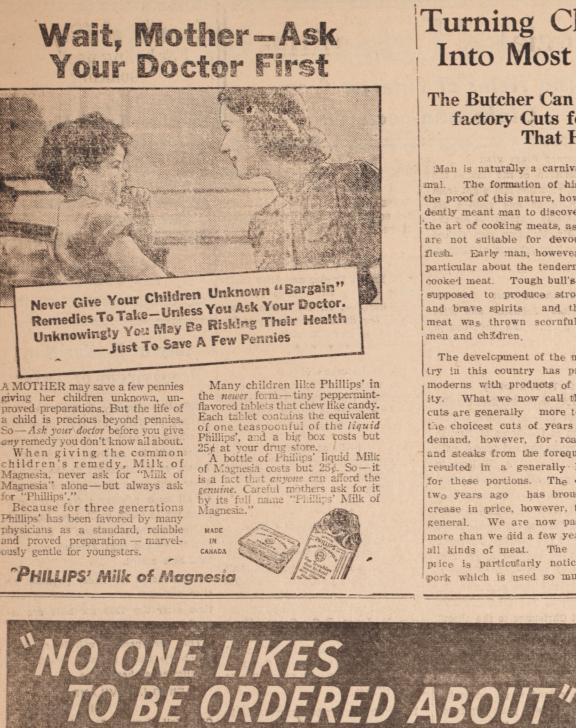
## THURSDAY, JANUARY 5, 1939



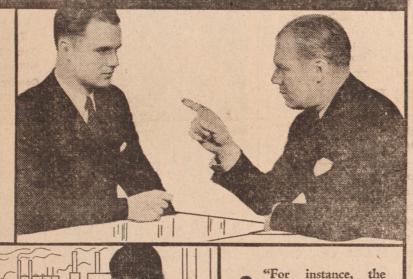
Author of the famous book: "HOW TO WIN FRIENDS AND INFLUENCE PEOPLE"

SAYS DALE CARNEGIE

"In the all-important business of getting along with people, we should strive to remember that no one likes to take orders.

Page Six

"A knowledge of this basic trait in human nature has helped many successful men to acquire a reputation for uncanny ability in handling people."



Turning Cheaper Meats Cuts Into Most Appetizing Dishes

The Butcher Can Be of Help in Choosing Satisfactory Cuts for the Method of Cooking That Has Been Selected

Man is naturally a carniverous ani- country and which previously had anal. The formation of his teeth is been so inexpensive

the proof of this nature, however, evi- Because of the fact that meat de dently meant man to discover fire and mands so much of our food budget the art of cooking meats, as his teeth there has been an increased interest are not suitable for devouring raw in the use of the cheaper cuts. Savflesh. Early man, however, was not ory dishes can be prepared from them particular about the tenderness of his if clever methods are used. They cooked meat. Tough bull's meat was begin with the butcher who will help supposed to produce strong bodies you choose a satisfactory cut for the and brave spirits and that tender method of cooking which you have meat was thrown scornfully to wo- chosen. He will, for instance, score round steak with his "cubing" ma-

try in this country has provided us need this treatment. If the steak ject. moderns with products of high qual- is marinated in French dressing overity. What we now call the tougher night, it will be tender enough to cuts are generally more tender than broil to that rare stage which so many the choicest cuts of years ago. The people like. demand, however, for roasts, chops

and steaks from the forequarters has From other of the less tender cuts aone resulted in a generally high price appetizing pot roasts may be pre-

for these portions. The drought of pared. Beef should generally be  $tw_0$  years ago has brought an in-weil browned in fat whether it is crease in price, however, to meat in left in one piece or cut into small general. We are now paying much pieces. A clove of garlic or a few more than we did a few years ago for slices of onion will improve the flacare all kinds of meat. The rise in your Other herb, and spices may

price is particularly noticeable in be put in the small amount of lig- The three conditions are remepork which is used so much in this uid which is added before the dish died by regular daily elimination.

er in the oven or on top of the stove. scrubbing, followed by cold, cold In any case the dish should be cover- water ablutions, with the shower as ed. The liquid may be water or tom- a wonderful aid in reviving the right ato. A Mittle wine or vinegar added circulation of blood. later will improve the flavour.

