

The
BOOK of MERIT



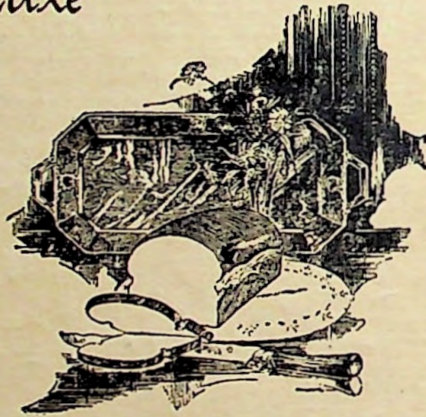
PARENT-TEACHER ASSOCIATION
ELDER SCHOOL
SOUTH BEND, INDIANA

AMERICA'S FINEST BREAD

EVERY characteristic of old-fashioned white bread has been improved in Check, the bread de luxe—more tempting appearance, finer texture, more delicate aroma, greater uniformity; more delicious, more digestible and more wholesome. A perfectly balanced white bread that whets the delicate appetite and gratifies the hungry one.

CHECK BREAD

de Luxe



MATHEWS-KRAUSS BAKING CO.

Copyright J. H. Landon, Inc.

Check Bread (New Style), is the ideal loaf for table use, makes fine toast, just the right slice for sandwiches, and for packing lunches.

Treat the family to this new loaf which is made of the same high quality materials that has made Check Bread so popular.

PREFACE

We extend our thanks to the members and friends who have given and will further give us their assistance in placing these beautiful books among our friends, that we, the advertisers and purchasers, may all receive the benefits. Especially do we wish to express our thanks to the business men whose advertisements appear herein, without whose aid the books could not have been published. We sincerely hope the members will show their individual appreciation by patronizing these advertisers.

TABLE OF CONTENTS

About Cooking Food in Quantities -----	35	Help in Case of Accidents -----	13
Business Etiquette -----	6	Home Hints -----	14 - 15
Care of the Skin -----	9 - 10	Italian Recipes -----	29
Care of the Hair -----	11	Information for Serving 100 People -----	37
Care of the Hair -----	11	Plate Menus -----	37
Diet Menus, Recipes and Suggestions -----	39	Recipes for Serving 50 People -----	35
Etiquette of Golf -----	6	Sun - Tan -----	12
Frozen Dainties -----	17 - 18	Selected Specials -----	19 - 21 - 23 - 25
French Recipes -----	31	Spanish Recipes -----	27
German Recipes -----	33	Things Children Should Know -----	7

SHOPPERS' GUIDE

Arcadia Confectionery -----	38	Mayr & Sons Jewelry Co. -----	26
Armo Theatre -----	40	Miami Greenhouse -----	40
Baldwin Shoe Co. -----	38	Michigan Wholesale Produce Co. -----	40
Boxwell Radio Supply Co. -----	38	Miller, William R. -----	38
Broadway Grocery & Market -----	26	Morris Plan Co. -----	36
Broadway Pharmacy -----	8	National Storage Warehouse Co. -----	5
Castlemen Coal & Ice Co. -----	36	Niezgodski Bros., C. J. -----	30
Chappell Plumbing Co., James O. -----	30	Nisley Shoe Co. -----	26
City Lumber Co. -----	30	Orvis Funeral Home -----	30
De Frees Coal Co., C. H. -----	24	Palace & Granada Theatres -----	Margins
Dick's Moving & Transfer -----	40	Philadelphia Confectionery -----	40
Dunnuck, C. R. -----	40	Polar Ice & Fuel Co. -----	32
East Side Poultry Co. -----	Margins	Re-Nu Cleaners -----	24
Furnas Ice Cream Co. -----	32	Rummel, Jno. C. -----	36
Garnitz Furniture Co. -----	36	Russell, A. M. -----	28
Hall Transfer Co. -----	34	Sailors Furniture Co. -----	Margins
Hardman & Son -----	32	Sandock's Furniture Co. -----	28
Home Furniture Co. -----	Back Cover	Sears Roebuck Co. -----	I. B. Cover
Huff Drug Store, A. W. -----	36	Sindlinger, Frank -----	34
Ideal Laundry -----	36	Slick's Laundry -----	38
Indiana & Michigan Electric Co. -----	20	Smoger Coal Co., A. -----	38
Jahnke's Bakery -----	28	South Bend Dairymen's Club -----	22
Jimmie's Market -----	36	South Bend Floral Co. -----	38
Kreidler's Pharmacy -----	34	South Bend Inn -----	32
Kuss Drug Store -----	40	South Bend Upholstering Co. -----	38
Lemontree -----	Margins	Summer's Restaurant -----	36
Lontz Bros. Coal Co. -----	Margins	Superior Refrigeration Co. -----	16
Lontz Coal Co., Dan -----	28	Swank Dry Cleaning Co. -----	24
Loughman Cartage Co. -----	22	Walk-Over Shoe Co. -----	16
Lower Co., I. W. -----	Margins	Walter's French Dry Cleaners -----	34
Major, W. M. -----	5	White, E. J. -----	40
Mar-Main Pharmacy -----	8	Whitcomb & Keller -----	8
Mathews & Krauss Baking Co. -----	I. F. Cover	Wittner's Dairy -----	8
		ZMimmer's Dairy Products -----	16

NATIONAL

The National Congress of Parents and Teachers was founded February 17, 1897, in Washington, D. C. Mrs. Theodore W. Birney was the founder and first national president of the association.

The organization was first incorporated in 1900 under the name of The National Con-

gress of Mothers; in 1915, as The National Congress of Mothers, Parents and Teachers' Association; in 1924, as the National Congress of Parents and Teachers.

On February 17, 1930, the association had 1,350,000 members enrolled with units in forty-seven states, the District of Columbia and Hawaii organized as state branches.

ELDER

The Elder Parent-Teacher Association has established itself as an indispensable part of the Elder School program by its splendid record of achievement. Its plans for the future are extensive.

For many years the school has had an active group of parents and patrons. Their first organization was a civic center which later developed into a Mothers' Club under the leadership of Mrs. F. P. Nicely. Following Mrs Nicely as president was Mrs. S. O. Mueller who, through previous experience with the Parent-Teacher movement in Chicago, felt that the local club could function more beneficially for the school and community if it were affiliated with the state and national organizations.

Through her efforts this step of advancement was brought about with the first membership dues being received in the state office March 24, 1921, only a few days after the Coquillard School Association had been made a part of the state organization, the first South Bend representative in that body. The Elder group was soon admitted to the National Association also.

During the administration of each of the succeeding presidents, Mrs. C. B. Crumpacker, Mrs. A. N. Hildebrand, Mrs. L. F. Carbienner, Mrs. G. D. Whiteman and Mrs. Harry W. Mathews, who holds the office now, the ideals and principles of the national movement, the promotion of a closer understanding of the child by parents and teacher, have been fostered.

With social work, an important part of its program the Elder Association contributes generously to various worthy causes. In its immediate neighborhood the group was instrumental in the installation of traffic signals on Michigan Street at intersections near the school.

Among the additions made to the school equipment by the association is the radio, which was bought for the purpose of giving the school an opportunity of hearing the educational programs broadcast by Walter Damrosch and the New York Symphony Orchestra. With much knowledge already gained from this source on the part of the students it is believed by the leaders of the association that even greater advantages will be derived in the future.

A victrola, two pianos, furnishings for the rest rooms and nurses' quarters and a new

curtain for the stage in the auditorium have also been provided for the school.

With Norman Eddy Relief Corps it shared the expense of purchasing seventeen flags, for the school. The presentation was made with an appropriate patriotic program, which event was unique in the history of the school.

Much of success of the association's work is attributed by its officers to the splendid cooperation of the principal, Fred A. Hite, and the school faculty. Mr. Hite has expressed his belief in the body in the following manner: "Harmony is the keynote to all successful organizations. The Parent-Teacher Association has helped bring about a more harmonious condition between home and school. Many difficult problems have been solved with the assistance of the organization of Elder School."

Present Officers

Mrs. Harry W. Mathews.....President
Mr. F. A. Hite.....First Vice-President
Mrs. H. N. Fristoe.....Second Vice-President
Mrs. C. A. Rowe.....Secretary
Mrs. G. D. Whiteman.....Treasurer

State and National Officers

Mrs. S. M. N. Marrs.....National Pres. P.T.A.
Mrs. Homer Miller.....State President
Mrs. R. Peel.....District President
City Council of South Bend P.T.A.
Mrs. J. R. Dumont.....President
429 Sherman Ave.
Mrs. B. Harris.....First Vice-President
1242 Diamond Ave.
Mrs. H. Jennings.....Second Vice-President
1220 E. Cedar St.
Mrs. H. J. Decker.....Secretary
601 Lincoln Way East
Mrs. R. Peel.....Treasurer
1102 North Blaine Ave.
Mrs. H. H. Burrell.....Corresponding Secretary
1325 McKinley St.

P. T. A. Association Presidents of South Bend
Colfax.....Mrs. Harvey Reed
Muessel.....Mrs. Cramer
Coquillard.....Mrs. James Cloetingh
Perley.....Mrs. Keith Baughman
Studebaker.....Mrs. Donald Hossford
Franklin.....Mrs. Milo K. Miller
Riley.....Mrs. L. G. Hug
Elder.....Mrs. H. W. Mathews
Lincoln.....Mrs. R. H. Horn
Oliver.....Mrs. Minnick
Marquette.....Mrs. G. Burruss

Mother Chorus of Elder School

Mrs. J. A. Graf
 Mrs. Guy Hildebrand
 Mrs. William Roush
 Mrs. C. A. Rowe
 Mrs. Anna Plaia
 Mrs. Velma McQuinn
 Mrs. Driver
 Mrs. Girard
 Mrs. Gale
 Mrs. Ray Smith
 Mrs. White

Mrs. Gould
 Mrs. W. G. Winebren-
 ner
 Mrs. Fristoe
 Mrs. Farmer
 Mrs. J. G. Troutman
 Mrs. H. W. Mathews
 Mrs. H. M. Foss
 (Pianist)
 Mrs. G. D. Whiteman
 (Director)

MEMBERSHIP

A

Adams, Maphas, 521 S. Main St.
 Anderson, Mrs. W. L., 131 Pennsylvania Ave.
 Armour, Mrs., 1209 S. LaFayette St.
 Abshire, Miss, 519 E. Indiana Ave.

B

Baker, Mr. Roland E., 528 E. Wenger St.
 Baker, Mrs. Roland, 528 E. Wenger St.
 Bunch, Mr. L. N., 214 Pennsylvania Ave.
 Bunch, Mrs. L. N., 214 Pennsylvania Ave.
 Bickel, Mrs. Clarice, 1823½ S. Michigan St.
 Berebitsky, Mrs. Sam, 1317 S. Michigan St.
 Baker, Mrs. Rose, 912 S. Main St.
 Bunch, Mrs. Edna, 202 E. Sample St.
 Basey, Mrs. Glen E., 205 E. Ohio St.
 Balint, Mrs. M. G., 1016 S. Carroll St.
 Bailey, Mrs. Roy L., 234 Haney Ave.
 Bare, Mrs. Evan, 1408 S. Michigan St.
 Basham, Mrs. Maud, 133 E. Pennsylvania Ave.
 Bergstedt, Mrs. O., 120 E. Elder St.
 Brown, Mrs. William, 126 E. Broadway
 Brannock, Mrs. Grace, 1407 S. Michigan St.
 Baif, Mrs. Edwin, 1115 S. Franklin St.

C

Cripe, Mrs. I. W., 3810 S. Michigan St.
 Cripe, Mr. I. W., 3810 S. Michigan St.
 Coffman, Mrs. H. H., 413 E. Ohio St.
 Conrad, Mrs. Jay A., 415 E. Broadway
 Canan, Mrs. W. O., 238 Elder St.
 Carey, Mrs. Oliver W., 134 E. Pennsylvania
 Carey, Mr. Oliver W., 134 E. Pennsylvania
 Cole, Mrs. Sue, 1024 S. Main St.
 Clark, Mrs. J. N.
 Calentine, Mrs. John, 915 S. Carroll St.
 Cushway, Mrs. A., 208 E. Ohio St.
 Clerk, Rev. C. H., 111 E. Tutt St.
 Clerk, Mrs. C. H., 111 E. Tutt St.
 Crawford, Mrs. Oliver, 127 E. Keasey St.

D

Deno, Mrs. Alda, 1510 S. Main St.
 Dollier, Mrs. J. A., 213 E. Ohio St.
 Dreher, Mrs. H., 1211 S. Franklin St.

Douglass, Mrs. H. B., 137 Elder St.
 Davis, Mrs. Norman C., 407 E. Paris St.
 Duffin, Mrs. N. B., 1320 S. Michigan St.
 Davis, Mrs. Fred, 122 E. Broadway
 Dale, Mrs. W., 617 E. Wenger St.

E

Easterly, Herman
 Entzian, Mrs. Fred, 1135 S. LaFayette St.
 Edwards, Mrs. Howard, 1207 S. Franklin St.
 Edwards, Mrs. Arthur, 211 E. Ohio St.
 Erickson, Mrs. E. E., 308 E. Ohio St.

F

French, Mrs. Treva M.
 Forrester, Mrs. Glenn, 201 E. Paris St.
 Farmer, Mrs. L. C., 1136 S. Main St.
 Fristoe, Mrs. H. N., 1129 S. LaFayette St.
 Fristoe, Mr. H. N., 1129 S. LaFayette St.
 Fender, Mrs. Hattie, 238 Elder St.
 Fisher, Adeline, 1521 Virginia St.
 Farmer, Mrs. Lou, 202 E. Tutt St.
 Foss, Mrs. H. M., 1118 S. Carroll St.
 Fries, Mrs. Harry, 202 E. Ohio St.
 Fronson, Mrs., 115 E. Elder St.
 Firestone, Mrs. H. H., 131 Paris St.
 Frick, Mrs. L. E., 210 E. Ohio St.
 Fanner, Bertha, 1018 Carroll St.
 Faust, Mrs. Ben, 1111 S. LaFayette St.
 Fields, Mrs. John, 144 Elder St.
 Fisher, Rev. Fern, 1302 S. Michigan St.

G

Gonser, Mrs. Stewart, 524 E. Wenger St.
 Geyer, Mrs. H. O., 201 Keasey St.
 Garwood, Miss Lillie, 730 S. 31st St.
 Goebel, Mrs. William, 508 E. Wenger St.
 Gleckner, Miss Madge, 225 Milton Ave.
 Gehle, Mrs. William, 132 Elder St.
 Girard, Mrs. J. R., 1133 S. Michigan St.
 Graf, Mrs. J. A., 1502 S. Main St.
 Gross, Mrs. Mable, 1315 S. Fellows St.
 Gillis, Mrs. Marvin, 1406 S. Main St.
 Gandy, Mrs. Helen, 1410 S. Main St.
 Gould, Mrs., 137 Broadway

H

Heminger, Mr. A. N., 136 Haney Ave.
 Heminger, Mrs. A. N., 136 Haney Ave.
 Hoctel, Mrs., 1521 S. St. Joe St.
 Hall, Mrs. C. R., 533 S. Michigan St.
 Henshaw, Mrs. Zella, 122 W. Garst St.
 Hutton, Mrs. Ted, 625 S. St. Joe St.
 Hinkle, Mrs. Thomas, 119 E. Haney Ave.
 Hannon, Mrs. Robert, 107 W. Stull St.
 Hildebrand, Mrs. Guy, 1421 S. Michigan St.
 House, Mrs. Jane, 738 S. Main St.
 Hite, Mr. F. A., 1224 L. W. East
 Hixon, Mrs. Louise, 126 E. Keasey St.
 Holt, Mrs. Elmer J., 315 E. Indiana Ave.
 Holt, Rev. Elmer J., 315 E. Indiana Ave.
 Harthun, Mrs. Phyllis, 122 W. Garst St.
 Hall, Mrs. W. H., 222 E. Broadway
 Hunsberger, Mrs. Ira, 149 E. Elder St.
 Haviland, Mrs. Arthur, 507 E. Wenger St.

