

Pointers On Pies





flaky, tender crust, is the star of ship's cooks, even in those days, knew this silent movie. The pie-making that a varied diet, with a proper balhints illustrated above, from top to ance between foods, was vital to 41/2 lbs.) with one-fourth cup brow

in, pushing it into each crinkle.

pastry.

Perfect pastry is the basis of all good piet and it is easily made by the new method of using a fine cake flour to give a light, flaky crust. One of the first rules in pastry making is to use cold ingredients and handle them lightly. A second important pointe is to use water cautiously.

The best way is to plan meals for the entire week, building each day to the next day's meals. There must be some bulk and roughage.

A BALANCED OVEN MEAL

The best way is to plan meals for dish.

CARROTS A LA KING

Method: Pare, dice and cook carrots until tender. Drain. Prepare 1 cup medium hick white sauce to which has been added 1 teaspoon grated onion, 1 tablespoon each pointe is to use water cautiously. Too many cooks dump the water on the flour and shortening mixture, then have to knead and handle a Candied Sweet Potatoes soggy dough mixture and this is one The best way to add water is to

sprinkle I teaspoon of cold water over

with fork. Handle as little as posible. Wrap in waxed paper, roughly. Roll out on slightly flourboard. Bake pastry in hot over to degrees P.). Makes enough ry for one 9-inch two-crust pie

CHOCOLATE MERINGUE PIE 3 squares unsweetened chocolat cut in pieces a cup sifted cake flour

2 egg yolks, slightly beaten 2 teaspoons vanilla 1 baked 9-inch pie shell 2 egg whites

4 tablespoons sugar dd chocolate to milk and heat uble boiler. When chocolate elted beat with rotary egg beate is blended. The continue beating until melt a level cup of cheese in

In the old days of sailingships when part of the ship's stores as a safe-quard against scurvy—that wasting isease caused only by lack of fresh Chocolate Meringue Pie with a vegetables and eating no fresh meat, says Jessie Marie De Both. The Show-me-Dessert

ing a meringue lightly from the edge a queen could not have bought with the crown jewels a hundred years ago, is still no differently situated from

MENU Stuffed Pork Chops Creamed Cabbage

Date Meringue Pudding STUFFED PORK CHOPS



Paintings regarded as the most important and representat contemporary American art are being displayed at the Palace of Fine Arts at the San Diego, Cal., Fair. Above is a photographic reproduction of Gari Melcher's "The Pot Hunters".

until blended. Combine sugar, flour add salt; and gradually to chocolate mixture and cook until thickened, titiring. irring constantly; then continue | 2 level cups cooked cabbage ( sking 10 minutes, stirring occasispoons flour, ½ teaspoon salt, 1 re over egg yolks, stirring vigorusly; return to double boiler and Method: Add the seasoning to the spoons flour, ½ teaspoon salt, 1 teaspoon pepper, 1½ cups milk. sk 2 minutes longer. Remove from flour and then all to melted butter ling water; add butter and vanilla. Blend well before adding milk. Co ool. Turn into pie shell. Beat egg over low fire stirring constantly un hits until foamy throughout; add thick—stir in cambbage and reher

gar, tablespoons at a time, beat-r after each addition until sugar. Note: For a hearty luncheon d mixture will stand in peaks. Pile sauce before adding the cabbage lightly on filling. Bake in moderate Serve with poached eggs on toast. ren (350 degrees F.) 15 minutes, or DATE MERINGUE PUDDING

2 cups cooked cereal, ½ cup chop ped dates, 1 teaspoon vanilla, 2 cup milk, 1 cup sugar, 2 eggs. Method: Mix all ingredients except egg white. Pour into buttered bal nen were at sea for months at a time, arrels of sauerkraut were usually meringue of heaten white to which 4 neringue of beaten white to which tablespoons sugar have been adde and brown in oven. THREE-HOUR OVEN DINNER Show-me-Desser

COTTAGE HAM Method: Rub a Cottage Ham (3 hints illustrated above, from top to bottom, cover the rolling of the chill-ed dough, pinching the edge together if it cracks; making a double upright fold of pastry for a fluted rim and fluting it with the fingers; pilling and fluting it with the fingers; pilling a wavingue lightly from the edge of the command even in mid-winter, which command even in mid-winter, which horseradish sauce.

