

STUFFED VEGETABLES ARE SUBSTANTIAL



Stuffed Eggplant is One of Nicest of Stuffed Vegetables.

(Prepared by the United States Department of Agriculture.)

One way of introducing variety in preparing vegetables is to stuff those that lend themselves in form to this treatment. Stuffing makes the entire dish more substantial and thus sometimes reduces the number of other foods required for a given meal. Eggplant, green peppers, large Spanish onions and cabbage are among those often served in this way. Usually the stuffing is made of other vegetables and some cooked starchy material such as bread crumbs, rice or spaghetti, to give body. A great many combinations are possible in stuffings. One would naturally choose two or three flavors that blend well together however they are cooked and served, just as one combines flavors carefully for a vegetable soup, a stew or a vegetable hash. Some good flavors to use in stuffings, two or three at once, are: Tomato, corn, celery, cabbage, spinach, string beans and carrots. Onion flavor is desirable in almost every combination. Mincéd meat or chicken is often included, and then the resulting mixture may be sufficiently hearty for an entire lunch or supper.

Combine Various Leftovers.

If you have not quite enough of a given vegetable when it is cooked in the usual way, and if it is suitable for

stuffing, you may be able to extend it very nicely by this means. Again, when you have small amounts of two or three cooked vegetables on hand, but not enough of any one to serve for a dinner vegetable, you can combine the various leftovers with bread or rice, add onion flavor and use the mixture as stuffing. Bread crumbs should always be combined with melted butter to make them rich before they are added to other ingredients.

Stuffed Eggplant Recipe.

The following recipe for stuffed eggplant is furnished by the bureau of home economics:

- 1 large eggplant
- 1 teaspoonful salt
- 4 tablespoonfuls chopped peanuts
- 1 cupful fine bread crumbs
- 2 cupfuls finely cut raw cabbage, or cooked string beans
- 2 tablespoonfuls butter

Cut the eggplant in half. Remove as much of the white portion as possible without breaking the shell. Cut in small pieces. Cook the cabbage and the eggplant in a small amount of water about ten minutes. Drain and mix the other ingredients with it. Fill the eggplant with the stuffing place buttered crumbs on top. Pour around each half eggplant a little of the water in which the cabbage and eggplant were cooked. Bake in the oven half an hour, or until golden brown.

BAKING POWDER BISCUITS GOOD

Should Be Light, Fine-Grained, Tender, Brown.

(Prepared by the United States Department of Agriculture.)

Tastes in biscuits differ, and it would be remarkable among a dozen people, to secure a unanimous opinion on the comparative merits of soft or crisp biscuits, drop biscuits or rolled ones, water or milk or sour-milk biscuits. Almost everyone would agree, however, that an acceptable biscuit should be light, fine-grained, tender, and delicately browned. The dough should be worked as little as possible, therefore, so that the gluten will not be developed too much and the product made tough. Using soft-wheat or pastry flour and having the oven very hot are two other points that contribute to good texture.

Here's a recipe furnished by the United States Department of Agriculture:

Biscuits.

- 1 cupful milk
- 3 cupfuls sifted soft-wheat flour
- 4 to 6 tablespoonfuls fat
- 4 teaspoonfuls sifted baking powder
- 1 teaspoonful of salt

All dry ingredients are mixed and sifted together, the fat is worked in and the liquid is added to this fat-and-flour mixture. Cutting the fat into the flour with knives, a pastry fork



Making Baking Powder Biscuits.

or a biscuit cutter is often recommended to avoid warming or handling it too much, but the tips of the fingers may be used if the work is done quickly.

Either milk or water may be used as the liquid in baking powder biscuits, and the quantity varied to obtain the biscuit desired. Sometimes a very stiff dough is wanted, and as little liquid as possible is used. A lighter biscuit is made by using more liquid and combining very lightly. Drop biscuits, which are not rolled out, may be made by adding still more liquid than for a soft dough.

Bake the biscuits in a shallow pan or on a baking sheet. The pan should be lightly greased for drop biscuits, but this is not necessary for the other type. Biscuits require a very hot oven (450 to 500 degrees F.). If you have an electric table stove, try baking biscuits right in the dining room.