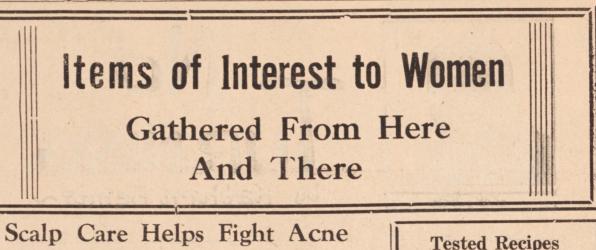
Lamb and veal are usually cooked in a slow oven, 300 degres Fahrenheit without searing. Flavor is given for three hours until tender. by the use of vegetables as well as

One half cup white wine may reseasonings with them. Shoulder cuts of tamb and veal from which the place the same amount of water.

bones have been removed and which have been stuffed may be roasted by the same methods which are used for the legs and ribs. This mean the use of an uncovered pan and a hot oven for fifteen minutes, after which the temperature should be lowered

There is a great variety of dishes Remove fat and sinews from kidwith foreign names, all of which ney. are made with meats cut into pieces pan with enough salted water to and seasoned in typical fashion. A cover. Allow it to come to a boil and Hungarian goulash, for instance, simmer for five minutes, or until demands allspice and paprika as tender. Remove kidney, reserving well as the usual seasoning. A water in which it has been cooked curry demands a seasoning which and cut into small pieces. Slice onion the name implies. And nothing is and cook with butter in frying pan better than boeuf en daube with When light brown, stir in flour and garlic, wine and herbs. Typical about 1 1-4 cups of water in which and delicious meat dishes, Swedish kidney was cooked. Add kidney and meat balls and veal scallopini came heat. Season to taste with salt and from Sweden and Italy. And, of pepper, add sherry and serve.

course, there is that stew which is known as Irish, although rumor tells us that we, not the Irish, gave it the name. With sauerbraten



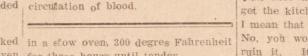
## Diet and Soap and Water Scrubbing Also Beneficial to Ailing Skin

Let's devote another day to the, Most cases of acne are infected chine. Certain cuts of round, if cut troubled skin, since I am hearing so pimples. And in this connection, The development of the meat indus- thin for minute steak will not even many, many complaints on the sub- you must think of the scalp, too, in

correcting the skin condition. Many many cases of acne have their incep We have spoken already of blacktion in the scalp. head dimination, of oily skin cor-The hair symptoms are oiliness, rective measures and now let's tackle

that bane of many an existence, Curiously, these three distressing scalp and hair and you can't do betming from the same fasic causes -

is finished by a long slow cooking eith proper diet and soap and water



KIDNEY STEW 1 large kidney 1 onion 1 1-2 tablespoons butter 1 1-4 tablespoons flour

Salt, pepper 2 tablespons sherry

Wash well and put in a sauce

POT ROAST

1 clove garlic

1 can asparagus 1 box mushrooms-stewed in butiter onion (this can be omitted) 2 kohlrabis-cut in dices and

LEIPRIGER ALLERLEI

1 small cauliflower-cooked about

1 cup peas-stewed in butter

one quarter hour

cooked until tender.

stringiness and a devitalized appear-Save the water in which vegeta ance generally. Kill two birds with tles were cooked, and make crumb the one stone, ther. Get after the dumplings, by rubbing two eggs into skin ailments are a triumvirate stem- ter getting after it than getting after nutmeg. Add as many bread it with a good hairbrush. You may crumbs as it will take to form namely, faulty elimination, improper need a hair tonic and you will want little round balls in shape of diet and not the proper face cleaning to wash the hair frequently and a big marble. Cook these in the

casserole.

often. Once a week is not too often. vegetable water for a few minutes. Eliminate from your diet as much Bind this broth with flour and and starchy, greasy foodstuffs as you can chopped parsley, pour this over all supplant with fruits, fruit juices, the vegetable except cauliflower. The salads and non-fattening meats. No little roses of cauliflower and shrimps fried foods. Go lightly on bread and are used to decorate the dish. May it wer better toasted thin. Then scrub be served with fried chicken, pork

that face as if you were trying to chops or beef tongues. get the kitchen floor scrubbed white.

