Secret of how to be a popular mother or hostess: "Become expert at making quick-breads, especially muffins and waffles!"

You simply can't miss, if you have | pecan meats, broken up. mastered the art of biscuits in their | many varieties, corn breads, nut en in other recipes. Stir in nutbreads, mussins and wassles, because meats last. Bake. not only is their popularity enormous and sure, but they can be adapted to though, that you make plenty!

The real emergency gem is the melted bacon fat. mussin. If you once master just one, kind of mushin you select for any oc- (not hot) and combine with dry incasion depends only on the contents gredients. Fold in beaten egg whites of your cabinet or pantry shelves.

In mixing mussins, special care must be taken to avoid over-stirring, of over-heating makes them come up folding the egg whites. in peaks and full of air holes. good mussin batter should look lumpy

Waffles always seem a little more festive, because there is sociability connected with b. king them right at the table, or smoking hot from the stove right onto plates in the kitchen at midnight! Ever notice how they always draw a crowd when baked in a restaurant window? They may also be the basis of a meal, servsausages.

Proper care of the waffle mold (the new name for "iron") is one of the essentials for good making. Batter must not be allowed to burn on-keep it scraped off with a steel-wire brush. Batter will stick if the mold is too cool or too hot. And for greasing, use a non-salty fat!

Standard Muffin Recipe 2 cups flour, 3-4 tenspoon salt, 1 egg, 4 teaspoons baking powder, tablespoons sugar, 1 cup milk and 2 tablespoons melted shortening.

METHOD: Sift dry ingredients together; beat egg until foamy, milk and fat; immediately combine two mixtures and mix quickly. Bake in greased mussin pans in hot oven 425 degrees Fahrenheit for 25 min-

Date and Cheese Add 1 cup chopped dates or 3-4 cup grated cheese to the dry ingredients of the Standard Recipe.

Cornmeal Muffins cornmeal, 4 teaspoons baking pow- white. der and 1/2 tablespoon salt.

Cream the butter. Add sugar, then "eggs, beaten without separating until light-colored and thick. Into this stir, alternately the milk, flour and cornmeal, sifted with the baking the knife blade should be dipped powder and salt. Beat thoroughly and frequently in a jug of boiling water. bake about 20 minutes in hot, well- This prevents it from sticking to the the household. It preserves, adds buttered gem pans.

Bran Muffins prunes, cooked and chopped. 4 cup stripped off. butter melted, 1 egg white, beaten

Sift dry ingredients reserving a them first in boiling water. little flour to dredge fruit. Add milk to egg yolk which has been well be creamed together, place the bowl fruit and melted shortening and cut few minutes and beat the mixture. into egg white which has been beat- Remove the bowl from the hot water en stiff. Bake about 25 minutes in before the butter becomes oily. buttered rings in a 400 Fahrenheit

Cherry Muffins 1 cup milk, 2 cups flour, 4 teaspoons | hot water for a few minutes. baking powder, 1/2 teaspoon salt, 1

cup drained cherries or blueberries. Mix ingredients as for cake. Beat thoroughly. Add cherries last. Bake peppers is a delightful dish for an in greased muffin tins or in paper October dinner. Serve it with baking cups set into mustin pans, in salad of tomato stuffed with a vegehot oven (425 Fahrenheit) for 25 table aspic and finish the meal with minutes. If blueberries (canned at a frozen dessert.

FU MANCHU

this time of year) are used instead OF A GOOD HOSTESS of cherries, add 1/2 cup flour, extra. Pecan Muffins

> 1-3 cup butter, 1/4 cup sugar, 1 egg, 3-4 cup milk, 2 cups sifted flour, 4 teaspoons baking powder, 3-4 cup Follow directions for mixing giv-

Standard Waffle Recipe

Two cups flour, half teaspoon salt, any informal meal, at any hour, to two eggs separated, two teaspoons any group, on any occasion. Be sure, baking powder, one tablespoon sugar, 11/2 cups milk, four tablespoons

Method: Sift dry ingredients. Beat good, standard recipe, the particular egg yolks, add milk and bacon fat corn cut from cob. 1/2 cup diced and bake in hot waffle iron.

