

## LIVER COOKED IN DIFFERENT WAYS

### So-Called Fancy Meat Is of Great Value.

(Prepared by the United States Department of Agriculture.)  
Liver has been found to be of such value in the diet that it ought to appear on the table fairly frequently. In addition to the protein it supplies, like other meats, liver is a good source of vitamins and minerals, especially iron, and is often recommended for anemic people who need more iron in their menus. As its flavor is somewhat pronounced, it is advisable to combine it with various other foods so that each dish seems to be different.

A recipe provided by the bureau of home economics suggested cooking the liver in a casserole with mushrooms, which have also a distinctive flavor. The dish is prepared as follows:

#### Liver and Mushrooms en Casserole.

1 pound liver sliced about 1/2 inch thick  
2 cups mushrooms, chopped  
1/2 cup dry grated bread crumbs  
1 cup hot water or meat stock  
4 tablespoons butter  
1 tablespoon chopped parsley  
1 teaspoon grated onion

Remove the skin from the sliced liver and place the liver in a buttered baking dish. Melt the butter and cook the parsley and onion for a few minutes and then mix in the bread crumbs, salt and mushrooms. Stir until well mixed and spread the liver with this mixture. Rinse out the pan with the water or meat stock and pour over the ingredients in the casserole. Cover and cook in a slow oven from 45 to 60 minutes. Turn the liver during the cooking. Serve from the dish.

Another good dish containing liver is made by combining equal portions of liver and ham. Here is the recipe:

#### Creamed Liver and Ham on Toast.

1 pound liver  
1/2 cups cream or rich milk  
1 pound sliced ham  
2 tablespoons chopped parsley

Wipe the liver and remove the skin. Cook the ham in a covered frying pan until tender, then remove and grind it. In the meantime cook the liver slowly in the ham drippings until tender. Cut into small pieces, add the ground ham, the chopped parsley and the cream, and stir until well mixed. Serve on crisp thin toast.

#### Food for Children

Growing children have certain special needs in the way of food. Like grown people, children must be supplied with what is necessary for health and strength, but, unlike them, they must be given also what is necessary for development.

Even when children eat all their meals at home it is no easy matter to see that they are properly fed; and when they eat some of their meals at school the difficulty is far greater. It is not easy to make food attractive and to keep it clean when it must be packed and carried in a lunch basket.

## CARING FOR FOOD IN COLD WEATHER

### Much Depends on a Good Storage and Containers.

(Prepared by the United States Department of Agriculture.)  
Successful care of food in the home at any season depends very largely on whether there is a good storeroom, suitable containers and refrigerator or other means of keeping foods cool. The United States Department of Agriculture points out. Merely keeping perishable foods cool, however, does not eliminate the need for frequent inspection and picking over, discarding wilted leaves on vegetables and



Dumb-Waiter to Lower and Raise Foods to Cellar.

salad materials, selecting for first use those fruits most likely to become over-ripe, and otherwise exercising good care.

If the cellar must be used as the chief storage place for food in cold weather, a dumb-waiter on which supplies can be lowered and raised soon pays for itself in time and strength saved. If there is a furnace in the main part of the cellar, it is generally too warm for the winter storage of fruits and vegetables, but a storeroom can often be partitioned off and so ventilated that the temperature is kept constantly cool.

#### Book Lice Nuisance

When book lice become unusually abundant the bureau of entomology of the United States Department of Agriculture, in Farmers' Bulletin 1104, recommends several methods of control. Where only a few are present a thorough cleaning, airing and drying of the room is all that is needed, provided the source of infestation is within the room itself and has been destroyed.

## THE KITCHEN CABINET

(©, 1928, Western Newspaper Union.)

**Wesley's Rule.**  
Do all the good you can,  
By all the means you can,  
In all the ways you can,  
In all the places you can,  
At all the times you can,  
To all the people you can,  
As long as ever you can.

### EVERYDAY GOOD THINGS

A nice slice of baked ham makes a most satisfactory dinner meat. Any that is left may be used to the last shred. Take a slice of ham cut two to three inches thick. Cover with water and cook until tender. Remove the ham to a baking pan, spread with brown sugar and a teaspoonful of mustard. Add the water a little at a time, lift from the pan and bake until well browned.

**Raisin Pie.**—Line a pie plate with pastry and fill with the following: Beat the yolks of two eggs, add one cupful of sugar, the grated rind of a lemon with the juice, a pinch of salt and a cupful of chopped, steamed, seedless raisins. Add a bit of water or sweet fruit juice if the mixture seems too dry. Beat the whites of the eggs until stiff, add three tablespoonfuls of sugar and cover the baked pie with the meringue. Dot with bits of marshmallows and bake until a light brown.

