

Odd Tropical Disease

Vitiligo is a disease characterized by the disappearance of pigment from the skin. While comparatively rare in America and Europe, this disease is common in tropical countries. In most cases white patches are formed around whose edges the pigment is darker. Gradually the spots coalesce, and finally the white area may cover the whole body.

Colder and Stiffer

A man's wife who is a capable back seat driver accompanied her husband on a long trip. The weather turned severely cold and the husband was speeding for home and warmth. His wife implored him not to go so fast. "I'm cold and stiff. I want to get home," said the husband. "You'll probably get colder and stiffer if you don't slow down."

Pigs in Marble Sties

Pig sties of marble are becoming the thing in a district near Pretoria. Buildings cemented with pure white marble are also becoming common. Stone equal to the best Parian marble has been found there, and because there is no transportation to get it to the outside world, natives are using it for local buildings.

Seem to Flow Uphill

In mountainous regions there is often an optical illusion when traveling beside streams that makes them seem to run uphill. This is due to the fact that mountains in the background make downgrades look like upgrades.

Turn Potted Plants

Do not keep your potted plants always in the same place, but move them occasionally, so that all may get their due share of sunlight. And never allow a plant to be too much drawn in one direction. Turn it around.

Future Gasoline Supply

While there still is plenty of natural gasoline available, scientists are working on processes for the manufacture of motor fuel. Among the plans under consideration is the use of distillates from soft coal.

Uncle Eben

"I goes to church on Sunday," said Uncle Eben, "an' I sits 'way up front so's not to be reminded of all dem other sinners dats lookin' foh a quick, one-day cure."—Washington Star.

Guidance of the Past

There is nothing like the dead cold hand of the past to take down our tumid egotism and lead us into the solemn flow of the life of our race.—Oliver Wendell Holmes.

Expert Tattooing

The New Zealanders trace artistic and elaborate patterns under the skin, producing the most beautiful effects known, if the word beautiful may be applied to the art.

Goes Back Centuries

The expression, "A cat may look at a queen" is evidently a paraphrase of the title of a pamphlet published in 1652 called "A Cat May Look at a King."

Look to the Light

Lift thyself up, look around, and see something higher and brighter than earth, earthworms and earthly darkness.—Jean Paul Richter.

Explanation

The reason why the woman pays and pay* and pays is because she buys on the installment plan.—Arkansas Gazette.

Aluminum Plentiful

Aluminum is more abundant throughout the world than any other metal. It forms over 8 per cent of the earth's crust.

Which Are You Doing?

There is a difference between taking pains and making your work ridiculously hard.—Open Shop Review.

Heavy Oils

Sassafras oil, clove oil, creosote oil and some crude petroleum oils are heavier than water.

Intention Is Everything

An evil intention perverts the best actions and makes them sins.—Addison.

Not Proud of Them

The things we all make, but never brag about, are—mistakes.

DEAN'S PILES

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DEAN RECTAL & COLON CLINIC

PORTLAND, OREGON

TOMATO ASPIC OR JELLY AIDS SALAD

Vitamines Contained Are Important in the Diet.

(Prepared by the United States Department of Agriculture.)

On many places fresh tomatoes are not obtainable during the spring. The flavor of tomato, however, is so acceptable in salad, and the vitamins contained even in canned tomatoes are so important in the diet, that an attractive way of serving tomato in a salad has been evolved. A jelly is made from the canned tomato juice. While no other flavor need be used, a particularly good aspic is made by molding other vegetables, cut up in small pieces, in the tomato juice. Here is the recipe, from the bureau of home economics:

- 1 1/2 envelopes, or 3 tsp. gelatin
- 1 quart canned tomatoes
- 1 tbs. finely chopped green pepper
- 2 tbs. finely chopped celery
- 1 tbs. finely chopped parsley
- 1 cup very finely shredded cabbage
- 1 1/2 tsp. salt
- 1/2 tsp. onion juice
- 1/2 tsp. sugar

Soak the gelatin in a small amount of water. Boil the tomatoes for five minutes, and strain through a fine sieve to remove the seeds. Pour the hot tomato juice over the gelatin and stir until it is dissolved. Add the salt and the sugar and chill. When the gelatin mixture is partly set, add the finely shredded vegetables and mix well. Add more salt, if needed. Also if the mixture is not tart enough, add a little lemon juice or vinegar. Pour into wet custard cups and place in the cold until set. Turn these molds out on crisp lettuce leaves and serve with mayonnaise.