Jam Waffles Add half cup strawberry or raspbecause it ruins them. A few seconds berry jam to above recipe before

Chocolate Waffles Two cups flour, half cup sugar. -that's the way it will bake smooth. two eggs, two squares unsweetened chocolate, four teaspoons baking powder, one teaspoon salt, 11/2 cups milk,

half cup shortening, half cup finer chopped nuts. Method: Sift dry ingredients. Separate eggs. Beat yolks and add milk. Stir into dry ingredients. Melt chocolate with the shortening. Add batter with the nut meats. Fold

Note: If batter appears too stiff, add a little more milk.

Creamed Chicken (For Waffles)

Two tablespoons butter, 11/2 cups chicken stock. two cups chopped cocked chicken, 1/2 cup milk. tablespoon flour, two tablespoons green pepper, one egg yolk, salt and peoper to taste.

Method: Melt butter, blend in flour, add chicken stock and green pepper (pepper is optional) and cook about 7 minutes. Stir in chicken. Beat up egg yolk, add milk and stir into chicken mixture. Cook two minutes. Season. Prepare waffles by standard recipe. Use a half for each serving. Pour chicken mixture over it, and garnish with a curl made of a narrow strip of pimiento.

HOT WATER

Before breaking an egg for poach-. ing place it in boiling water for 14 cup butter, 1/2 cup sugar, 2 about half a minute. The yolk will three or four whole cloves. Season eggs, 1 cup milk. 2 cups flour, 1 cup then be less likely to mingle with the with salt and pepper and a little

them first in boiling water and then tablespoons butter blended with 1 in cold. The skins may then be re- tablespoons flour. moved easily.

When new bread has to be sliced moist bread.

2 cups flour, 1 cup bran. 3 tea- a fruit salad should be left in boilspoons baking powder, 1/2 cup sugar, ing water for about five minutes be- identity. -1 cup milk, 1 egg yolk, well beaten, fore they are peeled. The white pulp 1/2 cup raisins, chopped, 1/2 cup may then be more easily and cleanly

> To prevent sausages from bursting while they are being fried dip ishes respond quickly to vinegar

When butter and sugar have to beaten. Add to dry ingredients. Add in a larger bowl of hot water for a

Jars of honey, syrup, oil, or oily preparations of any kind may be more thoroughly and quuckly emptied in rubber. Those with glued bristles 14 cup butter, 14 cup sugar, 1 egg, if they are first allowed to stand in

GOOD FALL DISHES

Veal cutlets with stuffed sweet

Amelia's Star Pupil



Amelia Earhart Putnam (front cockpit), famous woman flyer, getting ready to take-off from Los Angeles, Cal., airfield with June Travis, film star, whom she is teaching to fly.

Veal with Stuffed Peppers Four veal cutlets, 1 egg, cracker crumbs, 2 large sweet green peppers, 14 cup cooked lima beans, 4 tablespoons tiny cooked onions, 1/2 cup cooked beets, 4 tablespoons Hollandaise sauce or melted butter. Have the butcher cut veal steak

in slices 3-4 inch thick. Trim meat in neat pieces for individual serving. Or "cutlets" may be used. Roll meat in crumbs, dip in egg slightly beaten with 1 tablespoon cold water and roll again in crumbs. Sprinkle with salt and pepper and saute a rich brown on both sides in hot fat in a pan. Reduce heat, cover closely and cook slowly for 1 hour. Place on a hot platter and on each cutlet put half a pepper filled with combination of vegetables. Pour the sauce or melted butter over each stuffed pepper and serve at once. The peppers are prepared by cutting ed with creamed chicken or little pork | beaten egg whites. Bake on hot in halves lengthwise and removing seeds. Then simmer for eight minutes in boiling water. Drain and fill with ver:etable.

Eggplant Italienne is a good dish to serve with a leg of lamb or if makes a splendid main luncheon dish for the family.

Eggplant Italienne Two small eggplants, 2 hard cooked eggs, 1/2 cup diced cheese, 1 cup tomato sauce.

