

SATURDAY FOOD SPECIALS

SPECIAL for Saturday only

1 doz. large cans of
ALPINE MILK
for \$1.35 Saturday only

FREE—With every purchase of one dozen cans of Alpine Milk on Saturday, July 14, we will give away free 2 bars of "Electric Spark" Soap. A wonderful self-washing vegetable oil white laundry soap.

C. Q. YEE HOP & CO.
The House of Quality
King Street Phone 3451

You can buy the
Armour's Veribest
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Quality Canned Goods
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These satisfying, nourishing foods are prepared by the special Armour processes that retain the full natural flavors.

Ever-ready for immediate service

Pork and Beans, Luncheon Beef, Ketchup, Salmon, Sardines, Etc. Phone 4121.

California Feed Co., Ltd.
Alakea and Queen Sts.

STAR-BULLETIN 75 CENTS PER MONTH

Armour's QUALITY PRODUCTS

The Stockinet Covering
Intensifies and preserves all the rich, juicy goodness of

Armour's STAR THE HAM WHAT AM.

One of Armour's *Veribest*

Baked for dinner, cold for lunch, broiled for breakfast, Armour's Star Ham has the appetizing appeal that never fails. To be sure of best ham, look for Armour's blue and yellow Oval Label.

ARMOUR COMPANY

FOR SALE BY LEADING GROCERS
A full line carried by
California Feed Co. and C. Q. Yee Hop & Co.
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Little Helps For The Table

A famous general once declared that "an army fights on its stomach," and realizing the truth of his statement we women must look well to the ways of our household that no wastefulness on our part lessens the supply of food which is exported to our own boys and our allies.

One important item of saving is the serving of soup at both luncheon and dinner. Not only does it serve to take the first edge off the appetite, but it is an excellent method of using up bone, meat trimmings and giblets.

However, the distinctive flavor of stock bouillon or consommé should be preserved and not impaired by the addition of strong herbs, spices, mushrooms, fried onions and other methods. Superior stock is made by means of gray beef, leg of veal, a few carrots, turnips, leeks and celery, which are allowed slowly to simmer in water for some eight hours. The broth is then strained off into a large basin and kept in a cool place. The flavor of the broth may afterward be improved by the addition of the bones of rabbits and fowls. The stock is boiled away till it has a gluey consistency, when it obtains a bright, clear color. The heat is then slackened and the stockpot filled up with water. No flavor is needed for this soup, but only the addition of a very little salt, and, if leeks are not available, one or two onions.

Where vegetable flavoring is introduced, from four to six ounces is generally sufficient to allow to each pound of meat. Those most used for flavoring are carrot, turnip, onion and celery, though mushrooms are sometimes favored, especially in game stocks. They should either be cut in blocks or left whole if they are small; they should never be chopped in small

pieces. It is better also for them not to remain too long in the stock, as after a certain time they only absorb the meaty flavor instead of imparting their own.

There are many economical variants from the familiar dried pea and vegetable soups. A good soup, for instance, can be made of cabbage leaves and bread crusts; then there are carrot soup, potato and leek soup, sorrel soup, onion soup and dried bean or lentil soup.

A prudent housewife will soon discover many little leaks in the kitchen; for instance, a great many cooks discard the outer lettuce leaves when paring head or other lettuce for salad. This is unnecessary. These leaves when carefully washed, steamed or boiled, cooled, pressed and chopped and tossed in butter or braised with cream or gravy, make a delicious vegetable.

Cocks' combs, when scalded and rubbed in a towel with salt, are easily skinned; they can then be soaked in cold water and the water changed daily until they become snowy white. When blanched they may be used as the principal ingredient of a "ragout financier" and in other ways.

Fowl gizzards, when thoroughly cleaned and soaked for ten days in a saltpeper pickle, may be made into a "potpie," or used in stews and navarins.

Baked potatoes left over from meals, when scooped out and roughly chopped up, then stewed with milk, cream, sauce, pepper and salt, are far preferable to the product obtained from boiled potatoes.

Cream, when threatened to turn sour, or even when slightly sour, can be "restored" by stirring a little baking soda into it.

H. C. OF L. UNSEATED FROM PERCH; SPUDS, ONIONS, PEARS ON TOBOGGAN

Oh! Hi Cost O' Living is in a bad way. The old rascal has received several hard blows this week, of which the following are a few:

Potatoes have gone down from \$4.50 to \$3.50 a hundred pounds.

Onions have hit the toboggan from \$12.25 to \$1.75 a hundred.

Alligator pears are down from \$1.00 to 50 cents a dozen.

Bananas are going begging at from 25 to 50 cents a bunch—not a dozen, but a bunch, containing from 6 to 9 dozen of the fruit.

Nearly everything in the line of local fruits and vegetables is cheaper this week than it has been in many months, and housewives can cut down expenses considerably by visiting the territorial marketing division and the fish market, with a big basket and a dollar or two.

This is welcome news, after the way every known variety of eatable has been looping the loop and going after altitude records ever since last winter.

Supt. Longley of the marketing division asks the Star-Bulletin to inform Honolulu housewives that now is the time to buy island grown grapes and make jellies and jam for next fall and winter.

Longley has in stock a good quantity of fine Isabella grapes from Hilo which he is selling retail at 6 cents a pound. The grapes are at their best right now. The division will receive another consignment tomorrow morning. The superintendent says the present supply is the best of this variety he has ever received. It is good as a table grape as well as for jams and jellies. The Isabella is practically the only grape which grows well in the islands.

