SATURDAY

SPECIALS

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Just arrived first shipment of Simon & Weils' celebrated

Boneless Rolled Rib Roast, 'corn fed beef, per lb...30c

Pineapple, 3 large cans for\$1.32

60c Sunkist Navel Oranges.

Bananas As Real Food

By LORETTA C. LYNCH. Too often we think of the banana

as just a bit of fruit to be eaten at the end of a meal or between meals. We do not think of it as real food. but as something sort of extra. Isn't that true? Experiment has shown. food value. Most fruits we cat 'ecause of their mineral salts and laxative qualities, but from the banana we get strength to do our work just as we get strength from potatoes and rice and many other things of our

Have you ever eaten baked babreakfast or as a dessert occasionally. To prepare these remove a strip of skin one inch in width from desired number of bananas. Place the bananas, skin side down, on an earthen or enameled baking dish.

Squeeze a little lemon interest.

the strip of skin has been removed sired, whip up half a cupful of cream and sprinkle with brown sugar and until stiff and cut it into the dression over with butter. Pour in enough ing just before serving. ot over with butter. Pour in enough hot water to cover the bottom of the dish. Bake until the pulp is jelly-like, dipping over the bananas the syrup that forms in the dish occa-

as to make four portions out of each. Dip each portion in lemon juice and then into powdered sugar. Let stand while preparing the hat-

served with a lemon or orange sauce. profit. Every housewife should have a simple recipe for a pudding sauce. The lemon sauce is a sort of standby and can be altered to fit the oc- fuls sugar, one egg, one one-fourth casion by any clever woman. To teaspoonfuls salt, four teaspoonfuls the juice of a lemon, add the grated rind of one-half of it. Mix in two level tablespoons of sugar and one level tablespoons of sugar and one tablespoon of cornstarch.

When free from lumps, add one and one-half measuring cups of hot water. Cook, stirring until the sauce boils and thickens. Taste it. Add more sugar if desired. Stir in a bit

of butter at the end, if the cost does not have to be considered. Even folks who do not care for

fruit salad as a regular thing are fond of the banana and peanut salad. This salad should not be prepared much in advance, as bananas that stand long are apt to discolor. Arrange the cut bananas on crisp leaves of lettuce. Pour a little lemon juice over each and then sprinkle generously with finely chopped pea-nuts. If liked, cream mayonnaise may be used over all.

This salad, however, is decidedly however, that the banana has real palatable if served with lemon juice only. But for those who enjoy a good cream mayonnaise, the following recipe is given. In a soup plate, put half a level teaspoon each of salt, mustard and a few grains of sugar and cayenne it liked. Stir in the yolk of one egg. Gradually stir in one-half to one cupful of oil, a single nanas? They are delicious and should drop at a time until at least one-

the portion of the banana from which it is or, if cream mayonnaise is de-

Banana whip is a real delight if carefully prepared. Through a strainer press four bananas after the skin has been removed. Add the juice of half a lemon and half a cup There is perhaps nothing to so tickle the grownup palate as a well-made banana fritter. And here is the way to make them just right. Three bananas will be required for a dozen fritters. Peel them and divide the banana in half lengthwise. Then divide each half crosswise so as to make four portions out of the custard save around it. pour the custard sauce around it.

Buying and Cutting Veal.

ter. Veal is divided like lamb and is becoming the most expensive of all gether one cup of flour (one-half pint) with one-fourth level teaspoon of salt and one teaspoon of baking powder. Make a well in the center and drop in an unbeston of salt and one possible. The neck is used for stew and the rump for pot continuous control of the center and drop in an unbeston control of the center and drop in an unbeston control of the center and drop in an unbeston control of the center of the cent and drop in an unbeaten egg. Pour in milk, a little at a time, and stir in ever widening circles, beginning at the center. Enough milk must be used to make a rather thick drop batter. Beat at least three minutes to enfold air and remove littles. The balance is used for a lavender wool, and silk mixture knitted dress, with short skirt, lavender wool stockings and angora hat and a black and gold leg and then cut up for roasting or batter. The balance is used for a preared extremely suitable for a batter. Beat at least three minutes to enfold air and remove lumps.

