

COOKING ROAST OF BEEF BY TEMPERATURE



Meat Thermometer Inserted in Thickest Part of Roast.

(Prepared by the United States Department of Agriculture.)

No longer is it necessary to guess whether the roast beef is rare, but done enough to suit every taste; juicy and pink in the center while crisply browned outside. The bureau of home economics says that if the housewife will provide herself with a meat thermometer, which is made to put into the thick part of the roast while it is cooking, she can get uniform results every time. When the meat thermometer reads between 130 and 150 degrees Fahrenheit her roast will be "rare." She has a range of temperature because "rare" means a slightly different degree to different people, and because different pieces of meat look more or less pink when cooked to the same temperature. Again, "medium-done" may be right for her family somewhere between 150 and 170 degrees Fahrenheit. The preference for a "well-done" roast can be satisfied when the thermometer says about 180 degrees Fahrenheit. The meat will rise in temperature a little

after it is out of the oven, and this should be allowed for if it is to stand before carving. Once the point at which the meat is exactly right has been established, it can be cooked to the same degree every time.

After wiping off a standing rib roast of beef with a damp cloth, it is sprinkled with salt, and then lightly with flour. It is placed in an open pan without water, fat side up. As the fat melts and cooks it bastes the meat. The thermometer is best inserted in the thickest part of the roast so that the bulb reaches the center. Sear the meat for 20 to 30 minutes in a hot oven (500 to 525 degrees Fahrenheit) until lightly browned, then reduce the temperature to about 350 degrees Fahrenheit and continue cooking to the desired stage of doneness. A three-rib roast will probably require 15 minutes to the pound to be rare, 18 minutes to the pound to be medium, and 20 to 22 minutes to the pound to be well done when cooked at the oven temperatures given.

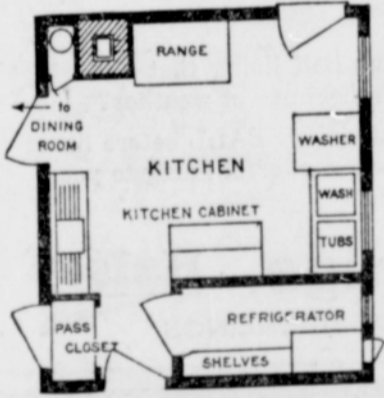
KITCHEN USEFUL ALSO AS LAUNDRY

Preferably the Place for Cooking and Serving Food.

(Prepared by the United States Department of Agriculture.)

The kitchen is preferably the place for preparing, cooking and serving foods and for clearing away after these processes. No housekeeper wants laundry work done in the kitchen if she can avoid it, but in numerous instances she has no choice. In bungalows and other small houses, or in apartments, where the floor space is very limited, laundry tubs are often put as close as possible to the water supply and the stove. In many farm and out-of-town homes there is no suitable basement or other location for the laundry.

It becomes necessary to make the best of the situation in such cases. While the steamy odors of washday cannot always be escaped, it is possible to see that the laundry equipment is placed so that it interferes very little with the work centers for the preparation and serving of food. It may even serve as an added con-



Plan Showing Laundry Tubs Placed in Kitchen.

venience if the stationary tub is placed under a hinged drainboard of the sink or if the cover of one or two such tubs can be used as a work table. An ironing board can be made to fold into a wall cabinet which also holds irons and needed supplies. The cabinet for the ironing board can sometimes be put in the dining alcove.

The chief points in arranging a laundry center in a compact kitchen says the bureau of home economics of the United States Department of Agriculture, are: To keep the equipment out of the way of the main line of travel used in doing the daily work; to insure to it good light and ventilation, and yet have it near the stove if irons or water must be heated; and to have working surfaces of the right height for the worker. The floor plan shows one way of arranging a double-duty kitchen of this kind which retains the good features of any kitchen, such as the pass closet, the double-drainboard, and the correct paths from left to right for the various work centers located around the room.

