Messages to Seekers of Success

## To Help You Win

Riches—power—happiness. The average man places these as his goal. He dreams about having them.

But the average man is slow to take a practical step towards that goal. He is content to dream about it—and never gets there.

**The most practical start is to start a savings account. Rockefeller had to save his first thousand dollars. It earned the rest of his fortune.**

### Character Earns Credit

**Saving men not only have capital for their efforts. In saving, they establish a reputation which will make it easy to secure additional capital when necessary.**

**A farmer has frequent need for capital if he is striving continually to improve his property. How important it is then that he build up his credit—establish his character.**

**The easiest and quickest way is to start a savings account.**

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# New Fashions in Foods

By KARINE HOLMES

It is an old saying and true, "A woman can throw out more with a teaspoon than a man can bring home in a wagon." SO ECONOMY is our watch word in each of these lessons.

This is the time of the year when vegetables are very scarce and the housewife is puzzled how to feed her family and keep down the meat content of the usual diet. Our menu for March 3rd is:

Toad in the Hole
Stewed Turnips Cabbage Salad
Raisin Pudding Liquid Sauce
Coffee

Toad in the Hole is an English name for batter buns baked with roast beef. This Toad in the Hole is used here with sausage, and why not? Why necessarily (as I was raised to believe one must) have a heavy roast of beef?

**Toad in Hole**

2 cups of flour
½ teaspoonful of salt
1 lb of link sausage
2 eggs
2 tablespoonsful of fat (melted)
3 cups of milk

Sift the flour and salt into a bowl: beat the eggs well, after mixing well with the milk and fat pour gradually on flour, beating it well with spoon (wooden spoon always preferable) When quite smooth, pour it into a well greased fireproof dish: skin the sausages and lay them into the batter and bake in a moderate oven for ¾ of an hour. Serve in small squares arranged neatly, overlapping each other on a hot dish.

**Cabbage Salad**

Shave 2 cups of shredded cabbage in thin strips or chop fine and mix with the following dressing:

tablespoonsful of butter
½ cup of hot vinegar
1 tablespoonsful of butter
1 tablespoonful sugar
1 teaspoonful salt
1-8 teaspoonful pepper
½ onion cut fine
½ sweet or sour cream, milk or water.

Dissolve sugar in the cream. Mix with the rest of the ingredients. Mix while hot and serve with the salad slightly warmed.

**Raisin Pudding**

1 pound of raisins, having ready for oven a buttered pudding dish: Put into the dish layer by layer boiled rice and raisins, continue until the dish is nearly full, having the rice on top. Beat 2 eggs, add 2 teaspoonsful of sugar, 1 pinch of salt: 3 tablespoonsful of butter, and 2 cups of sweet milk. Pour this over the puding and bake half an hour. Serve with liquid sauce, made thus: 2 tablespoonsful of butter (placed over fire) add 2 tablespoonsful of flour put into the hot butter; do not let it brown, but when blended add one cup of water, and ½ cup of sugar, flavor with vanilla or lemon extract or a little cinnamon may be used for the flavoring.

An economical housewife will supply good gravy and thick soups at very little expense to the weekly budget, as soups are an excellent method of using up scraps and bones from joints and vegetables which are otherwise wasted. Soup if taken as a primary course of a substantial dinner, if well flavored and warm, acts as a stimulant in the stomach, exciting the gastric glands and generally enabling that organ to perform its functions more easily. For this object the soup should be thin. Do not take too much of it at a time, otherwise it dilutes the digestive juices too much, and destroys the appetite for the remainder of the more substantial, more fibrous part of the meal. If it is to form the chief part of the meal the soup will be more nutrious if thickened, especially so if peas, or beans or lentils are used as this thickening medium.

STOCK is the liquid in which meat, bones or vegetables have been cooked and this contains the extractives from these substances. People generally consider that meat which has been used for soups had all of its nutritive substances boiled out of it and that these substances are ALL in the soup stock. This is not true. It is only the extractives which have been drawn out; the Protein is still left and it is just as nutritive because it is the protein which makes bone and flesh, not the extractives. All they do is like the thin soups, excite the secretions which we call the digestive juices.

When we make clear soups we cook the vegetables without cutting them up, then they can be removed. This stock is used for gravies, sauces as well as for soups. In hot weather it is better not to put many vegetables in, as the stock turns sour more quickly. Pray never put anything in your soup stock which is not perfectly sweet and fresh. If onions be put in the soup stock unpealed simply washed, they will help to give the stock a nice rich color. Stock should always be strained before cooling. Never allow it to stand in stock pot over night. Clear gravy soup consists of the extractives, flavoring matter, and gelatine of meat and bones.

