

CHILI SAUCE IS APPETIZING VARIATION



Preparing Ingredients of Chili Sauce.

(Prepared by the United States Department of Agriculture.)
Chili sauce is an appetizing variation of tomato catsup, containing red and green peppers and spices. It is often served with meats or fish or used as a seasoning for sandwiches. It may be put into mayonnaise to give flavor. The bureau of home economics tells how to make it:

Chili Sauce.

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|--------------------------------|------------------------|
| 5 quarts chopped ripe tomatoes | 1 cupful sugar |
| 2 cupfuls chopped red pepper | 3 cupfuls vinegar |
| 2 cupfuls chopped green pepper | 1 teaspoonful cloves |
| 1 1/2 cupfuls chopped onions | 1 teaspoonful allspice |
| 3 tablespoonfuls salt | 1 teaspoonful cinnamon |
- Combine the chopped vegetables, the salt, the sugar, and simmer this mixture until it begins to thicken. Then add the vinegar and spices and cook the mixture down until it becomes a thick sauce. Pour into hot sterilized jars and seal. Or bottle the sauce and seal with wax. This recipe yields about three quarts of sauce.

ARRANGE TO SEW NEAR GOOD LIGHT

All Tools Should Be in Good Order Before Starting.

(Prepared by the United States Department of Agriculture.)

While it is not always possible to devote an entire room especially to sewing, during the period in the fall and spring when sewing is done in many homes, on an extensive scale, it is a good idea to arrange at least a corner of a convenient room for this work. There should be a good light, to begin with, and space enough should be planned so that partly finished garments on the dress form or on hangers may be left as they are from one sewing period to the next. Having a nearby closet with plenty of shelves, or a roomy chest of drawers in which to keep materials, findings and incomplete work also is an aid to orderly and rapid dressmaking.

All sewing tools, including the sewing machine, should be in good order before the beginning of that busy season just preceding the opening of



Set Machine Near Light.

school and college. Some of the supplies to be checked up are: Sharp scissors, accurate tape line, plenty of pins, needles, threads and sewing silk of different sizes and colors, snappers, hooks and eyes, elastic, tape, dress shields, belting, bias bindings and other materials you are in the habit of using. If you are making any underwear requiring buttons, keep a supply of common size on hand. Provide a few extra buttons if possible for any garments subjected to ordinary laundering, for the wringer often takes its toll.

Make a plain foundation pattern to keep on hand for each member of the family whose clothes you are accustomed to make. The bureau of home economics will give you help in doing this if you write to the Department of Agriculture.

Brined Vegetables Are Studied

The bureau of home economics of the United States Department of Agriculture has recently co-operated with the bureau of chemistry in tests on the utilization of brined vegetables. Brining has long been used as an easy method of preserving various vegetables for use in pickles. These tests showed, however, that green tomatoes, green peppers particularly, could be kept successfully in brine for as long as six months and then used in a number of other ways. Mock mince-meat, bordeaux sauce, and pickle were all made from the green tomatoes, and the peppers were satisfactory for stuffing as well as for seasoning various dishes.

VEGETABLES ARE FINE AS PICKLES

"Long Brining Method" Used in Various Ways.

(Prepared by the United States Department of Agriculture.)

Vegetables pickled by what is known as the "long brining method" described in Farmers' Bulletin 1438-F, can be utilized in various ways. They must always be partially freshened by soaking in cold water to cover for 12 to 24 hours, depending upon the taste and the amount of salt extracted. The water may be changed if necessary. All salt flavor must not be removed. One method of using some of the vegetables preserved in this way is to stuff large dill pickles with a mixture of several other vegetables. The bureau of home economics gives the following directions for stuffing 12 large dill pickles.

Stuffing.

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|---------------------------|-------------------------|
| 1 cup cauliflower | 2 sour cucumber |
| 1/2 cup sweet red peppers | 1/2 cup onions |
| 2 green peppers | 2 teaspoon celer seed |
| 1 cup string beans | 1 teaspoon mustard seed |
- These vegetables have been prepared by brining and must be freshened by soaking. Drain after they are sufficiently freshened and chop them very fine. Drain a second time and add the seasoning. Cut 12 dill pickles on one side, remove the centers, chop, drain and add to the chopped vegetables. Fill the hollow shells with the mixture, press the pickles together and sew the cut side. Place in a container which can be sealed, add one-half cupful of vinegar and sufficient dill liquor to cover the pickles well. Prepare the spice mixture below and add 1 1/2 ounces to the jar of pickles.

