

Prize Winning Recipes

(Continued From Page 23)

twenty minutes, prepare peaches, but into quarters. Place cloves into syrup, put half of peaches into syrup at one time, cook and seal, then cook remainder of peaches and seal in same manner.

RUTH MAE OWENS,
Route 8, Clayton.

Chop Suey
Shred one and one-half pounds of pork and cook in one-fourth cup of vegetable oil fifteen minutes. Add one and one-fourth cup of diced onions and fry three minutes. Add one and one-half cups bamboo sprouts, one and one-half cups bean sprouts, one and one-half cups celery, three-fourths cup mushrooms and piece of ginger root. Cook ten minutes and add, one and one-half cups soy sauce, one cup of chicken stock. Service with rice.

MILDRED MARY SMITH,
3946 Park Ave., Indianapolis.

Dill Pickles with Garlic
Make brine strong enough to bear an egg. Put in pickles well washed and let stand one week. Take out and wash in cold water and put in cans. To one quart of pickles add two small red peppers, three blooms of dill or one tablespoon of seed, one and one-half tablespoons of white mustard seed, and two sprigs of peeled garlic. Boil one cup of sugar to quart of cider vinegar, pour over pickles, cool and seal.

MISS TERESA BEDINGHAUS,
1650 Union St., Indianapolis.

Cheese Hominy
Take a can of lye hominy and a half pound of cream cheese or more if you particularly like cheese. Place a layer of hominy in the bottom of a baking dish, then a layer of cheese cut fine, alternating layers until cheese and hominy are used. Season to taste, cover with

milk and butter and place in a moderately slow oven to bake one hour. Serve hot.

W. FLANINGAM,
511 S. Pearl St., Thornton, Ind.

Southern Spoon Bread
Two cups corn meal, four teaspoons baking powder, one teaspoon salt, one tablespoon sugar. Sift together. One pint scalded sweet milk, three egg whites beaten (also the beaten yolks), lump butter size of an egg. Mix all together with hot milk, then fold in whites of eggs, put in a deep buttered baking dish and bake about forty minutes in a moderate oven. This bread should be served hot and cut out with a spoon.

MRS. HOBART WHITMAN,
1127 S. Gibson, Princeton.

Garden Relish
Take one quart green beans, one quart butter beans cooked tender, one quart cabbage, one quart green tomatoes, one pint onions, one pint celery, one pint peppers, one-half gallon cucumbers. Chop cabbage, tomatoes, onions, celery, peppers, cucumbers fine and soak in salt water over night. One can red beans, one-half cup prepared mustard, three tablespoons celery seed, three cups vinegar and two cups of sugar. Salt to taste. Cook altogether one-half hour and seal.

MRS. DAISY STARKEY,
Route 2, Versailles.

Blanc Mince
Two cups milk, one-fourth cup cornstarch, one-fourth cup sugar, two teaspoons vanilla, one-eighth teaspoon salt and nutmeg to suit taste. The pudding should be cooked thirty minutes in a double boiler. Pour into a mold that has been wet with cold water. When cold and set, remove from mold and serve with fruit juice, maple syrup or cream.

MISS MATTIE CAWTHON,
2118 Bellis St., Indianapolis.

GAUGE HEART'S RATE WITH DYE

Shows Five Quarts of Blood Pumped Each Minute.

By Science Service

LOUISVILLE, Ky., Sept. 7.—Using a specially devised instrument, Drs. W. F. Hamilton, J. W. Moore, J. M. Kinsman and R. G. Spurling of the University of Louisville School of Medicine here, have solved a 300-year puzzle of medicine and physiology when they determined by experiments just completed that the heart pumps blood at the rate of 5.2 liters, or about 5½ quarts, per minute.

The amount of the heart's output has been an unsolved problem since Harvey discovered and announced in 1628 how the blood circulates from the heart through veins and arteries. That was just 300 years ago.

The method used by the investigators here is an improvement on one developed over 10 years ago. A harmless dye is injected into a vein and samples of blood are taken from an artery every second, using a special apparatus designed for the purpose.