Eggs in Tomato Sauce

Make Good Dinner Dish

Do you enjoy an occasional egg dinner? Some people think of eggs as suitable only for breakfast, luncheon, or supper, and do not regard them as substantial enough for dinner. As a matter of fact, however, eggs contain the same kind of efficient protein for body building that is found in meat. Eggs, particularly the yolks, are rich, too, in mineral substances and they are one of the best sources of vitamin A which everybody needs for health and physical well being. What makes eggs seem to be less substantial than some other foods is that their food materials are in such form that they can be rather quickly assimilated by the body. Eggs are pure food material mixed with water. Because of their rather large percentage of water, when serving eggs for dinner it is well to allow two or more pieces for the grown-up members of the family. An exact recipe cannot be given without knowing the number of persons in your family. With these proportions for sauce enough to go with six eggs in mind, you can count noses and estimate the exact quantities needed.

Make a sauce by blending three tablespoonfuls of flour and two tablespoonfuls of melted butter and combining with two cupfuls of tomato juice and pulp and seasonings—one and one-half teaspoonfuls salt, one quarter teaspoonful of pepper, one half teaspoonful celery salt. If you are planning to bake your eggs put about half the sauce in a shallow but tared baking dish or pie plate and then break the eggs separately in a saucer and slide them carefully, one at a time, into the sauce. If you have more than six eggs, use two dishes. Cover the eggs with the rest of the sauce and sprinkle three tablespoonfuls of grated cheese over the top. Bake in a moderate oven until the eggs are set.

If you like, you can heat all the sauce in a skillet and poach the eggs in it, handling them carefully as before. In this case, spread rice or noodles on a hot platter while the eggs are cooking, skim out the eggs as they are done and slip them on top of the rice or noodles, and pour the tomato sauce over the whole dish.

Valuable Minerals Are Found in Raisin Bread

It may not always be convenient to make a yeast-raised dough when you want raisin bread. Everybody likes raisin bread once in a while, however, and the raisins contribute valuable mineral elements to the diet. A very good bread can be made by using baking powder. It will dry out more quickly than a yeast-raised bread, so it is well to make only as much as you are sure will be eaten promptly. The United States Department of Agriculture furnishes the following directions for making it:

Quick Raisin Bread.

- 2 1/2 cupfuls flour
- 1 teaspoonful salt
- 4 teaspoonfuls baking powder
- 1/2 teaspoonful cinnamon
- 1 cupful milk
- 4 tablespoonfuls melted butter
- 4 tablespoonfuls sugar
- 1 1/2 cupfuls raisins, chopped
- 2 eggs

Sift the salt, cinnamon, flour and baking powder together. Beat the eggs and add the milk and sugar. Combine the liquid and the dry ingredients. Stir in the raisins until well mixed. Place the bread in a greased pan and let it stand for 10 minutes. Bake at a moderate temperature (about 250 degrees Fahrenheit) for about 45 minutes.

Improved Uniform International
Sunday School Lesson

(By REV. F. B. FITZWATER, D.D., Dean, Moody Bible Institute of Chicago.)
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Lesson for June 26

Review—Life and Letters of Peter (Read I Peter 5:1-11).

GOLDEN TEXT—Follow me and I will make you fishers of men.
PRIMARY TOPIC—Lessons from Peter's Life.

JUNIOR TOPIC—Peter in the School of Christ.
INTERMEDIATE AND SENIOR TOPIC—Peter as a Leader.
YOUNG PEOPLE AND ADULT TOPIC—Peter's Life and Work.

At best, suggestions as to the method of review have only a relative value. The individuality of the teacher, the aptitude of the pupils and the department of the school are factors which determine the best method to use. Three methods are suggested, the first two of which are in part taken from "Peloubet's Notes."

I. Peter's Characteristics.
Among the outstanding characteristics of Peter may be mentioned impetuosity, leadership, courage, cowardice, changeableness, outspokenness. These traits and others are to be found in the quarter's lessons.

II. Biographical.
The features to be stressed in this plan are Peter's early life, discipleship, and fall, restoration, preaching at Pentecost, imprisonment, writings.

