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...OF... Interest To Women READER ASKS BEST WAY TO ROAST RIB OF BEEF

(By Marjorie Mills)

R. G. in Newton Centre, wants to know about cooking meat by using the long, slow method at a temperature of 350 F. There are two schools of thought about roasting meat. In one the meat is seared first and the temperature lowered quickly to finish cooking. In the second—the one R. G. wants to know about—the meat is cooked at a constant low temperature throughout the whole period. The first method induces a crisp crust with a juicy interior, but may result in more shrinkage if the meat is cooked to a well done stage. The long, slow way yields a less crisp crust, but the interior is juicier and generally more tender. The shrinkage is apt to be less.

To roast a rib of beef, wipe and place on a rack in a moderate oven, 350 F. fat side up, and roast uncovered, allowing 18 to 20 minutes per pound for rare meat, 22 to 25 minutes per pound for medium-done meat, and 30 to 35 minutes per pound for well-done meat. A meat thermometer is a good investment and insures accurate degrees of 'doneness' for all roasts.

Italian Hamburg Loaf

1 pound ground lean beef
½ pound cheese, grated
1 green pepper chopped
1 small onion, minced
1 teaspoon salt
Pepper
4 eggs, well beaten

Mix thoroughly all ingredients and shape into loaf. Bake in moderately hot oven, 375 F. for 45 minutes. Makes one medium-sized loaf, enough for six portions.

Barbecued Ham

6 thin slices boiled ham
2 tablespoons butter
1 tablespoon vinegar
¼ teaspoon dry mustard
Dash salt, dash pepper
Sauté ham in butter until slightly browned, spread with mixture of vinegar and seasonings, and cook two minutes longer. Makes six portions.

Brown Crumb Cookies

1 cup butter
2 eggs separated
1 cup brown sugar
2 cups flour
Shredded cocoanut
Cream butter and sugar; add egg yolks; then add sifted cake flour, mix

thoroughly. Press cookie dough on a cookie sheet. This is a stiff dough so it can be pressed with the hands. Then beat the egg whites stiffly and spread over the dough, sprinkle cocoanut over top and bake in a 375 to 400 F. oven for 20 to 25 minutes. Cut in squares or strips while hot.

Never Fail Coconut Cake

2 squares cooking chocolate
1 cup sugar
½ cup milk
2 teaspoons baking powder
3 tablespoons butter
2 eggs
1 cup cake flour
1 teaspoon vanilla
¼ teaspoon salt
Melt chocolate and butter together over hot water. Put sugar, eggs, milk, flour which has been sifted with baking powder and salt and vanilla, all in with the chocolate and butter. Mix thoroughly and then beat well. Pour into a buttered pan and bake in a moderate oven, 350 F. 35 to 40 minutes.

Frosting for Cake

2 tablespoons butter
1 egg yolk
1-8 cup milk
1 square chocolate
1 cup confectioner's sugar
½ teaspoon vanilla

Grapefruit Mayonnaise

½ teaspoon dry mustard
½ teaspoon sugar
½ teaspoon salt
1-8 teaspoon white pepper
1-8 teaspoon paprika
2 tablespoons fresh grapefruit juice
2 egg yolks
1 cup olive or other oil
Mix dry ingredients, add egg yolks and a teaspoon grapefruit juice. Add oil by half teaspoons, beating constantly until mixture begins to thicken. Continue beating, adding oil and grapefruit juice alternately until all oil and fruit juices are used. Chill.

Tropical Chicken Salad

3 ripe bananas, diced
½ cup diced pineapple
½ cups diced cooked chicken
¼ cup diced celery
¼ teaspoon salt
Mayonnaise to moisten
Mix bananas and pineapple together. Add other ingredients and mix well. Garnish, if desired, with chopped nuts and additional mayonnaise. Serves six.

SKIN CARE BEGINS IN YOUTH

Here's One Mother Who'll See To It Her Daughter Won't Suffer As She Does

(By Antoinette)

A woman said to me recently: 'Will you devote one day's column to those of us who were not wise enough to take care of our skins in our youth? You can tell women to cleanse skins daily to beware of large pores and other horrible skin troubles, but youngsters will not listen always. They must see the horrible example before they will believe. I was one.'

'Today I would not be bad to look at if it were not for my skin; large coarse pores on the nose, enlarged pores elsewhere; and now from the harsh corrective treatments, I have fine red lines crisscrossing my nose. Broken capillaries, I suppose.'

'I am beyond any dermatologist's help. Of course I am brokenhearted. You may be certain that my daughter's skin is being guarded. She will have the horrible example of her mother to remind her that 'nightly cleansing' and all other beauty editors' advice is based on experience and observation.'