And between 100ds, was vital to the sugar, 1 teaspoon mustard; stick sun face well with cloves. Place in baking pan and bake at 300 deg. From the edge of the command even in mid-winter, which horseradish sauce.

HORSERADISH SAUCE HORSERADISH SAUCE

Method: Pare, dice and cook car

Chocolate Meringue Pie
Canadians need desserts rich in heat and energy during the snappy, cold days of w.nter and early spring.
Chocolate Meringue Pie is one of the most delicious of these dessetts with its good filling, and parfect pastry.

Before the state of the description of the differently situated from the queen's chef or the ship's cook when it comes to providing her family with a balanced diet.

The modern home-maker must pay even more attention to the subject, because today her family are leading mostly an indoor life. It takes real thought and planning to provide the correct diet for that.

which has been added 1 teaspoon grated onion, 1 tablespoon each finely diced celery, minced parsley

Pour sauce over

So go, and you can wear it right through the spring.

Cotton, linen and tub pastel "SHOW-ME-DESSERT" 1/4 cup butter, 1/4 cup sugar,

iten egg yolks, 1/2 cup flour,



sprinkle I teaspoon of cold water over a portion of mixture and toss together lightly with a fork — just enough to make it hold together—then leave it. Add water to another portion and form another damp ball. Continue until all flour is dampened, then wrap dough in waxed paper and chill thoroughly.

The finest plain pastry is made from this simple recipe.

SIGFFED PORK CHOPS

4 thick pork chops (cut for stuffing), 1 cup cooked rice, 1 tablespoon butter, 2 chopped pimientos, salt and pepper to taste.

Method: Mix all ingredents as for cake. Spread in a pie pan. Whip whites of two eggs—add 14 cup extra of sugar and beat well. Spread on top of pie, sprinkle some chopped nuts on top. Bake in slow oven 25 minutes. Serve with whipped cream, butter, 2 chopped pimientos, salt and proper to taste.

Method: Wipe chops, stuff with rice to which the butter, pimiento, and seasoning have been added. Place in a hot skillet and brown on both sides. Cover and reduce heat. Cook an hour.

CANDIED SWEET POTATORS

4 thick pork chops (cut for stuffing), 1 cup cooked rice, 1 tablespoon baking powder, 3 tablespoons milfl.

Method: Mix all ingredents as for cake. Spread in a pie pan. Whip the whites of two eggs—add 14 cup extra of sugar and beat well. Spread on top of pie, sprinkle some chopped nuts on top. Bake in slow over 25 minutes. Serve with whipped cream, if desired.

From January to March is the best of two eggs—add 14 cup extra of sugar and beat well. Spread on top of pie, sprinkle some chopped nuts on top. Bake in slow over 25 minutes. Serve with whipped cream, if desired.

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CUNDAY SCHOOL ESSON

LESSON X - MARCH 8 But the trouble with this rus Teaches Neighborliness Luke 10 that, as soon as he got iden Text - "Thous shalt love the ties over, he forgot a

Lord thy God with all thy heart, neighbor. with all thy soul, and with all "And in like thy strength, and with all thy mind; when he came to and thy neighbor as thyself - Luke him, passed by on t The Levites wer

THE LESSON IN ITS SETTING like Aaron and his son Time - November and December, the most holy this

Place - All the events of this chap. aritan was one absolute er occurred in Peraea, the territory the Jews, and it was to st of the Jordan River, extending people that Jesus from the city of Pelia southward half ho Journeyed, ca way down the eastern coast of the and when he saw ad Sea; the last five verses of this with compassion. apter are located in the city of one would expect fro thany on the east slope of the Mt. a Samaritan was "And behold, a certain lawyer." We was touched with the n

and based at this word to bring and came to him before our minds the typical "lawyer" his wounds." Possibly today. In the New Testament "law- from his own gar r" means "teacher of the law" and them oil and wine." Of a synonym for the more frequently recognized house ed word "scribe." "Stood up and he set him on his made trial of him." The fame of Jesus brought him to a as a teacher, had reached this scholas a teacher, bad ar's ears, and he now undertakes to "And on the mor prove Jesus' skill, to discover if he two shillings." Lit eally is the Teacher of divine truth equivalent to a eally is the Teacher of divine taday so there claimed are was. "Saling, leacher, what shall I do?" The tense to the host, and said him; and whatsoever thing, eternal life can be secur- more, I, when I come by d. What heroic act must be performed or what great sacrifice made? "To and its emphatic or what great section of the property of the section of the sectio