**Beans With Bacon.**—Take one can of tender string beans, drain and season well. Cut up two slices of bacon into bits and fry brown. Remove the bacon and fry one small onion in the fat; when the onion is light brown, add the beans and when well heated add a bit of sharp vinegar to season. Serve hot with bacon and frankfurter sausages.

**Carrot Pie.**—Take one cupful of stewed carrot, one cupful of hot milk, one cupful of sugar, one-half teaspoonful of ginger, one teaspoonful of cinnamon, one-half teaspoonful of allspice, one egg well beaten and a pinch of salt. Bake in one crust. Use egg white for a meringue if desired.

**Apple John.**—Slice into a deep dish four tart apples. Sprinkle with sugar and cinnamon, dot with bits of butter. Pour over them a dumpling mixture, or a rather thin baking powder biscuit dough. Bake in a hot oven until well browned. Serve with cream and sugar.

**Quick Potato Rolls.**—Boil potatoes and press through a ricer. To one cupful of potato and the water in which they were cooked add one-half cupful of scalded milk, three tablespoonfuls of shortening, one-half teaspoonful of salt, one tablespoonful of sugar; when lukewarm stir in one cake of compressed yeast mixed with one-fourth of a cupful of lukewarm milk; add two and one-half cupfuls of flour, mix with a knife, cutting and mixing well. Let stand to rise, cut down once and after rising again make into smooth balls. Cover with melted fat and let rise again until very light. Now shape for finger rolls and when light bake in a quick oven.

**Russian Jelly.**—Soak two tablespoonfuls of gelatin in one-third cupful of water. Boil one cupful of sugar with two cupfuls of water for ten minutes. Add the gelatin and one-half cupful each of grape and orange juice. Strain, add the beaten whites of two eggs, beat until cold. Serve with whipped cream, sweetened and flavored.

**Tasty Foods.**  
A nice supper dish when one wishes something hot and satisfying is:  
**Golden Fleece.**—Cut fine and melt in a saucepan one-half pound of rich cheese; when soft add one cupful of cream and a dash of cayenne; when thoroughly blended break in five eggs, cover for two minutes until the whites are set, remove the cover and beat the mass briskly with a spoon, adding salt to season. Serve on buttered toast or crackers.

**Baked Smoked Fish.**—Wrap a smoked whitefish in thick paper and place in the oven. Bake until the paper falls away, then serve on a hot platter.

**English Rusks.**—Set a sponge using a pint of milk, one-half yeast cake well dissolved in one-half cupful of water and flour enough to make a thin batter. Beat well and let stand to rise in a warm place. When the sponge is light add two well beaten eggs, one scant cupful of sugar, one-half cupful of melted butter and not quite enough flour to make a mixture to knead. Let stand, and with the floured hands form into biscuits. Place in tins to rise. Bake in a moderate oven. Rub the tops of the biscuits when set to rise with melted lard or fat. After baking brush over with powdered sugar and water.

**Date Dessert.**—Beat two eggs well, add one-half cupful of sugar, four tablespoonfuls of flour with one teaspoonful of baking powder, one cupful each of dates and nuts finely cut. Bake in a well buttered pan and cut in finger sized pieces. Place in a glass jar and seal. Steam when wanted and serve with cream or an egg sauce. The pudding will keep for a long time.

**The Library of God**  
Few, but full of understanding, are the books of the library of God.—Tupper.

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 29

#### THE GROWING FAME OF JESUS

LESSON TEXT—Mark 3:7-12; 6:53-56.

**GOLDEN TEXT.**—"The common people heard him gladly."  
**PRIMARY TOPIC.**—Jesus Followed by Crowds of People.  
**JUNIOR TOPIC.**—The Growing Fame of Jesus.  
**INTERMEDIATE AND SENIOR TOPIC.**—Why the People Followed Jesus.  
**YOUNG PEOPLE AND ADULT TOPIC.**—The Secret of Jesus' Fame.

**I. Jesus Ministering by the Sea (3:7-12).**  
1. Why He withdrew. It was because of the murderous plotting of the Pharisees against His life. So violent was their hatred against Him that they conspired with the Herodians, whom they regarded as traitors to their nation and country, to put Him to death. Their opposition was aroused when Jesus claimed to have power on earth to forgive sins (2:10). It grew in intensity when He mingled with publicans and sinners (2:16), and was fanned into a violent flame when He set at naught their false interpretations of the Sabbath law (2:23-28). Criticism and harshness causes Jesus today to withdraw from our presence.

