Stew is a dish which can be one of the most savoury and delicious of meat dishes, and here is a point which should please the housewife—cheaper cuts of meat may be used to great educations and the most savoury and delicious of the most savoury and delicious of meat tomatoes, 1 cup water, 1½ tablespoons chili powder, 1 tablespoon cold vater 2 cups canned corn (1 No. 2 can) and 2 cups canned okra (1 No. 2 can) or advantage in this method of meat 2 cups canned okra (1 No. 2 can) of

Neck, Plate and Shoulder. bew spoiled." Stew should be simmered but at no time boiled.

The stew should be simmered but at no time boiled.

The stew should be simmered but at no time boiled. Remember - "A stew boiled is a

ion, 1.3 cup turnip cut in cubes, 2.3 tup carrots cut in cubes, 3 or 4 potators cut in 14 inch ellers, 3 or 4 potators cut in 14 inch e Beef Stew toes cut in 1/2 inch slices, 11/2 teaspoon sals, 1-8 teaspoon pepper, 1/2 cup of

flour and one quart of water. Method - Wipe the meat, remove the fat, cut into 1 inch pieces. Cover water, let soak one hour, then heat to boiling. Season remainder of the meat, roll in flour. Fry out the fat in tender. Serves 6 or 8. frying pan, brown the meat and the ion to the stew, cook below the boil-Ing point for two hours. At the end of the first hour add carrot and turactly what food is enjoyed by most nip, add potatoes 15 minutes later. skiers as they chat of Tellemark an Remove bones, thicken stock with the Christiania for hours after a long flour and seasonings mixed to a paste run. Of course skiers will eat practiwith cold water, cook until thick. Note: The amount of liquid should syrup, hot sausages and coffee, seems to fit into their "ski-ey" world perbe kept up to one quart.

Lamb Stew 11/2 pounds breast of lamb, 1 pint o boiling water, 4 medium sized quartered and parboiled potatoes, 1 onspoonfuls rice, 1 cup tomato (strain- breads fresh from the waffle iron, are recorded in vs. 1921, which occurred ion cut in 11/2 inch slices, 2 tableed) or i tablespoon tomato ketchup

Sa't and pepper to taste. Method - Brown the onion in little of the fat in a saucepan; put them with the meat cut roughly into cube-shaped pieces about 11/2 inches thick and sprinkled with salt and pepper. Cover them with boiling wa- appetizing. ter, heat this to the boiling point ag-

fat in this meat gives it a reputation of being indigestible, therefore, careful and thorough cooking is the most important step in its preparation. To serve Pork - Apples in some form are served with pork, such as butter, 1 cup milk, 1 cup grated the Most High God?" The title which the herd rushed down the steep into

of flour, 2 tablespoons salt, 1-8 te

cookery. Below are a few of the cuts
which are suitable:
Beef — Lower round, Flank, Skirt
and Brisket.

Mutton or Lowb. — Proof. When the cuts of the cuts

Proof. — For the lean pork, use either a loin roast or fresh ham shoulder. Cut the meat into inch cubes, tak-Mutton or Lamb - Breast, Flank, ing care to eliminate all fat, Roll the pieces in the flour which has been mixed with 1 teaspoon salt and the the tomatoes with water and 1 tea-

Into your casserole, place the, ingredients in layers, on the bottom put a layer of meat; follow with some corn, then some okra. Repeat until ill is used. Pour in the tomato sauce

Waffles, Griddles

the fat. Add meat and on- Ski-ing is an invigorating sport cally anything, but plain waffles with

. And they like those new cheese ter waffles served with grilled tomatoes. 28. As ski-ing becomes increasingly pomore late ski suppers. These quick lilee, with the exception of the event Legion; for many demons were enterbreads fresh from the waffle iron, are easy to make and simple to serve.
They can be made light as down with the use of cake flour in the batter.
Cake flour is 27 times as fine as or-dinary flour so it responds quickly.

