

IMPORTANT HINT ABOUT BROILING STEAK



In Broiling a Steak Sear Outside Well.

(Prepared by the United States Department of Agriculture.)

No definite time can be given for cooking a steak, because of varying thickness, degree of heat applied, and personal preference.

Select one of the tender steaks from one and one-half to two inches thick. Trim the steak of excess fat and wipe it off with a damp cloth.

HAVE ANGEL FOOD WHEN FOWLS LAY

Good Many Whites and No Yolks Needed for Dish.

(Prepared by the United States Department of Agriculture.)

The time to indulge a taste for angel food is of course in the spring when the hens begin to lay generously.



Preparing Eggs for Angel Food.

for making angel food, laying considerable emphasis on cooking it in a cool oven.

Angel Food.

1 cup soft wheat flour 1 tsp. cream of tartar

1 cup egg whites (8 fairly large) 1 to 1 1/2 cups sugar

Although angel food is one of the sponge cakes, as differentiated from cakes containing butter, it is mixed in a slightly different way than plain sponge cake.

Mock Turkey Dinner

Equal weight of fresh pork and beef. Roast brown in covered roaster. Make a dry dressing of onion, boiled potato, raised bread, chopped together with chopping knife (not run through a meat grinder).

AROUND THE HOUSE

Cook vegetables quickly in an open kettle to keep them green.

An easy way to crush nuts is to use a rolling pin on a board.

Choose a clear windy day to launder blankets and pillows so that they will dry rapidly.

When weather does not permit outside play, dress the child warmly and

FLASH

The Lead Dog

By George Marsh

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W. N. U. SERVICE

SYNOPSIS

Up the wild waters of the unknown Yellow-Leg, on a winter's hunt, Journey Brock McCain and Gaspard Lecroix, his French-Cree comrade, with Flash, Brock's puppy and their dog team.

CHAPTER IX—Continued

In the uncertain half-light, something moved across the snow—a dim gray shape, and was gone.

"Fox!" said Gaspard. Slowly from eastern ridges, groping fingers of light flickered out over the ash-gray floor of snow.

"There they are!" said Brock, between his chattering teeth, slipping his right hand from the mitten suspended from his shoulder by a thong.

Before them ten caribou, in their blue winter coats were feeding their frost-bred breath rising like jets of steam.

"You tak' de bull wid beg horn!" Gaspard whispered to his friend. Then the frozen silence was split by the explosion of two rifles.

A large bull leaped into the air, plunged forward, stopped, then made a short circle, to lunge into the snow.

In mad panic, for a space the main hand creaked aimlessly, leaping high from the snow, then, with white tails up, fled out across the barren, led by a cow.

"Good shot, Gaspard!" cried Brock as the halfbreed knelt, and firing the last shell in his gun, brought down a galloping caribou at three hundred yards.

"The wolverines don't get this meat," continued the excited Brock counting the deer on the snow. "Right we got every one! That's better shooting than any red Cree in this country could show!"

So with enough meat on their flat form cache to tide them over the lean days of the spring breakup, when the melting snow balls hard between the toes of the tortured dogs, compelling the use of moccasins; and travel by snowshoe and sled is prolonged agony for husky and man, the boys turned back to inspect their traps and move the main camp to a place of greater safety.

(TO BE CONTINUED.)

Flowers Used as Food in Oriental Countries

Flowers for food are virtually unknown in America, but in several parts of this wide world they play an important part as table delicacies.

"We've got something in those for traps!" said Brock, as they approached the carcasses.

"De fox have fine meal last night," answered the other.

Near the bodies of the deer the snow was networked with fox tracks, and two of the traps were occupied.

"A cool and a cross!" announced Brock, with satisfaction.

Two remaining traps Brock found unspring, and he was returning when with an exclamation of surprise he stopped dead in his tracks.

"Hey, Gaspard! Come here!" he called. "Look at that wolf track!"

In the snow trampled by the caribou, near the bows of Brock's shoes, was the clearly defined print of the left hind foot of a wolf—minus one toe.

Lower Forms of Life Symbols in All Ages

Everywhere in antiquity to some extent animals enjoyed particular consideration and played a preponderant role in moral conceptions. The Iranians had the cow, dog and cock; the Greeks had the serpent, the ant, the stork and the wolf; the Romans had the wolf and the woodpecker; the Egyptians had the cat and several kinds of birds and the bull, and China had its dragon.

Animal cults were deep paths for the religions of the ancient civilizations and as man progressed through the centuries and the distinction between man, animal, and abstract gods developed, the displace-

For a space Gaspard knelt and studied the track, then with a nod, raised his hooded face to his friend. "It is Tete-Note, my father's dog," he said huskily. "She has turned wolf. It was the same track I saw in the freezing moon."

