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NATIONAL ASSOCIATION OF LETTER CARRIERS
ANN ARBOR, MICHIGAN

1937

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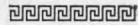
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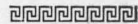
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HISTORIC SKETCH

The Ann Arbor Ladies' Auxiliary of the National Association of Letter Carriers was organized on Oct. 10, 1925.

Its purpose is to unite the wives, mothers, sisters, daughters, grand-daughters and step-daughters of Letter Carriers in a harmonious body to increase the mutual acquaintance and promote the spirit of friendship and fraternity among its members. Also to promote a friendly feeling between the families of the members and of Branch No. 434, and to assist in any honorable manner possible in bettering the conditions of Letter Carriers or their families.

The meetings of this organization are held the third Wednesday of each month at the homes of the members.

CHARTER MEMBERS

Mrs. Orville Dreyer	Mrs. Raymond Knight
Mrs. Walter Grosshans	Mrs. Orin Bury
Mrs. Richard T. Maslin	Mrs. Robert Carson
Mrs. Le Roy Thurber (deceased)	Mrs. Foster Waite
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Mrs. Ira Biddle	President
Mrs. Wallace N. Mueller	Vice President
Mrs. Conrad Lau	Secretary
Mrs. Raymond Wells	Treasurer
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Mrs. Max Hentz	Mistress-At-Arms

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Entertaining Informally

Holiday season calls forth and draws gayly upon the most artful resources of hostesses. The unexpected guests of today are tomorrow's hostesses and never may they fail.

The wise housewife is she who has a well stocked food cabinet from which at a moments notice can be concocted dainty and refreshing foods and drinks.

Sandwich spreads and fruit juices in jars, fresh fruits, the inevitable lettuce must always be on hand to be whisked out and served with all the spontaneity of a carefully planned function. And the assurance of that supply can hold untold charm and poise to the woman who finds herself confronting guests.

Among the wisest of women are those who have syrups stored in refrigerators so that iced drinks may be served in a second's time without waiting for sugar to dissolve. Double strength tea is right at hand to be served; made double strength so that ice cubes melting, as leisurely sipped, will not weaken the beverage.

Tea may be served with thin slices of lemons, or a preserved cherry or a strawberry in each cup.

Other cold drinks, delightful to taste and easy to prepare include fruit punch and Cleveland cooler.

FRUIT PUNCH

2 tablespoons tea 2 oranges
 1 cup sugar 1 pint strawberries
 3 lemons 1 can grated pineapple

Black tea is excellent base for fruit drinks. Pour 1 pint water over 2 tablespoons of tea. Boil 2 cups water, 1 cup sugar for 5 minutes. Prepare juices of lemons and oranges, and add with fruit to the syrup.

When cold add the tea and cracked ice or ice cubes and serve.

FANCY SANDWICHES

Keep the following foundation sauce always on hand for quick sandwich fillings. To 2 packages of grated cheese, any variety, add one half cup hot thin cream or thin cream sauce, a little at a time, stirring smooth after each addition.

ROLLED SANDWICHES

Rolled sandwiches can be prepared in advance for later hurried serving. With a very sharp knife cut the bottom crust from a loaf of bread. Cut two slices about one half inch thick, lengthwise of the loaf. Crust is removed and bread is spread thickly with your favorite cheese spread. Place two slices together, end to end, and roll up to form one large roll. Wrap in waxed paper and place in refrigerator until thoroughly set. When ready to serve, cut in one half inch thick slices and serve either plain or toasted.

THE OPEN SANDWICH

1. Put equal measures of raisins and nuts through the meat chopper moistened to a paste with cream. Spread on buttered bread that has been cut in strips or fancy shapes with small cutters. Decorate each with a nut hat or a bright cherry.
2. Put ½ lb. of American cheese and ½ cup of stuffed olives through the meat chopper. Moisten with salad dressing, spread thickly on bread, but in fancy shapes and decorate with ½ stuffed olive.
3. Spread bread thickly with a mixture made of 1 lb. grated cheese, seasoned with ½ teaspoon salt and paprika and mixed with 1 beaten egg. Add milk if necessary to make it spread easily. Put a slice of bacon on each sandwich and brown delicately under the gas flame. This should be served with coffee.

CLUB SANDWICHES FOR INFORMAL EVENING SUPPERS

A simple way of serving a Club Sandwich is to let each guest make his own. Arrange the separated and cleaned leaves of lettuce in a head in the center of a large serving platter. Lay a border of firm tomato slices around the lettuce, then a circle of white onion slices and border this either with bacon crisped or thinly sliced cold chicken. A generous bowl of mayonnaise should accompany the platter. Let the host manipulate the toaster and the hostess busy herself with the pouring of coffee while each guest selects his own sandwich filling and arranges his repast.

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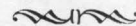
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Dates for Health and Taste

Dates, the fruit of the date palm, has been the staff of life for centuries in Turkey, Western Asia, North Africa, and Arabia. They have been luxury in most American homes. Now they come into their own, both as luxury and a necessary element in a health bringing menu.

The date is the most human of all plant life. An old Arabian legend runs, "Created from the earth, (the date) male and female, as were Adam and Eve, its body is covered with fine hair. It will not live if its head is cut off; its leaves will not grow again if severed from the trunk."

Several authorities contend that dates combined with milk make the most perfect combination of any two kinds of food that can be formed by man. Dates contain five times the energy value of milk and potatoes, two times that of eggs and have the same food value as wheat, beef, and mutton. They contain approximately one per cent of incomplete protein and one percent amount of fat.

The simplest manner to serve dates is to fill a bon-bon dish of the various varieties and let the guests select them at will. Date jam for spreads (with any hard fibres removed by a sieve) can be made by grinding dates through a food chopper and mixing them with lemon, orange, or pineapple juice to the consistency desired.

Sandwich fillings can be made by grinding or chopping fresh dates and mixing with either of the following: soft or grated cheese; chopped, ground or whole nuts or nut butters. Further variety can be obtained by mixing these fillings with grated apple or pineapple. Make open faced, double decked, or toasted sandwiches and serve with a salad or beverage.

