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Fruit Sherbet Is Quickly Prepared

1 cup sugar.
1 cup water.
1 orange.
1 lemon.
2 pineapples.
2 bananas.
Whites of two eggs.

Boil sugar and water five minutes; cool; add pulp and juice of oranges, juice of lemons, finely chopped pineapple and bananas rubbed through a sieve. Freeze to a mush; add egg whites beaten stiff and continue freezing.

SALMON SALAD.

Flake can of salmon, add tablespoon each chopped olives and pickles. Arrange on lettuce leaves and garnish with good mayonnaise dressing.

MORE SAN ANTONIO HOUSEWIVES ARE USING H. AND H. COFFEE

How more than 50 per cent of the housewives of San Antonio became consistent users of H and H products, is the interesting sales story of the Hoffmann-Hayman Coffee company, pioneer roasters of the Southwest.

Thirty-two years ago, William Hoffman established a coffee roasting firm in a tiny little factory here in San Antonio. He built his business on giving unusual roasting and delivery service to the grocers who retailed his products.

PLANT EXPANDS.

Housewives in this territory were quick to accept the coffee roasted by

VITAMINES ARE ESSENTIAL IN DIET

Mixed Foods Provide the Needed Food Elements - in the Repast.

Lack of vitamins A produces an eye trouble known as ophthalmia, and general susceptibility to infection. Scoury results from lack of vitamins C and rickets from lack of vitamins D. Lack of vitamins D as well as of vitamins A produces loss of the reproductive faculty.

Diets lacking in vitamins are—as everyone knows—sure to cause trouble, but this does not mean that foods lacking in vitamins, if included in a mixed diet, are harmful.

The fact is that a number of our most usual foods are entirely or almost entirely lacking in vitamins and some people jump to the conclusion that they should be avoided.

Here are some of the more usual vitamin-free foods:

- Lard.
- Sugar.
- Wine oil.
- Polished rice; that is, the usual sort of white rice.
- Meat extracts.
- Egg white.
- White flour.

One should not use false logic—saying that since vitamins are necessary to growth and health well-being and that since these foods contain no vitamins, they should not be included in the diet.

Olive oil is and has been for thousands of years a very valuable source of energy. Sugar is of tremendous importance and there is no reason to condemn lard. The important thing is not to eat those foods to the exclusion of other foods rich in vitamins. Pastry made from whole wheat flour and lard with a filling unadorned with sugar should be counterbalanced with foods of the vitamin-rich sort. There is hardly any danger of going wrong in the use of olive oil since it is almost always eaten with fresh salads which are especially rich in vitamins. The oil supplies the energy food that the lettuce does not.

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HOME INDUSTRY.

Housewives throughout San Antonio's great trade territory have learned to demand H and H coffee in preference to any other. Their money is kept here at home in developing home industry and make this section a better and more prosperous one to live in.

A progressive program of expansion throughout Texas and reaching over into adjoining states is now under way for the Hoffmann-Hayman Coffee company. New distribution points are being opened; new territories are being served; new consumer demand is being created for this quality product.

A number of unusual ways of making coffee, thoroughly tested by competent chefs, have been prepared by the Hoffmann-Hayman Coffee company for the use of housewives. Some of these are given here:

CAFE DE PARIS.

"French coffee" is most generally prepared by mixing a cupful of finely ground H and H coffee with a raw egg and placing the pot over a brisk fire, occasionally stirring it until the boiling point is reached, after which set the vessel aside to simmer for a few minutes. Pour on a cupful of cold water and allow to stand for 8 or 10 minutes before serving, using cream and sugar to suit.

CAFE NOIR.

A black after-dinner coffee is prepared by adding four ounces of freshly ground H and H coffee to quart of absolutely boiling water and allowing it to stand until it reaches the boiling point, meantime passing it two or three times through the coffee pot before serving.

CAFE AU LAIT.

French breakfast coffee is made by grinding two tablespoons of H and H coffee for each cup required, and packing solidly in a regular French filtering coffee pot, pouring on boiling water and passing it from two to three times through the coffee pot. When serving, boiling milk in equal quantity or to suit the individual taste is poured into the cup from a separate vessel, after which it is sweetened to suit.

CAFE GLACE.

To every six cups of freshly made H and H coffee, add one egg with cream and sweeten well. Mix thoroughly and place in a refrigerator until frozen to the consistency of cream.



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Keeps Them

1930 More San Antonio Housewives Are Using H and H Coffee

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