

Woman's Interests

Household Children Cooking Fashion

Sister Mary's KITCHEN

In the kitchen of her own home Sister Mary cooks daily for a family of four adults. She brought to her kitchen an understanding of the chemistry of cooking, gained from study of domestic science in a state university. Consequently the advice she offers is a happy combination of theory and practice. Every recipe she gives is her own, first tried out and served at her family table.

After deep fat frying it is always well to strain the fat. If any impurities are left in the fat the next batch of doughnuts or whatever it is one is cooking will not do as they should.

While the fat is still hot it may be strained through several thicknesses of cheesecloth. This will remove all particles of dough that have become separated from the article being fried.

By adding water to cold fat and boiling vigorously all traces of former frying are removed.

If fat becomes a trifle scorched the burnt taste can be removed by melting the fat and adding thick slices of raw potato. Heat the fat slowly and let the potato stay in the fat until the slices are brown and the hot fat has stopped bubbling.

Menu for Tomorrow

Breakfast—Halves of grapefruit, fried mush, maple syrup, coffee.
Luncheon—Ham balls, spinach salad, marble loaf cake, tea.
Dinner—Broiled pork tenderloin, scalloped potatoes, string beans, watercress and orange salad, steamed graham pudding, coffee.

My Own Recipes

Serve a fruit sauce with the pudding in place of a rich, hard sauce. The juice left from a can of fruit may be thickened with corn-starch, a little sugar and a lump of butter added for the sake of taste and a very palatable sauce made.

Ham Balls

3/4 cup minced ham,
2 cups mashed potatoes,
1 tablespoon melted butter,
2 eggs,
2 tablespoons hot milk,
Pepper.

Boat potatoes until very light. Mix ham with potatoes. Add butter, eggs and milk. Form into balls and fry in a frying pan.

