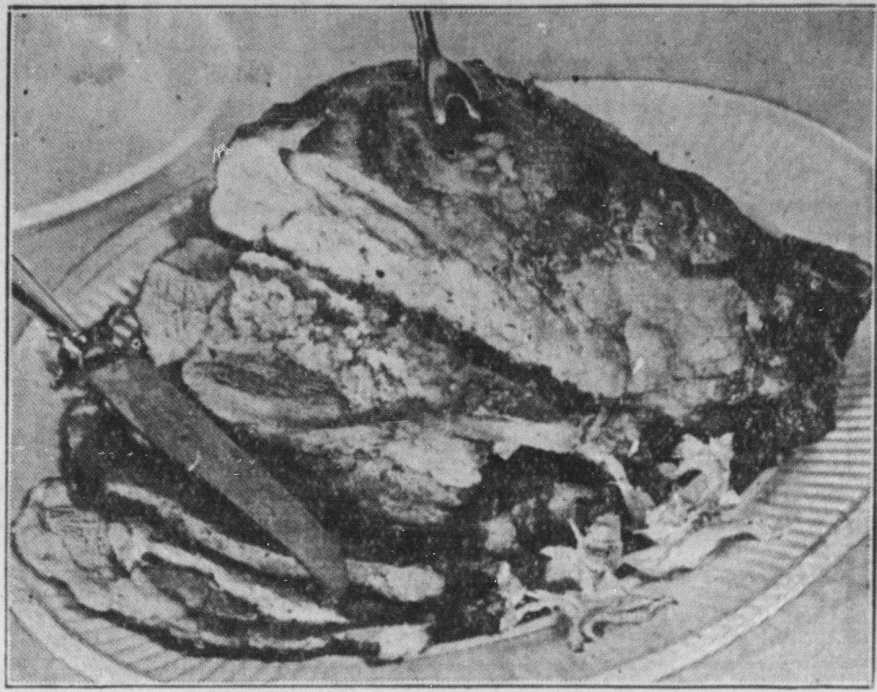


Carving Roast Stuffed Lamb Shoulder



Shoulder of Lamb, Boned and Stuffed.

(Prepared by the United States Department of Agriculture.—WNU Service.)

Many people think the meat of a shoulder of lamb is just as tender and quite as delicious in flavor as the leg or any other part. The shoulder is not so easy to carve as the leg, owing to the irregular shape and central position of the shoulder blade. This difficulty about carving is easily met, says the bureau of home economics. Select a shoulder of lamb weighing from 3 to 4 pounds. Have the butcher remove all the bones, as well as the fell, or outer papery covering of skin. The bones may be saved for making soup. The shoulder may then be stuffed, and either left flat or rolled, and the pocket held twice as much stuffing. Either of these completely boned stuffed shoulders can be carved straight through in attractive slices of part meat and part stuffing.

Wipe the meat with a damp cloth. Sprinkle the inside of the pocket with salt and pepper, pile the hot stuffing in lightly, and sew the edges together. Rub salt, pepper, and flour over the outside. If the shoulder has only a very thin fat covering, lay several strips of bacon over the top. Place the roast on a rack in an open pan without water. Sear for 30 minutes in

Sauerkraut Valuable Addition to Diet

Sauerkraut has been found to make a valuable contribution to the diet. In fact, sauerkraut juice is used as an appetizer and featured on the menus of many well-known restaurants. As with cabbage in other forms, the old-fashioned way of cooking sauerkraut was to boil it for several hours. Unfortunately this method of preparation destroys the very things for which the sauerkraut is valuable. The bureau of home economics of the United States Department of Agriculture suggests the following recipe for preparing savory sauerkraut to eat with ham, corned beef or other meats.

$\frac{1}{2}$ cup butter or $\frac{1}{4}$ tsp. celery or other fat
1 quart sauerkraut
caraway seed

Heat the fat in a skillet until golden brown, and add the sauerkraut and the seasoning. Mix well, using a fork to separate the kraut. Cover and cook for five minutes. Serve hot.

Trouser Suits Fine for Youngsters

(Prepared by the United States Department of Agriculture.—WNU Service.)

Every mother is relieved as the time comes when her child learns to dress and undress himself and go to the toilet alone. She is then much more free for other household duties. Training in self-dressing may be started between two and three years old and a boy will soon take great pride in being independent.

Good clothing design is the first requisite in encouraging self-help in dressing. Small trousers should be made with as few fastenings as possible, and these should be placed within easy reach of a two-year-old's little fingers. The child learns by repetition of the buttons and buttonholes are always in the same place at first, so it is best to use only one pattern until the little one has completely mastered its fastenings. Vary the material, color, and minor style details as much as you please.