III. The Summary Method.
Lesson for April 3.
Jesus had first called Peter and John to become His disciples. Afterwards he called them to become fishers of men. He first calls sinners to come to Him for salvation and then calls those who are saved to serve Him in winning others to Christ.

Lesson for April 10.
Following the feeding of the five thousand, some were disposed to compel Christ to be king. Seemingly to prevent the disciples from entanglement in this movement He sent them across the sea. From His place of prayer in the mount He saw them struggling against the storm on Lake Galilee and went to their rescue, speaking words of comfort. At His invitation Peter walked on the water, but when he took his eyes off of the savior he began to sink.

Lesson for April 17.
To give the disciples a clear conception of His person, to prepare them for the dark hour of the cross, Jesus put to them two questions, "Who do men say I am?" (R. V.) "Who say ye that I am?" (R. V.) One's conception of Christ's person determines his character and his service.

Lesson for April 24.
To revive the crushed hopes of the disciples and to show them how the kingdom was to be realized, Christ was transfigured before them.

Lesson for May 1.
Peter's downfall began when he refused to hear about the cross. The steps in his downfall were self-confidence, sleeping at the post of duty, lack of prayer, zeal without knowledge, following Christ afar off, warming himself at the enemy's fire, and open denial. The look of Jesus brought him to repentance.

Lesson for May 8.
Upon word by Mary that the Lord's tomb was empty, Peter and John hurriedly made an investigation. After Jesus had shown Himself to be alive by many infallible proofs He commissioned Peter. Resurrection must be beyond a peradventure before there can be missionary effort.

Lesson for May 15.
Fifty days after Christ ascended the Holy Spirit was poured out. When the promise of the Father was sent the disciples were empowered for witnessing of Christ.

Lesson for May 22.
In the power of the Holy Spirit Peter wrought miracles and witnessed for Christ with such power that great numbers were added unto the church.

Lesson for May 29.
After Pentecost Peter, who had covered before a Jewish maid and shamefully denied his Lord, witnessed for Christ in spite of persecution.

Lesson for June 5.
In keeping with Christ's command to witness to the ends of the earth, the missionary program had so widened as to include the Gentiles. Cornelius, a prominent Gentile of good reputation among the Jews, was used of God to break down the middle wall of partition.

Lesson for June 12.
Peter was imprisoned for preaching the gospel. A great crisis was upon the church. The church prayed and God sent an angel to deliver Peter.

Lesson for June 19.
Though Christians are sojourners in the earth they have responsibilities as citizens. They should be obedient to the laws of the country.

Dwell Deep
It is God's will that I should be serene and strong and brave. He does not mean for me to be despairing or depressed. Day by day He will give me a measure of strength adequate for each emergency. "Dwell deep, my soul, dwell deep!"—Christian Observer.

True Faith
True faith detaches from the world and sin in proportion as it attaches to Christ.—F. B. Meyer.



THE ESSENTIALS

Mr. S. Lowe Scribber, the great novelist, was in a very bad temper. "Bless my aunt!" he shrieked to his open-mouthed wife, as she stood in the doorway. "Every time I try to settle down and do a spot of work I find that somebody has been meddling with my materials!"
"What's missing now, dear?" asked the wife.
"That new detective novel I bought and my tobacco jar," he growled.

A STINGING VINE



Longwed—Justwed says his wife is a true clinging vine.
Neverwed—She sure is. And poison ivy, at that.

Service

An artist could not turn the trick of effort sad or funny. He learned to lay a row of brick And earned himself some money.

A Small Point

Wife—So your client was acquitted of murder. On what grounds?
Lawyer—Insanity. We proved that his father had spent five years in an insane asylum.
"But he hadn't, had he?"
"Yes. He was a doctor there, but we saw no necessity of bringing that fact out."

Not Always Sure

Candidate (on stump)—My friends, how shall we get out of this bed of thistles on to the bright plains of our desires?
Ex-candidate—Take a niblick, gov'nor.

Proof Positive

"Jim used to be a great sportsman. Is he reconciled to married life?"
"I think so. I called on him recently and found him sifting ashes through an old tennis racket."

Not a Bad World

She—Everything was lost in the fire.
He—Don't worry, dear; it could be worse. Somebody might have saved the radio your cousin gave us.