I

Iseman, Mrs. Charles, 722 E. Haney Ave.

J

Jones, Mrs. Travis, 118½ E. Pennsylvania Ave.
 Johnson, Mrs. Carl, 1109½ S. Michigan Ave.
 Johnson, Miss Emma E., 415 E. Indiana Ave.
 Jackson, Mrs. H., 402 E. Pennsylvania Ave.
 Jarrell, Miss Jesse, 829 E. Donald St.
 Jennings, Mrs. Harry, 128 E. Keasey St.
 Justice, Mrs. Bessie K., 116 E. Haney Ave.
 Jackson, Mrs. Catherine, 222 E. Pennsylvania

K

Kass, Mrs. Mary, 1218 S. Franklin St.
 Kobek, Mrs. Helen, 1114 S. Franklin St.
 Kincaid, Mrs. C. W.
 Krouse, Mrs. O. P., 506 E. Pennsylvania Ave.
 Kuntz, Mrs. M., 1527 S. Michigan St.
 Korkhouse, Mrs. Harriett, 214 E. Sample St.

L

Lozier, Mrs. George S., 312 E. Broadway
 Linden, Miss Bertha, 921 S. LaFayette St.
 Landon, Mrs. Anna R., 1002 S. Michigan St.
 Longhudge, Mrs. P. A., 744 S. Michigan St.
 Leatherman, N. V., 1214 S. Michigan St.
 Lonstrom, Mrs. Eric, 209 E. Ohio St.
 Leatherman, Margareth, 1306 S. Carrol St.
 Loring, Mrs., East Broadway
 Lahey, Mrs. S. B., 127 E. Paris St.
 Leontine, Mr. J. G., 301 E. Pennsylvania Ave.

M

Marker, Mr. A. O., 204 Haney Ave.
 Marker, Mrs. A. O., 204 Haney Ave.
 McMullen, Mrs. Richard, 1513 S. Michigan St.
 Moore, Mrs. Ruth, 242 Pennsylvania Ave.
 Myers, Mrs. O. J., 314 E. Keasey St.
 Meilke, Mrs. Louis, 1216 S. Fellows St.

Major, Mrs. Williams, 1125 S. LaFayette St.
 Minnes, Mrs. C. L., 1303 S. LaFayette St.
 Moxin, Mrs. Mary, 1109½ S. Michigan St.
 McQuinn, Mrs. R. W., 246 E. Elder St.
 Mathews, Mrs. H. W., 402 E. Pennsylvania
 Macri, Mrs. Mary, 402 E. Ohio St.
 McCalley, Mrs. Clifford, 238 Pennsylvania Ave.
 Marlin, Mrs. George H., 823½ S. Michigan St.
 Mester, Mrs. Sara, 1315 S. LaFayette St.
 Modlin, Mrs. C., 1204 S. Carroll St.

N

Newberger, Mrs. O. F., 1101 S. Carroll St.
 Nemeth, Mrs. Hermina, 309 E. Sample St.
 Neher, Mrs. B. F., 311 Pennsylvania Ave.

O

O'Daffer, Ernest, 409 W. Indiana Ave.
 Overton, Mrs. Beatrice, 1134 S. Main St.
 Overton, Mrs. Versa, 308 E. Ohio St.

P

Plaia, Mrs. A., 223 E. Keasey St.
 Pitts, Mrs. H. W., 513 Keasey St.
 Plaia, Mr. A., 223 E. Keasey St.
 Paczesny, Mrs. John A., 535 E. Sample St.
 Patterson, Mr. A. D., 115 W. Sample St.
 Patterson, Mrs. A. D., 115 W. Sample St.
 Petkovich, Mary, 322½ W. Stull St.
 Painter, Miss Dorothy B., 1209 Neitzel Court

Q

Qualkinbush, Mrs. William, 201 E. Elder St.

R

Rogers, Mrs. G. S., 214 E. Broadway
 Radican, Mr. and Mrs.
 Rice, Mrs. A. B., 1820 S. Main St.
 Ransom, Mrs. D. W., 203 E. Ohio St.
 Rossin, Miss Lee
 Robinson, Mrs. Edgar, 1125½ S. Main St.
 Roush, Mrs. William, 414 E. Broadway
 Rasman, Pulina, 730 S. Michigan St.
 Rowe, Mrs. C. A., 121 Ohio St.
 Rowe, Mr. C. A., 121 Ohio St.
 Reinke, Mrs. C. J., 205 Elder St.
 Rose, Mrs. Hiram, 306 Pennsylvania Ave.

S

Sage, Mrs. Edna C., 1204 S. LaFayette St.
 Sage, Mr. George E., 1204 S. LaFayette St.
 Swain, Mrs. D. B., 122 E. Paris St.
 Smith, Mrs. Allen, 503 E. Wenger St.
 Smith, Mrs. Ray, 2109 S. Main St.
 Smith, Mr. Ray, 2109 S. Main St.
 Self, Mrs. Everett, 825½ S. LaFayette St.
 Self, Mr. Everett, 825½ S. LaFayette St.
 Spainhower, Mrs. James, 112 E. Ohio St.
 Simmons, Mrs. J. A., 118 E. Pennsylvania Ave.
 Steinhagen, Mr. D. M., 1424 S. Main St.

Sheneberger, Mrs. John, 409 W. Indiana Ave.
Sheneberger, Mr. John, 409 W. Indiana Ave.
Seward, Mrs. Clayton, 923 S. LaFayette St.
Stutsman, Mrs. E. W., 1214 S. Carroll St.
Shennell, Mrs. M. B., 113½ E. Ohio St.
Steele, Miss Edith L., 2105 S. Michigan St.
Stavrova, Mrs. Dafina, 738½ S. Main St.
Simms, Mrs. Walter E., 408 E. Keasey St.
Seidler, Mrs. William, 2108 S. Main St.
Stuckey, Mrs. C. E., 733 S. Michigan St.
Solloway, Mrs. Mildred
Solloway, Mr. Christian
Sansine, Mrs. P., 517 S. Michigan St.
Short, Mrs. Edna, 304 E. Paris St.
Spaid, Mrs. Ora, 126 Pennsylvania Ave.
Sanner, Mrs. H. L., 401 E. Ohio St.
Stanly, Mrs. M. L., 1104 S. LaFayette St.
Simmons, Mrs. Herbert, 225 E. Sample St.

T

Taylor, Mrs. J., 20 E. Ohio St.
Toneff, Mrs. C., 609 S. Main St.
Tracy, Flavilla, 705 Leland Ave.
Taylor, Mary

U

Utley, Mrs. Cora, 123 E. Paris St.

V

Vodick, Eli, 315 W. Garst St.
Voros, Mrs. Emery, 1301 S. Franklin St.
Vinnedge, Mrs. William, 122 E. Ohio St.
Vargo, Mrs. George, 32 W. Garst St.

W

Wickizer, Mrs. C., 311 S. Pennsylvania Ave.
Werntz, Mrs. J. C., 1121½ S. Franklin St.
Werntz, Mrs. Cora, 1308 S. Michigan Ave.
Walters, Mrs. W. O., 1212 Columbia
Wagner, Mr. R. A., 2806 S. Michigan St.
Wagner, Mrs. R. A., 2806 S. Michigan St.
Williamson, Mrs. E. S., 145 E. Ohio St.
Weger, Louis J., 1312 S. Franklin St.
Wine, Mrs. Hugh, 257 E. Keasey St.
Wynn, Mrs. John, 1710½ S. Michigan St.
Weisshaar, Mrs. Paul, 242 Pennsylvania Ave.
Wellard, Mrs. I. W., 1013 S. Carroll St.
Whitman, Mrs. Grover D., 613 E. Broadway
Williams, Mrs. Dan, 1616 S. St. Joe St.
Winebrenner, Mrs. W. G., 1150 S. LaFayette
Whitmer, Mrs. John A., 225 Pennsylvania Ave.
Worley, Miss Maud
Weiss, Mrs. S., 236 E. Paris St.
Wallace, Mrs. H., 115 E. Elder St.
Wells, Mrs. E. G., 1508 S. Main St.

Z

Zubrits, Mrs. Julia, 1208 S. Franklin St.

FACULTY OF ELDER SCHOOL
F. A. Hite, Principal

Miss Taylor	Miss Fisher
Miss Rosin	Miss Greiner
Miss Gleckner	Miss Linden
Miss Miller	Miss Worley
Miss James	Miss Steel
Miss Burwell	Miss Garwood
Miss Dimmit	Miss Johnson
Miss Enckhousn	Miss Jarrell
Miss Horn	

NATIONAL STORAGE WAREHOUSE COMPANY

Absolutely Fireproof

Private Fire-Proof Locker Rooms for Household Goods
Special Heated Piano, Art and Rug Rooms
Moving — Packing — Shipping
Corner Carroll and Division Streets

Phone Lincoln 6153

South Bend, Indiana

WM. MAJOR

Groceries and Meats — Dry Goods, Shoes — Household Necessities
Phone 3-0612 1125 So. Lafayette St.

South Bend, Ind.

South Bend's Leading Theatres

Radio Keith Orpheum's

PALACE & GRANADA

Phone 2-6024

Phone 2-1391

Always a Good Show

— Often a Great Show



Possibly we could see ourselves as others see us, if we wore the Proper Glasses

LEMONTREE'S — Optometrists and Opticians
222 1/2 So. Michigan St.

Phone 2-5796

BUSINESS ETIQUETTE

Courtesy has never driven a customer from a place of business. Gruffness, disinterestedness, lack of appreciation, and the know-it-all attitude has driven many away. Business etiquette is as important an asset as the capital that finances the enterprise.

Every person calling at a business establishment should be given the same courteous welcome, whether selling or buying. The very person who fails to receive such a welcome, in many cases proves to be a good customer for the competitor. The business man who allows his employes to call to a customer and ask if they want something is doomed to failure. "How-do-you-do," spoken to each customer in a pleasant tone will never ruin a sale, while the "not interested" attitude will lose many.

The employe who spends one half of his time attending to his own business and the

other half letting other people's business alone will be an asset to an efficient organization and business etiquette will prevail.

The writer recently went into a store to make a purchase. After standing around for a few minutes I located the goods wanted. While I was looking them over a clerk appeared. As I selected an article the clerk took it for granted I had made my selection, walked away to the wrapping counter and laid the article down. She then began trying to assist another clerk in making a sale which turned out to be for a small amount. She not only lost a good order for her employer, but made it unpleasant for the other clerk and the customer. Courtesy was lacking, interest was gone, and her own business forgotten. Business etiquette did no prevail.

ETIQUETTE OF GOLF

Golf is a particularly severe strain upon the amiability of the average person's temper, and in no other game, except bridge, is serenity of disposition so essential.

No one easily ruffled can keep a clear eye on the ball, and exasperation at "lost balls" seemingly bewitches successive ones into disappearing with the completeness and finality of puffs of smoke. In a race or other test of endurance a flare of anger might even help, but in golf it is safe to say that he who loses his temper is pretty sure to lose the game.

In following a match onlookers must be careful to stand well within bounds and neither laugh nor talk nor do anything that can possibly distract the attention of the players. Unless your advice is asked for, you should not instruct others how to hold their clubs or which club to use, or how they ought to make the shot.

A young woman must on no account expect the man she happens to be playing with to make her presents of golf balls or caddy for her; nor must she allow him to provide her with a caddy. If she can't afford to hire one of her own, she must carry her own clubs or not play golf.

No one should stand close to or directly behind the ball, move or talk, when a player is making a stroke.

On the putting-green no one should stand beyond the hole in the line of the player's stroke.

The player should not play from the tee until the parties in front have played their second strokes and are out of range, or play up to the putting-green until the parties in front have holed out and moved away.

Players who have holed out should not try their putts over again when other players are following them.

Players looking for a lost ball should allow other matches coming up to pass them; they should signal to the players following them to pass and, having given such a signal, they should not continue their play until these players have passed and are out of reach.

Turf, cut or displaced by a player, should be at once replaced and pressed down with the foot.

A player should carefully fill up all holes made by himself in a bunker.

Players should see that their caddies do not injure the holes by standing close to them when the ground is soft.

A player who has incurred a penalty stroke should intimate the fact to his opponent as soon as possible.

Player who do not continue in the match play rounds of a tournament should be considered to have forfeited any prize they may have won in the qualifying round.

SAILORS

GENUINE WALNUT
Dining Room Suite \$69
Easy Weekly Payments

SAILORS

THE BOOK OF MERIT

7

THINGS CHILDREN SHOULD KNOW

OBEDIENCE

THE question of etiquette for children is a subject that can best be handled by being explicit and by using plain everyday language. It is the hope of the writer that many children will read, remember, and follow the suggestions herein outlined as there is no other thing that will assist them more in becoming real, popular and respected young men and women.

Remember your best friends are your mother and father and you owe them all the respect possible; but to be known as a child who at all times is respectful, not only to Mother and Father but to others as well, is a reputation every child should cherish.

Never talk back to older people, especially to your mother and father.

Never hesitate in carrying out requests of your elders.

Never whine or frown when spoken to by your elders.

Never contradict any one under any circumstances. It is very impolite and you may be mistaken.

Never do anything when forbidden by your elders.

Never worry or nag your parents. It is unnecessary and is bad form.

Do as you are told in a pleasant and willing way.

Never argue with your elders. They know best.

Never ask your mother or father to do something for you that you can do yourself.

Never take advantage of your elders. Their faith in you should be respected.

Be polite and respectful to your teachers at school and church.

Never disobey your teachers or your elders nor break the rules of the school.

CHILDREN'S APPEARANCE

KEEP yourself clean and neat looking at all times.

Keep your hair combed, your nails clean, and your shoes looking nice. It is just as easy to look nice as it is to be untidy.

Keep your clothes pressed nicely and well brushed.

Keep your teeth clean. Brush them not less than twice each day.

Remember you are judged by your appearance as much as by your manners.

One may have an excuse for not having better clothes but there can be no excuse for not being clean. Soap and water are in the reach of all.

CHILDREN IN THE HOME

Always greet the members of your family when you enter and always bid them goodbye when you leave.

Always rise to a standing position when visitors enter, and greet them after your elders.

Never address a visitor until he has started the conversation unless he is a person of your own age or younger.

Never interrupt a conversation. Wait until the party talking has finished.

Always rise when your visitor or your elders stand.

Never let your mother or your father bring you a chair or get one for themselves. Wait on them instead of being waited on.

If you leave or cross the room you should say "Excuse me."

If a visitor should say "I am glad to have seen you," you should say "Thank you."

Never run up and down the stairs or across the room.

Talk in a low, even voice. It denotes refinement.

Always give way to the younger child. It is your duty to look after them instead of fretting them.

Never retire without bidding the members of your family good night.

Follow these suggestions and you will assist in making the members of your family happy as well as in benefiting them in many other ways.

L
O
N
T
Z

B
R
O
S

C
O
A
L

A
N
D

C
O
K
E

PHONE
3-4106

Special Attention Given to Orders for Parties, Church Dinners and Picnics

EAST SIDE POULTRY COMPANY

FRESH EGGS

Phone 2-5159

120 S. Niles

MAR-MAIN PHARMACY

Miller and Booth

Main Street at Marion

“Try This Drug Store First”

Distinctive Homes

We are constantly building quality homes that represent all that is new in design and equipment. A wide variety of types, sizes, and prices.

They can be inspected at any time without obligation and be secured on attractive terms.

WHITCOMB & KELLER

Developers of Fine Residential Areas
Builders of Beautiful Homes

WITTNER'S DAIRY

Retail Milk Dealers

You Can Whip Our Cream, But You Can't Beat Our Milk

1314 Kinyon Street

Phone 2-1742

BROADWAY PHARMACY

Prescription Druggists

“Call Us Up — We Deliver”

Phone 3-0687

Corner Michigan and Broadway

REX - PHARMACY

Prescriptions — Drugs

We Sell Majestic Radio

Phone 3-0564

Cor. Ewing and Michigan

SAILORSGENUINE WALNUT
Bedroom Suite
Easy Weekly Payments**\$68****SAILORS**

THE BOOK OF MERIT

9

CARE OF THE SKIN

Makeup

Modern make-up calls for naturalness. So the nearer your rouge and powder resembles the real color of your skin, the smarter you will look.