A very good type for the first trousers of a two-to-three-year-old is here illustrated. It was designed by a clothing specialist in the bureau of home economics, United States Department of Agriculture, after studying the needs of a group of nursery school children. These trousers can be buttoned on to a blouse in the Oliver Twist style. The back and front button independently, and it is not necessary to unbutton the front in order to drop the back. Sometimes bound side openings are used. Another plan is to make a two-button drop front which fastens midway between the center seam and the side placket. This is finished with simulated welt plaques and replaces the fly. Two buttons instead of three are used on the back drop, so the child can reach them more easily. These little trousers are straight and short, well above the bend of the knee, and they have plenty

a hot oven (480 degrees Fahrenheit). If bacon is laid over the roast, shorten the time of searing so as to avoid overbrowning. Reduce the temperature of the oven to 300 degrees Fahrenheit, and cook the meat at this temperature until tender. From $2\frac{1}{2}$ to 3 hours will be required to cook a medium sized stuffed shoulder at these oven temperatures. Serve hot with brown gravy.

Mint or Watercress Stuffing.

3 cups fine, dry bread crumbs	5 tbs. butter
$\frac{1}{2}$ cup fresh mint leaves, or 1 cup watercress, leaves and stems	$\frac{2}{3}$ tbs. chopped celery
$\frac{1}{4}$ cup finely cut onion	$\frac{1}{4}$ tbs. chopped onion
$\frac{1}{4}$ tsp. salt	$\frac{1}{8}$ tsp. pepper

Melt one-half of the butter in a skillet and add the onion and celery.

Foods that Will Interest the Family

By NELLIE MAXWELL

"Our spectacular opportunities for courage may be few or none at all. Our commonplace opportunities for courage start when we wake and last until we go to sleep. The courage of the commonplace is greater than the courage of the crisis."

For the cake par excellence, the torte is one of the daintiest. Our German cooks excel in this kind of a cake combination. They are rich with nuts, chopped or rolled fine, plenty of eggs and crumbs, with spices. The baking is another important point, as slow, careful baking is necessary for a light and tender torte.

Schaum Torte.—Beat three egg whites until stiff but not dry, add one cupful of sugar very lightly and gradually, not to lose the lightness, a pinch of salt, one-half tablespoonful of vinegar and one-half teaspoonful of vanilla. Bake in two deep layer tins for one hour. Put together with whipped cream, or add nuts and chopped pineapple with the cream.

Walnut Torte.—Beat the yolks of six eggs with one cupful of sugar, add one-fourth pound of walnuts and six lady fingers grated, two tablespoonfuls of flour and one teaspoonful of baking powder. Add the juice and

"Now, my dears," said Grandfather Frog. "I am very grateful to you all for hopping along and telling me that you wish me these kind wishes of happy returns of the day in honor of my birthday.

"But I have just been thinking." "Oh, Grandfather, Grandfather, goog-a-room, goog-a-room," said the little frogs. "How wonderful."

"Yes," said Grandfather Frog. "I have been thinking ever since I spent the early part of the morning looking and searching for bugs and other delicacies for the party."

The frogs were pleased to hear that there was going to be a party. That pleased them immensely, and they knew that their grandfather would have found a lot of goodies for it.

"But," he continued, "when I was thinking I said to myself, that it was really very foolish to say many happy returns of the day, even though it is a pleasant thing to say.

"You see," he went on, rolling his great bulging eyes and sticking out his chest, "it is impossible to say such a thing."

"We all said 'it,'" said the little frogs, "so it is not impossible to say it at all."

"That was not exactly what I meant,"

Cook for 2 minutes and add the mint leaves or the finely cut cress and the other seasonings. Push this mixture to one side of the skillet and in the empty part melt the remaining butter and stir in the bread crumbs. When they have absorbed the butter, mix all the ingredients together. When using watercress allow the liquid which cooks out to evaporate before the buttered bread crumbs are added.

Evening Story for the Children

By MARY GRAHAM BONNER

said Grandfather Frog. He panted for breath. He was so excited at having the little frogs listen to him so attentively and pay him all this attention.

"Goog-a-room, goog-a-room, goog-a-room," he said. "Of course you could say it without choking, I suppose."

"Because, of course, you did say it. 'But, at the same time, it is a senseless thing to say.'"



"Goog-a-Room," He Said.

"Won't you tell us why, dear Grandpa?" all the little frogs asked. "I am so pleased you all came to me, and I appreciate it very, very much."

"But how can this day ever come back? There will be other days. Yes, other ones."

"They will be different. They may be rainy days, or sunny days, or days when the sun and rain are both here and there is a rainbow."

"No, I cannot have many happy re-

turns of this day, because this day will never return.

"It makes me a little sad to think of it."

