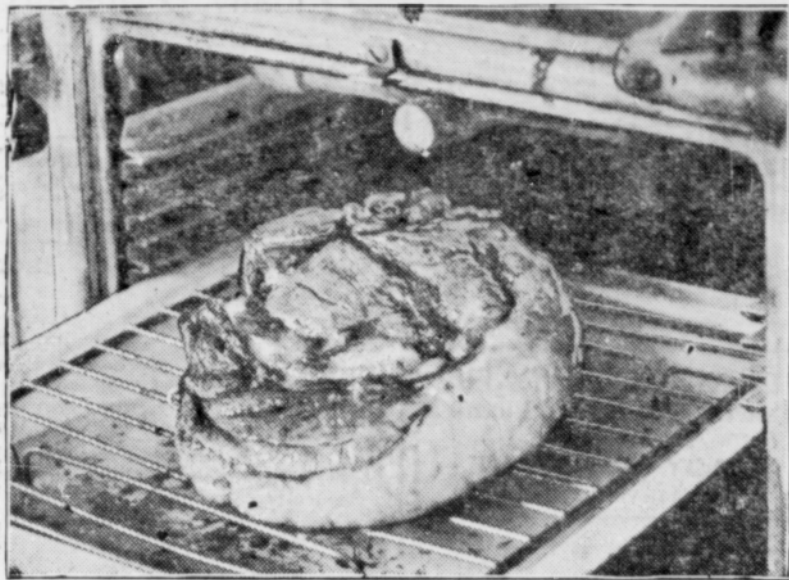


STEAKS OR CHOPS BROILED IN GAS OVEN



Steak Broiled in a Gas Oven.

(Prepared by the United States Department of Agriculture.)

Steaks and chops may be broiled with equal success in the gas oven or in a coal or gas range. In either case the meat gets that delicious broiled flavor which many persons think cannot be surpassed by any other method of cooking. In broiling the meat should be seared at high temperature first to prevent the escape of the appetizing meat juices. The bureau of home economics of the United States Department of Agriculture gives other points about broiling steaks in the gas oven.

Select a porterhouse or a sirloin steak from 1 1/2 to 2 inches thick. Trim the steak of excess fat and wipe it off with a damp cloth. Grease the rounds of the broiler and place the steak on it underneath the flame of a

gas oven. Do not close the door. Sear on one side and then turn, being careful not to break the tender coating which holds in the juices. When both sides are seared turn down the flame and cook the meat, turning to cook evenly to the desired "doneness." After searing, the steak may, if desired, be placed in the baking oven with the door closed and the cooking finished there. This will leave the housewife's time free for other last minute preparations. When done place the steak on a hot platter, add salt, pepper, and melted butter. Garnish with parsley and serve at once.

No definite time can be given for cooking a steak because of varying thickness, heat of oven, and personal preferences. A steak 1 1/2 to 2 inches thick will probably require 20 to 25 minutes to be cooked medium rare.

CURTAINS QUITE EASY TO ARRANGE

Important Task Seems to Be in Taking Measurement.

(Prepared by the United States Department of Agriculture.)

There are the same advantages in making your own curtains as in making your own dresses. You get an individually fitted product, of color and material selected to go with other furnishings, and often you either save money by doing the sewing yourself, or get better materials for the same money.

The simple curtains used in most homes at present, generally intended to be washed and ironed when necessary, are easy to make. They may be plain glass curtains, with or without side draperies, or simple ones looped back, such as the ruffled colonial curtains, or side curtains only if it is desired merely to frame an unobstructed

If the material you are using has a distinct pattern it will have to be balanced at each window, sometimes at every window. In this case have the length you have recorded laid off for as many curtains as you need on the goods in the bolt before cutting. There will probably be some unavoidable waste in matching. When you cut off the lengths of curtains in preparing to make them, draw a thread if the weave permits. This will guide you in cutting absolutely straight. Otherwise the curtains will not hang straight, especially after they have been laundered. Trim off all selvages so the side edges will not shrink or sag when the curtains are washed.

Make the side hems first, then the top and bottom hems, using a card or other gauge and carefully matching both halves of each window in length. Allowance for shrinkage can be concealed in the top hem or heading, or it may be basted in as a tuck below the top casing, or an extra hem may be turned in at the bottom. On transparent materials such as used for glass curtains, both the first and second turning of the hem should be the same width. This gives a better effect when the light shines through. Press curtains carefully, keeping them straight with the thread of the goods, when ready to hang them. Even with the greatest care in cutting and making, curtains do not always hang evenly. Irregularities can usually be adjusted by little tucks at the upper casing.

