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3,000,000 housewives have discovered the way to better cooking, cooler kitchens and less work. They use the New Perfection Oil Cook Stove.

Ask your neighbor. She knows the New Perfection Oil Cook Stove is dependable and easy to operate. She knows the Long Blue Chimney gives a clean, intense heat—without odor, or smoke. She knows the convenience and economy of using oil for fuel.

The New Perfection Oven bakes unusually well—makes the stove a complete cooking device.

The Cabinet adds to the appearance of the stove and provides extra room for utensils.

Royalite Coal Oil gives best results.

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BRANCHES IN ALL CITIES

NEW PERFECTION OIL COOK STOVE

Help for Farmers

To get the best work out of high-priced farm help give them good comfortable beds to sleep on. A man who gets up tired is no good all day.

A \$10 bill, pinned to this advertisement and sent to us with your address, if your dealer cannot supply you, will bring the sturdy, strongly-built, double-size Alaska all-steel folding farm bed, with the famous Alaska twisted link-spring as illustrated. This bed is vermin-proof.

When not in use can be folded up and stored under another double bed or even in the barn, without injury, on account of its rust-proof finish.

This is just what farmers want—hundreds use this bed for their own room. Buy today for your extra help. Prices may advance before harvest time.

If your dealer cannot supply you we will do so. Freight prepaid on receipt of price.

\$10

This four-foot wide and six-foot long all-steel bed and spring—guaranteed quality.

The Alaska Bedding Co. Ltd.

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Makers of the Famous "Ostermoor" Mattress



Stretching Meat

This morning the butcher quoted rib roast of beef at 38 cents, sirloin roast at 42 and roast of pork at 47 cents, even liver comes at 30 cents a pound and we used to get it for five cents. With these prices and a likelihood of further increases it is necessary to use all the meat "extenders" and "distenders" we can hunt up. It is almost impossible to cut meat out of the menu altogether, but by using meat in combination with other things and using the cheaper cuts and those that cannot be used for export one can keep the meat bill within bounds and have a clear conscience at the same time.

Mutton Ragout with Farina Balls

1 1/2 lbs. neck mutton
1 tablespoon flour
1 carrot sliced
Salt and pepper
Sprigged parsley
1 tablespoon butter
or dripping
1 onion chopped
2 cups hot water
1 bay leaf
1/2 cup peas

Remove the bone and grille and cut the meat into small pieces. Put fat in frying pan, when melted add flour and brown. Add carrot and onion and when well browned put meat in and sear well. Add hot water and seasoning put in kettle, cover and simmer for two hours. Add peas ten minutes before serving, dish on a platter and surround with farina or rice balls. The parsley and bay leaf may be omitted, but of course they add to the flavor. Next time you are in town buy a small quantity of bay leaves, you will find them helpful in giving to stews, soups, etc., that touch that makes the difference between a very ordinary stew and one that is tasty and palatable. And be sure to sow a bed of parsley this year, you can dry it in the fall and use it in numberless ways during the winter. Remember that parsley takes a very long time to germinate, so do not get discouraged and dig it up to see if it is growing as I did once.

Farina or Rice Balls

1/2 cup farina
1/2 teaspoon salt
Few drops onion juice
Crumbs
1 cup milk
1 teaspoon pepper
1 egg yolk
1 nut

Fat for frying

Cook farina, milk and salt in double boiler for one-half hour. Add pepper, onion juice and well beaten egg yolk. Stir well and set aside to cool. When cold roll into little balls. Dip in slightly beaten egg roll into crumbs and fry in deep fat. Rice may be used instead of farina.

Molded Veal

Shank of veal is too often thrown away. It really makes a very delicious meat dish jellied or molded.

4 lbs. knuckle of veal
Salt and pepper
1 tablespoon gelatine
1 small onion sliced
Grating of nutmeg

Wash the meat put it in a kettle with the onion and salt, and simmer until the meat is tender. Remove the meat and put through the meat chopper. Reduce the meat liquor to 1 1/2 cups, season. Soak the gelatine in cold water and dissolve in the hot stock, do not boil, pour over the chopped meat and set aside to cool. The gelatine may be omitted but the meat cuts better if a little is added. If you want to add a little extra touch to the dish boil egg hard, cut the white part in strips lengthwise of the egg, place these in the bottom of the mold in the shape of water-lily petals, crumb the yolk to make the yellow centre. Place the meat gently on this and add the liquid. When the meat is turned from the mold the egg will form a garnish for the top.

Mexican Hash

2 lbs. bracket of beef
2 tablespoons butter
or dripping
1 pint dried lima beans
Salt
1 onion, chopped
Flour

Cut meat in small pieces and brown in butter or dripping. Soak beans in cold water over night. Drain, cover with fresh water; heat slowly, keeping water just below boiling point. Add salt, meat, onion and cook slowly until meat and beans are tender, renewing the water if necessary. Thicken the sauce with flour.