Pare eggplants and cut in slices Sprinkle each slice with salt and pile on a plate, one above the other. Cover with weighted plate and stand two hours. Saute in butter and line a shallow baking dish with half the slices. Cover with eggs cut in slices, over eggs sprinkle the cheese and pour over tomato sauce. Cover with remaining eggplant and bake fifteen minutes in a moderate

To make tomato sauce cook cups diced tomatoes with 'onion, celery leaves, parsley, carrot and sugar and cook until very soft. Rub Before peeling tomatoes plunge through a sieve. Thicken with two

VINEGAR AIDS

The vinegar bottle is inclined flavor, serves as a cleanser, is Oranges that are to be sliced for beautifying aid, and appears in so many guises that it almost loses its

Warm vinegar removes heat marks and stains from mahogany. It acts as a polish, when rubbed on the wood as well. Lacquer fincleaning, though the surface is dulled a little and must be brought back to a polish with an oil.

Paint brushes which have hardened may be softened again in vinegar Simmer them in boiling vinegar for half an hour, then wash thoroughly in soap suds. This treatment is only for brushes whose bristles are set would lose them as the glue melted in the heat.

Stove polish moistened with vinegar has a deeper black than when water is used. For fire grates and that centre strip on the range, the vinegar-moistened polish stays black longer than when water is used.

LESSON IV - October 27 BELSHAZZAR'S FEAST (INTER-NATIONAL TEMPERANCE LESSON)-Daniel 5: 1-3-. PRINT Daniel 5 : 17-28.

GOLDEN TEXT-Wine is a mocker, strong drink a brawler: And whosoever erreth thereby is not wise: -Proverbs 20 : 1

THE LESSON IN ITS SETTING Time - The particular events of this chapter occurred in the year of Belshazzar's reign, i.e., B.C.

Place-The king's palace in the gard to earthly advantage, city of Babylon.

"Then Daniel answered and said before the king, Let thy gifts be to thyself, and give thy rewards to another; nevertheless I will read writing unto the king, and make known to him the interpretation." Daniel rejected the gift and the distinction promised to avoid, as a divinely enlightened seer, every appearance of self-interest in the presence of such a king, and to show to the

cold water, leaving the hair really clean and beautifully fluffy.

-On washday, vinegar has its place in "setting" colors. New things that have not been washed before may be. soaked in a weak solution of vinegar and salt, while a few spoons of vinegar added to the rinsing water helps to keep colored clothes from streak

Black lace should be washed vinegar and water, about 2 table spoons of vinegar to two cups water. Then it should be rinsed cold coffee and stretched on a ded - board to dry, with each point of edging pinned to place. If it is to be ironed, lay it over a woollen pad, cover with thin woollen material and press gently while still

A little vinegar in the water helps a poached egg to retain a symmetrical shape. If a boiled egg cracked, the white will not escape into the water if a little vinegar is

cooked with a dash of vinegar in the liquid. This keeps the flesh notwithstanding his knowledge of the firm and white.

out of vinegar will not dry out and become mouldy. wiped with vinegar during hot weather are cooled and of refresh-

colorless liquid used most cominterchangeably in recipes. Tarraused less frequently for salad dressings and other piquant mixtures.

Curtain rings and hooks that have grown rusty with age, recapture the glow of youth if boiled for a time in vinegar, then polished while still Medes and Persians. hot. Vinegar and salt will polish stained brass bowls.

A vinegar rinse is the last word in luxury for the hair. After the tresses are washed, and the rinsing fairly well completed, a few tablespoons of vinegar are added to the rinsing water. The vinegar removes the last trace of soapy residue, and rinses out itself in the final dash of king and his high officers of state that he was not determined by a rewould unhesitatingly declare: truth, whether it might be pleasing or displeasing to the king.