The description of the Sea of Galilee. The miracle of healing and that of raising Jairns's daughter from the countries of the season of the seaso airy batter that makes waffles so um. Feather Light Waffles

Tomatoes

2 cons sifted cake flour. 2 teaspoons

Fold in egg whites and cheese. Bake therein the true devilish spirit speaks in hot waffle iron. Place a slice of out, which counts it a torment not to the grilled tomato on each section. Makes be suffered to toward to toward the suffered to toward toward to toward to toward to toward toward to toward towar



CUNDAY 3 CHOOLESSON

mammon. - Luke 16:13.

pular in Canada, there are more and to v. 25, were given at the Sea of Ga

the heat for two hours; or cook it over hot water for three hours, or ten, 3 egg whites, stiffly beaten, 1-2 underworld of darkness, without physical form, agents of Satan seeking to control men and women living on the hour of simmering add the rice; half an hour before dishing the stew add

mons are spiritual personages of the underworld of darkness, without physical form, agents of Satan seeking to control men and women living on the leave to enter into them. And he gave them leave. How the hour only included the rice; half and only before dishing the stew add

Sift flour once, measure, add bak-

baking powder, 3 egg yolks, well beaton, 3 egg whites, stiffly beaten, 3 with a loud voice said, What have 1 teaspoon salt, 4 tablespoons melted to do with thee, Jesus, thou Son of the hard preshed down the steep into regetables are excellent with it and so are sweet potatoes. Pan-fried vegetables should be avoided as there is so much fat in the meat.

Sift flour once, measure, add baking powder and salt and sift again. Combine egg yolks, milk and butter. Add to flour, beating until smooth.

Baked Ham

Cook the ham in water three to

Golden Text — "No servant can serve two masters; for either he will hate the one, and love the other; or else in fetters. The invisible bonds of the read that they actually asked the the one, and love the other; or else he will hold to one, and despise the other. Ye cannot serve God and him faster than the chains of his country. They thought more of their What is thy name?" There is nothing and they were afraid that probably THE LESSON IN ITS SETTING
Time — All the events of this chapter occurred in the autumn of A. D. Lord sabed him his reme in order to Place — Our Lord's teachings, down recall him to a sense of his own independent personality. "And he said. d into him." A legion consisted of

dinary flour so it responds quickly of raising Jairus's daughter from the "And they entreated him that he o leavening and gives that light dad occurred in the city of Caperna fry batter that makes waffles so um. "And when he was come forth upon he land, there met him a certain man he land, there met him a certain man he land, there was there a head of by be translated "kept beseeching." His faithful service, made him, more

mons are spiritual personages of the many swine feeding on the mountain; control men and women living on the butter, 1 cup milk.

Sift flour once, measure, add baking the stew add the potatoes; when they are done remove the bones and pieces of fat, third in the tomato or ketchup, add the salt and pepper if needed and serve.

Pork

Let us test out some of our favor, the pork dishes. The large amount of fat in this meat gives it a reputation

Cheese Waffles with Graled

Tomatoes

Tomato that are so abundant here.

"And when he saw Jesus, he cried that he simply gave them leave to do so, i.e. he did not actually prevent them."

The simple tasks grow greater, & Within my walls, and think brings that person back again to his "And they that saw it told them here, and fail not to notice in friends the head of the here, and fail not to notice in friends." Some good to ons was made whole." This is not a petition of verse thirty-four, but a tement of additional information hich was given to the townspeople fter they arrived on the scene.

"And all the people of the country the Gerasenes round about asked him to depart from them; for they LESSON VIII. — FEBRUARY 23 for binding his feet. "And breaking were holden with great fear; and he bands asunder, he was driven of the demon into the deserts." This the demon into the deserts." This It is a terrible commentary on the neighbors. "And Jesus asked him, property than of the soul of this man nite so sacred and significant to any they might lose other possessions i

More Than King

than King;

'Mid toppling thrones, and conflict all

Soil Color a Clue

Cook the ham in vater three to four hours; take out; remove the skin. Sprinkle with ½ lb. brown sugar mixed with 2 lbs. sifted bread crumbs. Sprinkle with with peoper, place in a hot over, bake until well browned. Serve hot or cold.

Head Cheese
Soak the heads and hocks of pork over night in sait water. Cook until tender in fresh water, enough to cover meat. Take from the liquid, remove the bones and separate the larger pieces. Arrange in a mould, Allow liquid to cook, a little longer, and strain the liquid over be meat and set aside to jell.

Chili Con Came
Recipe — 3 lbs. lean pork, 2.4 cup

Recipe — 3 lbs. lean pork, 2.4 cup

Took the ham in vater three to four hours; take out; remove the skin. Sprinkle with ½ lb. brown sugar mixed with 2 lbs. sifted bread and hocks of pork askin. Sprinkle with with the proper. Help the poore, by medicins easily and the country. The first newspaper advertisement and the liquid over be meat and set aside to jell.