Grandfather's eyes filled with water. One tear trickled down and he swallowed it. And then he swallowed quite a few.

"I am drinking tear water," he said, "and I don't like it much."

"Ah, don't cry, Grandfather, it is true this day won't come back, but when we and others wish many happy returns of the day, we wish that happy days such as this will return."

"Oh," said Grandfather Frog, "that's a lovely thought. That makes me very happy."

"And now come back in one hour for the party. I shall be all ready for it then."

It was a fine birthday party. The bugs were simply delicious.

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Beefsteak Pie Liked as Dinner Dish

Round or chuck beefsteak may be used in making a beef pie—in fact, any of the less tender lean cuts will make a very good meat pie. The meat is cooked with the onion, parsley, tomatoes and seasonings, until it is tender. Then it is combined with canned string beans, covered with a crust of pastry or mashed potatoes or biscuit dough, and baked in a moderate oven until the top is a golden brown. Left-over cooked beef may be used in a similar way without simmering to make it tender. Simply combine it with the vegetables, gravy and seasonings, cover with a crust, and bake. The bureau of home economics of the United States Department of Agriculture gives the following ingredients for a beefsteak pie:

2 tbs. fat	1 pint canned tomatoes
1 tbs. chopped parsley	$\frac{1}{2}$ cup water
1 medium-sized onion, sliced	$\frac{1}{4}$ tsp. salt
1 pound round or chuck beefsteak cut in inch cubes	$\frac{1}{2}$ cups canned string beans
2 tbs. flour	Few drops tabasco

Melt the fat in a heavy skillet, add the onion and parsley and cook for a few minutes. Roll the meat in the flour, add to the fat and the onion, and brown the meat well on all sides. Pour the tomatoes over the meat, add the water, cover and simmer until the meat is tender. Season and stir in the string beans, adding some of the bean liquid if the stew is too thick. Pour the stew into a baking dish, cover with a pastry crust or mashed potatoes and bake in a moderate oven until the top is golden brown. Serve at once.

Movement of Well Water. Government geologists say that, contrary to popular opinion, water levels in wells are seldom stationary, but move slowly up and down.

Summing It Up. There is no formula in life; you will have to make a new equation for every human being that comes along.

rind of a lemon and when all the ingredients are well mixed, add the stiffly beaten egg whites to which a pinch of salt has been added. Bake in layers in a moderate oven and use the following:

Filling.—To one beaten egg yolk add two tablespoonfuls of sugar, and three-fourths of a cupful of milk. Cook, stirring constantly until the mixture coats the spoon, add one and one-half cupfuls of grated walnut meats with a flavoring of almond and vanilla. Use between the layers and ice the top of the torte.

Date Torte.—Rub sixteen dates to a smooth paste with two tablespoonfuls of lemon juice. Beat two whole eggs, add seven yolks, add one and three-fourths cupfuls of sugar, beat well, add the dates, three tablespoonfuls of grated chocolate and one teaspoonful each of cinnamon, allspice, and a cupful of cracker crumbs. Stir well and fold in the stiffly beaten whites of seven eggs. Bake in a large spring form forty minutes.

Peach Omelet.—This is not a soup

but is equally as good. Press three ripe peaches after peeling and stoning, through a sieve, add two tablespoonfuls of powdered sugar and the well-beaten yolks of three eggs; fold in the stiffly beaten whites of six eggs and pour into a well buttered baking dish. Bake 15 or 20 minutes and serve at once.

Cherry and Quince Soup.—Stem and stone a pint of deep red cherries; place them in a saucepan with the juice and grated rind of a lemon, half a cupful of quince juice and a pint of water; cook until the cherries are tender, then thicken with cornstarch and cook until the starch is well cooked. Serve hot.

(© 1931, Western Newspaper Union.)

Jobs. Most men want to climb to the top, but continually changing ladders is not making progress. Concentrate on the job you have. Learn it to the last detail, give it your best, and you will find that you are on the ladder to success.—Grit.

Attractive Headgear for Weddings

By CHERIE NICHOLAS

Lovelier than ever are the hats which crown with glory the heads of bridesmaids who have been chosen to add their picturesque presence to the spring wedding pageant.

Due to the favor expressed for very sheer and lace straws and other media, there is a fragile beauty about this season's models which is captivating. Tuned to the exquisite delicacy of the materials of which these enchanting confections are made, are their fairy-like colorings—opaline colors—to speak of these delectable tones and tints correctly.

All that fashion's followers have been hearing of late in regard to a return of romance in millinery, a revival of flowers, ribbons and feminine graces, together with the picturesque tilt and tilt of brims because of their lately acquired bandeau, is confirmed in the sketches herewith.

