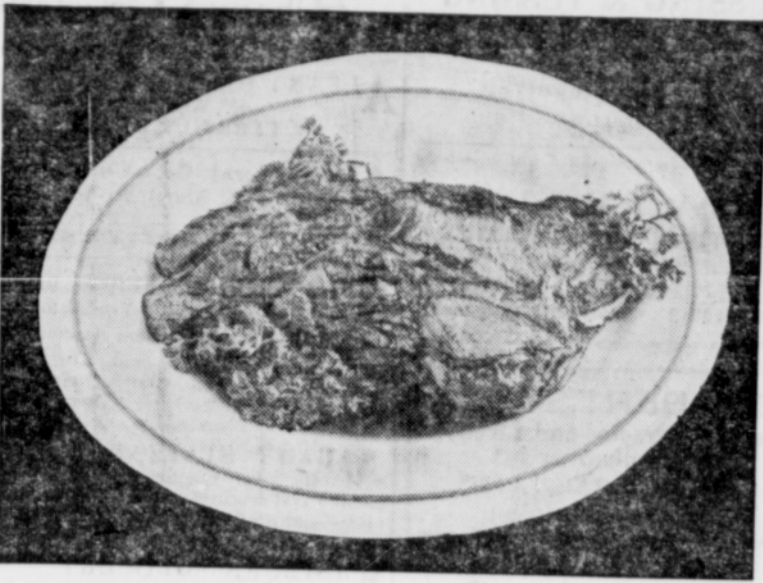


IDEAL WAY TO COOK A SIRLOIN STEAK



Broiled Porterhouse Steak.

(Prepared by the United States Department of Agriculture.)

The ideal way to cook a juicy, tender steak from a choice cut of beef, such as the porterhouse or sirloin, is to broil it over a coal or wood fire. As many people have to cook with gas or kerosene as fuel, this is not often practicable. With a stove of either type, however, it is possible to cook deliciously, provided one understands the method of handling juicy, tender meats. The main point, says the bureau of home economics, is to sear over the outside rapidly, at a high temperature to prevent the escape of the juices, and then to continue cooking the meat evenly at a reduced temperature by turning it from side to side until it is done.

To panbroil a steak over a kerosene flame or gas, heat a skillet very hot, grease it lightly with a piece of suet,

and sear each side. In lifting it from the pan to turn it, use two forks, and do not pierce the surface of the steak or the juices will escape and the steak will be dry and tasteless. Do not season with salt and pepper until the steak is ready to serve. Cook it at a lower heat after it has been seared until it is done as you like it—rare or medium well-done.

A steak may also be cooked in the broiling oven of a gas stove. Have the oven well heated before the steak is put in, sear the steak on each side as in other methods of cooking, and take the same care not to let the juices escape. Any fat or meat juice in the skillet or broiling pan is usually poured over the steak to be served with it.

Other methods of cooking are better for cuts of beef that are less tender, such as the round or short steaks

CORNED BEEF IS MADE AT HOME

Cheaper Cuts of Meat Are Generally Made Use Of.

(Prepared by the United States Department of Agriculture.)

The cheaper cuts of meat, such as the plate, rump and chuck, are generally used in making corned beef. Meat from fat animals makes better corned beef than that from thinner animals. The United States Department of Agriculture gives the following directions for making corned beef on the farm:

Cut the beef into pieces five or six inches square. These pieces should be of uniform thickness so that they may be packed in even layers in the barrel. When the meat is thoroughly cooled it should be corned as soon as possible, for meat which has begun to spoil is unwholesome and will probably sour during the curing process. Under no circumstances should meat be put in cure while in a frozen condition.

A standard recipe is: Eight pounds salt, two pounds sugar, two ounces saltpeter, five gallons water per 100 pounds green meat. When it is desired to corn only a small quantity of beef for home use, the brine is made in the same proportions, and after the meat has been salted overnight, sufficient brine is used to cover the pieces completely. In salting overnight, sprinkle a layer of salt quarter inch deep over the bottom of the vessel, pack the cuts of meat as thickly as possible, then add salt on top.

