

Household News

by Lynn Chambers



YOUR SUNDAY DINNER
(See Recipes Below)

ESPECIALLY FOR DAD

Sunday, June the fifteenth, is the day you want to especially prepare DAD's favorite foods—for it's Father's day—and don't forget it. The favorite of all men is a good tasty meat pie—so the suggestion for the main course is a delicious individual meat pie. Dad doesn't like to bother much with side dishes of salad, so place his salad right on the plate with the rest of the meal. He likes a cole slaw stuffed tomato. Buttered carrots and peas are the vegetables. Because he is so fond of blueberries, it's blueberry muffins to go with the meal, and blueberry ice cream cake for dessert.

This week's menu is properly balanced for nutritional value. It supplies:

The appetizer: Carbohydrates, minerals, Vitamins A, B, C, and G.

The Meat: Proteins, phosphorus, Vitamins B, B-1; fats, carbohydrates in crust.

The Vegetables: Minerals, Carbohydrates, Vitamins A, B, C, and G. Muffins and butter: Vitamins A, B, C, and G, minerals, carbohydrates.

Salad: Minerals, Vitamins A, B, C, and G, carbohydrates and fats.

Dessert: Carbohydrates, minerals, fats, Vitamins A, B, C, D, and G.

To Serve 6 You Need:

- 1 can apricot nectar
- 1 can pineapple juice
- 2 lbs. lamb shoulder
- 2 bunches carrots
- 1 No. 2 can peas
- 6 tomatoes
- 1 small head cabbage
- 2 pints blueberries
- 1 pint ice cream

(Balance of materials among staples)

Individual Lamb Pies.
2 lbs. shoulder of lamb
2 small onions
3 tablespoons flour
1 1/4 teaspoons salt
2 1/2 cups milk
Butter Pastry

Trim the lamb, cut in small cubes and brown in a hot frying pan. Add the chopped onion and cook until light brown, stirring constantly. Add the flour and salt and mix well. Stir in the milk gradually. Cover and cook over low heat for about 45 minutes or until the lamb is tender. Roll out pastry and place in individual pie tins or cut in six five-inch rounds and place in large cupcake pans. Fill with the lamb mixture and brush the rims of the pastry with milk. Top each pie with another round of pastry. Crimp the edges and cut slits in the top for the steam to escape through. Brush each pie with milk or cream. Bake in a 425-degree F. oven for 25 to 30 minutes or until the crust is evenly browned. Lift gently from the pan and serve.

Butter Pastry.
1 3/4 cups flour
1/2 teaspoon salt
1/2 teaspoon baking powder
3/4 cup butter
3 to 5 tablespoons milk

Mix and sift the flour, salt and baking powder. Cut in the butter with two knives or rub in with the fingertips. Add milk slowly, tossing the mixture together lightly and use only enough milk to hold the ingredients together.

Blueberry Muffins.
2 cups sifted flour
4 teaspoons baking powder
2 tablespoons sugar

THIS WEEK'S MENU

- Chilled Mixed Fruit Juices
- *Individual Lamb Pies
- Buttered Carrots and Peas
- *Blueberry Muffins Butter
- Tomato and Cole Slaw Salad French Dressing
- *Blueberry Ice Cream Cake
- *Recipes given.

1/2 teaspoon salt
2 eggs, beaten
1 1/2 cups milk
3 tablespoons melted butter
1 cup blueberries.
Sift dry ingredients together. Combine eggs, milk and shortening and add to dry ingredients, stirring only until moistened. Fold in blueberries. Pour into greased muffin pans and bake in moderately hot oven (425 degrees F.) for 25 minutes. Makes 18 muffins.

***Blueberry Ice Cream Cake.**
1/4 cup butter
1/4 cup sugar
1 egg
1 cup flour
1/2 teaspoon salt
1 1/2 teaspoons baking powder
1/4 cup milk
1/4 teaspoon vanilla
1 1/2 cups blueberries
Vanilla ice cream

Cream the butter, add the sugar gradually and cream thoroughly. Add the egg and beat well. Mix and sift the flour, salt and baking powder and add to the first mixture alternately with the milk. Add the vanilla and pour into a buttered cake pan about 8 inches square. Sprinkle blueberries over the batter and bake in 375 degree F. oven for 30 minutes. Cut in squares and serve warm with ice cream and warm blueberry sauce.

Blueberry Sauce.
1/2 cup sugar
1 1/2 tablespoons flour
1/4 teaspoon salt
3/4 cup water
1 cup blueberries
1 tablespoon lemon juice
2 teaspoons butter

Mix the sugar, flour and salt in a saucepan, and add water and blueberries. Cook over low heat, stirring constantly until thickened. Stir in lemon juice and butter.

SERVING HINTS:

Place individual pies right on the serving plate. The tomato cole slaw salads may be arranged on lettuce leaves on a platter and each person can serve himself from this platter. Peas and carrots always offer a good color combination. Arrange them in a bowl tossed together or separately arranged with carrots in the center and peas surrounding the carrots.

The dessert had better be served in a rather deep dessert dish. Place a square of cake in each dish, then top with a ball of ice cream. Over all pour the rich looking blueberry sauce. Prepare this dessert just before it is to be served. The whole family will love it.

