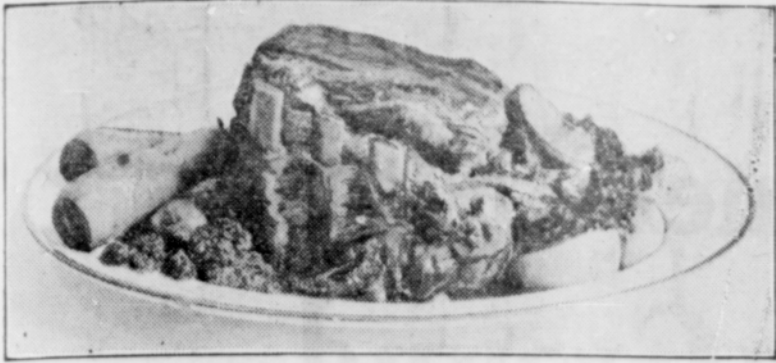


**BIG SECRET OF SAVORY POT ROAST BEEF**



Pot Roast of Beef With Buttered Carrots and Stuffed Onions.

(Prepared by the Bureau of Home Economics, United States Department of Agriculture.)

The secret of a savory, flavorful, pot roast lies in browning the meat well, followed by long, slow cooking in a covered vessel with but little added water. Some of the juices of the meat will cook out so that when the meat is done there will be considerably more liquid in the pan than you put in. All of this liquid is utilized in making the gravy, so none of the goodness of the meat is lost. There is all the difference in the world between a pot roast made in this way, and a piece of boiled meat, which has lost much of its flavor in the surrounding water.

The bureau of home economics gives the following directions for preparing a tasty pot roast from such cuts of beef as chuck ribs, cross arms, clod, round or rump.

Select a piece from 4 to 6 pounds in weight. Wipe with a damp cloth. Brown the meat well on all sides in a heavy kettle, using a small quantity of beef fat. Slip a low rack under the meat, add one-half cupful water, cover tightly, and simmer until tender. The time required for cooking cannot be definitely stated, but it will probably be about three hours. Turn the roast occasionally. Sprinkle lightly with salt toward the end of the cooking. When the meat is done, remove from the kettle and pour out the liquid, and skim off the excess fat. To each cup of meat stock, add 1 1/2 to 2 tablespoonfuls of flour, mixed until smooth with a small quantity of cold water. Cook the gravy until thickened, add more salt if necessary, and season with pepper and chopped parsley. Serve the meat on a hot platter with buttered carrots and stuffed onions.

**DRIED LIMA BEANS IN TOMATO SAUCE**

*They Are Good and Help to Vary the Late Menus.*

(Prepared by the Bureau of Home Economics, United States Department of Agriculture.)

Before the season when fresh lima beans are available from the garden the nearest approach to their special flavor is in dried limas. These are more starchy than the fresh beans, and not so rich in vitamins, but they are a good food and help to vary the late menus. When served in tomato sauce they are particularly well liked. The recipe is from the bureau of home economics.

- 1 lb. dried lima beans
- 1 cup bean liquid
- 1 pint thin tomato sauce
- Salt, pepper and sauce
- 1/4 cup bacon fat

Wash the beans thoroughly and soak them overnight in water to cover. Drain them and cover with fresh water and cook for about one-half hour or until tender but not broken. Brown the onion in the fat and mix with the tomato sauce and the bean liquid. Add the beans and cook until the mixture has thickened.

**Tomato Sauce.**

- 1 can tomatoes
- 1 bay leaf
- 1/2 onion
- 8 cloves
- 2 tbs. butter
- 1 tbs. flour
- 1 tsp. salt
- 1 tsp. sugar

Cook the tomatoes with the seasonings for ten minutes and strain through a fine sieve. Blend the butter and flour, mix with the hot tomato and stir until thickened.

**Egg Sauce Adds Iron and Other Needed Minerals**

As eggs become more plentiful in the spring months you can depend on them for some of the iron and other minerals the system needs. Instead of buying tonics in bottles. Use some of them for sauces served with various foods. This egg sauce is particularly good with simmered fish. The bureau of home economics tells how to make it:

- 2 tbs. flour
- 2 tbs. butter
- 1 cup milk or water
- 1/4 tsp. salt
- 2 eggs hard-cooked
- Onion, lemon juice, or celery can be added.

Melt the butter, and the flour and salt and blend well. Add the milk and stir constantly until thickened. Chop the hard-cooked eggs and add to the sauce. A well-beaten egg yolk stirred into the mixture after it is taken from the fire makes it richer.