Marble Loaf Cake

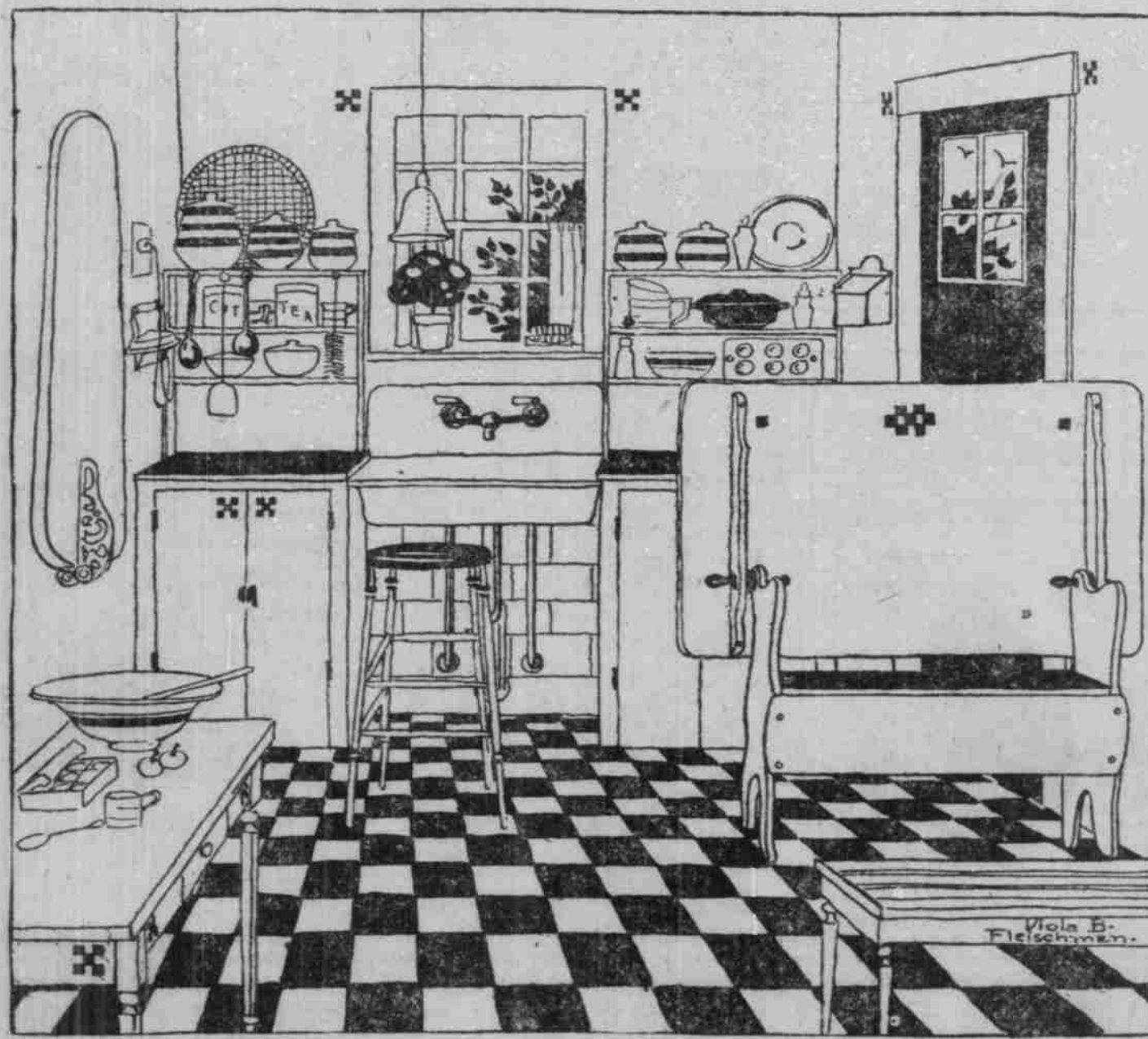
1 cup sugar,
1-2 cup butter,

2 eggs,
2 cups flour,
3 teaspoons baking powder,
1 cup milk,
1/4 teaspoon salt,
1 teaspoon vanilla,
2 tablespoons cocoa,
Cream butter and sugar. Add eggs well beaten. Mix baking powder and salt with flour and add alternately with milk and vanilla. Take out about one-third of the batter. To this add the cocoa. Turn half of the light batter into a loaf cake pan. Add dark batter and cover with remaining light batter. Bake in a moderate oven for 45 minutes.

Writing these recipes from day to day it occurs to me that it is indeed simple to tell somebody else how to do it.

Mary

WHEN THE BRIDE PLANS HER HOME Modern Kitchen, to Be Attractive, Must Utilize Every Space-Saving Device



Wooden settle takes place of Pullman breakfast corner in this kitchen

BY VIOLA FLEISCHMAN
Interior Decorator

CLEVELAND—The modern kitchen is not a roomy place. Every bit of space must be utilized to the best advantage.

Shelves built above the sink cupboards afford an excellent place for jars, bowls and utensils which are used frequently enough to avoid gathering dust in such a cupboard. A tall stool is a great convenience for the housewife, as is a light suspended over the sink.

Breakfast Table
An ironing board protected with a slip cover may be hinged onto the wall so that it can be swung out of the way

when not in use and be quickly available when needed. A connection socket for the electric iron cord should be provided in the wall and the iron may be placed on a small shelf, as shown, when not in use.

Many of the new homes are providing an angle-nook or pullman corner in the kitchen, where breakfast may be served. In the apartment kitchen this need may be supplied by means of a wooden settle such as shown. During the working hours in the preparation of food this article serves as a bench with a broad back. At meal time this broad back is let down in a horizontal position forming a table top, at either side of which a long, low bench or stools may be placed. A work table, enameled white, may have a white oil

cloth covered top. Finger marks will show less readily if the doors be stained mahogany—providing they are made of new birch—or painted dark gray or dull red.

Delft Blue and White

The appearance of the room will be wholesome and cleanly if the woodwork and furniture be enameled white or light gray, with the walls and ceiling painted cream color to distribute the light to the best advantage. A check design in delft blue on the walls and furniture, as shown, would be an additional decorative note and harmonize with the linoleum in blue and white on the floor. The scheme of the room could be made still more pleasing with the porcelain and pottery in blue and white.

WIDE-OPEN ROSE RESTS ON HAT OF FINEST CRIN



By Cora Moore, New York's Fashion Authority

NEW YORK—If spring hats have been unusually effective, which they have, summer models are adorable. They literally radiate gladness with their airy trimmings and soft coloring.

Imagine a hat of finest crin with a wide brim that undulates from a high back to a drooping side, edged all around with narrow lace frilling and then a low crown swathed with tulle and, at one side, a great single pink wide-open rose with its foliage. It is Ann Andrews' Cupid hat that she wears in the Willie Collier play "The Hotter".

There is another Cupid hat in the play. Doris Sawyer wears it. It is black straw broad, wide-brimmed and soft-crowned and trimmed with black lace bows, two of them alternating with sheaves of wheat and flowers. Doves and wheat fronds are put on diagonally and dashingly. Then there is a half-inch lace veil drooping from the brim.

'CAMOUFLAGED' BACKS LATEST FAD



BOSTON—Something had to be done when stylists kept dropping dresses lower and lower in the back. And it fell to Adolf Boninola to solve the problem. Boninola, who has learned art, "as she really is," in many world's fashion centers, is now painting ships, or some such, in the middle of fair backs—or bare backs. It's the latest American fad.