2. To whom He ministered (vv. 7, 8).  
A great multitude, representing a wide stretch of territory. They came from Jerusalem and Idumea on the south, from beyond Jordan on the east, and from Tyre and Sidon on the northwest. Jesus was the magnetic attraction—the hero of the hour. The interest of the whole country centered in Him.

3. The result (vv. 9-12).  
(1) So great was the pressure that lives seemed endangered by the thronging of the multitudes. Some came out of curiosity "when they heard what great things he did" (v. 8). Others came for physical benefit, to be healed of their diseases. To escape from the throng He ordered the disciples to secure a little boat for Him.

(2) The unclean spirits prostrated themselves before Him (vv. 11, 12). They confessed Him as the Son of God. They had no doubt about His deity. This testimony He refused to receive because (a) the time for His declaration was not yet ripe. (b) They were not the beings to make Him known. He would not receive tribute from such a source. He would be proclaimed only by those who loved and honored Him.

**II. Jesus Ministering at Gennesaret (6:53-56).**  
1. Jesus recognized (v. 54). The people quickly recognized Him because they had witnessed His mighty works. The feeding of the 5,000 was doubtless still in their minds. Perhaps many of them had witnessed His works in Capernaum and nearby places. They had doubtless heard Him teach also. He was recognized wherever He went. When He rules in the lives of believers today, those who come into touch with them recognize the fact. They take knowledge of them that they have been with Jesus (Acts 4:13).

2. The people ran to see Jesus (v. 55). They did not go about this in a half-hearted way. Those who really come into touch with the Lord Jesus Christ have called forth from them unusual energy. The degree of reality of our contact with Him is expressed by our enthusiasm.

3. They searched the whole region for those in need (v. 55).  
Those who were found to be sick and in need were carried in beds to Jesus. Those who have come to know Christ will go about earnestly seeking for the lost to bring them to Christ. It matters not what effort is required.

4. They were made whole by His touch (v. 56). The only touch which is needed for the healing of the human soul is that of faith. When the individual is brought into touch with Him by a vital and living faith, sin is vanquished and sickness and death lose their power.

#### Honor

Honor is like the eye which cannot suffer the least impurity without damage; it is a precious stone, the price of which is lessened by the least flaw.—Bossuet.

**The "Yes" and "No"**  
You are what you are today because of what you were yesterday. You are the product of the "Yes" that you have said, and the "No."—Margaret Statery.

**Good Christians, Citizens**  
Whatever makes men good Christians makes them good citizens.—Daniel Webster.

#### Stepping Stones

Men may rise on stepping stones of their dead selves to higher things.—Tennyson.

**Till It Ends**  
"Dauber says he is wedded to his art."  
"Pshaw! It is just one of those companionate marriages, nothing more."—Boston Transcript.

**A Generous Offer**  
"What is the rent of this room?"  
"Ten marks."  
"Does that include light?"  
"Electric light is extra—daylight is included in the price."—Munich Magendorfer Blaetter.

**Something for His Money**  
Waiter—Hey! What's the idea of stuffing the tablecloth in your pocket?  
Diner—Well, you charged me two dollars for cover and I thought I'd take it with me.



### STILL WORSE

While out hunting Banty Johnson, son of Gap, and his dog, "Sounder," encountered a raccoon, which Banty shook out of a tree. The coon ran and Sounder staged a royal fight with him on the near-by railroad track. Sounder happened to be between the rails when the train came along. In telling about the fight Banty stated that that wasn't the worst of it.  
"What in torment can be worse than losing Sounder?" demanded Gap.  
"Why, that he still thinks the darn coon killed him."

### NATURALLY



First Ham—Why didn't you spring that banana peel joke tonight?  
Second Ham—Couldn't. It slipped my mind.

### Mistaken Identity

Mother (after visitor had gone)—You dreadful boy! You stuck your tongue out at the minister. Now, don't deny it! I saw you as I entered the room.

Bobby—Why, mother, I just showed it to him. He said: "Little man, how do you feel?" and I thought he was a doctor.

### Good Business

Stranger—I say, keeper, how is it that last year there was a board here with the notice, "To noted viewpoint," and now it has been replaced by one, "Private—entrance forbidden"?

Keeper—Well, trustees of the property decided that the "Entrance forbidden" board attracted a great many more people!

### Study and Performance

"Is your boy Josh learning to be an aviator?"

