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Santa's First Aid Kit

K. Lorette Nelson

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Santa's First Aid KIT

EXTENSION
SERVICE

SOUTH
DAKOTA
STATE
COLLEGE

UNITED STATES DEPT.
OF AGRICULTURE



Santa's First Aid Kit

Compiled by K. LORETTE NELSON*

Stockings will be filled and trees will be decorated again this Christmas morning as always. Santa will get his work done, war or no war. This year he needs a little extra help from us. He has his trouble with priorities, but we can all help if we start to plan early and make more of our gifts at home. We have the problem of remembering the family and friends and still having something left for war bonds and stamps. Stick to the simple gifts, make as many as you can, and you will cover your list without extravagant last minute purchases.

Salvage for Santa

Since salvage is the order of the day, why not use the same idea in Christmas gifts? See what you can find in the attic, the cellar, your desk, the bottom drawers of chests and dressers, the scrap bag, and the storage closet. Chances are that you'll find some of the things mentioned on these pages. Match them to your list and go to work.

Fountain pens are hard to get. If you have a discarded one, have it repaired and send it to some lucky person. If the children in the family have roller or ice skates which they have outgrown or lost interest in, pass them along to some child you think they'll fit. Salvage missing straps or wheels from skates that are beyond use.

If you have toys that your child has discarded because they won't run or are broken in some small way, look them over to see if they can be easily repaired. Perhaps a coat of paint or a little tinkering with the mechanism will do the trick and a bit of first aid to Santa is ready.

For the Friend Who Travels

Do you have a discarded rayon or silk formal that could be used for any one or all of these travel cases? Shoe bags, lingerie, hose, and handkerchief cases will help to keep the clothes orderly for the friend who travels or the girl who goes to college. If you are buying new material, three yards of 39-inch material makes the three cases and bags for two pairs of shoes. It would be wise to choose a material that launders.

The three cases are quilted, lined with self-material, and machine stitched close to the edge for a sturdy finish. One layer of flannel is used as the base for quilting. Mark by pencil the width of a ruler and quilt by machine with one layer of the material. The lingerie and handkerchief cases have two flaps to help hold the garments and handkerchiefs in place. These pieces are $3\frac{3}{4} \times 7\frac{3}{4}$ inches and are made double for each flap on the handkerchief case. For the lingerie cases, use pieces $7\frac{3}{4} \times 10\frac{3}{4}$ inches and make each flap double. The hose case has pockets for six pairs of hose. It is made from a strip 20 inches long and $4\frac{1}{4}$ inches wide. Inverted box plaits in the center of

each pocket provide necessary fullness. These inside pieces are inserted between the right side of the lining and the right side of the cover and stitched on the wrong side. Snip the right angle corners to make turning easier. Snaps at the point of the quarter circle help to keep the case closed.

The shoe bag is made of two pieces of material 13 inches long and $7\frac{1}{2}$ inches wide. Ten and one half inches from the open end the case is rounded off for the toe part of the shoe. Buttonholes would make a good finish for the drawstring openings. A casing is made at the opening for a drawstring. These cases could be made by extending one piece to make a flap closing to be snapped in place.

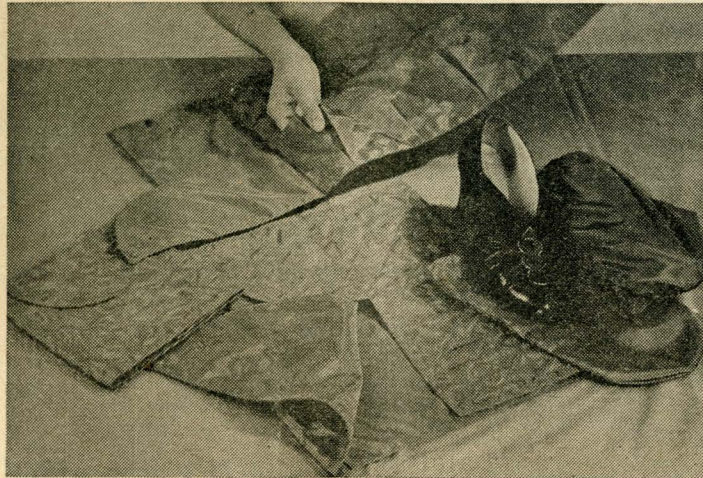
Babushka and Mittens to Match

Warm, woolly babushka and mittens can be made from worn coats, suits, or dresses. Use a bright color to line a dark plain color. Pictured here is a bright plaid set lined with green jersey. The other set is made from black wool lined with red jersey and trimmed with decorative lazy daisy stitches in red, yellow, and blue yarn. Included are patterns for different size mittens from small to large.

If you are buying new material you will need 13 inches of the woolen material and 13 inches for lining. With some materials it may be necessary to place the babushka in the middle and mittens on both sides. Remember to turn the mitten pattern or cut double so you will have the right side out for both mittens. If the material is not heavy enough for warmth use an inner lining of outing flannel.

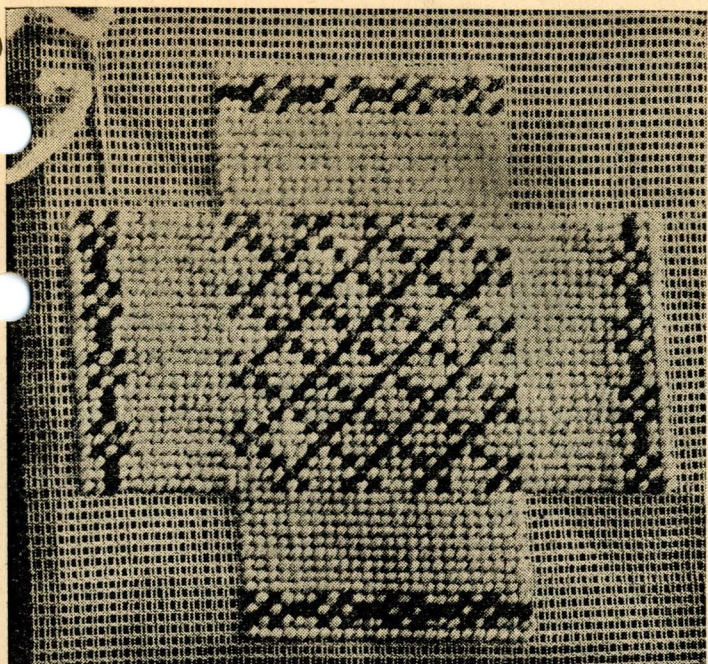
The sets were machine stitched one-fourth inch from the edge and then finished with a blanket stitch of harmonizing or contrasting colored yarn. Another method is to sew the right sides of the lining and outside together all except a few inches for turning. Turn and machine stitch close to edge of cap.