Spice Mixture.

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|------------------------------|----------------------------|
| 1 ounce yellow mustard seed | 1-6 ounce whole mace |
| 1 ounce dried red pepper | 1 ounce grated horseradish |
| 1/2 ounce ginger root | 1-3 ounce celery seed |
| 1-3 ounce whole black pepper | 1/2 ounce chopped garlic |

With the exception of the last three ingredients, it might be possible to have the grocer weigh out the required amounts of the above spices and mix them for you.

Scalloped Potatoes Are Not Difficult to Cook

When the oven is in use for other cooking, take advantage of it to have scalloped potatoes. While it is possible to cook them in the oven from start to finish, it takes less time, and in a gas oven, less fuel, if you parboil them first. If the oven must be hotter for something else than the potatoes require, set the baking dish in a pan of water as you would in making a custard. If the potatoes cook too rapidly the milk will boil over and not only be difficult to clean from the oven, but will also make a disagreeable odor all through the house.

The bureau of home economics gives the recipe below:

Scalloped Potatoes.

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|------------------------------|----------------------------------|
| 6 potatoes, medium size | 2 tablespoonfuls flour |
| 1 pint milk | 2 tablespoonfuls chopped parsley |
| 4 to 6 tablespoonfuls butter | |

Wash and cook the potatoes in boiling salted water until half done. Skin the potatoes and cut them in cubes. Grease a baking dish or pan, place in it a layer of the potatoes, sprinkle them with some of the flour and dot with the butter. Continue until all the potatoes are used. Pour in sufficient milk to almost cover the potatoes. Bake in a slow oven until the potatoes are brown on top and soft throughout. If the potatoes become dry, add more milk.

THE KITCHEN CABINET

(By REV. F. B. FITZWATER, D.D., Dean Moody Bible Institute of Chicago.)
Not what we would, but what we must. Makes up the sum of living; Heaven is both more and less than just. In taking and in giving. Swords cleave to hands that sought the plow, And laurels miss the soldier's brow.

DAINTY FOODS.

Chicken gravy is so good that not a spoonful should be wasted. Serve it poured over hot buttered toast for a luncheon dish with a cupful of hot cocoa and a simple lettuce salad with French dressing.

Swedish Cabbage.—Boil until tender, a dozen firm, large leaves of cabbage. Drain and fill with the following: Chop a pound of round steak, add salt, pepper, parsley, a clove of garlic, a tablespoonful or two of cream to moisten and three tablespoonfuls of bread crumbs. Wrap the leaves around a roll of the mixture, tie and drop into a pint of soup stock. Place in a hot oven and baste while cooking. Remove the strings and serve hot.

Poppy Seed Salad.—Sprinkle a little grated sage cheese over fresh head lettuce, sprinkle with freshly roasted poppy seed and serve with French dressing.

Fillet of Beef with Vegetables.—Wipe a three-pound fillet of beef and brown it in fat or butter in a hot frying pan. When the entire surface is well seared, cook slowly for half an hour, season well with salt and pepper and surround with carrots, peas, and mushrooms, all cooked in butter. Serve with:

Mushroom Sauce.—Cook the stems of the mushrooms in cold water to cover, until all the flavor is removed. Chop the mushrooms with one cupful of the caps, season well and cook in butter for a few minutes. To the mushroom liquor add a cupful of chicken stock; thicken with three tablespoonfuls of flour, cooked with two of butter and add the mushrooms.

Raspberry Sherbet.—Take one pint of raspberry juice, a cupful of sugar and a pint of cream with a tablespoonful of lemon juice. Freeze and serve garnished with whipped cream and a few preserved or fresh berries.