**Cook Pork Well**

"Cook pork well" is the advice of the United States Department of Agriculture. Failure to observe this important precaution is liable to be followed by serious illness known as trichinosis. This disease, which is very painful and frequently fatal, is caused by a small parasite that sometimes occurs in pork. The trichina parasite is so small that it can be seen only with a microscope, and is often overlooked even in the most careful microscopic examination. Hogs harboring the parasites show no symptoms and pork containing trichinae is exactly the same in appearance as other pork.

**Baked Eggs and Cheese**

For lunch or supper a dish of baked eggs sprinkled with grated cheese and bread crumbs is always appetizing, the bureau of home economics suggests. Break the desired number of eggs in a shallow greased earthenware or glass baking dish, add a few tablespoonfuls of cream and salt enough to season, and sprinkle over the top grated cheese mixed with fine, dry bread crumbs. Set this dish in a pan containing hot water and bake in a moderate oven until the eggs are set and the crumbs are brown. Just before serving add a few dashes of paprika.

**The Kitchen Cabinet**

(By 1928, Western Newspaper Union.)

The measure of a man's real character is what he would do if he knew he would never be found out.—Macaulay.

"To speak wisely may not all ways be easy, but not to speak ill requires only silence."

**SAVORY SANDWICHES**

When dinner is served at night a substantial sandwich with a hot drink and a bit of fruit will make a sufficiently satisfying luncheon, especially good for the children coming in from school.

**Perk Tenderloin Sandwich.**

Have the tenderloins cut into one-inch slices and flattened well with a cleaver. Sauté them in a little butter until well browned on both sides. Season well with salt and pepper. Cut bread into half-inch slices and spread with softened butter, then with chili sauce or catsup; place a hot, well-seasoned tenderloin on each slice of bread, cover with a second slice of bread, buttered and spread with chili sauce. Serve very hot.

**Finnan Haddie Sandwiches.**—Soak a small-sized haddock in cold water for half an hour, then in fresh water; cook 20 minutes. Drain and cool and pick the fish into small pieces. Add to it a seasoned white sauce and a few shreds of pimento. Pile high on slices of buttered toast, sprinkle with grated cheese and set into the oven to brown delicately. Serve with tart pickles.

**Fish Omelet.**—Flake a cupful of any cooked fish and add to it a cupful of medium white sauce. Chop fine one onion, one-half a green pepper, a stalk or two of celery or the white leaves; put two tablespoonfuls of butter in an omelet pan. Beat the yolks and whites of four eggs separately, add one-half teaspoonful of salt and one-eighth teaspoonful of pepper to the yolks; fold in the stiffly beaten whites and pour all into the omelet pan. Brown lightly on the bottom, then set into a hot oven to dry off. Pour half the fish mixture over the omelet, then fold and pour over the remainder. Serve hot.

**Corned Beef and Ham Sandwiches.**—To a mixture of corn beef and ham finely chopped add a little sour pickle, also chopped. Spread on the buttered bread and heat hot in a very hot oven.

**Hot Chicken Sandwiches.**—These may be prepared nicely from left-over chicken: Chop the meat and for each cupful take one cupful of well-seasoned white sauce, slightly thicker than it is usually prepared. Add a tablespoonful of mayonnaise dressing to the white sauce, a teaspoonful of chopped capers and a teaspoonful of tarragon vinegar—less if desired. Spread slices of graham bread with butter, then with the prepared chicken and serve at once.

One may prepare shortcakes, deep pies or bird's nest puddings and various other delicious desserts with dried fruit.

**The Golden Fruit.**

Where oranges are found only in the markets, and not picked from the trees, many ways of serving them are untried. A most delicious shortcake, rivaling even the best of berries—the strawberry—is prepared from two or three oranges. Peel them removing all the white inner skin, and cut into small pieces, cover with sugar and let stand until the shortcake is ready. Butter the hot cake and pour over the oranges, juice and all; serve at once.

**Orange Aspic.**—Soak two tablespoonfuls of gelatin in a little cold water, dissolve in one cupful of boiling water, add one tablespoonful of lemon juice, one-half cupful of orange juice, a pinch of salt, a fourth cupful of finely chopped mint leaves. Heat just hot and add to the gelatin mixture. Strain and pour into a shallow pan. Set aside to chill. Cut into squares and serve with cold meat.

**Orange Omelet.**—Beat the yolks of four eggs until thick and light. To them add a few grains of salt, a tablespoonful of powdered sugar and a teaspoonful of lemon juice. Mix well, fold in the stiffly beaten whites and pour into a well-buttered omelet pan. Cook over low heat until puffy and delicately brown on the bottom. Cover half the omelet with orange slices and sprinkle with powdered sugar. Fold, turn out on a platter and serve.