USE OF LEFTOVERS:

Here's what to do with that bowl of leftover vegetables. Say you have peas, carrots and mashed potatoes. This a fine combination for Vegetable Puffs. Mix 1 cup leftover mashed potatoes with 2 eggs, 3 tablespoons milk, 1 teaspoon baking powder, 1 1/2 cups peas, carrots, mashed, 1/2 cup flour and 1 tablespoon chopped parsley. Mix thoroughly together and drop by teaspoons into hot deep fat—350 degrees F. Cook until brown. Drain on absorbent paper. Makes 8 to 10 puffs.

(Released by Western Newspaper Union.)

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL Lesson

By HAROLD L. LUNDQUIST, D. D.
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(Released by Western Newspaper Union.)

Lesson for June 15

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PROGRESS IN WORLD MISSIONS

LESSON TEXT—Acts 13:44-52; Galatians 3:26-29.
GOLDEN TEXT—For ye are all the children of God by faith in Christ Jesus.—Galatians 3:26.

"All people" are included in God's plan of redemption. Whosoever will, let him take the water of life freely" (Rev. 22:17). The disciples naturally and properly first preached the gospel to the Jews, but the time came when God was ready to send them to the Gentiles, that they too might hear the message of redemption. That historic turning point is found in our lesson. As Paul and his fellow workers proceeded from Paphos on the isle of Cyprus to the mainland with their message of Christ's redemption, they met both

I. Popularity and Persecution (Acts 13:44, 45).

In the synagogue of Antioch of Pisidia they were invited to preach, and Paul was blessed in the presentation of a powerful gospel message. Read it in Acts 13:15-41. It met with such a response that the people "besought that these words might be preached to them the next Sabbath" (v. 42). So great was the popularity of Paul's message that the whole city came the next Sabbath "to hear the Word of God."

But wait—there's a worm in that red apple of popularity, and its name is jealousy (v. 45). It caused the Jews to blaspheme as they contradicted Paul's preaching. Jealousy always makes a fool out of the one who yields to it. Yet this green-eyed monster is permitted to go right on destroying, hindering, hurting. In the church and the home, as well as in the social order, we let jealousy come in and wreck friendship, break down reputations, yes, even block the work of God. May someone learn the lesson of our text and turn away from that evil way—right now!

II. Rejection and Acceptance (Acts 13:46-52).

All through the record of Scripture and the history of man to this day we find some rejecting the grace of God—others accepting. Those who reject only prove themselves "unworthy of eternal life" (v. 46) and are themselves rejected of God.

The disciples now turn from the Jews to minister to the Gentiles, even as had been prophesied (Isa. 42:6; 49:6; Luke 2:31, 32). They accepted the word of truth and "were glad, and glorified the word of God." Rejection brought eternal death, but acceptance brought eternal life and joy.

They could not keep the good news to themselves, but had to spread it abroad. A lighted candle begins at once to shine. A redeemed soul longs to bring others to Christ. Persecution continued; in fact, was intensified to the point of physical ejection of the disciples. Were they downhearted? No! for the joy of the Lord filled their Holy Spirit-filled lives. Being filled with the Spirit means being filled with joy, even in the midst of persecution.

It really works! Have you given God a chance to prove it in your life?

III. Neither Jew nor Greek (Gal. 3:26, 27).

This selection from the letter which Paul wrote some ten years later to the people of the area in which he had now preached reveals the same truth, that faith in Christ is primary—and essential—in Christian experience.

In this early life we recognize distinctions based on nationality, sex, social position, and many other grounds. While these are overemphasized by most people, they are legitimate and necessary distinctions. But in Christ—ah! there the differences disappear. We are all one in Him (v. 28). This is a lesson which we have not learned even yet, but our slowness of heart and mind does not alter God's truth.

The church is talking much these days about ecumenicity, which in plain words means the unity of the people of the various branches of the church all over the world. All too often, however, the proposed basis of unity rests on a surrender or a partial surrender of what Paul declares to be the essential (the *sine qua non* if you wish), which is faith in the Lord Jesus Christ. No other unity but that which centers in Him, and a personal relationship to Him, is sufficient either for this life or for the life to come.

AROUND THE HOUSE

A piece of bread put into the pot where cabbage, broccoli, or other greens are boiling will prevent the disagreeable odor.

Paint on window panes and other glass can be removed with a solution of strong, hot vinegar.

To brighten suede articles go over them with a clean cloth dampened with a little vinegar, then brush with a wire brush.

Putty will not adhere to wood surfaces that are not prepared for it. They must be cleaned of all old putty and thoroughly soaked with linseed oil so that they will not absorb oil from the new putty.

Cider sauce makes something just a little different to serve with pancakes or waffles. Boil one cup of sugar and half a cup of cider for four minutes. Serve either warm or cold.

To broil bacon place the strips close together on a wire rack over a drip pan. Use medium heat. Turn bacon over and drain on unglazed paper or on paper towels.

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Blind Impulse

Unhappily, in the scales of human judgment the clear dictates of reason are too often outweighed by the blind impulse of the passions.—Sir James Frazer.

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With Life, Woe

To labour is the lot of man below; and when Jove gave us life, he gave us woe.—Homer.

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