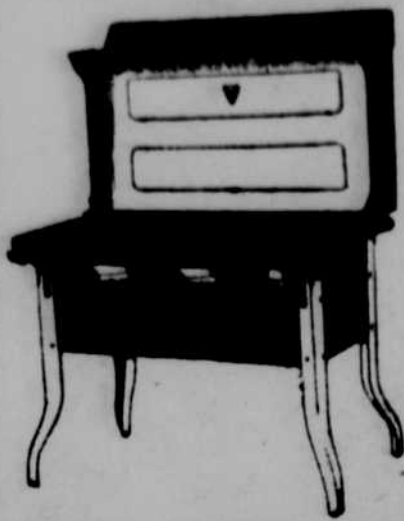


## Spring Sale Demonstration



**Oil Stoves**  
\$46<sup>50</sup> Up

**NO SMELL, NO SMOKE, NO SOOT**—Wickless and chimneyless, it burns gas made from kerosene. The marvelous Vapo burner converts kerosene into gas and gives 32 to 36 hours of hot blue flame for every gallon of kerosene; many other features make this range the finest oil stove on the market.

### Peerless Refrigerators

These refrigerators are insulated with mineral wood—the walls are lined with a special white enamel process which insures a clean, healthy box. It has cleansable flue walls and other distinct features which insure a beautiful and economical ice box.



**High Two Compartment Type**  
Capacity 90 lbs.  
\$42<sup>30</sup>

**Wide Three Compartment Type**  
Capacity 95 lbs.  
\$54<sup>27</sup>

ESTABLISHED 1855

**MILTON ROGERS AND SONS COMPANY**  
Hardware and Household Utilities  
1515 HARNEY ST.

## The Most Popular Cake In America

Over 50,000 People Voted on the Question of Which Is the Most Popular Cake in America

**Devil's Food Cake**  
Won the Verdict

### Recipe for Devil's Food Cake

4 squares unsweetened chocolate or  $\frac{3}{4}$  cup cocoa  
2 tablespoons sugar  
 $\frac{1}{2}$  cup sweet milk  
4 tablespoons shortening  
1 cup sugar  
2 eggs  
1 teaspoon vanilla extract  
 $\frac{1}{2}$  cup sour milk  
2 cups flour  
 $\frac{1}{4}$  teaspoon soda  
2 teaspoons baking powder  
 $\frac{1}{8}$  teaspoon salt

Cook slowly until smooth first three ingredients, Cream shortening; add 1 cup sugar a little at a time, and beat well. Add yolks of eggs and beat again. Stir in chocolate mixture, vanilla and then add alternately the sour milk and flour which has been sifted with the baking powder,

soda and salt. Fold in the beaten whites of eggs. Bake in three greased layer pans in moderate oven (375° F.) about 25 minutes. Spread boiled or fudge icing between layers and on top and sides of cake.

### Boiled Icing

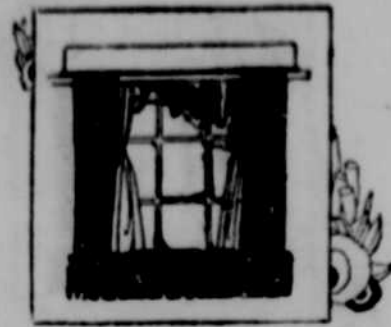
1  $\frac{1}{2}$  cups sugar  
 $\frac{3}{4}$  cup water  
3 egg whites  
 $\frac{1}{2}$  teaspoon vanilla extract  
1 teaspoon baking powder

Boil sugar and water without stirring until syrup spins a thread (238° F.). Pour very slowly over stiffly beaten egg whites and whip until stiff and smooth; add flavoring and baking powder. Spread thickly on cake. Set in oven for a minute or two to set icing and give it a nice gloss.

## Some Delectables

**Tomato Cream Toast**  
2 tablespoons butter  
1  $\frac{1}{2}$  cups canned tomatoes (strained)  
 $\frac{1}{2}$  cup milk  
3 tablespoons flour  
 $\frac{1}{4}$  teaspoon soda  
 $\frac{1}{2}$  teaspoon salt  
Melt butter, add flour, pour on the tomato, to which soda has been added, add milk and season. Pour over six slices of toast.

**Corn, Southern Style**  
1 No. 2 can corn (chopped)  
2 eggs, well beaten  
1 teaspoon salt  
Dash of pepper  
1 tablespoon melted butter  
2 cups scalded milk  
Combine ingredients and bake in buttered dish until firm.



## About Mineral Salts

By C. ELIZABETH LYMAN, M. D.