**Orange Gravy.**—Take two tablespoonfuls of sweet fat, three tablespoonfuls of flour, one-eighth of a teaspoonful of paprika, one-fourth teaspoonful of salt; cook together until smooth, add a tablespoonful of brown sugar and one-fourth teaspoonful of the grated rind. Add one cupful of orange juice and heat until smooth and thick, but do not boil as it will cause the orange juice to become bitter.

A dish of good apple sauce or a baked apple is an ideal breakfast fruit. Cook the well-washed apple cut into quarters and cored but not peeled. Add a bit of water and the sugar when they are nearly done. Chill and serve.

*Nellie Maxwell*

**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 April 29**

**THE COST OF DISCIPLESHIP**

LESSON TEXT—Mark 10:17-27; 12:41-44.

**GOLDEN TEXT**—Where your treasure is, there will your heart be also. **PRIMARY TOPIC**—Loving Jesus Best of All. **JUNIOR TOPIC**—Putting Jesus First. **INTERMEDIATE AND SENIOR TOPIC**—The Supreme Choice. **YOUNG PEOPLE AND ADULT TOPIC**—The Peril of Riches.

**I. The Rich Young Ruler (10:17-27).**

1. His question. "What shall I do that I may inherit eternal life?" This young man was in earnest. He came running and knelt to Jesus. This question reveals a void in his heart. He was a young man with a lovable character. "Jesus beholding him, loved him." He was moral, honest, earnest and courageous, but had a defective theology. He thought that eternal life could be obtained by good works. Though he claimed to have kept the law, he was conscious of lacking something. He was willing to do something to fill up that which was lacking, therefore he came to Jesus to make inquiry as to that lack.

2. Jesus' reply (vv. 18, 19). He knew the young man's heart and put His finger on the weak spot in his life. Jesus reiterated the commandments. The young man averred that he had all his life kept these commandments, but when it came to parting with his possessions in order to help his neighbor he parted with the Lord, going away sorrowful.

3. Lacking one thing and yet lost (vv. 21, 22). When the Lord pointed out to him that the defect in his life was the love of money, he was unwilling to pay the price. When the time came in his life to choose between eternal life and riches he chose wealth and parted company with Christ.

4. The peril of riches (vv. 23-27). Jesus said, "How hardly shall they that have riches enter into the kingdom of God." When He discerned the astonishment of the disciples He answered again and said, "How hard is it for them that trust in riches to enter into the kingdom of God. It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God." The difficulty does not lie in the fact that a man possesses riches, for one may possess riches and still be an heir of the kingdom. Wealth is a mighty power. In itself it is good. It will provide bread for the widow and orphans, amelioration for the suffering, and send the gospel of Christ to the ends of the earth. The peril of riches lies in trusting in them. However, the step from possession of riches to trusting in them is a very short one. The tendency of growing wealth is to destroy the noble life of the soul. So long as a man possesses riches he is safe, but as soon as riches possess the man he is in deadly peril.

**II. The Widow's Mite (Mark 12:41-44).**

Jesus had spent a strenuous day and was now quietly watching the surging throng. Observe:

1. Jesus sitting over against the treasury (v. 41). The treasury was the place where the worshippers deposited their tithes and offerings. Jesus sat where He could see them drop their money into the chests. He saw the poor casting into the treasury their small coins and He also saw the rich bringing larger coins. It is a solemn truth that Jesus' eye always beholds the gifts of the people. We may be able to conceal them from the people, but we cannot conceal them from His eye.

2. A certain poor widow threw into the treasury two mites (v. 42). The mite was the smallest copper coin made. The mite was worth about one-eighth of a cent, therefore her offering was one-fourth of a cent in value.

3. Jesus said unto His disciples, "Verily I say unto you that this poor widow hath cast more in than all they which have cast into the treasury" (v. 43). The Lord estimates gifts by the motive of the heart, not by their amount.

4. Gifts are measured by what the giver has left, not by what was given (v. 44). This widow cast into the treasury all that she had, even all her living. The rich gave of their abundance. Though their gifts were much more than that of the poor widow, yet they had an abundance left.

This woman's influence goes on. Many devoted Christians have followed her example and have given their all.

**On God's Presence**

Let us build our cottage so that every window may look out on the mighty Alps of God's presence; and that we may live, and move and have our being, beneath the constant impression, "Lo, God is here."—F. B. Meyer.