Make woolen babushka and mittens to harmonize.



*Home Management Specialist

Quilted cases for a friend who travels.



At left is border design. At the right is a repeat of the design of the top of the cushion. The letters indicate the different colors used. For example: A is blue; B, wine; C, rose; D, yellow.

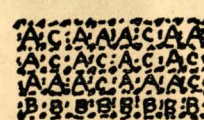
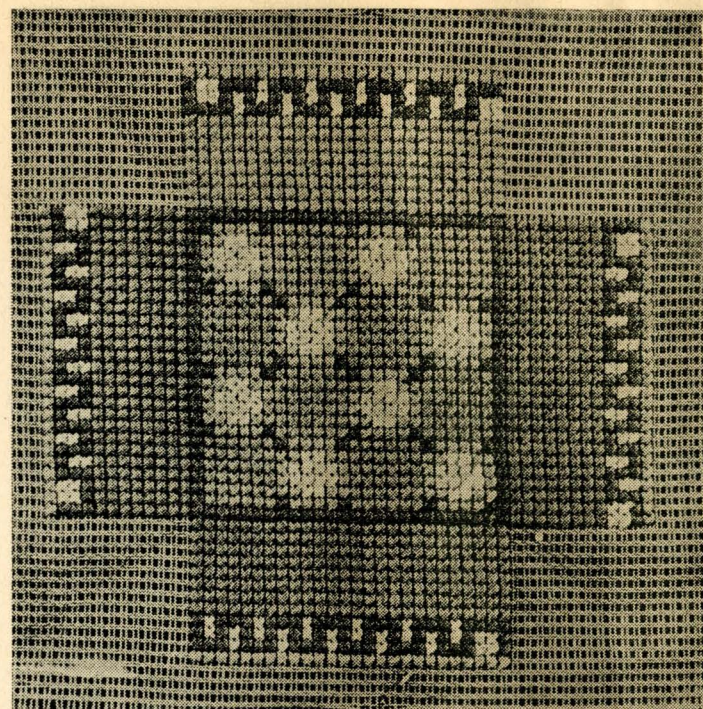
For the One Who Sews

These needlepoint pincushions are pretty gifts for friends who sew. Woolen yarn or six-strand embroidery floss can be used on needlepoint canvas or on monks cloth. If yarn is used, stitch as is shown in upper left-hand corner. Use a tapestry needle to work faster. If you use six-strand embroidery floss, you will need to use a cross-stitch to cover effectively. Four colors are used in the repeat of a design in the first cushion; five colors are used in the repeat of a design on the second one. It is a good idea to choose a darker color for the background of the pincushion because it is the largest area and use the brighter colors for the smaller areas.

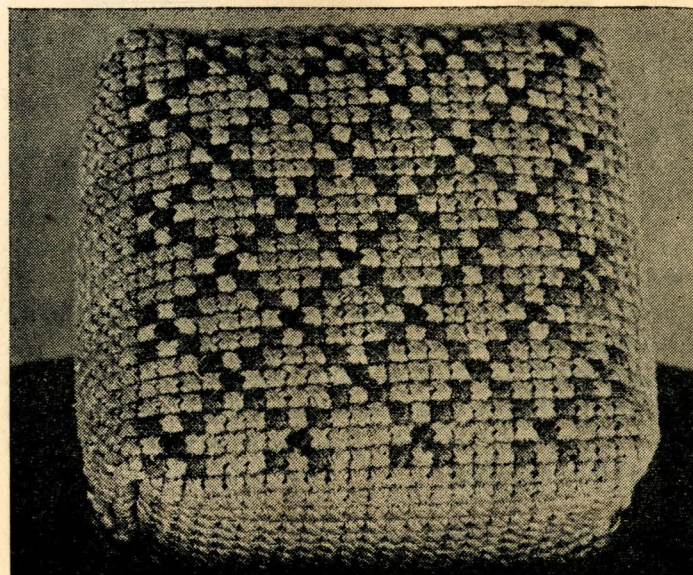
The pincushion at the upper left has 24 stitches across the bottom with 13 rows of stitches on each of the four sides. The top of the cushion is made with 8 squares, 3 stitches each way, alternating background color with design. The pincushion (at the upper right) has 26 stitches across the bottom with 12 rows of stitches on each of the four sides. The top of the cushion is outlined first and then made with 4 squares, 6 stitches each way, alternating background with design.

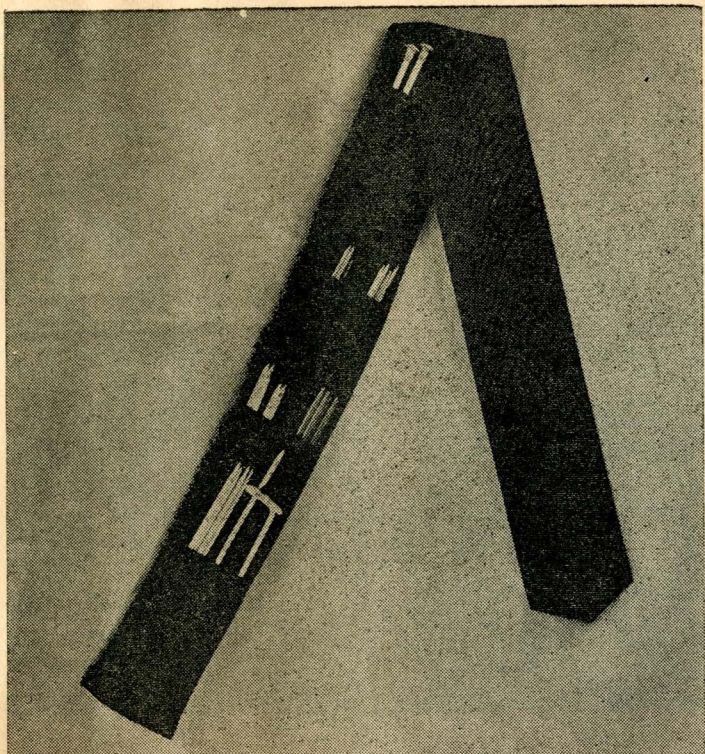
At the right is a finished cushion. Side seams are joined and the cushion is stuffed, preferably with scraps of woolen yarn or cloth. A 2-inch square of cardboard makes a firm base. It can be covered with needlepoint, ribbon, or silk.

A similar design could be planned for a wrist pincushion. Fasten the cushion to a wrist-length of elastic, if you have it. If not, sew on two pieces of ribbon long enough to tie.



At the left is a repeat of the design at the top of the cushion. At the right is the border design. For example: A is peach; B, blue-green; C, yellow; D, darker peach; E, wine.





This case for knitting needles and stitch holder is smart for your friend who knits.

