

NEVER COOK UP COLD MEAT WITHOUT IT

THE MYSTERY OF THE GREEN RAY

By William Le Queux

Synopsis of Preceding Chapters. The outbreak of war sends Ronald Ewart, a young London barrister, to the Highlands to say good-bye to his fiancée, Myra McLeod.

CHAPTER XII—(Cont'd.) "Well, to begin with, I shall devote an hour or two to knocking out my panicle theory on the head."

"Precisely," said he. "I don't think that it will be able to exist very long in the light of physical knowledge."

"I shouldn't worry about the police," he laughed. "I should make for the naval chaps. I'm rather pally with them just now; I've booked up to do some work of various descriptions for the period of the war and I think I can give them the promise of a little fun and excitement they would be willing to help."

"Which indeed they could," I agreed readily. "Any attempt our enemy might make to get away from us would probably mean a few dozen dead-weights would be cheerful companionship."

"I shall see you again soon," he replied. "I have by no means finished with your case, and as soon as you send your effect of the glasses I shall see you on some triping in one afternoon, or else I shall ask you to come down to me."

"Right," I agreed. "I'll take care of that. We can't afford to get this talked about. We feel we had better report the case to the police."

It is better to be careful how you explain these things to strangers.

"Here's the train," he said. "I'll tell you later."

"I looked along the carriage for Dennis, but I had evidently missed him, for as I turned back along the platform I found him looking round for me, standing amid the muddle of suitcases and fisherfolk, keepers and valets, sportsmen and dogs, which is typical of the West Highland terminus in early August, and which is a state of affairs affected by the fact that a state of war existed between Great Britain and the only nation in the world which was prepared for hostilities."

"Well, old man," he greeted him as we shook hands heartily. "You got my wire, of course. I hope you had a decent journey."

"Gather, old chap, I should think I did!" I replied warmly. "I was in a bit of a hurry, but I got it done."

"I hope so too," I answered, with a heavy sigh, but the sigh was merely a convincing response to the lead Garnek had given me, for, as a matter of fact, I was quite certain that we had found the basis of complete cure."

"Yes," Hilderman muttered, as if thinking aloud, "it is a very terrible and strange affair altogether. Have you had any news about the dog?"

"I don't quite follow you," I said. "Ewart means," said Garnek, cutting in eagerly, evidently fearing that I was about to make some indiscreet disclosure of my suspicions, though I had not the slightest intention of doing so.

"I went stale," would be a fitting epitaph for multitudes of failures. Stale brains are responsible for a large part of the failures in the world, and stale brains are not only caused by overwork, but by idleness, inaction, and slovenly, slipshod use of the brain.

The average brain is capable of sustained effort and great efficiency when all the physical standards are met. It is only when these are not met that there is an accumulation of poisonous material in the blood, efficiency is immediately lowered.

Women's Interests

Economical Meat Dishes. A pot-roast is deliciously flavored by the addition, while the piece of beef is cooking, of half a bay-leaf, parsley, a few slices of onion and a handful of celery leaves. Strain these before making the gravy.

Delicious and quickly-made corned beef: Dissolve six tablespoonsful of salt, three tablespoonsful of sugar and a piece of saltpeter the size of a large pea, in sufficient water to cover a five-pound piece of beef. Soak the beef in this solution for twenty-four hours, then cook in the same way until the meat is tender.

Ham and potatoes may be prepared thus: Place a layer of cooked ham which has been cut into dice, in a baking pan, cover with a two-inch layer of thinly sliced uncooked potatoes, well seasoned. Pour over this a cupful of milk and a few bits of butter, place in the oven and bake until the potatoes are thoroughly done. This is an uncommonly appetizing dish.

Use a shank bone thus: Boil in plenty of water until the meat falls from the bone, remove the meat and stand the liquid aside to cool. Skim off and save the fat that forms on top of the liquid. Add to the jelly liquid a few slices of onion and a can of tomatoes and any left-overs, such as oatmeal, rice, macaroni, grits, beans, or peas, and a good vegetable soup is obtained. The meat can be chopped with cold boiled potatoes and made into an excellent hash. The fat saved from the liquid makes good shortening for cookies.