Your face should always be cleaned with a good cleansing cream which, in turn, is removed with a cleansing tissue. After it is thoroughly cleansed, and the excess cream has been removed with a bit of cotton saturated with skin freshener, a good paste rouge is the best and easiest to apply. If you find that it does not blend into your skin, it will, after the heat of your face has slightly softened it. Have more color in the center and higher up on the cheeks, blending the edges into your skin so that it looks like a natural glow. This same paste rouge can be applied to your lips, insuring the perfect matching of lips and cheeks.

Finding Your Color

For the correct color of your rouge you should use the inside of your wrist, slapping it very hard until the blood comes to the surface. Put a small amount of the rouge next to the bright red spot, until you find the proper color. In this way your rouge is the exact color of your cheeks.

Mix Your Powder

Your natural shade of powder can also be determined this way, though you should see your daytime powder in a good light. If you cannot buy powder the color of your skin, and have any eye for color at all, mix several shades in a good light until you find the correct one. When powdering your wrist makes no appreciable difference in its looks, you have found your blend. It is necessary to have two mixtures at least, one for daytime and one for evening, as lights make everything a different color. If you go in for active sports a darker powder is smart, as it looks more healthy, the sun-tan vogue increasing, instead of being less popular.

Careful experimenting is necessary to see that the makeup harmonizes with each costume worn. A more brilliant rouge can usually be worn in the evenings. Possibly a lighter powder can be worn in the evening, except with white, the high shades, and the sun-tan shades. Medium is a good general shade for daytime, while bright or brilliant is better for evening.

Purity of Cosmetics

One of the most important things to be considered is whether your powder and rouge, as well as your creams, are of the purest. Do not hesitate to buy the very best; it does not necessarily mean the most expensive. Look to the integrity of the maker. If you wish to find exactly what you are using you can have the powder analyzed. If a manufacturer sells a pure powder it is probable that all of the products are of the same grade.

Skin Very Sensitive

The skin of a woman is probably the most sensitive part of her body, though some women might forget and use a powder of which they know nothing. They wouldn't think of eating food which is spoiled, but are constantly irritating their skin with the powders which may not be pure.

Daily Care

Every woman's skin needs daily care and should be cleansed as often as necessary. Dirt clogs up the pores, causes blackheads and keeps the skin from breathing. Soap and water will not do this work. In the first place it does not thoroughly clean the skin. Besides it is drying and ages the skin. Regularity about simple cleansing is more important than creams which are said to work wonders overnight and, if they do, they are too strong. Some women go to extremes and are spoiling their skins by over-care, for too many creams clog up the pores, too much massage breaks down the tissues.

Health Important

No matter how much expensive cream is used a perfect complexion will not be the result unless you take proper care of your body, as well as your face. Elimination should be watched, for a sluggish body results in a blotched skin. Regular exercise and long walks in the open air with help.

Eliminate Defects

Don't cover up your defects with a heavy powder. Eliminate them. This type of powder may cover blemishes but it makes others, because the skin does not have a chance to breathe.

Study Your Skin

Many of us have to combat dry skins. However, the individual skin should be studied, as different skins require different care. A cream which would take lines away from the dry skin might cause pimples on a too oily skin.

Cleansing Creams

Cleansing creams which contain nothing except cleansing oils liquefy immediately. For the average woman this cream is the best. If the thicker cleansing cream suits your skin do not change, provided you are willing to spend extra time massaging. The thin creams are better for the busy woman, as they go into the skin more readily and more quickly.

Never Rub Down

Always rub upwards, both in cleansing your skin and in massaging, as downward motion breaks down the muscles. Never rub hard, a light touch is infinitely better.

Neck Shows Age

Skin should be cleaned night and morning; not forgetting the neck, as the neck and hands

L
O
N
T
Z

B
R
O
S

C
O
A
L

A
N
D

C
O
K
EPHONE
3-4106

South Bend's Leading Theatres

PALACE & GRANADA

Phone 2-6024

Always a Good Show

Radio Keith Orpheum's

Phone 2-1391

— Often a Great Show



are the first to show age, being so often neglected.

In Her Teens

The girl in her teens needs very little except thorough nightly cleansing, followed in the morning by a skin freshener, and a normal amount of make-up. Too much makeup spoils her looks, as her chief charm is in looking natural, normal and healthy. If she feels that she must wash her face at times she should use a good complexion brush and a pure cold cream soap, followed by the application of cream or lotion, as soap has a tendency to dry the skin.

Blackheads and Pimples

Temporary relief for an oily skin which is inclined to have pimples or blackheads can be had by using almond meal as if it were soap. Sometimes, not often, a hot almond meal pack, to which has been added a few drops of tincture of benzoin, can be used. First, however, the face should be thoroughly cleaned with a good cream. Then spread the paste thickly on the face and over this place a layer of cheesecloth and apply bath towels wrung out of the hottest water you can stand.

Ice Stimulates

When this pack is removed, cracked ice in a small bag will both stimulate the skin and close the pores, and it makes one feel so fresh. Ice is wonderful as a tonic and astringent, especially for oily skins. This treatment should be followed by a soothing lotion, preferably one containing almonds. If this condition still persists, a skin specialist should be consulted.

Many people insist on squeezing blackheads or pimples. This is very bad for the skin and many times will cause the condition to spread, unless done by an expert who carefully sterilizes everything. But if in spite of everything you must do this the skin should be thoroughly cleansed, hot cloths applied to open pores. Afterwards, a good acme cream should be massaged in and left for some time, followed by an astringent.

In Your Twenties

Keep after your circulation, and above all watch your elimination.

Foundation Cream

To protect your skin, after the application of skin freshener in the morning, apply a foundation cream or a liquid complexion dressing being careful that it is not drying to the skin.

Care of Back and Shoulders

In the twenties, and afterwards, it is necessary to use plenty of creams on the neck and shoulders as well as the hands. A good treatment for the back consists of the application

of hot towels, followed by tissue cream or oils which have been heated, as the hot oils penetrate better.

Late Twenties or Thirties

In the late twenties or thirties tissue cream is necessary, but should be used carefully. A little is good, but it does not follow that a great deal will be better. This cream is food for the skin, full of nourishing oils, and will help round out the hollows, but should not be used on certain parts of the face, such as under the chin where most women are inclined to be fat. This cream, however, is invaluable for removing those tired rings from under the eyes. Pat it in, never rub, and work it towards the nose, never outward. Muscle oil should be used here if the hollows are very pronounced. Both of these do their work better if applied and left overnight.

Relaxation Every Day

If you apply tissue cream in the daytime it should be done before a short daily nap. Nothing freshens a woman's looks as much as a short nap, and at this time the creams can best do their part. Put some of those hot camphor eye pads or cotton, wrung out in iced witch hazel, over your eyes. Lie down and thoroughly relax for ten to twenty minutes. Be careful that none of the cream gets into the eyes.

Warding Off Double Chin

If you are inclined towards a double chin, this is the time to do something about it. Astringent cream should be put on and left for the twenty minutes relaxation. In extreme cases iced astringent lotion on a cotton pad should be applied to the chin and tied tightly with a towel which ties at the top of the head. But above all, form the habit of a short period of relaxation once a day. It will do wonders towards keeping you young.

In The Forties

In the forties, astringent cream treatments, using this stimulating cream over the whole face, will stimulate laggard circulation. Cleanse the face first, apply astringent cream, twenty minutes of rest and then remove with skin freshener. Use your skin freshener as if it were water for it will do your skin much more good.

Tissue Cream

In your forties you will need much more tissue cream than before. Vary your astringent cream treatments with tissue cream applications, or if your skin ever feels dry, have a facial at a good salon.

Perfumes

Mixing two or three of your favorite perfumes makes a really new odor. It is not extravagant, as, like powder, it will last three times as long.

CARE OF THE HAIR**Individuality**

This attribute is most necessary in the coiffure of the distinguished woman of today. The clothes being of the same type, hats all alike, it remains to the coiffure for the final touch to make woman show her femininity.

No matter how smartly dressed is the hair it needs constant care so that it will be full of life, glossy and really a crowning glory. It cannot be neglected for weeks and suddenly look perfect. So many women have waves which they do not wish to brush out, but if these waves are properly trained this should cause no trouble.

Hot Oil Shampoos

However, if this is not possible, hot oil shampoos—except in the case of blondes—are wonderful for making the hair glossy. This can be done at a beauty shop, or it can be applied and left for a few hours or overnight. If done at home olive oil and castor oil combined are very good, or you could have a prescription from the family physician. The oil should be heated and applied with a bit of cotton, taking care to apply it to the scalp and not the hair. Sit in the sun for a few minutes or apply bath towels wrung out of hot water, just before washing the hair.

Oily Hair

If your hair is excessively oily it means that the glands do not function properly. Do not wash it so often, for this just aggravates this trouble, however contradictory this may seem. A good cleansing with dry shampoos, such as meal or orris-root, once a week might help this trouble.

First brush the hair thoroughly with a stiff brush, wiping the brush off with a clean bath towel at intervals. Then apply the orris-root or meal, which should be in a shaker. Be careful to get it on the hair and not the scalp. When this is thoroughly brushed out,

using the towel for the excess, the hair will be clean, soft, and fluffy.

When the hair is only slightly oily a good tonic could be applied. Vigorous massage helps the circulation, and is good for the scalp, no matter in what condition it may be. If your scalp is tight it is very necessary that it be massaged. Put on the tonic with a scalp brush and then massage thoroughly, going down the spinal cord and around the shoulders. This is excellent for the circulation as it brings blood to the head.

Dandruff

Dandruff is partly due to nervousness, poor circulation, lack of proper brushing, extreme dryness due to too many shampoos, or a number of reasons. The only way to combat it is to remove the cause. There is no miraculous treatment which will accomplish this overnight. You must be persistent and regular. After you have powdered your face brush the excess powder out of your hair around the hair line, for this might give you that appearance.

Dressing the Hair

Dressing the hair is an art. Your hairdresser should study the lines of your face and create an individual coiffure. If the shape of your head is good let the hair be very sleek, softened by a few soft curls possibly around the face. Hair was meant to be a frame for the face, and should be just that.

Studied casualness is the order of the day. Smart women groom themselves carefully, but appear very unconcerned about it. An attractive head should show artistry, but no suggestion that it is fresh from the hairdresser.

If your hair is not naturally curly, following the same wave constantly will train it to be so, if the wave is thoroughly put in and thoroughly dried each time. Habit is a great thing, even with hair, and soon you will be comforted by naturally curly hair, a crowning glory.

L
O
N
T
Z

B
R
O
S

C
O
A
L

A
N
D

C
O
K
E

PHONE
3-4106

Special Attention Given to Orders for Parties, Church Dinners and Picnics

EAST SIDE POULTRY COMPANY

FRESH EGGS

CARE OF THE HANDS

Beautiful hands are the ideal of all women of distinction. Nothing looks worse than ill kept hands covered with numerous rings.

If a woman does her own housework, washing can be done with hands securely covered with rubber gloves. Gardening, dusting and sweeping can be done while wearing cotton gloves. Too much water dries up the natural oil of the skin and undue exposure to dust and dirt tends to roughen the skin.

There are other ways of protecting the hands. When they are washed in the morning a few drops of glycerin can be added to the rinsing water. The best soap is none too good for your hands. There are many fine castile or cold cream soaps on the market. The cold cream soaps are just what they sound, made partly of cold cream, and are wonderful for the bath as well, being delightfully soothing.

A good hand lotion should be used after washing, for it will protect the skin and make it soft as velvet, if used regularly. There are also many creams made especially for the care of the hands which go into the skin and leave it greaseless. Either of these two will keep the hands from chapping.

Hands should be massaged once a week with some good tissue cream. Some beauty shops will do this for you. Do not neglect the wrists and elbows, for elbows which do not have care are wrinkled and dry.

If your hands have a tendency to perspire,

one of the skin tonics which is used on your face will correct this tendency and make them feel much better.

Nails, also, should have constant care, the best time for this being after the daily bath. At that time, while the cuticle is soft, it can be pushed back with the bath towel. Pushing the cuticle back with any sharp instrument, especially when it is hard, is injurious, and is liable to cause rough places and broken cuticle. Only beauty shop operators who have studied things of this sort should attempt it.

If you faithfully adhere to this method of pushing back the cuticle every day after your bath there should be no dead cuticle to cut away. Cutting is not good for the cuticle; it is so easy to injure it. Cuticle can be kept soft by applying olive or castor oil to the nails nightly. This also helps the skin around the end of the nails.

Your nails should never be cut, as it thickens them. They should be filed and then finished with an emery board. Some manicurists add oil to the soapy water in which the nails are soaked; the warm water helps the oil to penetrate.

As for polish, some prefer powder, while others prefer the liquid polish. Too brilliant a polish, however, is not in good taste; for the utmost refinement, after all, lies in being natural. Nails should be polished enough to have a healthy looking gloss.

SUN-TAN

With sun-tan being a household word and increasing in popularity it is necessary for one to know how to avoid browning.

The average man of athletic tendencies has a tough skin which is impervious to burns, but lovely woman, who has always sheltered her skin from the sun, has a lesson to learn.

She wants an attractive coat of tan, and she wants to keep her skin as soft and dainty as it has always been. This is possible, if she does it by degrees, and does not get too enthusiastic and overdo the thing.

Tanning is healthy for most people, but too much of any thing is not good. So one should strike the happy medium. This can be done by sunning a few minutes the first day and working up to the sun bath of an hour or more over a period of weeks. Sun also is a cure for more than one disease. To get an attractive and even color some sun bathers use various oils rubbed over the exposed surfaces. This also keeps the skin soft, as the sun is inclined to dry up the tissues by drying the natural oil of the skin.

By experimenting one can find which oil is best. Many shops carry special oils created for that purpose. There is also olive oil, coconut oil, cocoa butter, and things of that sort.

Care should be taken to have the bathing suit cut as low as the lowest cut gown in your wardrobe. Straps of the suit should be constantly moved so that there will be no

white marks on the shoulder. Wearing several different suits would also solve that problem.

If you disregard all advice and become burned go home, wash off all the oil and apply cream—milk is not quite as good as cream. If extremely burnt apply it again in a few hours. There are other preparations which can be bought at the stores, but cream is wonderful. Stay out of the sun until your oil glands have a chance to function and until your skin has a chance to heal. If you commence peeling your skin will be white again and you will have to start all over. Constant application of cream, soothing lotions and hand lotions are fine for this and will not grease your clothes and may keep you from having this disagreeable experience.

If you are careful at first, by the middle of the summer, or earlier, you will have nothing to worry about.

Plenty of tissue cream should be used on the face and neck at this time. Watch the pores; do not let them become enlarged. Eyes should be covered for prolonged sun bathing, for your lids are very tender. Muscle oil should be used above and under the eyes at night to combat the drying effect of the sun. The eyes can be covered with tiny pads of cotton if the sun hurts them. Hair should also have attention, unless you want it to bleach. Have plenty of hot oil shampoos, they will keep your hair glossy and beautiful.

HELP IN CASE OF ACCIDENTS

Drowning. 1. Loosen clothing, if any, 2. Empty lungs of water laying body on its stomach and lifting it up by the middle so that the head hangs down. Jerk the body a few times. 3. Pull tongue forward, using handkerchief, or pin with string, if necessary. 4. Imitate motion of respiration by alternately compressing and expanding the lower ribs, about twenty times a minute. Alternately raising and lowering the arms from the sides up above the head will stimulate the action of the lungs. Let it be done gently but persistently. 5. Apply warmth and friction to extremities. 6. By holding tongue forward, closing the nostrils, and pressing the "Adam's Apple" back (so as to close entrance to stomach) direct inflation may be tried. Take a deep breath and breathe it forcibly into the mouth of patient, compress the chest to expel the air and repeat the operation. 7. **DON'T GIVE UP!** People have been saved after hours of patient vigorous effort. 8. When breathing begins get patient into a warm bed, give warm drinks, or spirits, in teaspoonfuls, fresh air, and quiet.

