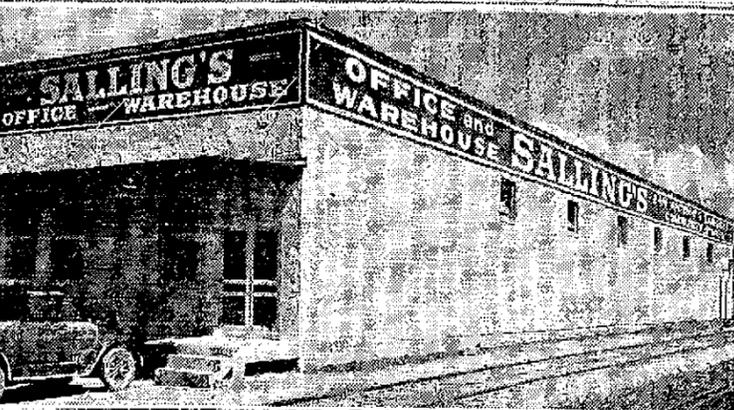
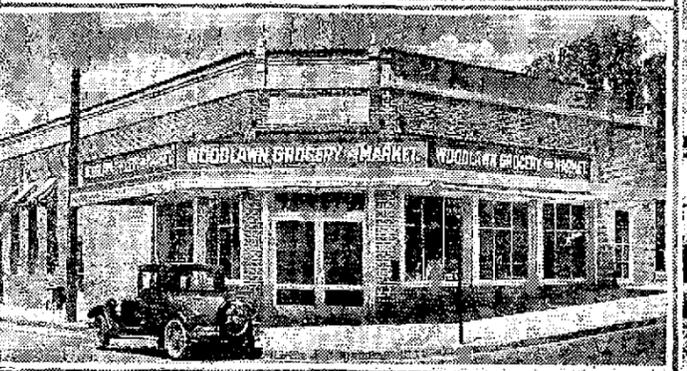
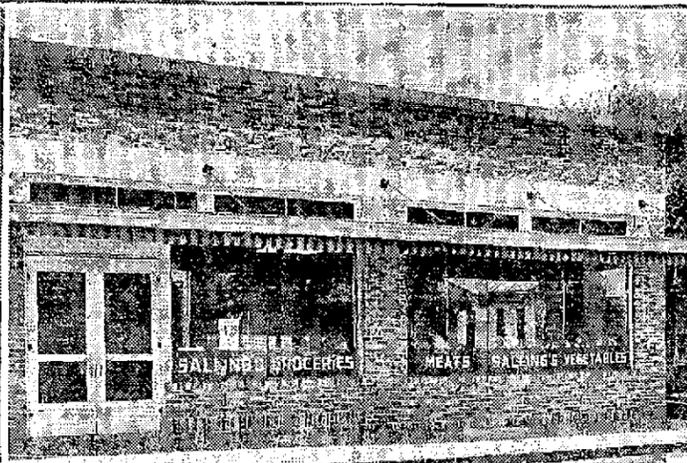
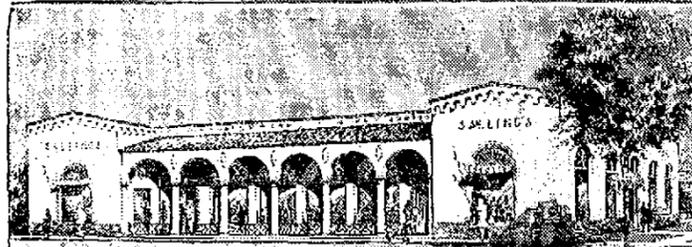


MODERN BUILDINGS

HOUSE STORES IN

SALLING CHAIN



Modern buildings house the Salling company's attractive stores in every section of the city. The above photos

show type of construction employed. The stores include upper row, left to right: Newest store at the corner of

San Pedro and Elmira avenue; 3129 West Commerce street; Alamo Heights store, 4915 Broadway. Lower

row, left to right: Woodlawn district store, 724 Fredricksburg rd.; Woodlawn Grocery, Market, 2902 N. Flores.

Our Sincere Congratulations to the SALLING COMPANY On Their Newest Building JOHNSON BROS. AUTO CO.

Cr. 1212 210 7th St.

DAINTINESS OF FOODS TEMPTS APPETITE

"And now," says the doctor, "just see that he gets plenty of good, nourishing food, and you'll find he will soon be himself again." Most of us have found that this is not always quite so easy as it sounds. We may provide the wholesome, nourishing food, and find that it is very difficult to get our patient to eat enough of it.

Home Kitchen Recipes

HASHED BROWN POTATOES.

2 medium sized cold boiled potatoes Salt and pepper Shortening 3 raw green peppers Chop potatoes fine, season with salt and pepper. Remove seeds and stems from peppers. Wash, drain and chop fine. Mix with potatoes. Put about one-eighth inch of melted shortening in frying pan. Heat slowly. When hot add potatoes and cook slowly, stirring occasionally with a fork. When partly brown fold into omelet shape in one side of the frying pan. Fry until a rich brown. Turn out on a platter, keeping the omelet shape.

SAUTEED PINEAPPLE RINGS.