Oxtail and Spaghetti

1 ox tail
1/2 lb. spaghetti
1 medium sized onion
1 cup canned tomatoes
1/2 tablespoon salt
1/2 teaspoon pepper
Dash of cayenne pepper
1/2 cup dry crumbs

Separate the ox tail at the joints and cook in water to cover until it is very tender (about three hours). Remove the oxtail bring the stock to the boiling point, add the salt and spaghetti broken into short lengths. Cook the spaghetti until it is tender, then add the meat cut from the bones and chopped, the onion minced

the tomatoes and the pepper. Place all in a greased baking dish, cover with crumbs and bake three quarters of an hour.

Pea Timbales

1 cup pea pulp
2 eggs
Few drops onion juice
1/2 cup milk
2 tablespoons butter
1 tablespoon flour
1/2 teaspoon salt
Cayenne pepper

Press fresh-cooked or canned peas through a sieve to make the cupful of pulp. Make a white sauce as follows: Melt the butter, add flour, and cook until bubbling. Add milk gradually, stirring all the while, until a smooth, medium-thick mixture results. To the white sauce add the eggs beaten, the rest of the ingredients, and seasoning to taste. Beat well together, put into small greased molds, and bake in a pan of water till set. Turn out on hot dish and surround with more white sauce or tomatoe sauce.

Mrs. I. MacL.

Split Pea Soup

This has the nourishing quality of meat. If one is fortunate enough to have a ham bone to cook with it the flavor is greatly improved.

1 pint dried peas
4 quarts water
1 large onion minced
fine
3 tablespoons sweet
dripping or nut
butter
3 tablespoons flour
1 tablespoon minced
celery or dried celery
leaves
1/2 teaspoon pepper
Salt

Wash the peas and soak them over night in soft water if possible. In the morning pour off the water and put them in the soup pot with three quarts cold water, when this comes to the boiling point pour it off and throw it away. Add four quarts of boiling water to the peas and place the soup pot where the contents will simmer for four hours. Add the celery the last hour of cooking. Cook the onion and dripping slowly in a stew pan for half an hour. Add to the peas, thicken with the flour, rub through a sieve, add the pepper and salt, cook for 20 minutes and serve. Beans may be used instead of peas.

Pot Roast

Four pounds chuck or
bottom round
1 tablespoon dripping
3 tablespoons butter
3 tablespoons flour
2 level teaspoons salt
1 teaspoon Worcester-
shire sauce
1/2 teaspoon pepper
Juice 1/2 lemon
3 cups cold water

Dredge both sides of the meat with flour, and brown each side in a hot spider in which the tablespoon of dripping has been melted. Remove to an earthen casserole and pour over the meat the following sauce. In the hot spider melt the butter and blend with it the flour adding the water gradually. Cook until thickened and smooth and add the seasoning. Pour over the meat and cook in a slow oven for three hours. If the piece of meat is very thick cook longer.

Savory Parsnips

6 medium sized par-
snips
1/2 cup water
1 lb. sausage meat
Flour
Salt

Wash parsnips and boil in salted water until tender, drain, cut in two lengthwise or leave whole as desired. Surround each with a coating of sausage meat, roll in flour, arrange in a flat dish, pour the water in dish, sprinkle with salt and bake twenty minutes in hot oven.

Scotch Broth

2 lbs. mutton (neck)
2 carrots
2 or 3 leeks
1 stalk celery or some
dried celery leaves
4 quarts water
2 onions
1 turnip
1 teacup dried peas
4 tablespoons barley
Salt and pepper

This broth is a whole meal in itself. Put the barley on in cold water and let it come to a boil, skim and put in the mutton. Allow it to boil gently for one-half hour then add the vegetables cut into neat dice and the seasonings. Simmer for two hours. The meat may be chopped and served in the soup or it may be served separately with some of the vegetables from the soup. The dried peas should be soaked over night.

Bean Loaf

2 cups lima beans
1 cup dry bread
crumbs
4 tablespoons peanut
butter
2 tablespoons grated
onion
1 tablespoon dripping
1 tablespoon dried
celery leaves or
poultry dressing
2 level teaspoons salt
1/2 teaspoon pepper
1 cup rice stock or
other liquid

Wash and soak the beans over night, use soft water if possible, then cook in boiling water until soft (about one hour). Drain, and when cool chop. Add the crumbs mixed with the seasoning and peanut butter, then add the liquid and fat. Put in a greased pan and bake in a moderate oven for 30 minutes.

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