egalist, a man who conceives of eteral life as an inheritance. "And he said unto him, What is And he said unto min. then in the law? how readest thou? fell among the rol The very business of this man quesioning Jesus was to know the law.
"And he answering said, Thou shalt ove the Lord thy God with all thy
"And he said, He to the Lord thy God with all thy eart." The quotation beginning hers mercy on him." And him, Go, and do thou with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself." The last phrase is quoted from Lev. 19:18

These words need no exposition. "And he said unto him, Thou hast

nswered right; this do, and thou shalt live." The verb here translated do" is a present imperative and could be literally translated "contin-ually do," i.e. not merely do it once A large ankle may be "But he, desiring to justify himself, son of the formation said unto Jesus, And who is my neighbor?" The laywer saw at once that conditions of exercise.

he had convicted himself of asking a Stretching the to uestion that he really knew. In his the toes, moving the formbarrassment, he asks another lar motion, brisk rubb question to show that he did have a de-Cologne are beneficial "Jesus made answer and said. A cises and massage as for the and brutality (cf. Matt. 27:28, 31; and Feet and ankles often

because he tried to keep his clothes part of the body. and also to disable him, that they ad- Unless specially led blows to robbery. "And departed, one who suffers from pull aving him half dead." One must should drink more water. e reminded of our Lord's words con- Lastly, see that your erning the destructive work of Satan your heels are well balan n the lives of his subjects in John 10 0, 12, 13.

ras going down that way." By co dence we might say, by that wonerful falling-in of one event with other, which often seems chance to another, which often seems change to its, being indeed the mysterious weaving-in by a higher hand, of the thread tates will be required to cause, unless they do, the unsatisfactory my stamps or coin (coin preferred);
wrap it carefully and address your
order to Wilson Pattern Service,
73 West Adelaide Street, Toronto. The finest plain pastry is made from this simple recipe.

2½ cups sifted cake flour

½ teaspoon salt

2.3 cup cold shortening

1.3 cup cold water (about)

Sift flour once, measure, add salt, and sift again. Cut in shortening until peecs are about the size of small peas. Add water, a small peas. Add water, a small sprinkle thickly with brown sugar. smount at a time, mixing lightly

The finest plain pastry is made from this simple recipe.

CANDIED SWEET POTATOES

Method: Peal the boiled or steamed stitle to plant carnation cuttings for the reason that at this period the plants are strong and vigorous. Later on the plants will be weakered by falling health from making lightly with fat. Dot potatoes with small peas. Add water, a small sprinkle thickly with brown sugar. Bake until a rich brown. Stew over the content of the following the plants are strong and vigorous. Later on the plants will be weakered by falling health from making lightly with fat. Dot potatoes with small they strength, and with all they ology of the Human in plant of the following people commit suicide or is aked this priest in the temple, What shall I do to inherit eternal life? he cakes the plants are strong and vigorous. Later on the plants will be weakered by falling health from making lightly with fat. Dot potatoes with small they strength, and with all they ology of the Human in plant of Agriculture, Ottawa.

The Duke of Connaught is wintering at Bath, England, and was prevented by failing health from making the trip to London to participate in the strenuous activities of the roy-later of the strenuous activities of the roy-later of the strenuous activities of the roy-later of the plants are strong and vigorous. Later on the plants will be weakered by fall method to inherit eternal life? he caked this priest in the temple, What shall I do to inherit eternal life? he would have answered him. Thou shalt life? he call the plants will be weakered by fall method to inherit eternal life? he call the plants will be weakered by fall method to inhe

Here is a real thrill for reen tea drinkers — a blend first crop teas from apan's finest gardens. Try it.

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"But a certain S

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ared Schiaparelli, but price. They asked the Paris dressma- see you," he said.

"Which of these

question, our Lord

Should Have to

Full Strength





THE REMARKABLE ROMANCE OF AN INDUSTRIAL

"I'm sorry," he said, with a cer-

Stationer's shop, Burdett Road."

