

Secrets of a French Chef

From a village in France, where I was born, I brought some years ago to this country a secret. My great-grandfather, grandfather and my father were all eminent and famous pastry chefs in France, known the country over, famous because of their delicate, appetizing and delicious pastries, cakes and desserts. They catered for most of the celebrated affairs given.

The secret that I brought over with me was a formula of a delightful Marshmallow in Creme form. This product has been and is now manufactured by the Hip-O-Lite Company of St. Louis, Mo., under the name of Hip-O-Lite. It is known and used very largely by housewives throughout the United States. Ask your grocer for Hip-O-Lite.

Paquie B. Chemin.



The Hip-O-Lite Company publishes an illustrated booklet in colors of famous Caterers and chefs professional recipes. It is yours for the asking. Address: Hip-O-Lite Company, Department M, 200 Market Street, St. Louis, Missouri.

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heals sore throat. Don't cough all night—a few drops gives quick relief. Never fails.

HALL & RUCKEL, Inc. 147 Waverly Place New York

colds and asthma

Congressional Pairing

The first known instance of pairing in the congress of the United States was in 1840. John Quincy Adams prepared a resolution declaring that it violated the Constitution, an express rule of the house and the duties of both parties. The resolution was never voted upon and the practice became very common.

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The Theater Talkers

He—"They have excellent acoustics in this theater." She—"Yes, and they're so polite, too."—Life.

Don't Be Disfigured.

Keep Cole's Carbolic in the house. It stops pain from burn or cut quickly and heals without scars. At all good drug stores, 50c and 60c, or J. W. Cole Co., 127 S. Euclid Ave., Oak Park, Ill.—Adv.

Useless

"Do you allow visitors to kiss the children?" "Can't stop 'em. They're grown up now."

For economy's sake, why not buy a vermifuge which expels Worms or Tapeworm with a single dose? Dr. Perry's "Dead Shot" does it. 372 Pearl St., N. Y. Adv.

Better to die 10,000 deaths than wound thy honor.—Addison.

Sure Relief

The great value of Bell-Ans is the relief of digestive disorders of the stomach and bowels is proved by its substantial increase in use every year for the past thirty years. Promptly and properly taken we have never known it to fail. Send for free samples to Bell & Co., Inc., Orangeburg, N. Y.

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Avoid drooping eyes from strain or other irritation. The old simple remedy that brings comforting relief to sore, itchy, and drooping eyes. Hall & Ruckel, New York City

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Our Pet Peeve



THE FEATHERHEADS



MICKIE, THE PRINTER'S DEVIL



And Then It Poured

The KITCHEN CABINET

(©, 1927, Western Newspaper Union.)

Fasten your soul so high, that constantly The smile of your heroic cheer may float Above the floods of earthly agonies. —Mrs. Browning.

TASTY SANDWICHES

A filling which makes a most satisfying one for a large company is prepared by using fresh beef and pork cooked together at a simmering temperature in plenty of water to cover, using the broth to mix with the meat

after chopping. Season well with salt and pepper and add plenty of salad dressing; then spread on bread. Nice to serve at an outdoor party with hot coffee.

Egg and Onion Sandwiches.—Finely chop four hard-cooked eggs. Chop a large or two small, mild, southern onions. Chop fine water cress, pepper grass or lettuce. Moisten with mayonnaise or cooked salad dressing. Spread on thin slices of bread with salad dressing and the mixture for filling.

Chicken and Green Pepper Sandwiches.—Take one cupful of chopped and pounded chicken, add one finely chopped green pepper that has been parboiled ten minutes. Mix thoroughly with the chicken and moisten with mayonnaise or cooked salad dressing. Use as a filling with crisp lettuce leaves between slices of white bread.

Pimento, Lettuce and Olive Sandwiches.—Drain a can of pimentos, rinse with cold water and dry. Finely chop and rub through a sieve. Chop one cupful of the outer leaves of lettuce, add to these two tablespoonfuls of finely minced olives; moisten with mayonnaise and use as a sandwich filling.

Corned Beef Sandwiches.—Cook corned beef until it falls in shreds. Drain and arrange the meat fibers lengthwise with some of the fat, in a brick shaped pan. Reduce the liquor to one cupful or more and pour over the meat. Place a weight above it and set in a cool place overnight. Unmold and cut into thin slices, spread with horseradish butter and cover with meat. Spread an equal number of slices of bread with mayonnaise, cover with a thin slice of Spanish onion dipped in French dressing. Put together in pairs, press edges together, trim and cut into triangles.