If the meat has been corned during the winter and must be kept into the summer season, it is advisable to watch the brine closely during the spring, as it is more liable to spoil at that time than at any other season. If the brine appears to beropy, the pieces of meat should be removed and vigorously washed off with a stiff brush and hot water, then repacked and covered with new brine. The brine should be kept in a cool place, as the sugar in the brine has a tendency to ferment. To cure thoroughly the meat should be kept in the brine 28 to 40 days. Plates will be quite palatable after ten days in cure. Meat removed from the brine should be hung up and allowed to drain thoroughly before wrapping or smoking.

Spanish or Creole Sauce Excellent With Omelet

An excellent sauce to serve with omelet, with boiled rice or potatoes, or stewed meats, or such fish as cod, haddock, or halibut is known as Spanish, or Creole sauce. It requires a number of ingredients, but it often happens that many of them will be on hand. The directions for making it are given by the bureau of home economics.

Spanish or Creole Sauce.

2 cups canned tomatoes 2 tbs. butter
2 tbs. chopped parsley 2 tsp. minced onion
1 chopped green pepper or canned pimento 1 bay leaf
1/2 cup chopped celery Salt and pepper to taste

Add the onion to the butter and cook it until it is tender and yellow. Add all the other ingredients except the minced ham or bacon and the flour, and simmer for half an hour. Remove the bay leaf. Blend the flour with a little melted butter and add to the sauce. Cook for five or ten minutes longer, add the ham or bacon, and serve at once.

Oxtails as a Meat for Tasty Stew Are Favored

Many people do not know oxtails as a meat for a tasty stew are the foundation of a very good soup. The recipe below, which has been tested by the bureau of home economics, provides for making a stew with a good deal of rich gravy. If less gravy is desired, part of the water in which the oxtails are cooked may be reserved for a soup, with some of the vegetables and the water in which they are boiled. When serving oxtail soup, put a thin half slice of lemon and a half teaspoonful of chopped parsley in each soup plate.

Oxtail Soup.

1 oxtail 1 tsp. Worcestershire sauce or other seasoning
2 1/2 quarts water Salt and pepper to taste
4 carrots, diced 1 tbs. parsley, chopped fine
2 turnips, diced 2 tbs. butter
1 onion, sliced 1 tbs. parsley, chopped fine
1 large potato, diced 1 tbs. butter
2 tbs. butter Slices of lemon

Wash the oxtail, cut in short lengths, and brown it in its own fat. Cook the onions in the butter, add to the meat with 1 1/2 quarts of water, and simmer until the meat is tender, about three or four hours. In the meantime, cook the carrots and turnips for ten minutes in one quart of the water and add to the meat, with the water in which they are cooked. Add the potatoes, the sauce, and the salt and pepper. When the vegetables are soft, thicken the stew with a small quantity of flour mixed with a little cold water to a smooth paste. Cook until thickened. Sprinkle with the parsley and garnish with slices of lemon.

Prunes Ever in Season for Delicious Dessert

Prunes lend themselves to many delicious desserts that can be made of ingredients on hand in every pantry. No matter how remote you may be from the nearest store, you could easily make the prune pudding below without having to get a single item specially, for who does not keep her supply of sugar, cornstarch, eggs, spices and flavors, and even prunes always available? From the bureau of home economics the following directions are sent for making this excellent and simple dessert:

Prune Pudding.

2 cups water 2 tbs. cornstarch
1/2 lb. dried prunes 1/2 tsp. vanilla
1/2 cup sugar 1/4 tsp. salt
2 egg yolks 2 egg whites
2 tbs. sugar 1/2 tsp. cinnamon

Wash the prunes, and soak them overnight in the water, then cook them in the same water until tender. Remove the stones and cut the prunes in small pieces. To the prunes add the 1/2 cupful of sugar, the salt, and the cornstarch, which has been mixed with some of the prune juice. Cook for twenty minutes in a double boiler. Pour this mixture into the egg yolks and the vanilla and cinnamon, and mix well. Place in a greased baking dish and cover with the meringue made with the egg whites and the two tablespoonfuls of the sugar. Bake in a moderate oven until the meringue is brown. Serve hot or cold.

