New Fashions in Foods

By KARINE HOLMES

Fish and Meat Sauces

The French chef keeps on hand four sauces, white, brown, bechamel, and tomato, and with these as a base is able to make kinds innumerable. We assume all our readers know the principles of making white and brown sauce. Our instructions have appeared so many times for these in these columns, we hesitate to publish again in this issue. If any one wishes to know exact directions address me care of American Union, and I will do so. eggs with small quantity of the new sauce adds a new zest in the dish of fish and certain meats.

Shrimp Sauce

To drawn butter sauce add 1 egg yolk and 1-2 can shrimps. See to it your shrimps are perfectly clean and cut in pieces.

Soubese Sauce

2 cups sliced onions
1 cup Veloute sauce
1 cup of cream or milk
salt and pepper

Cover onions with boiling water, cook five minutes, drain again, cover with boiling water and cook until soft drain and rub through a sieve. Add to sauce with cream, season with salt and pepper. Serve with mutton, pork chops, or hard boiled eggs.

Bechamel Sauce

1-2 cup white stock
1 sliced onion
1 sliced carrot
bit of bay leaf
sprig of parsley
1-4 cup butter
1-8 cup flour
1 cup scalded milk
1-2 teaspoon salt
1-8 teaspoon pepper

Cook stock 20 minutes with onion, carrot, bay leaf, parsley; then strain, there should be one cup full. Melt butter; add flour and gradually the hot stock with milk. Season with salt and pepper.

Yellow Bechamel Sauce

To 2 cups Bechamel sauce add yolks of 3 eggs with small quantity of hit sauce, then adding gradually to remaining sauce. This prevents the

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sauce from having a curdled appearance. The yolks of egg gives you the collor (yellow) and adds good quantity of richness to the sauce.

Tomato Sauce

1-2 can tomators, or
1 3-4 cups fresh stewed
1 slice onion
3 tablespoons butter
3 tablespoons flour
1-4 teaspoon salt
1-8 teaspoon pepper

Cook onion with tomatoes 15 minutes rub through a strain and add to butter and flour (to which seasoning have been added) cook together. If tomatoes are very acid, add a few grains of soda. If tomatoes are to retain their red color, it is necessary to brown butter and flour to the tomatoes.

Celery Sauce

Often there is a little celery and a very nice way of using it is to add it to some white sauce, which we have directed the making so often. we believe it unnecessary to give directions here. You, of course, wash the celery and chop in small cubes. Often I take stock in which fowl or turkey has been boiled or use 1-2 stock and 1-2 milk.

Creole Sauce

2 tablespoons chopped onions
4 tablespoons green pepper finely chopped
2 tablespoons butter
2 tomatoes
1-4 cup sliced mushrooms
6 olives stoned
1 1-3 cup brown sauce
salt and pepper

Cook onions and pepper five minutes; add all the other ingredients. Serve hot over boiled beefsteak or fillet of beef. Boiled rice should accompany as a vegetable and serve on the same platter as the steak.

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YOUR HAND

How to read your characteristics and tendencies—the capabilities or weaknesses that make for success or failure as shown in your palm.

CARRIAGE AND MOTIONS OF THE HANDS

WHILE the characteristics, tendencies, propensities, etc., of a person may be read best from the lines, the mounts and the signs of the hands, all taken together and to each assigned its proper significance, much may also be learned from the manner in which the subject carries his or her hands and moves them. Of course, this must be studied when the subject does not know that he is under observation, since otherwise he may hold his hand, or move it, in a strained, unnatural manner.

For example, when the person is of an open, frank nature, he will have little to conceal, and will open his hand or palm freely to the gaze. The hand of one whose thoughts and life need concealment will close more or less tightly, and the fingers will endeavor to hide the palm, as it were. Note, therefore, whether the subject seems bent on hiding his palm, even before he knows that he is under observation, and deduce therefrom a secretive nature.

DAIRY FACTS

Use Eternal Vigilance in War on Tuberculosis

In fighting tuberculosis in cattle the old reliable eternal vigilance is as much the price of victory as in any other contest.

Men who are most closely in touch with dairy conditions say there is grave danger of reinfection even after the herd is clean.

They say that special care should be exercised in cleaning and disinfecting a barn after the removal of reactors. The dairyman should be sure that every corner is scrubbed, cleaned and disinfected.

The danger that cows from a clean herd will be infected at fairs, stock shows and sales is also said to be great. The cattlemen at the New York State Agricultural College at Ithaca go so far as to say that the farmer with the clean herd should refuse to exhibit his stock unless he is quite sure that the regulations permitting only the entry of tuberculin-tested stock are stricly enforced.