Here Are a Number of Favorite Date Recipes

UNCOOKED DATE PUDDING

Grind half a pound each of fresh dates, raisins, calimyrna figs, and pecan meats. Mix with grated rind of one lemon, and one tablespoon of lemon juice. Mold into a loaf. Wrap in waxed paper and keep in ice box til ready to serve. Cut into desired slices and serve with whipped cream.

RICE AND DATE PUDDING

Mix: One cup of boiled or steamed whole rice; one half cup sugar; one teaspoon of salt; two tablespoons butter; one pint milk; one half cup chopped dates and a few gratings of nutmeg.

Put in buttered baking dish and bake in slow oven until milk is absorbed. Serve.

DATE STICKS

Mix: one cup of honey; one tablespoon butter; one teaspoon vegetable salt; one tablespoon hot water; two well-beaten eggs; one teaspoon baking powder; one pound chopped dates; half pound pecans; and one one cup of whole wheat flour.

Spread dough on oiled paper and cut into sticks. Bake in slow oven for 45 minutes.

DATE WHIP

Whip one cup of cream and mix with one teaspoon of vanilla. Fold in two cups of pitted dates, cut into bits. Put into individual fruit cups and top with nut meats. Chill and serve without stirring contents.

ECONOMY DATE CAKE

1 cup sugar	1 ¼ cups flour
1 ½ tablespoon butter	½ cup chopped nuts
½ teaspoon salt	1 cup chopped dates

Take one cup of boiling water, add one teaspoon of soda, and pour over dates, and let stand while other ingredients are being mixed. Mix altogether and bake slowly. Serve with whipped cream. Can be served as cake or pudding.

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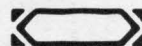
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Home Care of Common Ailments

EARACHE AND FOREIGN BODY IN EAR

Always see a doctor at once for earache or for a discharging ear. Deafness or mastoid may result unless medical attention is given. Do not put anything into the ear since infection may so easily result.

Children very often put small objects into the ear. Do not attempt to remove them, unless they drop out readily. However, if an insect enters the ear, first aid treatment may be given, until the doctor arrives, by putting a drop or two of castor oil or sweet oil into the member.

It is dangerous to remove wax from the ears by poking with sharp instruments, such as matches, toothpicks, or hairpins. If wax is troublesome, consult a specialist.

NOSEBLEED AND FOREIGN BODY IN NOSE

Most nosebleeding comes from slight injuries and consequently does little harm and requires scant treatment. Pinching the soft part of the nose may help. Continued and profuse bleeding needs the care of a physician. While waiting for medical aid, make a cotton plug and push it, gently, with the end of a pencil into the nostril from which the blood is coming. In aged people and babies nose bleeding is apt to be dangerous and needs medical aid immediately.

When bleeding is severe place patient in a chair with head slightly forward. Loosen the collar. Apply cold water cloths to back of neck. Placing the head backward often causes nausea and vomiting and makes placing of cold cloths on back of neck too awkward to affect real assistance.

Do not attempt to remove objects or small articles that have been put into the nose, as often happens among children, unless the articles can be seen. Care should be used not to use force.

EYE AILMENTS — STYES AND FOREIGN OBJECTS

Either eyestrain or ill health may cause a stye to appear on the eye lid. Since the eye is far too sensitive an organ and such highly dangerous effects may result from improper care, no time should be wasted in calling a doctor.

Wring a cloth out in hotwater and apply to the eye to relieve the pain until the doctor assumes responsibility for the case.

Greatest care should be used in extraction of foreign bodies from the eye. Winking gently may produce tears and so wash the speck out or into view so that it can be removed. Using a medicine dropper, wash the eye with clean water or boracic acid solution.

Take hold of the upper eyelash and pull upper lid down over the lower. If this does not aid in locating speck, turn the lower lid and look for the object and upon finding it, use corner of soft clean linen handkerchief to gently remove.

If the speck cannot be located or is lodged in the upper eyelid or on the eyeball, consult a doctor. To relieve the pain, in the meantime, soak a soft cloth in cool water and place over the eye. If the eyeball is injured, take patient to doctor at once. Attempt no home remedies.

Castor oil dropped into eye, after speck has been removed is soothing. Acid, lime, and other chemicals entering the eye should be immediately washed out with great quantities of clean water. Follow with two or three drops of olive oil or castor oil and cover with moist compress until patient is seen by doctor.

TOOTHACHE

See your dentist as soon as possible. Common toothache often means that the hard part of the tooth has decayed, leaving the nerve exposed. Unless treatment is given, destruction of the tooth may continue and the nerve die.

Oil of cloves on a bit of cotton inserted into the cavity most often gives relief from pain, but it will not CURE the decayed tooth. Even if your teeth seem in good condition consult your dentist each six months.

Never use pins, needles, or other hard instruments

to "pick" the teeth. Dental floss which can be purchased at any drugstore is much more effective.

FOREIGN BODIES SWALLOWED

If the patient has swallowed some sharp article like a piece of broken glass or a pin, encourage him to eat mashed potatoes and bread. These will surround the foreign body and prevent its injuring the intestines. For further treatment, see a doctor.

Sometimes, according to what the patient has swallowed, the article may be removed by inducing vomiting, through sticking finger or feather down into throat. This treatment must not be attempted for sharp objects, however.

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Home Care of Common Ailments—(Continued)

GUM BOILS

Gum-boils and the subsequent pain and swelling of the gum is due to a collection of pus between the gum and the tooth, or in more severe cases, within the tooth socket. Rinse mouth frequently with hot water to ease the pain until the doctor opens the boil. The tooth may have to be pulled.

BOILS

Boils usually occur from an infection through a slight wound in the skin, due to scratches, shaving etc. They are also common in people suffering from certain diseases, such as Bright's disease, diabetes, tuberculosis, poor circulation, and indigestion. Hot applications of water or antiseptic solutions may be used to relieve the pain.