Joan turned crimson as she read.
"Oh!" she said, utterly disgusted.
"Here hereible!"

bread.

Sometimes he squeezed my hand a mite
A-sittin' in the candle-light;
He often helped me find a cow
That strayed off from the place somehow,
And once when I fell off the condense of the compromise on anything below it.

Live up to the schedule of daily tasks you set for yourself.

Live up to what you would have life be, and it will be as you would have life be, and it will be as you would have it.

—The Builder.

The Builder.

How Grandpa Proposed

He joined the village choir

### The Knows

You are taking for Headaches, Neuralgia Ask Him

Preparations

BEFORE you take any preparation you don't know all about, for the relief of headaches; or the pains of rheumatism, neuritis or neuralgia, ask your doctor what he thinks about it — in comparison with "Aspirin."

We say this because, before the discovery of "Aspirin," most so-called "pain" remedies were advised against by physicians as being bad for the stomach; or, often, for the heart. And the discovery of "Aspirin" largely changed medical practice.

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Remember this: "Aspirin" is rated among the fastest methods yet discovered for the relief of headaches and all common pains . . and safe for the average person to take regularly.

"Aspirin" Tablets are made in

Demand and Get

PEARL BELLAIRS

Joan Denby of humble origin, is introduced as a secial equal of Missing Georgina La Fontaine, rather than as her secretary. She meets Piers Hanner, millionaire, who forces his attentions on her. Lord Edwards proposes to Joan.

Joan leaves Miss La Fontaine to become a mannequic at the Salon Celeste. Plers Hannen takes Joan and her family for a cruise aboard his yacht.

And from him. A letter of thanks as a matter of fact. I've had him followed to the stationers' shop in the Burdett Road by a private detective I have only to put out my hand to take him."

"Who is he?"

She was sitting in her chair again.

city for living.

"I replied to Mr. Smith," said Han nen, speaking in the same dry, level dowed.

somehow, cither, anyhow. Send me the cash here Cowleys, and will send you the

twice,

And thats how grandpa paved the way

For me to set the wedding day.

—James A. Sanaker.

Smith."

Joan read it, and cried indignantly: properties of the power of the properties of the

# Man Who

Whether the Remedy or Rheumatism Pains is SAFE is Your Doctor.

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regularly.

"Aspirin" Tablets are made in Canada. "Aspirin" is the registered trade-mark of the Bayer Company. Limited. Look for the name Bayer in the form of a cross on every tablet.

### Velvet and Steel

He looked at her in silence for taey will never attach supreme im-tain casual frigidity, "to bring you in moment across the table; what was portance to fashions as do Europeans so far from your work. But the mat-tain casual frigidity, "to bring you it came into his eyes, compunction to fashions as do Europeans so far from your work. But the matcountry to think of language line fashions, according fashions, ac

Schiaparelli found that Russian wochiaparelli, noted Paris
has returned from a
w and Leningrad.

The opened a drawer at the side of
some are now interested

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Commendable High Living Live up to your God-given capa-

voice, under which seemed to lurk unnameable things. "I asked how much he wanted. This is his anthat you can not be contented if you woman. Love is an adventure in every man's heart and one which he would willingly prolong, but he is much he wanted. This is his an- that you can not be contented if you He put down the first letter and compromise on anything below it.

Let him send it to her, whoever he is! I remember the bill now, they gave it to me before I left the hotel. It was written out so that—" she stammered a little. "So that it looked as though we had stayed the night doesn't know the value of francs, anyone could see that it was only breakfast for two, by the price—!"
She broke off in her protestations.

raperweight.

"How could the man have got hold of the bill?" Joan said. "I had it in my bag. I remember showing it to Maude in the cabin aboard the Corsair—and that was the last I saw of it. Do you think that one of the

it. Do you think that one of the hands on the Corsair could have pick-"It's a silly sort of attempt at blackmail," Hannen replied quietly, looking at her enigmatically. "He's liable to get anything up to five years' imprisonment for it if we catch him."

"Are you trying to catch him?" asked Joan, with an increasing realization of the unpleasantness of all this in view of the situation between them. What a horrid thing to hap-pen! What a wicked and beastly thing blackmail was! "I've got him where I want him!