TWO RECIPES FOR SERVING TURNIPS

Vegetable Has Been Found Source of Vitamins.

(Prepared by the United States Department of Agriculture.)

Raw or slightly cooked turnips have been found a good source of vitamins, hence it is wise to include them frequently in the diet. Some people prefer dishes that combine other flavors with the pronounced flavor of turnips, as when equal parts of mashed potato and mashed turnip are blended together. In the recipe below for quick turnip soup, the onion, parsley and milk flavors, with the raw turnip make a particularly appetizing combination.

Quick Turnip Soup.
4 cups milk 1 tablespoon flour
2 cups grated raw turnip 2 tablespoons butter
1 1/2 teaspoons salt 1/2 teaspoon parsley
1/2 teaspoon grated onion 1/2 cup very fine onion

Heat the milk in a double boiler, add the flour and butter, which have been well blended; then the turnip, the onion and the salt. Cook until the turnip is tender, or for about ten minutes. Sprinkle the parsley in the soup just before serving.

Similar to corn custard is a baked dish containing turnips which may be either grated raw or cooked and mashed. This is a substantial combination, suitable for the main dish for a luncheon or supper. The bureau of home economics supplies the recipe and suggests that carrots may be used in the same way.

Turnip Custard.
1 cup grated raw turnip or mashed 1/2 teaspoon salt
2 cups milk 2 tablespoons melted butter
2 eggs Few drops of tarragon
1 pint milk basco

Beat the eggs lightly and add the salt, the turnip, the milk and the tarragon. Stir in the melted butter and bake in a moderate oven in a pan surrounded by water until the custard is set in the center. Serve at once. Carrot may be used in the same way as turnip.

THE KITCHEN CABINET

(© 1924, Western Newspaper Union.)
When happiness can be manufactured so cheaply and sell so high, and is always wanted in the market, it seems a pity that more of us do not set up in the business.—W. C. Gannett.

A VARIETY OF MEATS

For those of us who have not yet cultivated a taste for sweetened meats, the following dish may not appeal, when read; but try it, it is very tasty.
Belgian Hash.
—Take one-half cupful of prunes, one-half cupful of dried currants, one-half cupful of sugar, one-half a grated nutmeg, salt and pepper to taste, three-fourths of a cupful of vinegar and one-fourth cupful of water. Cook two pig's feet after chopping in the above mixture until the liquid is all absorbed.

Hot Tamales.—Take two pounds of lean beef or chicken cooked and cooled, then chopped fine; one pint of chili peppers, seeded and parboiled; the water changed during the cooking; sift the peppers through a sieve, add one clove of garlic chopped, and salt to taste. Scald well a pint of corn meal in the beef or chicken broth, then spread on corn husks 2 by 4 inches. Roll up, making three turns, fold in the ends carefully and tie securely. Steam two hours.

Meat Loaf.—Take one pound of meat from the round and three-quarters of a pound of fresh pork chops; add two eggs, one cupful of bread crumbs, one cupful of stewed tomato, one teaspoonful of minced parsley, one and one-half teaspoonfuls of salt and pepper to taste. Stir and mix well, roll into a loaf and bake one hour. Strips of salt pork may be placed on top if desired.

Veal Loaf.—Take two pounds of veal and one-half pound of fresh pork, both chopped; one cupful of bread crumbs, one-quarter cupful of milk, the juice of a lemon and a teaspoonful of the rind, one-fourth teaspoonful of grated nutmeg, pepper to taste, two eggs, a few dashes of cayenne and one-half can of mushrooms. Mix well and pour the liquor from the mushrooms over the loaf, baste often, baking two hours. The sauce to serve with the roast is made from the gravy, adding more of the mushroom liquor.

Stuffed Steak.—Chop a pound of round steak, season well, adding an egg. Prepare a seasoned bread stuffing. Grease gem pans and put in a layer of meat, then one of the stuffing and cover with another layer of meat. Bake in a hot oven until well done. Serve on a hot platter garnished with parsley.

The Important Dessert.

Most people feel that a dinner without dessert is unfinished and unsatisfactory. A simple sweet, even a dish of raisins and nuts is often all that is needed to make a good ending to a meal.

A dessert should be appropriate to the meal with which it is served; that is, a light meal may have a hearty, rich dessert; a heavy meal is best with a light one. A dessert is valued for its decorative effect as well as its food value.