Burns and Scalds. Cover with cooking soda and lay wet cloths over it. Whites of eggs and olive oil. Olive oil or linseed oil, plain or mixed with chalk or writing. Sweet or olive oil and lime water.

Lightning. Dash cold water over a person struck.

Sunstroke. Loosen clothing. Get patient into shade and apply ice-cold water to head. Keep head in elevated position.

Mad Dog or Snake Bite. Tie cord tight above wound. Suck the wound and cauterize caustic or white-hot iron at once, or cut adjoining parts with a sharpe knife. Give stimulants, as whiskey, brandy, etc.

Stings of Venomous Insects, etc. Apply weak ammonia, oil salt water, or iodine.

Fainting. Place flat on back; allow fresh air and sprinkle with water. Place head lower than rest of body.

Cinders in the Eye. Roll soft paper up like a lamplighter, and wet the tip to remove, or use a medicine dropper to draw out. Rub the other eye.

Suffocation from Inhaling Illuminating Gas. Get in to the fresh air as soon as possible and lie down. Keep warm. Take ammonia—twenty drops to a tumbler of water, at frequent intervals; also two to four drops tincture nux vomica every hour or two for five or six hours.

If Any Artery is Cut, compress it above the wound. Blood from an artery is red, that from the veins dark.

ANTIDOTES FOR POISONS

First. Send for a physician.

Second. Induce vomiting by tickling throat with feather or finger. Drink hot water or

strong mustard and water. Swallow sweet oil or whites of eggs.

Acids are antidotes for Alkalies and vice versa.

SPECIAL POISONS AND ANTIDOTES

Acids: Muriatic, Oxalic, Acetic, Sulphuric (Oil of Vitrol) Nitric (Aqua Fortis)—Soap suds, magnesia, lime-water.

Prussic Acid:—Ammonia in water. Dash water in face.

Carbolic Acid:—Flour and water, mucilaginous drinks.

Alkalies, Potash, Lye, Hartshorn, Ammonia—Vinegar or lemon juice in water.

Arsenic, Rat Poison, Paris Green—Milk, raw eggs, sweet oil, lime-water, flour and water.

Bug Poison, Lead, Saltpetre, Corrosive Sublimate, Sugar of Lead, Blue Vitrol—Whites of eggs or milk in large doses.

Chloroform, Chloral, Ether—Dash cold water on head and chest. Artificial respiration.

Carbonate or Soda, Copperas, Cobalt—Soap-suds and miculangious drinks.

Iodine, Antimoy Tartar Emetic—Starch and water, astrigent infusions, strong tea.

Mercury and its salts—Whites of eggs, milk muscilages.

Opium, Morphine, Laudanum, Paregoric, Soothing Powders or Syrups—Strong coffee, hot bath, keep awake and moving at any cost.

Other Material

For Sore Throat or Tonsillitis—Two ounces of glycerine cut with lemon juice, or about equal parts of glycerine and lemon juice. Use often.

For Summer Colds or Coughs—Try putting one drop of oil of tar on a lump of cube sugar, leaving until sugar dissolves the oil. Eat slowly, allowing it to dissolve in the mouth.

For Croup—Feed a child all the cooking molasses he will eat.

For Sore Throat—One glass of hot water, one teaspoon soda, three drops of carbolic acid. Gargle every hour. It is one of the most reliable gargles and gives quick relief. Pineapple or pineapple juice is a good cure for sore throat.

Uses of Boracic Powder—Will relieve sore eyes by making a solution of the powder and water and dropping into the eye. The powder will relieve tired and aching feet by dusting in shoes. Is fine for healing an obstinate sore.

L
O
N
T
Z

B
R
O
S

C
O
A
L

A
N
D

C
O
K
E

PHONE
3-4106

South Bend's Leading Theatres

Radio Keith Orpheum's

PALACE & GRANADA

Phone 2-6024

Phone 2-1391

Always a Good Show

— Often a Great Show



HOME HINTS

To Brighten Nickel Trimming

On a gas stove, wash with warm water in which two tablespoons of kerosene has been stirred.

Cleaning Carpets

Moisten enough corn meal with gasoline to sprinkle over carpet. Rub back and forth into carpet with broom before sweeping. Sweep thoroughly. Do not have fire in room while using gasoline.

To Clean Silverware

Boil in an aluminum kettle with soapsuds or in pan with an aluminum thimble. This is worth trying.

To keep silver from becoming tarnished put in box and cover with wheat flour.

To Take Spots Off Wall Paper

One teacup of bran moistened with gasoline. Tie in thin cloth and rub soiled spots.

Carpets can be cleaned and colors restored by going over occasionally with a broom dipped in warm water in which a little turpentine is added.

An equal mixture of turpentine and linseed oil will remove white marks from furniture caused by water.

Gilt Frames

Clean gilt frames with a sponge moistened in turpentine.

Clean Mirrors and Windows

Use a soft chamois skin to wash them and they will need no polishing or drying.

Heat Stains

Heat stains on varnished furniture or tables can be easily removed by using a soft cotton flannel cloth dampened with coal oil. Apply and rub until the white stains disappear.

Table Covers

Be sure to place a pad under the oil cloth cover to your kitchen table as it lessens the noise, renders it easier to clean and doubles its wearing qualities.

An Easy Way to Clean Egg Spoons

Here is a little chemical trick worth knowing. When silver spoons become tarnished from use in boiled eggs, scour the tarnished spots with a little moist salt. The tarnish will disappear as if by magic.

Open Fruit Jars

A difficult cover on fruit jars is easily removed by turning the jar upside down in an inch or so of hot water. Leave a few minutes, then remove.

Wall Cleaner

An excellent article for cleaning wall paper is half baked bread dough. Roll in a ball and sponge the walls thoroughly.

Plant Tonic

A tablespoon of castor oil poured on the ground around the roots of palms and ferns once a month gives them a rapid growth and makes them look fresh and green.

Turpentine

Use plenty of turpentine or cabolic acid in the waters for the floors. It means death to insects in the cracks.

Mosquitoes

Take of gum camphor a piece about one-third the size of an egg and evaporate it over a lamp or candle, taking care that it does not ignite. The smoke will soon fill the room and expel the mosquitoes.

To Abolish Ants

Sprinkle oil of pennyroyal about the places which are infested with ants and you will not be troubled with them. Be careful, as this is a poison, not to place the bottle containing it where it may be mistaken for medicine.

To Prevent Burning

A tin of water placed in the oven while baking ginger bread or fruit cake will prevent burning.

To Clean Silver

One-half ounce of prepared chalk, two ounces of alcohol, two ounces of ammonia. Apply with cotton flannel and rub with chamois skin.

To set green or blue, soak the articles at least ten minutes in alum water before washing. Use an ounce of alum to one gallon of water.

Black or black and white goods should be soaked in salt water (one cup salt to one pail water) for at least an hour to set the colors. Turpentine will remove wheel grease, pitch and tar.

Turpentine and soap will remove ink stains from linen.

A few drops added to water in which clothes are boiled will whiten them.

RUST SPOTS

Rust spots may be removed from linen by applying lemon juice and salt. Leave the articles lie in the sun. When dry, apply time and again until the spot disappears.

STAINS

Coffee—Pour boiling water over the stain. If resistant, try javelle water.

Grass—Alcohol will dissolve grass stains and is recommended for materials that can not be washed.

Mildew—If fresh, can sometimes be re-

HOME HINTS—Continued

moved with javelle water, but old blemishes can not be removed. It is the most objectionable blemish known, being caused by a mould.

Milk or Cream—Wash first with cold water then hot. Alcohol will remove the stain on colored materials.

Tea—Wash in cold water, pour boiling water through the stain. Soak a bad tea stain in glycerine.

Scorch Stains—Scorch stains can be removed at once by rubbing with peroxide. Apply until it vanishes and then finish ironing.

Cold water will take chocolate out of materials that won't "ring." Spot with the water. Can be sponged right out, or several days after.

If an egg cracks in boiling water, immediately put a little salt into the water and the contents will not ooze out.

BLEACH

To bleach most any kind of stain from white materials, make the following: 2 lbs. Sal Soda in 2 quarts of water and boil until dissolved. Then add contents of one can Chloride of Lime. Bottle and put away as it will keep. Soap things about 10 minutes, then rinse well and boil. Will not rot the material if well rinsed.

TO TAKE OUT PAINT

Equal parts of ammonia and spirits of turpentine will take paint off clothing, no matter how dry the paint is. Saturate the spot two or three times and then wash out in soap-suds.

BOILING CLOTHES

A tablespoon of turpentine boiled with your white clothes will greatly aid in the whitening process.

PEACH STAINS

Wet the stain with cold water, rub on soap, lay in hot sun. Repeat until stains vanish.

TAR STAINS

Clear lard is the best thing for tar stains. Carefully scrape the loose tar away, so as not to spread it, rub the lard into the stain, after which wash as usual.

WASHING AND CLEANING FLUID

Chloride of lime, one pound; sal soda, three pounds; one-half ounce of glacial acetic acid,

99½ per cent; water, one gallon. Heat the water, dissolve the soda in it, stir the lime in a little cold water, then add and let boil five minutes. Pour off the liquid, put in acid and bottle for use. Vinegar can be used instead of acid. Then use one cup vinegar. The settlings are good to clean stained kettles, pans, sinks and toilet bowls.

TO CLEAN PAINT

Put some of the best whiting on a plate. After dipping a piece of flannel into clean, warm water, squeeze nearly dry, and then take as much whiting as will stick to it, and apply it to the painted surface, when a little rubbing will quickly remove dirt or grease.

TO WASH CREPE DE CHINE

In washing light colored crepe de chine material take crepe paper of darker shade and squeeze some of it into the final rinse water until the desired shade is obtained. Dry in shade and the material will look like new.

White silk hose can be colored in this way to match any evening gown. Always have the article wet before dipping into the coloring.

HAVE YOU EVER TRIED

Cooking apricots and dried peaches together?

Combining in a salad cold mint, cooked dried beets, and carrots dressed with mayonnaise?

Putting a sprig of mint in the water in which potatoes are boiling to give them an odd and delicious flavor?

Serving salmon with orange juice instead of lemon?

Cooking cranberries with prunes?

Adding three or four cloves when boiling veal or tongue to flavor them?

Making almond and rose flavor together in making angel food cake?

Using equal parts of cold-boiled macaroni, cooked diced carrots, and canned or fresh peas to make a novel salad?

Cooking a few slices of lemon with prunes, or cooking a small bag of spices with them?—**Today's.**

Add Cold Rice to Waffles

Try adding a cup of cold cooked rice to your waffles, they will always be tender.

Special Attention Given to Orders for Parties, Church Dinners and Picnics

EAST SIDE POULTRY COMPANY

FRESH EGGS



SUPERIOR REFRIGERATION CO.

FRIGIDAIRE

Product of General Motors

Phone 2-9719

118 W. Colfax Avenue

South Bend, Ind.

ZIMMER'S

Dairy Products

Four Stores

305 South Main

124 N. Main

138 N. Main

In the Arcade Bldg.

OPEN SUNDAYS AND EVENINGS

For Shoe News

and

New Shoes

Walk-Over

Phone 2-6261

111 South Michigan

FROZEN DAINTRIES

FROZEN TOMATO SOUP

1 can tomato soup ½ tablespoon gelatine
1 can water

Heat the soup and water together to boiling point, and stir in the gelatine which has been soaked for 5 minutes in cold water to cover. Cool thoroughly and freeze. Time required, about 3 hours. Serve topped with slightly salted whipped cream sprinkled with paprika.

FROZEN BOUILLON

1 quart bouillon ¾ tablespoon gelatine
Seasonings

Prepare, freeze and serve as directed in recipe for frozen consomme below.

FROZEN CONSOMME

1 quart consomme Celery Salt
Salt ¾ Tablespoon gelatine
Pepper

Heat consomme to boiling point, add seasonings to taste and stir in gelatine which has been soaked in cold water. Cool thoroughly and freeze for 3 hours. Serve in bouillon cups topped with seasoned whipped cream.

SEMI-FROZEN FRUIT COCKTAIL

Orange pulp White cherries,
Grapefruit pulp pitted.
Bottled grape juice

Combine fruits and stir in sufficient quantity of grape juice to make the whole a juicy mixture. Pour into a freezing tray and chill until the juice is partially frozen, stirring every 15 minutes. Time required, about ¾ hour.

Other fruit combinations may be used to advantage.

For instance, diced peaches, pears, pineapple and raspberries; or fresh or canned strawberries and pineapple.

If very sweet canned fruit is used, a little lemon juice should be added to the mixture.

In using fresh fruit, it may be necessary to make a small amount of sugar syrup to give sufficient sweetening and liquid to the cocktail. The syrup should be cooled before adding to the fruits.

CHILLED STUFFED TOMATOES

Ripe tomatoes Salt
Celery Mayonnaise
Green Pepper

Remove skins from firm ripe tomatoes (1 to each person to be served, if small, and ½ to each person, if large).

Scoop out pulp and fill with a salad composed of chopped celery and green pepper into which mayonnaise has been stirred.

Chill for ½ hour.

Tomatoes must not be frozen as they become hard and icy, due to their watery consistency.

Tomatoes may be stuffed with shredded shrimp and chopped olives mixed with mayonnaise, or cottage cheese, blended with mayonnaise and sprinkled with paprika.

CHAMPION CANTALOUPE

Pulp of 2 medium spice, cinnamon,
sized cantaloupes nutmeg, ginger
½ teaspoon salt ¼ cup sugar
Dash each of all- 1 cup heavy cream

Scoop out pulp of cantaloupes, put through food chopper and stir in salt, sugar and ground spices.

Set in the ice box food compartment for 1 hour.

Fold in stiffly whipped cream and place in the freezing tray for 2 hours.

Served on crisp lettuce and topped with mayonnaise, this makes a novel salad.

Or frozen in paper cup and topped with whipped cream and a maraschino cherry it is a delightful dessert.

FROZEN CHEESE SALAD

1 cup cream cheese, ½ teaspoon celery salt
mashed ¼ teaspoon dry
1 medium sized green mustard
pepper, minced 1 teaspoon salt
1 small can pimento, ¼ cup olive oil
chopped. 1 tablespoon lemon
½ cup nut meats, juice
chopped ¼ cup cream
½ teaspoon paprika

Mix first 4 ingredients, add seasonings, stir in olive oil and lemon juice, blending well. Then fold in whipped cream. Freeze 4 hours. Serve garnished with lettuce and French dressing.

CHILLED PINEAPPLE SALAD

Used sliced canned pineapple, one slice to each person to be served. Fill the centers with a small mound of salad made of cottage cheese blended with lemon juice, paprika, salt and ground nuts. Chill 1 hour in the freezing tray. Serve on crisp lettuce and top with a creamy mayonnaise.

CHILLED PEAR SALAD

Used canned or fresh pears, one-half pear to each person to be served. Fill centers with a salad made of orange pulp and shredded pineapple blended with a creamy mayonnaise. Chill 1 hour. Serve with a garnish of lettuce.

Halves of canned or fresh peaches may be prepared in a similar manner using pineapple and pecan nut meats with mayonnaise, or some other appropriate combination.

CHILLED FRUIT SALAD

½ cup Malaga grapes, ½ cup canned white
halved and seeded cherries
½ cup orange or ½ cup diced canned
grapefruit pulp pears
½ cup diced canned 1 cup mayonnaise
pineapple 1 teaspoon gelatine

Stir the fruits into the mayonnaise. Add the gelatine which has been previously soaked in cold water to cover and softened over boiling water. Chill about 2 hours. Do not allow this salad to freeze. It may be chilled in paper cups or in one piece and cut into cubes for serving. Garnish with lettuce and mayonnaise.

