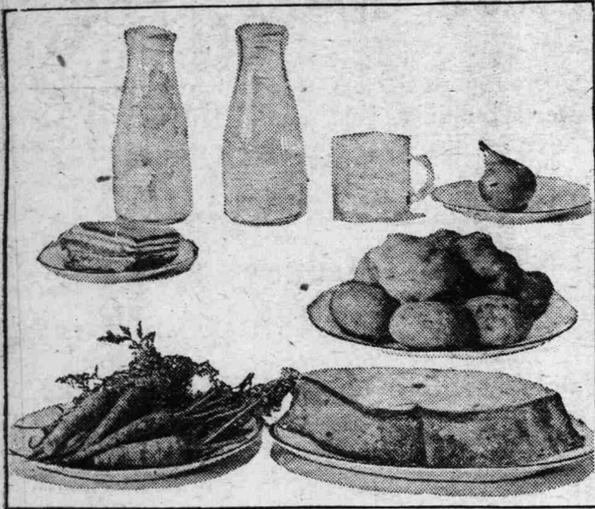


HOT SOUPS, CHOWDERS AND STEWS, MAKE EXCELLENT DISHES FOR COLD WEATHER



The Ingredients of a Fish Chowder Are Simple and Inexpensive.

(Prepared by the United States Department of Agriculture.)

For the cold, raw winter day what is more cheerful than a bowl of hot, savory soup, a steaming hot chowder, or a well-seasoned stew? Now is the time to take advantage of the possibilities offered by these dishes which may be made nutritious enough to serve as the main dish of the simple supper or midday meal and yet be made at small cost.

All of the recipes for the dishes given below have been tested in the kitchen of the department of agriculture. Served with bread and butter and a simple dessert they make an economical and a well-balanced meal.

Such dishes are also economical in that they furnish an excellent use for the small quantities of left-over meat and vegetable. Try keeping a stock kettle on the back of the range, put into it the bones and meat trimmings, the bits of meat, fish or fowl left on the serving platter, the small amount of gravy left in the roasting pan, the bones from the roast, or the steak, or the roasted fowl. All of these combined make a rich stock when cooked together, which if used in place of water will add richness as well as flavor to soups, chowders and stews.

In the same way if a bowl is kept in the refrigerator for the small quantities of left-over vegetables, they may also be added to the soup, the chowder, or the stew, lending a variety of flavors.

Soups.

Black bean soup, split pea soup, cream of bean or pea, puree of beans and tomatoes—you can have all of these and many others. They are delicious, inexpensive and easy to make.

Soak and cook a pint of peas or beans as usual, but take more water, about two quarts, and cook until very soft. Then put them through a sieve. These mashed beans or peas are ready to be made into all kinds of soups by adding the various seasonings, with water and milk or stock enough to make two quarts. These soups should all have a little flour added to them as a binder, to prevent the thick part from settling to the bottom. Mix thoroughly two tablespoonfuls of fat with two tablespoonfuls of flour, add a little of the hot soup, and stir until it is smooth, then add to the remaining soup, stirring to prevent lumping, and cook for about ten minutes.

Black Bean Soup or Split Pea Soup.—To the pulp from a pint of beans or peas add enough water or stock to make two quarts. Thicken with flour, as directed. Season with salt and pepper. The juice of a lemon and one-half teaspoonful mustard add to the flavor.

Cream of Bean or Pea Soup.—To the cooked and mashed pulp add enough milk to make two quarts of soup. Season and thicken with flour.

Puree or Porridge of Beans and Tomatoes.—Instead of milk, tomatoes may be used. Add a cupful of canned tomatoes or three medium-sized tomatoes which have been cooked for ten minutes and put through a sieve. If the porridge is too thick, add water or stock. Season and add the flour as directed.

Bean or Pea Soup with Meat.—The peas or beans are soaked as usual and cooked until soft in four quarts of water with meat, either a soup bone or a ham bone, or one-half pound of salt pork or any smoked meat. Remove the meat and put the soup through a sieve. Season and thicken. The cooked meat cut in small pieces may be added to the soup. An onion, several stalks of celery or soup herbs are good cooked with the soup.