**B**IO-CHEMISTRY, one of the more modern offsprings of medical science, is continually supplying us with startling facts concerning food and dairy products.

Just recently I came to know one of those physicians who has made a specialty in food investigations and learned that he had spent practically all of the last 15 years in tracking botulism, which is a food poison, to its lair.

Botulism first made its recognized appearance in this country about a decade ago and the publicity given those first cases nearly ruined the ripe olive industry in California. Though it was not generally known, there were more evidences of this deadly poison found in canned spinach than in ripe olives. Also it was found that there were more fatalities resulting from home-canned vegetables than from factory-prepared foods.

There had been outbreaks of this poison plague in Europe, but it had always been traced to meats—sausages and smoked meats. In this country, except in foreign colonies, the poison had always been traced to canned vegetables. The reason for this remarkable difference was finally found. In Europe they had eaten these meats without cooking them, whereas they had always made a practice of cooking or heating their canned vegetables. In the United States we had served the vegetables from the cans as a salad or cold as a relish and nearly always cooked our smoked meats. Heat, as the bio-chemist will tell you, kills the botulinus germ.

Many cases of botulism in this country have been fatal only to the housewife, who, on opening a can of spoiled food, tasted it to test it and then cooked it. The

cooking killed the poison and thus saved the rest of the family, but the housewife was stricken. So, you see, it pays to cook canned foods. I might state here that preserved foods—that is, foods preserved in sugar—have not been known to cause botulism.

Canned spinach and other vegetables are very wholesome and contain all the vitamins and mineral salts present in the home-cooked variety. The spinach is first washed for sufficient length of time in cold running water to free it of all grit and dirt and sand. Then it is packed in the can, water added, the can sealed and then heated by steam to a degree prescribed by the government and the canners' laboratory. That is also the process with other vegetables.

Inasmuch as a great deal of the nutritious quality of these canned or home-cooked vegetables is in the water in which they were cooked, it is poor health tactics on the part of a housewife to throw the water away.

This same bio-chemist I mentioned in an earlier paragraph told me of an experiment along the lines of this "food water" that illustrates the point. He was conducting some experiments with a litter of puppies and had them at the hospital in which he had his laboratory. To feed the puppies while his experiments were being conducted he took meat that had been boiled for soup. After a short time on that diet the puppies contracted rickets. To cure the rickets the puppies were put back on a diet of milk and vegetable pulp. They had simply not been getting mineral salts enough in their diet. The mineral salts of the meat had been left in the hospital soup.

Moral: Don't throw your mineral salts down the kitchen sink.

### Brussels Sprouts Salad

1 No. 2 can Brussels sprouts, lettuce, Roquefort dressing.

Add three tablespoons of grated Roquefort cheese to an ordinary French dressing, with enough paprika to color it well. Drain the sprouts, arrange on lettuce leaves and serve.

### Stuffed Beets

1 No. 2 can beets,  $\frac{1}{4}$  No. 2 can lima beans or peas, seasoning to taste, butter, parsley.

Select large beets for this dish and hollow each one out deeply. Cut the part removed into small pieces and heat with the peas or lima beans. Heat the beets also and drain them well, season with butter, pepper and salt and fill with the other vegetables, also well seasoned. Stick a bit of parsley in each beet cup.

### Fruit Cornstarch

1 No. 2 can of any preferred fruit, 2 cups of milk, 4 tablespoons cornstarch,  $\frac{1}{4}$  cup sugar, vanilla.

Make a blanc mange of the milk, cornstarch, sugar and vanilla, pour into molds and chill. Turn out and serve with the fruit as sauce.

### Fruit Bread and Butter Pudding

Spread six half-inch slices of bread with butter. Place the slices in a baking dish with the buttered side down and sprinkle generously with seedless raisins. Scald two cups of milk, beat two eggs, add half a cup of sugar and pour the hot milk over the beaten egg mixture; flavor with one teaspoon of vanilla and pour over the bread; cover and bake in a moderate oven about 20 minutes. Uncover and brown. Serve with caramel sauce.



**TROCO**  
Nut Margarine

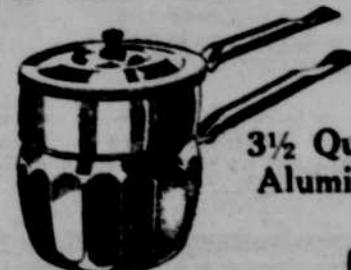


T  
R  
O  
C  
O

**FREE!**

T  
R  
O  
C  
O

With 25  
Empty  
Troco  
Cartons!



3  $\frac{1}{2}$  Quarts  
Aluminum



**Trimble Bros.**  
Distributors