Sticky Chair Seats

Leather chair seats on upholstered furniture frequently become sticky. This usually is caused by the leather drying out. To prevent it, rub the leather every month or two with a soft cloth moistened in neat's foot oil. When a stickiness occurs, remove as much of it as possible with gasoline and apply the oil. Do not wipe the oil off for a day or two.

SAVED MY BABY!



Happy Is the Mother Who Knows This Safeguard

"I have three customers who have told me repeatedly that they believe Glessco has saved their children's lives," says a West Virginia druggist.

Glessco relieves croup without causing vomiting, breaks up colds and stops coughs almost instantly. A physician's prescription, time-tried and proven through 35 years. Contains no opiates. Get it now and never be without it after. All druggists and most general stores have Glessco.

DR. DRAKE'S GLESSCO
Cough and Croup Remedy

THE GLESSCO COMPANY
Findlay, Ohio
Send me at once a liberal FREE TRIAL bottle of Dr. Drake's GLESSCO and a copy of the book, "Diseases of Infants and Children."
Name.....
Address.....

Some Man-Made Seas

If the Boulder dam of the Colorado river is ever completed as designed it will have a capacity of 26,000,000 acre-feet of water. Some of the other great constructions of this character created storage as follows: Gatun dam, 4,410,000; Assuan dam, 1,865,000; Elephant Butte dam, 2,368,000, and Almonor dam, 1,318,000.

Or a Hippo

Bettie—Could you tell me what nonsense is, uncle?
Uncle—No.
Bettie—Well, it's an elephant hanging over a cliff with its tail tied to a daisy.—Boston Post.

Virtue requires exercise.



Makes Life Sweeter

Next time a coated tongue, fetid breath, or acid skin gives evidence of sour stomach—try Phillips Milk of Magnesia!

Get acquainted with this perfect anti-acid that helps the system keep sound and sweet. That every stomach needs at times. Take it whenever a hearty meal brings any discomfort.

Phillips Milk of Magnesia has won medical endorsement. And convinced millions of men and women they didn't have "indigestion." Don't diet, and don't suffer; just remember Phillips. Pleasant to take, and always effective.

The name Phillips is important; it identifies the genuine product. "Milk of Magnesia" has been the U. S. registered trade mark of the Charles H. Phillips Chemical Co. and its predecessor Charles H. Phillips since 1875.

PHILLIPS Milk of Magnesia

Pilot Flies 250,000 Miles

Paul Witte, an air pilot of the German commercial air service, recently completed a total distance of 400,000 kilometers, which is equal to nearly ten times around the world, in scheduled air service. Or his arrival at the Hamburg airdrome he was given an official welcome during which he was presented a gold scarf pin and many floral gifts.

No Car, No Go

He—Do you ever walk in your sleep?
She—No! but any time you see me walking you'll know I am unconscious.—Cincinnati Enquirer.

Trees Grow in Swamp Without Visible Soil

Huge trees growing without any visible means of support are a striking feature of the great Zapata swamp of southern Cuba. This swamp, nearly 1,800 square miles in extent, includes an area of limestone that is filled with holes and covered with a variety of tropical trees. Silk-cotton trees four feet in diameter, big mahoganies, and many other kinds are found growing on this limestone area, where not so much as a single spoon of soil could be gathered from an acre. The trees make their start in small pockets and holes in the limestone, where collections of leaves and slight accumulations of disintegrated rock furnish them with cover for growth. The roots stray about over the surface of the rock in search of food, finally plunging through holes to find sustenance in soil hidden deeply in the cavernous recesses of the coral stone.

Airmen's Echo Test

Even when the ground is obscured by thick fog, a series of explosions like a machine gun's rat-a-tat-tat within a plane's undercarriage tells an airman his exact height, in a new device to be installed on French aircraft.

The echo from the ground is picked up by electric sound detectors which gauge the craft's altitude, and the device is said to give accurate measurement to within one foot from the ground.