I've proved his handwriting to be the

same as that in another letter, a

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the learn how to turn out smart clothes in large quantities at a reasonable to the property of the paid.

"It's about this that I wanted to she preparing for a large collection, the precaring of materials, selection of designs and color combinations. They make all their own mathings and fashlon clothes from magazine pictures. According to Schiaparili, the Russians do a creditative is a first and fashlon clothes from magazine pictures. According to Schiaparili, the Russians do a creditative is the had to come over to his she was form her so that, as her realized afterwards, she could not hand it to her, and to read it she had to come over to his side; all the time he held the letter as her realized afterwards, she could not speak until at last, and fashlon clothes from magazine pictures. According to Schiaparili, the Russians do a creditative is not the realized afterwards, she could not speak until at say from her so that, as her realized afterwards, she could not speak until at last of accessories.

"There are two classes of women in Soviet Russia," said Schiaparelli, "There is the professional class that has taken the place of the nobility and includes government officials, artists, dectors, composers and writers as well as the former members of the old nobility whose sympathy is with the Soviets, and also the peasant class. Since all are workers, Schiaparelli, and be to be worn all day long. It consists of a black dress with a white washable color and zipper fastenings which is to be worn with a spring coat of red would lined in black.

"Mr. Hannen," the letter randoute to the red work of the place of the red with the was as bad as this. The first collection of the red with the was as bad as this. The first collection of the red with the was as bad as this. The place of the red with the was as bad as this. The place of the red with the was as bad as this. The place of the red with the red with the was as bad as this. The place of the red with the was as bad as this. The first clearly meaning the red with the

The increase of divorce and th fact that the marriage rate is not city for living.

Live up to the glorious measure of usefulness with which you were of modern girl fails to realize that man usefulness with which you were en- is more sensitive to romance than not always given

After many months of research, given to a new master, a maltes seamless boots that resist action of cat made its way more than 20 miles gasoline, oil and acids have been in sub-zero weather from Regina to



The Book Shelf

. 3 2 3 3 3 3 2 2 2 2 3 3 3 3 3 3 3 3 breakfast for two, by the price—!"
She broke off in her protestations. He was so oddly cool and quiet, and she felt in him a sort of menace, as though he was unfriendly to her in this as in everything else.

"So far I have done nothing about it," he remarked. And as though the letters were of great value he placed them carefully at his side under a raperweight.

"He was ond we have the price—!"
Autobiographies are still enjoying adventures. This Russian episode in his life is a book in itself—but Mr. Farson goes on to Egypt where he crashes. The war over we find him in Chicago, married and selling trucks—but not for long. He jumps over to British Columbia—then back to Chicago, then to find him a cross Eught where he crashes. The war over we selling trucks—but not for long. He jumps over to British Columbia—then back to Chicago, then turns into a wandering newspaperman. This leads him across Eught where he crashes. The war over we selling trucks—but not for long. He jumps over to British Columbia—then back to Chicago, then turns into a wandering newspaperman. This leads him across Eught. Russia, in 1915 evidently was one

CHALLENGE CORN STARCH
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The CANADA STARCH COMPANY Limited rope; into the wilds of the Caucas-us, back into Turkey and Egypt-thence to India. This is enough for the most seasoned reader, and being one I must say I enjoyed it. For one thing you become so involved in the adventures and wanexciting place and has been the lo- | derings of this delightful person ality that you completely leave Tophies. None exceed Mr. Farson's ronto for a space of time.

## NOW THEY ASK FOR MORE



cale of several stirring autobiogra-

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By ANN PENNINGTON that confronts young people is to de-termine the vocation of trade for matter what happens, don't give up

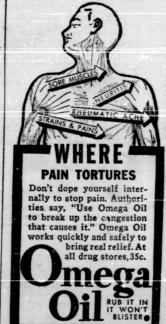
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Every boy will want this Book—"How to Become a Hockey Star", by T. P. (Tommy) Gorman, coach and manager of the World Champion Montreal Marcons. Simply take a label from a tin of "CROWN BRAND" or "LILY WHITE" CORN SYRUP—write on also ~ Send in a label or the front of a carton

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By Sax Rohmer