The division has some exceptionally fine island grown "spuds" at 4 cents a pound, one cent cheaper than 60 days ago. By the hundredweight the potatoes are selling today at \$3.50 a bag, one dollar cheaper.

Tomatoes are excellent, several local dealers report, at 5 cents a pound or 75 cents for a 20-pound basket. New potatoes from California are

quoted at \$3.75 a hundred, \$1.25 below the price on May 1.

Citrus fruits are about the only variety to increase. New Valencia oranges are selling at 50 cents a dozen or \$4.25 a box. Lemons are higher, too, 30 cents a dozen and \$4 a box, against 25 cents and \$4.50 a box a month ago. Hot weather on the mainland and bigger demand have sent up the price.

SAVE SUGAR IN MAKING JELLY

Much waste of sugar and spoilage of jellies can be avoided by using a simple alcohol test recommended by the bureau of chemistry, United States department of agriculture. To determine how much sugar should be used with each kind of juice put a spoonful of juice in a glass and add to it one spoonful of 95 per cent grain alcohol, mixed by shaking the glass gently. Four slowly from the glass, noting how the pectin—the substance in fruits which makes them jelly—is precipitated. If the pectin is precipitated as one lump to a cup of juice; if in several lumps the proportion of sugar must be reduced to approximately three-fourths the amount of the juice. If the pectin is not in lumps but is merely precipitated under this test, it is unsuitable for jelly making and must be combined with apples or other juices rich in pectin.

The housewife will do well before making the test, to taste the juice, as fruits not as acid as good tart apples probably will not make good jelly unless mixed with other fruits which are acid.

HOME GARDENING

The corn has ears and cannot hear. Potatoes, eyes, but cannot see; Which state of things is rather queer, Or that's the way it seems to me.

The melon has a tender heart, But still he does not love, they say; The onion's skin will never smart, Although it has been built that way.

The cabbage has a giant head, But still it lacks a bit of brains; And though the squash's head is red, From wearing collars he refrains.

The bamboo always sports a cane; The oak has limbs, but never walks; The willow never weeps, 'tis plain; How strange the tulip never talks.

The pickle has no hands, but still Has warts to spare, I understand; The trumpet flower must think, it ill She cannot join a circus band.

The barley has a beard, and yet A barber shop he never seeks; And here, I say it with regret, No kisses press the apple's cheeks.

The blades of grass I do not fear; The rubber plant can never see; Which state of things is rather queer, Or that's the way it seems to me. —Chicago Chronicle.

GRAPES COME FROM HILO
Early this week the Territorial Marketing Division received a big shipment of grapes from Hilo, from A. G. Serrac. The grapes were raised by Serrac to supply his winery, but he has recently decided to retire from the liquor business and as they ripen are being placed on the market.

The grapes are being sold for 7 cents a pound. The Territorial market also has a good supply of Irish potatoes which came from Kohala.

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Loju

Dealers find it hard to keep enough LOJU on hand when housewives learn its many delights. LOJU makes new treats—and old treats, new! Men especially, like the Loju Ball or Mint Julep. Loju Lemonade, Loju Punch, Loju Sherbet, Loju Sundae, are other Summer dainties made with this tempting new fruit juice. All size bottles, 10c up. Ask your dealer for Recipe Booklet, free.

LOJU BALL—Half glass Loju Beverage over ice; the rest charged water or gingerale.

LOJU MINT JULEP—Crush several sprays mint in glass. Fill with finely chipped ice, cover with one ounce of Loju, rest water. Decorate with generous spray of mint.

Northwest Fruit Products Co.
Salem, Oregon

Crushed from Big Ripe Oregon Loganberries

HEN, EGGS, HERD OF COWS AND JEWELRY IN RED CROSS FUND
WASHINGTON, D. C.—Red Cross officials find their organization the owner of one herd of dairy cows, a fat Plymouth Rock hen and dozen eggs, a dozen gold and silver medals of various kinds, much jewelry and merchandise, a stone to the Red Cross war fund from persons who could not give money.
A Slav woman of Middleton, O., donated the hen and eggs. The local campaign committee auctioned the eggs for \$17.50 and the hen for \$26. Both were returned for resale. Officials said they would be forwarded to New York for sale by auction in Wall street.
Cows, hogs, horses and other livestock have been given by farmers in a number of states.

DON'T OVERLOOK THIS

Ten per cent discount on Picnic Hams will save you several car-fares or at least a gallon of gasoline to come to town shopping. Wild Rose Picnic Hams are delicious boiled and can be served in various ways. Nothing more economical at the price. Geo. A. Belayew, 938 Maunakea street—Adv.

STARS AND STRIPES ARE POPULAR IN ROME, ITALY

(By Associated Press)
ROME, Italy.—The stars and stripes has become decidedly popular since the entry of the United States into the war, but the scarcity of the American flag prevents its display in many of the public places where are hung to gether the flags of all the allies. In one street demonstration that took place the day the United States declared war an old flag was resurrected for the occasion carrying but 34 stars, the flag having been made in Baltimore before the Civil War.
During the demonstration that occurred before the American Embassy several hundreds of button-hole flags, prepared for the occasion, were tossed into the crowd and since that time these tiny flags have been worn about Rome.

ROYAL BAKING POWDER
Absolutely Pure
Made from Grape Cream of Tartar
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