Meats and Relishes

With roast beef, grated horseradish. Roast pork, apple sauce. Roast veal, tomato or mushroom sauce. Roast mutton, currant jelly. Boiled mutton, caper sauce. Boiled chicken, bread sauce. Roast lamb, mint sauce. Roast turkey, cranberry sauce. Roast goose, apple sauce. Venison or wild ducks, black currant jelly. Broiled fresh mackerel, sauce of stewed gooseberries.



A Few Little Smiles

FOR IDENTIFICATION
"Why the hat with the tall feather, Georgette?" asked the girl chum, Tricotine. "That feather must be at least two feet high."
"Our class of 67 girls is going to have a group photograph taken."
"I still don't understand that trick feather."
"Well, if I chip in, I want to be able to pick myself out."

Tame Game

"Been on a hunting trip, eh! Did you bag anything?"
"Oh, I got some ducks."
"Huh! I'll bet you didn't shoot em; bought 'em, most likely."
"I did both. Unfortunately, just as I was putting them in my bag, the farmer who owned them came along."

MUST BE HIS WIFE



"What were all those men looking at me for, did you see anything funny?"
"Didn't notice anything funny, dear, I wasn't looking at you."

Three Boys No Boy

My dad ust to say:
"One boy's a boy,
Two boys are half a boy,
And three boys are no boy at all."

Pippa Passes

First Girl—And he said my face was a perfect poem.
Second Girl—So it is, dear—it's like one of Browning's.
"Browning! Why Browning?"
"Because some of the lines are so deep."

Needed Her

"I'm so glad to meet your husband again," she said. "He once made an impassioned plea for my hand."
"I don't believe it," the other woman replied.
"Believe it or not, as you please. He had fallen into a manhole."

LIKE CALISTHENICS



"If all women were made to talk the sign language we wouldn't hear so much of their wagging tongues."
"That would never do! They'd all have broken arms."

Fickle Dame Fortune

A fickle Jade, Dame Fortune; for we never know by half if she is smiling on us or is giving us the laugh.

There's a Way

She (to young man caller)—I wonder if you noticed in the paper that some people were poisoned through eating chocolates?
Mr. Close—Yes, I did—why?
She—Oh, nothing. I was just thinking how very safe we are.

Standardization

Store Detective—I'm suspicious of that woman, she seems furtive. Floorwalker—Well, keep your eye on the furs, then.

Prepared

Husband—I see the women are going to wear medieval costumes at the dance next week. What are you going to wear, my dear?
Wife (significantly)—My medieval hat.—Tilt-Bits

A Golden Opportunity

Court Officer—Do you swear to tell the truth, the whole truth—
Fair Witness—It will be perfectly lovely, if you really have time to listen.

Improved Uniform International Sunday School Lesson

(By REV. P. H. FITZWATER, D.D., Dean Moody Bible Institute of Chicago.)
(©, 1927, by Western Newspaper Union.)

Lesson for January 15

JESUS AND SINNERS

LESSON TEXT—Mark 2:1-17.
GOLDEN TEXT—I came not to call the righteous, but sinners to repentance.
PRIMARY TOPIC—Jesus Forgives a Sinner.
JUNIOR TOPIC—Jesus Heals and Forgives.
INTERMEDIATE AND SENIOR TOPIC—Jesus Shows His Sympathy and Power.
YOUNG PEOPLE AND ADULT TOPIC—Jesus' Power to Make Whole.

I. Jesus Preaching the Word (vv. 1, 2).

1. The surging crowd (v. 2). So great was the crowd gathered about the house where Jesus was stopping, that there was no room to receive them. As soon as it was noised about that Jesus was in the house, the multitudes gathered.