Chili Con Came
Recipe — 3 lbs. lean pork, 2.4 cup

Recipe — 3 lbs. lean pork, 2.4 cup

All in egg whites and cheese. Bake lout, which counts it a torment not to go detroying their property. Dr. G. Campbell Morgan has summed up the chirties, and make it and selded to be lime and the was kept under guard. The matter needs no debate. The fact that he liquid over be was commanding the uncleased.

First Newspaper Ad the leads and hocks of pork over night in sait water. Cook until tender in fresh water, enough to cover meat. Take from the liquid, remaining the poore, by medicine easily and the country. The pirace was commanding the man. For oftentimes it had selzed him: and he was kept under guard. The roll in chains, and that, it is found only here and in height of the avent. The former is all the first of the liquid over be meat and set aside to jell.

Chili Con Came
Recipe — 3 lbs. lean pork, 2.4 cup

Recipe — 3 lbs. lean pork, 2.4 cup

Recipe — 3 lbs. lean pork, 2.4 cup

Recipe — 4 latter free to the Instruments used lout. which counts it a torment not to the underie

Dragged From Peril

made the collar and jabot. It pears again in the pocket trace or perhaps you'd like black or in beige woolen. This slenderizing mode

This slenderizing model, adapts itself perfectly to plain printed crepe silks.

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WERY DAY LIVING

look-up some whit the higher for the men A WEEKLY TONIC Where I have toiled to make a here By Dr. M. M. Lappin

times I have been compelled

nobly . . . and clears away from own thought all that is useless a disagrecable."-La Rocnefoucasi

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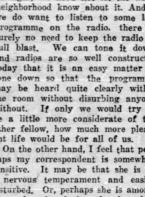
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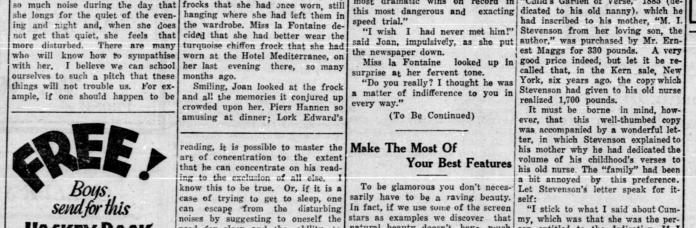
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THE REMARKABLE ROMANCE OF AN INDUSTRIAL

PEARL BELLAIRS

She further states that she is at on her. Lord Edwards proposes

I consider it very bad manners and a mean and selfish thing to do."

In that last sentence I feel myself almost in agreement with her. If folks would only think about these seeming little things, they would be more considerate of others. But they don't think, and thought-the lessness is yow effect, and the lost of th

and radios are so well constructed today that it is an easy matter to to go to the Navy Ball.

"Lord Edward will be there, of the car was injured to go to the Navy Ball."

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"Lord Edward will be there, of the car was injured was injured was injured will be the car was injured will be

may be heard quite clearly within the room without disurbing anyone without. If only we would try to be a little more considerate of the other fellow, how much more pleas
I go I am asked: 'Where is Joan Forbinish and the state of the other fellow, how much more pleas
I go I am asked: 'Where is Joan Forbinish and the state of the other fellow, how much more pleas
I go I am asked: 'Where is Joan Forbinish and the state of the other fellow, how much more pleas
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I go I am asked: 'Where is Joan Forbinish and the state of the other fellow, how much more pleas
I go I am asked: 'Where is Joan Forbinish and the state of the other fellow, how much more pleas
I go I am asked: 'Where is Joan Forbinish and the state of the other fellow, how much more other fellow, how much more pleasant life would be for all of us.

On the other hand, I feel that perhaps my correspondent is somewhat sensitive. It may be that she is of a nervous temperament and easily disturbed. Or, perhaps she is among so much noise during the day that she longs for the quiet of the evening and night and, when she does and locked through the pretty frocks that she had once worn, still hanging where she had left them in the wardrobe. Miss la Fontaine de.

art of concentration to the extent know this to be true. Or, if it is a

. . .

NOTE: The writer of this column is a trained psychologist and an author of several works. He is willing to deal with your problems and give you the benefit of his wide experience. Questions regarding problems of EVERY DAY LIVING should be addressed to: Dr. M. M. Lappin, Room 421, 73 Adelaide Street, West, Toronto, Ontario. Enclose a 3c stamped. addressed envelope for reply.

If on the other hand, you have a good mouth, but just average eyes, omit the mascara, use plenty of lipstick and place rohge just below cheek bones.

