

# THE BEE'S PURE FOOD PAGE

## Timely Tips

If housewives in general would only apply a definite system to housework they might succeed in confounding the sage who said "Woman's work is never done." To begin with, it would seem as if in all too many cases the management of the home is looked upon as merely a way of spending the rest of one's life. But it is not—it is a job and a regular one. Except under certain conditions—illness, for instance—the woman who fails to master it without tiring herself out is either not regulating her work with intelligence or she is attempting to accomplish results that should require four hands instead of two.

Considered as an economical factor, the housewife is at a premium—she has no business to become tired, no right to take chances that may result in colds or headaches or nervous breakdowns. With more work to do than ever before, she must make it a point of honor to expedite her task as far as possible and to keep in first-class condition. No business method that suggests a means of helping her to do this need be scorn to use.

Perhaps making a weekly schedule is one of the most important things with which to start a "first aid" list. This ought to be made to include the usual tasks performed in the course of the day and week by any member of the family, and these should be so marked. After every one else's assignments have been programmed it is time for the housewife to evolve her own schedule, arranging her work in the way that will use her energy to the best advantage; completing the heavy tasks of the day with light ones, and the other way about.

Merely suggestive is the plan that follows, to which additions may be made from time to time as the points come to mind.

First—Remember long days tire one out. Never work all day to save time on the next, but arrange the work so that you are through at about the same time every day if it is at all possible.

Second—Consider the family and the meals that each is able to do, and let them help you whenever they can.

Third—Plan the menus a week in advance, unless the running of the household is too irregular to admit of this, and, if so, plan for the main meal each day for a week and for the luncheons and light meals rely on left-overs. And be sure to manage so that you do your cooking on the lightest work days.

Fourth—Don't delegate the important tasks—that require the most thought, buying, planning meals, supervising cleaning and wardrobe—to others. Hold these tasks as your own. Let the others look after the mending, cleaning, dishwashing and bedmaking.

Fifth—Make the meals so attractive that you will receive the family's co-operation in his acceptance even of the most simple menu.

of course, sofa pillows of this shape are very handy to fill in odd nooks. Hand blocked English cretonnes and prints are used both for draperies and upholstering pieces of period furniture.

Some of the new cooking stoves have white enamel dripping pans, white enamel doors and broiler pan which makes it easy to keep these important parts clean and attractive.

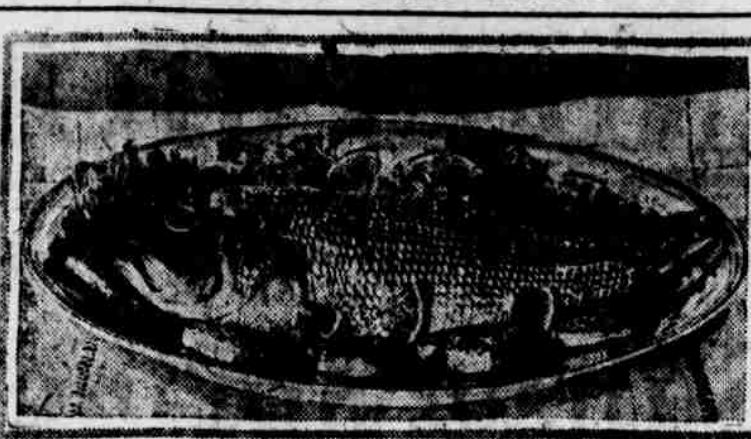
Bedsprings of one color and bolsters of another are seen now on beds. Sometimes the spread is flowered while the bolster is plain and sometimes two tones of the same color are used to dress them.

An "extension table cloth" for the dining table when extended is merely one of the elaborate lace and linen affairs of file of Roman cut work or Italian embroidery with ends joined on very decoratively with lace insertion. Of course it is oblong in shape.

Pretty pattern table cloths of linen for the round table have a fruit basket design upon them.

The triangle shape is seen in many furnishings of novel design. Included are triangle shaped tablecloths both for dining and living rooms and triangle shaped screens for the fireplace and lamps. And,

## Baked Sea Bass



Take a fresh sea bass of about three pounds, scale off fins and wipe dry. Mix in a frying pan one and a half tablespoons of butter with two carrots and three branches of celery cut in fine strips and cook for 10 minutes. Pour in a cup of tomato sauce; add one finely chopped onion; lay the fish on top and season with salt and pepper, and boil for five minutes on the stove. Then set in the oven for three minutes and when cooked place on a hot dish. Arrange heart-shaped toasted bread around the dish, garnish with parsley and serve with the

cooked sauce, to which add a little lemon juice.

Tomato Sauce—Take two onions, two carrots, four bay leaves, a little celery, four large tomatoes cut in dice shapes, a sprig of thyme, parsley and 12 crushed peppercorns. Fry in two tablespoons of butter for 15 minutes, then add two tablespoons of tarragon vinegar, two cups of brown sauce and a dust of pepper, and cook gently for 20 minutes. Then rub through a fine sieve and use. If canned tomatoes are used the vegetables must be fried separately and then the tomato added.

White meat of chicken, 12 strips broiled bacon, 12 strips mayonnaise dressing, lettuce, thin slices of toast.

Toast the bread to a delicate brown. On the first slice of toast arrange lettuce, strips of bacon and one teaspoon of mayonnaise; cover with a second slice and arrange lettuce leaf, white meat of chicken and mayonnaise. Cover with the third slice of toast. In this way you will have a three-layer sandwich. Cut in two diagonally, to give two triangular sandwiches. Serve on a plate garnished with olives and pickles.