Orange and Lemon Sherbet.—To the juice and rind of three oranges and one lemon, add a cupful of honey or sugar syrup. Freeze as usual with a pint of cream. Serve in the halves of the oranges.

Seasonable Foods.

How about an oyster stew?

Lincoln Stew.—Place a quart of milk in a double boiler, season well with celery salt, salt, paprika and cayenne. Grate a small onion, allowing the juice to drip into the milk; add a dozen crushed oyster crackers and two tablespoonfuls of butter. When boiling hot, add a quart of good oysters with the liquor. When the edges begin to ruffle, remove the oysters and add a beaten egg; return the oysters to the stew and serve at once.

Celery with Cheese.—Cut the coarser stalks of celery into small pieces and cook in a small amount of water until tender. Place a layer of the cooked celery in a baking dish, cover with a layer of the cheese—using a rich crumbly kind, then add a covering of white sauce and another layer of celery. Top with a layer of white sauce and buttered crumbs. Bake until the crumbs are brown.

Maple Parfait.—Beat the yolks of four eggs lightly and pour over them one cupful of hot maple syrup; stir and cook until the egg is cooked. Cool, add a pinch of salt and a pint of whipped cream with the stiffly beaten whites of the eggs. Pour into a mold and let stand in ice and salt for four hours.

Cream, Torte.—Beat six eggs, add one cupful of sugar, three tablespoonfuls of bread crumbs which have been well mixed with a teaspoonful of baking powder. Add one-half pound of dates cut fine, one-half pound of walnuts and fold in the stiffly beaten whites of the eggs. Add salt and such flavoring as one likes. Bake in layers and put together with whipped cream, sweetened and flavored.

Ripe Cucumber Chowder.—Take twelve large, ripe cucumbers, grate with three onions. Press the pulp as dry as possible. Add two chopped red peppers, salt and vinegar to moisten. It should be of the consistency of horseradish. Seal and keep in a cool place.

Casserole Veal.—Prepare the meat by seasoning and browning and instead of using vegetables, add one shredded onion and half a sliced onion for flavor, trying them both brown; add a cupful of hot steamed rice a half hour before serving.

Buttered Carrots.—Scrape small-sized carrots and cut into finger-sized lengths, add a very little water and cook carefully so that they will not burn; add salt, butter and simmer on the back of the stove, adding a grating of nutmeg.

One Vast Union
We behold all around us one vast union in which no man can labor for himself without laboring at the same time for all others.—Longfellow.

Nellie Maxwell

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 October 9

ELIJAH HEARS GOD'S VOICE

LESSON TEXT—I Kings 19. **GOLDEN TEXT**—Wait on the Lord, be of good courage, and He shall strengthen thine heart.

PRIMARY TOPIC—Elijah Hears God's Voice.

JUNIOR TOPIC—God Encourages Elijah.

INTERMEDIATE AND SENIOR TOPIC—Listening to God's Voice.

YOUNG PEOPLE AND ADULT TOPIC—How God Speaks to Men.

1. Elijah's Flight (vv. 1-14).

Upon Ahab's return from the excitement on Mount Carmel, he told his wife all that Elijah had done, that even all her prophets had been hewn to pieces by the sword. This so enraged her that she sent a message of death to Elijah, who seems to have been waiting at the gate (vv. 1, 2). Though Elijah had courageously stood before the king and the priests of Baal, he now covered before this woman, and fled for his life. Let us beware lest when we think we stand, we fall (1 Cor. 10:12).

2. Elijah under the juniper tree (vv. 3-7). The juniper tree was a shrub of the desert which afforded shelter and protection to travelers from the burning sun by day and the cold wind by night.

(1) His request (v. 4): This was that he might die. This was no doubt a foolish thing for him to say, but let us be as considerate toward him as was God. The discouragement, and even despondency, of Elijah, was due to the nervous strain of about four years of unusual service for God, which culminated on Mount Carmel. Such nervous reaction is to be expected, and surely the heart of this lesson will be missed unless we see it in that light, and see God's tenderness toward his overwrought servant.