O. K. THEN



"You should never marry a girl unless she has a special calling."
"Well, my girl is a telephone operator."

Impersonations

Little Willie is a funny And eccentric little waif. Swallowed all his sister's money— Said that he was "playing safe."

Experience

Robert—What makes you think that I have loved another girl before you?
Matilda—Because you always feel for pins before you hug me.—Pathfinder.

Half-Hour Turns

Gibbs—Rain, sunshine, sleet and snow all in one day. Isn't the weather villainous?
Dibbs—Villainous isn't the word; it's vaudevillianous.

She Foozles

'Annette, you seem upset.'
Yes. Algy lost \$400 on the races yesterday.
"Was that your fault?"
"No, but he took me along as his mascot."

Exceptions

Nick—If a fellow has the money he can get anything just the way he wants it.
Hick—Well, I don't agree—consider the soft boiled egg!

ANSWERED:
three vital questions you have asked about used car allowances

- 1 "What is my present car worth?"**
Answer: Your used car has only one fundamental basis of value; that is what the dealer who accepts it in trade can get for it in the used car market.
- 2 "Why should dealers in different makes of cars offer me allowances that differ materially?"**
Answer: Your used car has seemingly different values because competitive dealers are bidding to sell you a new car.
- 3 "Is it true that the largest allowance offered means the best deal for me?"**
Answer: The largest allowance is not necessarily the best deal for you. Sometimes it is; sometimes it is not. An excessive allowance may mean that you are paying an excessive price for the new car in comparison with its real value.

First judge the merits of the new car in comparison with its price, including all delivery and finance charges. Then weigh any difference in allowance offered on your used car. Remember that after all you are making a purchase, not a sale.

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Mutual Fear Dissipated
When James H. Schnell, Itunels, Iowa, read the description of the body of a murdered man found near Mason City he felt sure that it was his brother Phil, and hurried there to identify the body. At the morgue James ran into Phil, who had also read about the dead man and was positive that it was his brother Jim. They agreed that it was a lucky mistake and went back home happier than they came.—Exchange.

His Finish
Music Puppl—Do you think I ever will become a finished product?
Professor—Yes, if the man next door gets hold of you.

The expression "cool as a cucumber" is based on the fact that the vegetable is usually one degree lower than the surrounding atmosphere.

Taxation Brings Back Horses
Taxation is putting the lowly horse back into style in London, replacing the automobile. One firm has 90 more horses than before the war, and is still displacing mechanical vehicles with horses whenever there is an opportunity. With care, a horse doing ordinary work should last 15 years. They have been found more economical.

Motors on Mail Routes
Of the 54,318 rural mail routes in the United States, 96 per cent have been motorized. The combined length of the routes is 1,249,978 miles and the total mileage traversed during the last fiscal year was 377,045,703.

Too Fresh
Customer—Have you stuffed olives?
Young Grocer—No, ma'am, but I have filled dates.

"Butch" Bedbug, burglar, starts his night's work
Millions of others are starting, too! Be ready for them!

MAKE NO MISTAKE! There's only one way to exterminate bedbugs. That's with a liquid. Don't waste time shooting a spray at them. No spray can possibly reach their young and eggs.

Bedbugs are in the woodwork, along the base-boards—not in the bed clothes, as you may have thought. Don't waste time using a powder. Bedbugs don't eat. They suck. That's why only a liquid can exterminate them.

Peterman's Discovery is the right liquid. It soaks down into their nests. It will exterminate all bedbugs, all their young and eggs in any house in 48 hours.

Here is the right insecticide for each insect

- PETERMAN'S DISCOVERY, Liquid—exterminates bedbugs.
- FLYOSAN, Liquid Spray—kills flies and mosquitoes.
- PETERMAN'S ROACH FOOD—exterminates cockroaches.
- PETERMAN'S ANT FOOD—exterminates ants.
- PETERMAN'S MOTH FOOD—protects against moths.

You must have a specific insecticide for each insect. No single insecticide will exterminate them all. We have had nearly 50 years' experience. We know that is true.

Peterman's has the right insecticide for each insect. On sale wherever drugs are sold.

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