For a decorative as well as nourishing dessert the following will be enjoyed:

Blushing Apples.—Take even-sized juicy apples which will keep their shape when cooked. Core and peel them and put on to cook with a very little water, cook until tender, adding fruit drops of red coloring or a teaspoonful of red cinnamon candies to give color. Sweeten and chill. Serve decorated with halved almonds, and heap a spoonful of whipped cream on each.

Apple Snow.—Peel and cut into quarters about four apples. Cover with boiling water and cook slowly until the water is evaporated and apples tender. Cool, put through a vegetable sieve. Add powdered sugar to taste and fold in as much whipped cream as you have apple pulp. Chill and serve.

Date Pudding.—Boil together ten minutes two cupfuls of water, three-fourths of a cupful of brown sugar and three tablespoonfuls of corn starch. Add one cupful of sliced dates. Mold in sherbet cups. Garnish when turned out with whipped cream and chopped nuts, or bits of cherry and dates.

Jellied Prunes.—Stew one-half pound of large prunes after soaking well in water. Drain and cut into squares. Prepare a dish of lemon gelatin, using any kind at hand; when partly thick add the prunes. Pour into a mold and set away to become firm. Serve with sugar and whipped cream.

Apricot Ice.—Take two cupfuls of canned fresh or dried fruit. If fresh put through a sieve; if dried cook up till smooth then put through a sieve; add sugar to sweeten, one-half cupful of lemon juice and the stiffly beaten whites of two eggs, the water in which the fruit was soaked, or the canned juice. Mix all but the egg whites and freeze; when partly frozen add the egg whites and finish freezing.

Nellie Maxwell

Improved Uniform International

Sunday School Lesson

(By REV. P. B. FITZWATER, D.D., Dean Moody Bible Institute of Chicago.)
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Lesson for January 22

JESUS AND THE LAW

LESSON TEXT—Mark 2:18-3:6.
GOLDEN TEXT—Think not that I am come to destroy the law, or the prophets. I am not come to destroy but to fulfill.
PRIMARY TOPIC—Doing Good on the Lord's Day.
JUNIOR TOPIC—How to Use the Lord's Day.
INTERMEDIATE AND SENIOR TOPIC—How Jesus Obeyed the Law.
YOUNG PEOPLE AND ADULT TOPIC—Jesus Declares the Higher Law

I. Jesus and Fasting (vv. 18-22).
1. The question asked (v. 18).
The scribes and pharisees seeing Jesus eating with the publicans and sinners, raised the question as to why He did so. When Jesus heard their question He declared, "They that are whole have no need of the physician, but they that are sick." Another question was then asked as to why Christ's disciples did not fast when the disciples of John and of the pharisees did fast? John the Baptist was now in prison, therefore his disciples were mourning for him.
2. Christ's answer (vv. 19, 20).
In explanation He raised the question, "Can the children of the bride-chamber fast while the bridegroom is with them?" He then declared that as long as they have the bridegroom with them they cannot fast. The time will come, however, when they would fast. He is now away. Fasting, therefore, is appropriate.
3. New wine in old bottles (vv. 21, 22).

The bottles mentioned here were made of skins of animals. In the fermentation of the wine there was expansion which stretched the skin. To put new wine in the bottle after it was stretched would cause it to be rent asunder when fermentation took place. The same thing in principle would be realized if new cloth were used on old garments. The teaching designed was to show the foolishness of imposing old customs on the new age.

II. The Disciples Plucking Ears of Corn on the Sabbath (Mark 2:23-28).

1. The charge made against the disciples (vv. 23, 24).
Perhaps they were on their way to the synagogue to worship when they plucked the ears of corn. For this act the pharisees accused them of lawlessness.
2. Jesus defends them against the charge (vv. 25-28).
(1) He cites a precedent (vv. 25, 26).
He showed them that the very law which they charged the disciples with breaking recorded the fact that David the great king of Israel had gone into the house of God and eaten the bread which should be eaten only by the priests.
(2) He shows the nature of a Sabbath law (v. 27).
The Sabbath was made for man, therefore its right use is to be determined by the good of man. The laws of honesty, truth, purity and love differ from the law of the Sabbath and there is no circumstance or condition under which they may be departed from.
(3) Jesus is the Lord of the Sabbath (v. 28).
It was He who instituted it when creation was finished, therefore He had a right to use it as it pleased Him for man's good.