(2) God's tender treatment (vv. 5-7). a. He gave him sleep (v. 5). "He giveth His beloved sleep" (Ps. 127:2).

b. He sent an angel to cook Elijah's meal (vv. 6, 7). The angel of the Lord is usually understood to be the second member of the Holy Trinity. If this be correct, then we see Jehovah-Jesus preparing food for His servant Elijah, as He afterward did for His discouraged disciples by Galilee.

2. Elijah at Horeb (vv. 8-14). God had kindly ministered to His discouraged prophet so that he would be in a fit condition to receive the needed instruction and correction.

(1) God's interview with Elijah in the cave (vv. 9, 10). a. God's question, "What doest thou here, Elijah?" (v. 9). This was a stinging rebuke, though most kindly given. It implied that his appointed messenger was now far away from the field of duty. How blessed to know that "A God-forsaking saint is not a God-forsaken saint!" b. Elijah's answer (v. 10). Elijah tried to vindicate himself by asserting his jealous loyalty to God—that in spite of all this the people had not only rejected his message and dishonored God, but sought to destroy him.

(2) God's interview with Elijah on the mount (vv. 11-14). While standing before the Lord on the mount, God caused a mighty demonstration of wind, earthquake and fire to pass before him, to show unto him the nature of the work he had been doing for God, and to show him what was lacking in his work for the fullest attainment of success. Elijah had about him much of the whirlwind, earthquake and fire. His work had been terrifying and alarming, but it lacked in gentleness and love. This object lesson in the days of God's working is a needed message for this age, which is so wonderfully characterized by noise and clamor. The world is not "taken for Christ" by the fleshly energy and enthusiasms of conventions and committees, but by the quiet hearts who go forth proclaiming God's Word in the energy of the Holy Spirit.

11. Elijah's Return (vv. 15-18). Though Elijah had erred, God brought him again into His service. How comforting to know that God does not reject His servants because of their failures in times of despondency! He deals with them after the motive of their hearts. Elijah was nourished and instructed by the Lord and then sent on a high mission. God took Elijah out of himself by giving him a new commission. Before God would come in His chariot to take Elijah home, he sent him upon a three-fold ministry.

1. To anoint Hazael king over Syria (v. 15).

2. To anoint Jehu king over Israel (v. 16).

3. To anoint Elisha as his own successor in the prophet's room (vv. 19-21).

Look Up to God
Dare to look up to God and say: Deal with me in the future as Thou wilt; I am of the same mind as Thou art; I am Thine; I refuse nothing that pleases Thee; lead me where Thou wilt; clothe me in any dress Thou chooseth.—Epictetus.

Europe Saved at Chalons
A great horde of northeastern people was led into western Europe in the Fifth century by Attila, king of the Huns. For a time these semi-barbarians swept all before them, but finally they were met at Chalons, in eastern France, in the year 451 A. D., by the combined forces of the Romans and the Goths under Aetius and Theodorice. Attila sustained a crushing defeat, and central Europe was saved from the invaders.—New York Herald-Tribune.

What's the Answer?

Questions No. 16

1—What is the name of the highest peak in Canada?

2—Who was the leading jockey for 1926?

3—Who was the Union general at the battle of Gettysburg?

4—Who was Kit Carson's grandfather?

5—Where are diamonds found in the United States?

6—What celebrated English landscape artist, apostle of light and color, made upward of 400 paintings and 19,000 drawings?

7—Who is considered England's leading "pagan" story writer?

8—How long is the Ribber crab and where is it found?

9—What does a lawyer mean when he calls a statement "impertinent"?

10—What is the last line in the Lord's Prayer?

11—What great religious allegory was completed by its author while in prison?

12—Which is the loftiest peak in the United States, exclusive of Alaska?

13—What horse won the Futurity in 1926?

14—Who was known as the "Pathfinder"?

15—What great Revolutionary victory was won on Christmas night?

16—Where is the fly's sense of taste located?

17—What living violinist in America has been the teacher of Elman, Heifetz, Zimbalist, Seldel and other celebrated artists of the violin?

18—Where does the coco palm flourish best?

19—What is wrong with the phrase, "The man whom he said was there"?

20—When did Mary Baker Eddy discover what she termed Christ Science or Divine Laws of Life, Truth and Love, and name her discovery Christian Science?

