

Raisins in the Diet

By LORETTO C. LYNCH.

Unfortunately, too many folks look upon raisins as "those things that you eat with nuts after dinner on Christmas..."

How about some raisin sandwiches for the school lunch box? Run half a measuring cup of seed...

Chopped raisins combined with creamed cheese and watercress make a very desirable sandwich filling.

Stewed raisins with a little lemon juice are always welcome either as the fruit course at breakfast or as a simple dessert.

The addition of half a cup of raisins boiled and seeded, if they are not of the seedless variety...

Raisins should be considered a part of the meal instead of an addition. The complaint that raisins are rich and indigestible is often founded in the fact that they are eaten when they have already had sufficient to eat.

For the desserts containing raisins there is almost an unending variety. For an imitation of the old-fashioned Banbury cakes...

Many readers have asked how to prevent raisins from sinking to the bottom when placed in cakes and muffins. It is my experience that...

The raisins may be combined with cut up apples before being placed in a paste as a filling. Raisin pie may be made by fitting the paste to a pie plate before putting the raisins in.

Pinwheel biscuits are delicious. Roll the ordinary biscuit dough to the thickness of one-fourth of an inch. It should be rectangular in shape.

When You Walk. Tomato Sandwiches Brown Bread and Butter Sandwiches Cold Meat Loaf Oranges Cookies Iced Coffee

On a Dogday. Cold Fried Chicken Stuffed Olives Iced Tea Ice Cream Peppermint Candies On a Cool Day. Bacon Sandwiches Potato Salad Salted Almonds Hot Tea Cut up Fruit Little Cakes An Elaborate Menu. Hot Bouillon Buttered Rolls Cold Meats Devilled Eggs Stuffed Tomato Salad Cheese Balls Fruit Shortcake Iced Chocolate Bonbons

The Emergency Picnic. Canned Sardines Olives Boiled Eggs Bread and Butter Sweet Wafers Fruit Lemonade A Driftwood Fire Picnic. Chops Broiled on Sticks Saratoga Chips Bread and Butter Hot Coffee Olives Sweet Pickles Berry Pie Pasadena Salad.

Salads form a delightful dish for the summer meal. The following recipe for Pasadena salad will be found to be delicious...

Watermelon Sundae. Chill the melon and cut in small cubes. Half fill parfait glasses with these, cover with a thick layer of pistachio ice cream...

Without a Maid.

More and more, as a nation, are we coming to set up a standard for ourselves so far as the servant problem is concerned. Servants in this country are difficult to find, and their wage is high.

between the time when even the poorest "gentlewoman" kept a little maid to answer the door and appear especially before company to do all the rest of the work...

BOSTON MARKET

Market list including items like 113 North 16th Street, Three-Star Malt and Hops, Gal cans Peaches or Apricots, Choice Pink Salmon, etc.

Orders of \$5 or more delivered FREE to any part of the city.

The TABLE SUPPLY advertisement with logo and contact info.

Here's Values That Will Crowd This Store Saturday

Price lists for various goods: 16 lbs. Best Granulated Sugar \$1.00, 48-lb. Sack Blue Bell Flour \$1.88, etc.

Good Picnic Menus advertisement listing various food items and prices.

It Happens Every Day! Answer: Resolve to Trade at a BASKET STORE. SATURDAY SUGGESTIONS.

Price list for BASKET STORE items: Basko Boneless Codfish, Snider's Pork and Beans, etc.

Advertisement for MAPLE NUT Ice Cream with a picture of a woman and a child.

Advertisement for SKINNER'S products: Spaghetti, Macaroni, etc.

UNION OUTFITTING COMPANY advertisement with logos and address.

Fall Suits and Dresses advertisement featuring a woman in a dress and text about autumn styles.

Household Utilities Exhibition! advertisement for Thor Vacuum Cleaner, Hoosier Kitchen Cabinet, etc.

Saturday Specials advertisement listing various food items and prices.