IMPORTANT HINT ABOUT BROILING STEAK



In Broiling a Steak Sear Outside Well.

(Prepared by the United States Department

No definite time can be given for cooking a steak, because of varying thickness, degree of heat applied, and personal preference. A steak one and one-half inches thick will probably require 20 to 25 minutes, however, to cook medium rare under the dame of a gas oven. The most important point about broiling a steak, according to the bureau of home economics, is to sear the outside well at a high temperature so as to retain all the juices, not add water and do not cover. From and then to reduce the heat and finish cooking at lower temperature.

Select one of the tender steaks from one and one-half to two inches thick. it off with a damp cloth. A steak may be broiled by direct heat or it may be rack, lay the steak on it, and place over live coals, or under an electric grill, or the flame of a gas oven.

two or three inches below the flame. | parsley and serve at once.

Best results are usually obtained by leaving the door open. Sear on one side and then turn, being careful not to pierce the brown crust. When both sides are seared, reduce the heat, and turn the steak occasionally until cooked to the desired stage.

To pan-broll a steak, sear it on both sides in a lightly greased, sizzling hot skillet, then reduce the temperature and cook to the desired stage, turning the heat to insure even cooking. Do time to time pour off accumulated fat so that the steak will not fry. A thick steak after searing may be successfully finished in a hot oven (450 degrees Trim the steak of excess fat and wipe | Fahrenheit). Slip a rack under the steak in the skillet, and the meat will cook evenly without being turned. This pan-broiled in a skillet. To broil by is a convenient arrangement, for full direct heat, grease the rounds of a attention may then be given to other last-minute preparations for the meal. Place the steak, when done, on a hot platter and season with salt, pep-If a gas oven it used, have the steak per and melted butter. Garnish with

USE EGGS FREELY

Well as Economy.

(Prepared by the United States Department of Agriculture.)

laying at the rate of 45,600 eggs a

minute, the nutrition specialists in the

eggs contain, they hold an especially

high place in children's meals but they

are equally good food for everybody,

these workers in the bureau of home

economics advise. Eggs may be served

many other appetizing ways that no-

body need tire of them even in the

leaflet by Lucy Alexander and Fanny

W. Yeatman recently issued by the

Department of Agriculture. This out-

illustrates them with typical recipes.

Slow cooking at moderate, even heat is

the leaflet says. For the familiar

required for best results. It describes

power of egg whites, and directions

for making custards, sauces, and saiad

dressings show how to get the benefit

Whether alone or mixed with other

foods, eggs lose none of their high

For a free copy of this Leaflet 39-L,

giving over twenty egg recipes, send

to the United States Department of

given by the bureau of home econom-

l large fresh pine- 2 quarts straw-apple berries

Remove the skin and "eyes" from

the pineapple and cut it into oblong

pieces, and then into inch cubes. Dis-

card the core. Measure or weigh the

pineapple, add equal measure or

weight of sugar, put the mixture into

a large pan over low heat, stir until

the sugar is melted, bring to a brisk

boil, and cook for 10 minutes stirring

constantly. Divide the smaller ber-

ries from the larger ones and to each

lot add three-quarters of their meas-

ure or weight of sugar. Add the small

berries and sugar to the cooked pine-

apple and cook for 10 minutes; then

but in the larger berries and sugar.

minutes or until the jelly test is

reached. Allow the jam to stand

overnight in the saucepan in which

cooked. In the morning reheat to

the boiling point and pour into steril-

Blindfold Test

United States Department of Agricul-

ture at the national dairy show at

one made with dry skim milk.

Of all the people sampling two Ice

store in a cool, dry place.

Has Delicious Flavor

Sugar

Agriculture, Washington, D. C.

Preserve Combination

season of greatest plenty.

With the hens of the United States

IN FAMILY MENU

HAVE ANGEL FOOD WHEN FOWLS LAY

Good Many Whites and No Makes for Good Nutrition as 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. Because a good many whites and no yolks are used in making angel cake or "food," most thrifty housekeepers make soft custard sauce from the yolks and either serve this on fruit, with the cake, or reserve it for another dessert. If one happens to be having simmered fish for dinner a good use for the yolks would be to make Hollandaise sauce. This sauce is also good with asparagus, which becomes available just about when eggs are abundant also. The bureau of home economics gives these directions



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

Angel Food.

