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...OF...

Interest to Women

MONEY HAS VERY LITTLE TO DO WITH BEHAVIOR

Children Of "Poorer" Neighborhoods Are, In the Opinion of Dr. Dean, as Well Behaved As Those Who Live In Better Homes

(By Arthur Dean, Sc.D.)

Quite a few mothers write me that they want to move out of the neighborhood and go into a better one because the neighbors' children have a bad influence upon their children. They usually add, "But we cannot afford to live in the same neighborhood with the better class of people, but we are willing to sacrifice for the sake of our children."

I don't believe that the children of the poor behave any worse than the children of the well to do. I don't think that money has anything to do with behavior. I am inclined to think that the children of the 'middle class' are superior in their behavior to the children of the well to do, and I have seen families who were very poor financially, but were very rich in their ability to handle their flock.

"Dear Dr. Dean: I have two children, a girl of five and a boy of three and a half. Both are extremely active intelligent and healthy. They have the finest of food, plenty of sunshine and painstaking attention. I have done everything I can to see that they have the essence of good taste. We have sacrificed willingly to get our home together. We give up many pleasures for the sake of our children and our home. However, the children in the neighborhood are not the kind I want my children to associate with. I am not referring to their nationality at all; I simply want them to play with refined, intelligent children who have culture and ideals."

"The parents of these children can not supervise them; the mothers are away from home and the children are anywhere except at home. They destroy our shrubs, teach our children

nasty tricks and get into all sorts of mischief. And I don't like the language, 'dirty rat,' and 'go to H—.' If I send these children home, I am called a snob.—Discontented Mother."

I think you will meet the same situation in any neighborhood and community. I have never seen a place where the children would keep off a newly-sowed grass plot; wouldn't pick the flowers that didn't belong to them; wouldn't take the fruit which wasn't theirs; and wouldn't use language which was supposedly unfamiliar to the ears of decent children. When I find a group of children who are all perfect I shall expect to find a perfect group of homes, perfect parents and a perfect community.

Your children, like all children, are up against temptation, and the temptation will not be very much different if you live somewhere else. I have seen parents who have taken children out of public school and sent them to private school, thinking that the children would be in with a superior group. They have found, in many cases, that these 'superior family' children were no better than the ordinary mortals who attend public schools. Good taste doesn't necessarily come from full pocketbooks, and good manners doesn't always come out of homes which have fine furniture.

My feeling is that we must bring our children to withstand such things I respect your efforts and advise you to keep on with them, and I want you to do all you can to instill culture and idealism in these youngsters. I hope, though, that you will not give them the idea that they are vastly superior to other children.

GOOD FRYING IMPORTANT IN COOKERY

Whatever Method Is Used, Little Fat or Deep Fat, It Should Be Done Properly

(By Edith M. Barber)

There is no process in cookery for which the method is more important than that of frying. Whether we 'saute' foods in a small amount of fat or use the deep fat method, we must know how. Perhaps you think there is nothing to sauteing, but actually the amount of fat put into the frying pan in the first place and the amount of heat used will decide the question of satisfactory results.

In general, just enough fat to cover the bottom of the pan after melting should be used in the beginning in order that the food will brown well and not be soaked. More may be added as needed. The fat should be very hot in the first place, but the temperature should be medium during the process. Like every rule this has its exception as in the case of chicken which is cooked by a process which is halfway between sauteing and deep-fat frying.

When we cook in deep fat, an unsalted fat must be used. This may be lard, a vegetable oil or a hardened vegetable oil.

There are several of the last on the market and they are largely used for frying as well as for shortening. A kettle which is designed for the purpose and which often has an upright on which the frying basket may be

hung for draining, is convenient. Lacking a basket, a wire whisk may be used to remove and drain the food. The kettle should be half filled with the melted fat or oil which should be very hot, 365 to 375 degrees F. before cooking is started. The fat, however, should not be allowed to become hotter than the latter temperature. It should be allowed to reheat between batches. As the food is removed from the hot fat, it should be put on soft paper so that the excess fat may be absorbed.

French Fried Onions

Select large sweet onions, peel and cut in 1/4-inch slices and separate into rings. Dip in milk, drain and dip in flour. Fry in deep fat, 375 degrees F. until golden brown; drain on soft paper and sprinkle with salt.

Hot Cheese Balls

2 teaspoons flour
1/2 teaspoon salt
1 cup grated cheese
1 egg white
Fine bread crumbs
Mix flour and seasonings with grated cheese and fold into the stiffly beaten egg whites. Mix well, roll into small balls, and roll in crumbs. Fry in deep fat, 375 degrees F. until golden brown. Serve hot on toothpicks as an appetizer, or with salad.

TIMELY TIPS

Fruit for canning should not be picked from the vine when it is soaked with rain.

