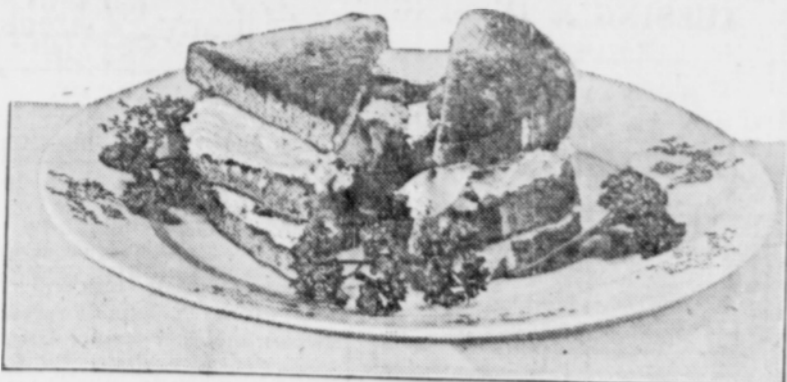


CLUB SANDWICHES EASILY MADE AT HOME



Club Sandwiches With Cottage or Cream Cheese Filling.

(Prepared by the United States Department of Agriculture.)

All sorts of good combinations of flavors are possible in club sandwiches, which might well be used more often for an easily prepared Sunday night supper or for other lunches. When you order a club sandwich in a restaurant you usually expect to be served a three-tiered sandwich made of toast, with two filled sections, usually containing some lettuce, a slice of chicken, a slice of tomato, a little ham or bacon, and mayonnaise dressing to moisten. Both sections of the sandwich may be alike, or the ingredients may be distributed as you please, provided that the total combination is a palatable blend.

It is not necessary to use chicken every time you make club sandwiches. Veal, lamb, pork, or other cold meats may be used, or cottage or cream cheese. The last makes an excellent filling because it can be combined with various other flavors in an appetizing way. For example, cottage cheese with nut meats and slices of tart tender apple, in addition to the dressed lettuce, sliced Spanish onion and to-

mato also go well with the cottage cheese, and cucumber may be used during its season.

The bureau of home economics says that the secret of making and serving any club sandwiches successfully is to have all the ingredients assembled conveniently for rapid work. Do not undertake to make these sandwiches for a large group of people unless you are sure of being able to fill and serve them before the toast cools.

Suppose you are ready to make the sandwich illustrated. Your cottage cheese mixed with chopped green pepper, lettuce, mayonnaise, and sliced tomato are before you on the kitchen work table. While you are toasting the bread, fry the bacon. On a slice of toast spread the cheese generously, lay on a leaf of lettuce, add mayonnaise, slices of tomato, and strips of bacon. Cover with another slice of toast, add more filling, and top with a third slice of toast. Cut the sandwich diagonally with a very sharp knife, garnish with a small pickle or olives or radishes, and serve immediately. Sandwiches of this type are intended to be eaten with a knife and fork.

THE KITCHEN CABINET

(© 1928, Western Newspaper Union.)
"If you want to live in a kind of a town.
Like the kind of a town you like,
You needn't slip your clothes in a grip
And start on a long, long hike.
You'll only find what you left behind,
For there's nothing that's really new;
It's a knock at yourself when you knock your town;
It isn't the town—it's you."

WINTER DISHES

This is the time of the year when we enjoy steamed puddings and richer sauces.



Steamed Plum Pudding.—Take one-half cupful of mixed fruit such as dates, figs and citron, one and one-half cupfuls of raisins cut into bits, dredge with a spoonful of flour. Take one cupful of suet finely chopped, one cupful of molasses, one cupful of milk, three cupfuls of flour, one teaspoonful of soda, one and one-half teaspoonfuls of salt, one teaspoonful of cinnamon and one-half teaspoonful each of cloves and allspice. Mix all together and place in buttered molds, filling two-thirds full. Steam three hours and serve with:

Lemon Hard Sauce.—Cream four tablespoonfuls of butter with two cupfuls of confectioners' sugar. As soon as it is smooth and well blended add strained lemon juice in small quantities. Beat until fluffy, pile on a dish and set to harden.

