

CHILD EXPERTS ADVISE USE OF LIVER WEEKLY

Beef, Lamb and Pig Pro-
vide Cheap Substitutes
for Diet.

There are specialists in children's diets advising the use of liver at least once a week, and as if to complicate a conscientious home-maker's life, calves' liver proceeds to soar in price until it is almost prohibitive for regular use in the average family. Well, try beef, lamb or pig liver, quite as beneficial and much cheaper.

Careful preparation of beef and pig livers does much to make them palatable. Use liver as soon as it comes from the market if you want it at its best. Wipe with a damp cloth and put in a sauce pan. Cover with boiling water and simmer until tender. It will take about 20 minutes to cook calves' liver and 35 to 40 for beef and pig.

When tender, let cool in the water in which it was cooked. Then remove all membrane and tough parts and the liver is ready to be made into several dishes suitable for children.

Paste Is Best for Infants

A liver paste is advised for the youngest child's meals. To make the paste, put the cooked liver through the fine knife of the food chopper or mash it with a fork. Season lightly but palatably.

Use the paste at noon or the hearty meal of the day to take the place of the grated hard-cooked egg yolk or beef juice which usually supplies iron grams. Spread on crisp dry toast, it is slowly eaten by those first tiny teeth.

Older children may have the paste combined with grated raw carrot or grated onion and minced lettuce in sandwiches. Use tomato juice to moisten the mixture.

May Be Added to Soup

Younger children may have the paste added to a vegetable soup or it may be combined with a hot vegetable which has been mashed and put through a ricer.

Another inviting way to serve it to 3-year-olds is to form it in little flat cakes and broil it just as one would broil patties.

Tiny balls of finely chopped liver can be poached in hot stock and served with a rice vegetable moistened with cream. Remember that liver is lacking in fat and add an extra bit of butter or cream to the vegetable in order to insure a well-balanced meal.

As children grow older, liver can be served in any number of ways that are wholesome and appetizing. Cut in slices, brushed with melted fat and broiled under or over a clear fire, calves' liver is delicious with a garnish of crisp bacon and cross. It's good, too, served en brochette—skewered with alternate pieces of bacon.

Pan Broil Over Slow Fire

If liver is pan broiled, it should be cooked over a low fire. Otherwise the edges will be leathery and difficult to digest.

Braising with vegetables is another good way to cook liver. The whole liver is used and skewered or tied into a compact shape. Cover the top with thinly sliced bacon or salt pork. Place in a casserole with vegetables and bake slowly two or three hours. If beef or pig liver is chosen, it should be parboiled before braising.

Many families like rice with liver instead of potatoes. Macaroni in tomato sauce is good, too. Liver, rice, creamed onions, tomato jelly salad and canned peaches with chocolate cake makes a satisfying and attractive family meal that will be inexpensive if beef liver is substituted for veal liver.

Chocolate Fudge Loaf

2 cups sifted cake flour
2 teaspoons baking powder
1/2 teaspoon salt
1 cup butter or other shortening
1 cup sugar
1 egg (well beaten)
2 squares unsweetened chocolate
1/4 cup milk
1 teaspoon vanilla

Sift flour once, measure, add baking powder and salt and sift together three times. Cream butter thoroughly and add sugar gradually, beating until mixture is light and fluffy. Add egg, well beaten, and mix well. Add chocolate which has been melted over hot water and mix thoroughly. Add flour alternately with milk, a small amount at a time. Blend after each addition until smooth. Add vanilla and turn into an oiled and floured square pan. Bake in a moderate oven (325 degrees F.) for one hour or until cake springs back when pressed lightly with finger. Spread chocolate wonder frosting on top and sides.

Corn Sticks

1/2 cup flour
1/2 teaspoon baking powder
1/2 teaspoon salt
2 tablespoons sugar
1 cup yellow cornmeal
1 egg, beaten
1 cup milk
2 tablespoons melted butter

Sift together dry ingredients. Add cornmeal, eggs and milk. Add butter. Bake in buttered, hot iron corn stick pans in moderate oven at 400 degrees, about 30 to 40 minutes. Makes nine large or 12 small sticks.

Nuts Are Plentiful

English walnuts, pecans, almonds and filberts are nearly 40 per cent more plentiful this year than last. Nuts in general are concentrated food, high in fat.

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REVEALS AIR PLANS



With other noted United States air-women, Mrs. Cecil (Teddy) Kenyon, above, of Boston, may play a lofty role in America's next war, if and when it comes. According to her, groups of women flyers are forming clubs, to train for such war-time service as piloting new planes wherever needed, carrying wounded soldiers and dispatches, and replacing male commercial pilots.