L
O
N
T
Z
B
R
O
S
C
O
A
L
A
N
D
C
O
K
E

PHONE
3-4106



Proper glasses lighten labor, banish blues, spread sunshine.

LEMONTREE'S — Optometrists and Opticians

222 1/2 So. Michigan St.

Phone 2-5796

GRAPE SHERBET

- 2 cups sweetened grape juice
- 2 teaspoons gelatine

Follow recipe for pineapple sherbet substituting grape juice for pineapple and juice, omitting sugar and using 2 teaspoons of gelatine instead of 1.

APRICOT PARFAIT

- 1 cup sugar
- 1/3 cup water
- 4 egg yolks
- 1 pint heavy cream
- 1 cup apricot pulp
- Juice of 1/2 orange

Cook sugar and water until it spins a thread. Pour into well beaten egg yolks and cook in a double boiler, stirring constantly until thickened. Chill thoroughly and add the orange juice and apricot pulp. (Either canned apricots or stewed dried fruit may be mashed through a sieve.) Fold into the whipped cream and freeze 4 hours.

MAPLE NUT PARFAIT

- 1 cup maple syrup
- 4 egg yolks
- 3/4 cup chopped nut meats

Use recipe for vanilla parfait, substituting boiling maple syrup for sugar and water, and egg yolks for whites. Add nut meats. Omit vanilla. Freeze as directed above.

BISCUIT TORTONI

- 1 cup sugar
- 1 cup water
- 4 egg yolks
- 2 teaspoons gelatine
- 1 pint heavy cream
- 1/2 cup chopped blanched almonds
- 1 cup dry macaroon crumbs

Boil sugar and water together five minutes. Poud over beaten egg yolks, stirring constantly, and cooking until thickened. Add gelatine, which has been soaked in water to cover. Add chopped nuts and half the macaroon crumbs. Chill thoroughly. Fold in stiffly whipped cream and freeze in paper cups with the remainder of the crumbs sprinkled on top. Freezing time, 5 hours.

FROZEN CHOCOLATE CUSTARD

- 2 squares bitter chocolate
- 1/4 cup sugar

Melt the chocolate over boiling water and add it with the sugar to the custard, in the recipe for Grozen Cream Custard. The whipped cream may be omitted when a plain chocolate custard is desired.

FROZEN CREAM CUSTARD

- 3 cups milk
- 2 tablespoons corn-starch
- 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, place in the freezing tray. After freezing for 1 hour stir in the cream which has been whipped stiff, and freeze 2 hours longer.

FROZEN FRUIT CREAM

- 1 cup grated pineapple (drained)
- 1 cup banana pulp
- 1 tablespoon lemon juice
- 1 pint cream
- 1 cup sugar

Mix the first four ingredients thoroughly, stir into the cream and place in the freezing tray, stirring every half hour until stiff enough to hold its shape. Freeze 4 hours.

This recipe may be varied by substituting other fruits, for the banana and pineapple.

NEAPOLITAN ICE CREAM

Prepare the mixture for chocolate ice cream according to directions given, and pour into the large freezing tray. Stir 3 times at half hour intervals. Then prepare the raspberry mousse, chilling thoroughly in the food compartment of the ice box before adding the whipped cream. Pour the mousse mixture over the chocolate ice cream in the freezing tray. Leave in the ice box to freeze for 2 hours. Then pour in the vanilla parfait mixture which has been prepared according to directions and thoroughly cooled in the food compartment. Freeze 3 hours longer, and serve.

This recipe makes a large amount of ice cream. Each part may be reduced one-third or one-half if desired.

PEACH ICE CREAM

- 1 cup milk
- 2 eggs
- 1/2 cup sugar
- 1 tablespoon gelatine
- 1/2 cup hot water
- Few grains salt
- 2 cups peach pulp (if fresh peaches are used, let stand 1/2 hour with 1/2 cup sugar)
- 1 cup heavy cream.

Scald the milk. Add the sugar and salt to the beaten eggs, then pour slowly into the hot milk, stirring constanly and cooking until the mixture coats the spoon. Dissolve the gelatine in the hot water after it has been soaked in cold water to cover for a few minutes. Combine the two mixtures, cool, add the stiffly whipped cream and fold in the peach pulp, place in the ice box and freeze 4 hours.

VARIOUS FRUIT ICE CREAMS

Apricots, strawberries, raspberries, etc., may be substituted for peaches in the preceding recipe, varying the quantity of sugar according to the tartness of the fruit.

CARAMEL NUT ICE CREAM

- 1/2 cup sugar
- 1/2 cup water
- 3/4 cup chopped nut meats (preferably pecans)

Use the recipe for vanilla ice cream.

Before adding the cream, stir in the half cup of sugar which has been browned in a saucepan and simmered in the water until dissolved.

Then fold in the nutmeats, add the cream and freeze as the vanilla ice cream.

CHOCOLATE ICE CREAM

- 2 squares bitter chocolate
- 3/4 cup sugar

For chocolate ice cream add bitter chocolate melted and blended with 1/4 cup sugar, and use only 1 teaspoon vanilla.

Freeze as the vanilla ice cream.

VANILLA ICE CREAM

- 1 pint milk
- 3/4 cup sugar
- 1 tablespoon corn-starch
- 2 eggs
- Few grains salt
- 1 teaspoon gelatine
- 1 tablespoon vanilla
- 1 cup heavy cream

Make a custard of the first 5 ingredients. Add the gelatine, which has been soaked in cold water to cover.

When cold add the vanilla and fold in the stiffly beaten cream.

Freeze in the ice box for 4 hours, stirring three times at half hour intervals.

SELECTED SPECIALS**BULL FROG SOUP**

- | | |
|---------------------------|-----------------------|
| 1 cup bread crumbs | 2 tablespoons parsley |
| 2 tablespoons onion juice | 1 egg |
| 1/2 teaspoon salt | 1 cup flour |
| 1/4 teaspoon pepper | 3 tablespoons water |
| 1/4 lb. steak (round) | 1 small soup bone |

Make broth or stock out of soup bone. There should be six cups of broth, season nicely and strain. Take the egg, break in bowl, add water and salt, sift in flour and beat well. Should be consistency of noodle dough. Roll out thin, cut in 4-inch squares. Chop the meat, mix seasonings, meat and bread crumbs together. Moisten with two tablespoons of the broth. Place a tablespoonful of mixture on each square of dough, gather four corners, press together and drop in the boiling broth, cook for eight minutes. Serve in soup plates, sprinkle with parsley. Toasted croutons are nice to serve with this.

CORN AND CHEESE SOUFFLE

- | | |
|---------------------------|---------------------|
| 2 tablespoons butter | 1 cup corn |
| 1 tablespoon green pepper | 1 cup grated cheese |
| 6 tablespoons flour | 3 eggs |
| 2 cups milk | 1/2 teaspoon salt |
| | 1 cup bread crumbs |

Make sauce of milk, butter, cheese and flour, add corn, beat egg yolks and add with bread crumbs. Last, fold in stiffly beaten whites, bake in 350 degree oven for 30 minutes.

SALMON LOAF

- | | |
|---------------------------|----------------------|
| 1 can salmon, flaked fine | 3/4 cup bread crumbs |
| 2 eggs | 1/2 teaspoon salt |
| 4 tablespoons butter | 1/2 teaspoon pepper |
- Beat eggs, add milk and seasonings, then bread crumbs and salmon. Mix lightly, place in well buttered pan, stand pan in hot water, steam for 30 minutes in 350 degree oven.

CHICKEN CROQUETTES

- | | |
|---------------------|---------------------|
| 2 cups chicken | juice |
| 1 cup milk | 2 eggs |
| 1/2 teaspoon salt | 1 pint bread crumbs |
| 1 tbsp. onion juice | 1/4 teaspoon pepper |
- Mix chicken and seasonings and 1 cup of bread crumbs, beat eggs, add milk, and beat again. Use 1/2 of egg and milk mixture to moisten chicken and crumbs, shape into croquettes, dip in remaining egg and milk, roll in bread crumbs and fry in deep fat.

BAKED BEAN CROQUETTES

- | | |
|-----------------------------|------------------------|
| 1 pint cold baked beans | 2 tbsp. chopped onions |
| 2 tablespoons tomato catsup | 1 egg |
| | 1/2 cup water |
| | 2 cups bread crumbs |
- Press the beans through a sieve, add the seasonings and shape in croquette forms, beat the egg, add the water and beat again, roll in bread crumbs and fry in deep fat.

MOCK DUCK

- | | |
|----------------------------|---------------------|
| 2 lbs. round steak | 3 cups stale bread |
| 1 teaspoon salt | 4 tablespoons flour |
| 1/2 teaspoon pepper | 1/2 cup celery |
| 2 tablespoons green pepper | 2 tablespoons onion |
| 1/2 cup milk | 1 egg |

Pound flour in steak on both sides, sprinkle with salt and pepper, pour milk over bread crumbs, let stand until soft, add celery, onions, green pepper and egg, spread on steak, roll up and secure with tooth picks. Place 4 tablespoons of butter in baking pan or small roaster, place meat in pan, cover with crumbs. Add bits of butter, pour over 1/2 cup of milk, cover tight and bake 1/2 hour in 350 degree oven.

ESCALLOPED OYSTERS

- | | |
|-----------------------------|-----------------------|
| 1 pint oysters | 1 cup cracker crumbs |
| 2 tbsp. oyster liquor | 1/2 cup melted butter |
| 2 tablespoons milk or cream | salt |
| 1/2 cup stale bread crumbs | pepper |

Mix bread and crackers and stir in butter. Put a thin layer in bottom of buttered, shallow baking dish, cover with oysters and sprinkle with salt and pepper; add 1/2 each of oyster liquid and cream. Repeat, cover top with remaining crumbs. Bake 30 minutes in hot oven. Never allow more than 2 layers for escalloped oysters; if 3 layers are used, the middle layer will be underdone. Spread 3 hard boiled eggs, chopped fine, over top, with the crumbs, before baking if desired.

FISH BALLS

- | | |
|---------------------------------|--------------------------|
| 1/2 lb. raw fish | 1 teaspoon grated onions |
| 1/2 cup fine stale bread crumbs | 1 teaspoon salt |
| 1/2 cup milk | 1/4 teaspoon pepper |
| 1 egg | |

Remove skin and bone from fish and chop fine. Cook bread and milk to a paste. Remove from stove, add egg, seasoning and fish and shape into balls, size of a walnut. Drop into boiling, salted water and cook slowly 20 minutes. Serve with tomato sauce.

STUFFED TOMATOES

- | | |
|---------------------------|----------------------|
| 8 fine, firm tomatoes | 1 medium sized onion |
| 1/2 oz. butter | 6 fresh mushrooms |
| 1/2 lb. chicken livers | 1/2 cup bread crumbs |
| salt and pepper to season | parsley |

Wash and dry tomatoes. Cut off top without detaching, if possible, so it will serve as a cover. Scoop out inside of each and place in cool place until later having seasoned inside with a little salt and pepper. Chop onion fine; place in sauce pan with butter and cook for 3 minutes to brown, being careful not to burn. Add mushrooms and the chicken livers chopped. Season with a little salt and pepper. Cook for 3 minutes, stirring occasionally. Now add inside of tomatoes, bread crumbs and chopped parsley. Cook 2 minutes longer, and place in bowl to cool, stuff tomato shells with mixture, close down covers, place in oven and bake 18 minutes on buttered tin. Serve hot. Sausage meat or chicken may be used in place of livers.

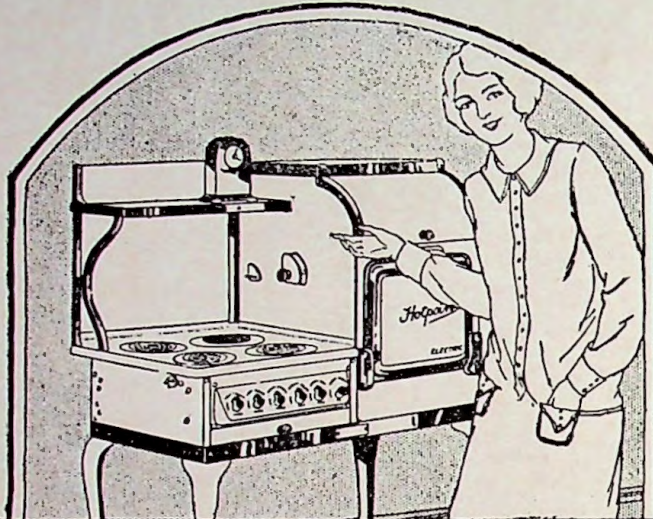
BEEF LOAF

- | | |
|---------------------------|----------------------|
| 1 lb. raw beef, chopped | salt and pepper |
| 1 teaspoon chopped onions | 1/2 cup bread crumbs |
| | 1/2 cup cold water |

Special Attention Given to Orders for Parties, Church Dinners and Picnics

EAST SIDE POULTRY COMPANY

FRESH EGGS



Electric Cookery is more convenient

**"I merely set the
Electric Timer and the Heat Control**

"I NO longer need to be home hours before meal-time as I did before I got a Hotpoint Super-Automatic Range. Now, I prepare the dinner in the morning, place it in the oven and set the controls. I always have the perfect assurance that when we come home to dinner, the food will be cooked and ready to serve.

"And it will be better than when I had to fuss with it in a hot, stuffy kitchen."



Hotpoint Automatic Electric Timer. Set the hands for the time cooking should start and stop. Then forget it.

Hotpoint
SUPER-AUTOMATIC
ELECTRIC
RANGES



Hotpoint Automatic Electric Temperature Control. It maintains an exact oven heat, as desired, all through cooking.

INDIANA & MICHIGAN ELECTRIC CO.

Mix all the ingredients together, then form into a roll. Place in a baking pan and bake in a quick oven about 30 minutes; baste every 5 minutes with $\frac{1}{4}$ cup of fat drippings melted in one cup of boiling water; or instead of basting lay strips of bacon over the top.

BREAD PANCAKES

- | | |
|-------------------------|-----------------------------|
| 1 cup stale white bread | $\frac{1}{4}$ teaspoon salt |
| 1 egg | pepper |
| | 1 tablespoon flour |

Soak the bread in milk or water until thoroughly moistened. Mix with the rest of the ingredients, form in small cakes, and fry in a spider in a little hot butter on both sides until golden brown.

CRUMBLE TORTE

- | | |
|--------------------------|--|
| 1 cup sugar | $\frac{1}{2}$ cup English walnut meats |
| 3 eggs | 1 level teaspoon baking powder |
| 2 cups soft bread crumbs | |
| 1 lb. dates | |

Beat eggs, add sugar and beat, add 2 cups soft bread crumbs, add dates chopped fine, add walnut meats, then add 1 level teaspoon baking powder, fold all together lightly and bake in muffin tins, serve hot with hard sauce or cold with whipped cream.

OYSTER OMELET

- | | |
|-------------------------------------|-----------------------------|
| 1 pt. oysters, small ones preferred | $\frac{1}{4}$ cup butter |
| 2 eggs | 2 cups dry bread crumbs |
| $\frac{1}{4}$ cup milk | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{4}$ teaspoon pepper | |

Beat eggs separately, add oyster juice and milk, then seasonings and bread crumbs. Mix well, add oysters and lastly fold in the stiffly beaten whites. Melt butter in omelet pan, pour the mixture in and let stand over flame until set, then place in oven until light brown. Serve hot with lemon butter.

TOMATO AND PEANUT BUTTER SANDWICHES

- | | |
|---------------------------------|--------------------------|
| 1 large tomato | 6 tablespoons mayonnaise |
| 6 lettuce leaves | pepper, chopped |
| $\frac{1}{2}$ cup peanut butter | 12 slices bread |

Cream peanut butter and mayonnaise, dry lettuce leaves between folds of cheesecloth. Peel and slice tomato in 6 slices, spread the bread with peanut butter mixture, place crisp lettuce leaves on buttered slices, then a slice of tomato, sprinkle with salt and cover with remaining slices of bread. Makes six sandwiches.