III. Jesus Healing a Man's Withered Hand on the Sabbath (3:1-6).

1. The place—the synagogue (v. 1).
Jesus' example shows what He did on the Sabbath. He went to the place of worship. The presence of the man with a withered hand gave Jesus an opportunity to administer a rebuke to the pharisees.
2. The pharisees watching (v. 2).
They knew that Jesus would be interested in this helpless man. They surmised that some work would have to be performed to heal him.
3. The man made an example (v. 3).
Jesus wanted the case to be open to all, so He commanded the man to stand forth where all could see him.
4. The question asked (v. 4).
"Is it lawful to do good on the Sabbath day, or to do evil, to save life, or to kill?" He made the issue clear; He plainly showed them that to fail to do good, to show works of mercy to save life, is to be guilty of wrong doing, even of murder.
5. The man healed (v. 5).
Christ healed him by speaking the Word, so they could not accuse Him.
6. The result (vv. 4, 6).
The pharisees were silenced. There was no ground upon which to accuse Him. But since their hearts were bent upon His destruction they sought how they might put Him to death.

Effect of One Sin

Where one sin has entered, regions will force their way through the same breach.—Rogers.

Obedience

Obedience means marching right on whether we feel like it or not.—D. L. Moody.

Christian Religion

The Christian religion is not taught; it is caught from some one who has it.—Inge.

Just a Little Smile

A SIMILARITY

"Well, I wish him luck," said Jones, the other evening, after reading in the evening paper an account of the wedding of a popular member of the local cricket team, "but," he added, in a ruminating tone, "marriage is very much like cricket."
"Don't be so ridiculous," snapped Mrs. Jones. "However can you compare cricket to marriage?"
"Why," replied Jones, "it looks so easy to those who haven't tried it."

BRAVERY



She—How dare you put your arm about me?
He—Why, you said you admired a brave man, didn't you?

Sure to Be There

"Thanks to modern improvements I have far less trouble finding my collar buttons now. Always find them in one place."
"Indeed?"
"Yes, I go to the vacuum cleaner."—Boston Transcript.

French Osculation

He (with newspaper)—It says here that a fellow was recently sentenced to a month's hard labor for giving a kiss.
She—Oh, Armand, give me one as if you were going to be sentenced for life.

Self-Defense

"The cook has left," said the housewife.
"I don't blame her," answered the tired business man. "She couldn't be expected to go on eating the food she was delivering from the kitchen."—Washington Star.

Waiting

"Why did you leave the play after the first act?"
"Well, we thought we could go home and come back again tomorrow night. The program said the second act took place twenty-four hours later."

NO TROUBLE TO TURN



"She has a head like a door-knob."
"How come?"
"Any man can turn it."

No Style to It

Doris—Ruth has a position as detective in one of the big department stores.
Fern—How awful. Just imagine being known as a "plain clothes" woman!

No Success

She—You're two hours late. What's your excuse?
He—I have no excuse. I've been outside two hours trying to think of one.

Disagreement

"So the Browns have had a disagreement and separated. What was it about?"
"She wanted to have her face lifted and he insisted that it be the most gage."—Boston Transcript.

Better Than Nothing

The College Graduate—And will you pay me what I am worth?
Employer—Well, I'd do better than that; I'll give you a small salary to start with.

WOMEN OF MIDDLE AGE

Praise Lydia E. Pinkham's Vegetable Compound

Mrs. Annie Kwinaki of 526 1st Avenue, Milwaukee, Wis., writes that she became so weak and run-down that she was not able to do her housework. She saw the name Lydia E. Pinkham's Vegetable Compound in the paper and said to her husband, "I will try that medicine and see if it will help me." She says she took six bottles and is feeling much better.

Mrs. Mattie Adams, who lives in Downing Street, Brewton, Ala., writes as follows: "A friend recommended Lydia E. Pinkham's Vegetable Compound and since taking it I feel like a different woman."
With her children grown up, the middle-aged woman finds time to do the things she never had time to do before—read the new books, see the new plays, enjoy her grand-children, take an active part in church and civic affairs. Far from being pushed aside by the younger set, she finds a full, rich life of her own. That is, if her health is good.

Thousands of women past fifty, say they owe their vigor and health to Lydia E. Pinkham's Vegetable Compound, and are recommending it to their friends and neighbors.

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Oregon & California Directory

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Gloomy Outlook

A friend persuaded William Lord Wright, the serial king, to visit a popular cafe. Following the usual custom, he paid a big cover charge and a stiff price for a pitcher of lemonade. The waiter, inclined to be affable and make conversation, remarked that it looked like rain.
"Do you mean the weather or the lemonade?" Bill wanted to know.

Change Cars

Williams—So the train hit you and carried you on the cowcatcher for several miles?
Brown—Yes, and I suppose I'd be on there yet if the conductor hadn't kicked me off for not having a ticket.

For Croup

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