

son she lives in a state of strife with his wife. This kind of human interest story is ugly and sordid, nevertheless, almost every community has just such a case.

Sometimes the mother thinks she knows best what kind of a girl her son should marry. So she picks out his wife for him, by indirect and un-



TO HER SON
A MINISTERING ANGEL

definable but nevertheless perfectly effective processes.

That a loving mother can watch over and guide her darling boy to his advantage is an unpleasant truth, but it is one which much be accepted.

(Woman as she is to her daughter in The Day Book tomorrow.)

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Cuttlefish preserved in its own ink is the only preserved-in-ink foodstuff known.

MEATLESS MENUS FOR LENT

By Bidly Bye.

The high price of eggs, potatoes and canned foods makes Lenten cooking this year far more difficult than usual. Eggs will not be used in this series of menus and recipes, except when required as an ingredient in some made dish.

Lenten Menus For One Day.

BREAKFAST—Sliced bananas and cream; rice gems; coffee or cocoa.

LUNCHEON—Apple slump, or corn starch blanc mange and milk; nut bread; tea.

DINNER—Cream of bean soup; cornmeal cutlets; browned potatoes; peas; lettuce salad; coffee.

Corn Meal Cutlets.

Make a well cooked corn meal mush and turn it into a bread tin which has been wet in cold water. When the mush is cold, slice it and dip the slices in bread crumbs; place them in a well buttered pan and bake in a quick oven until a fine brown color. Serve with syrup.

Rice Gems.

Sift $2\frac{1}{4}$ cups of flour with 4 tablespoons baking powder, 2 tablespoons sugar and $\frac{1}{2}$ teaspoon salt. Mix $\frac{1}{2}$ cup of milk with $\frac{3}{4}$ cup hot cooked rice; add $\frac{1}{2}$ cup of milk and one beaten egg to the flour mixture; beat the rice into the flour and add 2 tablespoons melted butter. Bake in well buttered gem pans.

Cream of Bean Soup.

Soak 1 cup white beans over night; drain and boil in 3 pints of water; when tender, rub through a sieve and mix the pulp with the water in which the beans were boiled. Rub 2 tablespoons of butter into an equal amount of flour and thicken 2 cups of milk with the paste. Add 2 teaspoons salt, 1 teaspoon onion juice, and a seasoning of pepper if it is liked. Turn the mashed beans into the white sauce, and boil 5 minutes, stirring to prevent burning. Serve with toast.