For a space the son of Pierre Lecroix and his friend gazed at the imprint of the mutilated foot in silence, then Brock said: "Well, Gaspard, we'll be low for the next six weeks and pile up a big catch of fur, then we'll strike north and do a little ambushing on our own hook. We'll get one of these Crees on his trap-line and make him talk."

Gaspard nodded. "I nevalre strike back for Starving Riviere before I find out how my fader die."

"I'm with you, partner!" With the meat safely cached and the dogs wired to separate trees, where they gnawed to their hearts' content on caribou ribs, the partners followed the barren into the west. It was a clear day when the frozen plain shimmered like a sea of fire—a day when the caribou bands, having fed, like to lie in the sun in open spaces, on lake and barren, when the wind is dead.

The hunters had not traveled an hour in the scrub on the rim of the barren when they saw many deer sunning themselves not two hundred



A Large Bull Leaped Into the Air, Plunged Forward.

yards from the cover of the scrub. Working back out of sight Brock and Gaspard stole silently through the small spruce and tamarack, then crept out to the lip of the barren.

The two rifles cracked. Two deer leaped, started to circle up-wind and fell. The others reeled back to their haunches in surprise, then wheeled in terror and fled toward the main body, their snowshoe-like hoofs clicking in the still air.

Again two rifles exploded, again and again.

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Idea Is American

The custom of jockeys riding in running races with their saddles across the horses' withers was inaugurated about the beginning of this century. American jockeys were responsible for it. It was some time before English turfmen became reconciled to it, but it was demonstrated that riding forward did give the horse thus ridden a slight advantage, and such saddling is now the general practice.

Firmness makes its declaration and is silent; stubbornness argues.

AT WATER KENT SCREEN-GRID RADIO Electro-Dynamic Speaker Power from Batteries Coming Soon!

Resented Uncalled-for Slam at Dead Brother

Ralph W. Smith of the bureau of standards is conducting for the government a nation-wide investigation of taximeters, and he said in Washington the other day:

"This investigation doesn't mean that taxicabs, like taxidermists, skin you, and the men who take offense at us fall to understand. In fact, they're like Smith.

"A man came back to the home town after thirty years in New York and, of course, he inquired affectionately about this old friend and that."

"And Bill Smith?" he said. "How is dear old Bill Smith getting along?"

"Bill," said John Smith, a brother—"Bill is dead."

"What? Bill dead?" sighed the visitor. "Ah, me, peace to his ashes."

"How dare you!" said John Smith hotly. "Bill was as good a chap as ever breathed."

If you wish beautiful clear white clothes, use Russ Ball Blue. Large package at Grocers.—Adv.

Little Richard Helps

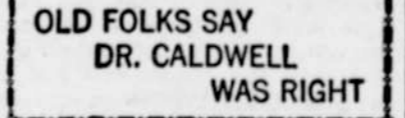
Little Richard's mother was showing a prospective tenant some rooms she had for rent. The season being summer, she emphasized the coolness of the basement where the kitchen and dining room were located.

Richard, thinking to help his mother, opened a hot-water faucet and said: "See, even the hot water is cold."—Boston Herald.

Declined the Honor

She—I cannot marry you, but I'll give you a place in my heart, James. He—No, thanks, Sarah; I don't like crowds!

Wool growers of Gales, Pennsylvania and West Virginia are attempting to determine how much it actually costs to produce a pound of wool.



OLD FOLKS SAY DR. CALDWELL WAS RIGHT

The basis of treating sickness has not changed since Dr. Caldwell left Medical College in 1875, nor since he placed on the market the laxative prescription he had used in his practice.

He treated constipation, biliousness, headaches, mental depression, indigestion, sour stomach and other indispositions entirely by means of simple vegetable laxatives, herbs and roots. These are still the basis of Dr. Caldwell's Syrup Pepsin, a combination of senna and other mild herbs, with pepsin.

The simple remedy for constipation, the safer for the child and for you. And as you can get results in a mild and safe way by using Dr. Caldwell's Syrup Pepsin, why take chances with strong drugs?

A little will last several months, and all can use it. It is pleasant to the taste, gentle in action, and free from narcotics. Elderly people find it ideal. All drug stores have the generous bottles, or write "Syrup Pepsin," Dept. BB, Monticello, Illinois, for free trial bottle.

POISON IVY

Hanford's Balsam of Myrrh. Money back for first bottle if not cured. All dealers.

SCHOOL FOR MEN

Training for BUSINESS, TRADES or PROFESSIONS. Enroll any time. Send for literature. OREGON INSTITUTE OF TECHNOLOGY, T. M. C. A. Bldg., Portland, Oregon.

