

A Special Sunday Treat

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The Bee's Household Arts Department

Every kitchen should have two spatulas. One, long and rounded at the end, the other, short and square ended. The long one indispensable if anything sticks to a pan. The spatula is so flexible that you can loosen a cake with it without even crumbling the cake or you can slip it under the most delicate thing in a frying pan. The short one is useful in creaming butter or in mixing any material that is at all stiff. It is ideal for making biscuits and pie crusts. If you have a couple of spatulas you will always be finding new uses for them.

If you want to keep your family well now is the time to change their diet. Spring fever, that tired feeling and the poor complexion that show up in the spring are frequently due to a faulty diet. The heavy food of winter such as mince pies, buckwheat and wheat cakes, puddings and the other dishes full of starches and sugar. Look at the baskets of spinach, the various salads, the green vegetables that are coming into market now. All these green vegetables contain the very things needed to refresh the body tissues after the winter. Instead of resorting to tonics from the druggist get your tonic from mother nature. If you need iron, sulphur, potassium, calcium, phosphorus, and we all need these minerals, serve watercress, romaine lettuce, spinach as often as you can. Spinach is perhaps the greatest of all spring tonics. If you serve it several times a week you will see your family brighten up. There are so many ways of preparing spinach that there is no reason the family should tire of it. No better luncheon can be had this time of the year than a

Strawberry Time Again



Take one cup of sour milk, one-half teaspoonful of soda, one-quarter teaspoonful of salt, two tablespoonfuls of butter and one cup of flour. Mix these and bake in a quick oven. While baking, take a pint and a half of strawberries, cut

in halves and sugar them. When the cake is baked, split in two and butter each part. Put the strawberries, which have been well sprinkled with sugar, between the layers; then a layer of strawberries on top and garnish with whipped cream. Serve at once.

green salad served with cheese and good bread and butter.

Keep a piece of cardboard about the size of an ordinary blotter on the side of your stove. You can put spoons or forks that you are cooking with on it, and when you are through just throw it away. The stove and the utensils will always be clean. Break up clean boxes that come to your house or use the shirt boards that come from the laundry.

Creamed Finnan Haddie.

Cut the fish in strips and soak in cold water for an hour. Put on to cook, and when the water gets to the boiling point, let it simmer gently for 25 minutes. Drain and flake the fish. Add a cup of heavy cream sauce and two hard cooked eggs sliced very thin. Put all in a greased baking dish, sprinkle with fine white bread crumbs and bake for a few

minutes. Before serving add a dash of red pepper and some chopped parsley.

Salmon Cutlets.

Mix equal parts of, cold flaked canned salmon with hot mashed potato. Season with salt and pepper and form into cutlets. Dip in egg and bread crumbs and fry in deep fat. When the salmon is removed from the can it should be drained well, and remove the skin and bone. Serve with green peas buttered and garnish with lemon and parsley.

White Cake Without Any Sugar.

Into a cup put one egg, beat well; add three tablespoonfuls of sweetened condensed milk, pinch of salt and fill up the cup with water, beat well; add two cupfuls of flour with two teaspoonfuls baking powder, or three of dry yeast powder, sifted, flavor to taste. Beat well before

putting in well greased pan. Very light and a good cake to make in these hard times to get sugar.

Condensed Milk Cake.
Two eggs, beaten light, one-half can condensed milk, one-third can water, one-quarter cupful sugar, one-quarter cupful of lard, one and three-quarters cupfuls flour, three rounded teaspoonfuls baking powder, one-quarter teaspoonful salt, flavoring.

Fudge Frosting.
Put one and one-half cupfuls of brown sugar, one tablespoonful of butter, one square of scraped unsweetened chocolate, a few grains of salt and one-third of a cupful of milk in a saucepan; heat slowly and boil to the soft ball stage, or 240 degrees Fahrenheit. Remove from fire, add half a cupful of chopped nuts, and beat until smooth and creamy.

