TO FARMERS

Almost any hen can lay eggs 'n March and April, and when we get thicks from eggs laid by an un-tulled flock, we get chicks from the ate maturing or otherwise poorer pirds, as well as from the best. One intermiting or otherwise poorer birds, as well as from the best. One of the biggest advantages in getting thicks from a high-grade hatchery is that we get eggs from flocks culled during the fall or early winter. Pullets that will mature and produce fall and early winter eggs are the kind we want. Otherwise we had better quit raising chickens and keeping hens. Of course, others besides hatchery operators could and do cull the pullet flocks closely at the proper season for culling. But the average farm flock, the owner of which debates whether to buy chicks or hatch her own, rarely is culled. And even if some culling is done when the pullets are housed in the laying house, it is not done as thoroughly and intelligently as the hatchery operator and his skilled men do it. Hatchery chicks live better than those hatched at home. At least, more than 200 successful flock owners, representing a majority of the counties in Iowa, gave that as one of the chief advantages of hatchery chicks in letters written us in a contest about ters written us in a contest about success in chick raising two years ago. And why shouldn't they? In spite of the much praised advantages of nature, a skillful, intelligent hatchery operator man more nearly furnish ideal conditions for incubation, with resulting strong nearly furnish ideal conditions for incubation, with resulting strong chicks, than can the hen. Granted that the hen does the best she can. she usually is handicapped with a great variation in the temperature of her surroundings — frequently with early chicks everything from with early chicks everything from near zero to 80 degrees within the three weeks of incubation. Whether this has a serious or little effect depends on the location of the nest, the nesting material and how long the hen is off the nest. Broken eggs, lice, trouble with other hens, and other complications may lead to the production of puny, underand other complications may lead to the production of puny, undersized, late-hatched chicks. Hatchery flocks are the best we have in freedom from bacillary white diarrhea. The hatchery operators have been leaders in testing and culling to reduce this disease. Probably there is not t high-grade hatchery in this section that has not dropped good flocks from its egg-furnishing list because this disease made the chicks "hard to raise." Well established hatcheries, through their inchicks "hard to raise." Well established hatcheries, through their intelligent combating of bacillary white diarrhea in their communities, have done more than all others in reducing losses on farms from this disease. They have taken the biggest uncertainty out of chick raising. An advantage of buying all or at least part hatchery chicks that or at least part hatchery chicks that or at least part hatchery chicks that is overlooked frequently by those who are debating whether to buy or raise their chicks, is the real advantage in having a large group of chicks of the same age. The saving in labor in caring for 250 or 500 chicks all of one age of two ages, as compared with the same number as hatched and raised at home, typically scattered over a couple of months, means a daily difference of two to five hours of labor. And the hatchery chicks will produce a much more uniform flock of chicks and pullets. After all, it isn't a case of whether we can afford to buy hatchery chicks. Rather, the question is: If we can't of won't buy hatchery chicks, can we afford to raise any more than the number we need to supply plenty of fried chicken and eggs for family use only?

HANDLING FRUIT Any method of handling apples that hastens the ripening after the fruit is packed shortens the period of commercial value. Any treat-ment that checks the ripening prolongs the marketing period. value of wrapping apples in paper has been tested in both seasons by the experiment station of a western college of agriculture and mechanic arts. The comparison was made with duplicate quantities of fruit that were grown and handled in the same way. One lot was not wrapped, and with the other each apple was wrapped in unprinted newspaper. With some varieties like the Gano, Roman Stemm, Salome, Winesap and other hard. late ripening sorts the advantage of wrapping in paper was not very apparent. But with tender varieties like the Clemons, Jonathan and Wealthy a wrapper was a distinct advantage in extending the life of the fruit, preserving its natural brightness and lessening the amount of decay. A wrapper serves to reduce the bruising that may result from poor packing or from rough handling in transportation. It retards shriveling and adds to the value of the fruit by preserving its attractive appearance. The wrappers cost about 20 cents per thousand for newspaper 9 by 12

CONTROL OF LICE The toll taken by lice is a heavy one. No herdsman can watch the frenzied rubbing of an infected dairy cow without realizing the discomfort that is assuredly going to be reflected in the milk pail. Lice are most prevalent in dark, damp, dirty, badly ventilated stables. No treatment will be lasting in its effect until such conditions are improved. When the weather is mild, infested cattle may be washed with a solution of stavesacre or larkspur seed, made by boiling 4 ounces of the seeds in one quart of water for 20 minutes. A solution of coaltar dip, made and used according to directions given by the manufacture, is also effective. This treatment has to be repeated at intervals to kill lice hatched from nits. Powdered sabadilla, dusted on infected parts, is popular as a

PROTECTING UNBORN PIGS The good results obtained from feeding legume hay to fall pigs also applies to pregnant grood sows though not for the same reason. Instead of preventing rickets in the brood sows we want to give them the best opportunity to develop strong, vigorous litters of pigs. The ack of suitable and sufficient proteins in the pregnant brood sow ration is frequently the cause of dead or weak pigs at farrowing time. It is mighty discouraging to carry a herd of brood sows through he winter expecting an average of 7 or 8 strong, healthy pigs and get less than an average of five pigs.

