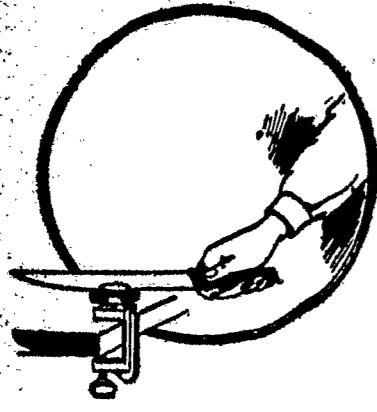


HELPS FOR THE BUSY HOUSEWIFE

Simple Device For Sharpening Kitchen Knives.



If you have the necessary "know-how" it is a very simple matter to sharpen a knife by grinding...

Lobster Chowder

Lay in the bottom of the chowder saucepan on the rack three medium slices of pickled pork...

Kitchen Wisdom

To clean white leather bags and belts use oxide of zinc. To give silk that is being washed the sheen of new silk add just a little methylated spirit to the rinsing water.

Escalloped Potatoes

Pare and slice a dozen medium sized white potatoes, fill pudding dish with alternate layers of potatoes and finely rolled toasted breadcrumbs.

Chicken, Italian Style

Cold roast or boiled chicken is the foundation for this dish. Cut the meat into dice and to every pint allow one tablespoonful of butter...

Carrots and Peas

Cut carrots into dice and boil in salted water. Mix with an equal quantity of cooked green peas. Sprinkle with two tablespoonfuls of flour...

Fried Carrots

Clean and boil carrots until tender. Cut into lengthwise slices. Roll in beaten egg and breadcrumbs and fry in deep fat until a golden brown.

Cookery Points

Twenty New Vegetables. There are more than twenty new vegetables that show a likelihood of coming into general use on the American dinner table within the next ten years.

All have been popular wherever they have been tried, and all can now be grown at a profit. In addition, over and above the forty, there are five or six other vegetables not so new, but still uncommon as foods...

The aquatic potato, which jokers, when they get wind of it, are going to designate as a "submarine" because it really grows, so to speak, under water...

Along with the aquatic potato is the roseola. The roseola is almost the star among the new vegetables, for even now it has a brilliant record and has become a distinct commercial success.

It will grow in southern climates impossible for cranberries and, best of all, a market for it is now established. Texas, California, Florida and South Carolina have all become roseola states.

About Spinach. In the early spring days, when the weather turns suddenly very mild or warm, the appetite craves something cold, crisp and green.

Of all the greens, spinach is the most wholesome. A famous physician has declared that "it is the broom of the stomach." Spinach should be eaten at least twice a week during the spring season.

French Dressing. When you make French dressing how do you do it? Do you pour first the oil and then the vinegar over the salad and then sprinkle on the seasonings?

Or do you pour a little oil in a big spoon and then pour in enough vinegar to overflow it and repeat this process, heating the oil and vinegar with a fork until the salad is dressed?

Small Green Onions. When the tiny green onions appear try cooking and serving them as you would asparagus. Wash them well, tie in bunches, drop in boiling salted water and cook for ten minutes.

Baked Salmon. One-half cupful salmon (fresh or canned), one-half cupful stale bread-crumbs, one beaten egg, one-half cupful milk, one-half teaspoonful lemon juice, one-half teaspoonful onion juice, salt and pepper to taste.

Cricketers Bar Shippers. The London cricket clubs have decided to carry on the game this summer in spite of the war.

IN THE WORLD OF SPORT

Nap Lajoie, Connie Mack's Cleanup Hitter.



Photo by American Press Association.

Napoleon Lajoie, who plays second base on Connie Mack's reorganized Athletics, has fourth place in the batting order—the cleanup position.

An Armless Golf Player. In all probability the unique competitor in sports is Thomas McAuliffe, a Buffalo youth twenty-two years old, who, despite the misfortune of being armless, is nevertheless regarded as a golfer of no mean ability.

In playing golf he holds the club between his cheek and shoulder and with the stick in this position has gone around the links of the Buffalo Country club in 108 strokes.

Baseball For Chinese. Under the patronage of the Chinese government and with the personal assistance of Wu Ting Fang, former Chinese ambassador to the United States, a baseball team of American born Chinese recently sailed from Honolulu on the steamer Mongolia for Shanghai by way of the Philippines and Japan.

Moriarty Picks Alexander. George Moriarty, the Tiger third baseman, is the latest member of the Alexander is the Best Pitcher in the World club.

Gymnasium For Creighton. Creighton university of Omaha is about to erect a new gymnasium which will cost \$175,000 and include swimming pool, handball court, basketball floor, roof garden, dressing room, quarters for indoor football workouts, shower baths and, in fact, all modern conveniences.

Indiana Baseball. Dr R. Tait McKenzie, physical director of the University of Pennsylvania, is a strong advocate of baseball. He says it is one of the best possible means for furthering the physical development of the young under graduate.

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