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Fancy Young Veal Breast at, per lb. 15¢	Steer Boiling Beef, per lb. 12½¢	Steer Shoulder Steak, per lb. 20¢
48-lb. sack Best Flour at \$3.48	25c can Booth Sardines. . 20¢	Advo Sweet Corn, can, 12½¢ per doz. \$2.50
Large can Royal Baking Powder, per can. 42¢	Tall cans Carnation or Pet Milk, per can. 12½¢	Mayflower Corn, can. . 15¢ Per doz. \$1.75
Minnesota Macaroni or Spaghetti, 3 pkgs. 25¢	Tall cans Carolene or Hebe Milk, per can. 10¢	No. 3 cans Peaches in Syrup at 43¢
Assorted Advo Jell, per pkg. 12½¢	Advo Extra Peas, can. . 25¢ Per doz. \$2.85	No. 3 cans Del Monte Pineapple 30¢
½-gal. can Douglas Oil. . 98¢	3 cans Sifted Peas. 43¢	No. 3 cans Pears. 40¢
1-qt. can Douglas Oil. . 53¢	3 cans June Peas. 33¢	Monarch Catsup, bot. . 23¢
1-pt. can Douglas Oil. . 29¢	No. 3 cans Hart Brand Spinach at, can 20¢	Lippencott Strawberry Jam, per jar 45¢
Tall cans Snider's Pork and Beans, per can. 12½¢	No. 3 cans Sweet Potatoes at 20¢	22-oz. jar Windmill Jams, per jar 35¢
Tall cans Snider's Tomato Soup, per can. 12½¢	3 cans June Peas. 33¢	3 jars \$1.00
We still sell our 60c Grade Central Special Coffee at, per lb. 45¢	Iten's Snappy Ginger Snaps, per lb. 22½¢	Ideal Honey Cakes, lb. . 30¢
	Fancy Assorted Cookies, 1-lb. pkg. 38¢	
	McCombs Home-Made Chocolates, reg. 70c quality, Sat. only, per lb. 59¢	
Extra Fancy Country Butter, in rolls, per lb. 58¢	Fresh Ground Peanut Butter, per lb. 22½¢	Strictly Fresh Checked Eggs, in cartons, per doz. 40¢
Extra Fancy Thin Skin Lemons, per doz. 30¢	2-lb. pkg. Swift's Premium or Snowflake Oleo for. . 75¢	Fancy Heavy Juicy Grape Fruit, each. 10¢ 3 for 25¢
Fancy Bananas at, per doz. 30¢ and 40¢	Extra Fancy Eating Potatoes, per peck. \$1.35	Fresh Fruits and Vegetables of All Kinds
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Choice Wienies and Frankfurts at	Choice Garlic and Polish Sausage	Fresh Liver Sausage	Fresh Bologna Sausage	Choice Minced Ham	Choice Pressed Ham	Fancy Summer Sausage	Fancy Boiled Ham
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Choice Pork Loin Roast	Fresh Boston Butts	Fresh Spareribs	Fresh Leaf Lard	Small Lean Pork Shoulders at	Pure Lard, per lb.	Fresh Neck Bones, 4 lbs.	Fresh Pig Feet, 4 lbs.	Fresh Pig Ears, 3 lbs.	Fresh Pig Kidneys, 4 lbs.	Fresh Pig Snouts	Fresh Pig Tails	Fresh Pig Liver
29c	29c	23c	24c	22c	25c	25c	25c	25c	25c	16c	16c	5c

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Early June Peas, 3 for	Fancy Sweet Corn, 3 for	Fancy Tomatoes, No. 2 cans, 3 for	Fancy Tomatoes, No. 3 cans, 17c each; 3 for	Pork and Beans, 3 for	Libby, Armour and Dundee Milk, 3 tall cans	Baby size, 6 for
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Choice Steer Shoulder Steak, per lb. 22½¢	Young Veal Breast with pocket for dressing, per lb. 17½¢
Fresh Beef Tongue, lb. 27½¢	Sugar-cured Breakfast Bacon, per lb. 29½¢
Fresh Pork Shoulder, lb. 22½¢	Fresh Calf Liver, per lb. 20c
Home-made Pork Sausage, lb. 20c	Pure Lard, per lb. 25c
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2-lb. pail Morris' or Swift's Supreme Lard for. 55c	Morrell's Iowa Pride Bacon, by the strip or half strip, per lb. 50c
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