Making Delicate Dessert Flavored With Chocolate

A delicate dessert flavored with chocolate can be made in the following way, according to the bureau of home economics:

- 1/2 cup sugar
- 1/2 cup milk
- 1/2 cup fine stale bread crumbs
- 4 eggs
- 1 tbs. flour
- 1/2 tsp. vanilla
- 1 tbs. butter
- 1 1/2 squares chocolate, unsweetened.
- 1/4 tsp. salt

Mix the flour and butter, add the milk, and stir over heat until thickened. Melt the chocolate over steam, and add to the cream sauce, with the salt, bread crumbs, sugar, and well beaten egg yolks. Beat well. Fold in the well beaten whites of the eggs. Pour into a greased pudding dish and bake in a moderate oven (325 degrees Fahrenheit) for one hour or until well set in the middle. Serve hot with hard sauce or whipped cream.

Bouillon Desirable at Beginning of a Dinner

A bouillon, or clear soup, is very often desirable at the beginning of a formal or rather hearty dinner. It must be carefully seasoned to be at its best. These directions from the bureau of home economics will give good results:

- Tomato Bouillon.**
- 2 quarts canned tomatoes
 - 3 cloves
 - 2 cups meat broth
 - 1/2 tsp. pepper-corn
 - 4 carrots
 - 1/4 cup tarragon vinegar
 - 6 stalks celery
 - 1 onion
 - 1 tsp. salt
 - 1 small green pepper
 - 1/2 tsp. pepper
 - 1 tbs. butter

Put tomatoes, salt, and stock in a saucepan and add the vegetables, cut in small pieces, removing the seeds from the pepper. Bring to the boiling point, then simmer for fifteen minutes. Strain through a thick layer of cheesecloth, add the tarragon vinegar and the butter. Reheat and serve. Place thin slices of lemon with chopped parsley on top in each cup of bouillon.

WAYS TO COOK AND SERVE ASPARAGUS

If Allowed to Stand It Toughens and Loss Flavor.

(Prepared by the United States Department of Agriculture.)

Asparagus should always be cooked as soon as possible after it is cut. It toughens and loses flavor very rapidly if allowed to stand. To prepare it for cooking trim off any tough ends, brush carefully, and scrape off the larger scales. Wash so as to remove all sand and particles of earth which may have lodged under the scales. Fresh, tender, home-grown asparagus does not need scraping.

Asparagus is cooked in slightly salted water whole, or cut up in inch lengths. The pieces may be left whole. The cooking time of fresh tender young stalks cut up in this way may be only five to ten minutes, according to the United States Department of Agriculture; twenty to twenty-five minutes' cooking at most should be enough.

Season the cooked asparagus with salt, pepper, butter and a little cream if you have it. Let it stand in a warm place for a few minutes and then serve, either alone or on toast. Hollandaise or white sauce may accom-



Preparing Asparagus on Toast.

pany the asparagus or mayonnaise or vinaigrette, which is similar to French dressing.

The water in which asparagus has been cooked can be used in many ways and should be saved. It makes a delicious soup when seasoned, with a little cream or milk added. This may be thickened or not, as preferred. Asparagus stock is an improvement to soups made from other vegetable juices, such as tomato, onion, or celery. It combines well with cream of chicken soup, and can be made into a good sauce to use with left-over asparagus in making other dishes.

Cooked asparagus may be used in making scalloped dishes, croquettes, fritters, vegetable loaf, timbales, or added to almost any soup, stew, or vegetable salad. Vegetable combinations are increasing popular, and such dishes as cut-up cooked asparagus with new diced creamed potatoes, or with peas, give variety to the menu, and make profitable use of small amounts of each vegetable.

Care of Canaries

When canaries do not thrive well, or during molting time or the breeding season, special food may be necessary. If they cease to sing, prepared "song restorers" are sometimes given. The United States Department of Agriculture furnishes information as to how to handle the birds under various abnormal conditions, in Farmers' Bulletin 1327, "Canaries: Their Care and Management," which is free.