I mean that kind of energy behind it No, you won't hurt it. You won't Here is a favourite way of preparruin it. It's extreme, fastidious, consistent daily cleaning that's going ng Pollo en Cazuela, or chicken in

to clear the skin.

language Large capon or two small chickens 4 large onions, sliced TOMORROW'S 6 tablespoons of large raisins 1 teaspoon salt MENU 1-4 teaspoon pepper 6 limes 2 tablespoons blanched almonds BREAKFAST Prunes 8 large olives-green or ripe Cereal 1-2 Mb. butter Broiled Bacon Dress the fowl and lard it inside Philadelphia Butter Buns, and out with butter and rub in salt. Coffee Mix the onions and raisins well to gether, and stuff the fowl with the LUNCHEON mixture. Put the butter in a case-Savory Macaroni role, set the limes in the bottom and Nut Muffins sprinkle over them the almonds, and Cream Cheese the olives, and on top place the fow!. Nut Rollsi n Orange Gelatin Cover the dish and let it cook in Tea slow oven. DINNER Tomato juice. 1 lb. calf liver Pan-Fried Fish,

1 slice bacon-cut in pieces Riced Poitatoes 2 tablespoons butter reamed Cucumbers or Rutabagas 1-2 cup sliced mushroom

POLLO EN CAZUELA

-chopped fine.

LIVER AND MUSHROOMS

It's delicious in either

two spoonfuls of butter, flavored with

6 or 8 carrots-stewed until soft.



"He never said: 'Do this', or 'Don't do that'. He said: 'You might consider doing this,' or What would you think of doing it this way?'

"A technique like this is easy on people's pride. It makes them want to cooperate. So remember, to get what you want, without siving offense, offer suggestions instead of giving direct orders."



## Have YOU Smoked a Turret Lately?

IF you haven't smoked a Turret lately, why not consider trying a package today? By accepting that simple suggestion, many, many smokers have gained an entirely new idea of how good and how satisfying a cigarette can be. Your experience may be the same, because you'll find Turret an unusual cigarette-a cigarette that is milder and cooler, with an original and unique blend of Virginia tobaccos which makes Turret just that much better, just that much different. Even the Turret package is better-it has a handy calendar on the back to keep you up-to-date! Imperial Tobacco Company of Canada, Limited