The immensity of some of the new brims is a matter of comment this season. One of the very wide brims is seen at its loveliest in the first sketch in this group. The original of this model is of transparent crin in a pale rose opaline tint. To carry out the scheme successfully, each bridesmaid in the party will wear a duplicate of this lovely creation in a different color.

Centered at the top, in the picture is a charming little shape which faces its wee upturned brim with tiny flowers, with a full-blown rose posed to one side.

The lace straw capeline in the upper corner to the right is in natural color, the idea being to trim each hat with ribbon in a color tuned to the frock with which it is worn.

Trimming is conspicuous by its absence when it comes to the exquisite hair shape shown in the center of the picture to the left, the emphasis being placed on the deftly draped brim and the fact that the color of each hat for the coterie of the bride's attendants is different, achieving a symphony of opalescent tones and tints.

A perfectly charming version of the smaller-brimmed hat is centered to



the right in the illustration the arrangement of the flowers and the ribbon bespeaking true artistry of the designer.

The little Watteau hat down in the lower left hand corner is a millinery gem. It is lace and straw, the flowers are every color and the ribbon is velvet, for velvet ribbon is a trimming featured throughout the mode this season.

A deftly draped flower-trimmed hat of very sheer hair braid is shown in the opposite right-hand corner.

The group concludes with a huge

and extremely effective hat of starched white lace. If preferred, capelines of lace straw may be draped after the lines of this lace model.

Owing to its vogue throughout the realm of fashion, lace is playing a very conspicuous role in bridal array. It is not alone sponsored for frocks, but its favor is reflected in the lovely hats which milliners are creating for bridesmaids this spring. If the hat be not all of lace, then it is apt to have a lace edge, while many large hair capelines are elaborated with insets of either thread lace or straw lace.

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POISON in Your bowels!

Poisons absorbed into the system from souring waste in the bowels, cause that dull, headachy, sluggish, bilious condition; coat the tongue; foul the breath; sap energy, strength and nerve-force. A little of Dr. Caldwell's Syrup Pepsin will clear up trouble like that, gently, harmlessly, in a hurry. The difference it will make in your feelings over night will prove its merit to you.

Dr. Caldwell studied constipation for over forty-seven years. This long experience enabled him to make his prescription just what men, women, old people and children need to make their bowels help themselves. Its natural, mild, thorough action and its pleasant taste commend it to everyone. That's why "Dr. Caldwell's Syrup Pepsin," as it is called, is the most popular laxative drugstore sell.

Dr. W. B. CALDWELL'S
SYRUP PEP-SIN
A Doctor's Family Laxative

If you have any SKIN ERUPTIONS or BLEMISHES, Send for FREE TRIAL CAKE of **GLENN'S SULPHUR SOAP** 33 1/3% Sulphur. Mail Coupon to CENTURY NATIONAL CHEMICAL CO., Ward & Cross Sts., Paterson, N. J.

Name.....
Street.....
City & State.....

Musical Screech Owl
A screech owl that seems to enjoy music is reported by Thomas B. Smith in Detroit. "Every evening when we turn on the radio," Smith said, "the owl comes and perches on the railing of the front porch and appears to be listening. As soon as we turn the radio off he leaves. Opening the window doesn't bother him, but if we open the door he flies away."

TIRED ALL THE TIME, COULD NOT SLEEP

Galax, Va.—"My entire constitution was very much run-down, besides other troubles I was completely tired out all the time, and was so nervous I could not sleep at night. Everything I ate seemed to upset me and I suffered terribly in different ways, but after taking two bottles each of Dr. Pierce's Favorite Prescription and Golden Medical Discovery, alternately, I was feeling greatly improved. I cannot say too much for what it has meant to me."—Mrs. H. H. Hampton, Dealers everywhere.

Pin Episode. "Why didn't you hire that man? He picked up a pin." "I don't know just what moral to draw." "Hey?" "He picked it up in our store and didn't turn it in."

Holocene Age. The name of the geological period in which we live is the Holocene. It extends from about 20,000 B. C. to the present time.

Bad Stomach Cause of Bad Skin

You can't expect to have a good clear skin if your stomach is weak and disordered. Undigested food sends poisons through the body, pimples appear—skin grows sallow and loses color. But these troubles will end quickly and skin clear up if you will start today taking Tanlac. Tanlac is made from herbs, barks and roots. A tablespoonful before each meal stimulates the digestion naturally so that you can digest what you eat. And when your stomach is in good shape again watch how quickly skin begins to clear up. At your druggist's. Money back if it doesn't help you.

The Discovery of Carbolil. Has saved much suffering to the human race. Lancing or messy poultices no longer necessary. Carbolil stops pain immediately. Heals worst boils often overnight. Sold throughout the United States for more than 25 years. Generous box 50c. Thousands of testimonials. Spurlock-Neal Co., Nashville, Tenn.