THE KITCHEN CABINET

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

Set your toll to a tune, aye a happy tune,
And sing as ye hoe, my laddie;
Set your toll to a tune, as sweet as the June,
And sing as ye sew, my lassie.
For toll is pleasure
When set to measure
Of mystical rhymes and runes,
And commonplace toil,
On fabric or soil,
Can be set to a thousand tunes.
—A. T. Grannis

WAYS WITH VEGETABLES

For variety when peas are fresh, and green peppers plenty, serve:

Green Peas With Peppers and Tomatoes.—Cook one pint of fresh green peas in very little water until partly cooked; add a little salt. In another saucepan place three tablespoonfuls of butter, two medium-sized onions sliced very thin, one green pepper freed from seeds and white pulp, cut into fine shreds; three medium-sized tomatoes peeled and chopped. Simmer while the peas are cooking in very little water, add the peas to the mixture and simmer uncovered until all are well done. Add salt and pepper to season and serve.

Cauliflower With Onions.—Break a medium-sized cauliflower into flowerettes and cook in boiling salted water until half done. Drain, saving the liquid. Sauté two onions chopped in three tablespoonfuls of fat until a light brown. Add the onion to the cauliflower with salt and pepper to season. Add the liquid and simmer until tender. Serve with a dash of cream.

Mushroom Soup.—Skin and chop three-fourths of a pound of fresh mushrooms. These may be gathered with a little searching in almost any community. Put them into a kettle with one tablespoonful of butter and stir and cook for five minutes, then add one cupful of stock or boiling water, salt and pepper to season, with a pinch of nutmeg. Cook fifteen minutes. Cook two tablespoonfuls of butter with two tablespoonfuls of flour and add four cupfuls of rich scalded milk. Cook until hot and slightly thickened, add to the mushrooms with a half cupful of cream and serve, sprinkled with paprika.

Lettuces, whether head, leaf, romaine or what variety, was all considered equally valuable as food; we now learn that leaf lettuce is much richer in vitamins than the blanched, tender head or iceberg lettuce.

Tomatoes fresh or canned are rich in vitamins and should be used freely in the menus. Eat the skin and all, they tell us. Avoid white flour, white sugar and eat much fruit and raw vegetables. If the vegetables must be cooked, cook as little as possible, except starchy ones.

When we learn of crippled people suffering from rheumatism of some form for years being cured on a fruit diet of grapefruit (eating nothing else for several months), the value of fruits goes up in our estimation. All fruits fresh or stewed should be sweetened with honey or maple sugar for children.

With all our opportunities for knowledge (free to any one who finds it important enough to read), we have not yet made much progress in the study of foods for the family.

Ways With Mint.

A small bunch of mint growing in an out of the way place in the garden is a source of delight to the cook all summer. As it spreads rapidly, it may be used freely. Those who like tarragon vinegar may enjoy having some wine vinegar to use occasionally to add to lamb stuffing, sauce, or to use when stewing lamb—add a tablespoonful to the stew.

Mint and Peas.—Season one quart of green peas freshly cooked, or the canned, with two tablespoonfuls of butter, one-half teaspoonful of salt, one-eighth teaspoonful of pepper and one teaspoonful of sugar. Stir in carefully two tablespoonfuls of fresh chopped mint.

Epicurean Sauce.—Heat one-half cupful of vinegar (diluted if sharp) with one-eighth of a teaspoonful of salt, add one-half cupful of finely chopped mint; let steep for ten minutes, then add three tablespoonfuls of dark strained honey. Brown sugar may be used if honey is not at hand.

Normandy Sauce to Serve With Young Lamb.—Chop fine one-half cupful of fresh mint leaves, moisten with boiling water and cover closely, strain, add a half teaspoonful of lemon juice and as much orange marmalade as the mint juice.

Another mint sauce: Two tablespoonfuls of finely chopped mint added to a tumblerful of currant jelly. Melt the jelly over heat and add the mint.

Mint is good added to any stuffing used for fowl or meat.

Mint Cup.—For each person to be served, place a glass of sweet cider with a slice of lemon over the fire with three sprigs of mint. When very hot add two teaspoonfuls of honey.