Drain sliced canned pineapple well. Melt enough shortening in frying pan to cover bottom generously. When hot, place pineapple slices in pan. Fry until brown on one side then turn and brown the other side. If the slices are dipped in flour previous to frying, they will brown more quickly, but will not be quite so shiny in appearance.

Such demands often tax the ingenuity, the patience and the perseverance of those who have to prepare the meals.

HOW TO USE MILK. Milk may serve as the basis of a convalescent diet, as it is high in nutritive value and is readily assimilated. It should be supplemented by eggs

CARAMEL FROSTING.

2 cups brown sugar. 1 cup milk or cream. 1 tablespoon shortening. 1 teaspoon vanilla. Cook the sugar with the milk until it forms a soft ball when dropped in cold water. Stir in the shortening and vanilla and a pinch of salt, and beat until thick enough to spread.

FRIED TOMATOES.

Wash tomatoes but do not peel. Slice across into slices about one-half inch thick. Fry quickly in a hot skillet, well greased with shortening. Season with salt and pepper. Turn with an egg turner or broad spatula to brown both sides. Remove as soon as the slices are slightly browned—before they become too soft.

HAM FILLETS.

Cut a thick slice of ham into strips about one inch wide, trim neatly and let stand in cold milk two or three hours; drain, dry well, and dip into beaten egg and fine bread crumbs. Saute in hot shortening, turning to brown all sides nicely.

These are very nicely cooked or that are heated up raw and mixed with the milk. The fruit juices, especially those of the citrus fruits, should be very freely used because of their high content of vitamin C, and their richness of minerals. The leafy green vegetables should also be liberally included because of their vitamin and mineral content, and because they are such excellent foods for keeping the digestive tract clean. When cooked and chopped very fine, or made into a thick puree, they can be used by even the weakest digestion. Great care must be exercised in cooking them to retain the delicate flavor, and they should be distinctly served. Almost all cooked vegetables can be used in the convalescent diet.

Small amounts of tender meat have a place as well, though as a rule meat should be used rather sparingly.

There are several cook books that make a specialty of suggesting recipes and menus for the sick, and there are also quite a few commercial booklets put out by some of the large food companies dealing with this same problem. Every kitchen library should have at least one such to use as a guide, for we all, at some time or other, are faced with the necessity of providing foods that will coax and tempt a flagging appetite.

Small portions of food, and several varieties at a time will be a great aid in tempting the appetite. Study ways of serving these as attractively as possible. When the appetite is very capricious, and at the very beginning of convalescence, it may be necessary to serve smaller amounts of food at shorter intervals.

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Steam Pudding Hastily Prepared

Mix and sift two cups of cake flour, one-half teaspoon of salt and one tablespoon of baking powder. Stir in three tablespoons of sugar and about one-half cup of milk or enough to make a very thick batter. Butter individual molds, and fill little more than half full with the batter. Tie a piece of wax paper over the top of each mold and steam for 15 minutes. Turn out and serve with crushed fresh or canned fruit, or with a rather rich hot sauce. If desired, a slice of peach, a teaspoon of raspberries or a few strawberries may be put in the molds before adding the batter.

HONEY APRICOT SALAD

Place three or four apricot halves on lettuce leaf. Fill cavity with honey. Place rosebud of whipped cream in center of cavity and top with a tiny piece of red cherry. This makes a very attractive salad.

PRESERVED ORANGES.

Peel large oranges, cut in 1-4 inch slices and cover with cold water, allowing 1 cup water for each orange. Let stand 24 hours. Cook in some water until tender. Add 1 cup sugar and the juice of 1 lemon for each orange. Cook until transparent. Place in glasses or jars, cover with syrup and seal.

PINEAPPLE SALAD

Place pineapple ring on lettuce leaf. Fill hole of pineapple ring with the following mixture: small pieces of oranges, pimenton, and 1 tablespoon shredded raw carrot. Add a dressing made by mixing lemon juice, honey and a little pineapple juice. Place in hollow of the pineapple ring, forming a little pyramid. Garnish with whipped cream sweetened with honey.

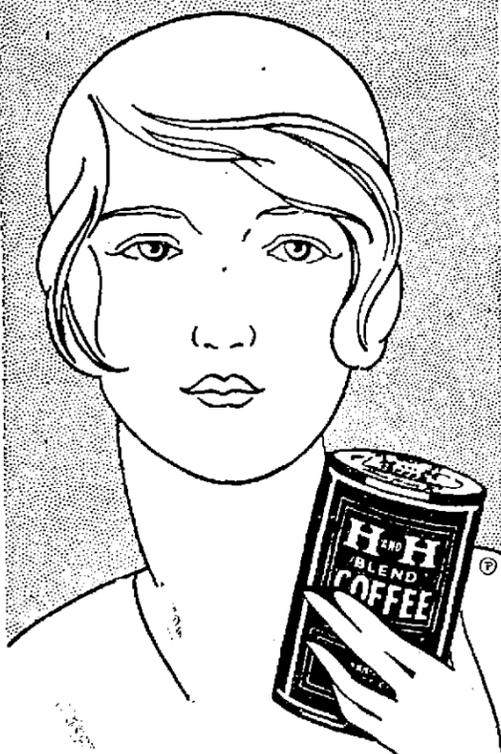
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