Veal Timbales Provide Unusual Dish for Lunch

Perhaps you have not thought of using your custard cups to prepare a meat dish. Timbales, which are dainty combinations of eggs, bread crumbs and other ingredients, are made in ramekins or custard cups, baked in a pan of surrounding water, and managed in much the same way as souffles or custards. For lunch or supper they provide just the "different" touch that makes food interesting. Veal almost always tastes better if a few drops of lemon are added to it, and if you like it, worcestershire sauce may be used sparingly, too, as a seasoning. Chicken, lamb or any other left-over meat may be used instead of veal in making the timbales. The recipe is from the bureau of home economics.

Veal Timbales.

1 pound veal
2 eggs
½ teaspoonful salt
Onion juice
1 cupful milk or meat broth
1 teaspoonful finely chopped parsley
2 tablespoonfuls flour
2 tablespoonfuls butter
Lemon juice to taste

Simmer the veal in a small amount of water until tender, then put through the meat grinder, using the fine knife. Prepare a cream sauce of the butter, the flour and the liquid. Add to this the well-beaten eggs, the seasonings, and the meat. Mix well. Grease custard cups and pour in the mixture. Bake for one-half hour in a pan surrounded by water. Turn the timbales out, and serve hot.

Good Chowchow Is Made From Brined Vegetables

A good chowchow is made from the following ingredients, according to the bureau of home economics. All the vegetables have been brined and must be freshened by standing in cold water overnight or longer. Some salt must always be left in vegetables that are being freshened for pickles. After the vegetables are freshened they are drained, mixed and chopped together. The spices, vinegar and sugar are brought to the boiling point and mixed with the vegetables. Stir until they are well blended and let stand overnight. In the morning stir well and pack into sterilized jars. Seal and store in a cool place. Processing will help to keep the pickles but will soften the texture. The amount given below yields three quarts.

2 cups small white onions
2 cups cauliflower in small sections
4 cups cut string beans
12 green peppers, medium size
1 red pepper
5 teaspoons celery seed
4 teaspoons mustard seed
6 teaspoons horseradish
1 cup sugar
2 cups cider vinegar

Why Stars Flicker

The twinkling of stars is a rapid shaking or vibration of their light caused mainly by the turmoil of the atmosphere—currents and strata of different temperatures intermingling and flowing past each other. A star's light seems to come from a mere point, so that when its rays are scattered by irregular refraction at one instant very few rays reach the eye, and at another, many. This accounts for the seeming change of brightness in a twinkling star. Ordinarily the bright planets are not seen to twinkle, because of their large apparent disks, made up of a multitude of points, which therefore maintain a general average of brightness.

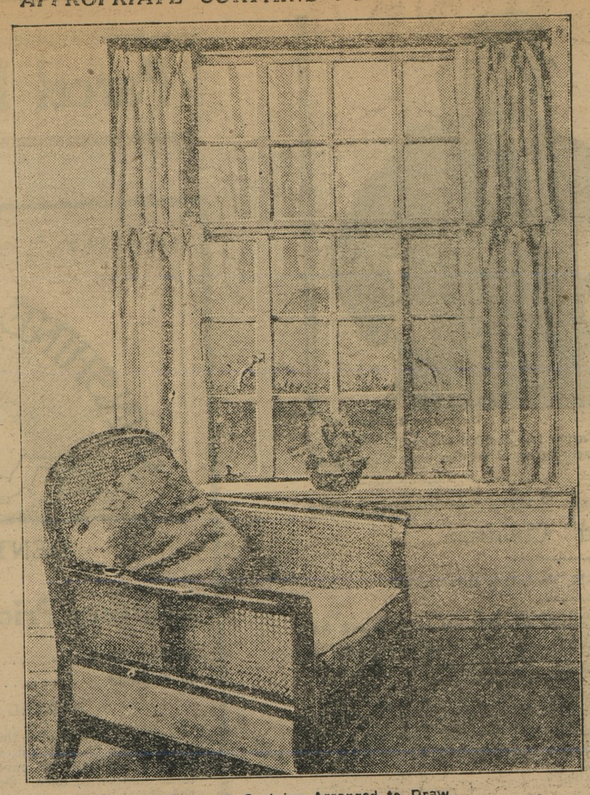
Why Planter Was Shocked

Sourabaya, Java.—A Dutch plantation owner near here got the shock of his life on returning from a journey recently. He was told that his faithful native steward had sold the whole season's produce to a couple of visitors at very advantageous prices—millions, in fact. The steward, who had been unable to sleep because of the responsibility involved in the custody of so vast a fortune, produced a sheaf of bank notes for millions of German marks of the inflation period—now worth nothing.

Why Ball Curves

There are many scientific explanations to account for the curve of a baseball. It is generally agreed that the rotary motion of the ball after it leaves the pitcher's hand so affects the resistance of the air that it is deflected from its original course.

APPROPRIATE CURTAINS FOR A CASEMENT



Casement Curtains Arranged to Draw.

(Prepared by the United States Department of Agriculture.)

