

# WOMEN

Page 8 The Guardian Tuesday, Dec. 7, 1954

## LET'S EAT

### Clever Kitchen Gifts That Will Save Space

By IDA BAILEY ALLEN

"I do not understand the meaning of gift of space" for the kitchen, Madame. Space is so big and wide!"

That's just the reason we need to bring it into kitchens. Chef, as you know, most kitchens are cramped for space. What I have in mind are gifts that will make a kitchen seem more spacious, not by remodeling, but by a selection of gifts that will add storage room or increase working or eating facilities.

#### Cabinet Units

"Perhaps you mean extra storage cabinet units that can be hung on the kitchen wall in convenient spots, Madame. Also, perhaps a long narrow cabinet that can go above the sink to hold detergents, soap, silver polish, scouring pads, and so forth."

"Right, Chef. Also an adequate cabinet or set of corner shelves to hold jars or herbs and spices, condiments and flavorings. Another space-giver for a small kitchen is one of those cupboards to attach on the back of a door. This would be especially helpful as a stand-in for a broom closet."

#### Do-It Yourself

"Then there are drop shelves, Madame, to use when extra work top space is needed. A what you call do-it-yourself carpenter can make and install one. I have also seen them ready to put up, on sale at reasonable prices at house-furnishing stores."

"Again, properly placed hooks make it possible to hang many utensils and gadgets, such as the red hooks with plastic backs you installed two years ago in our taste-test kitchen. A set of these hooks would make a fine space-enlarging gift."

#### SUNDAY DINNER

Hot or Chilled Tomato Juice  
Roast Loin of Pork  
Broccoli  
Sweet Potatoes  
Apple Sauce  
Lemon Chiffon Pie  
Coffee  
Tea  
Milk

#### TOMORROW'S DINNER

Cream of Green Pea Soup

Oyster Mushroom Pie  
Potatoes  
Asparagus with Carrots  
Grapefruit Salad  
Jelly Sponge Pudding  
Hard Sauce  
Tea  
Milk

Oyster Mushroom Pie: Cut 1/2 lb. fresh mushrooms in small pieces; saute until lightly browned in 3 tbs. butter or margarine. Add 5 tbs. flour, a few grains nutmeg, 1/2 tsp. onion juice, 1/2 tsp. salt, 1/2 tsp. monosodium glutamate, 1/2 tsp. pepper and 3 drops tabasco.

Gradually stir in 2 c. whole milk. Cook and stir until boiling. Add 1 pt. washed shucked oysters. Transfer to a low qt. baking dish. Top with rounds of flaky piecrust 2 1/2 in. in diameter; bake 20-25 min. in a moderate oven.

Asparagus with Carrots: Peel and thin-slice enough carrots to make 1 c. Cook until fork-tender in 1/2 in. water containing 1/2 tsp. salt and 1/2 tsp. monosodium glutamate. Then add 1 (No. 2) can cut asparagus and liquid or use one 10-oz. pkg. cooked frozen cut asparagus. Heat. Season with 1 tbs. butter, salt and pepper to taste, and a few grains nutmeg.

Jelly Sponge Pudding: Add 2 c. fine enriched bread crumbs to 1 qt. milk; heat until bubbles form around the edge.

Separate 3 eggs. Beat whites stiff and yolks until creamy. To yolks add 1/2 c. sugar, 1/2 tsp. salt, 1/2 tsp. baking soda and 1/2 tsp. grated lemon rind. Stir in crumb mixture.

Transfer to a well-buttered or margarine low 3 qt. baking dish. Set in a pan of hot water; bake in a moderate oven, 375 degrees F., or until a knife when inserted in the center, comes out clean.

Then spread lightly with any fat jelly and top with a meringue made from the egg whites. Return to oven about 10 min. to brown.

Serve warm with hard sauce, cream or melted butter.

#### TRICK OF THE CHEF

When roasting pork, baste with barbecue sauce for a pepper-upper.