Thickenings for soups consist generally of egg yolks beaten with cream gether, the boiling soup poured slowly over this. Take care to stir it constantly and thus you will not cook your egg too quickly and the mass will not curdle as though you poured the egg and cream into the hot soup. Cornstarch may be used with milk and is preferable to flour because it requires so little cooking while wheat flour starch must be cooked if it is to be readily digested.

Earthenware cooking dishes have no equal where slow cooking is to be desired, and there are many dishes of yolk of eggs, and cream beate to- which one would do well to refrain from cooking unless cooked in earthenware dishes. Stone cooking pots are somewhat expensive, but last a life time if care is taken, and foods frequently taste much better when cooked in earthen ware. One reason is it suggests slow cooking which improves most of our cooking. We easily acquire the habit of cooking rapidly and getting the meal prepared This is not economical nor wholesome except in a few instances. A beef steak is one example. That should be cooked in a red hot pan and cooked quickly, turning over almost every instant and never allow it to cook longer than to braise the outside throughly.

## FEMININE TOPICS

Long tight coat sleeves are being featured for tailored dresses.

Tete de negre, reddish tones, sage and emerald green are the leading colors in millinery for the spring.

Hemstitching is seen on many sport and afternoon frocks of crepe de chine and voile. Frequently it is the only trimming.

A sleeveless jacket of suede three-quarter length, with narrow belt, is smartest when worn with an all white costume and with a small suede hat to match.

The crystal craze has just been imported from London. You'll find crystal ornaments and pins on the latest and smartest headgear, black hats and turban toques.

Mountain haze is the name of a new and very fashionable color. It is somewhere between orchid and pink, and is particularly effective in silken fabrics.

An unusal costume seen at a winter resort is a gown of yellow duvetyn worn with a white velvet wrap profusely trimmed with white rabbit fur and lined with yellow duvetyn.

A black satin gown very long and very full is lashed in front to reveal a petticoat of cloth of silver. A cape of silver lace reaches the waistline in the back and forms the sleeves as well.

There are scores of young women in motion picture productions that are the ones who have ventured into the technical fields of the industry as location finders, furniture experts and costume designers.

One of the most popular trimmings for spring is leather. It makes cut-out flowers and various cut-out designs for applique purposes. Strips of leather fringe along the border are frequently used for belt.

Cockades of taffeta ribbon, tightly accordion pleated, trim some of the crepe de chine gowns in the shops today designed for Florida and California wear. One of these gowns has a huge blue ribbon cockade over each hip of a beige gown.

In the second and third empires, colors were quaintly subdued. There were soft pink looking like a faded; restful mossy greens; yellows of mellow tint; and dim rust tones. These shades are favorites in millinery today, especially in straws.

Ribbon that looks like straw and straw that looks like ribbon seem to be in high favor for milady's hat. The ribbon hats, some of them fairly wide brimmed though not so large as the hats a bit earlier in the season, are made of grossgrain, tissues, and taffeta.

The "curtain veil" is with us again just as demure as when it proved an aid to beauty some half century ago. It is just long enough to cover the eyes, though in back, if you wish, it may hang to the waist. Often the coquettish little veil is fluted, making it more coquettish than ever.

The frocks which forcast the styles for spring today are being made largely of foulard. They are trimmed invariably with organdies. The organdie is seen in collars and cuffs, but also in sashes with flowing ends. The collars are large and no lace or embrodery is used upon them.

Mittens of black velvet which are long enough to reach the elbow are worn with a sleeveless black velvet gown by a celebrated French actress.

Feather ornaments are in vogue for hats, since the Queen of Spain has ordered them for her latest millinery. The feather ornament is sometimes replaced by actual feathers. Nearly all the queen's hats are small, only one or two being wide brimmed.

Brims on the spring hats show a striking irregularity of outline.

The new sports suits show a decided liking for checks. Formerly if a coat or skirt were in checks, the other would be in a plain color. Today the skirt may be in a big check, but in that case the coat will be in a check also, yet so fine as to be almost invisible.

—Residents of Perryville and Havre de Grace witnessed an unusual sight Friday afternoon when thousands of canvassback ducks were seen in and around the Susquehanna river bridge. The oldest residents declare that they never before saw ducks so near the town in such large numbers.