CHOWDERS.

Fish Chowder.

- 1 1/2 pounds of fish 2 cupfuls carrots cut (fresh, salt, or in pieces, canned).
- 1/2 pound salt pork.
- 2 potatoes, peeled 3 cupfuls milk.
- and cut in small pieces.
- 1 onion, sliced. 3 teaspoonfuls flour.

Cut pork in small pieces and fry with the chopped onion for five minutes. Put pork, onions, carrots and potatoes in kettle and cover with boiling water. Cook until vegetables are tender. Mix three tablespoonfuls of flour with one-half cupful of cold milk and stir in the liquid in the pot to thicken it. Add the rest of the milk and the fish, which has been removed from the bone and cut in small pieces,

and cook until the fish is tender, which will require about ten minutes. Serve hot. You can omit salt pork and use a tablespoonful of other fat, if preferred. Salt codfish or smoked fish, rabbit, fowl, or any meat may be used instead of fresh fish, or tomatoes instead of milk. Any desired vegetables may be used in place of carrots.

Vegetable Chowder.

Here is a mixed vegetable chowder that is good. It makes a substantial dish. Rice and okra may be substituted for potatoes and carrots; indeed, almost any vegetables may be used with or in place of those mentioned.

- 4 potatoes. 2 tablespoonfuls fat.
 - 3 carrots. or a piece of salt pork.
 - 1 pint canned tomatoes 3 level tablespoonfuls flour.
 - 2 teaspoonfuls salt. 2 cupfuls skim milk.
- Cut potatoes and carrots in small pieces, add enough water to cover, and cook for 20 minutes. Do not drain off the water. Brown the chopped onion in the fat for five minutes. Add this and the tomatoes to the vegetables. Heat to boiling, add two cupfuls of skim milk, and thicken with flour. Celery tops or green peppers give a good flavor to the chowder if you happen to have them. So do finely chopped chives.

STEWES.

Hot Pot of Mutton and Barley.

- 1 pound mutton. 4 potatoes.
 - 1/2 cupful of pearled 3 onions.
 - barley. Celery tops or other seasoning herbs.
 - 1 tablespoonful salt.
- Cut the mutton in small pieces, and brown with the onion in fat cut from the meat. This will help make the meat tender and improves the flavor. Pour this into a covered saucepan. Add two quarts water and the barley. Simmer for one and one-half hours. Then add the potatoes cut in quarters, seasoning herbs, and seasoning, and cook one-half hour longer. This recipe will serve five people. Rice can be used in place of barley.

Kidney Bean Stew.

- 1 cupful dried kidney beans 2 tablespoonfuls of lard or other beans. flour.
 - 2 cupfuls canned tomatoes 1 onion.
 - matatoes. 1 tablespoonful salt.
 - 1/2 cupful rice.
- Wash the beans, put in a covered kettle, and soak over night in two quarts of cold water. Cook the beans slowly in the water in which they were soaked. If necessary, add more water to cover and continue the cooking until they are nearly tender, usually about two hours. Wash the rice, cut up the onion and add with the tomatoes to the beans. Cook until the rice is tender—about 30 minutes. Mix the flour with a little cold water and stir in carefully to thicken. A small piece of salt pork cut up in cubes and added to the beans at the beginning of the cooking gives a pleasant flavor to the dish.

OVERCOOKING SPOILS FLAVOR

Vegetables Like Cabbage or Onions Become Disagreeably Strong if Cooked Too Long.

(Prepared by the United States Department of Agriculture.)

Overcooking of vegetables impairs their flavor. Very delicate flavors are destroyed, while vegetables with very strong flavors, such as cabbage or onions, become disagreeably strong if cooked too long. Overcooking also destroys the attractive color of some vegetables.



OF INTEREST TO THE HOUSEWIFE

Chicken pie is excellent made with biscuit crust.

There is economy in buying large fish, as there is less waste.

When boiling, a kettle should never be quite full, as it is apt to boil over.

An excellent, hearty salad is made with cottage cheese, tomatoes, eggs, olives and lettuce.

The best dressing for most vegetables is simple butter. White sauces are apt to ruin the flavor.