Ham Supreme

3 cups diced baked ham
1/2 cup green pepper, cut fine
1/2 cup broken nut meats
4 tablespoons butter
4 tablespoons flour
2 cups milk
1/2 teaspoon salt
Dash of cayenne

Melt 3 tablespoons of the butter, stir in flour and when smooth, stir in the milk. Boil two minutes, stirring continuously, and add salt.

Melt the remaining tablespoon of butter in a saucepan and add the green pepper, ham and nutmeats. Heat for two minutes and combine with white sauce. Serve on buttered toast or Holland rusk. Garnish with chopped parsley.

To make butter molds, use small wooden mold that has first been soaked in ice water. Allow one-half to one tablespoon of butter for each mold.

Pack butter in molds, smooth off with knife and push out. It is a good practice to make butter molds for several meals at a time. Drop molds into ice water until ready to serve.

Young, Tender, Plump
DUCKS all sizes., lb. 20c

Roasting and Baking
CHICKENS lb. 20c

1936

FRYERS, 2 lbs. and up, lb. 30c DUCK EGGS, doz. 30c

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SPRING SPINACH BEST QUALITY, EXPERT NOTES

Housewives Advised to Be
on Watch for Crisp,
Healthy Plants.

BY SISTER MARY

Since mothers have learned the virtues of this vegetable, spinach, the demand has increased and so stimulated its culture that you can buy the vegetable at markets the year around. However, the early spring harvest is the heaviest and of the finest quality.

When you market for spinach, look for plants with plenty of good healthy leaves. The condition of the leaves is of prime importance. Medium-sized plants of good dark green color, leaves fresh and crisp, free from sand or dirt, are desirable and mean that the vegetable will be tender and an attractive vivid green.

Sand Won't Drain Off

Nowadays it's seldom that a shipping of spinach is weedy. However, weedy spinach means loss of weight as well as time in sorting out the weeds.

Spinach which is very sandy or dirty is difficult to clean, for the dirt seems to defy all washing. I never did blame the little girl who said she didn't like spinach because the vitamins got in her teeth. She was served gritty spinach.

If the leaves are light colored, of a yellowish tinge and tightly curled, tiny insects are apt to be present and I'd look further for my dinner vegetable.

In washing, always LIFT the leaves from one water bath to the other. In this way the sand settles to the bottom and is not disturbed.

If you pour the water off without removing the leaves the sand is distributed back through them and they're very little cleaner after several baths.

I always cut the leaves from the stems, discarding both the root and stems.

Let Excess Water Drain Off
After thoroughly washing spinach, let it drain in a colander for a few minutes to remove excess water. Then cook it covered about five minutes. Remove cover and toss lightly with a fork. Cook, uncovered, until tender and almost dry. Season with salt just before removing from the fire.

If you chop the vegetable finely it will be necessary to reheat it before serving. Careless serving has done more to make spinach unpopular than the taste of the green itself. Be sure it is very hot and well seasoned. Some men like a bit of horseradish for seasoning, or tomato catsup or mushrooms.

The finest poultry at
lowest prices... plenty
of birds to choose from.

COUNTRY EGGS Strictly Fresh, Doz. 17c

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DUCKS all sizes., lb. 20c

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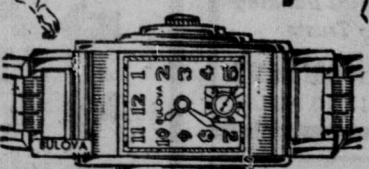
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**GOLD MEDAL or
PILLSBURY'S
FLOUR 95c**
24-lb. Sack

**MAXWELL HOUSE
COFFEE 25c**
1-lb. Can

LUSCIOUS PIES 20c
Lemon Cream
or Black
Raspberry

SOAP CHIPS 29c
Crystal White
or
Clean Quick 5 lb. pkg.

Special Introductory Offer for
Friday and Saturday Only
Sliced RYE BREAD 15c
Strictly
Heath
Baked 2 1-lb. Loaves

Finest Quality Fresh Meats
Standard's meat buyers and market managers are
delighted with the fine quality and choice cuts of
meats offered in Standard's 100 modern meat departments
this week-end.

VEAL ROAST 25c
Young Veal lb.
FLANK STEAKS 23c
lb.
CHUCK ROAST 19c
Choice Cuts lb.

SAUSAGE 15c
Hilgelmier's
Ring Liver Sausage
or Bologna lb.

SODA CRACKERS 15c
Oven Fresh 2-lb. pkg.
RITZ BUTTER CRACKERS 20c
Baked by National Biscuit Co. 1-lb. pkg.
CRAX BUTTER CRACKERS 20c
Tasty and Crisp 1-lb. pkg.
BUTTER COOKIES 15c
Salerno 1-lb. pkg.