Confessions of a Bride

(Copyright 1920, by The Newspaper Enterprise Association)

The Russian Did Not Realize He Was Revealing His Secret

"The temperamental young Russian wrote like one possessed of an evil spirit. I guess that was Rasputin, all right!" So ran Archer's letter. "Sandy's brain could hardly translate nor his tongue keep pace with the words which Miss Lorimer took from the quill pointer. But I am going to try to give you the gist of the plot, as made by Certeis and the Russians and as confessed, subconsciously by that Russian dandy. I knew, and Miss Miller and Certeis knew, that the poor fellow was driven to it by fear of the spirit of Rasputin.

"But Certeis didn't seem concerned because the Russian was giving the plot away. Evidently Certeis hadn't the slightest idea that any of us would suspect the truth. Evidently the Russians themselves didn't understand the psychology of the thing. Certainly the young man didn't realize that he was revealing a secret he had sworn to guard with his life. Certeis could see that.

"So the queer game went on and led up to the tragedy. Suddenly the voice of Sandy McCall changed and rang across the water. It made us all jump suddenly as if an explosive had let go below decks.

"The plot! The plot! You who have the will to follow me and power

over the people, remember what I, Rasputin, tell you now!

"In translating what follows, Sandy intoned his words like some prophet of old. The gist of it is this: "Certain factions of Russian aristocrats, confederating with certain German junkies, will be strong enough to rule all Europe. But they must work while the nations are still weak from the effects of the last war. The scheme is that the capitalists and aristocrats shall rule the proletariat or working classes everywhere. Nations and boundary lines are not important to the 'old order' when it comes into power again.

"The Germans will organize and drill armies and supply the officers for the same. Russia will supply the manpower. In Russia alone can be raised a vast army, for her man-power is not depleted like that of war-worn Germany and Austria and France and Great Britain.

"Money must be provided to remake Kaiserism and czarism. And this must be supplied by a yellow race. The gold will be given gladly by yellow men.

"When questioned further on this point, Rasputin refused to tell which particular yellow people was rich enough and willing to finance another war. I noticed that Certeis sank back in his deck chair and relaxed when that question remained unanswered, while Don Manuel walked nervously

ADVENTURES OF THE TWINS

by Olive Roberts Barton

CASPER CATBIRD DISAPPEARS

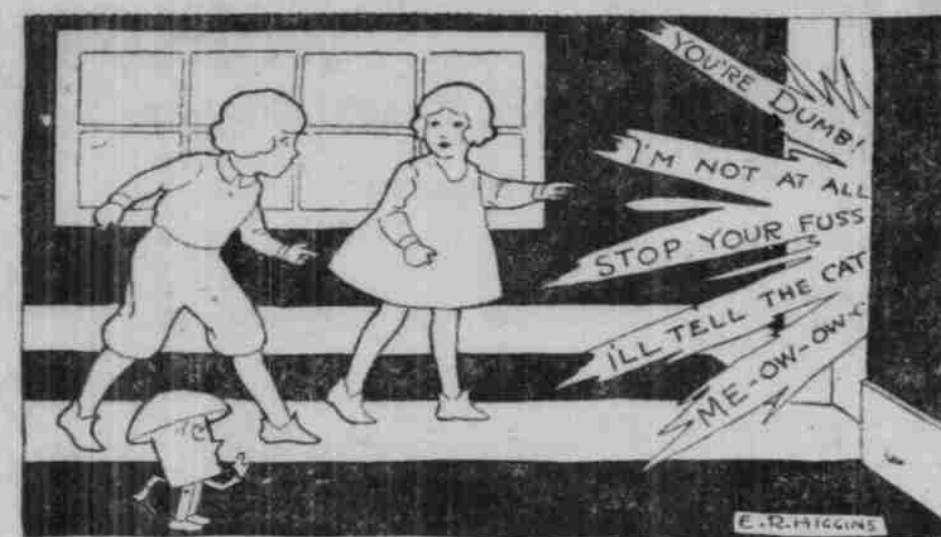
The next person to be spring-cleaned in Scrub-Up-Land was Casper Catbird.

Now Casper didn't like water, being related to the cat family, or perhaps it was because his colors were so dark that he had never felt the need of a bath. I suppose with his black and gray coat, he thought washing all nonsense. But his top-knot did need combing, there wasn't a doubt, and his necktie was always creeping up around his ears. Oh, yes, Casper needed looking after, and Nancy and Nick called to him to come to the barber-shop as fast as he could, and set his turn. They were helping Rubadub, the fairymen, to spring-clean the animals.