2. What Jesus preached unto them (v. 2).

He preached unto them the Word of God. He always preached the Word before He wrought miracles, for to make known the will of God was His supreme mission. Miracles were not an end in themselves, but to authenticate His work. The people came, some to be healed, and some out of curiosity. He gave them that which they needed, regardless of the motive which actuated their coming.

II. Jesus Forgiving Sins (vv. 3-5).

The man brought to Him was suffering from the dread disease of palsy, but his most deadly affliction was that of sin. This miracle was wrought by Jesus in confirmation of His message.

1. Faith coming to Jesus (v. 3).

The actuating impulse of the palsied man and the four friends who carried him was faith.

2. Faith overcoming difficulties (v. 4).

Though prevented by the crowd from coming to Jesus, they ascended the outer stairway and let the afflicted man down through the roof.

3. Faith rewarded (v. 5).

No word was uttered either by the paralytic or his bearers. Their action was enough. The paralytic got more than he expected. He desired healing of the body and he got bodily healing plus forgiveness of sins.

III. Jesus Answering the Scribes (vv. 6-10).

1. Their objections (vv. 6, 7). They asked:

(1) Why does He thus speak? (2) Who can forgive sin?

They were entirely right in their reasonings that only God can forgive sins. Their blunder was in not perceiving Him to be God.

2. Jesus' answer (vv. 8-10).

He knew their inner thoughts and reasonings and manifested unto them His essential deity in that He had power to know their thoughts. He inquired, "Which is easier to say, thy sins be forgiven thee, or to say, arise and take up thy bed and walk? But that ye may know that the Son of man hath power on earth to forgive sins, He saith to the sick of the palsy, I say unto thee, Arise, and take up thy bed, and go thy way into thine house." He was willing that His power in the invisible realm should be tested by His power in the visible.

IV. Jesus Healing the Paralytic (vv. 11, 12).

1. His healing was by the direct method—speaking the Word (v. 11). Christ's words are enough. With the command was given the strength to obey. That which Christ commands He gives the strength to perform.

2. The obedience of the man (v. 12). He immediately arose, took up his bed and went forth before them all. The poor helpless man walked away with his bed upon his shoulder.

3. The people were amazed, and glorified God (v. 12). They said, "We never saw it on this fashion."

V. Jesus Eating With Publicans and Sinners (vv. 13-17).

1. The call of Levi (v. 14). Levi was a tax-gatherer under the Roman government. As Jesus passed by, He commanded Levi to leave his business and follow Him.

2. Jesus dining in Levi's house (v. 15). It seems that Levi, when he found the Saviour, invited many of his business associates to eat with him. This gave an opportunity to Jesus to come into touch with these sinners.

3. The perplexed scribes and pharisees (v. 16). They asked, "How is it that He eateth and drinketh with publicans and sinners?"

4. Jesus' reply (v. 17). "They that are whole have no need of the physician. I came not to call the righteous, but sinners to repentance."

Our Future

We never know for what God is preparing us in His schools; for what work on earth, for what work in the hereafter. Our business is to do our work well in the present place, whatever that may be.—Christian Exposition.

Learn Secret of Prayer

We need to learn the secret of importunate prayer that takes hold of God's promise and refuses to let go till the blessing comes.—Timberlake.

Italian Fascists Get Chance to See World

A young Italian who lately finished his university course and means to take up architecture as a profession has been one of the first to benefit by Mussolini's order that every Italian merchant ship should reserve two berths free on every voyage for young Italians desirous of seeing the world.

They can choose their route and the extent of the journey, paying only about 18 or 20 lire a day. This brings "the grand tour" within the reach of the professional classes and will surely serve as a liberal education.

"Book and rifle make the perfect fascist," Mussolini often reminds his young followers, and now he adds the traveler's compass to the emblems of excellence.—Chicago Journal.

For Croup What Would You Do?

Here is a physician's prescription used in millions of homes for 35 years which relieves croup without vomiting in 15 minutes. Also the quickest relief known for Coughs, Colds and Whooping Cough. If there are little ones in your home, you should never be without a bottle of this valuable time-tried remedy, recommended by the best children's specialists. Ask your druggist now for Dr. Drake's Gemco, 50 cents the bottle.

