

Sweet Peas and Their Culture

Of all the annuals that brighten our gardens during the summer months the sweet pea is, perhaps, first favorite. For cutting purposes it is unrivaled; indeed, the more freely it is cut the longer it goes on flowering and the bigger the blossoms, while as a decorative feature in the garden it is hardly to be surpassed. A hedge of sweet peas is a delightful thing both as regards fragrance and beauty.

Introduced into England about the year 1880, the sweet pea has found its way into all classes of gardens, and while it is easily grown, there is hardly any flower which is so improved by careful treatment. The last 20 years have seen a wonderful development in the sweet pea and the great frilled flowers of brilliant color, born on stems a foot long, produced by careful culture from the best modern sweet-pea seed, would astonish the gardeners of the mid-nineteenth century.

Seeds sown in the open in March and April in ground which has not been specially prepared for them will no doubt yield plenty of sweet-scented blossoms, but to bring out the full possibilities of the sweet peas of today, a little care is needed. If a row of sweet peas is to be planted, a trench, at least the depth of two spade thrusts should be dug, the top layer of soil being laid carefully apart on one side of the trench and not mixed with the subsoil. A layer of well-matured fertilizer should then be laid at the bottom of the trench and some of the soil replaced upon it, about half filling the trench. These digging operations are best carried out in the autumn, but if this has not been done, they should be seen to as early in the year as weather conditions permit. The top layer should be carefully replaced just before the sweet peas are planted out in April.

Meanwhile, the careful grower has probably sown his sweet peas, five or six in a five-inch pot, early in February (he may have even gone the length of sowing each seed in a little pot of its own), and as soon as the first shoot has pushed its little tip through the surface, he has removed his peas to the cold frame, there to grow at their leisure until the moment comes to plant them out in April. They should be given short twigs to cling to at first, until they are tall enough to find their own way to the big pea sticks, which will be placed on either side of the trench, and, if they are to support the modern sweet pea at its best, must be at least six feet high. The following are among some of the best sweet peas of the modern type in culture, and are recommended by competent authorities: Light blue—Mrs. Tom Jones; dark blue—Lord Nelson Spencer; and Jack Cornwall V. C.; bluish pink, Mrs. Hardecastle Sykes and Valentine; bluish lilac, Elegance; carmine, John Ingram; pale cerise, Hope; cream, Felton's Cream; cream pink, La France; crimson, Charity and Sunproof Crimson; lavender, George Herbert and R. F. Felton; lilac, Dorothy and Ivanhoe; mauve, King Maury; orange, Tangerine; pink orange, Edrom Beauty; scarlet orange, The President; piceote edged, cream ground, Jean Ireland; rose, Old Rose and Rosabelle; scarlet, Scarlet Emperor; striped or flaked, Senator Spencer.

Vegetable Soup. A knuckle bone is very inexpensive and gives a very good flavor to the soup. Boil steadily, but not vigorously, for an hour; season with salt, pepper, lots of paprika (for color), add diced carrots, parsnips, onion, and later diced celery. When vegetables are tender, but not mashed, add a little macaroni or home made noodles. When done, remove bone and serve. Care must be taken not to overcrowd soup vegetables.

Asbestos is the only proper lining for doilies.

Efficiency In the Home

By LORETTO C. LYNCH.

"A fur coat—and she with only two sheets in her home. How shocked a woman would be!" The little lady who made the remark had been raised in the Rocky Mountain section, where one acquires a sense of values.

Yet, how many homes are run without proper equipment. Just think how many of your acquaintances are running with an equipment that makes for inefficiency. What can we do about it? Every housewife should go over her home thoroughly at stated intervals and take an inventory. Begin with any one room. Let us say you are beginning with the bedroom. Perhaps you keep the bed linens in some part of the bedroom. Write down the word—sheets. Write the number on hand, including those in the laundry and on the beds, the size and condition. A similar account might be taken of towels, and so on through each item the house contains.

Think of the home in an entirely different light. An woman's time is well spent in improving her home. Any progressive woman is justified in discarding the germ-disseminating broom of old and purchasing a modern vacuum cleaner. And the woman who feeds her family home-made bread, invests in a bread-mixer before she feels free to indulge in the luxury of expensive personal adornment. Go over your home. See if you have an efficiency equipment. Have your sheets and towels? Have the things to make a home a real home and then—and only then go in for the luxuries in personal adornment.

Add a little mace to the batter when making fruit cake. It blends nicely with the fruit flavor.

Pork Tenderloin and Sweet Potatoes. (Four portions.) 1 1/2 lbs. pork tenderloin. 1 teaspoon salt. 1/2 teaspoon pepper. 4 large sweet potatoes. Wipe the tenderloins which have been prepared by cutting into small pieces (by the butcher). Place in a small roaster and put in a hot oven. When brown on each side, season with salt and pepper. Pare potatoes and place in pan with meat. Baste every 10 minutes with one-fourth cup of water if there are not sufficient drippings to baste both potatoes and meat. Cook until the potatoes are done (about 45 minutes).

To use up spinach or other greens, fill ramekins with greens, chopped fine, make a depression in center with spoon, and in each hollow drop an egg. Season and bake.



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Devilled Crab



A delicious fish dish is devilled crab. Put medium sized live crabs in boiling water with a little salt and cook them for 25 to 30 minutes, according to size. Take them up, remove the claws, scoop out all the creamy part from the large shell, putting away the gills and bag which are found on top of the inside of the shell, and pull out all the meat from the claws with a fork. Clean the crab shells to use for serving. Reduce a cup of thick Veloute sauce with half a cup of thick cream, then add a delectable of chutney, a teaspoonful of chili sauce, a teaspoonful of mustard, a pinch of salt, two very finely chopped onions, a tablespoonful of chopped parsley, two chopped red chillies, and the creamy part and meat of the crab, place that taken from one of the claws. Stir all together and place the mixture into the shells, smooth it over, sprinkle the top with browned bread crumbs, place on a baking pan and cook in a quick oven from 15 to 20 minutes. Then take up and garnish the top with the meat from the claws. Sprinkle the tops with a little finely chopped parsley, chopped hard boiled eggs and pieces of beet root. Serve on lettuce leaves with quartered lemons.



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New York Cream Cheese, per lb... **26¢**
Adv Peanut Butter in bulk, per lb... **18¢**
Golden Santos Coffee, per lb... **22¢**
Table Supply Special, per lb... **30¢**
2 1/2 lb. Karo Dark Syrup... **15¢**
2 1/2 lb. Karo White Syrup... **20¢**
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Adv Jell, per pkg... **10¢**
Prunes, 3 pounds for... **35¢**

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No. 1 Rolled Rib Roast, lb... **25¢**
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No. 1 Spring Lamb Stew, lb... **5¢**
No. 1 Spring Lamb Chops, lb... **10¢**
No. 1 Pot Roast, lb... **12 1/2¢**
No. 1 Boiling Beef, lb... **7¢**
No. 1 Veal Stew, lb... **10¢**
Veal Roast, lb... **12 1/2¢**
Pork Roast lb... **12 1/2¢**

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Fancy Fresh Dressed Hens, per lb... 32 1/2¢	Fancy Fresh Dressed Stewing Chickens, per lb... 27 1/2¢	Armour's Shield or Swift's Winchester Lean Bacon, lb... 29 1/2¢
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No. 3 can Solid Pack Tomatoes, can... \$1.48	Tall cans Elkhorn Milk, 12 1/2c Dozen... \$1.48	Early June Sifted Peas, can, 12 1/2c; doz... \$1.48
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