

MAKE DOUGHNUT LIGHT AND RICH

Results of Series of Experiments Made by Department of Agriculture Specialists.

THINGS TO DO TO AVOID FAT

Do Not Be Too Lavish in Use of Butter, Sugar and Eggs—Testing Temperature With Thermometer Is Excellent Plan.

(Prepared by the United States Department of Agriculture.)
If you are fond of doughnuts, but find those you make at home become soaked with fat while frying, the following suggestions may be of help. They are the result of a long series of experiments in the absorption of fat by fried batters and doughs carried on in the experimental kitchen at the United States Department of Agriculture.

A rich dough always absorbs more fat in frying than a plainer mixture. Unless you wish your doughnuts to be excessively rich, do not be too lavish with butter, sugar, and eggs. The following recipe makes doughnuts which, if properly fried, are not so excessively rich as to be a menace to digestion.

Plain Doughnuts.
1 cupful sugar, 1/2 cupful butter, 1/2 cupful milk, 1 egg, 1/2 teaspoonful salt, 1/2 cupful flour, 1/2 cupful yeast, 1/2 cupful oil, 1/2 cupful lard.

A very soft dough absorbs more fat than a stiffer mixture, was another fact found through these experiments. Too much sugar, however, does not make a doughnut that is not so light and fluffy as is desirable. The addition of hot water to the mixture makes a



A Wire Plunger That Will Keep Doughnuts Under Fat Enables You to Fry Doughnuts in Half the Time and the Result Is Better.

doughnut that is light and fluffy, but at the same time does not absorb much fat. Doughnuts made by this recipe are delicious when fresh, but also keep well.

Potato Doughnuts.
1/2 cupful sugar, 1/2 cupful butter, 1/2 cupful milk, 1 egg, 1/2 teaspoonful salt, 1/2 cupful flour, 1/2 cupful yeast, 1/2 cupful oil, 1/2 cupful lard.

Fry your doughnuts no longer than necessary. Frying doughnuts in fat that is not hot enough, or rolling and cutting them so that they are too thick to cook through in a short time, or failure on the part of the cook to judge when they are done, or any other cause that keeps them in the fat too long, tends to make them greasy.

Testing the temperature of the fat with a thermometer is the best method in frying doughnuts. Other methods, though sometimes successful, are uncertain. A temperature of 185 degrees Centigrade, or 365 degrees Fahrenheit, has been found satisfactory. Doughnuts rolled about 1/4 inch thick can usually be fried in 3 minutes at this temperature if they are turned to make them brown evenly; or they may be fried in 1 1/2 minutes if forced under the surface of the fat during frying.

Frying With a Basket.

It was found that the use of some device to force the doughnuts under the surface of the fat was the most satisfactory method of frying. An ordinary wire frying basket, with a ball and slightly smaller in diameter than the frying kettle, can be used. When the doughnuts first rise to the surface of the fat, lower the empty basket over them under the surface of the fat. Doughnuts fried by this method absorb less fat, brown evenly, and are much less apt to crack than when turned in frying. The basket can be used for draining the doughnuts after they are removed from the fat.

If your nose is oily or shiny, bathe it nightly with borax water or wash with cornmeal instead of soap. After a few minutes rice powder or powdered starch should be applied.

Double Purpose of Salads.
Salads serve a double purpose. They are tempting to the appetite and they aid digestion. No dinner, however good, is complete without a salad.

CARELESS HANDLING CONTAMINATES FOOD

Dangerous Micro-organisms Are Found Everywhere.

Guard Against Enemies of Human Race by Protecting Food From Dirt, Filth and Flies and Keep It in Clean Place.

Dangerous micro-organisms, known as "germs," as well as those which cause food to spoil, are often to be found in food which has been carelessly handled. Typhoid and scarlet fevers, tuberculosis, colds, influenza, diphtheria, and other diseases may be carried by food. Most so-called food poisoning is due to harmful micro-organisms carried into the body by food which has been contaminated either by accident or carelessness. These organisms are to be found everywhere, but especially in dust, dirt and filth. They are often carried by flies, vermin and household pests. They may also get into food from unwashed hands or from dishes which may appear clean but are not.

To guard against these microscopic enemies of the human race, protect the food from dirt, filth and flies, and keep it in clean places and in clean receptacles, say Department of Agriculture specialists. Insist that every person who handles food or food dishes should wash their hands before beginning work, scrub all the dishes, dishes with towels washed out in boiling water, or drains them dry. Care should be taken to cover the mouth and nose in sneezing and coughing, particularly when near food.

MAKE CLOTHES LAST LONGER
Garments Soon Become Shabby If Not Given Good Care—Airing and Washing Is Urged.

Garments saved of the best quality, design and workmanship will soon become shabby through lack of care. In the other hand, those that may have cost only half as much may be kept trim and fresh for a considerable length of time through painstaking care.