"He's takin' lessons," answered Farmer Cornstossel. "We're considerable worried 'bout when he goes up alone next week to show whether he has really learned anything."—Washington Star.

### The Jury Squealed

"Has he ever been on government work before?" the manager asked the friend of the job-seeker.

"Very nearly," was the reply.  
"What do you mean by very nearly?"  
"Well, you see, there wasn't quite enough evidence to convict him."

### MAKING IT SIMPLE



"Joe, I think I'll write another joke about a window pane."  
"How come, Luke?"  
"Why so everybody'll see through it."

### Poor Prof!

Professor's Wife—I suppose you have forgotten that this is the anniversary of your wedding.  
Absent-minded Husband—Eh! What! Dear me! Is it really? And when is yours, my dear?

### Till It Ends

"Dauber says he is wedded to his art."  
"Pshaw! It is just one of those companionate marriages, nothing more."—Boston Transcript.

### A Generous Offer

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## SICK WOMAN SOON RECOVERS

By Taking Lydia E. Pinkham's Vegetable Compound

"A neighbor advised me to try Lydia E. Pinkham's Vegetable Compound, which she said had helped her so much. So I bought a few bottles and tried it out. It sure helped me wonderfully. I felt much better. My work was no longer a dread to me. If I hear of any one who is troubled the way I was, I will gladly recommend the Vegetable Compound to them and I will answer any letters in regard to the same."—Mrs. BERTHA MACHAN, 1134 N. Penn. Ave., Lansing, Mich.



"I had been sickly ever since I was fifteen years old. After taking Lydia E. Pinkham's Vegetable Compound I got so I could do all my housework and I am in good health."—Mrs. MARIE K. WILLIAMS, Ketchikan, Alaska.  
From Michigan to Alaska, from Maine to Oregon and from Connecticut to California letters are continually being written by grateful women recommending Lydia E. Pinkham's Vegetable Compound.

The Compound is made from roots and herbs and for more than fifty years has been helping to restore run-down, over-worked women to health.  
Are you on the Sunlit Road to Better Health?

## COMPLEXION IMPROVED

**... QUICKLY**  
**CARTER'S LITTLE LIVER PILLS**  
Purely Vegetable Laxative  
move the bowels free from pain and unpleasant after effects. They relieve the system of constipation poisons which many times cause pimples. Remember they are a doctor's prescription and can be taken by the entire family. All Druggists 25c and 75c Red Packages.  
**CARTER'S LITTLE LIVER PILLS**

### STOP CHILBLAINS

The crippling annoyances of chilblains, that indescribable half numbness and half pain in the feet, caused by exposure to snow or cold, quickly relieved by Carboll. Why suffer when a 50-cent box of Carboll will take the misery out of walking? Get a box at your druggists now. Your money back if not satisfied. SPURLOCK-NEAL CO., Nashville, Tenn.

## Much Sound Sense in Eastern Ruler's Idea

A way to prevent counterfeiting, used by the governor of Kashgar, in Chinese Turkestan, is explained by William J. Morden in "Across Asia's Snows and Deserts," the story of his adventures while crossing Asia on a scientific expedition. The tael note, Kashgar currency, printed on rather heavy paper, is worth from 60 to 90 cents. Writes Mr. Morden:

"Several thousand paper taels made a rather bulky mass; so we endeavored to obtain notes of greater denomination, but learned that nothing larger was issued. When I inquired the reason, I was told that were large notes issued there would doubtless be considerable counterfeiting. As the penalty for that crime is death, the governor felt that he was saving the lives of many of his people by not putting temptation in their way, since he thought the incentive with only single tael notes not great enough to encourage counterfeiting."—Kansas City Star.

**To Cure a Cold in one Day**  
Take Laxative BROMO QUININE Tablets. The Safe and Proven Remedy. Look for signature of E. W. Grove on the box. 30c.—Adv.

### New Center for Sydney

Sydney, N. S. W., plans one of the finest civic centers in the world. The buildings will surround a city square which will be made into a park. The city railway will erect an ornamental two-level station, capable of accommodating 200 trains an hour, and landing visitors for a pleasant first-view of the city. A large war memorial building, ornamental in design and to be used for national festivals, will be erected. Municipal buildings and a bridge over the river will harmonize with the general architectural scheme.