louse killer. It may be used alone or mixed with equal quantities of powdered tobacco and flowers of sulphur. Blanket the animal for sulphur. Blanket the animal for a few hours after treatment, then thoroughly brush the skin, preferably outdoors. The operator should cover his nose and mouth with a double cheesecloth to prevent hattation when applying sabadilla powder. Other threatments that have been successfully used include a mixture of one part sodium flouride and 5 parts of flour or 20 parts each of flowers of sulphur and sodium flouride and 40 parts of finely powdered tobacco leaves or snuff. Raw linseed oil, rubbed in with a stiff brush, is also affective but it fouls the skin. Many dairymen clip the hair where the infection is the greatest; along the neck, the back, and the tail setting. Be very cautious in the use of such Be very cautious in the use of such compounds as mercurial ointment in treating lice on dairy cattle, as it is extremely poisonous and may be licked off with disastrons re-

INCUBATOR TEMPERATURES
Those who continue to hatch
their own baby chicks must necessarily be very much concerned about the proper temperature for running the incubator. Considerable work has been done on this temperature problem. Pollowing are some of the conclusions reached as a result of several years of work with small incubators: I. The optimum temperature for the incubation of hens' eggs was between 100 degrees and 103 degrees F. measured by standing thermometers in a hot air type incubator, with the center of the bulb one and one-half inches above the egg tray 2. A temperature of 101 degrees F. throughout the period of incubation, measured with a standing thermometer, gave the best hatching results. 3. The optimum fenperature for the incubation of white and brown eggs was the same.

4. White eggs usually pipped and hatched a few hours earlier than brown eggs at the same temperature. 5. Temperatures below the optimum tended to delay the hatche a result of several years of work brown eggs at the same tempera-ture. 5. Temperatures below the optimum tended to delay the baick and gave a large number of un-desirable chicks. 6. Temperature, above the optimum brought the hatch off carrier, but gave a greater number of undesirable chicks than optimum or lower than optimum or lower than optimum temperatures. 7. Standing thermometers with the middle of the bulb one and one-half inches above the egg tray and near to but net touching the cass gave the most dependable temperature for incubation.

MAKE THIS "ME" YOU

Me? I'm tired of talk and I'm
going to act. How? Well—I've had
the secret of farm prosperity with
me all the time—right under my
nose. It's really no secret at all.
For years the government, the
state and the schools have been
preaching diversified farming—talking about increased soil fertility
and proper retation of steeks and
crops. I guess, like a lot of other folks, I heard about these things so often—that I sort of yet used to them—and let it go at that But —I've done a lot of thinking lately -and a lot of looking too. I've noticed that really prespecting farms take advantage of every means for more productive acres I've noticed, too, that good fence plays a mighty important, parb where money is being made. Actually, good fencing is as necessary to profitable farming as pigs and cowar and chickens. And so—when you put the two together-prosperous farms and fencing-you can carlly! see how any of us can make farming pay. Me? I'm going to make my own presperity. I'm starting out by placing fence lines where they'll do the most good. What's The started you thinking? Well, when you've really studied every angle like I have—you'll incomplete thought into dollars by the quick. est kind of action.

USING INFERMATION If a dairy farmer buys a plew, puts it in his machine shed and never uses it, the plow is not worth a nickle to him and never will be as long as he leaves it in the shed. not do the job satisfactorily, he had inclined to try to correct the fault or get a plow that will do the work as he wants it done. If a daily farmer gets some information the feeding his live stock that would improve his feeding practices the information will not be worth a nickle to him unless he puts that information to work. We have pointed out tendencles toward werflet places in midwinter dalry farm feeding practices. This information, like the plow, will not be worth anything unless it is used. The mark of most successful dairy farmers is that they are "doors" of good practice.

BALANCING THE RATIONS The hen is quite sensitive to environment. The best indication of her sensitiveness to feed and sur-roundings is egg preduction. If coo does not believe this, let him tura his hens out in the cold sluch and snow for a day or two and then Overcrowding, eggs. drafty henhouses, flithy litter, sudden changes in feeds and feeding may do a lot of damage. Askle from the ability of the hen, nothing is more important in the manufacture of eggs than correct feedlag. This is just as certain as two and two make four. A well bred hea cannot make a large macher of eggs unless the is fed the right kind of materials for making eggs. Let us not try to convert our feed into eggs careleasly. Let us study and experiment until we get the right ration for eas making.

BEST ALWAYS CHEAPEST Whoever buys and plants cheap seeds needs no sermen on gambling -he is sure to learn by loss.

A suitable feeding snek in which is kept some leafy legume hay for the sows will go a long way in prebring disastrous results.

IF YOU CAN'T If you can't grow ablatta, grow medium red slover. If you can't grow medium clover, grow ; maintmoth. If you can't grew mammeth clover, grow alsize. If you can't grow alaike, it; the farm out in trees and move to town.

HOW ARE YOURS? Hog trought are to daink out of, not to wallow in. Fix them to the hogs cannot take a bath in them