Draw-String Purse

Now that purses are hard to buy, many women have started to make their own. This purse is made of moire, but there are many other suitable materials. Color and texture of the material you choose should blend well with your coat or suit. Thirty inches of 40-inch material makes the purse including lining. This makes a generous sized purse. If you prefer a smaller purse change the size accordingly.

The purse is made by cutting a piece of material $19\frac{1}{2}$ inches lengthwise and $20\frac{1}{2}$ inches crosswise. This one has two layers of outing flannel for inner lining and self-material for lining. The outer covering and outing flannel can be stitched together at the same time. Make a crosswise fold and stitch seams $2\frac{3}{4}$ inches from the top. Fold to mark the center bottom. Make the bottom by flattening out from this $2\frac{3}{4}$ -inch seam and stitch seams to outside edge.

Lining piece is made the same way but cut an inch smaller. While it is still flat, stitch a mirror case in the center of one side $3\frac{1}{4}$ inches from the top. Coin purse and cosmetic case on strings can be sewed into side seams of the lining at the same time, or, if you prefer, stitch them to the lining opposite the mirror case.

The casings at the top are 4-inch strips cut $1\frac{1}{2}$ inches longer than the top of the purse. The casing is machine stitched to the right side of the outside covering and the right side of the lining leaving 3 or 4 inches to turn. Turn right side out and slip stitch the lining to the rest of the casing. Use a running stitch or machine stitching to join lining and purse covering. Purse strings are made of two 2-inch strips of material approximately 24 inches long. Turn in one-fourth inch on each side and machine stitch. The ends can be finished by tying a knot and slipping to the end.

At right—Make this purse out of an old coat, suit, skirt, or dress. Fit it with mirror case, coin purse, makeup compartment.

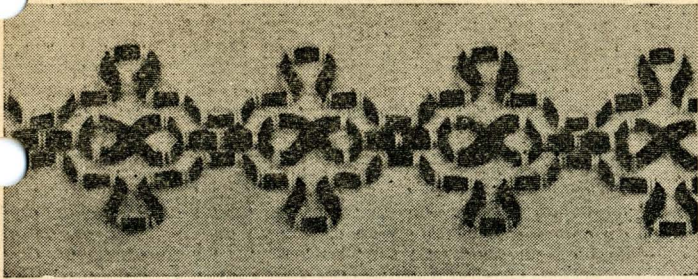
Helps For the Knitter

A knitting case is a grand gift for the knitter, as it provides a compact orderly place to keep all the knitting needles and stitch holder. Two and two-thirds yards of $2\frac{1}{4}$ -inch ribbon will make a case for the needles the most ardent knitter would need. If you use a material other than ribbon, allow for turning in the raw edges for seams. Start with a piece of ribbon $31\frac{1}{2}$ inches long, measure back $4\frac{1}{2}$ inches from one end and fold; this makes the first 4-inch pocket with a half-inch fold at the top. Reinforce this piece with a 31-inch length which will fit under the fold at the top of the first pocket. Make pockets for the other size needles by cutting three strips as follows: $6\frac{3}{4}$ inches, 9 inches, and $13\frac{1}{4}$ inches. On each of these turn back a half-inch fold. Finish the open end of the case with a triangular fold. Insert the pockets in the order of size in the original 4-inch pocket. Stitch around the outside edge first; then stitch through the center beginning at the top pocket and stitching to the bottom of the case, retracing at both ends for strength. Close with a button and loop or snaps.

Oatmeal boxes make wonderful knitting bags. Use a large oatmeal box. Cover the lid and box with wallpaper or glazed chintz. Make holes in the box below the lid, one on each side. Insert ends of heavy cord through holes, tie large knots on inside of box, and adjust cord to proper length.



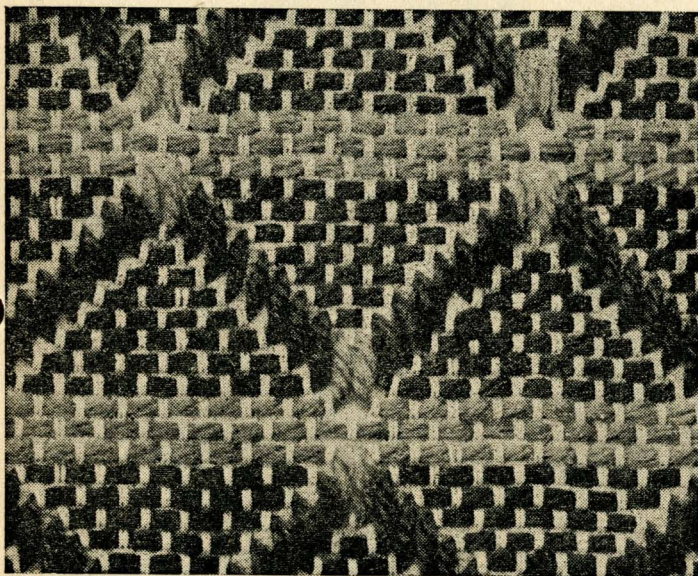
Attractive Huck Towel Designs



This border design for a towel.



In this border design two colors are used.



All-over designs suitable for purse or pillow. Three colors are used in the upper figure; two, in the lower.



Attractive designs can be woven in huck toweling using a blunt needle and six-strand embroidery floss or a single strand of two-ply floss. The design is made by weaving the floss under pairs of loose threads either lengthwise or crosswise. The border designs are effective decoration for towels or an all-over design can be used for purses.

After you have decided on the type of design and width of hem, find the center pair of threads by carefully folding the width of the material in half. Start all flosses at the center pair of threads, using one-half of the floss length to work to each side. When you finish the design, in order that no knots or loose ends will show on the back, you can reweave back through two or three pairs of threads.

In making the purse designs woolen yarn makes a better all-over design. Select huck toweling that has a more open weave for use with yarn. Either envelope or pouch style bags can be made using these designs.

Turbans for Warmth

To make this turban you will need 10 to 12 inches of wool jersey or material that has some stretch and wool yarn of the same color. Use 13 inches of material with the knit going lengthwise. If the material is light weight, use two thicknesses for added warmth. The front edge should have a narrow hand-stitched hem, so there will be more elasticity. Close the ends with a plain seam. If two thicknesses of material are used, join them by machine stitching and leave enough to turn right side out. Cut the yarn into 30 to 40 inch lengths depending upon the size of the head. Double the yarn and with a crochet hook draw the loop through the under side of the seam end of the hat. Draw the two ends of the yarn through the loop as you do in making fringe. Place them quite close together. On the upper side, mark with a pencil on the yarn 1 inch from the hat. With a strand of yarn crochet along these markings. Make a loop in this strand of yarn. Draw the first strand of yarn on the hand through this loop, chain one and continue across all the strands. Finish by drawing the loose end of yarn back through the crocheting. To finish the ends of yarn on the turban, tie a knot or wrap with 3 or 4 strands of yarn.