Bruse enough fresh mint to fill a glass jar loosely, and fill with fresh, not too strong, vinegar. Let stand two weeks, strain off, bottle and cork and your mint vinegar is ready for as long as it lasts.

Flank Steak Can Be Made Into Savory Dish.

(Prepared by the United States Department of Agriculture.)

A flank steak is one of the less tender cuts of meat, since it has long muscle fibers which become somewhat stringy unless cooked and carved in the right way. Flank steak, however, is economical, for there is no bone and other waste material. Like others among the less tender cuts, it can be made into an attractive and delicious dish when one knows how.

The general method of cooking any of the less tender cuts differs from the method for tender cuts. Heat, moisture, and slow cooking, help to make these cuts tender. The flank steak stuffed with well-seasoned mixture is first seared and then cooked slowly in a tightly covered vessel until the meat is tender.

The ingredients for stuffed flank are given by the bureau of home economics:

- Flank steak
- 1 onion, minced
- 1 1/2 cups stale bread
- 1/2 cup chopped celery
- 1 tsp. salt
- 2 tbs. butter
- 1/2 tsp. pepper

Wipe the meat with a damp cloth. For the stuffing, brown the celery and the onion lightly over the steak. Beginning at one side, roll it up like a jelly roll and tie securely in several places with clean string. It should be rolled lengthwise so that when carved in slices the meat will be cut across the grain. Sear the roll in a small quantity of fat in a baking pan on top of the stove, turning the meat frequently until browned on all sides. Cover closely, place the meat in a moderate oven, and cook for one and a half hours, or until tender. When the meat is done, remove from the pan and prepare gravy as follows: Drain off the fat. For each cupful of gravy desired, measure 2 tablespoonfuls of fat and return to the pan, add 1 1/2 to 2 tablespoonfuls of flour and stir until well blended and slightly browned. Then add 1 cupful of cold water or milk and stir until smooth. Season with salt and pepper. Serve the stuffed steak with browned potatoes.

Improved Uniform International Sunday School Lesson

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

Lesson for May 13

JESUS ENTERS JERUSALEM

LESSON TEXT—Mark 11:1-11.
GOLDEN TEXT—Behold, thy King cometh unto thee; He is just, and having salvation.
PRIMARY TOPIC—Hailing Jesus as King.
JUNIOR TOPIC—Hailing Jesus as King.
INTERMEDIATE AND SENIOR TOPIC—The Kingly Qualities of Jesus.
YOUNG PEOPLE AND ADULT TOPIC—Jesus Asserts Messianic Authority.

I. Jesus Officially Presented to the Jewish Nation as King.—(vv. 1-11).
This should not be designated the triumphal entry, for it was so only in outward appearance. The shouts were empty and meaningless. It was the promised King publicly offering Himself to the nation.

1. The preparation (vv. 1-6).
(1) Two disciples sent for the ass (vv. 1-3).
He told them just where to go to find it, and how to answer the owner's inquiry. The providing of this animal was the working out of the divine plan according to Christ's foreknowledge.

(2) Obedience of the disciples (vv. 4-6). Without asking why, they go at His bidding. The command may have seemed strange and unreasonable, but they rendered explicit obedience.

2. The entry into Jerusalem (vv. 7-10).
(1) The disciples put their garments upon the ass and set the Lord upon it (v. 7). This act showed their recognition of Him as their King (cf. Kings 9:18).

(2) The multitude (vv. 8, 9). Some spread their garments in the way; others who had no garments to spare cut down branches and strewed them in the way, which was just as acceptable unto Him. This entry was in fulfillment of a prophecy uttered some five hundred years before (Zech. 9:9). They uttered the very cry which the prophet foretold. This is a clue to enable one to understand the prophecies which are unfulfilled as yet. If the prediction of His first coming was thus literally fulfilled, we must believe that those of His second coming will likewise be fulfilled. The prediction of Zechariah 14:3-11 will be just as literally fulfilled as that of Zechariah 9:9.

(3) The Lord's action (v. 10). Upon entering the temple, He looked around upon all things; but as it was eventide He withdrew to Bethany with the twelve.