The pasture offers another source of infection. Even if the farmer is sure his herd is clean, the cattle may get the germs from a stream which carries them from another pasture in which tubercular cows are kept. One herd was known to have become infected by drinking from a stream which flowed through a slaughter house yard where reactors were killed.

The calves need to be protected. They should not be fed milk which is even suspected of harboring the germs. Such milk can be made safe only by holding it at a temperature of 150 degrees for twenty minutes.

Different Methods for Hand Feeding of Calves

There is some difference in the method followed by farmers as to the time to begin hand feeding of the calf. Some take the calf away without allowing it to nurse at all. Others prefer to let it nurse once, and some allow it to remain with the cow three or four days or until the fever is out of the udder and the milk is fit for use in the dairy. It probably makes very little difference as to this point, but it is a fact easily established that the earlier the calf is taken from the cow, the easier it will be to teach it to drink.

If the cow's udder is in good condition when the calf is dropped, it will generally be more satisfactory to take the calf away early. When the udder is caked, it is best to leave the calf with her until this condition is removed. The point that must be kept in mind is that at first the milk from the mother should always be given the calf and not the milk from some other cow. The first milk, or colostrum, given by a cow is especially suited to the requirements of a young calf, as it has the property of acting as a physic and stimulating the digestive organs.

With the higher testing breeds, it is particularly desirable to take the calf away early or else exercise care that the calf does not eat too much of the high testing milk which may bring on digestive troubles that are difficult to overcome.

"Do Rats Talk to Each Other?" Asks Mr. M. Batty, R. I.

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The Ladies' Aid of Prospect recently met with Mr. and Mrs. J. L. Hopkins. After the business and entertainment, delicious refreshments were served.

Mr. Powell Hopkins has recovered from an illness caused by having had his teeth extracted.

While attending the funeral of her cousin, Joseph Lord, of Seaford, Mrs. Alice H. Ross was the guest of Prof. and Mrs. Alexander L. Harrington. The funeral was largely attended by citizens of Seaford as well as a host of friends and relatives, among them were, A. C. Warrington, and Lorenzo Jarrell, of Felton; W. S. Camper and Foster Boone, of Frederica; Cawgill Barnard, of Magnolia and their wives and several children. The deceased was a large real estate owner, and has been alderman of Seaford and representative of Sussex county. A widow and two children survive. Mr. Lord was also connected with the firm of Lord Brothers & Higgins, of Seaford. The floral tributes were numerous and beautiful. Interment took place at the cemetery at Serford.

Miss Rachel Price spent the week end with Mr. and Mrs. Powell Hopkins.

Mr. and Mrs. William H. Hudson entertained at a goose and chicken salad dinner, at Seaford recently. The guests were Rev. and Mrs. James Lord, of Camden, N. J.; Mr. and Mrs. A. C. Warrington, of Felton; Mr. and Mrs. Cowgill Barnard, of Magnolia, and Mrs. R. Wesley Ross. The occa- place at the cemetery at Seaford.

The Rice's school district will give a box and shadow social and ente tainment on Wednesday evenir March 19; if stormy, next eveni Every lady is requested to brin box and the gentlemen fat pock books. The public is cordially vited. Proceeds are for a commun picnic. Come out and help a goo cause.

ALICE H. ROSS, Teacher

Many friends here regret the death of Alfred Raughley, who was one of Harrington's foremost citizens. Death occurred at a hospital in Baltimore.

Miss Susanna Warrington won the two and a half dollar gold piece, recently given as a prize for writing on the subject, "Why My Dad Should Join the Farm Bureau", She brought out many good points as reasons. Miss Warrington is a Frederica high school pupil, and we are very proud of her record.

Mr. and Mrs. N. J. Warrington entertained Mrs. Wesley Ross over Sunday, and the visitor enjoyed a fine sermon by Dr. Humphreys, president of the M. P. Conference.

A Rat That Didn't Smell After Being Dead for Three Months

"I swear it was dead three months," writes Mr. J. Sykes (N. J.). "I saw this rat every day; put some Rat-Snap behind a barrel. Months afterwards, my wife looked behind the barrel. There it was—dead." Rat-Snap sells in three sizes for 35c, 65c, $1.25.

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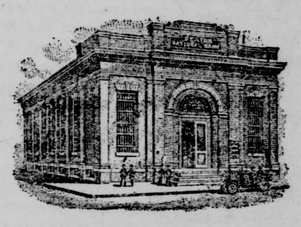

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