Aprons Always Welcome

Do your friends or family look forward to one of your apron gifts at Christmas time? A home front gift—practical and very acceptable—would be one of these aprons. The patterns use little material, are attractive and very usable. They are easy to make and will not require too much time of a busy homemaker.

Thrifty home sewers are finding worn shirts and dresses a good solution to the shortage of apron materials. Some of these aprons could easily be made from a shirt or dress.



All-Protecting Apron

One and one third yards of print and five yards of trim make this all-protecting apron. The ruffle which trims the collar can be omitted if ironing is a problem.



Inverted Plait Apron

Two 19-inch lengths would make this apron with inverted plait. Pieces left over from a dress could be used to good advantage. Contrasting colors or a print and a plain material would be attractive. The plait seams and outside edges are bound with tape.



This apron for entertaining has peasant embroidery trim.
At left is the pinafore which wins approval.



Peasant embroidery trims this apron made from sacks. Table accessories are sacks with a simple running stitch.

Pinafore Popular

The pinafore is popular these days. Two and an eighth yards or two sacks would make this apron shown at upper left.

For Entertaining

One yard of dimity, dotted swiss, or a sheer material makes this attractive apron for entertaining. About $4\frac{1}{2}$ to 6 inches up from the bottom the apron is cut in about 8 inches and a 12-inch strip added to make the ruffle. One-half yard of the peasant embroidery or bias trim covers the seams made by the ruffle. Three and one-third yards of rick rack make a neat finish for the edge. Apron is pictured at upper right.

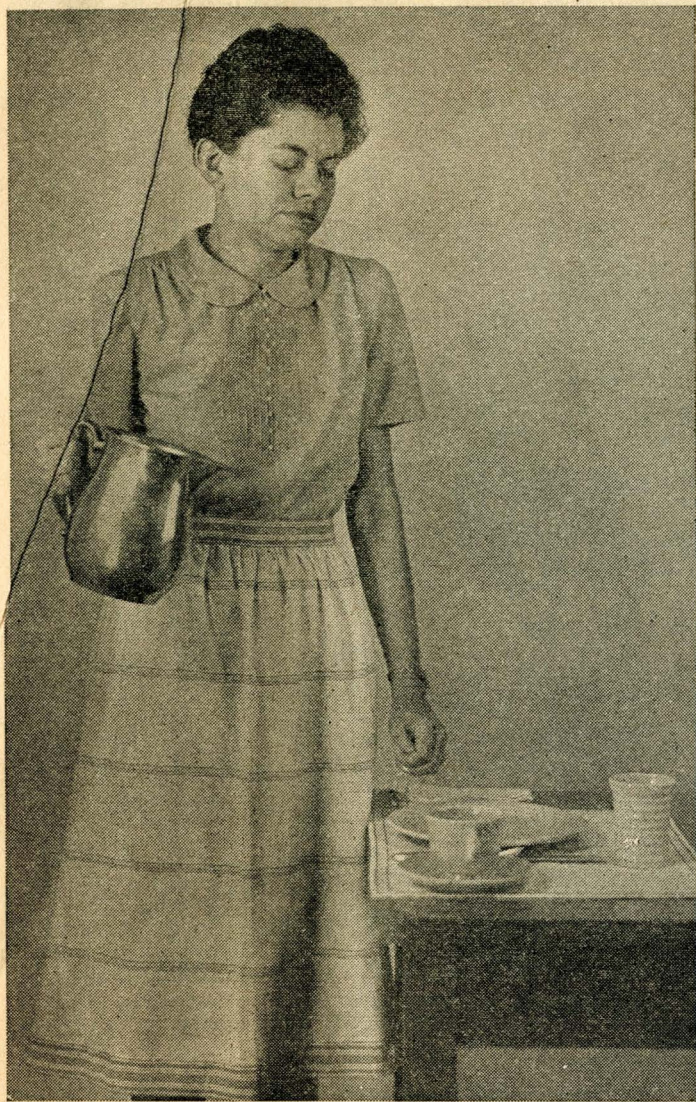
Cross-stitch Embroidery

Cross-stitch embroidery in peasant colors adds gaiety to the apron made from two feed sacks. If you wish variety in using the same pattern you could omit the bib front. See apron at left.

Gay Table Accessories

If you have feed sacks aplenty about your place, use them for these luncheon cloths or place mats and napkins. Attractive table coverings can be made from sacks in a variety of styles with simple embroidery. Pictured here are a place mat and napkin with a woven running stitch for decoration. Use as many strands of thread as possible. Small running stitches evenly spaced are placed at the edge of the hem and one-half inch from the hem. A contrasting colored thread is used for weaving through the running stitch. This set consists of two place mats 16 x 20 inches, a runner 20 x 36 inches, and four napkins each 15 inches square. These are measurements before hemming. Draw a thread to locate the hem and the second line of decoration.

Another luncheon cloth is made by dyeing a sack an attractive color, fringing and overcasting or hemstitching the edges. Plan the size of these table accessories according to the table size.



A striped sack was used effectively in making this apron.

Stripes Trim This Apron

This practical apron has lovely soft colors woven in horizontal stripes. It is made from a striped feed sack. One of the wider stripes was used for the waistband and the ties were cut from the sack when cutting the apron the desired length. Bordered materials could be used effectively in a simple style like this or colored bands could be sewed to a plain sack. This one measures 26 inches in length, hemmed, not including the waistband.

Colorful Bath Mitt

The bath mitt to hold dusting powder is fashioned from two thicknesses of material for the back of the hand. Rayon, cretonne, chintz or print could be used. The part of the mitt that fits the palm of the hand holds the powder. It is made of one layer of terrycloth or some open material for the powder and one layer of the same material as is used for the back of the mitt. The terrycloth is cut $1\frac{3}{4}$ inches longer than the other three pieces. This added length is narrow hemmed and folded back into the seam of the mitt, a narrow strip of elastic is machine stitched to the terry about 1 inch from the fold. The two back pieces are seamed at the top; the palm piece is narrow hemmed. To make the seams around the mitt put the two back pieces to the right side of the terry and under the folded edge. On top of that place the other piece of the palm, pin, and machine-stitch.

Crocheted Necklace

An attractive necklace to be worn on woolen sweaters or dresses can be crocheted from woolen yarn or coarse crochet thread. Use a No. 2 crochet hook. Make a chain about 2 inches longer than desired length. Make three double crochets in each chain. Before joining at the end coil as firmly as desired. Join top stitch to chain stitch and chain stitch to top of double crochet.

Crossword Puzzle Book

A homemade crossword puzzle book makes an entertaining gift. Cut crossword puzzles from newspapers or magazines. Mount each on a separate sheet and make into a loose-leaf book. Put the answers in an envelope glued inside the back cover. Make a cover of cardboard which has been covered with wallpaper, cretonne, or oilcloth.