#### ARCADIA FRUIT PUNCH

2 qts. strong tea (made with 12 tea bags or 12 tsp. of tea)  
2 cups lemon juice (strained)  
4 cups orange juice (strained)  
1 1/2 qts. cranberry or grape juice  
2 cups sugar  
2 qts. water  
1 qt. ginger ale

Mix tea, fruit juices, water and sugar and chill. Just before serving add ginger ale and pour over piece of ice in punch bowl (makes about 2 gallons).

Mothers who find difficulty in getting their children to drink milk might try serving Cambria Tea. This way of giving a new taste to milk but in no way reducing its nutritive value has become very popular in Eastern Canada. It has long been the custom in "Tea-drinking" Britain to serve "Milky Tea" to youngsters.

To make Cambria Tea simply add a dash of Tea to the glass of milk. It can have no ill effects whatsoever and the change in flavour often encourages stubborn youngsters to enjoy their milk.

Incidentally if you are looking for a first rate pick up and energy restorer try a cup of clear tea, with honey added and float in it a slice of lemon. It is being used by sportsmen as an energy restorer and is delicious to taste too.

### Recipes With Tea For "Young Fry" Parties

Now that the time for children's parties is with us again, mothers will be faced with the problem of what to give the "young fry" to drink. Milk of course, is the most nutritious, but since a child likes something "different" at a party, it is a good idea to serve a drink which not only contains some valuable health-giving elements but is also agreeable to the taste and "different" from run of the mill beverages. Here are a couple of unusual and tested recipes which should go over well with the youngsters.

#### Honey Spiced Tea

4 level tbs. Tea  
2 level tbs. whole cloves  
1 cup of strained orange juice  
1/2 cup lemon juice  
2-3 to 3-4 cup honey  
8 cups freshly boiled hot water.

Pour 5 cups boiling water over tea and cloves. Let steep for five minutes, strain. Add orange and lemon juices, honey and remaining 3 cups hot water. Stir until honey is thoroughly dissolved. Here again is a delightful fruit punch which will no doubt please both young and their parents too.

### Anne Adams Patterns

**Doll Wardrobe**

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Sew in time for Santa! TEN-garment wardrobe for your little one's favorite dolly! Each item is sew-easy—fun to make! Parly Dress! School Dress! Suspender Jumper! Blouse! Coat! Pixie Hat! Nightie! Robe! Slip! Panties!

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Send order to ANNE ADAMS, care The Guardian, 60 Front Street, West, Toronto.

**Morning Smile**

NOT TO BE

A stage-struck youth had pestered a manager for an audition, and at last got one.

"Tell me," began the manager, "do you aspire to comedy or tragedy?"

"Tragedy," bleated the youth.

"Well, let me hear you recite something."

Striking an exaggerated pose, the aspirant began: "To be or not to be—"

"Not to be, undoubtedly," said the manager, showing him out.

4526  
TALL  
"—"

by Anne Adams

### Seven Days A Week

by Anne Shannon

1. MONDAY: Over fifty years ago in a Fashion Journal were these items of interest to the ladies. No. 1. "Girls of sixteen may wear high-laced black kid shoes with lighter kid tops and ankle-length shirt-waist gowns." No. 2. Gowns at teas and luncheons also receptions must wear hats and retain their gloves while merely partaking of refreshments. Remove the gloves when seated at a table and served a meal. No. 3. "Tape a small mirror inside the crown of your hat!" The Beauty Editor advised girls, "And when the hat is removed, it will be very easy to take a sly peep to see if you look presentable. No. 4. And one lady writing to the Editor said "My husband buys a best suit about once in six years — a ten dollar suit in a dark color. Once in three or four years he invests in a cheaper suit for the office. And No. 5. was a hint for the men, should they happen to glance through the magazines when wife wasn't looking. "Please encourage men, drink your soup from the end of the spoon, if you have a mustache. Its the only proper way!"

2. TUESDAY: And here is a fable you might like. It was used in connection with Red Feather Week services, and it goes like this: Once there was a man who remarked to a friend one evening that he did not know whether he preferred to spend eternity in heaven or in hell. "Judging from what I have heard of both places," he said, "neither appeals to me very much."