IMPROVED UNIFORM INTERNATIONAL

# Sunday School Lesson

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)

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## LESSON FOR MARCH 4

### JESUS TEACHING IN THE TEMPLE

LESSON TEXT—Luke 20:19-26; 21:1-4.

GOLDEN TEXT—Render therefore unto Caesar the things which be Caesar's and unto God the things which be God's.—Luke 20:25.

REFERENCE MATERIAL—Matt. 7:28-29; Isa. 28:14-20; Acts 4:7-22; Rom. 13:1-7.

PRIMARY TOPIC—The Gift That Pleased Jesus.

JUNIOR TOPIC—The Widow and Her Two Mites.

INTERMEDIATE AND SENIOR TOPIC—Jesus the Fearless Teacher.

YOUNG PEOPLE AND ADULT TOPIC—Jesus Answering His Opposers.

The popularity of Jesus after the triumphal entry greatly troubled the rulers of Israel. He met their wicked challenge as to his authority in such a skillful way as to place them under condemnation for their unbelief. This condition was accentuated by the parable of the householder.

**I. The Question of Paying Tribute (20:19-26).**

1. Spies Sent to Entrap Jesus (v. 20). The rulers were too cowardly to do this themselves, so they employed underlings to do their mean work while they hid away. This diabolical method is employed today in political and religious life. Many times questions are raised under the guise of sincerity, when the real purpose is to do mischief.

2. Wicked Flattery (v. 21). They complimented His truthful teaching, His impartiality and courage. They certified to His faithfulness even to that extent that He would face Caesar himself. This compliment was true, though insincerely given. Back of this flattery was the base purpose to destroy Jesus. Many today praise to the face in order to stab in the back.

3. The Cunning Question (vv. 22-26). "Is it lawful for us to give tribute to Caesar or not?" At this time the Jews were galling under the yoke of the Roman government. To have answered this question either by "yes" or "no" would have involved difficulties. To have answered "yes," would have conveyed the impression of endorsing all that the Roman government did. To have answered, "no," would have at once brought him into conflict with the government. It is not always an easy matter for a Christian to determine his right relation to civil government.

Christ's reply to this question properly understood and applied is the final word on the subject. Until the civil authorities demand that which is a violation of God's law we are bound to render unto them obedience. Render unto Caesar the things due within the realm of the rights of government.

But while Christ's answer sets forth their duties to civil authorities. He used the occasion to impress upon them the duties due to God. Render unto God the things that are God's. Man bears the image of God. Therefore he should honor and serve Him. Since he enjoy's God's protection and care, it is his duty to own allegiance to Him, yield his life to Him in service, worship and praise. Everyone who enjoys the benefits of civil government is obliged to pay the taxes which are necessary for the support of that government, and everyone who receives God's favor is placed under a like obligation unto Him.

**II. Jesus' Estimate of Gifts (21:1-4).**

1. Jesus Watching the People Giving (v. 1). He was greatly interested in observing the way the people cast their gifts into the treasury. Perhaps there is more vital index to one's character than the way he behaves before the Lord's treasury. Jesus sits over against every treasury and knows every dollar cast into it. He knows how the dollars come and how they go. No trickery can deceive Him. He not only knows this in the church, but He knows it in the business world.

2. The Rich Gave of Their Abundance (vv. 1-4). They, no doubt, gave much, but in proportion to what they had left their gifts were small. The size of the gift is not primarily to be measured by how much it is, but how much has the giver left.

3. A Widow Gave Two Mites (vv. 2-4). In value a mite was less than a cent. Though the two coins were of small value themselves, they represented her all—not merely her surplus, but her living. Let no one deceive himself by pretending to give the widow's mite, for to give the widow's mite means to give everything.

4. Jesus' Verdict (vv. 3-4). He declared that she had given more than they all. Jesus looks into the heart and estimates our gifts not by their size but by the motives prompting them.

**An Honest Man.**

I hope I shall always possess firmness and virtue enough to maintain what I consider the most enviable of all titles, the character of an "honest man."—George Washington.

**Happiness.**

Oh, how bitter a thing it is to look into happiness through another man's eyes!—Shakespeare.

**Must Make the Pot Boil.**

Fortune may find a pot, but your own industry must make it boil.

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How hard should we work for the prize?—Philippians 3:13, 14.

Who is sure of a blessing?—Psalm 1:1-3

How should rules serve?—Psalm 2:10-12

What day must be kept holy?—Exodus 20:8-11

How can we be free?—John 8:32

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