Recipe Books

Wartime recipes typewritten and bound into a small book, covered with cardboard and cloth or bright paper, make a most acceptable gift.

Puzzles

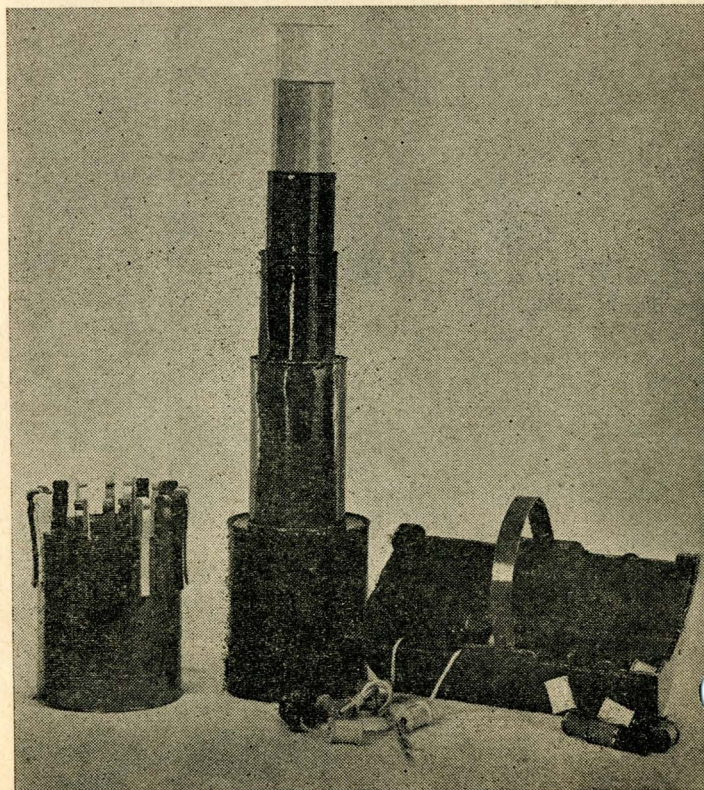
Paste a bright picture from a magazine, catalog, or funny paper on heavy cardboard. When dry, cut into several pieces and mix up in a shallow box.

Toys to Make at Home

There are a number of inexpensive toys that you could easily make at home. The smaller children will be sure to like them and you can have fun making them. Bright colors appeal to the child and make the gift more attractive.

The nest of cans made from various sizes of smoothly cut cans will afford hours of play for the small child. Use a last coat of varnish or shellac to help protect the paint and to make it safe for the child. The painted clothespins to fit over the edge of a painted can would help the small child develop muscle coordination.

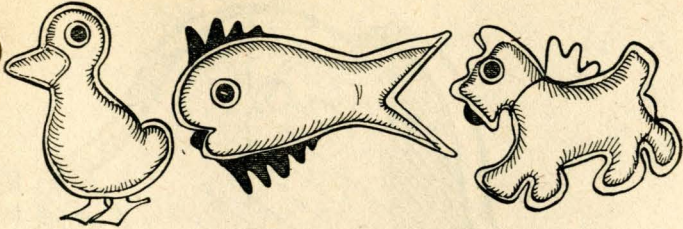
Large beads, buttons, and spools are good for stringing. Use a shoe lace, cord, or twill for the string. Dip the ends in paint or shellac to make stringing easier.



Toys from materials you have at home.

Bean Bags Always Fun

Use your old felt hats to make bean bags that are fun—dogs, cats, elephants, fish, and ducks. Smaller pieces of felt can be used for eyes, tongue, and feet. Through these children learn the rhythm of throwing and catching, judgment of distance, and balance. It helps them in hand and eye coordination. This year you'll probably want to fill the bags with corn.



Old felt hats make these bean bags.

Stuffed Toys

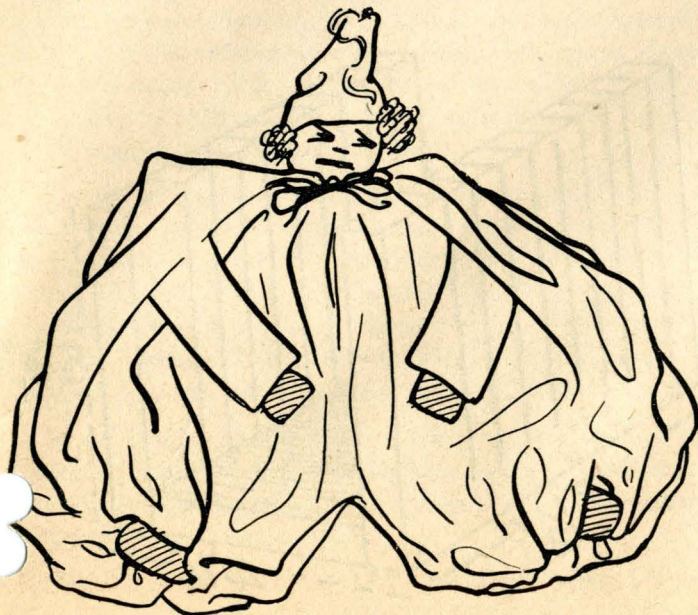
Soft toys to dangle from the boughs of the Christmas tree can be made from any sturdy material—not just dolls, but rabbits, frogs, cats, dogs, elephants, and anything else for which you can get or make a pattern. Old corduroy or scraps of cotton print are especially good. The outside covering is more easily kept clean if it can be snapped on or closed with a zipper.