Women with beautiful hair should go in for attention-getting coiffures. Thick, luxurious locks blend themselves well to halo braid effects. The beauty of a handsomely shaped head is emphasized by a plain, brushed-backward hairdress.

Velvet and Steel

of humble origin, is in-social equal of Miss ontaine, rather than as taken and tossed away into the

present troubled with the noise of neighbors. They go out and in at all hours of the night and day, without a thought for anyone apparently but themselves. Talking loudly, slamming doors, prancing heavily along the corridors of keeping at the kissed her. "I've come back to Joan took it and looked at it curislamming doors, prancing heavily along the corridors, of keeping radios go full blast into the small hours of the morning.

"I get little sympathy," complains my correspondent. "I am always trying myself to be quiet and considerate of other people's comfort, and would never think of entering to me from a lady correspondent. These stand out in a letter that I ow before me as I write. It is me from a lady correspondent to me from a lady correspondent to me from a lady correspondent. These stand out in a letter that I ow before me as I write. It is me from a lady correspondent to me from a lady correspondent. These lates here to me from a lady correspondent to me from a lady correspondent to me from a lady correspondent to me from a lady correspondent. The change in her seemed like a looked at it curiously. While she and Miss la Font to world that I didn't believe could exist! You were quite right, Joan. He means us to live; for when life becomes unbearable He sends us some wonderful thing to help us sharply,

"Just at present," said Joan, faintly, "I feel so wretched that I

reading, it is possible to master the Make The Most Of case of trying to get to sleep, one can escape from the disturbing noises by suggesting to oneself the need for sleep and the ability to sleep. Sleep can be induced in spite to do with the clusive quality which said she was the only person who

sleep. Sleep can be induced in spite of noise. Granted, it is not easy. One has to go in for some mental training and to learn the art of selfmastery.

My advice to this correspondent is to try and not give way to her feelings. Perhaps her physician would prescribe a nerve tonic, but I rather think that what she should do is try to find a nice quiet locality in which to live and to go in for some kind of mental training that will enable her to adjust herself to course, one could always recommend living in the country, but even the countryside is not always free from noise these days, and the necessity of having to earn a living has to be considered. I'm afraid that, apart from schooling oneself to naving no considered. I'm afraid that, apart from schooling oneself to naving no content to do with the elusive quality which to leaving to do with the elusive quality which would understand, it was a fashion of speaking; but to Cummy the dedication is due because she had the most trouble and the least thanks. As for Auntie, she is my aunt, and I am often decently civil to her; four advantages that could not be alleged for Cummy. That is why I think I chose right."

It was the great-niece (living in Alberta) of Mrs. Stevenson who sent the presentation copy to Sotheby's, along with 27 others given to Stevenson's mother, which totalled 2,221 pounds.

The best idea, of course, is to they your features—the bad ones as well as the good, Then learn how to make the most of the nicest one, with a Donkey in the Cevennes."

considered. I'm afraid that, apart to make the most of the nicest one, with a Donkey in the Cevennes from schooling oneself to paying no If you have unusually large eyes, from schooling oneself to paying no attention to noise, this is a problem which, for many people, will never be solved until we all learn to take thought for the other fellow.

If you have unusually large eyes, but a rather bad chin line, use a touch of mascara on your lashes and keep rouge well up on your cheek bones.

Those Leisure Hours Why Not Employ Them Profitably? Specialised training

If on the other hand, you have a





The Book Shelf

BY MAIR M. MORGAN

in one arm," Joan read. "the car appeared to be undamaged, and the In the instance of Robert Louis intrepid driver continue the race Stevenson, it remains a moot point after an interval of less than ten whether his love for his old nurse

Make The Most Of

Your Best Features

To be glamorous you don't necessarily have to be a raying beauty, self. d by a wonderful

Why Not Employ Them Profitably? Specialised training leads to Increased efficiency mean Increased Efficiency mean Increased Earning Capacity Overcome Inferiority Complex develop mental power, an equip yourself for bette things. Study letsurely in the quiet of your cown home. Write for particulars of fascinating correspondence courses.

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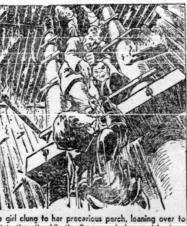
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girl bent to pass her strange life-line to Smith, a cloud of

By Sax Rohmer



The girl clung to her precarious perch, leaning over to peer into the pit, while the fire roared above. I kept my gaze upturned to that beautiful, flushed face, and my cyes fixed upon hers-which were wild with fear . . . for me!