Graham Pudding.—Take two cupfuls of graham flour, one teaspoonful of soda dissolved in one cupful of sour milk, one cupful of molasses, one and one-half teaspoonfuls of salt, one teaspoonful of cinnamon, one teaspoonful of cloves, one cupful each of raisins and nuts. Mix well and steam in a mold three hours.

Queen of Puddings.—Put into a double boiler one quart of milk and one-half box of gelatin. When dissolved add the beaten yolks of four eggs. Let it come to a boil, then add whites beaten stiff with one-half cupful of sugar and a teaspoonful of vanilla. Remove at once from the heat and pour into an oblong pan rinsed in cold water. When molded turn onto a platter and serve with cream. This pudding is best made the day before serving. Serve sliced, as ice cream, as it will be in two layers.

Common Foods.

Careful seasoning and cooking with nice serving makes an ordinary dish, though plain, attractive. Mutton should be more often on our tables. When it is properly handled it is a most tasty meat. The woolly flavor will be unnoticed if the skin is carefully removed.

Mock Venison.—Hang a leg of mutton in a cool place to ripen as long as possible; this adds to its tenderness as well as flavor. Take off the skin and place in a deep kettle; cover with the following: Three heads of garlic, one-half ounce of peppercorns, one-fourth ounce of crushed allspice, six bay leaves, a dozen sprigs of thyme, the same of parsley, all brought to boil in three cupfuls of vinegar. Allow the meat to remain in this pickle, covering the meat with thinly sliced onions until the next day. Rub the meat well with this when it is first put over it and again the next day; turn over and cover the other side with the sliced onions. Continue this for four days, then drain and wipe the meat dry. Rub for half an hour with a pint of hot molasses. Now hang the meat in a cool place until the following day. Roast as a leg of mutton. Serve with currant jelly or spiced grape jelly.

Beef and Corn Pudding.—Take a can of corn and one pound of lean beef; put through the meat grinder. In a saucepan brown one tablespoonful of fat with one tablespoonful of minced onion; cook for two minutes, then add one tablespoonful of browned flour. Add one cupful of soup stock, salt and pepper to taste and cook until smooth. Into a buttered baking dish put layers of corn and beef, season with salt and pepper and add the thickened sauce. Cover and bake in a moderate oven. Uncover, sprinkle with cheese and serve when the cheese is melted.

Fruit Salad.—Fresh pears cut into quarters with orange and grapefruit in sections arranged between the pear quarters is a most delicious combination. Serve with:

Golden Dressing.—Take three tablespoonfuls of orange juice, one tablespoonful of lemon juice, one-half cupful of sugar, a few grains of salt, place in a double boiler and add one slightly beaten egg. Cook until smooth and thick. Cool, and just before serving add one-half cupful of cream beaten stiff.

Almond Torte.—Take one cupful of granulated sugar, beat with the yolks of six eggs and the juice of half a lemon for fifteen minutes. Mix one-half teaspoonful of baking powder with one-half pound of finely ground almonds. Now add the stiffly beaten whites of the six eggs, grated lemon rinds and bake one hour in a very slow oven.

ATTRACTIVE COAT FOR WINTER WEAR

Lightweight Material Is Good for Stout Figure.

(Prepared by the United States Department of Agriculture.)

Every one needs at least one trim tailored, wool dress for winter street wear, and the woman who goes to an office or a classroom may need several to alternate with each other. A coat frock of any lightweight wool material is an excellent type for the medium or stout figures, since the lines are usually long, and the design simple.

A most attractive coat frock of wool voile is illustrated by the bureau of home economics. Other materials such as wool crepe or wool georgette may also be adapted to this easily made style. The surplice front accentuates the desirable long lines and



Brown Wool Voile With Tan Trimings and Cinnamon Accessories Were Used for This Coat Frock.

makes it possible to arrange the fastenings so that the dress is easy to put on and take off. The three buttons at the belt line and two snaps on an inside stay fastened to the underarm seam and which holds the under edge in place, are the only fastenings necessary.

Two shades of brown were used in the ensemble. Dress, gloves and hose are of cinnamon brown. Shoes and purse are of a darker brown leather. A tan velours hat trimmed with brown velvet, and tan bands of silk to protect the collar and cuffs of the dress, harmonize with the browns of the costume.