SUNBURN

Sunburn is like any kind of mild burn. Baking soda and water, vaseline, or phenol ointment (carbonated vaseline) or salt and vinegar lessen the pain. If sunburn is severe or the patient seems ill, call a doctor.

OAK, IVY and SUMAC POISONING

First cleanse affected parts with soap and water. Then apply a dressing kept soaked in cold soda bicarbonate solution to relieve pain and itching. This will also help to prevent the spread of the poison to other parts of the body.

The application to the affected part of such agents as the following has given relief in many instances: Soluble collodion, of a 5 per cent solution of ferrous chloride, or calamine lotion to which enough carbolic acid has been added at the drugstore to make a 2 per cent solution. In a very bad case of ivy poisoning, see a doctor.

GAS POISONING

Carbon monoxide is the most deadly gas, most dangerous because, unless it is combined with other substances giving an odor, it can not be smelled. Carbon monoxide may be due to ill-fitted water heaters and gas stoves, loose gas fixtures and valves, leaky gas tubing, and gas furnaces not connected to outdoor air by flues.

It is most often found in the exhaust pipes of automobiles. The motor of an automobile should never be started in an enclosed place.

Housewives should remember that natural gas, while not containing carbon monoxide gas normally, may create the poison when the flame comes in contact with cold metal, as when a large boiler of water is put over a gas flame.

Rescue—Make sure that you protect yourself against the gas. Do not rely on a wet cloth over your mouth and nose. Tie a rope around your waist and instruct someone on the outside to hold the other end and rescue you in case you fall.

Treatment—Get the victim to fresh air at once. If breathing has stopped or is very weak, start artificial respiration and continue until breathing starts or doctor pronounces patient dead. Always give the patient oxygen or the commonly used combination of oxygen and carbon dioxide, to breathe, if either is to be had and you have had training in its use. Police and fire departments and hospitals have inhalators for giving oxygen and will respond at once to your call for help.

Keep patient's body warm and aid circulation by rubbing the limbs toward the heart. Insist on the patient resting. Even slight exercise is dangerous.

Other gases, such as sulphur dioxide, hydrogen sulphide etc., may cause asphyxiation and require similar treatment.

CHOKING

Rescue by quickly cutting any constriction around the neck, or if something is lodged in the throat or windpipe, pass a finger into the throat and hook finger around object in order to remove it. If the object is deeper down and cannot be removed by finger, slap the victim vigorously on the back between the shoulder blades

Treatment—Send for a doctor at once if measures do not work. If after the article has been removed the patient does not breathe, start artificial respiration.

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The Art of Entertaining

The successful hostess is one who understands the art of entertaining, who prefers to entertain rather than be entertained, and who invites her friends to her home not as a social obligation but because she delights in entertaining.

Important, indeed, are the duties of the hostess for it is upon her that the ultimate success of the party depends. A hostess reflects her true self in her parties. "The charming" hostess has poise, calmness, an inner knowledge that her party is perfectly planned, her food properly prepared, and her service correct.

Such is the hospitality of our American hostess. She will concede to every whim and desire of her guests. The party is not a success unless her guests, one and all, feel better satisfied with themselves and the world in general when they leave her home than they did when they arrived.

There is nothing more conducive to thorough enjoyment of food, than appointments that are perfect and artistically simple. A hostess will find that her guests will appreciate surprising decorative schemes, and unusual serving innovations.

Below are a few suggestions for luncheons, as well as recipes for a few of the select dishes.

Cream of Mushroom Soup
Ripe Olives Celery Curls
Southern Cheese Salad
Bran Muffins
Coffee

8 peppercorns
¼ teaspoon salt

Rinse salmon thoroughly with hot water. Remove skin and bones. Combine other ingredients and bring to the boiling point and pour over fish and cover. When cool, place in refrigerator for several hours. Drain and serve very cold. Care should be taken to leave the pieces as large as possible.

SOUTHERN CHEESE SALAD

2 packages cream cheese
4 tablespoons mayonnaise
1 teaspoon lemon juice
1 tablespoon pineapple juice
1 No. 2 can crushed pineapple
12 maraschino cherries (cut fine)
½ cup pecan meats (chopped)
1 cup cream (whipped)

Cream cheese with mayonnaise, add lemon and pineapple juice, drained crushed pineapple, marshmallows, cherries and nut meats. Blend well and fold in whipped cream. Freeze in refrigerator. If squares of salad are desired, use rubber tray and when frozen the squares will "pop up" with slight pressure on bottom of tray. Serve on crisp lettuce. (Serves 8.)

Chilled Grapefruit Juice
Spiced Red Salmon Escalloped Potatoes
Fresh Vegetable Tray
(Peas, Carrots, Beets, Beans and Cauliflower)
Lemon Chiffon Pie
Coffee

SPICED RED SALMON

2 cups canned red salmon (flat)
1 cup vinegar
1 teaspoon whole cloves
½ teaspoon allspice

Luncheon Meat Ball
Buttered Green Beans Tiny Whole Beets
Crisp Lettuce Salad
Pineapple Shortcake
Beverage

LUNCHEON MEAT BALL

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
2-3 cup water
4 tablespoons shortening
1 cup ground meat
2 medium sized cooked potatoes
Flavor with lemon or onion juice

Sift flour, baking powder, and salt together. Cut in shortening. Moisten with water to form a biscuit dough. Roll out to ¼ inch thickness. Spread with ground meat, diced potatoes, and flavoring juice. Roll like a jellyroll and cut into individual portions. Place in baking dish. (This may be made in the morning and stored in the refrigerator until baking time.) Remove from the refrigerator while oven is heating. Brush with melted butter and bake 20 to 25 minutes at 450 degrees Fahr. Serve with gravy or cream sauce.

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Maple Cream Freeze

- 4 egg yolks
- 1 cup maple syrup
- 3 egg whites
- 1 teaspoon vanilla
- 2 cups whipped cream

Beat egg yolks until light, add syrup, and place in double boiler, stirring constantly until mixture coats the spoon. Remove from tray add beaten egg whites, vanilla, and whipped cream. Return to freezer tray. (serves 6).