Fold tablecloths differently from time to time and you will prevent the forming of worn lines in the creases.

THE KITCHEN CABINET

THE DELICIOUS PRUNE.

By example and not by precept. By doing and not by professing. There is no contagion equal to the contagion of life. Whatever we sow, that shall we also reap, and each thing sown produces of its kind.—Ralph Waldo Trine.

The reason prunes have such a burden of disrepute to bear, is largely on account of the careless manner, in years past, that the average cook has served them. Now while they are coming up in price, they are better appreciated. The long soaking and slow cooking which our modern methods of cookery advocates, has proven that such treatment brings out the flavor and sweetness of the fruit.

Prune Whip Parfait.—Take one-half cupful of stewed prunes, stoned and mashed, one-half cupful of raisins seeded and simmered in water to soften, pinch of salt, eight marshmallows, cut up in half a cupful of cream and steamed in a double boiler until soft, then beaten until smooth. Into the marshmallow mixture whip the other ingredients and set the dish on ice to chill. When ready to serve, heap in small sherbet cups, pour over thick cream and sprinkle with pecan meats broken in bits.

Prune Patties.—Take a half cupful of stewed, stoned and mashed prunes, one egg yolk, add a pinch of salt, a bit of nutmeg, sugar to taste, a teaspoonful of flour and a half cupful of sweet milk. Mix and pour into pasty lined patty tins. Bake until a light brown; then spread the tops with a meringue, using the white of egg beaten stiff with two tablespoonfuls of sugar. Brown.

Prune Roll.—Take one tablespoonful of grapefruit juice, one tablespoonful of sugar, one teaspoonful of flour, two-thirds of a cupful of mashed prunes, one-third of a cupful of seeded raisins. Cover the raisins with half a cupful of water and simmer half an hour. To the prunes add the sugar and fruit juice, a pinch of salt and the flour mixed with a little cold water. Put in the raisins and cook the mixture until it thickens—about three minutes. Spread on biscuit dough that has been rolled very thin, fold and press the edges together and bake. Serve with cream.

SEASONABLE DISHES.

Think as well as you can of everyone who is trying in these hard times to do his duty—to be brave, cheerful and useful. Let us not be among those "who whet their tongue like a sword and bend their bows to shoot their arrows, even bitter words." Kindness helps where criticism cannot.

A good baked apple is a welcome dish at any meal. The manner of serving it may be varied so that it never becomes commonplace.

Apples Stuffed With Nuts and Raisins.—Core five apples, being sure to remove all of the core. Take off the paring from half the apple. Put half a cupful of sugar and half a cupful of water into a saucepan; into this set the apples to cook, turning often until each apple is tender. Set them carefully into a baking pan. Fill the centers with one-third of a cupful each of raisins and nuts chopped fine; add a little granulated sugar, and bake in a moderate oven until well glazed. Serve with the syrup poured around them.

Vegetable Chowder.—Take two thin slices of fat salt pork; cut into dice and fry out slowly. In a saucepan cover a half-dozen sliced potatoes with boiling, salted water, and when nearly done add the pork and one can of corn, the water in which the potatoes were cooked and milk enough to make the desired amount of chowder. If it seems too thin, thicken slightly with crumbled crackers. Serve hot with crackers.

Buttermilk Bread.—Take one and one-fourth-pints of fresh sweet buttermilk, one tablespoonful of sugar, two teaspoonfuls of salt, one-half of a compressed yeast cake, with flour enough to make a stiff batter. Scald half a pint of sifted flour with the buttermilk, stir well and add sugar and salt. Dissolve the yeast in a little tepid water, and when the better is luke-warm add the yeast. Beat well and set to rise in a warm place overnight. In the morning it should be very light and covered with bubbles of air, which break when the cover is removed. To the batter add six pints of flour, one teaspoonful of salt, a tablespoonful of fat and half a teaspoonful of soda; add water to form a smooth, stiff dough. Knead fifteen minutes, then set to rise in a temperature of 70 degrees. Cover closely. When light mold into loaves. Set to rise again, and bake as carefully as if it were cake.