For the Small Child

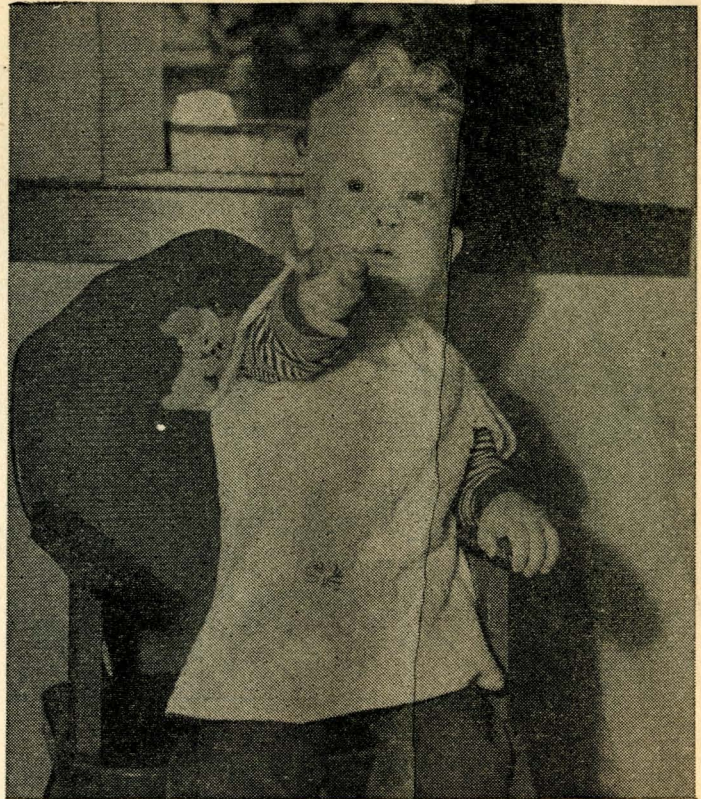
This clown doll for a small child is very simple to make. The body piece is outing flannel 33 inches long, $9\frac{1}{4}$ inches wide and one piece of outing flannel 16 inches long, $9\frac{1}{4}$ inches wide. Make the arms by seaming a strip of flannel $2\frac{1}{2}$ inches wide and $2\frac{3}{4}$ inches long. Set the hands into the bottom of the arms using a strip 2 inches long and $1\frac{1}{2}$ inches wide, folded to $\frac{3}{8}$ inch width. Seam the two body pieces and set the arm into the seam $1\frac{1}{4}$ inches from the top.

To make the legs cut in the center $3\frac{1}{4}$ inches from the bottom of the doll body. Make a seam, sewing back and front together to form legs. To make a good turn, cut a Y into the seam corners. The feet are made the same way as the hands and put in the center of each bottom half. Gather the bottom of the legs.

The head is made of two pieces of outing flannel each $2\frac{1}{2}$ inches wide, seamed and stuffed so it is quite flat. Embroidery floss is used for the face and wool yarn for the hair. The clown's hat is topped with a yarn bow. Gather the neck of the dress and attach to the head. Cover this seam with a yarn bow.



This clown doll is easily laundered.



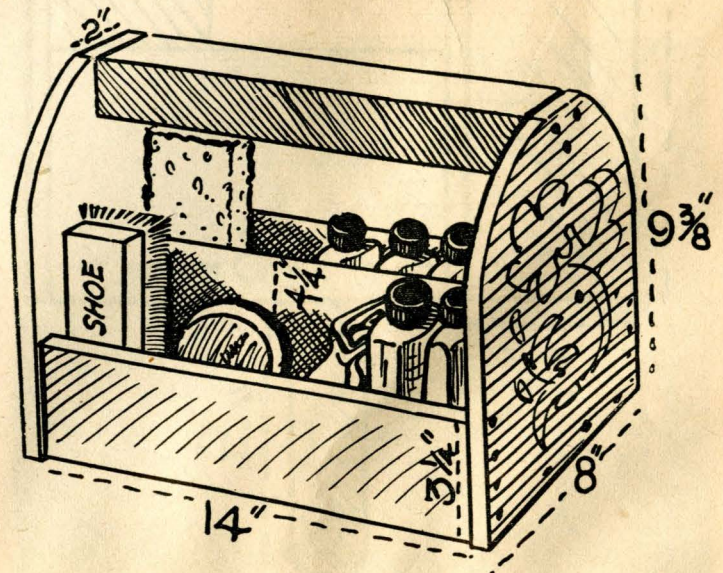
Good coverall bib.

Baby's Bib

The baby's bib is easily made and a practical size. Terrycloth, huck toweling, muslin, print, and sacks are all suitable materials. The edge can be bound or narrow hemmed. Tape or self material finishes the neck and makes the ties.

Shoeshine Box

If you are so fortunate as to have some scrap wood about the place, make a shoeshine box for a gift to the family. This will help you see your three pairs of shoes through a year. The box holds brushes, daubers, paste, and polishing cloths. The handle serves as a footrest for the polishing job. The end piece of the box is 8 inches at the base and 2 inches at the top and $9\frac{3}{8}$ inches high. The two side pieces are 14 inches long and $3\frac{1}{4}$ inches high. The middle partition is $4\frac{1}{4}$ inches high. These proportions can be changed to meet the needs of your family.

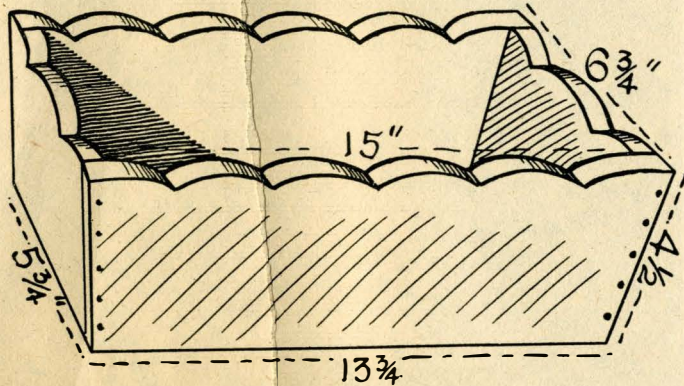


For your family's shoes.

Window Box

Plants would be most effective in this window box or it could be used for sewing supplies, for serving fruit or hot breads. If used for plants, it should have a tin lining. Side pieces are $13\frac{3}{4}$ inches at the bottom and 15 inches at the top, $4\frac{1}{2}$ inches high; end pieces are $5\frac{3}{4}$ at the bottom, $6\frac{3}{4}$ inches at the top, $4\frac{1}{2}$ inches high.

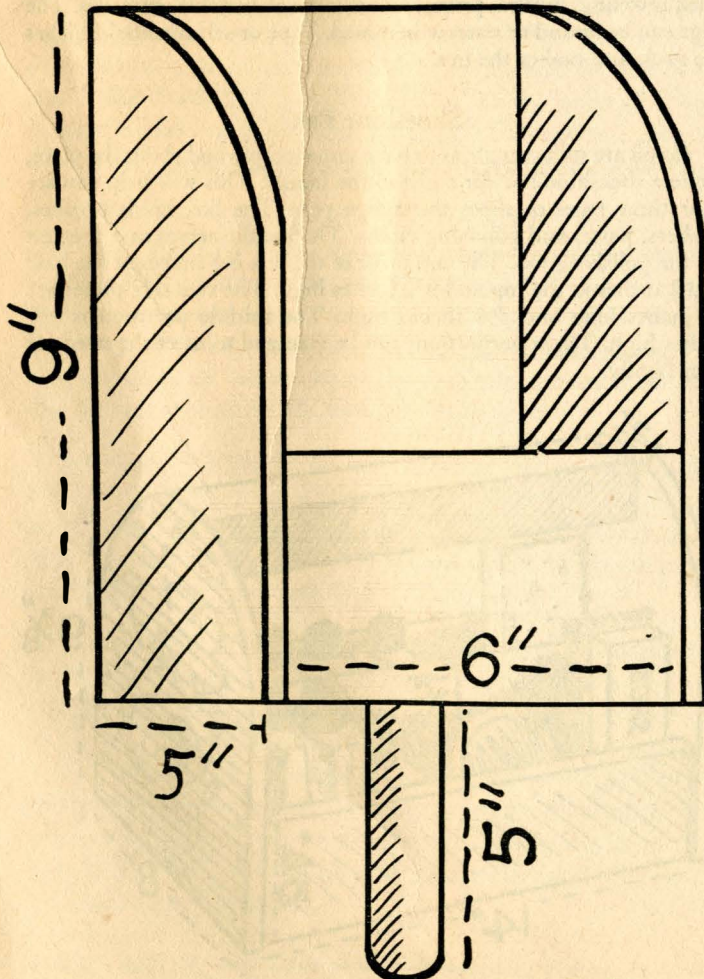
When used for plants, for best drainage there should be two bottoms to the lining; the upper one should have holes for the water to drain through. This lining can be made with one bottom if these precautions are observed: Use a layer of broken flower pots, coarse gravel or small stones at the bottom; use sandy soil to help drainage; water lightly so that air can circulate through the soil.