Instantly his friend was transformed into an angel. "How would you like to visit hell?" the angel asked. The man said he was agreeable to a short visit, if he could also take a quick look at Heaven so that he could compare the two.

"We'll do it," the angel said. He flapped his wings once and immediately they were in hell. It appeared to be a banquet room, with long tables piled high with luscious food. But the people around the tables were writhing in agony, for their elbows were encased in wide iron bands with much food within their reach, they were starving, for they could not bend their arms to bring it to their mouths. They screamed and rolled on the floor. It was a horrible sight.

"I've seen all I want of hell. Show me heaven!" the man said. "I'll take you to heaven," the angel flapped his wings once more and they were in Heaven. It looked much the same as hell — a banquet room, the tables loaded with food, and seated at the bountiful tables — the people. They, too, could not bend their arms, for their elbows were encased in iron bands. Nevertheless, it was a beautiful sight.

"The angel asked the man, "Now do you see the difference?"

"I see," he said. "I know why this is Heaven, not hell!"

The people in Heaven were feeding each other!

3. WEDNESDAY: For you who like — the sweetest music this side of Heaven, here's a note about the man who plays that music. — Guy Lambada. Did you know that Guy is a Canadian, that his band was assembled in London, Ontario over thirty years ago? The Lambada brothers, Guy, Victor, Carmel and Lebert had played their sweet music since childhood. He and his Royal Canadians have been playing at Roosevelt Grill in New York for twenty five years. For Guy that spot is home and he is host. He was a success from the beginning and while other bands faded away he remained. Possibly it is just his music, but his personality. He's a quiet friendly person, and mingles among the guests who come to hear him. His young friends who come to the Grill to celebrate a birthday aren't too surprised when Guy, smiling wanders over — compliments of him and the band. Recorded by Decca not so many months ago was "How Long Has It Been" — a sentimental ballad from the musical, Arabian Nights, which Guy produced.

4. THURSDAY: In Columbus, Ohio, Mrs. Russell Crawford's son told her that he was planning to take an aptitude test in high school next fall. This he'd have some idea what sort of work he was suited for. His mother asked him what he'd do if the test revealed no aptitudes. "Oh, in that case," he sighed, "I suppose I'd better go to college."

5. FRIDAY: Tuna-Biscuit pie should fill the bill nicely for tonight's supper, and here's the "know-how" of it!

1 cup tuna  
2 tbsps. minced onion  
1-2 tsp. dry mustard  
1-2 cup catsup  
2 tbsps. lemon juice  
1 cup coarsely grated cheese — (1-4 lb.)  
1 cup biscuit mix (or make your own)  
6 tbsps. milk

Start heating the oven to 375° F. Mix tuna, onion, mustard, catsup and lemon juice. Add cheese to biscuit mix. Stir in milk, mixing lightly but thoroughly. Pat half the biscuit mixture into bottom of greased 8 inch pie plate. Spread with tuna mixture. Drop remaining biscuit dough, by spoonfuls, on top, leaving centre uncovered. Bake 25 minutes or until nicely browned. Serve, cut in wedges. Wonderful with lettuce hearts and sour cream dressing.

6. SATURDAY: This is the time of year when special recipes are the order of the day. This one won first prize in a National Baking Contest, and when you try it, I'm sure you'll agree it well deserved the Blue Ribbon.

4 cups sugar (4 to 5 medium) cooking apples, peeled and sliced.  
1 cup sugar  
1 tsp. flour  
1 tsp. cinnamon  
2 tbsps. butter  
2 tbsps. water  
1 cup. lemon juice  
2-1 1/4 cups sifted enriched flour.

Continued on page 9

### Mr. and Mrs. Ben Gaudet



The marriage of Miss Corinne Arsenault to Mr. Ben Gaudet took place on November 17 at St. James Church, Egmont Bay. The bride is the daughter of Mr. and Mrs. Fidele Arsenault, Egmont Bay, and the groom is the son of Mr. and Mrs. Edmond Gaudet, Mount Carmel. Also in the photo are Mr. Abel Arsenault, who was best man, and Miss Florence Arsenault, who was bridesmaid. (Edwin Heckbert Studio.)