II. Jesu Exercising His Royal Authority (vv. 12-19).
1. The barren fig tree cursed (vv. 12-14).

The fig tree is typical of the Jewish nation. The fruit normally appears on the fig tree ahead of the leaves. The presence of the leaves is the assurance of fruit. This was an acted parable of the Lord's judgment on Israel for pretension of being the chosen people without the fruits thereof.

2. The temple cleansed (vv. 15-19).
For the various sacrifices; in the temple, many oxen, sheep and doves were needed. Many persons came from the distant parts of the land; therefore it was impracticable for them to bring their sacrifices with them, so they brought money and bought the animals needed. This privilege the law had granted to them (Deut. 14:24-26), for the exchange was necessary. When evil men used it as an opportunity for gain it became an offense before God. It defiled His house. Jesus made Himself a scourge of cords and drove out the money changers, overthrowing their tables and pouring out their money. By this act He declared Himself to be the Lord of the temple and one with God. That which God intended to be a "house of prayer for all nations" was made a "den of thieves." This action symbolized the call of the nation to repentance.

III. Jesu's Authority Challenged (vv. 27-33).
They challenged Him to show by what authority He accepted the honors of the Messiah, and who gave Him the authority to cast out the money changers. This seemed to place Jesus in a dilemma. He responded by a question which placed them in a counter dilemma. Since John was His forerunner, the divinity of His commission rested upon that of John. They were powerless to discredit John, because the people accepted him as God's prophet. If they had accepted John's message they would have been prepared to accept His. They weakly confessed that they could not answer the question.

Route to Glory
"He must increase, but I must decrease." This is your route to Glory. Unless He increases in your life and you decrease, your life will be contrary to what He wants it to be. In fact, it will be fruitless. In all things He must have the pre-eminence if you would be fruitful for Him."

Worthy Qualities
A man cannot persistently admire worthy qualities and not eventually partake of them.—Brown.

Adrift With Humor

SHE GOT HERS

A wife who was inclined to be jealous took her husband shopping with her, and while buying a dress she noticed him gazing admiringly at a passing mannequin.
"You never looked at me like that," she reproached him.
"You never looked like that," he snapped back at her.

Setting the Trap Again

Mrs. Clancy—Fancy, my dear, I caught my husband kissing the maid. But he had to pay for it. I've made him promise me two new gowns.
Mrs. Tracy—Of course, you discharged the hussy.
"O, no, not yet. I need a new coat."
—Stray Stories.

BRIEF ACQUAINTANCE



Professor—"The life of a paper dollar is only about six or eight months." Student—"I'll have to take your word for it—I've never been in association with a paper dollar that long."

Fetch and Carry

The man who has ideas is above the common run; But ideas bring in nothing Unless they are carried out.

Too Literal

"I can't imagine why Smith should be so angry with his son. The boy acted on instructions."
"In what way?"
"His father advised him to go out and find an opening, and the next thing the youngster did was to write and tell his father he was in a hole."

As It Sometimes Happens

"What did you find in that ancient tomb?"
"A mummy and all kinds of jewels," answered the professor.
"It must have been a splendid sight."
"Very. But, as occasionally happens, the jewels were more impressive than their wearer."

SCARCELY THE SAME



She—Didn't you say her acting was just lovely?
He—No—I said she was a lovely actress.

Not Properly Preserved

Their acquaintance ripened into love And then, alas, it got Quite over-ripe; at least there came A time when it seemed all rot.

The Why of It

"What is life insurance, little Gag-face?"
"It's keeping a man poor all his life so's he can die rich."

Preferred Lower Climes

First Poet—Still living at your old abode?
Second Poet—No, I moved because of the climatic conditions.
First Poet—Climatic conditions?
Second Poet—Yes, so much of a climb to the attic.

Great

First Lawyer—Our client is reaching for his pocketbook.
Second Lawyer—Yes, that's a notion for a new trial.

Explanation Needed

Mistress (to new maid)—Why didn't you sound the dinner gong, Mary?
Mary—Please, m'm, I couldn't find it.
"Why it's there on the hall table!"
"Please, 'm, you said this morning that was the breakfast gong."

In the Suburbs

"That's my place you see over there—the house and the garage close by."
"Which is the garage, old man?"

Nellie Maxwell