1 cup soft wheat ½ tsp. salt
flour 1 tsp. flavoring
1 cup egg whites (8 1 tsp. cream of
fairly large) tartar tartar 1 to 1% 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. The sugar, flour, and half the salt are sifted together several times. The egg whites are beaten with the other half of the sait until they are frothy; then the cream of tartar is added and they are beaten until stiff. The dry ingredients are then folded carefully into the beaten egg whites, and when the mixture is partly blended the flavoring is added. Only the folding motion should be used in mixing, for stirring tends to release the air depending on for leavening. A smooth tube pan is best for baking angel food, and a fairly large cake will require about an hour in an oven at a temperature of 325 degrees F. It may be tested in the same way as any other cake, with a clean toothpick, straw, or fine knitting needle.

Mock Turkey Dinner

Equal weight of fresh pork and beet. Roast brown in covered roaster. Make a dry dressing of onlon, bolled potato, raised bread, chopped together with chopping knife (not run through a meat grinder). Place dressing in pan about the ment one hour before serving Have mashed Irish potatoes, baked sweet potatoes or Hubbard squash, baked apples, cabbage salad, cranberry sauce. Scald cranberries, drain, add one cupful of sugar to two of berries. Cover with boiling water, cook rapidly five min utes without stirring.

a rolling plu on a board.

will dry rapidly.

Choose a clear windy day to laun-

AROUND THE HOUSE let him play in a room with all the

Cook vegetables quickly in an open kettle to keep them green. The thrifty shopper buys clothes which will be suitable for more than An easy way to crush nuts is to use

one season. Green vegetables may lose their color from over cooking or from acids or because the kettle is covered. der blankets and piltows so that they

Try to remove stains from clothes When wenther does not permit out with clear cold water, before washing side play, dress the child warmly and with soap. Soap sets many stains.

FLASH The Lead Dog

Christian and an an an an and an and

George Marsh

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The second secon

Up the wild waters of the un-known 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. After several battles with the stormy waters they arrive at a fork in the Yellow-Leg. Brock is severe-ly injured in making a portage and Flash leads Gaspard to the unconscious youth, Gaspard tells Brock of his determination to find out who killed his father. Tracks are discovered and the two boys separate for scouting pur-poses. Brock is jumped by two Indians and a white man and knocked unconscious. He is held prisoner. Gaspard rescues him while his captors sleep. Gaspard believes these men killed his father and is prevented from kill-ing them by Brock. While out alone Gaspard is shot from am-bush by an Indian and kills his would-be-slayer. While out on his trap lines Brock is caught lu a heavy snow storm. Gaspard finds him and the two start out on Brock's trap line.

CHAPTER IX-Continued -17-

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

"Fox!" said Gaspard. Slowly from eastern ridges, groping United States Department of Agriculfingers of light flickered out over the ture say it makes for good nutrition ash-gray floor of snow. The shadows

as well as good economy to use eggs | died. It was daylight. freely in the family menu. Nature "There they are!" said Brock, be has provided an unusually valuable tween his chattering teeth, slipping combination of food elements within his right hand from the mitten susthe shell of an egg. Because of the pended from his shoulder by a thong. protein, minerals, and vitamines that "Three-six-ten of 'em!"

Before them ten caribou, in their blue winter coats were feeding, their frosted breath rising like jets of

"You tak' de bull wid beeg horn!" not only as eggs, they say, but in so 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, "Eggs At Any Meal," is the title of a stopped, then made a short circle, to lunge into the snow. A cow reared on her hind legs, beat the air with forefeet, and fell dead. The ethers, mad lines the principles of egg cookery and with fright, leaped and circled aimlessly, sniffing the air for the direction of the danger which threatened. the secret of success in cooking eggs, Again and again the rifles cracked. Then, from the stricken band, three ways it gives times and temperatures fear-frenzied survivors fled across the barren, their flexible hoofs clicking favorite combinations with other foods sharply on the still air as they ran.

and flavors, and gives exact directions "Seven!" cried Brock, when two wounded deer had been put out of sweet or savory souffles. Recipes for their misery. "That's a good start, fruit whips illustrate the leavening Gaspard! We'll build a cache at the little camp and shoot enough more to take us through to the spring breakof the thickening properties of yolks.