Meat turnovers: Almost any kind of cold cooked meat can be chopped and used in turnovers, and if the quantity on hand is small, the meat may be mixed with potato or cooked rice. This filling should be seasoned to taste with salt and pepper, onion, or whatever is desired, and laid on pieces of short-biscuit dough, rolled thin and cut into circles about the size of an ordinary saucer. The edges of the dough should be moistened with the white of an egg, the dough then folded over the meat and the edges pinched closely together. About half an hour's baking in a hot oven is required. Serving the turnovers with a brown sauce increases the flavor and moistens the crust. The brown sauce is made with two tablespoonsful of butter. Add a cupful of water or stock and a half-teaspoonful of salt.

Hamburg steak may be broiled like any other steak if properly done. The meat chopped with a little suet, which will make it tender. Then mix it with salt and pepper to taste, and form into a flat cake about the size of a small steak. Heat the broiler until well seared; then turn the steak, and cook quickly on the reverse side. Finish at sufficient distance from the flame to avoid burning. Turn on to a hot platter, brush over with melted butter, season and garnish to taste.

For beef cutlets use the bottom part of the round cut one-half inch thick and then cut in strips about two by four inches. Prepare the following mixture: One egg, one-half cupful of water, one-half teaspoonful of salt, pepper to suit taste. Dip the cutlets in this and then in crumbs. Fry very slowly until brown, turn and brown on other side. Put the cutlets in another pan to keep hot and make a brown gravy in the first pan. Add one pint of hot water to this, put the meat back into the gravy and place on the back part of the stove to simmer for one and one-half hours.

The Charm of the Chicken Lies in the Stuffing. Stewed chicken has its place, but what can compare with a tender, well delicately browned and delicately stuffed? The stuffing of a chicken is the most important factor to be considered after its proper selection. For if seasoned just right a good stuffing

will increase the palatability many times, and besides it makes the savings of chicken go farther.

Stuffing is more than the mere filling of a yawning cavity, as some housewives apparently consider it when they merely fill the fowl with bread crumbs. A real stuffing adds to the flavor of the chicken and increases its nutritive value, especially if an egg is used in its preparation.

The foundation of a stuffing is either bread, crackers, or potatoes. The following recipes are all variations by which different flavors are added to the same foundation. If marjoram or sage or onions are dried they may be omitted from the recipe. When a cracker stuffing is used, do not fill the chicken completely, as the crackers swell. If any stuffing is left over, it may be browned and served instead of potatoes at another meal.

Half small loaf of stale bread, 1 egg, 1 onion, 2 slices of bacon, salt and pepper, a few springs of parsley, marjoram or sage (if desired). Cut or break the bread into small pieces, soak in cold water for about five minutes and drain, squeezing to remove as much water as possible. Cut the bacon and onion in small pieces and brown. Add the bread and stir for five minutes, in order to remove the surplus water, but do not brown. Remove from the fire, add the seasoning, chopped parsley and egg, mixing thoroughly.

Oyster stuffing—A welcome change in the winter: 1 cup bread crumbs, 1-3 cup butter or bacon fat, 1 cup oysters (without liquor), few slices of onion, salt and pepper. Melt the fat, add the onion, chopped fine, brown slightly. Add the other ingredients and mix well.

Chestnut stuffing—1 cup chestnuts, 1-4 cup butter, 1-3 teaspoon salt, dash of pepper, 2 tablespoons cream or milk 1 cup cracker or bread crumbs. Shell and blanch the nuts, cook in boiling water until soft. Drain and mash. Add the melted butter to the crumbs and mix all the ingredients.

Potato stuffing—1 cup mashed potatoes, 3/4 cup bread crumbs, 1/2 cup finely chopped salt pork, 1 egg, 1 teaspoon salt, 1/2 teaspoon sage, 1 onion. Brown the salt pork and chopped onion. Mix with the bread crumbs and then add the other ingredients.

Nut stuffing—1/2 cup cracker crumbs, 1/2 cup shelled peanuts or walnuts (finely chopped), 1/2 cup cream or milk, few drops of onion juice, salt and pepper. Mix the ingredients in the order named.

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