Different Destinations

Great Aunt Ann had been ill for a long time and having one of her "bad spells." She remarked that she "was soon going to die, wasn't going to be here long." Little four-year-old Gene hearing this remark, asked her where she was going. She replied she was "going to heaven." Gene said: "I'm not, I'm going to Stilesville." His parents had been planning to make a trip to Stilesville.

Useless

"You am just like the letter B."
"How come?"
"You am always in debt when they ain't no need of it."—Ladies Home Journal.

Candidates, Attention

First Politician—He took his defeat very easily, didn't he? I wonder what he did with all his placards?
Second Politician—Told me he used them in papering his garage.

Drugs Excite the Kidneys, Drink Water

Take Salts at First Sign of Bladder Irritation or Backache

The American men and women must guard constantly against kidney trouble because we often eat too much rich food. Our blood is filled with acids which the kidneys strive to filter out; they weaken from overwork, become sluggish, the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urina is cloudy, full of sediment, or you are obliged to seek relief two or three times during the night; if you suffer with sick headache, or dizzy, nervous spells, acid stomach, or if you have rheumatism when the weather is bad, begin drinking lots of good soft water and get from your pharmacist about four ounces of Jad Salts. Take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine.

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

Jad Salts is inexpensive, cannot injure, makes a delightful effervescent lithia-water drink and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.

Last Resort

Homebody—So you must catch the 11:40 train west? Is it important?
Holmes—It's vital. My doctor says I must have my regular sleep, and a berth on that train is the only lodging I can find for tonight.

Is It Love?

Mable—Do you think Clarice really likes Bobby?
Alfred—She doesn't know yet. She's going to that famous Vienna psychiatrist to find out.

A green grocer is one who trusts the family that has just moved into the neighborhood.

Elected!

Whippet sweeps country on PERFORMANCE and VALUE

WHIPPET FOUR SEDAN

\$610

Touring \$455; Roadster (2 passenger) \$485; Roadster (with rumble seat) \$525; Coupe \$555; Cabriolet (2 Coupe for 13th convertible top) \$595; Coach \$535



WHIPPET SIX SEDAN

\$770

Touring \$615; Roadster \$685; Coach \$695; Coupe \$695; Cabriolet Coupe \$755. All Willys-Overland prices f.o.b. Toledo, Ohio, and specifications subject to change without notice.

Whippet wins a tremendous popular vote from America's motorists. They know that the Whippet stands for high quality of materials, expert craftsmanship throughout, performance that challenges any car on the road, and

definite dollar-for-dollar value—a full return for every dollar spent.

The two Whippet Sedans—the Four and Six—are the lowest priced four and six-cylinder four-door enclosed cars in the world!

FOURS Whippet SIXES

WILLYS-OVERLAND, Inc.
TOLEDO, OHIO

Fried Cheese-Corn Meal

Mush Is Excellent Dish

Fried cereals of all kinds are excellent. They may be served in place of potatoes or rice at dinner-time. If cheese is added to a corn meal mush, the resulting mixture is hearty enough for a main dish for lunch or supper, and is very tasty when fried. It is made as follows, according to the bureau of home economics.

2 cups yellow corn meal
1/2 tsp. salt
4 cups cold water
1/2 to 1 lb. sharp cheese

Mix the corn meal, salt and cold water in the upper part of a double boiler. Cook over the direct flame until boiling and boil for one minute, stirring constantly. Place the upper part of the double boiler into the lower part and cook the corn meal mush for one hour. Shave or flake the cheese into small pieces, add it to the mush, and stir until the cheese is melted. Pour the cheese mush into a wet dish or pan and let stand overnight. When set into a firm mold, cut the mush into slices about one-half inch thick, sprinkle with flour, and fry slowly in shallow fat until golden brown on both sides. Serve hot with tart jelly.

For Gilt Frames

Clean gilt frames by covering with a cream of whiting and alcohol after wiping and brushing away all possible dust.