"Yes, they may not be here in the moon w'en de Cree starve; we mak' de beg cach for us and de dog."

nutritive value if properly cooked and The remainder of the day the boys spent in cutting up the caribou and hauling the meat with the dogs to the platform cache seven feet high which they built in thick timber near the camp. Then trimming the spruce uprights smooth with their axes, they circled them with inverted fishhooks to baffle thieving wolverines who might attempt to climb. At the carcasses of One of the best combination pre- the deer, they set traps, for night serves is made from strawberries would bring every prowler within with fresh pineapple. It is easy to mlies down wind, to the feast on the white barren.

make and has a fine and unusual flavor. Directions for making it are The following morning, putting their copper kettle of deer stew and the ten pall on the freshened fire, Gaspard and Brock hurried to the barren. "We've got something in those fox traps!" said Brock, as they approached

> the carcusses. "De tox have fine meal last night. for sure," answered the other. Near the hodles of the deer the snow was networked with fox tracks, and

> two of the traps were occupied. "A red and a cross!" announced Brock, with satisfaction.

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

"Hey, Gaspard! Come here!" called "Look at that wolf track!" In the snow trampled by the cartbou, near the bows of Brock's shoes. was the clearly defined print of the Cook this whole mixture for 30 to 35 left hind foot of a wolf-minus one

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

For a space the son of Pierre Le crolx and his friend gazed at the imprint of the mutilated foot in slience then Brock sald; "Well, Gaspard, we'll lie low for the next six weeks and plie 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 eached and the dogs wired to separate trees, where they gnawed to their hearts' content on caribon ribs, the partners followed the barren into the west. It was a clear day when the frozen plain shimmered like a sea of firea 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 eaped, 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 click ing in the still air.

Again two ritles exploded, again and again.

In mad panic, for a space the main band circled aimlessly, leaping high from the snow, then, with white talls 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 gulloping caribou at three hundred yards. "Well, we won't starve until April, if the wolverines don't get this meat," continued the excited Brock counting the deer on the snow. "Eight we got every one! That's better shoot ing than any red Crees in this coun try could show!"

So with enough ment on their plat 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

(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 delicacles The Chinese, Japanese, Egyptians and various people of India eat blos soms prepared in several ways, says the Farm Journal.

In China, lilles are served as vege tables, bolled with pepper and salt, either in milk or water. Banana blossoms, dipped in vinegar, are almost a staple of dlet during their sea

In northern India a cake is made from the aromatic flowers of a local shrub. They are mixed with butter and a coarse sugar before baking. Many other such recipes, startling to the foreigner, are to be found in northern Africa and that vast stretch of the world lying between the Mediterranean and the Pacific.

Lower Forms of Life Symbols in All Ages

ized glasses. When cold cover the tops with paraffin, seal, label, and Everywhere in antiquity to some ex | tent animals enjoyed particular con sideration and played a preponderant role in moral conceptions. The Iran ians had the cow, dog and cock; the creams, according to a display by the Greeks had the serpent, the ant, the stork and the wolf; the Romans had the wolf and the woodpecker; the Memphis, 64.9 per cent preferred the Egyptians had the cat and several kinds of birds and the bull, and China had its dragon. Some races gave the fish a prominent place in their sym ools. All these creatures were con sidered to be among the original be ings-it always seemed to be appre hender that man had developed from a lower form of life-and the an cients thus held in great respect those forms of animal life that had been

neighbors to the original chaos. Animal cults were deep paths for the teligious of the ancient civilizations and as man progressed down through the centuries and the distinction between man, animal, and abstract gods developed, the displace is silent; stubbornness argues.

ment of animals by more ethereal symbols was a slow matter. Even today mankind in nearly every stage of de velopment finds living and breathing symbols of ideals preferable to more abstract ones, such as the orb of a vast pantheism or the flickering lamp of knowledge,-Detroit News.

Idea Is American The custom of lockeys riding to running races with their sudiles across the horses' withers was inaug urated about the beginning of this century. American Jockeys were re sponsible for it. It was some time be fore English turfmen became recon elled 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 prac-

Firmness makes its declaration and

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 Wash-

"This investigation doesn't mean Atlantic weather." that taxicabs, like taxidermists, skin you, and the men who take offense He went on: 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 affection- Goald's bell and asked if Mr. Goald ately about this old friend and that, was in. "'And Bill Smith?' he said. 'How is dear old Bill Smith getting along?" "'Bill,' said John Smith, a brother brary.'