f	rom Germany and veal paprika	2 tablespons beef drippings	Buttered Ten-Minute Cabbage or	1 grated onion
Í	rom Austria or Hungary, your meat	1 large onion, sliced	Broccoli,	1 tablespoons finely chopped
d	lishes may be cosmopolitan.	1 large carrot, chopped	Pineapple Sherbet	parstey.
		1-2 cup chopped celery	Hot Cup Cakes	2 tablespoons flour
	ARISTOCRAT IRISH STEW			1 teaspoon lemon juice
	2 pounds lamb shoulder, cut in	34 cup tomator puree	SPIDER-BREAD CORNBREAD	1 cup brown stock
	pieces	1 thick slice rye bread		Cook bacon crisp, remove from
	1 pound rack of lamb, cut into	Salt, pepper. Rub the clove of garlic well over	(A Recipe That Goes Back Many	skillet, fry liver which has been well
	pieces.	the meat. Heat the beef drippings,	Years	floured-when brown add stock, but-
	Salt, pepper	add sliced onion, cook two minutes;	"I just do not know how old this	ter, lemon juice, onion, and mush-
	1½ quarts water		recipe is, but it has been in our fam-	rooms. Cook five minutes, sprinkle
		add meat and brown on all sides. Add	ily for at least four generations". "It	
	1/2 teaspoon mixed spices	carnots and celery, cover tightly and	is dependable always, and a true corn	The state state state and share and
	1 stalk celery	cook slowly for 2 1-2 hours. Add	bread taste, very tender, and will	
-	1 cup diced carrots	tomato puree and bread, crumbled,	agree with me it is very quickly pre-	to the surface, indicating their read-
	% cup small white onions	cook until tender. Season to taste	pared.	inesis to serve. Three Mallis are
	1/2 cup butter	with salt and pepper.	"Put one pint of sour milk in your	sufficient for 1 plate, as they are
	1-3 cup flour		mixing bowl, add one teaspoon each	quite rich. The secret is not to have
	Mashed potatoes	PORK TENDERLOINS WITH	of salt and soda. Stir well, then	them too soft as they may break dur-
	1 cup cooked peas	SWEET POTATOES	add one pint of yellow corn meal,	ing the cooking.
	Season lamb and then stew tight-	Wash meat and dry, put in casser-	beating it in a little at a time. When	
	y covered in water until tender. Remove meat from stock. To the	ole, and cook in a hot oven until	meal is well stirred in, break in one	
	tock, add the spices, diced celery,	brown, 500 degrees Fahrenheit. Then	egg and beat thoroughly. Be sure	A Happy and
	iced carrots, onion and cook until	reduce heat to a slow oven, 300 de-	to have your spider or heavy frying	A Happy and
	egetables are tender, about thirty	grees Fahrenheit. Parboil sweet po-	pan very hot, grease it liberally. Put	<b>Prosperous New</b>
	ninutes Strain stock. Melt butter,	tatoes ten minutes and arrange a-	in batter and bake in a quick oven	Trosperous riew
The second second	tir in flour and when well blended	round meat. Cover and bake 45 min-	until done and brown. Turn out and	Year
	d the stock and stir until thick and	utes, basting every fifteen minutes.	serve hot".	I cui
	mooth. Cover a platter with mash-			the second s
	ed potatpes, Jeneat lamb and ar-	VEAL SCALLOPINI	GOOD FOR VIGOROUS YOUNG	
	ange on this and garnish with car-	1½ pounds veal steak	APPETITES	Mill's Shop
	ots and onions. Pour the sauce over	Flour, salt, pepper		IANU 2 DIIOD
	his and sprinkle with peas.	Olive oil or butter	"Children will love this simple but	Phone 960 (E. Dobbelsteyn)
	and the optimize the press	1 clove garlic	appetizing dish after an afternoon of	
		1/2 cup white wine	exercise and play" Here is the way	Corner King and Regent
	BOEUF EN DAUBE	2 tablespoon lemon juice	to prepare it with marrow balls. Re-	
	6 strips bacon	2 tablespoons minced parsley	move marrow from soup bone, then	VALUE DATA DATA DATA DATA DATA DATA DATA DAT
	3 pounds round steak, cut into 2	Have the yeal cut thin. Dust with	make soup in usual way-set aside.	
	inch pieces.	flour, salt and pepper. Brown in	Then make the marrow balls this	Fine Shoe Repairing
	Flour	olive oil with the garlic. Add wine	way:	ROY C. SMITH
	1½ cups cold water	and lemon juice and let simmer 30	Soak stale bread as for dressing	
	1½ teaspoons salt	minutes or let bake one hour in	Add 1 or 2 eggs	Ladies' Overshoes
	2 cloves garlic	casserole in moderate oven, 350 de-	Melt marrow-at least 2 heaping	For Sale – 98c
	9 onions	grees Fahrenheit. Remove garlic.	tablespoons before melted.	
	9 carnots, sliced	Sprinklet with minced parsley.	(Add to soaked bread.)	93 Westmorland St., Fredericton
	12 peppencorns	and the second second	Sali and pepper to taste	
	8 cloves	KABOBS	Onion salt if desired	
1	4 bay leaves Cook bacon in skillet until Light	Allow one founth pound beef cut	Mix in finely chopped parsley	
1	nows but not orign Drain and out	into inch pieces, one slice of bacon	Mold into small firm balls about	1 1
	nto one inch pieces. Sprinkle the		the size of a walnut	WAVERLY HOTEL
11 Th		person. On a skewer place alternate	Then place on platter.	
	des in bacon fat. Add water and	pieces of meat, onion and bacon. Broil	Reheat soup, then drop in nar-	Telephone in Every Room
21	alt bring to a boil and turn into	under a hot fire, turning occasionally.	row balls and cook slowly with lid	PRIVATE BATHS
	ge casserole. Add remaining in-	Sprinkle with salt and pepper and	on soup kettle. They will drop to	H. E. Dewar & Son
	edients and bacon, cover and bake	serve at once.	the bottom, but when done, rise [	
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