

HINTS FOR THE HOME

It is just common sense to use package foods wherever possible. Dust and personal handling, germs and whatnot are kept from these foods where it is impossible to give bulk foods the same protection. This is one of the so-called "food fads" that one may indulge in without fear of contradiction from any source, for in helping to keep foods fresh it contributes as much to economy as it does to health.

Another so-called fad that is acknowledged to be good practice is the habit of choosing foods that are not over-refined. This applies chiefly to cereals, corn meal, flours and rice, where the most beneficial substance is found close to the outer hull of the product, and is lost through over-bleaching, bolting and polishing.

Special Menu

- Clam broth frappe
- Spanish chicken Buttered wax beans
- Stuffed tomato salad
- Cheese wafers
- Pineapple mouse
- Cocoanut cake
- Beverage

Curried Halibut

Melt 1 tablespoon butter and soften in it 1 teaspoon minced onion. Add 1 teaspoon curry powder mixed with 1 tablespoon flour; stir in 1 cup milk and one-half cup cream. When creamy, add 2 cups cold boiled or baked halibut, season and serve very hot.

String Bean and Egg Salad

To 1 pint cooked string beans add one-half cup celery, one-half cup chopped nuts, 1 tablespoon chopped onion. Make a paste of the yolks of 3 hard boiled eggs, add to French dressing, mix well with the beans and set away to become thoroughly chilled.

Raspberry Squash

In a saucepan mash 4 cups red raspberries, add 1 cup sugar and cook together 15 minutes. Then sift over the berries 1/4 cup of flour. Cook for an additional half hour, stirring frequently. When stiff, pour the mixture into molds and when cool set in refrigerator to become very cold. Remove from molds and serve with whipped cream.

Canton Punch

Boil 4 cups water with 1 cup sugar

and 1/2 cup Canton ginger cut fine. Let cook about 20 minutes; strain and add 1/2 cup lemon juice and 1 cup orange juice. Chill and when ready to serve, add charged water. Pour over crushed ice in tall glasses.

Waukegan Plans Addition to Its Present Sea Wall

Specifications were presented to the Waukegan city council at a meeting last week covering a proposed three foot addition to the present sea wall along the north beach in front of the city filtration plant, the Johnson Motor company and the Baehr Coke plant. The installation of the improvement, if approved by the council, will cost approximately \$3,000,

according to City Engineer Henry Bleck.

The act of the council in bringing about a move to raise the height of the sea wall comes as a result of the high water in the lake which has been damaging property along the beach to a great extent during the past two years. The sudden rise of the lake this spring has made it absolutely necessary to take some steps to keep the water back.

The Johnson Motor company and the Baehr Coke company recently completed additions to the height of the sea wall at a cost of \$7,000. This wall will be added to be the city if the council approves the specifications presented.

City Engineer Bleck states that the improvement of the sea wall is im-

perative if the industries along the lake front are to be properly protected from high water. The roadway running along the lake front to the city filtration plant will never be of use during rough weather unless the sea wall is raised, he stated.

In all probability the council will advertise for bids on the specifications at once so that the addition may be completed as soon as possible.

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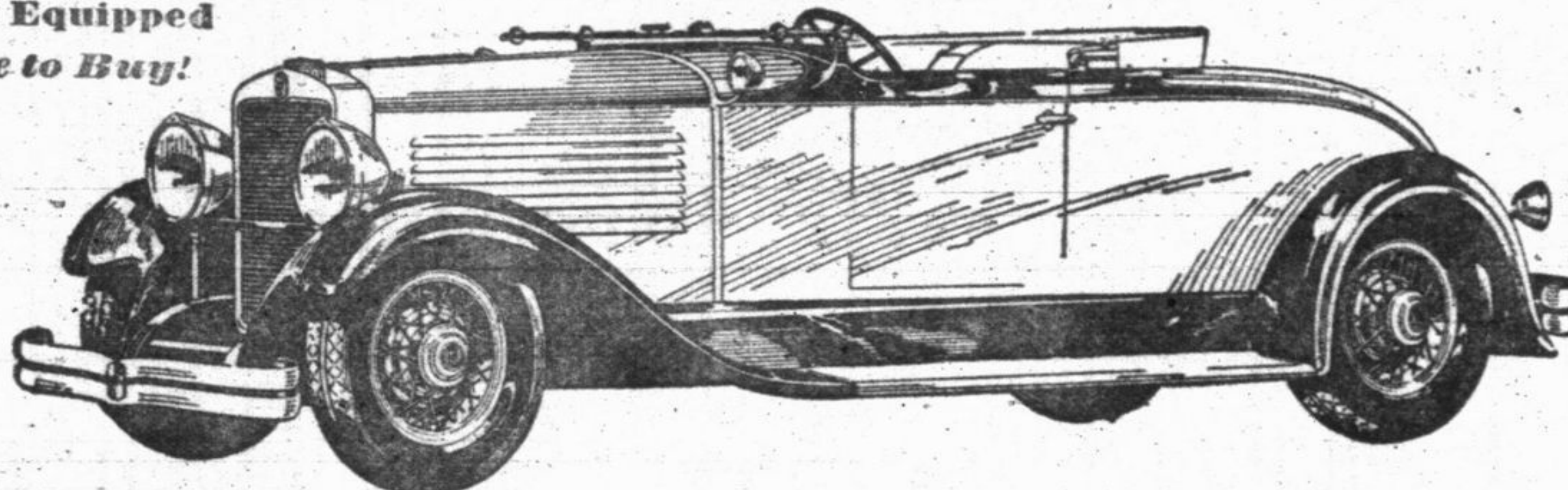
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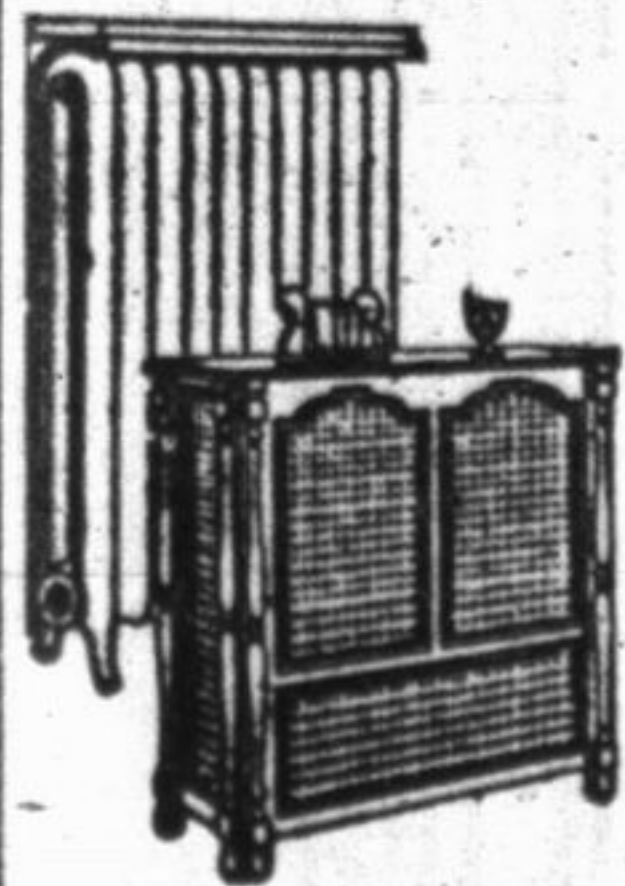
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