Ice Cream Candy.—Boil together without stirring, until brittle, three cupfuls of sugar, one-half cupful of water, one-half tablespoonful of vinegar and one-fourth teaspoonful of cream of tartar. Turn onto a well-buttered platter to cool. As the edges cool fold toward the center. As soon as it can be handled pull until white and glossy. Flavor, while pulling, with rose, orange, lemon, saffron or vanilla. Cut into sticks or small pieces with a large pair of shears.

Broths and Gruels. For those who have the care of the sick and convalescent, food is a most important item to consider.

Broth is a liquid containing the juice of the soluble parts of meat and bone which have been extracted by long cooking. When cold, it is more or less solid, according to the gelatinous nature of the ingredients.

The chief object in making broth is to obtain the largest amount of nutriment from the meat, so we cut it into small pieces to have as much surface as possible to come in contact with the water. Soaking in cold water and then bringing to a simmering point draws out the flavor. A tightly covered kettle which will retain as much as possible of the steam is desirable, otherwise much of the flavor is lost by evaporation.

Mutton Broth.—Mutton broth is the accepted kind for the invalid. Wipe a piece of the neck weighing two pounds, cut off all the skin and fat and cut the meat into small pieces. Put the bones and meat into a kettle, add cold water and let stand an hour to extract the juices. Heat gradually to the boiling point, season with salt and pepper and simmer for two hours, but do not allow to boil. Remove the fat and strain through a coarse sieve. Serve hot.

Beef Broth.—Cut three pounds of solid beef from the shin or shoulder into small pieces, put with the bone into an earthen jar, cover with cold water and bring to the simmering point; cook twelve hours in a slow oven. Strain, season, and when cold, remove the fat. Serve cold as jelly or heat until just melted and palatably hot.

Three tablespoonfuls of rice or barley may be added to the mutton or beef broth; cook until the grains are tender.

Scones.—Mix and sift two cupfuls of flour, four teaspoonfuls of baking powder, two teaspoonfuls of sugar, one-half teaspoonful of salt. Rub in four tablespoonfuls of butter, add two well beaten eggs and one-third of a cupful of cream. Toss on a floured board, roll out and cut into diamond shapes with a knife, brush with egg and sprinkle with sugar and bake in a hot oven fifteen minutes.

Nellie Maxwell

Have Kidneys Examined By Your Doctor

Take Salts to Wash Kidneys if Back Pains You or Bladder Bothers

Flush your kidneys by drinking a quart of water each day, also take salts occasionally, says a noted authority, who tells us that too much rich food forms acids which almost paralyze the kidneys in their efforts to expel it from the blood. They become sluggish and weaken; then you may suffer with a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To help neutralize these irritating acids, to help cleanse the kidneys and flush off the body's urinous waste, get four ounces of Jad Salts from any pharmacy here; take a tablespoonful in a glass of water before breakfast for a few days, and your kidneys may then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help flush and stimulate sluggish kidneys; also to neutralize the acids in the system so they no longer irritate, thus often relieving bladder weakness.

Jad Salts is inexpensive, cannot injure and makes a delightful effervescent lithia-water drink.

Copper in Small Coins

More than two million pounds of copper were required by the United States Treasury department in 1925 to mint \$5,115,975 in pennies and nickels, the Dearborn Independent comments. The "nickel" contains 75 per cent copper.

One who commits crime may be cleared, but one who is gossiped about seldom is.

How's Your Stomach?

Fresno, Calif.—"Dr. Pierce's Golden Medical Discovery gave me entire satisfaction as a blood purifier and stomach tonic, and I am only too glad of this opportunity to recommend it. It is my candid opinion that there is nothing better for a general debilitated condition of health than the 'Golden Medical Discovery,' and I do not object to publication of this statement."—R. W. McLaren, 517 S. Angus St.

Obtain the "Discovery" in tablets or liquid from your dealer, or send 10c for trial pkg. to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., and write for free medical advice. Ever tried Dr. Pierce's Pleasant Pellets to regulate bowels? 60 Pellets 30 cents.

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