SPINACH New Pack 2 No. 2 25c
Cans
SALMON Northern Pack 10c
tall can
CUT RED BEETS 3 No. 2 25c
Cans
NUCOA OLEO Finest Quality 21c
1-lb. pkg.
FOULDS' Macaroni 4 reg. 25c
Garden Fresh
TOMATO JUICE 3 tall 25c
cans
LIBBY'S PEAS 2 cans 25c
LIBBY'S KRAUT 3 No. 2 25c
cans
LIBBY'S CORNED BEEF HASH 2 cans 29c
SOUP Vegetable or Tomato 3 tall 25c
Garden Fresh
BOWLENE 10 reg. 22c med. 9c
can
P & G SOAP 10 reg. 29c
can
BAB-O The Perfect Bathroom 10c
Cleanser
OXYDOL 10 reg. 19c
large pkg.
OLD DUTCH Cleanser 3 cans 20c
WOODBURY'S Facial Soap 2 cakes 15c

SPAGHETTI Italian Style 3 tall 25c
cans
RICE Fancy Blue Rose 5c
Finest Quality lb.
OATS Quick Cooking 2 for 15c
Reg. Size, Pkgs.
POST TOASTIES 10c
igs. pkg.
KELLOGG'S Shredded Wheat 10c
Biscuits pkg.
WALL PAPER Cleaner 3 cans 17c
MAPL-MIX For Making Maple 5c
Flav. Syrup at Home
GRAPE-NUTS reg. pkg. 17c
MARSHMALLOWS Fresh Made lb. 15c
PRICE'S Vanilla Ext. 10c 1-oz. bot. 19c
1/2-oz. bot.
MILK "So Fresh" Brand 4 tall 25c
Rich and Creamy cans
CALUMET Baking Powder 1-lb. can 21c
BISQUICK large pkg. 27c
DOG FOOD Cooked Rations 3 cans 25c
RIFFLE Gelatin Dessert 4 pkgs. 17c
SO SOFT Toilet Tissue 6 for 25c
1,000-Sheet Rolls

Blackberries 3 No. 2 25c
or Cobblers cans
Hershey's Cocoa 12c
lb. can
Wheaties The Breakfast of Champions 2 pkgs 19c
Buckwheat Flour McKenzie's 3 1/2-lb. Package 25c
"So Fresh" Brand
Salad Dressing 25c
qt. jar
Pennant Syrup 29c
5-lb. can
Swansdown 25c
reg. large pkg.
Climalene 9c
med. pkg.
Instant Postum 24c
large 4-oz. can

BUTTER 31c
Jackson's
Pure Cream
Country
Roll, lb.

OLEO MARGARINE 10c
JACKSONS FINEST NUT
As delicious a spread as it is economical for cooking. 1-lb. pkg.

COFFEE 15c
Jackson's
Special Blend 1-lb. pkg.

CRISCO 51c
Don't Risk
Health
Use
Crisco 3 lb. can

CHEESE 19c
Mild, Full
CREAM
Tasty and
Wholesome, lb.

POTATOES 23c
U. S. No. 1
Michigan
Round White 15 lb. peck

Finest Fresh Fruits and Vegetables
STRAWBERRIES 10c
Luscious full
Red Ripe pint
Southern Berries

BANANAS 19c
Firm 4 Lbs.
Ripe, Golden Fruit
ORANGES 25c
Large, Sweet, Juicy
Thin-Skinned Florida
Solid, Crisp
Iceberg head 5c
HEAD LETTUCE 10c
Fancy Red
Butter 3 bchs.
RADISHES 15c
All Green 2 bchs.
ASPARAGUS 10c
Fancy Texas 3 lbs.
NEW CABBAGE 10c
Fancy
Grapefruit Florida 4 for 19c
Seedless
Celery Tender, Crisp 3 stalks 10c
Florida
Green Onions Large 3 for 10c
Bunches
Sweet POTATOES 5 lbs. 15c
Nancy Hall
APPLES 25c
Fancy Baldwin 8 lbs.
Delicious for Eating
Fine for Cooking
Roman Beauty Apples Fancy Western Box 6 lbs. 25c

DEL MONTE CORN 10c
Cream Style—No. 2 can
DEL MONTE CORN Vacuum Packed 2 cans 25c
LIBBY'S CORN Whole Kernel 2 No. 2 25c
cans
GOLDEN BANTAM CORN 2 No. 2 19c
cans
GARDEN FRESH CORN 3 No. 2 25c
cans

Delicious
CAKES 39c
Large Family Size
Orange Layer
Butterscotch Square Cake 20c
ICED ANGEL FOOD CAKE 15c

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