

# THE BEE'S PURE FOOD PAGE

## Buying Meats.

Money can be saved by choosing with reasonable care and buying cuts of meat that entail the least waste. In observing lamb and mutton, ascertain that the fat is white and of a waxy hardness. The flesh should be fine grained and of a brownish-red color, where freshly cut. The flesh seen through the skin should be of a purplish appear-

ance. The fat of beef should be either cream-colored or a pale yellow, and the flesh a close-grained cherry red. The sirloin and round are best for roasting and boiling—the ribs and brisket second best, because of the greater waste of bone. The tenderest pork is small and not too fat. The fat should be white, and the flesh a firm texture, close-grained delicate pink, free from spots. The flesh of veal is less firm-

textured than that of other meats and of a fresh pink color, while the fat has a whitish, semi-translucent sort of look.

**Canned Fruits.**  
Canned fruits or vegetables, such as peaches, pineapples, peas, beans or cabbage, to be served as salad, should be opened, turned into a dish, and chilled for an hour or so before serving.

## Sisters Popular Visitors



Among the summertime visitors are Misses Jeanette and Alberta Jaeger of Waterloo, Ia., who formerly resided in Omaha.

Miss Alberta Jaeger has been the guest of Miss Alice Mahoney and her sister has been visiting Miss Marguerite

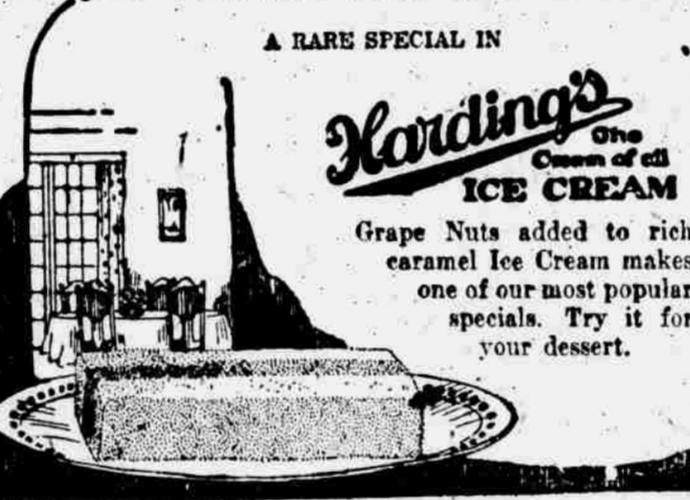
Walker. They plan to remain here another week. Many informal parties have been arranged in their honor.

**"Wayside Inn" a Feature at Centennial.**  
A feature of the Maine Centennial which drew thousands of people to Portland from all over the country

between June 28 and July 6, to celebrate the 100th anniversary of the entrance of the state into the union, was a modern Wayside Inn, suggested by the familiar verses of Longfel-

low, the poet of Maine. This particular "Inn" did not assume the visible and outward form of an old inn, being a mere tent, but in its canvas walls it contained all the comforts necessary to the hundreds of passing visitors—lounging places for the socially inclined, rest rooms for the weary and tables of food for the hungry. It was put up and maintained by the Maine division of the Y. W. C. A. at the request of the centennial committee.

## With This Sunday Comes GRAPE NUT ICE CREAM



**Cheese Sticks.**  
Roll out the left-over pie crust in a square piece, then cut into long, thin strips, sprinkle with grated cheese and bake. This makes good cheese sticks to serve with soup.

**Hot Air Registers.**  
Hot air registers that have been left open when there is no fire in the furnace accumulate cobwebs and dust. Use of the vacuum cleaner will remedy this trouble.

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## HOLDING A HUSBAND

Adele Garrison's New Phase of Revelations of a Wife

**"We Shall Be Starved."**  
An unusually violent bump of the train, which it seemed to my doubled, fitful sleep, had been doing nothing but bump all night long brought me bolt upright on my narrow couch with wide-open, terrified eyes.

For an instant I had no idea where I was—a troublesome little idiosyncrasy of mine—and I came perilously near screaming with terror. That I remained silent was a source of almost prayerful thanks-giving when I became conscious of my surroundings and found Rita Brown's big black eyes fixed with speculative malice upon me.

"A little bit hipped, aren't you, dearie?" she queried sweetly, raising herself on one elbow. "But I don't blame you. This engine has done everything but stand on its head all night long."

**A Glorious View.**  
I put a firm rein upon my nerves and jerked them into shape. To show any sort of weakness before Rita Brown had somehow become intolerable to me.

"It succeeded in doing that just now, didn't it?" I queried carelessly. "I am not quite sure even yet that my head is properly fastened on my body."

"Was a bump?" she admitted. "Wonder where we are?"

She pulled up the heavy curtain of the car window as she spoke, and we both involuntarily caught our breaths at the beauty of the sun-tipped and the brown of the other trees still in their winter dress.

For a long minute we silently drank it in, and I forgave Rita Brown much for the true artist spirit which stilled her flamboyant tongue.

But the sight of the sun made me think of something else beside its beauty. It bestowed me to constipation of my wrist watch. As I looked I saw Rita Brown watching me and knew that she had read my thought.