"O thou king, the Most High God gave Nebuchadnezzar thy father the kingdom, and greatness, and glory. and majesty:" 19. "And because the greatness that he gave him, the peoples, nations, and languages trembled and feared before him: whom he would he slew, and whom he would he kept alive; and whom he would he raised up, and whom he would he put down." How fearlessly, how_clearly, how penetratingly. Daniel recalls to the mind of this sensual king the career of his grandfather Nebuchadnezzar, and especially the humiliating experiences which this greater man endured, which, in men in the world. Learn to make discovered that of the general practhemselves, should have kept Belshazzar from the pride, and arrogance which so visibly marked his life, biscuits, too. If any difficulties a- have a gross income of \$500. That particularly at this hour!

"But when his heart was lifted up, and his spirit was hardened so that he dealt proudly, he was deposed from his kingly throne, and they took his glory from him: And he was driven from the sons of men, and his heart was made like the beasts', and his dwelling was with the wild asses; he was fed with grass be. like oxen, and his body was wet with the dew of heaven; until he knew that the Most High God ruleth | Better Housing in the kingdom of men, and that he is setteth up over it whomsoever he will.', (See 4 : 29.) "And thou his son, O Belshazzar, hast not humbled thy heart, though thou knewest Boiled fish should always be all this," In the phrase, though thou knewest all this, it is implied that, matter, Belshazzar did not avoid Cheese wrapped in a cloth wrung that which heightened his culpability.

"But hast lifted up thyself against Pantry shelves the Lord of heaven; and they have brought the vessels of his house before thee, and thou and thy lords, ment, Dr. Francis Carter Wood, di- it in with my fingertips All blondes; thy wives and thy concubines, have White wine vinegar is a clear, drunk wine from them; and thou hast praised the gods of silver and monly to give acidity of flavor. gold, of brass, iron, wood, and Cider vinegar is a light amber col- stone, which see not, nor hear, nor or, and has a peculiar tang which know; and the God in whose hand he asserted, and the university of makes it a favorite for many kinds thy breath is, and whose are all thy of pickles. The two may be used ways, hast thou not glorified." 24. "Then was the part of the hand sent gon vinegar is a spiced vinegar from before him, and this writing was inscribed.' Belshazzar, and all Dead at 30; buried at 60!"-Nicholhis lords, and wives, and concubines, as Murray Butler.

had committed more than one sin that night. They had given themselves over to unbridled indulgence in the things of the flesh; they were traitors to their own city, in that they were not placing themselves under stern discipline, when siege of Bablyon so greatly demanded such absolute sobriety; but, most of all, they had mocked the true God of Israel.

"And this is the writing that was inscribed: MENE, MENE, TEKEL UPHARSIN." The literal translation of these four words would be: Numbered, numbered, weighed, and divisions.

"This is the interpretation of the thing: MENE; God hath numbered Dropped down from an angel's wing. thy kingdom, and brought it to an end." God hath numbered means that God had fixed the number of Belshazzar's days, i.e., the days of his reign, beyond which they could not possibly be extended.

"TEKEL; thou art weighed in the balances, and art found wanting." See Job 31 : 6; Ps. 62 : 9. God Almighty has a special pair of balances before him weighting and filling up until your life also is numbered and finished.

"PERES; thy kingdom is divided, and given to the Medes and Persians." Upharsin is the noun plural of the word of which peres is the participle. The first means division; the second, literally, divided. The meaning is not that the kingdom was to Thanks be to God for all; be divided into two parts, the one part given to the Medes and other to the Persians, but that kingdom was to be divided into pieces. It was to be despoiled by the

Staying Married

(Letter In New York Times) York Times: Having recently celebrated my thirtieth wedding anniversary, I offer a few suggestions on how to stay married to one man

For the men: Don't form the idea in your early married years that 1,000 of the population, a figure your wife is merely a being to keep the machinery of your household go_ ing. Try to remember her birthdays point has been reached and, if you are able, send her flowers occasionally. It works wonders becoming over-stocked. towards making her an excellent ure shows an increase of 1,664 over cook. Greet her pleasantly when! you come home from work, no matter how you may feel. Take her to a show at least once a week. Never make her feel that she is losing out in looks. Remember, a woman 50 cannot look as she did at 20. In general make her feel that you ap- fore. Health insurance and medical preciate her. You will be more than repaid.

