



By Biddy Bye

A common mistake in purchasing food is in buying the more expensive kinds when cheaper ones would serve the purpose as well, says one of Uncle Sam's home economics lessons.

Many a housekeeper who sincerely tries to do the best for her family buys high-priced steaks when, for the same amount of money, it would be possible to get twice as much nourishment from a cheaper cut.

A shoulder of mutton, prepared with skill, becomes a dish fit for any table. Here is one of Uncle Sam's pie recipes:

Twelve O'Clock Pie

This is made with shoulder of mutton, boiled with carrot and onion, then cut up, mixed with potatoes separately boiled and cut up and put into a baking dish.

The crust is made by mixing smoothly mashed potatoes to which a tablespoonful of shortening has been added, with enough flour and water to make them roll out easily.

A pie made of a pound of meat will require 5 or 6 boiled potatoes, a cupful of mashed potatoes and 8 or 10 tablespoonfuls of flour, and should be baked about 20 minutes in a hot oven. Salt, pepper and other seasoning, as onion and carrot, may be added to taste.

A teaspoonful of baking powder makes the crust lighter.

(Another helpful recipe by Uncle Sam tomorrow.)

FABLE

Once upon a tyme a man went into a restaurant and ordered a meal and didn't state what kind of potatoes he wanted and ye waiter, didn't bring in mashed potatoes.

HADNT AUTO CO,
Yes, hang it, you sell the Ford!
 OREGON, O.

Dear Editor: Talk about
 tough luck! I accidentally
 swallowed two \$20 gold
 pieces and they lodged in
 my appendix. Can you
 best it? Reader
 MSJ/K
 6/20/28

Answer: Don't worry. Swallow one-half dozen more and make the operation pay for itself.