"The price of tips must have come up, dearie," she drawled. "I thought you gave that cullud gentleman enough to make him remember your call, but evidently he didn't think so."

The spell of our mutual admiration of the beauty framed by our car fraction of a second. Then he said the single word in the English language which I detest more than another—it is the appellation "dearie" when applied to myself. I could cheerfully strangle any one who calls me by it.

**Someone Overhears.**  
I did not trust myself to answer the mocking mirth of the girl across

the narrow aisle. So I pushed the call button for the porter, and rising hastily, wrapped myself in my kimono, slipped my feet into mules, and stationed myself just behind the door to wait for the porter's knock. Behind me I heard the rustle of the bed clothing turned back, the contact of Miss Brown's feet against the floor, and knew that she was hurrying out of bed in order to dress and be ready for the trip around Washington as soon as I.

At the porter's low knock I opened the door enough to speak through it a trifle sharply. I must confess, for I had tipped him rather liberally, and his neglect annoyed me.

"Did I not tell you to call me in time to see Washington?" I asked and was instantly made aware by the expression of the man's face that in the course of my I had made myself ridiculous.

"I know, miss," he said deferentially, "but yoh see, we won't reach Washington for two hours yet most probably."

"Oh!" I exclaimed blankly. Before I could question him further, Rita Brown's voice struck in across my shoulder.

"Why is that?"

"Engine trouble, miss," the man returned. "We's had a pow'ful lot of troubles through the night."

"The engines on the railroads now are only fit for the scrap heap, anyway," she interposed tartly, but the man's only recognition of her remark was a slight bow in her general direction. A sudden recollection of the times schedule made me utter another question quickly.

"But we are scheduled to start out of Washington at 9 o'clock. If we are so late in getting there, will there be a stop long enough to admit of any sightseeing?"

"I am very doubtful, miss," with the reluctance of his race to admit anything unpleasant for a questioner.

Rita Brown's voice struck in again, this time with a touch of alarm.

"Where is the diner put on?"

The porter hesitated for just the fraction of a second. Then he answered reluctantly:

"Not until after we reach Washington."

The porter stepped aside to let some one pass him. As he did so the girl's voice shrilled out vulgarly: "I am sure you'll get it, dearie. We shall be starved by then."

The passenger turned his head quickly, attentively, and then passed on as swiftly. And I, with a little start, recognized Maj. Hugh Grantland.

(Continued Monday)

## Cool Summer Drinks

There is no reason why any household cannot enjoy a wide variety of cold drinks with but little expense and trouble and without patronizing the soda fountain to an undue extent. It takes but little time to make up a few syrups which may be kept in sterilized bottles for use as needed.

**Plain Syrup Stock.**  
Boil together five minutes. Can hot in sterilized jars. Allow one tablespoonful to a person in sweetening any fresh fruit drink.

**Orangeade Syrup.**  
Six large oranges, one large lemon, two and one-half quarts cold water, six pounds sugar.

Grate the rinds into the sugar, add the fruit juices and cover. Let stand six hours, then add the water, stir until dissolved and strain. Can hot in sterilized jars. This will keep four weeks in a cold place. Use four tablespoonfuls of syrup to three-quarter cupful water and one teaspoonful fresh lemon juice.

**Pineapple Syrup.**  
One pint bottle preserved pineapple juice or a pint of canned pineapple juice, one and one-half pounds sugar, three cupfuls water.

Boil the sugar and water in a boiling point. Can hot in sterilized bottles. This will keep indefinitely.

Use three tablespoonfuls of pineapple syrup juice, one-half lemon and three-quarter cupful ice water.

**Pineapple Lemonade.**  
Two cupfuls hot water, one cupful sugar, four cupfuls ice water, one can grated pineapple, juice three lemons.

Make a syrup by boiling the sugar and water ten minutes. Cool. Add the pineapple and lemon juice. Strain, add the ice water and serve in lemonade glasses. This makes 16 to 20 glasses.

**Rhubarbade.**  
One pound diced rhubarb, one-half cupful sugar, one cupful water, bit of ginger root, juice one orange, juice two lemons, one quart ice water.

Bake the first four ingredients in the rhubarb, is soft and pink. Strain, add the fruit juices and ice water, chill and serve. This makes from 12 to 16 small glasses.

**Small Stove.**  
An electric iron turned upside down on its stand makes a convenient small stove.

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Large Queen Olives, jar . . . . . 37¢	Table Supply Special, at Household, per lb. . . . . 40¢	Boiling Beef, per lb. . . . . 10¢
Gallon Cans Mazola Oil for . . . . . \$2.29	Ice Tea Blend, special, per lb. . . . . 48¢	Round Steak, per lb. . . . . 35¢
Lemons, per dozen . . . . . 23¢	Advo Jell, 2 pkgs. . . . . 25¢	Hindquarter Lamb, per lb. . . . . 30¢
Potatoes, home grown, per peck . . . . . 89¢	Libby Milk, 6 cans, 81¢	Forequarter Lamb, per lb. . . . . 15¢
Water Melons, lb. . . . . 3½¢		Lamb Shoulder, lb. . . . . 15¢
		Lamb Stew, per lb. . . . . 7½¢
		Mutton Legs, per lb. . . . . 15¢

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