**No Distant Helper**

Constantly this Jesus is putting Himself into hand-touch. He is no distant helper, no far-off and simple lecturing teacher.—Dr. Wayland Hoyt



**QUICK CHANGES**

"Did you ever hear," inquired a waggish acquaintance, "of the American who, owing to an accident to his airplane, suddenly changed his nationality—he came down a Russian." "Yes," we replied, falling in with his humor, "but we heard further that this aviator carried a passenger who also changed his nationality—he landed on some telegraph wires and came down a Pole."

**Enough Said**

Flannagan—And now that he is married he spends all his evenings at home with his wife. Hooligan—Oh, so that is the kind of a man he is, eh? Flannagan—Well, that is the kind of a woman his wife is, all right.

**WRONG GIRL**



Mamie, I love you!" "You may love both me and Mamie, but my name's not Mamie."

**Parental Estimation**

If we had all the wondrous sense our parents thought we had, our glory would be so immense that no one could be sad.

**Horror of a One-Pants Suit**

"Wife!" shouted father from the head of the stairs at eleven o'clock Sunday morning, "where in the thunder are my pants?" "You'll have to stay in bed until daughter gets back," snapped mother, "for she went on a hike this morning and wore them."

**Fellow Feeling**

"How do you manage to remain popular with your constituents?" answered Senator Sorghum. "There are many things I know little about. I frankly admit it, and so keep myself in sympathetic touch with the majority."—Washington Star.

**THEY'RE STILL COMING**



"Willie, you have a new brother, just arrived from a foreign land." "Hub, thought they were going to stop these darn immigrants from coming in!"

**Music Mysteries**

Why is it that the tenor, of thin and silky tone, has generally a waistband that rivals a balloon?

**One Method**

One Maiden Sister to Another Maiden Sister—It would seem so good to hear a man's voice 'round the house. The Other Maiden Sister—Well, let's get a radio.

**Utilitarian**

"My boy," said the old gentleman, "save your money; you will find it your best friend." "But," queried the young man, "what good is a friend you don't use?"

**Changed Days**

She—Love-making is the same as it always was. He—How can you tell? She—I've just read of a Greek maiden who sat and listened to a lyre all night.

**Pretty Thin**

Landlady—How did you find your bed, Mr. Newbord? Newbord—Well, I don't think the mattress will ever need to be treated for the removal of superfluous hair.

**How Much Water Should Baby Get?**  
A Famous Authority's Rule  
By Ruth Brittain



Baby specialists agree nowadays, that during the first six months, babies must have three ounces of fluid per pound of body weight daily. An eight-pound baby, for instance, needs twenty-four ounces of fluid. Later on the rule is two ounces of fluid per pound of body weight. The amount of fluid absorbed by a breast-fed baby is best determined by weighing him before and after feeding for the whole day; and it is easily calculated for the bottle-fed one. Then make up any deficiency with water.

Giving baby sufficient water often relieves his feverish, crying, upset and restless spells. If it doesn't, give him a few drops of Fletcher's Castoria. For these and other ills of babies and children such as colic, cholera, diarrhea, gas on stomach and bowels, constipation, sour stomach, loss of sleep, underweight, etc., leading physicians say there's nothing so effective. It is purely vegetable—the recipe is on the wrapper—and millions of mothers have depended on it in over thirty years of ever increasing use. It regulates baby's bowels, makes him sleep and eat right, enables him to get full nourishment from his food, so he increases in weight as he should. With each package you get a book on Motherhood worth its weight in gold. Just a word of caution. Look for the signature of Chas. H. Fletcher on the package so you'll be sure to get the genuine. The forty-cent bottles contain thirty-five doses.

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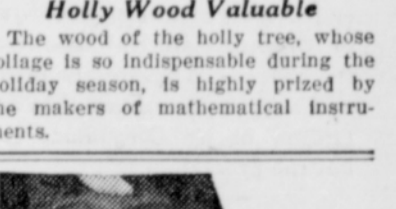
**For Barbed Wire Cuts**  
Hanford's Balsam of Myrrh  
Money back for first bottle if not suited. All dealers.

**Unlucky Visit**  
Measles was introduced into the Fiji Islands when the king visited New South Wales in 1875, and his son and a servant with him caught the disease.

**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 worthy of the highest praise." —Mrs. Mary J. Queen, 252 E. 4th St. All dealers. Large bottles, liquid \$1.35; Tablets \$1.35 and 65c.



**Holly Wood Valuable**  
The wood of the holly tree, whose foliage is so indispensable during the holiday season, is highly prized by the makers of mathematical instruments.



**MOST people** know this absolute antidote for pain, but are you careful to say Bayer when you buy it? And do you always give a glance to see Bayer on the box—and the word genuine printed in red? It isn't the genuine Bayer Aspirin without it! A drugstore always has Bayer, with the proven directions tucked in every box:



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