

LETTUCE SOUP IS EXCELLENT

Three Foods That Are Sometimes Wasted Can Be Made Into Most Nourishing Dish.

Skim milk, stale bread and the outer leaves of lettuce—three foods that are sometimes wasted—can be made into a nourishing soup. The skim milk is a little richer even than whole milk in protein and, if used undiluted or practically so, as it is in the following recipe, it makes valuable protein dishes. It contains all the lime, iron, of the milk.

Lettuce Soup.

2 head lettuce, or 1 large one with the equivalent in bread
the outer leaves butter or other fat
of lettuce if desired
1 small onion salt and pepper
2 cups skim milk

Put the lettuce and onion through the meat chopper with the bread to save the juice. Put into a double boiler with the skim milk and cook until the lettuce is soft. To avoid overcooking the milk add the lettuce in a small amount of the milk and cook the remainder only enough to heat it and to make the soup smooth. Add fat, if desired, and the salt and pepper.

Other green vegetables such as string beans, spinach, asparagus or celery can be used instead of lettuce.

OMELET THAT IS DIFFERENT

Dish for Sunday Supper or Lunch That is Satisfying and is Quite Easily Prepared.

Sunday supper or lunch is a meal which most sometimes he expects to find unexpected company. A dish that is satisfying and easily made from materials usually kept on hand is recommended by the United States Department of Agriculture.

Peanut-Butter Omelet.

tablespoon milk 1 teaspoon salt
tablespoon pec- 4 eggs
nut butter

Mix the peanut butter with the milk, add the well-beaten yolks of the eggs, and fold in the stiffly beaten whites. Cook the omelet in the usual way, and serve it folded on a hot platter with a cream or tomato sauce.



Never allow grease to burn on the outside of the frying pan. Scour it thoroughly every time it is used.

Add sugar to your apple sauce after it is removed from the stove and it will remain light in color. Sugar cooked with the sauce turns it brown.

GOOD SUBSTITUTE FOR SOAP

Soapless, Starch or Bran Water May Be Used Without Fear of Injury to Delicate Color.

When the action of soap is likely to injure a delicate color, one may use, instead, soapless, starch water or bran water, suggests the United States Department of Agriculture.

Soapless, although not a soap, when heated in water will form suds. To prepare it for use, boil for ten minutes a cupful of the bark with one quart of water, and cool and strain the liquid. The "soapy" water may be used full strength for sponging or diluted washing; half of this amount is enough for one-half tubful of water. Since the liquid is brownish, it should be used only on dark-colored goods.

Starch water is especially good for cleaning delicate cotton fabric. This is usually made by adding this starch paste to the wash water. Water in which rice has been boiled, if it is not discolored, may be used instead. If it is not desirable to have the material starched slightly, it must be rinsed in salt water.

Bran water, made in the same way as soapless solution, is useful with colors that are likely to fade. It does not give suds, but cleans like starch water.



Eggs may be poached and served on rice.

Most ink-stains on linen can be removed by rubbing with a slice of juicy tomato.

A teaspoonful of salt put in starch when cooking prevents it from sticking when ironing.

A pinch of salt put into the whites of eggs will lessen the time for whipping.

A good salad is made of canned peaches, chopped nuts, cottage cheese and mayonnaise.

Greens are improved if a piece of dripping is added to the water when they are almost boiling.

To keep peeled apples from turning brown while standing, cover them with salt water.

When silverware becomes tarnished, place it in potato water and you will find afterwards that it looks like new.

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