CHEESE AND EGG SANDWICHES SAUTED

- | | |
|---|-------------------------------|
| 8 slices of bread, one-third inch thick | 2 hard boiled eggs |
| $\frac{1}{2}$ cup mild cheese grated | $\frac{1}{2}$ teaspoon salt |
| | $\frac{1}{8}$ teaspoon pepper |
| | 4 tablespoons cream |

Mix cream, cheese and egg together, work until creamy, spread between slices of bread, fry in deep fat until a golden brown. These are nice served with tomato sauce, or to serve with tomato and lettuce salad. The sandwiches can be cut in strips.

PRUNE NUT SANDWICHES

- | | |
|--|---------------------------------|
| $\frac{1}{2}$ cup cooked prunes chopped fine | $\frac{1}{2}$ cake cream cheese |
| $\frac{1}{2}$ cup nut meats chopped fine | 3 tablespoons butter |
| | 4 slices bran bread |
| | 4 slices white bread |

Cream cheese and butter together, combine chopped prunes and nuts, spread bread with cheese mixture, then with prune mixture, press together and serve garnished with nasturtium leaves.

MOCK CRAB MEAT SANDWICHES

- | | |
|---|-------------------------------|
| 8 slices bread, $\frac{1}{4}$ -inch thick | $\frac{1}{2}$ cup nut meats |
| 4 tablespoons butter | $\frac{1}{2}$ teaspoon salt |
| 1 hard boiled egg | $\frac{1}{8}$ teaspoon pepper |
| | $\frac{1}{4}$ cup pimentos |

Put the ingredients through food chopper, cream with the butter, place lettuce leaf or slice of bread, spread with filling and press slices together. Cut in fancy shape and garnish with dill pickles and parsley.

CHICKEN SANDWICHES

- | | |
|--|-------------------------------|
| 1 cup cold chicken or $\frac{1}{2}$ cup veal | naise |
| $\frac{1}{2}$ cup diced celery | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup nut meats | $\frac{1}{8}$ teaspoon pepper |
| $\frac{1}{4}$ cup thick mayon- | 1 cup shredded lettuce |
| | 8 slices bread |

Chop chicken, celery and nuts fine, add seasonings and mayonnaise. Butter the bread, cover with the shredded lettuce then with the chicken mixture, cover with buttered slice of bread.

CHICKEN AND CELERY SANDWICHES

- | | |
|---------------------------------------|------------------------------|
| $\frac{1}{2}$ cup cooked chicken meat | 1 tablespoon green peppers |
| $\frac{1}{2}$ cup celery | $\frac{1}{4}$ cup mayonnaise |
- Mince fine the chicken, celery and green peppers. Mix with mayonnaise and spread on buttered bread.

CAVIAR SANDWICHES

- | | |
|----------------------------|-------------------------|
| $1\frac{1}{4}$ cups caviar | 2 teaspoons lemon juice |
|----------------------------|-------------------------|

Flavor caviar with lemon juice and spread thinly on lightly buttered bread. A small quantity of chopped pickled beets may be added.

CLUB SANDWICHES

- | | |
|---------------------------------|------------------------|
| $\frac{1}{4}$ cup ham, in cubes | pepper, chopped |
| 1 egg, beaten light | 1 tablespoon bacon fat |
| 1 teaspoon green | |

Fold ham and pepper lightly in egg. Heat a spider, add the fat, turn in the mixture, brown on one side, turn and brown on the other. Serve hot on bread or toast.

LOBSTER SANDWICHES

Remove lobster meat from shell and chop. Season with salt and pepper, prepared mustard and lemon juice or moisten with any salad dressing. Spread on crisp lettuce leaf and place between thin slices of buttered bread.

CRAB SANDWICHES

- | | |
|-------------------------------|-----------------------------------|
| $1\frac{1}{4}$ cups crab meat | $\frac{1}{4}$ cup French dressing |
|-------------------------------|-----------------------------------|
- Cut and butter thin slices of wheat bread. Cover half of these thickly with flaked boiled crab meat and put over it one teaspoon of French dressing or mayonnaise. Cover each slice with another slice of bread. Cut into fancy shapes and serve.

LOBSTER SANDWICHES

Dice the meat of one cold, boiled lobster. One hour before using, dust with salt, red pepper and either lemon juice or tarragon

L
O
N
T
Z

B
R
O
S

C
O
A
L

A
N
D

C
O
K
E

PHONE
3-4106



The home of better eyesight.
LEMONTREE'S — Optometrists and Opticians
222½ So. Michigan St. Phone 2-5796

22

THE BOOK OF MERIT

MILK

Is The Ideal Food for

HEALTH

SOUTH BEND DAIRYMEN'S CLUB

LOUGHMAN CARTAGE CO.

When You Move

Local or Long Distance

Phone 3-7161

412 East Tutt St.

vinegar. Boston brown bread may be used. Near serving time put a layer of lobster between slices of buttered bread, cut in triangles and serve.

SALMON SANDWICHES

1 cup salmon $\frac{1}{4}$ cup mayonnaise
Mix the cold boiled or canned salmon with mayonnaise dressing. Remove the soft crumb from French rolls and fill the space thus made with fish mixture.

SARDINE SANDWICHES

1 cup fish a little Worcester-shire sauce
1 hard cooked egg
 $\frac{1}{4}$ cup mayonnaise or
Drain the oil from the fish and put them into boiling water. Dry them, remove the skins and pound them to paste with a little salt, pepper and lemon juice. Shrimp butter may be used with the sardines and the flavor may be varied by the addition of Worcestershire sauce or mayonnaise, or both. The mashed yolks of hard cooked eggs (one egg to twelve sardines) and three parts of creamed butter to one of the fish mixture is very good.

ANCHOVY SANDWICHES

$\frac{1}{2}$ cup chopped butter
anchovies $\frac{1}{2}$ cup olives
 $\frac{1}{4}$ cup cream or
Chop the anchovies and olives, and add butter or cream. Anchovy paste may be used.

BAKED FRENCH TOAST

1 egg 1 tablespoon sugar
1 cup milk 4 tablespoons butter
 $\frac{1}{4}$ teaspoon salt 6 slices bread
Beat egg, add sugar and salt, beat well, add milk and beat again. Cut bread $\frac{1}{4}$ inch thick, dip each piece in egg mixture, place in buttered pan, dot the top with bits of butter and place in 400 degree oven until nicely browned. Serve with maple syrup or jelly.

CINNAMON TOAST

6 slices bread, one- $\frac{1}{3}$ cup sugar
third-inch thick 1 tablespoon
 $\frac{1}{4}$ cup butter cinnamon
Toast bread on one side. Cream sugar, butter and cinnamon, spread the untoasted side of bread with creamed mixtures and return to broiler until the mixture melts and flavors and browns the bread.

JAM TOAST

7 slices bread, one- 1 tablespoon sugar
third inch thick 1 cup milk
2 eggs $\frac{1}{2}$ teaspoon salt
Beat eggs, add salt, sugar and milk. Spread bread with peanut and strawberry jam lightly, press slices together in pairs, dip in milk and egg mixture and fry on hot griddle a golden brown. Serve for breakfast or lunch.

CHEESE CRUMB SAUCE ON TOAST

1 cup bread crumbs $\frac{1}{2}$ teaspoon salt
1 cup milk 1 egg
 $\frac{1}{2}$ cup cheese $\frac{1}{2}$ teaspoon cayenne
1 tablespoon butter pepper
Soak bread crumbs in milk until soft. Melt butter in saucepan. Add cheese cut in small

pieces, let it melt, then add soaked crumbs and egg beaten light, add seasonings and cook three minutes. Serve on buttered slice of hot toast.

CREAMED EGGS ON TOAST

4 hard boiled eggs $\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups milk $\frac{1}{4}$ teaspoon pepper
4 tablespoons butter 6 slices toast
3 tablespoons flour
Melt butter, add flour and seasonings, blend well, add milk and cook until thick, have eggs sliced or chopped, add to sauce and let heat thoroughly. Serve on hot toast, sprinkle with finely chopped parsley.

CREAMED TUNA FISH

1 cup Tuna fish 2 tablespoons butter
1 $\frac{1}{2}$ cups milk $\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ tablespoons corn- $\frac{1}{4}$ teaspoon pepper
starch or flour 6 slices toast
Melt butter, add flour, rub smooth, add milk, salt and pepper, stir until blended and thick. Add fish finely flaked and heat thoroughly. Serve on toast.

TOASTED CHEESE STRIPS

6 slices bread $\frac{1}{2}$ teaspoon pepper
 $\frac{1}{2}$ cup mild cheese 2 tablespoons butter
 $\frac{1}{2}$ teaspoon salt
Slice bread $\frac{1}{4}$ inch thick, cream cheese, butter and seasonings, spread between slices of bread, cut in strips and toast. Sprinkle with paprika, serve with salads in place of cracker or cheese straws.

BAKED EGGS

4 eggs $\frac{1}{2}$ teaspoon pepper
4 slices bread 3 tablespoons butter
 $\frac{1}{4}$ cup cheese $\frac{1}{2}$ cup milk
 $\frac{1}{4}$ teaspoon salt
Use a large biscuit cutter and cut each slice of bread two inches thick. Hollow out the center and place rounds of bread on well buttered tin, drop a raw egg in each cavity, season with salt and pepper and sprinkle with the cheese. Dot with bits of butter and pour the milk over and around the bread until absorbed. Place in 400 degree oven and bake until it is set and bread is a golden brown. This makes a nice breakfast or luncheon dish.

POACHED EGGS AND TOMATO SAUCE

6 fresh eggs $\frac{1}{2}$ teaspoon salt
6 slices toast $\frac{1}{4}$ teaspoon pepper
2 cups canned 2 tablespoons butter
tomatoes 2 tablespoons flour
2 tablespoons onion
Melt butter, add seasonings and onion, add tomatoes and let boil two minutes. Add flour mixed with two tablespoons of cold water, add to tomato and let boil until thick. Place poached eggs on toast and pour over the tomato sauce.

FIG PUDDING

$\frac{1}{2}$ lb. dried figs, crumbs
chopped fine $\frac{1}{2}$ cup milk
1 cup beef suet, 2 eggs
chopped fine 1 cup sugar
2 $\frac{1}{3}$ cups stale bread $\frac{3}{4}$ teaspoon salt
Chop suet, and work until creamy, then add figs. Soak bread in the milk, add egg well beaten, sugar and salt. Combine the

Special Attention Given to Orders for Parties, Church Dinners and Picnics

EAST SIDE POULTRY COMPANY

FRESH EGGS

SWANK DRY CLEANING CO.

For Better Cleaning

Call

2-1903 ——— 2-2915



C. H. DEFREES

Coal, Cement, Lime and Clay Goods
Mason's Supplies - Roofing

Phone 3-3179

South Bend, Ind.

RE - NU

Dry Cleaners

Hat Cleaners

Shoe Repairing

Special Attention Given to Ladies' and Men's Hats

All Work Done While You Wait

Special Ladies Waiting Room

214 North Michigan (Next Door to Granada Theatre)

two mixtures, place in buttered mould or in top of double boiler, buttered, and steam 3 hours.

DATE PUDDING

- | | |
|-----------------------|-------------------------|
| 1 lb. stoned dates | 1 cup flour |
| 1/2 cup sugar | 1 teaspoon cinnamon |
| 1 teaspoon ginger | 2 eggs |
| 1 scant teaspoon salt | 1 cup soft bread crumbs |
| 1/2 cup milk | |
| 1/2 lb. suet | |

Pass dates and suet together through food chopper or grinder. Mix all ingredients well together, adding the well beaten eggs last. Turn into well butter moulds, and steam two hours. To serve, decorate with holly, and surround with hard sauce. Figs, stoned raisins, currants, candied peel, prunes or nuts, alone or in combination, may replace dates.

ENGLISH PLUM PUDDING

- | | |
|-------------------------------|----------------------------------|
| 1 1/2 cups stale bread crumbs | 2 cups sour apples, chopped fine |
| 1 cup suet, chopped fine | 1 teaspoon ground cinnamon |
| 1/2 cup sugar | 1/2 teaspoon ground cloves |
| 1 cup molasses | 1 teaspoon salt |
| 3 eggs | 1 cup any fruit juice |
| 1/4 cup flour | rind of a lemon |
| 1/2 lb. seedless raisins | 1/2 teaspoon ground allspice |
| 2 oz. citron, cut fine | |
| 1/2 cup chopped almonds | |

Soak raisins, citron, almonds and apples in the fruit juices over night; then add the rest of the ingredients. Turn into a buttered mould and cover or place in a well floured unbleached cotton bag, tie securely, leave place for pudding to swell and plunge in kettle of boiling water and boil from 4 to 8 hours, the longer the better. Keep covered with water and boiling the whole time. Good warmed over. Serve with white grape juice sauce.

ENGLISH FRESH FRUIT PUDDING

- | | |
|------------------------|----------------------|
| 7 or 8 slices of bread | 2 tablespoons butter |
| 1 quart strawberries | 1/4 teaspoon salt |
| sugar to taste | |

Remove the crusts from the bread and butter one side. Grease a round-bottomed bowl and line with buttered bread. Crush the berries with the sugar and pour into the bowl. Cover with bread and on top place a tight fitting plate. Press with an iron and place in the box for 24 hours. The bread will absorb the juice and the pudding may be taken out as a mould. Serve with cream.

CHOCOLATE BREAD PUDDING

- | | |
|---------------------|---------------------|
| 4 cups diced bread | 1/2 cup raisins |
| 3 cups milk | 2 eggs |
| 3 tablespoons cocoa | 2 teaspoons vanilla |
| 2/3 cup sugar | |

Pour milk over bread and raisins, let soak until soft, beat eggs, add sugar, cocoa and vanilla, combine with bread mixture. Pour in well buttered pudding pan. Dot top with bits of butter, bake in 350 degree oven 30 minutes, serve with whipped cream.

CRUMB CREAM PIE

- | | |
|-------------------|---------------------|
| 1 cup sweet cream | 1/4 teaspoon nutmeg |
| 1/4 cup sugar | 1 egg |
| 1/4 teaspoon salt | 1 cup bread crumbs |

Mix sugar and spices, add to crumbs, beat eggs and add to cream, fold into crumb mixture and fill unbaked shell. Bake in 400 degree oven for 25 minutes, cover top with whipped cream.

LEMON PIE WITH BREAD CRUMBS

- | | |
|---|---------------------------|
| 1 1/2 cups bread crumbs prepared without crusts | 2 egg yolks |
| 4 tablespoons butter | 3 tablespoons lemon juice |
| 1 cup boiling water | grated rind of one lemon |
| 1 1/2 tbs. corn starch | |

Add butter to bread crumbs, pour boiling water over and let stand until cool. Mix sugar, corn starch, lemon juice and rind, combine mixtures and bake in one crust as custard in 400 degree oven for 25 or 30 minutes.

ROAST GOOSE WITH BAKED APPLE

- | | |
|---------------------|---------------------|
| 1 eight-pound goose | 1/4 teaspoon sage |
| 2 cups bread crumbs | 1 teaspoon salt |
| 1 chopped onion | pinch of pepper |
| 2 tablespoons fat | 6 to 8 apples |
| 3 sweet potatoes | 1/4 cup brown sugar |

Cook the giblets until tender, chop and add to stuffing made by mixing bread crumbs, onion, fat, sage, salt and pepper. After cleaning and washing the goose thoroughly, stuff, and sew the neck and back. Roast very slowly, about three hours. Wash and core six to eight apples; sprinkle with sugar, stuff with mashed and seasoned sweet potato. Bake until tender and serve hot with the goose.

BREAD STUFFING—NO. 1

- | | |
|--|---------------------|
| 1 1/2 cups stale bread crumbs, not dried | 1 teaspoon salt |
| 1 egg | |
| 1/4 cup butter or butter substitute | 1/4 teaspoon pepper |

Moisten the bread crumbs with an egg slightly beaten and the melted butter or butter substitute. Season and mix well. This makes a rich, moist dressing.