'Tell your younger readers, and I am sure there are many, how hard it

is to sit and read beauty advice and realize that a nose dotted with large pores like a pin-cushion, is one's own; how discouraging it is to look at the beauty hints and realize that one is beyond aid, that one's skin is ten years older than one's body just because the early years were years of neglect.'

Children of tender years often won't listen but mothers have it in their power to prod their daughters into skin care activity. If holding up the horrors of neglect won't serve, they can adopt the opposite technique and hold up the lovely skin the youngsters themselves will enjoy right now and later on from constant daily care.

The last word in argument against those doubters about the value of daily skin care are the middle-aged women who never have neglected theirs. We could produce women within our own acquaintance whose skin at 40 and 40 plus is gorgeous and is as only because of fervid daily or nightly care.

HOME INTERESTS ARE MEN'S, TOO

(By Edith Johnson)

Just how some men get it into their heads that woman alone can keep the home-fires burning is difficult to understand.

Mother, as we have been told times without number, is responsible for keeping the machinery of home in running order. If home is a charming place, that must be of her doing. If, on the contrary, it is full of sound and fury she is usually blamed for that, poor dear.

In the heart of every bride there burns the hope that her husband is going to be her dear companion as well as her protector and mate. If he understands his part of the domestic contract, he manages to give her a reasonable share of his leisure-time. This does not imply, however, that he shall relinquish his golf or an occasional fishing or hunting trip. In fact a sensible wife helps him to get his equipment together, knowing that a week later he will quite as cheerfully help her make plans for something she enjoys.

For a growing boy there is no deeper source of happiness than the companionship of an understanding father who shares his interests. The father who welcomes his son's confidences gives the boy a sense of his own worth.

Just as a son gets his early ideas of manhood from his father, so does the daughter. For her a father can do no finer thing than to teach her what sort of a person a real man is, therefore giving her an understanding that

LENT

If I have been too busy with gay living
To stop and count the many blessings sent;
Let me keep now a forty day's thanks giving,
And know myself and God, because of Lent.
Let me find Time has better, finer uses
Than I have counted all these former days.
Let me correct old follies and abuses
And know the grace of penitential ways.
If I have looked into the eyes of pleasure,
If I have danced with joy too many nights,
Or sought too madly after earthly treasure,
Or fought too valiantly for paltry rights,
Now may I come to stand upon a mountain
Nearer to Heaven than I was of yore,
To slake my thirst at an Eternal fountain
And know a peace that was not mine before.
—Lalla Mitchell Thornton

GREAT FUTURE IN INDUSTRIAL MINERALS SEEN

Sulphur Acquires New Importance In Canadian Mining Picture

TORONTO, March 18—It is not just of gold that mining men talk these days. Talk two minutes to John McLeish, Director of Mines and Geology, Ottawa, and you will find that the big advance of nowadays is in sulphur and nepheline syenite.

You will discover too that to say that Canada's advance in industrial minerals has doubled in the last decade is underestimating the true state of things.

Nepheline syenite is being shipped from Ontario for use in ceramics in the United States. Anhydrite is being shipped as fertilizer to England. The Algoma Steel Corporation is opening up the old Helen Mine for iron and the big copper and silver mines are going after the production of sulphur for use in the paper-making industry.

Researchists went after the problem. At first they captured the sulphur from the smokestacks in the form of sulphuric acid. Now they have captured it in its elemental form both from the smoke and from pyrites. The Aldermac Mine, Noranda, was now opening up for the mining of sulphur from pyrites, said Mr. McLeish.

Nepheline syenite, another of the new discoveries, is a form of feldspar, which is cheaper than the feldspar now being used in china and glass making, he said. It is being mined in the Peterborough district and now is being exported. It was the discovery of new methods of processing the rock, to get rid of its iron content, that opened up this new field in Canada, he pointed out.

If you had a boy just ready for college where would you tell him the big future lay? The Globe and Mail asked John McLeish as he stood in the hubbub of mining men down at the Royal York Hotel yesterday.

"Metallurgy and electro-chemistry," he said. "Great things have been done in these fields in Canada today and there are great things yet to be done."

He used sulphur as an illustration. Canada for years, he pointed out, imported sulphur for paper manufacturing from Texas and Louisiana. And at the same time sulphur belching from the smokestacks of smelters blighted the countryside of mining towns in Northern Ontario and British Columbia.

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able as VapoRub starts working direct through the skin like a poultice. At the same time, its medicated vapors—released by the warmth of the body—are carried direct to the irritated air-passages with every breath. This double action loosens phlegm—relieves irritation and coughing—helps break local congestion. Repeat treatment at bedtime. After restful sleep comes VapoRub keeps right on working, hour after hour. Often, by morning, the worst of the cold is over.

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