### ELLEN'S DIARY

by an Island Farmer's Wife

In southern California for a succession of days the temperature was in the eighties and the Family, now children by adoption of that land of Sunshine wrote to us today. We could picture the winter flowers blooming there in profusion. "Ellen you ain't never seen geraniums blooming if you ain't never been to California," we recall hearing one who knew the state well, say in our young years. "You throw a plant away, meebys in a corner of the yard—and what does it do? It takes root and grows! You can't keep 'em from growing and blossoming!"

And the roses, Ellen! That's where they do have them flowers! Big as all-git-out, and smel'n so pretty. And the butterfly poses... the sweet peas! They grow taller than a man's head that you pick 'em clean today and tomorrow's as many more ready for you to pick. Seems as if flowers never love to grow and bloom in the sunshine that."

In contrast, on the nearer side of the continent where an Island-province of Canada is cradled on the waves, though we have not yet come to the winter solstice, nevertheless as live and move now amid scenes of the winter.

Now the fields, service for the year completed, have entered their period of rest. So hushed they are beneath their light white coverlet, so quiet in rest. Did they ever see the passing of the lights of today? The solemn calls of the belated skeins of Canada

Geese, that hastened southward, winging attractively the blue; or the startled cry of the wild ducks that lifted from the pond beyond Sam's Bridge and beat smartly home to the evening-fires of the west; or the gossip of the snow buntings that like over-size flakes of feathery white drifted along the front meadow.

Our garden-flowers rest too or frosted and dead. And the trees, what of these? Not long ago, in the dark waiting days of fall, the stark grace of maple, of birch and their deciduous neighbors of field and forest drew our admiration. With the coming of snow, we turn from these to the evergreens now so strikingly handsome as in their dark sturdiness they stand against the white of the blanketed farmlands.

From these will come material for the garlands to deck the rooms for Christmas, and from among these the Christmas tree will be selected. But there will be plenty left, for in winter it seems this is an island of evergreens.

In a white morning from which the high night-winds had fled, the boys of this farm wondered whether or not their mode of conveyance to school today would be tractor or sleigh. But it was the tractor which drew them there along snowy ways.

In southern California, December gives the folks warm summery days. Here at present, we are kept in a winter-wonderland of white.

Until tomorrow — — — "Diary  
— — — Good-night. . . ."

### KEEP IN TRIM Have Many Near Objectives In Long-Range Reducing Plan

By Ida Jean Kain

To reduce successfully, it is important not only to have a goal, but to keep it vividly in mind. This principle is psychologically sound, and your mind is a superb instrument to work in. Reducing, the ultimate goal is often many months distant, so it is helpful to move toward that goal in steps. In short, have a near objective, such as a next smaller dress size. This sustains interest.

In yesterday's column, our disheartened overweight who weighs 24 pounds more than she should has urged her to bring her weight down to at least 180 pounds. At that weight, since she is fairly tall, she will be able to wear a size 20 dress. In her wardrobe she has sizes 20 and 18.

Instead of concentrating on losing the lump sum of 54 pounds, this overweight should aim first at losing 16 pounds in the next two months. She will then be able to wear size 42 easily. She has some 42s on hand. When she can slip into those 42s with room to spare, another dozen pounds off will allow her to wear size 40, altered slightly upwards. Her first new dress then should be size 40, and she would buy only one inexpensive dress in that size.

So that all of you will know the approximate number of pounds that stand between you and your next smaller size, here it is: There are 10 to 16 pounds between standard dress sizes, depending on stature. In small sizes, there is a 10 to 12 pound difference; medium sizes 12 to 14 pounds and in large sizes there are 16 pounds from one size to the next.