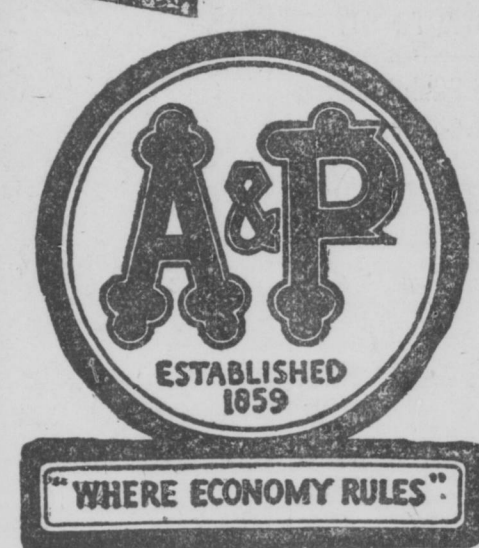
From the concentration of the dye in these samples the workers were able to determine the heart's output and also the length of time it takes for the blood to flow from the vein into and through the heart and back out the artery. This figure was found to be twenty-three seconds.

This harmless method will be used to help solve some of the problems of heart disease and will be of assistance in treating this condition, it is hoped.

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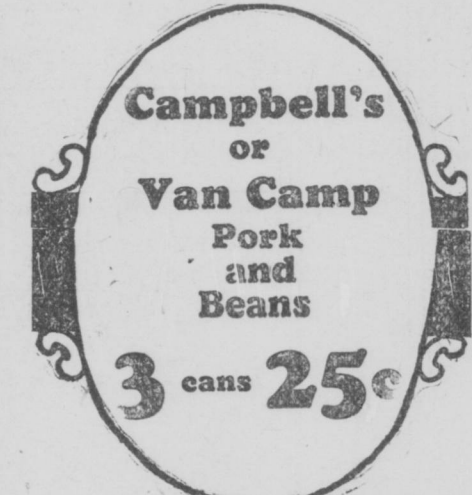
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CONCORD GRAPES		4 Qt. Basket	30c
SWEET POTATOES	Jersey	6 lbs.	25c

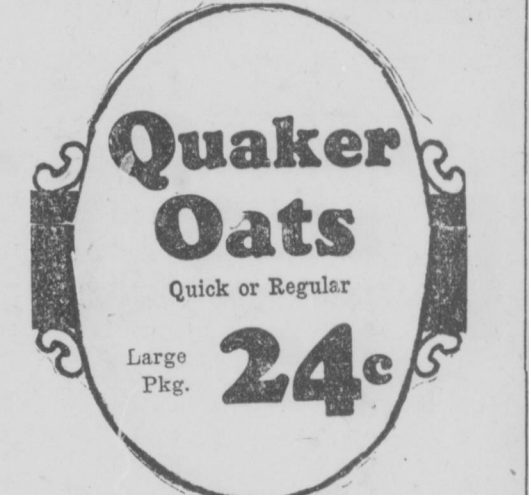
FLOUR 24 Pound Bag 85c

MILK	White House Evaporated	3 Tall Cans	28c
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BREAST, ROLLED, Lb., 25c. CHOPS, Lb., 45c. LEGS, Lb., 33c.

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ANCIENTS USED CRAWL STROKE

Swimmers of Egypt, Rome and Greece Knew Method.

WASHINGTON, Sept. 7.—The "modern" crawl stroke recently adopted by European and American swimmers was nothing new to the Egyptians 3,000 years ago, according to Prof. James E. Dunlap of the University of Michigan, writing in Art and Archaeology.

Study of ancient mosaics and vases has convinced Prof. Dunlap that overhand strokes were practiced by swimmers of Egypt, Rome and Greece. The Assyrians appear to have been less at home in the water.

In one scene of Assyrian soldiers crossing a river, two of the three soldiers stopped to blow up inflated skins, so that they would have support. Clinging to the long balloon-like skin, the soldier pushed back and down with his free hand and so propelled himself across.

That the Greeks used the overhand stroke is shown by a vase depicting a scene in a women's bathing establishment. One of the women is swimming with her right arm extended forward to begin the downward and backward stroke, and her left arm is near her side at the end of a stroke. Two of the other Greek women in the picture wear bathing caps, but bathing suits were thought unnecessary.

Swimming instructors were known upon the banks of the River Nile at a very early date, Prof. Dunlap points out. A nobleman of Egypt, who lived before 1800 B. C., recorded proudly that his children and the children of the king took their swimming lessons together.

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