Lafayette's Idea

Marquis de Lafayette brought about the adoption of the tricolor as the flag of France, in 1789.

Taste of Hereafter. Greater love hath no man than that he smoke every cigar of the box given to him by his wife.—Louisville Times.

A wise man is continually adding to his wisdom. Matrimonial bonds are not negotiable.

Tailor Too Sanguine Concerning Mr. Gould

Commander Richard E. Byrd said at a luncheon in Washington:

"One thing that our various transatlantic flights has proved is that the weather bureau can't forecast Atlantic weather."

Commander Byrd shook his head. He went on:

"The weather bureau misread the signs. They prognosticate all wrong. They're like the poor tailor.

"A poor tailor rang Scattergood Gould's bell and asked if Mr. Gould was in.

"Yes, sir; step this way, sir," the young footman said. "He's in the library."

"Thank goodness," said the tailor. "I'm going to see my money at last."

"Oh, don't make that mistake, sir," said the footman. "If Mr. Gould had any money he wouldn't be in."

Maintains School Work

Having reared a family, taught school and helped others to educate themselves, Mrs. Lucy E. Woodhead, at seventy-five years of age, is attending Oklahoma A. and M. college, pursuing work leading to a master's degree.

When her daughter Madge was eleven years old, Mrs. Woodhead started renewing her school days with her. Up through high school and college they were in the same class. They were graduated from the Emporia (Kan.) State Teachers' college together.

Half City at Auction

Half of Briggs, Okla., is to be sold at auction because five women could not agree on the division of an estate. Forty town lots were left by J. J. Patrick when he died two years ago.

His will provided that his estate be divided equally among five daughters, after a farm had been bequeathed to his only son. The daughters disagreed on an "equal division." In that case, Patrick's will provided, his estate should be sold at auction. More than half the town's business buildings are involved.

The Dog, Sometimes

Among gardeners and others the pro-and-anti dog season is on. One canine authority says: "A good dog is known by his master. Give the dog the proper guardian and he will reflect intelligence. It isn't the dog, it's you." The pup, however, has a few instinctive ways of his own that even the worst master cannot be held accountable for.—Minneapolis Journal.

Took Name From Locality

The woman's garment known as a "basque" derived its style as well as its name from a similar garment worn by the peasants of the Basque country in France and Spain.

In 1930

"Can't produce your scenario." "Why not?" "In your big scene the cowboy rides his horse into a saloon."

"What of that?" "We can reproduce the saloon, but where are we gonna get a horse?"

Between Artists

Von Smeer—You actors usually overestimate your ability. De Foote Light—Yes! I know of several who imagine they can play "Hamlet" as well as I can.

Remember Lost Cause

General Lee's tomb at Lexington, Va., was visited by 2,647 persons from thirty-seven states and eight foreign countries in March.

Need a Moss

What this country really needs is some one to really tell what it really needs.—Boston Transcript.

Liberal Dozen

A "publisher's dozen" is 13 copies from the old baker's custom of allowing 13 rolls for each dozen sold.

Sympathy

"What? In this you, Jones! I was told you were dead." "No, it is my brother who is dead." "Oh, I am sorry to hear that."

CHAMPION

holds World's Records in every field



CHAMPION has for six years won practically every racing event of major importance. Champion Spark Plugs recently contributed to the world's speed records for boats, planes and automobiles.

Force of Habit

A telephone operator inherited a fortune and lost it at Monte Carlo. That's what the habit of wrong numbers will do for a person.—Kalamazoo Gazette.

For Foot Comfort

AND quick relief of hot, tired, aching, smarting feet stand Allen's Foot-Ease, the antiseptic healing powder, into your shoes. It takes the friction from the shoes and makes walking or dancing a delight. Sold everywhere.

use Allen's Foot-Ease

EVERY DAY For Free Trial package and a Foot-Ease Walking Sock, Address: Allen's Foot-Ease, La Roy, N. Y.

Constipated

Instead of habit-forming pills or strong, irritating purgatives take—NATURE'S REMEDY—Rectal Colon Specialists.

RECTOR COLON SPECIALISTS

WELL OR MONEY BACK Your files eliminated or refunded—In the WRITTEN ASSURANCE we give in administering the Dr. C. J. Dean famous non-surgical method of treatment. (Used by us exclusively.)

DEAN RECTAL COLON CLINIC

10-NIGHT TO-MORROW AIRLIFT GETS THE JOB DONE! For Sale at All Druggists

W. N. U., PORTLAND, NO. 23-1925

Who Wants to be Bald? Not many, and when you are getting that way and losing hair, which ends in baldness, you want a good remedy that will stop falling hair, dandruff and grow hair on the bald head BARE-TO-HAIR is what you want.