The portions are dipped into this batter several times and then fried in hot, deep fat until a delicate brown. The fritters should be drained on unglazed paper and of the leg the butcher divided into two long strips of dough for the cutlets in order to make any profits. The batance is used for appeared extremely suitable for a stew or casserole. A large family cool day on deck.

can dispose of the whole leg of veal.

but as comparatively few use the sufficient to make a soft dough; roll divide into two long strips of dough and twist together to form a ring; or the cutlets in order to make any profits.

Raisin Coffee Cake.

Three cups flour, five tablespoonful chopped nuts, one cupful raisins.

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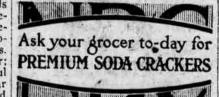
Bread.

Virginia Beauty Back With New Creation



Miss Audrey Carrington Norman, one of the stx Virginia beauties who have returned from Europe weating new creations. Miss Norman was attired in a lavender-wool and

put into greased pan and sprinkle with a little sugar and nuts; allow to rise in pan 15 minutes and bake in moderate oven 20 to 25 minutes.



Recipes

mas; cover with a tablespoon of the batter, sprinkle with shredded almonds, or decorate in a little pattern with one red cinames decorate and an apple. with one red cinnamon drop and two A bit of vegetable may be used un-

sharp knife. If you choose to skin the goose so as to get the most service from its abundant fat, cut off the wings and neck close to the body. These, with the heart and gizzard and sometimes the first joint, are seasoned with salt and pepper, allowed to stand over night, and then prepared like any stew or in some special fashion like the sour stews. To remove the skin with its layer of attached fat cut along the breastbone down to the lean meat, then

the goose use waters until the inside comes clean, but work quickly, then wipe dry, and the goose is ready to season and truss. If the skin of the goose has been removed—al-ways for economy's sake and only neck or a pork or bacon rind or a real blanket of "larding bacon," which is a thin and large square of ed with skewers over the breast before it is put to cook.

sharp knife. If you choose to skin three crackers fine. Mix these two bone down to the lean meal, then fasten them. Bake in rather a hot carefully draw it off. In washing oven. They are prettiest if glazed.

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Plum Batter Puddings.

Perhaps no single recipe published in this department has had wider acceptance than that for little batten puddings one batter with many variations by using different fruits. The formula is: One-half cup of sugar, one tablespoon of melted butter, one egg, one-half cup of

puddings are good warmed up.

Roast Goose.

Singe the surface and rub off the burned hairs with a cloth. Rub hard! Wash the goose and scrape the skin with a small but not too sharp knife. If you choose to sharp knife. If you choose to sharp knife.

by those who know how ter make entirely fat salt pork, may be fasten-

milk, one cup of flour, two tea-spoons of baking powder.

Put a tablespoon of this batter into a buttered cup, best in the broad, low cooking cups, add a tablespoon A stuffing of mashed potato is acof fruit, raisins, or shredded dates or goose than with any other meat. If apple, but raisins are best for Christ- the idea is only to season the goose

or four leaves of angelica. Bake der the roasting or baking goose, for one-half hour. Bake der the roasting or baking goose, which will season the basting liquid. or four leaves of angelica. Bake der the roasting or baking goose, for one-half hour.

Serve with a hard sauce if you like. Each cup may be brought to the table on a service plate, surrounded with holly or with a spray of holly at one side. These little puddings are good warmed up.

The roasting or baking goose, which will season the basting liquid. Some hot butter, or merely some hot water—a little—may be used at the start. Baste every 10 or 15 minutes until done. A good, solid, or even fire is needed, but it must be gradually lessened from so-called hot after the goose is the grouphly heated.

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