Resented Uncalled-for

-'Bill is dead.' "'What? Bill dead?' sighed the visitor. 'Ah, me, peace to his ashes.' "'How dare you?' said John Smith

ever breathed." If you wish beautiful clear white clothes, use Russ Ball Blue, Large

Little Richard Helps

package at Grocers,-Adv.

Little Richard's mother was show ing a prospective tenant some rooms she had for rent. The senson being ard, 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-1 cannot marry you, but I'll

ly 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, neadaches, 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 Persin.

Pepsin, a combination of senna and other mild herbs, with pepsin.

The simpler the remedy for constipa-tion, the safer for the child and for you. And as you can get results in and safe way by using Dr. Caldwell's Syrup Pepsin, why take chances with strong drugs!

A bottle 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.

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

SCHOOL FOR MEN Training for BUSINESS. TRADES or PROFESSIONS
Enroll any time. Send for literature

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 bath no man than that he smoke every clear of the box given to him by his wife.-Louisville Times

A wise man is continually adding to his wisdom.

Matrimonial bonds are not negoti-

Tailor Too Sanguine

Concerning Mr. Goald Commander Richard E. Byrd said at a luncheon in Washington: "One thing that our various trans atlantic flights has proved is that the weather bureaus can't forecast

"What? Is this you, Jones! I was told you were dead."

"Oh. I am sorry to hear that."

CHAMPIO

World's Record

in every

"No, it is my brother who is dead."

CHAMPION has for six

ars won practically every

cing event of major

portance. Champion

park Pluga recently con-

speed to the world's and automobile

planes and automobiles.

CHAMPION SPARK PLUG CO.

Force of Habit

A telephone operator inherited .

fortune and lost it at Moute Carlo,

That's what the habit of wrong num-

bers will do for a person.-Kalama-

For Foot Comfort

AND quick relief of hot, tired, sching, smarting feet shake

Allen's Foot . Ease, the antiseptic

healing powder, into your shoes. It

takes the friction from the shoes

and makes walking or dencing a

use Allen's

Foot:Ease

.. EVERY DAY ..

R—the safe, dependable, all vegetable laxative, Mild, gentle, pleasant—R—to-night—tomorrow alright.

For Sale at All Druggists

WELL OR MONEY BACK

Your Piles eliminated or fee refunded—is the WRITTEN ASSURANCE we give in administering the Dr. C. J. Dean famous non-surgical method of treatment. (Used by us exclusively) Remarkable success also with o ther Rectal and Colon aliments. Send TODAY for FREE 100-page book giving details and hundreds of festimonials.

RECTAL

TO-NIGHT

TWATER ENT

SCREEN-GRID

RADIO

Electro-Dynamic Speaker

Power from Batteries
Coming Soon!

Commander Byrd shook his head

"The weather bureaus misread the signs. They prognosticate all wrong They're like the poor tailor. "A poor tallor rang Scattergood

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

"'Thank goodness,' said the tall or, 'I'm going to see my money at

"'Oh, don't make that mistake, sir, hotly. Bill was as good a chap as said the footman, 'If Mr. Goald had any money he wouldn't be in."

Maintains School Work

Having reared a family, taught school and belped 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 summer, she emphasized the coolness was eleven years old, Mrs. Woodhead of the basement where the kitchen started renewing her school days with and dining room were located. Rich her. Up through high school and college they were in the same class. They were graduated from the Emporla (Kan.) State Teachers' college together.

Half City at Auction

Half of Braggs, Okla., is to be sol give you a place in my heart, James. at auction because five women could He--No, thanks, Sarah; I don't like not agree on the division of an estate. Forty town lots were left by J. J. Patrick when he dled two years ago. Wool growers of Gaio, Pennsyl- His will provided that his estate be vania and West Virginia are attempt. divided equally among five daughters. ne how much it actual. 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.

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 '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.

Russ Ball Blue delights the house wife, Makes clothes whiter than snow At your Grocer's,-Adv.

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.

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

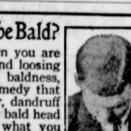
BREALD MAR STREET POINT from the old baker's custom of al-

lowing 13 rolls for each dozen sold W. N. U., PORTLAND, NO. 23-1928

WhoWants to be Bald?

Not many, and when you are getting that way and loosing 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

Scottdale, Penna.



want. W. H. Forst, Migr. Write for Information