Club Sandwiches. Toast the bread to a delicate brown. On the first slice of toast arrange lettuce, strips of bacon and one teaspoon of mayonnaise; cover with a second slice and arrange lettuce leaf, white meat of chicken and mayonnaise. Cover with the third slice of toast. In this way you will have a three-layer sandwich. Cut in two diagonally, to give two triangular sandwiches. Serve on a plate garnished with olives and pickles.

Recipes. (To serve five.) Cheese and Tomato Rarebit With Bacon. 1 can tomato soup, 1 c. grated cheese, 1/2 c. pimento (cut in strips), 1/2 T. green pepper (minced fine), Broiled bacon. Pour the tomato soup into a dou-

## Interior Decorations

Many of the up to date decorations concern the heating radiators in rooms, now, with decorative grills and lattices that are painted to match the woodwork, whether that be white, cream, or some of the new greens, blues or yellows much in evidence with up-to-date color schemes.

For the children's room nursery rhyme cretonne is new for upholstered furniture.

A new fad for color schemes in bedrooms is to select a flower and carry out the colors of the different parts of the flower. A charming effect for example, can be secured by founting a color scheme on a red ragged robin rose. The colors used in such a room would include, besides the rich crimson, the yellow of the center and the green of the leaves. Other pretty effects can be worked out from such flowers as the violet, daisy, water lily or black eyed susan. Flowered cretonnes will help out a great deal, too.

Last year's fruit baskets of brown rush are now seen gilded. Any

home woman who likes to paint can gild hers to be in the latest style.

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fork, and the flour gives it a delicious flavor.

MRS. GEO. J. ALLEN, President Minnesota Federation.

CORN RELISH—A DELICIOUS RECIPE 1/2 c. medium-sized onions, 1/2 c. sugar, 1 bunch celery.

12 ears of corn, cut from cob green, 2 medium-sized red peppers, seeded, Chop in bowl, cook 10 minutes. Can in jars. MRS. GILBERT E. DAVIS, President Vermont Federation.

A SUGARLESS PUDDING. 1/2 c. chopped dates, 3 T. flour, 1/2 c. chopped nuts, 1 T. baking powder, 1/2 c. honey, 2 eggs, well beaten. Bake in a moderate oven about 30 minutes. Serve with cream.

PASADENA PUDDING. 1 c. chopped walnuts, 1 c. sugar, 1/2 c. bread crumbs, 1 egg, 1/2 c. dates (stoned), 1 T. baking powder, 1/2 c. raisins, Butter size of egg. Mix well together and bake in a slow oven three-fourths of an hour.

1-Tablespoon, 2-Cupful, 1-Teaspoon.

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Fancy Fresh Dressed Hens, per lb. <b>40c</b>	Pig Pork Roast, per lb. <b>27 1/2c</b>	Fancy Young Veal Breast, per lb. <b>13 1/2c</b>
Morrell's Lean Breakfast Bacon, per lb. <b>42 1/2c</b>	Steer Shoulder Steak, lb. <b>16 1/2c</b>	Armour's Star Half Hams, per lb. <b>32 1/2c</b>
Best Granulated Sugar, 3-lbs. <b>50c</b>	48-lb. sack Central Flour <b>\$3.18</b>	8-lb. sack Pure Buckwheat Flour <b>69c</b>
5-lbs. Bulk Oatmeal <b>25c</b>	85c Grade Dried Peaches, lb. <b>25c</b>	85c Grade Fancy Prunes, lb. <b>25c</b>
Fancy Large Raisins in 25-lb. boxes, per lb. <b>22 1/2c</b>	Large cans Snider's Tomato Soup, can. <b>12 1/2c</b>	Booth's Sardines in Tomato Sauce, can. <b>20c</b>
Large Can Carnation Milk, per can. <b>14c</b>	1/2-lb. can Fancy Pink Salmon <b>15c</b>	No. 3 cans Hart Brand Spinach <b>20c</b>
No. 3 Cans Sweet Potatoes <b>20c</b>	No. 2 cans Fancy String Beans <b>12 1/2c</b>	J. M. Corn, per can <b>17 1/2c</b>
Adv. Corn, per can <b>20c</b>	Libby's Extra Fancy Peaches, can <b>48c</b>	Windmill Brand Peaches, Sliced or Half, per can <b>45c</b>
No. 3 Can Sliced Pineapple, 35c per can, 3 cans <b>\$1.00</b>	22-oz. jar Pure Preserves <b>35c</b>	10 bars Classic or Electric Spark Soap. <b>65c</b>
10-lb. Can Karo Syrup <b>90c</b>	3 jars <b>\$1.00</b>	Item's Cottage Cake, 68 Cakes to the lb., per lb. <b>32c</b>
Strictly Fresh Guaranteed Eggs, in cartons, per doz. <b>47c</b>	Extra Fancy Fresh Country Butter in 2-lb. rolls, per lb. <b>52c</b>	5-lb. pail Swift's Snowflake <b>\$1.85</b>
2-lb. pkg. Swift's Premium or Snowflake Butterine <b>75c</b>	Wisconsin Brick and American Cheese, per lb. <b>37c</b>	Whipping Cream, Coffee Cream, Milk and Creamed Cheese received daily.
Extra Fancy Wine Rhubarb, lb. <b>20c</b>	Extra Fancy Cranberries, per qt. <b>12 1/2c</b>	Extra Fancy Lemons, per doz. <b>29c</b>
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