For the women: Don't think that ands of doctors. being married means you must not! The Lancet, commenting on the rise, reason them out sensibly in is a small reward for a highly skillstead of flying off the handle and ed practitioner, but not perhaps unuttering words you may regret. reasonable for one who is still near Don't expect your husband to re- the beginning of his career. main the young lover you knew him to be during your courtship. Age makes us a little more serious. In short, make up your minds to be happy and contented and-you will

ANNA BLUMBERG.

Conditions Make For Bigger Children

New York. — An unmistakable and not inconsiderable increase in the size of boys and girls in the past twenty years because of improved health conditions brought on by better housing points the way to the time when smaller houses and lightened labors will bring about a happier and more healthy environ- I apply a rich tissue cream and pat: rector of the Columbia University Intitute of Cancer research, said recently.

Future taxes will relegate people to simple existence in little houses, Dryness is a fair skin's greatest the most important educational institutions in the world.

"Epitaph for the average man:

THE SEVERED FINGER—Burned Evidence!



"I dare not! I dare not!", she gasped.







Gratitude

Thanks be to God for the trees, And the whispering of the leaves, Thanks be to God for the beauty My innermost soul perceives. . Thanks be to God for the sun, And breezes that come and go, Bringing to me a message From out of the long ago.

Thanks be to God for His Love For music of Love Divine. Thanks be to God for the sky Where the stars so brightly shine. Thanks be to God for the peace, Which these things in nature bring, For they seem to me a glory

Thanks be to God for the light Dancing among the leaves Making the little sparkles In the web the spider weaves. Thanks to God for His Power, It shines over all I see, . Over the hills and valleys Over the land and sea.

Thanks for the drops of dew A'gleam in the glistening grass, Thanks for the bird-choir's singing Their anthems, as we pass; Thanks for the light of morning, Thanks for the evening sky. Thanks for the lovely rainbow Shining serene on high.

All we receive, joy or pain; Thanks be to God for the harvest, Thanks be to God for the rain. Thanks be to God for His mercy. May He bless and protect from above, And in us may He, of His bounty, Produce and bring forth flowers of

-Hannah Morris in Pilot.

Too Many Doctors?

(London Spectator) It appears that there are no fewer than 57,496 doctors on the medical register, or more than one to every which suggests to the British Medical Journal that the saturationthere is a danger of the profession the previous year, and 15,000 more than in 1914.

But it has to be remembered that in the last 20 years medical services -thanks to the intervention of the of State-have been made available for the poorest classes as never beinspection of school children have provided new employment for thous-

be careful of your appearance. Hus- same figures, does not think the bands are often the most critical profession is over-crowded. It has gool coffee. Poor coffee has caus- titioners who were registered five ed many divorces. That goes for years ago nearly three-quarters

Blond - Hair And Skin Need Special Care After Thirty

"A blonde who wishes to remain golden and glamorous through the years has to give her skin and hair special attention," warns an actress whose own appearace is proof that: a blonde need not fade after 30. -"She must use the right creams for skin lubrication, avoid over-exposure to sunshine and get enough sleep," she continued.

"On my own skin. I use buttermilk mask twice a week. After thorough cleansing, I pat on the buttermilk, let it dry for twenty minutes and wash off first with warm, then with cold water. Next should remember to use nourishing cream at night after face and throat has been cleaned and again in the morning before makeup is applied. Then the lady went on to talk

about the value of healthy circula-She has a back and neck massage three times - a week and thinks that blondes who can't have professional massage treatments ought to do daily exercises to take the place of them.

If you have light hair, remember, of course, the vlaue of lemon rinses. When you have washed your hair twice and rinsed it several tmies, put the juice of two fresh lemons in a bowl of warm water and rinse with this mixture. Then rinse again with clear water. Brush every night, and be sure to wipe the brush after each stroke.

Arts and sciences are not cast in a mould, but are found and perfected by degrees, by often handling and polishing, as bears leistrely lick their cubs into shape.-Montaigne.

It is often more necessary to conceal contempt than resentment; the former is never forgiven, but the latter is sometimes forgotten.-Chesterfield.

"I want to be able to do what I want, when I want to do it. Then I'll consider myself a success."-Bing Crosby.