Berrymint Ice

- 1 quart cranberries
- 2 cups water
- 1 tablespoon gelatin
- 2 tablespoons cold water
- 2 cups sugar
- Juice of two lemons
- 3 drops oil of peppermint

Cook berries in sauce pan with 2 cups of water for 5 minutes, or until they stop popping. Rub through a sieve or wire strainer. Reheat the sauce to a boiling point and add gelatin which has been soaked in 2 tablespoons cold water. Stir until the gelatin is dissolved. Add sugar, lemon juice and oil of peppermint. Cool, then place in the refrigerator freezer tray. Place cold control at highest point and mixture should freeze in maximum of one hour under general conditions. After frozen turn control back to normal position. (Serve 6).

Pistachio Mousse

- 1 1/2 cups whipping cream
- 6 tablespoons powdered sugar
- 1 teaspoon vanilla extract
- 1 1/2 teaspoons almond extract
- 1 cup pistachio nuts, coarsely chopped Green coloring

Whip cream until it will hold its shape. Sift in the powdered sugar. Add extracts, nuts and green coloring. Fold all together gently. Pour into a refrigerator tray and freeze. Turn cold control to highest number until frozen; then turn normal position. (serves 8).

Chocolate Whip

- 1 tablespoon gelatin
- 2 cups cream
- 1 cup rich milk

- 1/4 cup cold water
- 1 1/2 squares unsweetened chocolate
- 2 tablespoons boiling water
- 1/2 cup granulated sugar

Soak gelatin in cold water 5 minutes. Melt chocolate, add sugar and boiling water. Stir in softened gelatin and add 1/2 cup of the milk brought to the scalding point. Add a few grains of salt, and stir mixture over ice water until it begins to thicken. Scrape and stir so it will be perfectly smooth. Whip the cream stiff, Add the 2-3 cup of milk to mixture, then fold in the whipped cream. Turn into mould, wet with ice water, and chill over night or for several hours. Or serve the whip in punch glasses and put a spoonful of whipped cream on each.

Nut Crisp Parfait

- 1/2 cup brown sugar
- 1 tablespoon butter
- 1/4 cup water
- 2 egg yolks
- 1/2 pint cream
- Few grains salt
- 1 1/2 teaspoons vanilla
- 1 scant cup nut crisp

Put sugar and butter in saucepan and stir until blended. Boil one minute, add water, stir and cook until thoroughly blended. Beat egg yolks in top of double boiler until light. Add syrup gradually and beat over hot water until light and fluffy. Then chill. Beat cream until stiff, add salt and vanilla and mix in egg mixture with a few turns of beater. Fold in nut crisp broken in fine pieces and put in individual molds to freeze.

Frozen Cream Custard

- 3 cups milk
- 2 tablespoons cornstarch
- 3/4 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 cup heavy cream
- Few grains salt

Make a custard of the milk, cornstarch, sugar, and eggs. Add vanilla and salt. Cool and place in the freezing tray. After freezing for 1 hour stir in the cream which has been whipped stiff, and freeze 2 hours longer.

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Chemistry of Food

A noted physician recently said, "If women in general had a consistent knowledge of foods and their chemical properties and followed a few sensible exercises each day, they could cut doctors salaries exactly one half each year."

Only a little ingenuity is needed to follow a day of heavy starch and sugar meals with foods high in chemical content and the physical 'housecleaning' necessary to perfect health is accomplished. Acid wastes go, sluggish glands respond to alertness, blood circulates with new energy, eyes sparkle, and there is zest in every action.

Following is a list of the best rejuvenating and cleansing chemicals and fruits and vegetables rich in them. Use this list intelligently. It is Nature's most powerful aid and device against congestion and body wastes.

Each human body needs Hydrogen, potassium, sodium, organic iron sulphur, chlorine, magnesium, manganese, and oxygen.

Hydrogen is a purifier of every cell in the body, cleansing throughout the body. It is found in distilled water, lemons, fresh pineapple, peaches, grapefruit, and oranges.

Potassium is alkaline, a powerful neutralizer and flushing agency, for constipated individuals who suffer also from poor circulation. Potassium is found in dandelions, watercress, parsley, dill, fresh asparagus, tomatoes, mustard greens, watermelon, beet tops, endive, spinach, and dates.

Sodium has the quality of solvents for hard deposits found in cases of stiff joints, hardening of the arteries, gallstones etc. It neutralizes body acids, and is highly valuable in cases of acidosis, rheumatism and diabetes. In this group are celery, carrots, apples, spinach, cucumbers, gooseberries, beet roots, and okra.

Organic Iron acts as a salt in elimination because of its dissolving qualities, sometimes being called the 'janitor' of the body. Persons who are anemic should eat many iron foods. It is found in raw red cabbage, raw white cabbage, spinach, beets, head lettuce, currants, blackberries, loganberries, strawberries, dates, cherries and raw carrots.

Sulphur cleans and purifies, and is especially necessary for patients suffering from blood and skin diseases. Persons wanting to reduce should eat plentifully of sulphur foods. They include, radishes, onions, brussel sprouts, cauliflower, red cabbage, asparagus, and raw celery.

Chlorine destroys poisons in the body, particularly in the intestinal tract. It is another food content needed in a reducing diet. Bright's disease, gangrene and pyorrhea patients need chlorine. It may be found in vegetable salt, radishes, raw red cabbage, raw white cabbage, onions, raw carrots, cucumbers with peelings, fresh asparagus, lettuce, spinach and dates.

Magnesium is the laxative deluxe. Stiff muscles and cracking joints mean a magnesium hungry body. Find it in grapefruit, limes, lemons, oranges, sour plums, sour cherries, sour apples, gooseberries, cucumbers, spinach and dates.

Manganese is not easily found, yet it is a highly important agent as a purifier and neutralizer of body acids. Food rich in this content are mustard greens, watercress, endive, peppermint leaves, dandelions, parsley, senna leaves.

Oxygen, as iron, is a dissolver. Its function, whether taken from the air, water or foods, is to speed up combustion of waste and aids elimination. Oxygen is found in grapefruit, apple cider, and sweet wine.