Alternate your plants in this box.

Snack Scoop

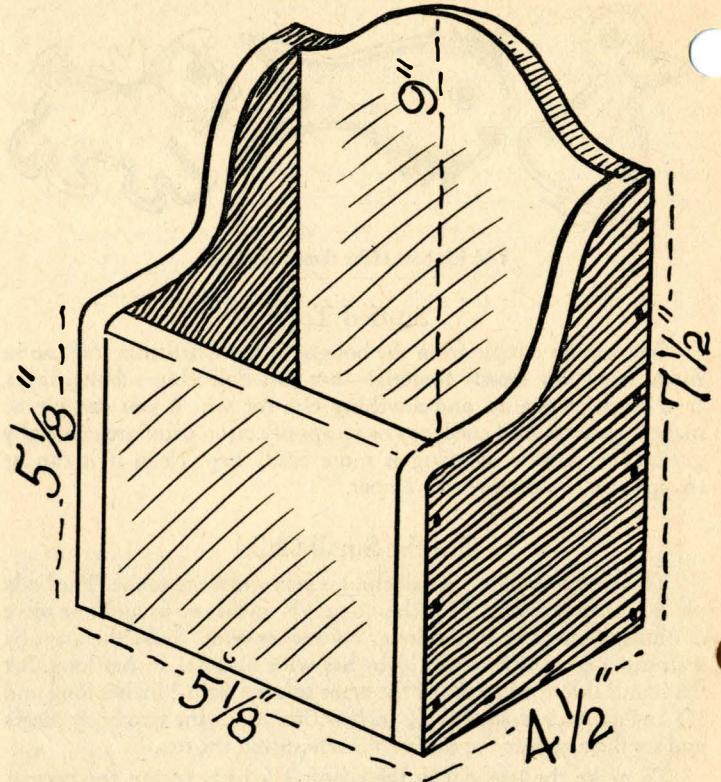
Serve popcorn or peanuts in this snack scoop. It could be hung on the wall to hold ivy or colorful plants. It is 8 inches long, 5 inches deep and 6 inches wide. A 5-inch handle is screwed to the bottom.



Set your sweet potato vine in this scoop.

Salt Box

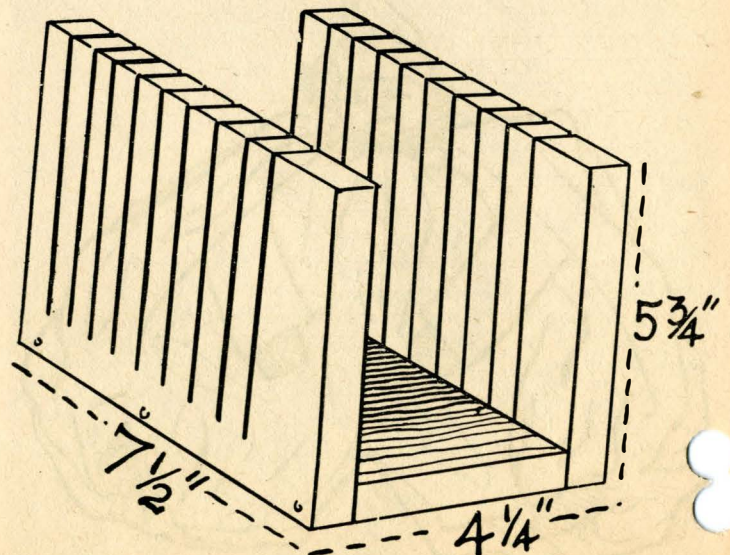
This old fashioned salt box is convenient for paper napkins, mail, or a potted plant to add a bit of gay color. The back is 9 inches high at the center, $7\frac{1}{2}$ inches at the sides, and $5\frac{1}{8}$ inches wide; the side pieces are $5\frac{1}{8}$ inches high at the front, $7\frac{1}{2}$ inches high at the back and $4\frac{1}{2}$ inches wide; the front piece is $5\frac{1}{8}$ inches high and $5\frac{1}{8}$ inches wide. The bottom is made to set into the box.



Salt box goes modern.

Home Bread Slicer

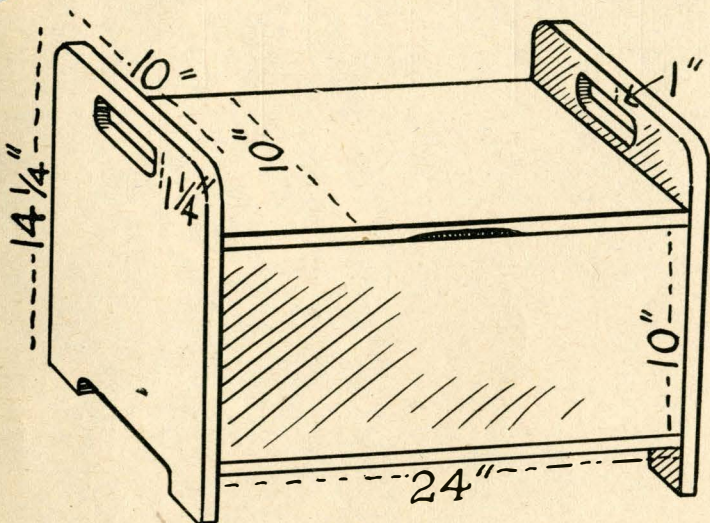
With this home bread slicer you can get a perfect cut: it has a good guide for the knife. It is slotted for nine slices of bread. The sides are $5\frac{3}{4}$ inches high, bottom is $4\frac{1}{4}$ inches wide and $7\frac{1}{2}$ inches long. Plan it to fit the size loaf of bread you usually bake.