Casement windows, either single or in groups, are picturesque and appropriate in both large and small houses. If well made they are charming and convenient, but they must be curtained so as not to interfere with their opening.

Curtain Material.

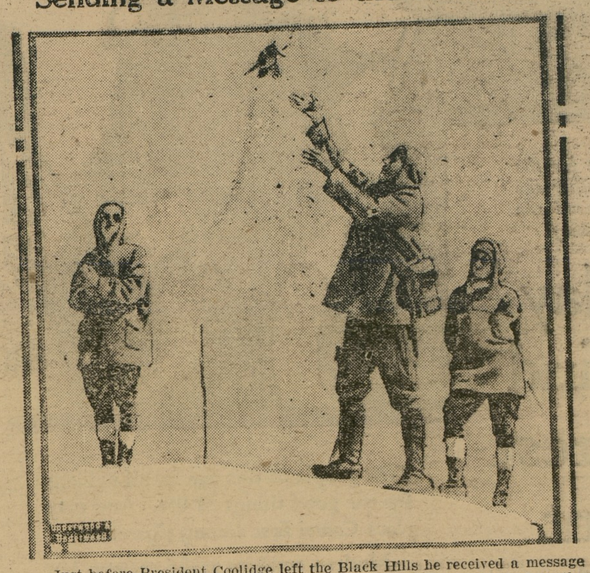
The material of which the casement curtains are made is the same as that used for any other windows in the room, unless some special effect is desired. In a hall or alcove a casement may sometimes be treated as an entirely separate decorative feature. If the living room has both casements and double sash windows the material chosen for curtains must be adapted to both types of window, and to the atmosphere of the living room, whether formal and dignified, or informally gay and cheerful. The bureau of home economics suggests that plain fabrics, such as poplin, pongee, habutai silk, rayon, silk and cotton mixtures, monk's cloth, heavy gauze, or casement cloth, are good. Richly patterned cretonnes suit some living rooms if the walls are plain.

If the casement opens out, there is less chance of the curtains being in the way of the sash. Draw curtains can be pulled back to the extreme edge of the window frame when the casement is opened. If glass curtains must be used they should be hung from the upper casing so that they remain inside the room when the casement is unfastened. Otherwise they would soon be spoiled by rain and outdoor air. Side draperies and draw curtains should end on a line with the apron or sill.

If Casement Opens In.

If the casement opens in, glass curtains may be shirred on rods at the top and bottom of the sash, or hung with rings from the top of it, so that they swing with the window. If a valance and side draperies are used with the opening-in casement, the valance must clear the top of the sash as it swings in. On the whole, draw curtains will be found best for casements. They are generally arranged in clusters of plaits on rings to be drawn back and forth on a solid rod by means of double cords passing over small pulleys. The illustration shows casement curtains of plain colored pongee for the living room.

Sending a Message to the President



Just before President Coolidge left the Black Hills he received a message by carrier pigeon from the boy scouts of Tacoma who had climbed to the summit of Mt. Ranier. Above the scouts are seen releasing the pigeon.

EXTRA MEAL GOOD FOR ACTIVE BOY

Needs More Calories Than His Parents.

(Prepared by the United States Department of Agriculture.)

The active growing boy sometimes needs more calories in his daily ration than his father or mother, if they are people of more or less quiet habits. His food must be wisely chosen to supply the elements he needs for developing his body and creating his apparently inexhaustible energy. A mid-morning or mid-afternoon snack consisting of a fruit drink, or milk, and



An Extra Meal for the Growing Boy.

perhaps a lettuce and whole-wheat bread sandwich is a good thing for the boy, according to the bureau of home economics, especially if he has just used up most of the fuel provided by the preceding meal in playing baseball or on a visit to the nearest swimming hole. Food of this kind given rather as an extra meal than as "eating between meals" will not dull his appetite for the next family gathering at the dinner table.

Why Widows Wander

The reasons which prompt many widows to take up traveling soon after their husbands die are analyzed by Frederick Tisdale in an article in Liberty. He quotes the explanation given by a travel agency's executive, who says: "In a way, it is just as natural for a widow to want to leave her home as it is for a bride to want a wedding trip. There is the terrific nervous strain of the husband's sickness and death. After the mental readjustment, the widow may be tempted to travel because she desires freedom from monotony or gossip, or she may want to lift herself above the crowd by taking a trip abroad to satisfy her social egotism. Few women will admit it, but such a trip does raise one a little above the people who have never been across."

Why City Got Odd Name

The following explanation is generally accepted for the naming of the city of Phoenix, Ariz.: Jack Swilling with an outfit of about two dozen men and an eight-mule team and a wagon loaded with provisions and tools, in 1867 started to construct a ditch from the river about opposite a point where Tempe now stands. This work failed because of the rocky formation and the outfit moved down the river to a point one mile below where Joint Head is now situated, and close by were the well-defined ruins of an ancient pueblo. Darrell Duppa, a scholar who was with the Swilling, outfit, said, "Let us call it Phoenix, for here upon the old a new city will rise," and he told of the bird which rose from its ashes as set down in mythology.

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