Prune Cake.—Take two eggs, one-half cupful of sweet milk, one-half cupful of sugar, one and one-half cupfuls of flour, one-fourth cupful of butter, two teaspoonfuls of baking powder, a dash of salt and a half teaspoonful of lemon or vanilla extract. Mix as usual and pour half the batter in a cake pan. Cover with a layer of prune pulp, then pour over the rest of the batter. Bake in a moderate oven.

Nellie Maxwell

SIMPLE AFTERNOON DRESSES OF BEAUTY



We are told that all the foremost designers, both in France and America, are advocating, with one accord, simplicity in the construction of clothes. Let us be truly and truly thankful, because the inevitable result will be better looking and more artistic garments. There is something so satisfying about a simple dress, with no freakish points in its make-up, and every little ingenious touch in its construction becomes important and gratifying.

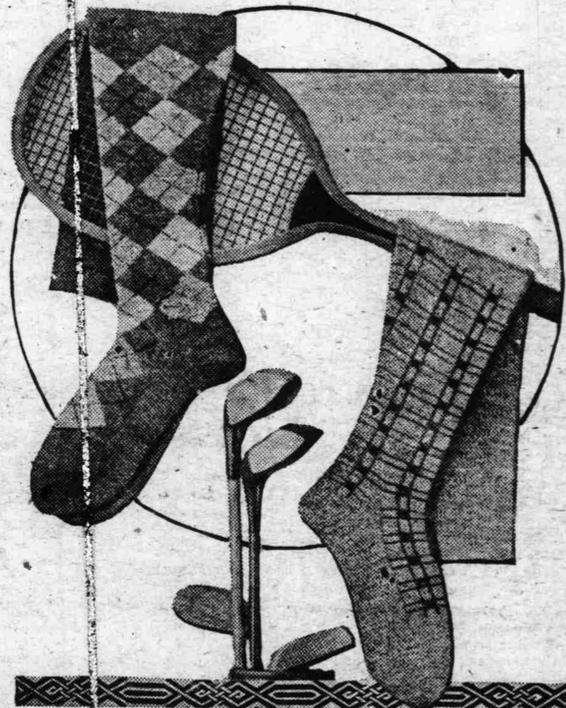
The two pretty afternoon frocks shown in the picture above are examples of simplicity that is ingenious as well. Satin, which proves the most reliable of all fabrics for dresses of this kind, reveals a plain, straight skirt having a tunic over it irregular in length and finished at the edges with a covered cord of satin. The bloused bodice fastens on the shoulder and along one side, over an underbody, with satin covered buttons. Satin makes the wide, crushed girdle with

long, pointed ends and the deep, flaring cuffs that are faced with georgette crepe in a light color.

Satin and georgette are associated in the dress at the right, the underskirt being of satin and the bodice and tunic of georgette. But the tunic is bordered with a satin band and a row of small satin-covered buttons appear at each side of this border. The shaped sleeves are long and extend over the band a bit. The plaited frill that finishes the neck is of georgette crepe also, but the plain girdle is made of the satin.

The vogue for simplicity is particularly favorable to afternoon frocks of velvet or velveteen. These are usually one-piece frocks without tunics, but the skirts are draped. There is a liking for three-quarter length sleeves in velvet frocks and for brilliant vestees and handsome lace collars and cuffs. Nothing makes quite so good a background for good laces as these frocks of velvet.

SPORTS TOGS



"Sports Togs" is a short caption for a long story since there are sports togs of many kinds. The most fascinating and interesting of these are the clothes that have borrowed the character of those garments made for real sports wear but not intended for service, just "for looks." The sweater coats and varied scarfs made of silk or wool in many fanciful and fragile ways, the delicate colored headwear and the very handsome skirts of sports silks are all examples of sports clothes made to be admired for their beauty, not for the usefulness to the sportswoman. They serve a very useful purpose, however. No matter how elegant and rich their materials these clothes are informal and very smart in character. They are a part of the play—the sports clothes of onlookers—which they are well enough dressed and not too much dressed, for whatever the day may bring.