However, as you have no doubt experienced, there is a weight range within which you can wear a certain size. If you are crowding the seams of your present size, you will need to take off the standard number of pounds, and perhaps an extra 3 to 5 pounds before you fit the smaller size. There are just as many pounds between sizes coming down as there were going up!

It helps enormously to know the score. Your letters reveal that many of you reduce 10 pounds and stop because this did not change your dress size. If you knew that reducing another 5 to 6 pounds would turn the trick and let you wear a dress a size smaller . . . why nothing could stop you!

What about the number of inches between dress sizes? In large sizes there is a standard two inch difference in the main measurements. That is, there is a two inch increase in bust, waist, abdomen and hip measurement from one dress size to the next larger size. And where your clothes require alterations gives the clue as to where your figure needs fixing.

### Herman N. Bundesen, M. D. Action In The Treatment Of Poison Cases

If your child has been accidentally poisoned by a household substance, you need to take immediate action.

While symptoms of various types of poisoning differ to some extent, the victim generally begins vomiting, becomes drowsy, coughs or complains of a stomach ache. You might also look for burns or ulcerations around his eyes. Diarrhea is sometimes present, too.

**Immediate Action Needed**

The first thing to do, of course, is to call your doctor. In all probability, he will advise you to give the youngster a specific antidote, make him vomit and then rush him to the physician's office, a hospital or clinic, where his stomach can be pumped out.

If, for some reason, you can't reach your doctor right away, there are items usually found in any home which probably will serve as antidotes for most types of poisoning.

**Milk is Useful**

Milk for instance, is a bland solution which helps dilute most poisonous substances and neutralizes some of them. For an immediate antidote, you can usually give milk mixed with the white of an egg, milk and flour, or baking soda and water. Also give the victim plenty of water.

If you know, or suspect, he has

### MARY HAWORTH'S MAIL Girl Inquires About Virtues In a Partner

DEAR MARY HAWORTH: If you were 25 again (having read an article about you, I know you are beyond that age) and were as spiritually sensitive, mentally adventurous, intellectually enlightened and socially advanced as you are today, what would you demand as absolute requirements in a life partner?

An honest answer to this question through our column would, I know, greatly help many of us flounders in the sea of romance.

There are many attractive men, but none without imperfections; so how is a girl to know which imperfections would be the most tolerable over a long period? And how great a part should romance (as we think of it) play?

Would one be wise to follow the head rather than the heart, and let respect develop into love? Does one have to be "mad" about someone to be happily married?—or are there persons (as perhaps I am) who would never be "mad" about anyone? Sincerely,  
G. J.

#### Better To Be What You Seek

DEAR G. J.: It seems to me that you can't fruitfully "demand" anything of life or people. Rather, you bring yourself to situations or relationships, and you are recompensed or punished according to certain immutable laws of being, that appear to take account of your spiritual consistency, or your exact worth, at the testing time—and not the other fellow's value.

The pattern of your potential experience in marriage is in preparation, actually, before you are born. It is already under way in the relationship your parents are having, and in their reactions to family life, social interchange, child-care and so on—in all the influences that will mold and condition your emotional concepts of self and associates.

It is getting the cart before the horse, to reckon in terms of "absolute requirements in a life partner." To have a good marriage, you have to be a good person, able to create a relationship that embodies your ideals, your strength, your generosity, tenderness, loyalty and spirit of service.

#### Mind Remakes Your World

In the final analysis, everybody is the center of his own universe. Nobody else can stand in his shoes. We make and unmake our world, as it were, by our own attitudes—by our habitual thinking, feeling and expectations. Psychology and religion unite in broadcasting this truth nowadays.

Thus you see the importance of requiring great things of your spiritual self, of organizing your forces for "a rise in consciousness"—up to the enlightened level of peace of soul—as the prudent adult preparation for successful marriage in your experience. Psychology and religion unite in broadcasting this truth nowadays.