Bread slicing guide.

Toy Chest

The small child learns to be more orderly if there are spaces and devices for storing toys. Orange, apple, cheese and cigar boxes and fruit crates could be used to plan for storage. A large box on casters or a painted bushel basket makes a good container for blocks. The toy chest pictured here makes a good seat in addition to storage. The top is 10 inches wide and 24 inches long; the ends are 14 $\frac{1}{4}$ inches high and 10 inches wide with 1 $\frac{1}{4}$ inch handles cut 1 inch from the top; front piece is 10 inches wide and 24 inches long. The cover is hinged to the box.



Chest serves for storage and seat.

Plain Christmas

In an early appeal to conserve paper, the war production board asked merchants to omit frills in wrapping Christmas gifts. In the home as well, wartime needs make necessary the simplest wrappings. Decorative effects should be eliminated, if they involve the use of extra paper.

Home Trimmings for Your Tree

With scraps of colored construction paper or colored magazine advertisements, scraps of yarn, or string, some paste and blunt scissors you and your children can turn out tree trimmings that would make a most interesting tree. Cut the paper in the shape of animals, Santas, angels, snowmen, stars, canes, bells, snowflakes, fruit, balls, moons, candles, cones, and lanterns. These shapes could be made of a single thickness of paper, plain or decorated with stripes and figures. Two thicknesses of paper pasted together would make them more durable. Use string or yarn to fasten to the tree. If you are fortunate enough to have old pieces of colored felt use them for these figures. Some families have cut these figures from wood and painted them in bright colors. Paper chains, good old standbys, will fit well into this kind of tree decoration. Cover page shows one South Dakota family that has already made some of these trimmings for their 1944 tree.

Watch for Yule Fire Hazards

Be especially careful of fire this year. Don't use candles for the tree trim. Check your tree lights. Poor wiring is dangerous. After testing the many different chemicals and methods that have been suggested for fireproofing the Christmas tree, wood experts of the Forest Service of the U. S. Department of Agriculture conclude that keeping the tree standing in water is still the most practical and convenient way to make it fire resistant and also to prevent the needles from discoloring or falling. The fresher the tree, the more easily it takes up water, so the experts advise getting it in water as soon as possible after cutting. Cut off the end of the trunk diagonally at least an inch above the original cut end. Stand the tree at once in a container of water and keep the level of the water above the cut surface during the entire time the tree is in the house. If the tree is not to be set up for several days, keep it in water in a cool place while it waits.

Packages to Men Overseas

Packages to the men overseas must be mailed between September 15 and October 15, if they are to be received in time for Christmas. The weight limit is five pounds and size limits are 15 inches in length and 36 inches in length and girth combined.

Wrap packages to withstand the long trip to the battle fronts. Perishable items will not be accepted for mailing. Write address with ink or use a typewriter, and enclose complete address in the package to insure delivery should the outside address be damaged.

During this 30-day Christmas mailing period gift packages may be mailed overseas without the presentation of a request from the service man or woman. Only one such package can be sent from the same person to the same address during any one week.

No fragile articles, including glass jars, should be included in the package. Any canned food should be canned in tin. Tight tin containers are also advised for cookies, cake, or candy.

Ordinary cardboard boxes, such as shoe boxes, are not strong enough for overseas shipping unless they are reinforced on all sides with corrugated cardboard. The Post Office Department advises that boxes should be of double corrugated cardboard, fibre wood, or wood. Small articles should be closely packed in the box with such packing materials as shredded paper or excelsior. Cartons sold in stores for overseas shipping are generally suitable containers for Christmas boxes.

Food specialists of the U. S. Department of Agriculture suggest that firm, rather soft, thick cookies travel with less breakage than thin, brittle snaps or crumbly butter cookies. Square cookies pack in boxes more compactly than round cookies. Chocolate brownies, frosted on all sides, and dried fruit bars are especially good for shipping. Wrap each one separately in waxed paper and pack in a tight tin or heavy waxed cardboard box.

Best food gifts for mailing to war zones are dried fruit, vacuum-packed nuts, and hard candy. Fruit cake is the most durable cake prospect. The fruit cake should be firm and rather dry when it is baked. Recipe proportions and long baking at low temperature are important. Wrap the cake in wax paper and enclose in an inner box, preferably tin, with a tight lid. Fill any spaces with paper. Adhesive tape might help to keep the lid on and moisture out.

Two recipes adapted to sea travel are:

Dark Fruit Cake

1c fat	$\frac{1}{2}$ lb. citron, thinly sliced, cut in strips
1c firmly packed brown sugar	$\frac{1}{4}$ lb. (about 1c) nutmeats, chopped
4 eggs	2c sifted all-purpose flour
1 lb. prunes, soaked, drained, pitted, chopped	1t mace or allspice
1 lb. seedless raisins, plumped and drained	1t cinnamon
	$\frac{1}{2}$ t soda
	1T milk

Cream the fat, gradually add sugar and continue to cream until light and fluffy. Add eggs, one at a time, beating well after each. Add prunes, raisins, citron, and nutmeats. Sift together flour, mace or allspice, cinnamon, and soda. Add about half of the dry ingredients, then the milk and remaining dry ingredients. Pour into two deep loaf pans (about 3 inches deep) well-greased and lined with greased paper, or one tube pan prepared the same way. Bake in a very slow oven (275° F.) about 3 hours. Makes 4 pounds of cake.

White Fruit Cake

$\frac{1}{2}$ c fat	1 slice candied pineapple cut in small pieces
1t vanilla	or
1c sugar	12 small strips candied orange peel
$\frac{1}{2}$ c sour cream	$\frac{1}{4}$ t salt
2c sifted all-purpose flour	$\frac{1}{4}$ t soda
1c chopped nutmeats	2t baking powder
1c Sultana or seedless raisins	5 egg whites
$\frac{1}{4}$ lb. citron cut in small pieces	

Blend the fat and vanilla. Gradually add sugar, creaming until light and fluffy. Add the sour cream. Mix 1 cup of flour with nuts and fruit and sift the remaining cup of flour with the salt, soda, and baking powder. Add the dry ingredients and fruit and nut mixture to the fat and sugar mixture. Mix well. Fold in the well-beaten egg whites. Pour into a well-greased tube pan lined with greased paper, or into 2 deep loaf pans prepared the same way. Bake in a very moderate oven (300° F.) for 2 to 2 $\frac{1}{4}$ hours.

CREDIT

Babushka and Mittens—Missouri Extension Service
Huck Towels—"Design by Mildred V. Krieg," Riverside, Illinois
Helpful suggestions were received from friends, newspapers,
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NOTES