Coats and linen garments, especially those that touch the skin or are worn in hot weather, should be carefully aired and frequently washed, because they absorb oil and perspiration from the body. If dresses, waists and other outer garments are carefully placed on hangers as they are being aired, many wrinkles will disappear.

Spreading and pressing will in many cases freshen cotton and woolen fabrics, but too frequent pressing of partly soiled white washable garments will tend to yellow them and colored ones may be permanently discolored in this way.

PIN MONEY FOR FARM WOMEN

Eggs, Poultry and Butter Furnish Means of Earning Tidy Sum All the Year Round.

Butter and eggs furnish many farm women with most of the money they spend on themselves and their children. The amount of butter a woman sells depends pretty much on the number of cows her husband is willing or able to keep. The number of chickens, however, is usually determined by her skill and by the amount of time she can devote to caring for them.

The women who belong to clubs organized by the Department of Agriculture and the state colleges are taught the best and most up-to-date methods of raising poultry. The members are also helped in organizing egg and poultry circles which enable them to obtain better prices for their product.

ECONOMY IN COOKING FRUITS

A Much Fuel Consumed in Preparing One Pound as for Cakes—For Future Use.

It requires very little more fuel to cook five pounds of prunes, dried apples, or apricots than it does to cook one pound, and very little more time. What cannot be used at once may be canned for future use. Dried fruits may also be used in puddings, breads, and cookies, and to make marmalades, butter and jams.

All Around the House

Iron colored linen on the wrong side.
Asbestos is the only proper lining for dollies.
Canned pimientos combine well with canned pears for a salad.

An excellent way to which to use creamed meat is to serve in potato cases.
Fill one gem pan with water instead of butter and the gems will never scorch.
When stoning raisins it is a good idea to butter the fingers; then they will not get sticky.

For a change, use pineapple juice to replace one-half amount of vinegar required in French dressing.

The beaver silks and the silk jerseys in different sorts of weaves are very much to be desired for summer costumes that have to be subjected to more or less of hard wear. After all, the lighter materials must be most delicately worn and treated, if they are to retain for any time the

Combination of the Ever Popular Checked Gingham and Organdy.

by good looking when used on stage-homes, slightly fitted, slightly draped bodices. It was buttoned all the way up the back of that long waist with a row of the smallest possible black buttons. It had a pointed neckline edged with a little strip of valance and all the trimmings along the base of this ruffling was a bit of black velvet ribbon of the narrowest sort obtainable, tied in a snaky little bow where the V-neck came to a point.

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Summer Fabrics Are Fascinating

We hold out our hands to welcome the real summer weather, because, observes a fashion writer, there comes our chance to take on the picturesque garments, and this year not only have the summer fabrics been perfected to a formerly unsuspected degree, but their fineness and beauty have added to the creators of fashions to work them into more fascinating summer frocks. There are things that can be done with cottons and linens and silk that could not be attempted in more cumbersome fabrics. And this year they have been done in a most expressive way. Of trimmings there are few and those which do appear are handled in a restrained manner, being applied only where they will show to their best advantage. They sink into the gown as though they were a pre-conceived part of it, instead of something tacked on at the last moment, when the idea of trimming suddenly became important.

So many are the fabrics, both of domestic and imported origin, that no one of them can be said to hold the lead alone. But the thin organdies and swiss and dotted veils certainly have received a new impetus and all buying signs point to the fact that they will be more popular for daily and evening wear than they have ever been before. Their colors are their chief fascination, for there are the most beautiful hues and tones the dyes have outstripped themselves in achieving really thrilling colors. And they have done this coloring so subtly that, no matter how startling the color may be, it still has the softness that makes it lovable.

Combination of Strong Colors.
The combinations of strong colors with patches and frills and dandies of white organdie are being wonderfully used. Organdie in pure white is used with gingham, with calicoes, with chintzes, with satens, with swiss, with crepes, with other organdies, with silks—yes, with every fabric known to the summer wardrobe. White organdie in some form or another is almost a necessity, and there is this to be said for it; when it is used, that dress wherein it is incorporated is bound to be a success.

For the crispness of the transparent white stuff is so becoming that it cannot be rivalled by any other material, or trimming.

In some cases bits of white lace are combined with the white organdie to make the trimming more notable, but the lace is fine and narrow. Flirt has gone out of fashion more or less—perhaps because it was so consistently overdone—and in its place we have the real life of valentines, the embroidered swiss trimmings. The latter embroideries are coming along in colors much to match the tones of the materials, and there are as good looking as the dying dyed laces have been, with a character all their own to make them notable. The cream-colored swiss embroideries are extremely

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Carrying out the idea of the Brandy blouse, which has been so very popular all winter, there are summer ones being made in colored linens with skirts to match and white linen collars and cuffs. Then there is a fetching model made of white heavy linen, with colored linen collars and cuffs with a narrow white band of the colored linen stitched to it.

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