BREAD STUFFING—NO. 2

- | | |
|-------------------------------------|----------------------------------|
| 1 quart stale bread in pieces | 1/4 teaspoon poultry seasoning |
| 1 teaspoon salt | 1 egg |
| 1/4 teaspoon pepper | 1 teaspoon chopped parsley |
| 2 tablespoons fat drippings, melted | 1/2 teaspoon onion, chopped fine |
| 1/4 teaspoon ginger | |
- Heart, liver and gizzara, or pork or liver sausage

Soak bread in cold water and squeeze dry. Season to taste and add the melted fat. Mix thoroughly, add the egg, slightly beaten, and the onion if you wish. Add heart, liver and tender parts of gizzard, chopped fine, and partially boiled, or the pork or liver sausage.

Or, soak bread in cold water and squeeze dry. Heat fat in a spider, add the soaked bread, stir until fat is absorbed. Season to taste, add the egg, slightly beaten, and the onion cut fine.



Many a man looking for work might find it if his vision was not defective
LEMONTREE'S — Optometrists and Opticians
222½ So. Michigan St. Phone 2-5796

26

THE BOOK OF MERIT

Everything You Might Expect in the
BEST JEWELRY STORE

Bluebird Diamonds — The Best Silver

All The Best Watches

Also the Exclusive, Modern and Enticing

LUCIEN LELONG PERFUMES

Lip Stick and Rouges

FRANK MAYR & SONS

122 N. Michigan St.

Established 1873

BROADWAY GROCERY AND MARKET

I. W. Cripe, Prop.

Home Dressed Meats, Fowl and Oysters

Full Line of Quality Groceries

1319-21 S. Michigan Street

Telephone 2-1926

NISLEY'S

BEAUTIFUL SHOES

235 So. Michigan St.

SOME FAVORITE SPANISH, ITALIAN, FRENCH
AND GERMAN RECIPES

SPANISH RECIPES

SPANISH BEAN SOUP

Chop 1 large onion, 3 pods garlic
 1 small piece ham (½ lb.)
 1 small green pepper
 2 Spanish sausages cut in small pieces
 (canned sausage)
 All of these fried in lard or olive
 oil, after which add
 1 quart water
 2 large Irish potatoes (cut small)
 Cook 20 minutes.
 Into this put
 1 can garvansos and continue to cook
 slowly for one hour. Season, salt and pepper
 to taste. The garvansos may be bought at
 any Spanish store.

ROPA VEIJA HABANERA

2 lbs. of soup meat
 2 level kitchen spoons of pork
 lard or 1 of Crisco
 3 cloves of garlic
 2 medium onions
 1 sweet green pepper
 1 cup of stock or hot water
 ½ cup vinegar
 Salt to taste
 Chop the onions, sweet pepper and garlic,
 and fry in the lard. Add the meat, which
 should have been pulled apart, not cut; also
 the stock and vinegar, and simmer until the
 liquid has been absorbed. Some cooks add
 two large tomatoes before frying.

LIVER A LA HABANERA

2 pounds liver
 4 tablespoons vinegar
 1 sprig of parsley
 1 sprig of sweet marjoram
 2 large tomatoes
 1 large onion
 1 sweet green pepper
 4 cloves of garlic
 2 spoons of lard or Crisco
 Salt to taste
 Cut the liver into small pieces and pour over
 it the vinegar, with the sweet marjoram and
 parsley and let cook until done. Chop the to-
 matoes, onion, green pepper and garlic in the
 lard and when done, add liver, simmer 15
 minutes and serve.

CHICKEN, Cuban Style

1 year old chicken
 ½ cup olive oil or 3 level kitchen spoons
 pork lard
 1 cup hot water
 4 tablespoonfuls vinegar
 1 large onion
 3 cloves of garlic
 1 bay leaf
 4 cloves
 Pepper and salt to taste
 Brown the chicken in the oil or lard, add the
 other ingredients, cover tightly, and simmer
 slowly for two hours, turning the chicken oc-
 casionally. An older fowl can be jointed, be-
 fore browning.

BROILED RED FISH, Cuban Style

1 good-sized Red Fish
 ½ cup olive oil
 Juice of 1 lemon
 Black pepper
 2 tomatoes
 1 large onion
 2 cloves of garlic
 2 sprigs of parsley
 1 tablespoonful capers
 Dry the fish with a napkin. Make several
 gashes across it with a sharp knife and salt it.
 Mix well the olive oil, lemon juice and pepper,
 and brush the fish well with it. Place it on
 the gridiron over a slow fire, turning it and
 basting it until done with the same mixture.
 Chop fine the onions, tomato and garlic and
 fry in the oil left after basting the fish, add-
 ing more if necessary. Pour this sauce over
 the fish and then sprinkle over all the parsley
 and capers, which should have been previously
 chopped.

BLACK BEANS

1 cup black beans
 1 large onion
 2 cloves garlic
 1 sweet green pepper
 2 medium tomatoes
 1 bay leaf
 1 small sprig of sweet majoram rubbed
 to powder between the hands
 1 level teaspoon salt

A. M. RUSSELL

Funeral Director

Modern Chapel

Lady Attendant

PRIVATE AMBULANCE SERVICE

220 W. Jefferson Blvd.

3-1592

Quality Furniture, Rugs and Stoves

Largest Selections

Lowest Prices

Best Service

SANDOCK'S

Store Open Mon., Thurs., & Sat. Nites

1217 - 1223 W. Washington Ave.

Compliments of

DAN R. LONTZ COAL CO.

427 East Colfax Ave.

Phone 3-2115

JAHNKE'S BAKERY

A Good Place For Good Baked Goods

Phone 2-1057

807 S. Michigan

- 2 tablespoons vinegar
- 6 tablespoons olive oil or 3 of pork lard
- 1 qt. cold water

Soak the beans over night and put on to boil in the quart of water. After boiling one hour, add the salt.

Chop the onion, garlic, tomato and sweet pepper together and when the beans begin to break add them and the rest of the ingredients, and simmer for one hour. If necessary, add more water, always hot, and a little at a time. When done, the beans should be tender like porridge. Kidney or red beans can be cooked this way.

YELLOW RICE WITH CHICKEN

- 1 hen weighing 3 or 4 lbs.
- 1½ quarts hot water
- ½ cup olive oil or 2 level kitchen spoons pork lard
- 3 cloves garlic
- 3 tomatoes
- 1 large onion
- 2 sweet red peppers
- 2 cloves
- 8 black pepper corns
- 4 filaments of saffron
- 2 cups of rice

Cut the fowl into joints and brown lightly in the oil or lard, take out and put in the hot salted water to cook gently. Chop the garlic, onion, tomato and red pepper and fry in the fat in which the fowl was browned, and add to the fowl, adding also the cloves and black pepper. When the chicken is nearly done, add the rice, taking care that there should be at least a quart of liquid in the pot—if necessary adding hot water to make the required quantity. Bruise the filaments of saffron in a

ITALIAN RECIPES

MINESTRONE

This nourishing soup is considered a meal in itself. Chop a slice of raw ham, three or four strips of bacon and a few stalks of celery. Cut a small cabbage in finger-length strips, and a carrot, onion and turnip into dice. Add half cupful of large red beans. If dried beans are used, soak overnight before mixing with other vegetables. Pour in a cup of stewed tomatoes, with a half cupful of uncooked "ribbon" macaroni. Add two quarts of water

cup with a tablespoon of boiling water, until it is practically dissolved, and pour over the rice is tender and has absorbed all the liquid, although each grain should be separate.

GREEN PLANTAINS

Peel them and cut in thin round slices (like potato chips), and fry in boiling fat, take out, sprinkle with salt and serve. They are deliciously crisp.

MARJARETE, OR CORN PUDDING

- 12 ears of green corn
- 1 pound of sugar
- 1 quart of milk
- 3 or 4 sticks of cinnamon

The corn must be at the point when the grain just begins to harden. Grate it, then rub it through a sieve, add the milk, sugar and cinnamon. Place in a saucepan over a moderate fire and stir continually until it becomes like porridge. Pour on a flat dish and dust with cinnamon. Serve cold.

In Cuba it is considered a great delicacy.

CHICKEN A LA CATALANA

Chop a large onion with a couple of cloves of garlic and fry in pork lard. Add tomato paste sufficient to make required amount of sauce, season with salt and pepper. Joint the chicken and let it simmer in the above sauce until tender. Serve with the sauce poured over it, and Spanish sweet red peppers and a few French peas sprinkled on top.

OMELETTE AL RON

Cut up some canned peaches, pears and figs. Add some sugar to the eggs while beating. Cook like a French omelette.

and a soup-bone. Cook slowly for an hour or more, season with salt and pepper, and pass grated Parmesan cheese, which is sprinkled over each portion as served.

SOUP—CONCENTRATED BROTH

One pound perfectly lean beef. Cut same in small pieces, and mash to a paste in a mortar. Add the whites of two eggs, then put in a pot, and add five quarts of water. One onion, one carrot and a little parsley. Set on fire and stir until it boils, then set to one side. Now

L
O
N
T
Z

B
R
O
S

C
O
A
L

A
N
D

C
O
K
E

PHONE
3-4106

South Bend's Leading Theatres

PALACE & GRANADA

Phone 2-6024

Always a Good Show

Radio Keith Orpheum's

Phone 2-1391

— Often a Great Show



Love and sea-sickness often affect a man strangely; likewise wearing
the wrong glasses.

LEMONTREE'S — Optometrists and Opticians
222½ So. Michigan St.

Phone 2-5796

JAMES O. CHAPPELL & COMPANY

Plumbing and Heating Contractors

Repairing Neatly and Promptly Done

1821½ South Michigan St.

Phone 3-3975

CITY LUMBER COMPANY

“Everything to Build Anything”

Corner Broadway and Lafayette

Telephone 3-3124

Ambulance Service

Funeral Home

LOUIS H. ORVIS

Undertaker

Phone Main 297

336 N. Main Street

NIEZGODSKI BROS.

Plumbing and Heating Contractors

Phone 2-3834

506 La Porte Avenue

take a hen which has previously been partially cooked, cut it in pieces. Now mix in the pot, and set on a very slow fire, and boil for five or six hours, stirring every now and then. When done pour through a fine strainer and serve. You may add small squares of bread which have been fried in butter.

ITALIAN FRIED CHICKEN

Prepare a young hen, and cut it in pieces, have a thick batter made of flour and water, salted to taste, prepared. Dip your pieces of chicken in this batter. Have a pan ready with hot olive oil. Place your chicken in this and fry on a medium quick fire.

MEAT CROQUETTES

Grind a pound of lean beef or pork. Mix same with some bread crumbs wet in beef stock. Add a little parsley and one or two pieces of garlic well mashed. Put all in a dish and mix in two eggs, grated cheese, some spice and a little salt. Mix all well, making balls of the mixture, about the size and shape of a small egg. Roll each in cracker dust and fry in a pan of hot oil, lard or butter, until a medium brown.

CHICKEN A LA MARENGO
(Napoleon's Favorite Dish)

Cut a chicken in pieces. Put in a pot with

three tablespoonfuls of good olive oil, the juice of half a lemon, some ground nutmeg and salt. Cook for three or four hours. In another pan put a tablespoonful of butter, and pour in your chicken with all its gravy. Set again on the fire until it browns. Baste it a few times. Keep pan covered, lessening fire gradually. A quarter of an hour before done, mix a little of the gravy with a spoonful of flour, and mix into the pan. A few minutes before taking off the fire, chop a little parsley up fine and put over the chicken.

PASTE AL BURRO

2 eggs
3 cups flour
 $\frac{3}{4}$ cup butter
 $\frac{3}{4}$ cup sugar

Flavor with lemon, vanilla or ainseed. Put flour on board; put eggs in middle of flour, also sugar and butter. Mix with a light hand. Roll thin, about one-eighth of an inch. Cut in squares. Bake ten minutes in a moderate oven.

STEWED PRUNES

Take a pound of prunes, wash well, put in a sauce-pan with a small cup of sugar, a pinch of powdered cinnamon, a bit of lemon or orange rind. Cook on a moderate fire. Serve cold.

FRENCH RECIPES**RED KIDNEY BEANS**

2 cups of beans
5 quarts of rain water
Let boil until the beans split,
then add:

Small piece of white bacon

1 onion

1 little piece of garlic

Pepper and salt to taste

One tablespoon of flour mixed to a thin paste, strain and pour in beans, let cook for an hour or so, or until creamy.

FRICASSE OF CHICKEN

Cut into joints a fine fat chicken. Season with salt and pepper mixed. Put in a deep iron sauce-pan a spoonful of lard. When boiling pot put in the chicken and fry to a light brown. Remove chicken and add a sifted heaping tablespoonful of flour. Stir constantly,

and when a light brown add an onion previously chopped very fine. Brown carefully and then add:

1 tablespoonful minced parsley
 $\frac{1}{2}$ tablespoon of cloves
garlic
crushed bay leaf

Return the chicken and let all stew together. Add about a quart of hot water and let simmer until chicken is tender.

If desired, a can of mushroom, water and all, may be added.

"GRIADES," OR ROUND STEAK

Two pounds of round steak cut into four-inch squares. Sprinkle pepper, salt and flour over it, then put into a deep pot a spoonful of lard. When hot, put in meat, with an onion chopped very fine, and let fry slowly. Keep

Special Attention Given to Orders for Parties, Church Dinners and Picnics

EAST SIDE POULTRY COMPANY

FRESH EGGS

H. M. HARDMAN & SON

Coal and Building Material
Insist on Sunbrite Coal

Phone 2-5769

1619 Lincoln Way West

South Bend, Ind.

FURNAS ICE CREAM

The Cream of Quality

DINE
Phone 2-5908

DANCING
Wed., Sat., and Sun.
Evenings

SOUTH BEND INN

Indiana's Finest Restaurant
One Wai Lee and S. T. Thomas, Proprietors
Serving the Best in American and Chinese Foods
Private Dining Rooms for All Occasions
A Specialty, Chinese Foods to Take Out

128 N. Main St.

POLAR ICE & FUEL COMPANY

Ice Plant
1622 Lincolnway West

Coal & Coke
1612 Lincolnway West

Phone 3-1114

South Bend, Ind.

pot covered while frying, stir constantly and when brown add enough water to cover meat. A little pinch of mixed spice would improve the taste (such as garlic, sage, thyme and bay leaf).

EGG PLANT OR WHITE SQUASH

Boil two egg plants (skin, stem and all) until you can stick a fork through easily. Split egg plant in half (stem and all), scoop out center very carefully, so as not to break the shell. Add to scooped out portion of egg plant:

The inside of a quarter of a loaf of stale bread

1 onion

A small piece of garlic

A sprig of parsley

1 tomato or a tablespoonful of canned tomato

1 egg, pepper and salt to taste

Chop up all together very fine. Put a tablespoonful of lard in a frying pan. When hot add mixture and let fry until it leaves the pan clean. Stir constantly. When fried put in a baking pan and sprinkle some toasted bread crumbs over it. Put three small pieces of butter on top and let bake for about ten minutes, or until brown. Your success depends upon the mixing and frying.

GERMAN RECIPES**WAFERS**

Take 1 lb. of sugar

½ lb. of flour

½ lb. of butter

6 eggs

1 teaspoon lemon

Beat whites and yolks separate, don't grease the iron. This will make 85 wafers, fine for dessert.

HAMBURGER CAKE

1 lb. of currants

½ lb. of butter

2 lbs. of flour

9 eggs

1 cup of sugar

little piece of citron

the rind of 1 lemon grated

1 yeast cake dissolved in ½ cup of milk

Let the dough raise before baking, put over it finely cut almonds, sugar and cinnamon.