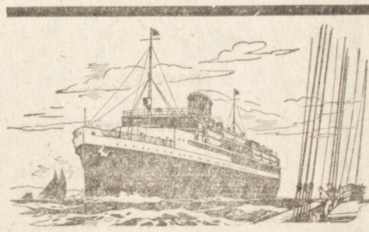
If glycerine instead of machine oil is used to oil an egg beater there will be no danger of getting oil in the food.

Water at drinking temperature makes an effective remover for grape or grape juice stains. It should be applied as soon as possible.

In buying a roast it often is economical to get a large one and cut off several chops for the first meal. The roast will keep for several days in a good refrigerator.

Colored glass beads mixed in with the pebbles in which bulbs are planted add much to the attractiveness of the bulb bowl.

A help to the housewife is to have a compartment in her recipe file labelled 'Illness,' and in this place recipes that would be beneficial to sick people. It is a joy to go to this file when worried about the youngsters and find a recipe we had forgotten that just solves the problem.



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CHEESE FOR A QUICK SUPPER DISH

Its Food Value Compares Favorably With That Of Meat and the Flavor Is An Asset

(By Edith M. Barber)

The business woman housekeeper whose time is limited often spends a larger proportion of the food budget for meat than does the housekeeper who is able to spend more time in the preparation of her meals. For this reason, steaks, chops, ham and other meats which demand short cooking are often chosen, although they are expensive at the present time.

There are, however, certain supper dishes which may occasionally take their place with satisfaction to the family. Among these we find cheese as a leader. The food value compares well with that of meat and the distinctive flavor is an asset. Perhaps the quickest cooked dish of this sort is the Welsh rarebit, for which there are innumerable recipes. The combination of beer, tomato soup or milk and eggs with cheese will produce very different results, although each one may be called a rarebit.

One of my favorite cheese dishes is an old family favorite and is known as toasted cheese, although it is actually baked. It takes so few utensils to prepare it for the oven that it has an appeal when time is an object.

Toasted cheese sandwiches with bacon, baked tomatoes, served on toast with a cheese sauce, are other suggestions. Then there is the cheese soufflé, for which I gave the recipe a few weeks ago. This dish takes a little longer to prepare than do the ones mentioned above, but nothing is better.

Welsh Rarebit with Beer

1 tablespoon butter
1/2 pound soft, mild cheese, flaked
1/4 teaspoon salt
1/4 teaspoon mustard
Cayenne
1/2 cup beer (or more)
Melt the butter, add cheese and seasonings. Add the beer very slowly as the cheese melts, stirring con-

stantly. Serve on toast.
Toasted Cheese
1/2 pound fresh cheese
1 teaspoon salt
1/2 teaspoon mustard
Paprika
1 egg
1/2 cup milk
Cut cheese in small pieces. Place in greased oven-proof pie plate and sprinkle with mixed seasonings. Break the egg over the cheese and beat in slightly, add enough milk to cover the cheese. Bake in a moderate oven 375 degrees F. in the plate in a pan of hot water, about thirty minutes or until brown and set.



Values For November 12th, 13th, 15th.

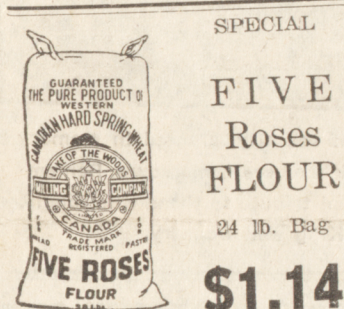
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24 lb. Bag

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Shrimps 25c

1's Per Tin

Aust. Seedless Raisins 25c

Bulk 56 2 Pounds

Man. Walnuts 35c

Broken, Pound

Rice 17c

Rangoon S. 3 Pounds



Hawes' Floor Gloss (Pints)

per Tin 59c

Icing Sugar 25c

Bulk 3 Pounds

Marven's Malted Milk Lunch 20c

15 oz. Per Pkg.



Magic Baking Powder 30c

16 oz. Per Tin

Libby's Orange Juice 21c

15 oz. Per Tin

Lemon Peel 28c

Per Pound

Orange Peel 29c

Per Pound

Citron Peel 36c

Per Pound

Prosperity Brand Cod Liver Oil 29c

8 oz.

16 oz. 49c

Bottle

Ganong's Rotarian Chocolates 35c

Pails Per Pound

2 Cakes 13c

Quaker Puffed Wheat 19c

2 Packages

Connor's Fish Cakes 15c

1's Per Tin



1-2's 23c

Cake

SPECIAL Mayflower Cocoa 25c

1's

2 Pounds 25c

SPECIAL Magee's Cut Wax Beans 19c

2's Tall Two Tins

Clubhouse Stuffed Olives 19c

4 oz. Per Bottle

Lowney's Molasses Kisses 10c

Package

Shortening 15c

1's Per Pound

Hadoma Cheese 18c

1-2's Per Pkg.



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Serves 4 All Varieties Except Chicken

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