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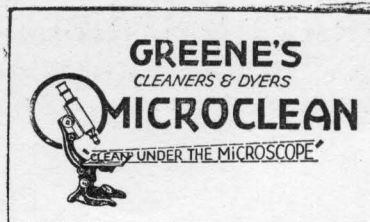
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Odds and Ends

VARIOUS CLEANING AGENCIES

Fabrics and colors being so utterly tricky these days makes home cleaning of spots and stains almost wholly an element of luck. The best and most consistent advice is to find a competent professional laundry man and dry cleaner and be loyal to him and to your wardrobe and household furnishings.

A bit more care in the purchase of materials will take care of much of the laundry and cleaning problem. For example, if you insist that all your washable material bears the word "sanforized" (don't be content with only a 'non-shrinkable' label) you need have no concern over shrinkage, either at the laundry or in your own tub-room.

The dry cleaner has been taught to know colors and materials, so that if you are in doubt at all about leaning or taking out spots, send your soiled articles to him.

In the meantime, a few reliable rules still remain for home cleaning.

Fruit Spots from Cottons—Apply cold soap, then touch spot with a hair pencil or feather dipped in chlorate of soda, then dip immediately in cold water.

Grease from Silks—Take a lump of magnesia, rub it wet on the spot, let it dry, then brush the powder off

Iron Rust—Can be removed from white goods by sour milk

Scorch Stains From White Linen—Lay in bright sun.

Leather Stains From White Silk—Squeeze lemon juice on spots and sprinkle heavily with salt and lay silk in bright sun. Continue treatment till last trace of stain is gone.

Black Cloth—Mix one part of spirits of ammonia with three parts warm water. Rub with sponge or dark cloth, clean with water, rub with the nap.

Black Silk—Brush and wipe it thoroughly, lay on table with the side intended to show, up; sponge with hot coffee which has been strained through muslin; when partly dry, iron.

Stains from Washable Materials—Fruit, ink, and many other stains can be removed from washable materials by applying camphor to the spots before they go into the washer.

Automobile Grease—Remove by applying powdered magnesia. Rub magnesia into fabric and let it remain for two or three days. Then brush out and remove any clinging powder with a soft cloth.

Ink Stains—Ink stains on linen, silks, and cottons can be removed if you soak the spots in canned tomato juice for about ten minutes before putting article through usual wash. Another

good method is to wash ink spots in warm milk, afterward spreading spots with cornmeal, which is brushed off when article is dry. To remove ink stains from woolen materials place a pad beneath the spot and rub the upper surface with a cloth dipped in turpentine.

Blood Stains—Blood stained articles should be placed in cold water while the stains are fresh and then washed in hot water. Give them two rinses, one in hot water, same temperature as that in which the garment was washed, and the second in luke warm water.

Medicine Stains—Make a paste of Fuller's earth and ammonia and apply to stain. Leave on until dry and then wash in cold water. After cold water wash, wash them in the ordinary way.

Paint Spots—Saturate spots with equal parts of turpentine and spirits of ammonia.

Grease Stains—Remove grease stains from washable fabrics by rubbing with a cloth dipped in kerosene. Follow with soap and water. For non-washable materials, and those not ready for the laundry, sponge with denatured alcohol or carbon tetrachloride.

Coffee and Tea Stains—Usually can be removed by ordinary washing process, but fresh stains are most easily removed with boiling water poured on the stain from a height of about two feet. For non-washable material, sponge with a cloth wrung in clean, warm water. Old stains can be removed by potassium permanganate and oxalic acid.

Tar Stain—Lard will remove tar stains from all kinds of materials. Rub into the stains and let remain for an hour or so and then wash in the usual way.



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Odds and Ends — (Continued)

ABOUT THE HOUSE

Brooms just purchased should be soaked in strong salt water before using them to make them last longer.

Cream pitchers will not drip if a bit of butter or lard is put on the tip.

Defrosting your electric refrigerator can be done in half the time by filling the ice pans with boiling water.

Electric push buttons can easily be seen if they are touched up with a little luminous paint.

Food odors can be eliminated from your refrigerator by placing a small quantity of charcoal in container on top shelf.

Freezing of clothes on the clothes line in winter can be prevented by rinsing clothes in salt water.

Lace curtains can be mended by placing a small piece of netting which has been starched, over the hole on the wrong side and pressing it with a hot iron. This is neater and quicker than darning.

Powdered sugar can be sprinkled over fruits, cookies, etc through use of a toy flour sifter.

Quilt patterns are easy to cut if a piece of sandpaper is placed with the rough side next to the material. There is no danger of either pattern or material slipping.

Shades for kitchen and bathroom can be made from oil cloth to match the color scheme. Tack on old rollers, with pattern facing the room, hem the bottom and insert flat stick through hem.

Mohair furniture will look like new by simply brushing out all the matting with a wire brush to loosen dirt. Wipe thoroughly after dirt is removed with a cloth dampened with water to which a few drops of ammonia have been added.

Piano keys can be cleaned by rubbing with a soft cloth dipped in alcohol.

Clothes pin bag made of heavy material and sewed to a coat hanger can be pushed up and down the clothes line to save stooping.

When hems of curtains, newly laundered, stick together slip a thimble or end of an old kid glove finger over the curtain rod. This keeps the end of the rod from tearing the curtain and it slips in more easily.



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General Cooking Hints

Butter and sugar can be creamed easily, when butter is cold, by warming the sugar slightly.

Cheese stays fresh for a much longer period of time if wrapped in a cloth, wet with vinegar and stored in a cool place.

Cream pie or custard will not become watery if milk is scalded before using.

Fish or onion odor can be removed from utensils and dishes by adding a teaspoonful of baking soda to the dish water.

Gelatine, jello, or pudding can be cooled, in the absence of ice, by putting the dish containing it in a larger kettle of cold water to which a handful of salt has been added.

Apples should be slit in three or four places with a knife before baking; the skins will then not wrinkle while in the oven.

Bananas for salads will keep their natural color if sprinkled with powdered sugar or lemon juice.