The Shirker

Commander Fitzhugh Green, who has established in New York a kind of travel bureau for outfitting explorers, said at a recent wedding breakfast:

"Explorers love exploring, but they hate the dull, hard work of getting their equipment together. They're like bachelors in a way.

"The mother of eight grown-up daughters turned to a wealthy bachelor one evening and said in a menacing voice:

"With your liking for the fair sex it's strange that you have never married."

"Que voulez-vous?" said the bachelor. "A man can love flowers without wanting to be a gardener."

Mothers, Keep Your Health Up to Par

San Bernardino, Calif. — "Dr. Pierce's Favorite Prescription is such a help in motherhood, I am amazed that every woman does not take it during expectancy. Before my first child came I suffered with a continuous pain in my left side. Dr. Pierce's Favorite Prescription strengthened me and I had a fine healthy child, without the pains that most women suffer. Also my strength returned rapidly afterwards. Dr. Pierce's Favorite Prescription is a tonic and nerve-worthiness of the highest praise."

—Mrs. Mary J. Queen, 253 E. 4th St. All dealers. Large bottles, liquid \$1.35; Tablets \$1.35 and 65c.

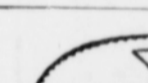
If you would be somebody in the world begin by being yourself.



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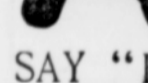
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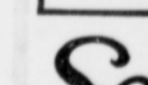
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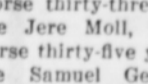
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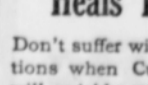
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If you would be somebody in the world begin by being yourself.



TELL YOUR FRIENDS What You Know about BELL-ANS for Indigestion



BELL-ANS FOR INDIGESTION 25¢ AND 75¢ PACKAGES EVERYWHERE

One Explanation Gladys—What do they mean by calling Mr. Keene an eight-by-ten business man?
Julia—They mean he is not exactly square.

CORNS



Ends pain at once!

In one minute pain from corns is ended. Dr. Scholl's Zino-pads do this safely by removing the cause—pressing and rubbing of shoes. They are thin, medicated, antiseptic, healing. At all drug and shoe stores. Cost but a trifle.

Dr. Scholl's Zino-pads Put one on—the pain is gone!

W. N. U., PORTLAND, NO. 2-1928.

The Explanation

"Why did she marry Jack? I thought she valued her freedom."
"She did. But she couldn't bear to think of Jack having any."—New Haven Register.

There are no wolves in Africa, though jackals in Abyssinia and the Sudan are sometimes known as wolves.

Soil in a forested area absorbs more water and holds it longer than soil in an open area unprotected by vegetation.

Law is strong but easily broken.



ASPIRIN

SAY "BAYER ASPIRIN" and INSIST!

Proved safe by millions and prescribed by physicians for
Colds Headache Neuritis Lumbago
Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

Safe Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100.—Druggists.
Aspirin is the trade mark of Bayer Manufacture of Monocetacidester of Salicylicacid

Old-Timers in Line

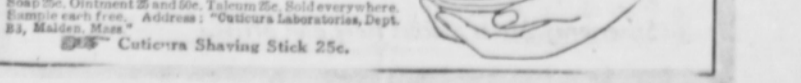
In an old-timers' parade at Herford, Va., J. Ludwig, eighty-two, drove a twenty-eight-year-old horse; Nathaniel Gregory, ninety, came next, driving a horse thirty-three years old. Then came Jere Moll, ninety-one, driving a horse thirty-five years old. And last came Samuel Gehret, ninety-seven, with a horse thirty-seven years old.

Relationship

"They say that pity's akin to love."
"A sob-sister, I suppose."

Cuticura Heals Irritating Rashes

Don't suffer with rashes, eczemas or irritations when Cuticura Soap and Ointment will quickly relieve and heal. Bathe with Cuticura Soap and hot water, dry and anoint with Cuticura Ointment. Nothing quicker or safer than Cuticura Soap and Ointment for all skin troubles.



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