### Deduction

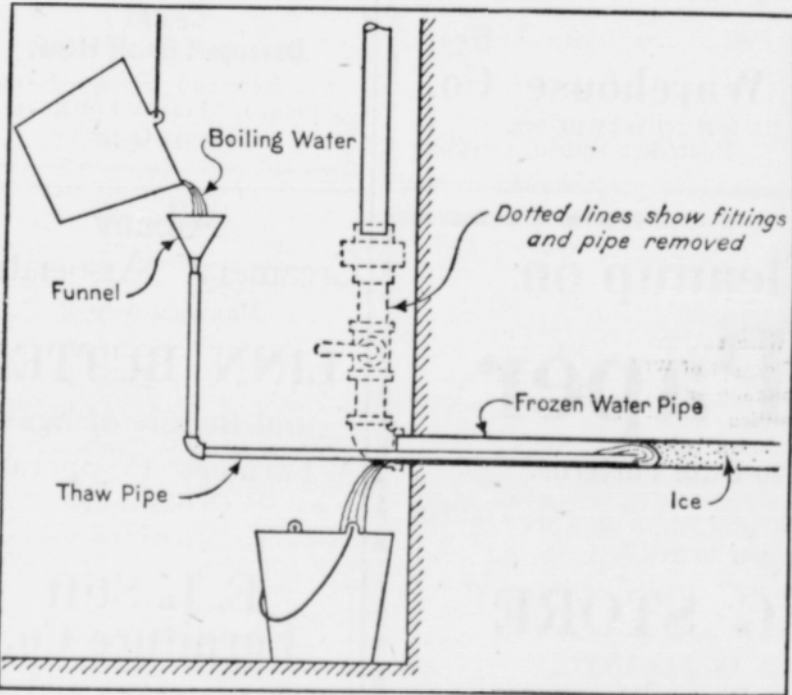
Inspector—That new man will never make a detective.  
Chief—How is that?  
Inspector—There was a 50-pound box of soap stolen from a railroad car, and the fool arrested a tramp.—New York Central Magazine.

All things may be possible, but how can a bald-headed suitor tell a girl he would dye for her?

## If You Need a Tonic, Get the Best!

Fresno, Calif.—"It is not long since I was all run-down in health and finally decided to try Dr. Pierce's Golden Medical Discovery, as I knew of other people in my neighborhood who had constantly relied upon Dr. Pierce's remedies, and always received satisfactory results. I took only a few bottles and by that time I had regained my normal health."  
"Dr. Pierce's Pleasant Purgative Pellets are good, too."—Manual Y. White, 539 Callie St.  
All dealers sell Dr. Pierce's Pellets, 30 cents for 60 Pellets.  
When run-down you can quickly pick up and regain vim, vigor, vitality by obtaining this Medical Discovery of Dr. Pierce's at the drug store, in tablets or liquid, or send 10c to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for trial pkg. tableta

## THAWING FROZEN PIPE IS SIMPLE TASK



Thawing Frozen Pipe by Working From Supply End.

(Prepared by the United States Department of Agriculture.)

The middle of a frozen pipe should never be thawed first, says the United States Department of Agriculture, because expansion of the water confined by ice on both sides may burst the pipe. When thawing a water pipe, work towards the supply, opening a faucet to show when flow starts. When thawing a waste or sewer pipe, work upward from the lower end to permit the water to drain away.

Applying boiling water or hot cloths to a frozen pipe is simple and effective. When there is no danger of fire a torch or burning newspaper run back and forth along the frozen pipe gives quick results. Underground or otherwise inaccessible pipes may be thawed as follows: Open the frozen water pipe on the house end. Insert one end of a small pipe or tube. With the aid of a funnel at the other end of the small pipe pour boiling water into it and push it forward as the ice melts. A piece of rubber tubing may be used to connect the funnel to the thaw pipe. Hold the funnel higher than the frozen pipe, so that the hot water has head and forces the cooled

water back to the opening, where it may be caught in a pail. The head may be increased and the funnel may be more conveniently used if an elbow and a piece of vertical pipe are added to the outer end of the thaw pipe. Add more thaw pipe at the outer end until a passage is made through the ice. Withdraw the thaw pipe quickly after the flow starts. Do not stop the flow until the thaw pipe is fully removed and the frozen pipe is cleared of ice. A small force pump is often used instead of a funnel and is much to be preferred for opening a long piece of pipe. If available, a jet of steam may be used instead of hot water; being hotter, it is more rapid.

Frozen traps and waste pipes are sometimes thawed by pouring in caustic soda or lye, obtainable at grocery stores for about 25 cents a pound. Chemicals of this character should be labeled "poison" and should be kept where children cannot get them. To prevent freezing, the water in the traps of a vacant house should be removed during cold weather and the traps should be filled with kerosene crude glycerin, or a very strong brine made of common salt and water.