The waistline is marked by a belt set in between the waist and skirt, shaped to continue down the open edge of the skirt as a facing. In back the belt is also shaped to form a square design on the waist, which relieves plainness. Slight fullness in the waist is added over the bust by two small tucks in the shoulder, which provide a few gathers at the waist line. Fullness is added to the skirt by two wide tucks in the back.

Delicious Apple Tart

A novel and delicious apple tart suggested by the United States Department of Agriculture has a sauce of grated pineapple spread over the top after it is baked, and above that a delicately browned meringue.

HELP TO PRODUCER AND THE CONSUMER

Bureau of Home Economics Is of Assistance to Both.

(Prepared by the United States Department of Agriculture.)

From one point of view much of the investigation work of the bureau of home economics might be said to stand between the producers of household commodities and the homemaker-consumers. Its findings often serve as a guide to production or distribution, and at the same time may be used by the consumer as an aid in choice and use of household equipment and materials. The work is of significance to each group in a different sense.

The recently inaugurated household refrigeration studies are a good example of the two-sided function of the bureau of home economics. These studies, aided by the financial co-operation of manufacturers of ice and of mechanical refrigerating units, are aimed at obtaining facts to guide the design and distribution policies of the manufacturers, and also to enable the housewife to select and operate her ice box or mechanical refrigerating unit to best advantage.

Again, in the dietary studies, which show what foods are actually being consumed in the group of families surveyed, and how completely these foods meet nutritive needs, information is assembled for the guidance of food producers, and also for use in educational programs directed toward the consumer through radio releases, newspaper articles, bulletins and other agencies carrying information about good nutrition.

Other studies may reveal to the producer the reasons for conditions in his particular field, as in the case of studies of the present use of cotton fabrics for clothing and household articles.

Again, the bureau offers a neutral territory for the meeting of equipment manufacturers and homemakers, as in the permanent exhibits of different makes and types of washing machines, ironing machines and sewing machines.

In the annual report for 1927, Dr. Louise Stanley, chief of the bureau of economics, outlines its three main branches of work—foods and nutrition, economic studies and clothing and textiles—and indicates the investigations now going on in each division. As most of the research work of the bureau consists of long-time projects, the report is chiefly a statement of progress.

In the food and nutrition division the principal lines of work are the vitamin studies, co-operation in the project dealing with palatability of meat, the collection of data on the chemical composition of foods, and the co-operative study of household refrigeration.

Dietary studies have been given especial attention in the economic division, which is continuing its analyses of clothing and other household expenditures, and the studies of the use of the housewife's time in order to determine the most needed household equipment. This section has also undertaken a study of the changes in the consumer demand for cotton fabrics, and the reasons for those changes.

Much of the work of the textile and clothing division has been directed toward helping the cotton situation, especially through suggestions on the use of cotton fabrics for women's and children's clothing and household articles. Fabric finishes, especially starches, have been studied, and also the most effective temperatures for laundering clothes.

Improved Uniform International Sunday School Lesson

(By REV. P. H. FITZWATER, D.D., Dean Moody Bible Institute of Chicago.)
(© 1928, Western Newspaper Union.)

Lesson for February 5

JESUS MISUNDERSTOOD AND OPPOSED.

LESSON TEXT—Mark 3:19-35; 6:1-6. GOLDEN TEXT—He came unto his own and his own received him not, but he power to become the sons of God, he power to them that believe on his name.

PRIMARY TOPIC—Friends Misunderstand Jesus.

JUNIOR TOPIC—Friends Misunderstand Jesus.

INTERMEDIATE AND SENIOR TOPIC—Facing Unavoidable Opposition.

YOUNG PEOPLE AND ADULT TOPIC—The Misunderstood Jesus.

I. Jesus Misunderstood by His Friends (3:19-21).

1. The occasion (vv. 19, 20).

A series of important events in the ministry of Jesus had followed each other in rapid succession. The twelve had been chosen, and He with His disciples had just returned from a trip of preaching and healing in Galilee. Such great interest was aroused that though Jesus was weary and hungry He did not have time to eat.

2. What His friends purposed to do (v. 21). They went out to lay hold on Him. They saw Him giving Himself with absolute abandon to His work so they attempted to rescue Him forcibly by taking Him from His work.