But no Casper Catbird came, although they searched for him everywhere, almost. He just wasn't to be found.

All at once there was a terrific racket not far away, and sounds of scolding and quarreling grew loud. First of all came the frog's voice making fun of someone. "You're dumb—you're dumb—you're dumb!" mocked the voice. Then Mrs. Hen shrilled a denial. "I'm not at all! I'm not at all! I'm not at all!" she shrieked.

Then the oriole tried to make peace. "Stop-your-fuss-ing. Aren't you



"Come on, Nick," cried Nancy. "We'll have to stop this rumpus before we hunt for Casper Catbird any more."

"shamed!" she chided.

"I'll tell the cat! I'll tell the cat!" threatened Mrs. Hen, again. "Me-ow-ow!" said the cat's voice instantly.

"Give him fits-fits-fits," shrieked the song-sparrows voice in great excitement.

"Who—who—who?" then demanded Mrs. Owl.

"Come on, Nick," cried Nancy. "We'll have to stop this rumpus before we hunt for Casper Catbird any more."

"Yes," answered Nick, "but isn't it queer that Sid Song-Sparrow should come back here. He's been gone a month! And Mrs. Hen left yesterday and I haven't seen the cat at all."

The children were going to find something quite astonishing.

to the rail and threw a perfectly good unlighted cigar into the deep!

"And whoever shall win the yellow men to this cause," chanted the voice of Sandy McCall, as he translated the ouija 'revelation'—whoever shall arrange for getting the gold for Germany and Russia, to him shall be given a 'kingdom'—after the war is won.

"To those who help build the greatest army that ever marched on earth, shall come riches and power! To those who refuse, shall come sudden and awful death!"

"Suddenly the crazy sailor straightened up, and as if pulled by a common string, the rest of us rose to our feet, and Sandy chanted any more.

"Once more the junkies shall rule—by divine right!"

"After this 'revelation' poor Sandy gazed his great hands high above his head and sent his voice up to his God.

"Wait! Wait! Oh, Most Merciful Father, Save Us!"

"Then the poor chap rushed away leaving us with that awful wail echoing in our ears. Even after he had

disappeared, Miss Lorimer still gazed at the stairs down which he had vanished."

(To Be Continued)

SUCH IS LIFE!

You probably won't believe it but the editor of Life isn't funny. Furthermore he admits that jokes don't appeal to him to any great extent. But humor—well, that's a different matter. "It takes a truly great man to be humorous," says Edward S. Martin, editor of Life. "To my mind the greatest humorists of time have been men who have had the least in their lives. Then the poor chap rushed away leaving us with that awful wail echoing in our ears. Even after he had

that way. It can't be done. Humor is a spontaneous thing.

"To my mind no greater humorist ever existed than Abraham Lincoln, whose truly great mind turned to the trivial for rest and who was able to joke in a kindly way when he was suffering so much. And Mark Twain, in his way, was one of the really great humorists able to give a gentle, happy twist to things that might have appeared as tragedies to a lesser mind.

"Therein lies my idea of real humor, the variety of humor that the world needs most at the present time. It is that ability to look things in the face and smile, to see the distorted, comical face in the pansy; to find the rich, childish humor of the tenements; to get at the greater truths of life by the most pleasant path and yet realize the seriousness of it all."

Martin, a man of considerable years, has had practically a life time connection with Life. He is a gentle, kindly man, courteous with that courtesy of a gentleman of the old school. "Life isn't meant to be funny," says he. "Neither is Life. But both, I believe are humorous. And neither are meant to be sad and serious things, although they may grasp the deeper things with light hands and probably accomplish as much.

"But just now I'm far more concerned with the fact that the city has allowed the tulip gardens of the public parks to go to rot and there are no tulips blooming there as in other years."

Such is Life.

WHERE YOU GO YOUR PETS GO RIGHT ALONG

POUGHKEEPSIE—When you move here you must take your pets with you. If you leave a dog or cat behind you'll be pinched by the humane society.

There's an easy way to beat the high price of coffee!

INSTANT POSTUM

Costs less—tastes good and helps health where coffee hurts

Switch now—Test tells "There's a Reason"

Postum is sold by all grocers

Made by Postum Cereal Co. Inc Battle Creek, Mich.

TAKE TIME TO CHEW!

It's the secret of good digestion. It is Nature's plan for utilizing all the body-building elements in food—but be sure you are chewing a real food. Shredded Wheat Biscuit is all food. It is 100 per cent whole wheat. Its crisp and tasty goodness encourages thorough chewing—hence thorough digestion. Children fed on mushy porridges do not develop sound teeth. Two of these little loaves of Shredded Wheat make an ideal breakfast.