FRUITS

Cream which is hard to whip will whip quickly by adding a few drops of lemon juice.

Milk, in being boiled, frequently sticks to the pan. To prevent this rinse the pan in hot water before using.

Molasses can be prevented from sticking to the measuring cup if the cup is first greased with butter or lard.

Salad dressing, boiled, will not curdle if the beaten eggs are stirred into cold vinegar before boiling.

Rice will be whiter and fluffier if a teaspoonful of lemon juice is added to the water while cooking.

Whipped cream substitute, delicious in flavor can be made by adding a slice of banana to the white of an egg and beating until stiff. The banana will dissolve completely.

Grapefruit or oranges can be peeled easily if permitted to stand in boiling water for ten minutes.

Lemons should be heated before extracting the juice. You will obtain twice as much juice.

MEATS, FOWL AND FISH

Bacon should be soaked in cold water three or four minutes before frying. This prevents grease from running and gives the bacon a much finer flavor.

Ham or bacon should be placed in the pan before putting the pan on the fire. It cooks and browns better than if put into the warm pan.

Meat or fowl while cooking should have one teaspoonful of vinegar added to the water. This improves the flavor, makes the meat more tender, and shortens the time for cooking.

Fish scales can be removed quickly and easily by first dipping the fish in boiling water.

EGGS

In boiling eggs, put a little salt in the water before putting the eggs in and they will not crack or break.

To cut hard boiled eggs neatly, dip knife in water frequently and yolk will not break or crumble.

Poaching — add salt to the water and the eggs will remain whole.

Yolks may be kept fresh for days by covering with cold water and saucer and placing in ice box.

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General Cooking Hints—(Continued)

VEGETABLES

To assure that celery will be crisp, place in a pan of water with half a lemon, for an hour before serving.

Carrots for salads or general cooking should first be dropped into boiling water for two or three minutes. The skins will then come off easily.

Potatoes, boiled with their jackets on, should first

be split around the center to permit the salt to boil through and flavor the whole potato.

Vegetables that have become withered can be freshened by soaking them with a strong solution of baking soda. Withered parsnips, carrots, potatoes, cabbage, lettuce, etc will become crisp again.

BAKING

Boiled frosting will not be brittle or break when cut if a teaspoon of vinegar is beaten into the frosting when the flavoring is added.

Cookies — add one tablespoonful of jam or jelly to cookie dough. It will add flavor and make the cookies stay moist longer.

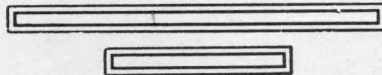
Fruit pies — Brush over the under crust with white of egg before putting in the fruit. This prevents juices from soaking through the crust.

Doughnuts will not absorb grease if a teaspoonful of vinegar is added to cold fat.

Meringue will always stand up high and perfect if a generous pinch of baking soda is added to the beaten egg whites.

Nuts and fruit in cakes will not sink to the bottom if heated before rolling in flour and adding to batter.

Gems will not scorch if you fill one of the gem pans with water.



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Time Table for Cooking

The time given will vary somewhat according to the heat of the oven and the quantity to be cooked.

Bread, white	45 to 60 min.	Popovers	15 to 35 min.	Doughnuts	3 to 5 min.
Bread, Graham	35 to 50 min.	Fritters	3 to 5 min.	pudding, bread, rice,	
Bread, rye	60 min.	Pies	30 to 45 min.	tapioca	20 to 60 min.
Bread nut	50 to 60 min.	Cakes, plain	25 to 40 min.	pudding, Indian	3 to 4 hrs.
Gingerbread	30 to 60 min.	Cake, thin	15 to 30 min.	pudding, plum	3 to 6 hrs.
Biscuits	10 to 20 min.	Cake, layer	15 to 25 min.	Custards	15 to 20 min.
Rolls	10 to 20 min.	Cake, loaf	40 to 60 min.		
Muffins	10 to 20 min.	Cake, sponge	35 to 60 min.		
Whole wheat or		Cake, fruit	2 hrs.		
graham gems	25 to 30 min.	Cookies	8 to 15 min.		

Use these tests to get the proper heat for baking: For sponge or pound cake, have an oven that will, in five minutes, turn a piece of white paper, yellow. For all other kinds of cut cake, have heat that will, in five minutes, turn a piece of white paper dark yellow. For bread and pastry, have heat that will, in five minutes, turn a piece of white paper, dark brown. When oven is too hot the paper will blacken and blaze up; reduce the temperature of the oven by putting a pan of cold water on the lowest shelf.

MEAT OR FOWL For Broiling

Steak, 1 to 1½ in.	
thick	10 to 15 min.
Lamb Chops	10 to 12 min.
Mutton chops	12 to 15 min.
Chicken	20 to 30 min.

For Roasting

Beef, well done,	
per lb.	12 to 15 min.
Beef, rare, per lb.	8 to 10 min.
Beef, filet	20 to 30 min.
Rolled rib or rump,	
per lb.	12 to 15 min.
Leg of Lamb, well	
done, per lb.	15 to 20 min.
Mutton leg, well	
done, per lb.	15 min.
Mutton leg, rare,	
per lb.	8 min.
Veal, well done,	
per lb.	25 min.
Venison, per lb.	15 min.
Pork, well done,	
per lb.	30 min.

Chickens, 3 to 4 lbs.	1 to 1½ hrs.
Goose, per lb.	18 to 20 min.
Turkey, 10 lbs.	3 to 3½ hrs.

For Boiling

Beef, 3 to 4 lbs.	3½ to 4 hrs.
Lamb, leg or	
shoulder	2 to 3 hrs.
Veal	2 to 3 hrs.
Pork, leg, per lb.	15 min.
Corned Beef, 4 to	
5 lbs.	4 to 5 hrs.
Chicken, 3 lbs.	1 to 1½ hrs.
Duck, tame	40 to 60 min.
Fowls	2 to 3 hrs.
Turkey	2 to 3 hrs.
Ham, 12 to 14 lbs.	4 to 5 hrs.
Sweetbreads	20 to 30 min.
Lobster	20 to 30 min.
Eggs	3 to 5 min.
Eggs, hard boiled.	15 to 20 min.