RICE CROQUETTES

To 1 coffee cup of boiled rice add:

2 eggs

Butter size of an egg, melted

½ pint of sifted flour

A level teaspoon Royal Baking Powder

2 heaping tablespoons of sugar

Beat up quickly and lightly. Take up one-half tablespoonful, drop from spoon into a plate of sifted flour, rolling it over that it may be covered. Take up into spoon and drop into boiling lard. When the croquettes are a light brown take up with a perforated ladle. Put on a brown paper in a biscuit pan to drain. Flavor with vanilla.

"BELLE CALAS; tout chaud"

Under this cry is sold, by the old creole negro women in the French portion of New Orleans, every morning, this tasty dish:

Boil soft 1 lb. rice, when cold add to it:

3 or 4 eggs

A large cup of sugar

1 pkg. self-rising flour

Soak a piece of bread in water.

Drain and take off the crust, mix it well with the rice preparation and cook by dropping in a spoonful at a time in boiling lard. The cake must not touch the bottom of the pot.

TEA OR CINNAMON PRETZELS

Take ¾ of a pound of flour

2 lbs. of sugar, sift together

¼ lb. melted butter

3 eggs

1 teaspoon of cinnamon

1 teaspoon of baking powder,
form pretzels

Mix 1 egg and water and put over them and bake in a hot oven.

HERRING SALAD

Soak herring in fresh water over night. Skin and take out bones and cut into small dice. Add boiled beets cut into dice; also hard-boiled eggs, apples, onions, cooked veal and pickles, all cut into small dice. Then add pepper, vinegar, a little mustard and a little olive oil. Quantities are used to suit taste.



A crooked log makes a straight fire, but a crossed eye makes a crooked face.

LEMONTREE'S — Optometrists and Opticians
222½ So. Michigan St. Phone 2-5796

34

THE BOOK OF MERIT



Moving Household
Goods a Specialty

Phones:

2-1910 - 2-2093

WALTER'S FRENCH DRY CLEANERS

Phone 3-2129

214 W. Jefferson

FRANK SINDLINGER

430 Lincoln Way West

South Bend, Ind.

KREIDLER'S PHARMACY

"The Corner Drug Store"

Cor. S. Michigan & Tutt Sts.

South Bend, Ind.

ABOUT COOKING FOOD IN QUANTITIES

Most of us at some time or another have had the experience of being asked to serve on committees for church or community suppers and have been decidedly at a loss in knowing approximately the amount of foods to plan for serving fifty to one hundred or whatever the number is estimated will attend. We are used to planning meals and to cooking for six or eight or maybe ten people, but when we get up into the larger figure we have a decided feeling of bewilderment.

A well-known chef in planning banquets or large dinners says that he estimates somewhat as follows:

One gallon of soup will serve approximately forty persons, allowing a good-sized serving, or forty-four people if smaller servings are given. The latter number can be counted if the soup is a thin one. When a thick, soup, such as a chowder or a cream of spinach soup is served, it is best to count on forty servings for the gallon.

One gallon of cooked vegetables—peas, carrots, diced beets, creamed celery—will serve thirty-eight to forty people.

Fifty pounds of potatoes (calculated uncooked) when boiled and mashed will serve from 125 to 135 counting on the generosity of the server.

One pound of finely ground coffee will make two gallons of strong coffee or enough to serve eighty people. A gallon of cream will add the necessary trimmings for one hundred cups while a pound of sugar will serve sixteen to twenty.

A pound of butter can be counted on to make 48 pieces or enough to give twenty-four persons two pieces each.

There are 300 small olives in a gallon. The usual allowance is three per person.

A gallon of ice cream will serve from twenty-four to thirty people, depending on how it is cut or dished.

If rolls are served, of course, it is an easy matter to calculate the number required. If bread is used remember that a large loaf cuts into twenty-two average slices and that one slice cut in half should be planned for each serving.

In planning the meat, figure that each pound of meat when trimmed and cooked will weigh at most but a scant three-quarters of a pound and cannot be counted on to serve more than four people.

Salads such as potato or a vegetable salad are planned one-half cup to a serving or thirty-two servings for each gallon of mixed salad. When the salad is coleslaw a gallon can be counted on to serve about thirty-six.

RECIPES FOR SERVING 50 PEOPLE**COFFEE FOR FIFTY**

- 4 full cups coffee.
- 9 quarts water.

COCOA FOR FIFTY

- 1½ measuring cups cocoa.
- 2 cups sugar.
- ½ teaspoonful salt.
- 1½ quarts boiling water.
- 8 quarts warm milk.

MASHED POTATOES FOR FIFTY

- 8 pounds potatoes.
- ¾ cup salt.
- 1½ pints milk.
- ½ cup butter.

BISCUITS FOR FIFTY

- 3½ quarts flour.
- ¼ cup salt.
- 1/3 cup baking powder.
- 1½ cups lard.
- 1 quart milk.

CHICKEN SALAD FOR FIFTY

- 5 six-pound chickens.
- 1 can pimento.
- 4 teaspoons salt.
- ½ cup butter.
- 4 tablespoons parsley.
- 1 pound mushrooms.
- 1 pound white sauce.

BAKED BEANS FOR FIFTY

- 3 quarts beans.
- 1/3 cup soda.
- ¾ cup molasses.
- 1/2 cup sugar.
- 1½ teaspoons mustard.
- 1½ teaspoons paprika.
- 4 tablespoons salt.
- 1½ pounds pork.
- 2 cups water.

MACARONI AND CHEESE FOR FIFTY

- 5 pounds macaroni.
- 2 gallons water.
- ¼ cup salt.
- ½ cup of butter.
- 6 quarts white sauce.
- 2 pounds cheese.

Special Attention Given to Orders for Parties, Church Dinners and Picnics

EAST SIDE POULTRY COMPANY

FRESH EGGS

SUMMER'S CAFE

Hungarian and American Dishes

126 N. Main

South Bend, Ind.

We Pay 5% on Savings
Save Where You Can Borrow, If You Must
MORRIS PLAN CO.

Oliver Theatre Bldg.

118 N. Main

MOTHERS!
Give the Children Meats that will Give Them Bone, Muscle, and Strength
That's the High Grade We Sell
JIMMIE'S MARKET
We Deliver

128 East Jefferson

Phone 3-1612

IDEAL LAUNDRY

"Get the Ideal Habit"
Wool Blankets a Specialty

Phone 3-7107

426 So. Michigan St.

GARNITZ FURNITURE COMPANY

Quality Goods

Easy Terms

Furniture, Rugs, Lamps

234 N. Michigan

Phone 2-1308

A. W. HUFF

Prescription Druggist

2320 Lincoln Way West

Phone 3-0236

Phone Lincoln 1390

1121 S. Main St.

THE A. E. CASTLEMAN COAL AND ICE CO.

Clean Queen Pocahontas

Best Grades Va. and Ky. Coal

Fire, Lightning and Tornado Insurance
Aermotor Windmills, Tanks, Pumps and Piping — Copper Cable Lightning Rods

JNO. C. RUMMEL

Dealer in

Steel and Cast Furnaces — McIlvaine Oil Burners

Telephone 3-5485

1124 South Main Street

SERVING 100 PEOPLE

- 2½ pounds of coffee.
- 6 gallons of milk.
- 18 pounds of meat.
- 50 pounds of potatoes.
- 15 No. 2 cans of peas.
- 4 gallons of soup.
- 3 pounds of butter.
- 6 loaves of bread—long loaves.
- 1¼ pound of olives.
- 25 heads of lettuce.
- 100 ears of corn on the cob.
- 50 cantaloupes.
- 100 ribs of beef (raw).
- 50 pounds of beef tenderloin (Filet Mignon).
- 15 pounds boiled boneless ham.
- 20 pounds smoked ham.
- 10 pounds of cheese—brick, Swiss or American.
- 2½ gallons ice cream (brick), cutting 10 cuts to a quart brick.

- 50 pounds bass, ½ fish to each person.
- 35 pounds jack salmon.
- 100 rolls, one roll to each person.
- 8 average size cakes.
- 18 average size pies.
- 50 spring chickens, serving ½ fowl to one person.

For escalloped oysters, four gallons of oysters, eight pounds of crackers and four pounds of butter.

For chicken pie, use fifteen chickens.

For hash, twelve pounds of corned beef, with double the quantity of potatoes.

One pound of coffee makes forty cups of coffee.

With any two of these allow ten dozen biscuits, five pounds of butter, fifteen pounds of ham before cooking, six quarts of cabbage salad, three pounds of cheese, one hundred doughnuts, four loaves of white cake, four loaves of dark cake and four of layer.

L
O
N
T
Z
B
R
O
S
C
O
A
L
A
N
D
C
O
K
E

PHONE
3-4106

PLATE MENUS

FOR CHURCH OR CHARITY AFFAIRS

Carrots	Lamb Stew	Peas	Baked Ham
Pie	Browned Potatoes	Coffee	Fried Pineapple Rings
			Browned Potatoes
			Moulded Salad
			Coffee
Mashed Potatoes	Roast Beef	String Beans	Creamed Chicken and Mushrooms on Toast
Cake	Pickles	Hot Rolls	Mashed Potatoes
	Hot Rolls	Coffee	Peas
			Hot Biscuits
			Coffee
Rolls	Fresh Pork and Sauerkraut	Fruit Jello	Chicken Salad
	Boiled Potatoes	Coffee	Potato Chips
			Hot Rolls
			Cake
			Pickles
			Coffee
Hot Rolls	Roast Pork	Baked Beans	Meat Loaf
	Mashed Potatoes	Apple Sauce	Macaroni and Cheese
		Coffee	Hot Rolls
			Apple Pie
			Coffee

South Bend's Leading Theatres

Radio Keith Orpheum's

PALACE & GRANADA

Phone 2-6024

Phone 2-1391

Always a Good Show

— Often a Great Show



Possibly we could see ourselves as others see us, if we wore the
Proper Glasses

LEMONTREE'S — Optometrists and Opticians
222½ So. Michigan St. Phone 2-5796

38

THE BOOK OF MERIT

"POLL PARROT" Shoes for School Children

Men—"Friendly Fives"

Ladies—"Vitality Arch"

Guaranteed Solid Leather

Say It With Flowers

SOUTH BEND FLORAL CO.

114 South Michigan

A. SMOGOR & SONS

Coal, Mason Supplies — and — Builders Specialties

1515 W. Division St.

Phone 2-5872

Ambulance Service

Phone 2-5803

WILLIAM R. MILLER FUNERAL HOME

1505 Lincoln Way West

Kylectron

Sparton

Brunswick

BOXWELL RADIO SUPPLY CO.

Phone 3-3656

763 S. Michigan St.

ARCADIA CONFECTIONERY

Pure Food Meals and Dainty Sandwiches — Unexcelled Quality Candies & Ice Creams

Our Motto: "Purity, Quality, Service"

211 W. Colfax Ave., Next to Colfax Theatre

Phone 3-0423

**SLICK'S LAUNDRY
& DRY CLEANING CO.**

Phone: Main 0117

317 Lincoln Way East

SOUTH BEND UPHOLSTERING AND REPAIR CO.

South Bend, Ind.

Parlor Suits Made to Order

Re-Upholstering, Repairing, Refinishing, Expert Cabinet Work

1142-44 Mishawaka Ave.

Phone 3-5061



OUR LOCATION
SAVES YOU MONEY
Save 15 to 25 Per Cent



THE BOOK OF MERIT

39

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 outlet, 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 tea or weak coffee.

WEDNESDAY

Breakfast:—One-half cantaloupe, or one-quarter Honeydew melon or one-half grape-fruit, 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:—Corned-beef or roast mutton, cabbage slaw with vinegar, brussel sprouts, cauliflower, buttermilk, iced tea, coffee.

Dinner:—Veal chops, tomatoes, green onions, celery, green cucumbers, or lettuce, buttermilk, iced tea, 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 tea 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:—Calf 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 muffins, 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, grape-fruit, lemons, cantaloupes, oranges, peaches, apples, pears, pineapples, water-melons, 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 (meat should be boiled, broiled, baked or roasted).

Use one-half lemon in glass of cold or hot water before breakfast.

L
O
N
T
Z

B
R
O
S

C
O
A
L

A
N
D

C
O
K
E

PHONE 3-4106

Special Attention Given to Orders for Parties, Church Dinners and Picnics
EAST SIDE POULTRY COMPANY
FRESH EGGS

Phone 2-5159

120 S. Niles

ARMO THEATRE

Good Sound Plus Good Pictures

915 South Michigan

Phone 3-1030

Compliments of

THE PHILADELPHIA CONFECTIONERY

South Bend, Ind.

EDWARD J. WHITE

Sanitary Plumbing and Heating

Phone 3-6632

1011 S. Michigan St.

MIAMI GREENHOUSE

Cut Flowers, Plants and Floral Designs

905 S. Michigan Street

Telephone Main 3-1877

MICHIGAN WHOLESALE PRODUCEWholesale Dealer in Potatoes — Fruits in Season — Fruits and Vegetables
South Bend, Ind.

Grower — Distributor — Shipper

We handle Potatoes, Apples, Oranges, Grapefruit, Cabbage and Mixed Vegetables in
Car Lots. When you buy here, you buy at Wholesale Prices

Freshest — The Best There Is — Save Money

KUSS DRUG STORE

Howard G. Wilsey, Prop.

Dependable Prescription Service

907 South Michigan Street

Phone 2-5496

C. R. DUNNUCK

Grocery and Market

413 Penn. Ave.

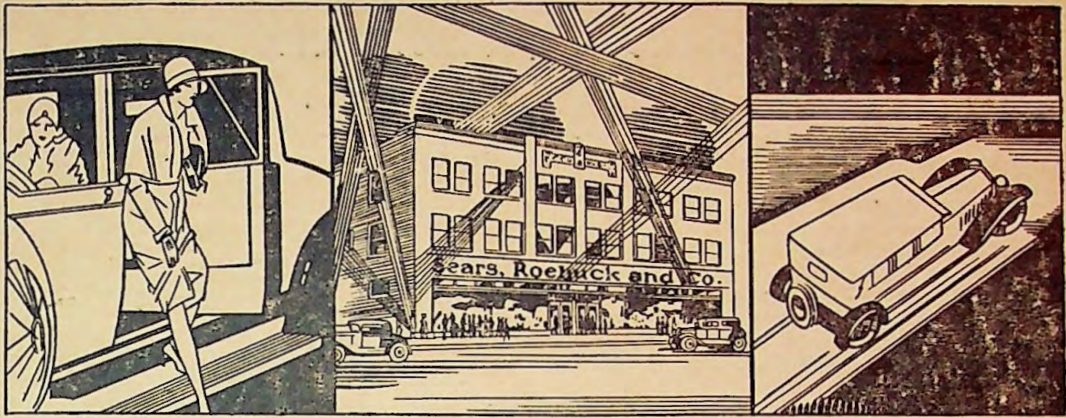
Phone 3-0227

DICK'S MOVING TRANSFER AND STORAGE

Prompt — Efficient — Courteous

Phone 2-7480

131 Penn. Ave.



Sears, Roebuck & Co.

Retail Department Store

425 - 429 South Michigan St.

**THERE IS SATISFACTION
In LEISURELY SHOPPING**

Have you ever in the midst of your shopping tour suddenly been tripped up by the thought that you've been parking too long? or perhaps, that was a restricted zone you had been parking in! And then dashed to the car with only half of the purchase made, to find your fears well founded—a tag?

All of this worry is obviated if you shop at Sears, Roebuck, drive in our free auto park—no need to hurry through your shopping because of traffic regulations, and a complete department store with its thousands of items of merchandise to invite your inspection! Telephone 3-8266

Store Hours Daily: 9 A. M. to 6 P. M.

SATURDAY: 9 A. M. to 9 P. M.



At The Home Furniture Co.



Values
is the **BUY** word

NEW BEAUTY FOR THE HOME

The Distinction of Individuality in a Room is a Difficult Charm to Capture. The Unpracticed Eye or Hand Finds It Impossible. The Aid of Our Artistry Will Guide Your Interior Decorating To Give You a Home of Splendor and Beauty at Surprisingly Reasonable Prices.



THE HOME FURNITURE CO.
336-338
S. MARKET ST.