Answers No. 15

1—Nethou.

2—Crusader, who won \$141,583.

3—Savannah, 1819.

4—1790.

5—The dried meat of the coconut.

6—Liszt.

7—Walt Whitman.

8—Central Africa and does its best on the open shores of lakes and rivers.

9—Harmless state of disuse.

10—Chapter 20.

11—The Cheviots.

12—C. De Mar.

13—John Adams.

14—Grover Cleveland.

15—Commander R. E. Byrd, U. S. N.

16—Ben Turpin.

17—In Camberly, near London, England.

18—They occur in all seas, except the Arctic and Antarctic and are carnivorous in their habits.

19—Because with two the comparative is used, not the superlative.

20—To Isaiah.

Royal Wife Rebuked by Prince Consort

Albert, prince consort of Queen Victoria, filled a difficult, thankless office with tact and success, but was misunderstood and disliked by Englishmen of his generation almost without exception, according to a writer in the Kansas City Star. Brought from an insignificant German town and comparative poverty, at the age of twenty he found himself king in all but name of the most powerful country and wedded to a very trying wife.

In public the queen displayed adoration and a sentimental solicitude for him, in private she was petulant and exacting. But he bore his trials patiently and once in a while gave his wife a quiet and effective lesson. One evening while he was dining with the council of the Royal academy a messenger arrived from Victoria saying that she desired his presence at Buckingham palace. The prince merely nodded. Half an hour later a second messenger said the queen was waiting and required the prince to return at once. Again he merely nodded. In another thirty minutes arrived a peremptory order: "The queen commands your royal highness' immediate return." Cool and phlegmatic as ever, even under this final humiliation, the prince again dismissed the messenger with a nod. He remained with his hosts of the evening and, sleeping elsewhere, did not return to the palace that night.

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CAP AND BELLS



LOWERS ARE HIGHER

Jenkins went to buy a dog. "What is this?" asked he, pointing to an animal. "Fifty dollars," said the dealer. "And this smaller one?" "One hundred dollars." "This smaller one still?" "One hundred and fifty dollars." "And this tiny one?" "Two hundred dollars." "Say! Tell me what it will cost if I buy no dog at all!"—Montreal Family Herald.

FACE LIFTING



"Some say it's only the old birds who go in for 'face lifting.' Here's one only eighteen years old who's had hers lifted hundreds of times, and with no ill effect."

Starfish and Oysters

The oyster yawned quite widely and in speedy tones he said: "When 'stars' come out it's time for me to seek my oyster bed!"

Call It a Century

Mrs. Greene—You simply must stay with us; we're close to a beautiful old golf course. Visitor—How old is it? Mrs. Greene—I'm not so sure, but my husband can remember one one going around it in '69.—Yorkshire Evening News.

It Showed

Sarah—Do you know that I have the soul of an artist? Frank—I knew you painted the minute I looked at your face.

Another Sensation

Beatrice—They say Miss Van Gay plays golf like a man. Millicent—Goodness gracious! Say, wouldn't you love to hear her?

Wasted

Love-smitten Poet—Each hour with you is like a pearl. The Modern Miss—Aw, quit stringing 'n' me.

HE FURNISHED THE GAS



He—Darling, you're the light of my life.

She (not impressed)—But you are furnishing the gas, Mr. Brown.

The Duty at Hand

The universe up in the sky Will be secure as years go by. So, let us strive, for all we're worth For order on this little earth.

Flights

"I have admired some of your flights of oratory." "Please don't mention them," said Senator Sorghum. "Rhetorical aviation doesn't appear to count at present."—Washington Star.

Something Missing

Mrs. Newlywed—Don't you like my cooking, dear? Her Husband—Oh, yes, but you don't twist the wicked can opener that mother used to shake.

Going Too Far

Jerry—So you don't like your new boarding house? You surely don't object to hash, do you? Dick—No, but I certainly do object to hash soup!—Pittsburgh Sun-Telegraph.

Old College Chums

"Sorry, old fellow." "But we went to college together. There are ties and bonds—" "I know. But I can't buy any more of the latter."