3. What they said (v. 21). "He is beside himself." His passionate devotion to saving the lost seemed to them a kind of insanity.

II. Jesus Opposed by the Scribes (vv. 22-30).

1. Their charge (v. 22). They charged Him with casting out demons by Beelzebub. According to Matthew 12:22-24, the Pharisees joined the scribes in this charge. The occasion which provoked the charge was the healing of a man possessed with a demon. Unable to explain His unwearying service for needy men by attributing His zeal to religious frenzy, they accused Him of being in league with the devil.

2. Christ's reply (vv. 23-27). He exposed their folly by a question and by parables.

(1) "How can Satan cast out Satan?" If after Satan gets control of a man he should voluntarily relinquish that hold he would thus become his own enemy. In view of the nature of the devil, this is unthinkable.

(2) "If a kingdom be divided against itself that kingdom cannot stand (v. 24). Civil war is national suicide. A living example of this folly is seen in China today.

(3) If a house be divided against itself, that house cannot stand (v. 25). House here means family. The family that wars against itself will surely perish.

(4) No man can enter into a strong man's house and spoil his goods except he first bind the strong man (v. 27). Satan here is the strong man, the house is the world, the goods of the house are the human beings whose welfare and happiness Satan is seeking to destroy.

3. Christ's charge (vv. 28-30). Since He was doing the works of God (for before their very eyes He had driven the demon from the man). He was undoing the works of the devil. He went about doing good. Wherever He went men were blessed. The eyes of the blind were opened, deaf ears were unstopped, the lame were made to walk and the dead were raised. Having with unanswerable logic met their accusations, He charged home upon them most awful guilt, that of blasphemy against the Holy Ghost. Blasphemy against the Holy Ghost is attributing the works of the Spirit to the devil. For this great sin there is no pardon.

III. Jesus Misunderstood by His Family (vv. 31-35).

His brothers and mother came with the object of getting Him home because they thought He had lost His reason. Of course His brothers did not believe on Him as the Messiah, but their filial interest moved them to try to get Him home. No doubt this was most painful to Jesus. Their motive may have been right, but they were used of the devil to hinder Him.

IV. Jesus Misunderstood by His Fellow Townsmen (6:1-6).

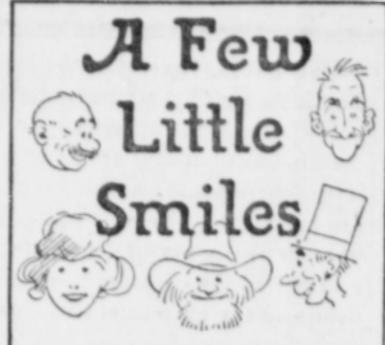
The citizens of Nazareth were unable to question the reality of Christ's work and the power of His words, but because He was one of them they were offended at Him. This is a marvelous example of the blighting effects of prejudice. Because of this attitude of soul on the part of the people His wonder working was very limited among them. And He marveled because of their unbelief.

Vanity

Vanity of vanities saith the preacher; all is vanity. And moreover, because the preacher was wise, he still taught the people knowledge; yea, he gave good heed, and sought out, and set in order many proverbs.—Eccl. 1:2-9.

Life

Life is not a man's personal property. It is a loan from the Almighty for which he is responsible.—F B Meyer.



THE PRICE HE PAID

A farmer's wife shipped a crate of eggs to a wholesale house in a city, but before doing so she wrote on one of them:

"I got a penny for this egg. What did you pay for it?"

She added her name and address. A year later she received an answer. It was written on the highly embellished stationery of an actor.

"My dear madam," he wrote, "while playing the part of Hamlet, recently, I received your egg for nothing."

NO USE



She—Why don't you get over your bashfulness?
He—No use. As soon as I do you'll tell me I'm too fresh and shake me. I've had experience.

Powerful Pair

Employer—So you didn't close that sale with Chandlers?
Salesman—No, sir, boss.

Employer—What good did it do to let you take that course on "The Power of the Mind?"

Salesman—Well, you see, Chandlers had taken that course, too.—New York Central Magazine.