Perhaps the best "lead" into happy marriage is the faithful practice of meaningful prayer. And by praying I mean something far more exhaustive, in the way of total application, than simply reciting a prayer-composition. For graphic, specific instruction in the why-and-how of dynamic prayer, read Glenn Clark's pamphlet, "The Lord's Prayer," (Macalister Park, 35c)—a compilation of talks which show that prayer is the most mature, most productive preliminary work a person can do, in respect to building right relationship.

M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian.

### swallowed alkalis (usually found in most cleaning compounds), acids, metals or other corrosive poisons, you should give him a demulcent.

#### Soothing Agent

That means to give him a soothing agent which will help protect delicate mucous membranes in the mouth, throat and stomach. The antacids I listed above are also demulcents.

Or, instead, one or two tablespoonfuls of gelatin or powdered gelatin dessert mixed in a pint of warm water can be given. Cream can also be used.

If you know what your child has swallowed, you can generally give him a specific antidote. I'll tell you about several of these tomorrow.

#### QUESTION AND ANSWER

M. M.: My teeth bleed quite profusely when I brush them. Can you offer any suggestion?

Answer: The bleeding may be due to irritation of the gums produced by tartar collected around the necks of the teeth. It might also be due to pyorrhea, a condition in which there is degeneration or wasting of the bony sockets with inflammation of the gums.

It would be advisable for you to have a careful study by your dentist to determine the exact cause.

#### Household Hint

For viewing television in the home, use two or three low lights in the room.

### Heinz puts in the CREAM - you add only WATER



SAVE ON MILK

### Exchange Vows



Mr. and Mrs. John Dingwell (Photo by M. Mallett)

An autumn wedding was solemnized recently at York United Church, when Rev. J. M. Sproule united in marriage Alice Dalling, daughter of Mrs. Crockett and the late Robert Crockett, Charlotte-town, formerly of York, and John Henry, son of Mrs. Dingwell, and the late Chester Dingwell of Annapolis.

Mrs. Winston Wood, cousin of the groom, was organist for the occasion, and Miss June Foster, soloist, rendered, "O Perfect Love" during the signing of the register.

The bride entered the church on the arm of her brother, Ralph, who gave her in marriage. She chose for her wedding a gown of white pleated nylon with scalloped Chantilly lace overskirt and matching lace jacket, the long sleeves tapering to points at the wrist, with pearl embroidery on the Peter Pan collar. Her shoulder-length veil was of French illusion and she carried a bouquet of pink Aristocrat roses.

The bride was attended by Miss Muriel Warren as bridesmaid, who wore a ballerina dress of nylon net over satin in light rose-color with fitted bodice and bolero in a deeper tone. She carried a cascade of Taisman and tawny gold roses.

The flower girls were Lenore Crockett and Dianne MacInnis, nieces of the bride. They wore dresses of blue and yellow taffeta with matching bandeaus and carried nosegays of white, yellow and mauve mums.

The groom was attended by Mr. Howard Norton while Mr. Neil MacInnis, brother-in-law of the bride, and Mr. Winston Wood were ushers.

The church was decorated with autumn flowers. The guests' tables were marked with white, a tulle bows centered with pink and mauve flowers and fern.

Mrs. Crockett chose for her daughter's wedding a two-piece dress of navy blue corded silk with matching accessories and wore a corsage of pink carnations.

The mother of the groom wore a dress of aqua crepe with black accessories and a corsage of yellow carnations.

A reception was held at Sandy's Restaurant for approximately 80 guests. The bride's table was adorned with bouquets of autumn flowers and centered with a four-tier wedding cake which was cut in the traditional manner by the bride and groom. The toast to the bride was proposed by Rev. Mr. Sproule and responded to by the groom.

For travelling the bride wore a dress of medium blue wool with navy velvet on topcoat and matching hat, pink gloves and scarf and a corsage of pink carnations.

The couple left for a honeymoon in Nova Scotia and New Brunswick. They are residing in Annapolis, where the groom is a prosperous farmer.

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### Wife Preservers

A good way to store fine, dry bread-crumbs is in a tightly covered jar in the refrigerator. Refrigerated, the crumbs will remain in good condition for many weeks.

7199  
by Alice Brooks