CEREALS

Hominy	1 to 2 hrs.
Macaroni	20 to 30 min.
Oatmeal	1 to 2 hrs.

Pettijohn or	
Wheatena	30 min.
Quaker Oats	1 hr.
Rice	15 to 30 min.

VEGETABLES

Asparagus	15 to 30 min.
Beans, shelled,	
boiled	1 to 2 hrs.
String or Lima beans,	
boiled	1 to 2 hrs.
Beets (Summer)	45 to 60 min.
Beets (Winter)	2 to 4 hrs.
Cabbage or onions.	45 to 60 min.
Carrots	45 to 60 min.
Cauliflower	20 to 40 min.
Celery	20 to 40 min.
Green corn, boiled.	15 to 20 min.
Green peas, boiled.	20 to 40 min.
Potatoes, boiled.	20 to 35 min.
Potatoes, baked	30 to 45 min.
Spinach	20 to 30 min.
Squash	20 to 30 min.
Tomatoes	15 to 20 min.
Turnips or parsnips	30 to 45 min.
Winter vegetables.	1 to 2 hrs.

CANNING TIME TABLE

Kind of fruit	Size of Jars	Scald or blanch in boiling water	Jars standing 2 in. under boiling water	Kind of fruit	Size of Jars	Scald or blanch in boiling water	Jars standing 2 in. under boiling water
Apples (cut)	Quarts	1½ min.	12 minutes	Huckleberries	Quarts		16 minutes
Apricots	Quarts	1 to 2 min.	16 minutes	Peaches	Quarts	1 to 2 min.	16 minutes
Blackberries	Pints		12 minutes	Pears	Quarts	1½ min.	20 minutes
Blackcaps	Pints		12 minutes	Pineapples	Pints	3 min.	25 minutes
Crabapples	Quarts	1½ min.	20 minutes	Plums	Pints		16 minutes
Cherries	Quarts		16 minutes	Quinces	Quarts	2 min.	20 minutes
Gooseberries	Pints	1 min.	12 minutes	Raspberries	Pints		12 minutes
Grapes	Quarts		12 minutes	Strawberries	Pints		16 minutes

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Diet Menus, Recipes and Suggestions

EAT THE RIGHT FOODS RIGHTLY PREPARED

It is all very well to know what you can't eat, but what can you eat is the question. Therefore, we have prepared the following diet menus and recipes for your guidance. Follow them faithfully and you will more quickly get the desired results.

**REMEMBER! FAT FOODS MAKE FAT
AND LEAN FOODS MAKE LEAN.
WE SHOW YOU THE LEAN WAY.
WEIGH EACH WEEK.**

MONDAY

BREAKFAST—Bran flakes, one soft boiled egg, one piece of fruit, coffee.
LUNCH—Cold chicken or small piece of roast veal, spinach or tomatoes, iced tea.
DINNER—Veal cutlet, lettuce or celery, one-half cantaloupe or small helping of fruit, tea or coffee.

TUESDAY

BREAKFAST—Baked apple or rhubarb, one piece toast, coffee.
LUNCH—Lamb or veal, carrots or asparagus, sliced peaches, buttermilk.
DINNER—One soft boiled egg, one-half cup of bran, combination salad, skimmed milk or iced eat or weak coffee.

WEDNESDAY

BREAKFAST—One-half cantaloupe, or one quarter Honeydew melon or one-half grapefruit, one piece of toast, tea or coffee.
LUNCH—Broiled lamb chop, two slices pineapple, cold slaw, diet dressing, iced tea or buttermilk.
DINNER—Baked white fish or scrambled brains, celery, tomatoes or spinach, fruit, skimmed sweet milk, tea or coffee.

THURSDAY

BREAKFAST—Poached or soft boiled egg, prunes or one-half pear, bran flakes, coffee.
LUNCH—Corn beef or roast mutton, cabbage slaw with vinegar, brussel sprouts, cauliflower, buttermilk, iced tea, coffee.
DINNER—Veal chops, tomatoes, green onions, celery or green cucumbers or lettuce or beets, iced tea or coffee.

FRIDAY

BREAKFAST—Orange juice, one-half cantaloupe or stewed apples, bran, coffee.
LUNCH—Head lettuce, diet dressing, cottage cheese, tomatoes, lemon jello, buttermilk, iced eat or coffee.
DINNER—Baked or broiled white fish or red snapper or bass or halibut, chow-chow, cold slaw or green onions, cranberry sauce, whole

wheat bread or bran crackers, iced tea or coffee.

SATURDAY

BREAKFAST—Baked apple or fresh fruit, bran muffin, poached egg, coffee.
LUNCH—Cottage cheese, three soda crackers, one-half head lettuce, diet dressing, spinach or string beans or green peas, buttermilk, iced tea or coffee.
DINNER—Calves brains, scrambled eggs; stuffed tomato, creamed onions or turnips, four stalks of celery, lemon jello or orange ice, iced tea, coffee.

SUNDAY

BREAKFAST—Sliced oranges or fresh fruits, bran flakes, coffee.
LUNCH—Boiled or baked fowl, stewed peas or carrots, sliced tomatoes, green onions, combination salad, diet dressing, jello or orange ice, iced tea, coffee.
DINNER—Stuffed green pepper or cold fowl, green gage plums, or cherries or blackberries, bran muffin, buttermilk, iced tea or coffee.
The above menus are only suggestions. You may change them to suit your convenience, but do not eat the following: Pure cream cheese (except cottage), pork, (in any form), olive oil, corn, wheat, rice, oats, potatoes, bananas, grapes and nuts.