After the brilliant skirts of heavy, rough silk weaves the most interesting members of the sports family are the scarfs and sweaters that are refined and glorified modifications of their forerunners, the warm woolen scarf and sweater. The new scarfs are in

light and brilliant colors, in angora wool and in silk and they are variously made. One pretty new scarf in bright green is crocheted of silk with a fringe at the ends.

Other scarfs in light-colored plaids, of angora wool, have a diagonal seam at the center, which allows them to set snugly to the figure when worn over the shoulders. They are finished with fringe in the colors of the scarf. The short knitted sweater-coats of silk or silk fiber usually open at the front and have a sash knitted of the same silk, but there are some very pretty slipover styles with square neck opening at the front from which fall narrow platings of fine white lace.

The strong yarn golf socks shown in the picture are meant for real service and proud is the possessor of a hand-knitted pair. The pair at the left is knitted in diamond-shaped blocks of contrasting color with cross-bars of black white the other pair is in solid color with bars and dots contrasting.

Julia Bottomly

FARM STOCK

SCRUBS BEING CLEANED OUT

West Virginia Stockmen Making Vigorous Effort to Drive Out All Scrub Bulls.

(Prepared by the United States Department of Agriculture.)

West Virginia—largely regarded as a mineral-producing state—is on the war-path to increase beef cattle production and its output of dairy products by eradicating scrub bulls, which are primary offenders against profitable and progressive live stock husbandry. Within a few months parts of West Virginia where the campaign is most active expect to round out a clean-up which will eliminate the scrub bulls and leave the purebreds as monarchs of all they survey. The case of Roane county, W. Va., is an example of what West Virginia stockmen accomplish when they go over the top. The live stock specialists of the State agricultural college, the county agent and officers of the Roane county farm bureau have solidly backed up the scrub sires clean-up.

"Not a single man turned us down," remarked the live stock specialist in telling how the campaign to oust the scrubs was conducted.

"The first of the year our local stockmen made a declaration of independence against scrub bulls, and work was begun promptly in taking a thorough bull census. This investigation of sire ancestry showed that there were 200 bulls in the county, of which 102 were misfit grades and scrubs, while 98 were registered pure-breds. There were 57 registered Herefords, 28 registered Angus, and 13 registered Short-horns. Fortunately, the army of 102 grades and scrubs was not as formidable as it looked on the paper, because 60 of these low grade sires were yearlings. Furthermore, the census showed that there were only 30 men who actually made a practice of keeping a scrub bull."

By correspondence and personal contact with farmers the state live stock agent and the county agent waged the battle. These men toured the county day after day visiting the scrub bull owners, holding meetings, and requesting influential farmers to assist in relegating the scrub sires into the live-stock scrap heap. In the main the scrub bull owners, once they learned the purpose of the campaign, and once



A Typical "Native" Scrub Bull, an Obstacle to Progress in Live Stock Improvement.

they appreciated the benefits which would result if they substituted pure-bred sires for the mongrels, were glad to dispose of their inferior herd-heads. Detailed figures showing the increased value of calves sired by pure-breds over calves of scrub parentage were particularly convincing in gaining converts. Most of the scrub bull owners were prompt in admitting the error of their live-stock raising ways.

The Roane county banks have aided the movement to replace poor bulls with good ones. Every bank in the county has offered to lend money at 5 per cent to farmers for the purpose of purchasing pure-bred sires as substitutes for their scrubs.

HANDLE SHEEP WITH PROFIT

Good Drainage, Pasture, Some Shelter and an Interested Attendant Are Important.

The requirements of a farm where sheep can be handled with profit are good drainage, plenty of fresh pasture, land that will produce clover, alfalfa, cowpeas, or soy beans; a good water supply, fences that will keep sheep out of growing crops and furnish two or three fields for frequent change of pasture, a shelter that will protect the flock from cold rains, winds and storms, and an attendant who can give the flock interested and intelligent care.

SWINE CONSUMED MUCH FEED

Devoured More Grain Than Cattle Last Year, Being Fed 50.3 Per Cent of Corn.

Swine consumed more grain than cattle last year in the United States, being fed 50.3 per cent of the corn, 10.8 per cent of the oats, 90 per cent of the barley, 29.1 per cent of the wheat and 41.5 per cent of the mill feeds fed to all farm animals.