Needs Strong Coffee

"Mary, has the chemist sent that sleeping draught yet?"
Maid—No, ma'am.
Mistress—Then ring him up and ask him if he expects me to keep awake all night waiting for it.—London Pasting Show.

Some Orchestras the Same

"We have only one complaint against our cook."
"What is that?"
"We can never tell whether she is singing happily at her work or whether she has burnt herself and is in pain."

Convenient

Talkative Woman (on board ship)—Can you swim?
Sailor—Only at times, ma'am.
Talkative Woman—Only at times! How strange! And when do these moments of ability come to you?
Sailor—In the water, ma'am.

PIANO SCALE WEIGHT



"She has little weight as a musician."
"Yet she pounds the piano with every ounce of her strength."

Overinformed

"In a short time," asserted the energetic statesman, "we'll have some further investigations."
"Good heaven!" sighed Senator Sorghum. "Don't we know enough?"—Washington Star.

Feminine Logic

Binks—We'll patch up all our old troubles, won't we, dear?
Mrs. Binks—You know I hate patched things. We'll have to have new ones.

Not Necessary

Jones—I fixed up a match for you with Binx.
Smith—Thanks, old man, I hope you told him what a ham I am.
Jones—No, I didn't, Binx seems to know.

A Sure Sign

Ann—Eddie proposed yet, Polly?
Polly—No, dear; but I think he will tonight. He spent most of last evening wondering if rents are likely to come down soon.

If Back Hurts Begin on Salts

Flush Your Kidneys Occasionally by Drinking Quarts of Good Water

No man or woman can make a mistake by flushing the kidneys occasionally, says a well-known authority. Too much rich food creates acids which clog the kidney pores so that they sluggishly filter or strain only part of the waste and poisons from the blood. Then you get sick. Rheumatism, headaches, liver trouble, nervousness, constipation, dizziness, sleeplessness, bladder disorders often come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage, or attended by a sensation of scalding, begin to drink soft water in quantities; also get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine.

This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help flush clogged kidneys and stimulate them to activity, also to help neutralize the acids in the system so they no longer cause irritation, thus often relieving bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, which everyone can take now and then to help keep the kidneys clean and the blood pure, thereby often preventing serious kidney complications.

For Old Sores Hanford's Balsam of Myrrh

Money back for first bottle if not suited. All dealers.

Real Tragedy

The conversation had turned to a young man who had suffered a severe misfortune. "Oh, he'll console himself," said some one, "time heals everything."

"Not always," smiled Fanny Ward, the perennial beauty. "I once had the most violent sorrow of my whole life and time has not yet effaced it."

"What was that?" every one wanted to know.

"My first wrinkle," smiled Fanny.

COLDS

CHECKED IN 24 HOURS
Take HILL'S for quick, thorough results. Pains and fever stop. The system is cleaned and toned. The Cold is checked. You'll feel better in a few hours.

Be Sure It's HILL'S Price 30c
CASCARA QUININE
Get Red Box PROMID with portrait

More Like It

Bill—My watch stopped. Have it been here long?
Mae—My watch is being repaired, but there's a calendar on the wall.

TODAY'S WINNERS

Are you getting "yours," or are bodily infirmities holding you back? The sprightliness of youth, health, strength, success may be yours if you keep your system in order.

GOLD MEDAL CAPSULES

and plenty of fresh water will work wonders for you. All druggists three sizes. Accept no substitutes.

Big Esperanto Library

Saratov, Russia, a provincial city on the Volga, claims to have the greatest Esperanto library in the world. It contains about 10,000 volumes, compiled by a prominent Esperantist, Davido, and confiscated at the beginning of the revolution.

Garfield Tea

Was Your Grandmother's Remedy

For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

CARBUNCLES

Carbol draws out the core and gives quick relief.
CARBOL
GENEROUS 50¢ BOTTLE
At All Druggists—Money Back Guarantee

WANTED—Women and Girls who are lovers of color to send for FREE color publication entitled "COLOR NEWS" \$3.00 in Five Centures for those who are willing to use a little energy in life. If you are willing to use a little energy in life, send for this. The new life. Write and we will enter you in this contest. Address: Dept. B, North American, Inc., Corporation, Mt. Vernon, N. Y.

Nellie Maxwell