You may eat small portions of stewed kidneys, sweetbreads, tripe, sirloin steak, broiled or baked chicken, turkey white meat, veal, mutton, lamb, black bass, red snapper, halibut, trout (brook), smelts, raw oysters, cottage cheese, vegetables, artichokes, asparagus, beans (green), beets, brussels sprouts, cabbage (raw), carrots, cauliflower, celery, greens (all kinds), cucumbers, eggplant, lettuce, mushrooms, okra, onions (green), oyster plant, parsnips, peas (green), pumpkin, radishes, rhubarb, rutabaga, sauerkraut, spinach, squash, tomatoes, turnips, watercress, fruits (raw), apricots, blackberries, cherries, cranberries, grapefruit, lemons, cantaloupes, oranges, peaches, apples, pears, pineapples, watermelons, soups (clear), tomato and vegetable, beverages, milk (skimmed), buttermilk, iced tea or coffee.

SUGGESTIONS

Eat only at regular meal time and only three meals a day. Drink no water with meals. Drink small amount at other times.

Abstain from all alcoholics.

Avoid cooked fats (meats should be boiled, broiled, baked or roasted.)

Use $\frac{1}{2}$ lemon in a glass of cold or hot water before breakfast.

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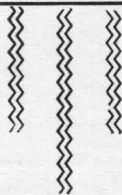
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Calorie Chart

SOUP			
Rich Soups, 1 h.	Cal.	100	
Clear Soups, 1 h.	Cal.	20	
FISH			
Clams, each	Cal.	10	
Halibut, 1 h.	Cal.	125	
Salmon, 1 h.	Cal.	250	
Lobster, 1 h.	Cal.	100	
Oysters, (six)	Cal.	50	
BREAD			
White, rye, whole-wheat—plain or toasted slice	Cal.	100	
Corn, 1 slice	Cal.	100	
CRACKERS			
Graham, one cracker	Cal.	35	
Oyster, 12 crackers	Cal.	45	
Soda, one cracker	Cal.	25	
BREAKFAST DISHES			
Oatmeal, 1 h. (sparingly)	Cal.	100	
Shredded Wheat Biscuit, one biscuit ..	Cal.	95	
Puffed Rice, four heaping table- spoons	Cal.	50	
Rice, av. help.	Cal.	95	
Grapenuts av. help.	Cal.	95	
Cream of Wheat, av. help.	Cal.	110	
Wheat Cakes, med. size (1 cake)	Cal.	95	
Muffin, med. size (1 muffin)	Cal.	120	
Waffle, av. size (1 waffle)	Cal.	220	
FRUIT			
Prunes, av. size (1 prune)	Cal.	30	
Orange, med. size	Cal.	95	
Banana, med. size	Cal.	105	
Cherries, av. help.	Cal.	105	
Apple, med. size	Cal.	45	
Berries, av. help.	Cal.	105	
Grapes, 1 med. bunch	Cal.	105	
Lemons, 1 med. size	Cal.	35	
Plums, 1 plum, large size	Cal.	25	
Peaches, 1 med. size	Cal.	50	
Cottage Cheese, 1 h.	Cal.	95	
Cheese, 1 oz.	Cal.	125	
Butter, 1 oz.	Cal.	185	
Egg, one av. size	Cal.	85	
MEATS			
Sausage, 1 link, av. size	Cal.	70	
Bacon, av. slice	Cal.	30	
Ham (fried), med. help.	Cal.	375	
Ham (boiled), med. help.	Cal.	240	
Pork Chop, av. chop	Cal.	200	
Lamb Chop, av. chop	Cal.	100	
Mutton Chop, av. chop	Cal.	100	
Beefsteak, av. cut, 1 h.	Cal.	225	
Beef Roast, av. help.	Cal.	165	
Chicken (roast), av. slice	Cal.	195	
Turkey (roast), av. slice	Cal.	240	
VEGETABLES			
Potatoes (Irish) av. size	Cal.	105	
Potatoes (sweet), av. size	Cal.	190	
Olives, 1 large size	Cal.	12	
Cucumber, av. size	Cal.	2	
Lettuce, 1 helping	Cal.	7-15	
Radish, one small	Cal.	2	
Spinach, av. helping	Cal.	35	
Onions, med. size	Cal.	35	
Cauliflower, av. helping	Cal.	25	
Asparagus, av. help.	Cal.	25	
Cabbage, av. help.	Cal.	15	
Tomatoes, 1 med.	Cal.	35	
Peas, 1 helping	Cal.	105	
Corn, 1 helping	Cal.	95	
Squash, 1 helping	Cal.	95	
Turnips, 1 helping	Cal.	30	
Parsnips, 1 helping	Cal.	30	
Beets, 1 helping	Cal.	25	
Beans (green), 1 help.	Cal.	20	
Beans (lima), 1 help.	Cal.	125	
Pork and Beans (baked), 1 help.	Cal.	250	
SWEETS			
Sugar, 1 tablespoon	Cal.	40	
Honey, 1 tablespoon	Cal.	95	
Chocolate, ¼ pound	Cal.	1390	
Pineapple, 1 slice	Cal.	55	
Pears, med. size	Cal.	95	
Dates, 1 large size	Cal.	30	
Cantaloupe, av. melon (½)	Cal.	95	
Watermelon, med. s. slice	Cal.	10	
DAIRY PRODUCTS			
Sweet Milk, ½ pint	Cal.	175	
Skim Milk, ½ pint	Cal.	90	
Malted Milk, 1 tablespoon	Cal.	90	
Buttermilk, ½ pint	Cal.	75	
Cream, 1 teaspoon	Cal.	30	
Whipped Cream, 1 heaping tablespoon	Cal.	95	
Condensed Cream (unsweetened 1 teaspoon	Cal.	30	
Condensed Cream (sweetened) 1 teaspoon	Cal.	40	
Chocolate covered Creams, 1	Cal.	95	
Chocolate covered Carmel, 1	Cal.	95	

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Signed:

Mrs. Ira Biddle, Pres.
Mrs. Wallace Mueller, Vice Pres.
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Mrs. Raymond Wells, Treas.

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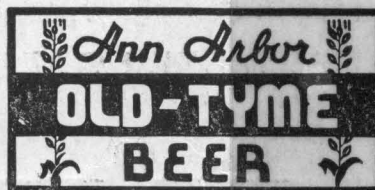
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