

CHEAPER CUTS MAKE TASTY DISHES

By BETTY BARCLAY

One of the most economical ways of making a delicious and varied menu is to make use of cheaper cuts of meat. Meat is always one of the main items in any food budget.

Cut the mutton into pieces convenient for serving. Trim off any superfluous fat. Roll each piece in flour well seasoned with salt and pepper.

- 1 cup uncooked rice
1 cup round steak, ground
2 cups boiling water
2 cups canned tomatoes
1 onion
2 tablespoons butter
2 teaspoons sugar
salt and pepper
grated cheese

- 1 ox tail
2 1/2 quarts water
4 carrots, sliced
2 turnips, sliced
2 onions, sliced
1 large potato, sliced
2 tablespoons sugar
2 tablespoons butter
2 teaspoons Worcestershire sauce
salt and pepper

Frock of Powder-Blue for Balm Weather Wear



Showing a charming little frock of powder-blue chiffon, posed by a prominent juvenile star in pictures. The outfit, completed with a leghorn hat, is designed for the warmer days.

Paris Sends Summary of Spring Styles for Women
News from Paris indicates that the year's style experts have taken into consideration all the varying economic factors that will influence women in selecting apparel for spring and summer.

When parents and teachers try to shift a child from left-handedness to right-handedness they are really endeavoring to change the nerve connections and shift the controls from one side of the brain to the other.

ON BEARING CHILDREN FROM CRIB TO COLLEGE

A valuable way of presenting objective information about his children to a father is by a written record of the line-a-day type, regarding some special trait in the child which for the time being occupies the center of the stage.

Parenthood is likely to call for all that human nature can bring forth of courage, of endurance, and of patient, unwearying tenderness.

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Big Jim Thorpe, Fattest Indian Athlete, And Ex-Olympic Hero, Is Ditch Digger Now

Los Angeles, March 13.—Jim Thorpe, famous Indian athlete of two decades ago, ex-Olympic champion, baseball and football star, is a ditch digger now, working for \$4.00 per day in excavating a site for a new County Hospital here.

Thorpe is living in a modest cottage with Mrs. Thorpe and their children, Philip, aged four, and Billy, aged two.

Thorpe attended Carlisle Indian School from 1907 to 1912. He starred in football, baseball and track. In Stockholm in 1912 he raised the flag of his native land to the top of the Olympic mast.

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He was named all-American half-back in 1911 and 1912. From 1914 to 1920 he played professional football and baseball.

Francis Clinton Regan, son of Mr. and Mrs. John A. Regan, of 66 Rugby Avenue, has received an appointment as second lieutenant in the U. S. Army.

A very beautiful pot with a very rare Texas cactus plant will be posted to you for \$2.00 or a box of cactus candy for \$1.50 postpaid.

PLEASE READ—Thank You

My prayers and their prayers will be offered daily for your kind assistance.

When Baby Starts To Walk Dr. Ray's Paddlers High-Grade Children's Shoes



PERSONALS

Mr. and Mrs. Herman G. Hetzler and family of Villa Street are spending a few weeks in St. Petersburg, Fla.

Dorothy Hester, the 19-year-old Portland, Oregon, stunt flier, who completed five outside loops in succession over a Los Angeles airport recently, and the only woman who has mastered the outside loop, is a cousin of Dr. Arthur B. O'Brien, of Magee Avenue, this city.

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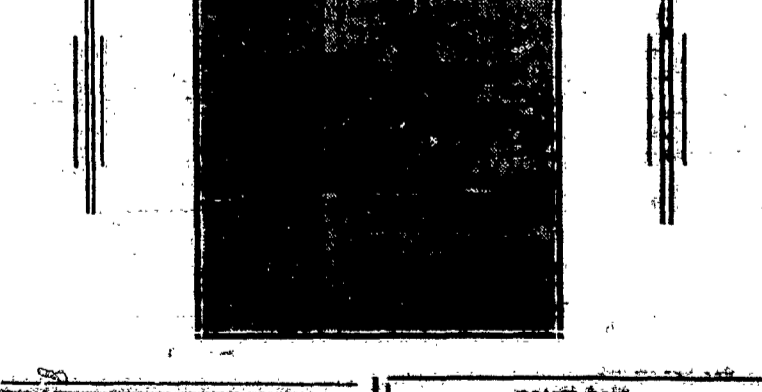
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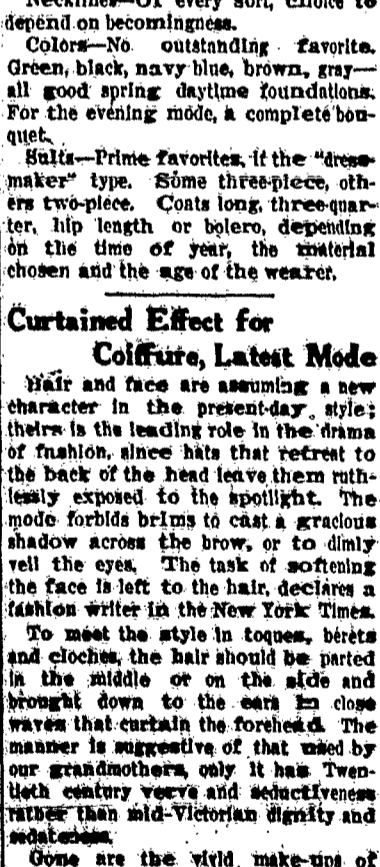
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Sunday Night Frock Is Stylish in Crepe Roma



For youthful parties that are informal, this so-called "Sunday night" type of frock is ideal.

Collars May Be Large or Abandoned Entirely

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Three Rochester Malta Knights Get Insignias

Joseph P. O'Hern, Jeremiah G. Hickey and James P. B. Duffy Receive Treasured Evidences of Membership in Ancient Order.

Joseph P. O'Hern, deputy superintendent of schools, Jeremiah G. Hickey, president of the Hickey-Freeman Co., and James P. B. Duffy, head of the Duffy-Powers Co., recently designated by Cardinal Hayes for membership in the ancient order of the Knights of Malta.

Catholic Book Club MARCH BOOKS

"The Last Stand" by Rev. Edmund A. Walsh, S.J., has been selected by the Catholic Book Club as the outstanding book of the month for March.

Give me the man really detached from the world, and I have the heart to believe I could convert the world with him.—St. Philip Neri.

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