FASHION NOTES

Interesting Items for the Fair Sex

The time for parasols is nearly here and there are lovely new models to tempt us. Smart new models are in line with deep borders of brilliant-colored Roman stripes. Silk parasols are enhanced by wool embroidery and are made in every detail to harmonize with the hand bags with which they form a set. An imported parasol is of fur, matching the summer cape wrap.

Parasols of unique shapes are many and the shapes vary—some are oblong others diamond shaped, bell mushroom, pagoda and regular. Parasol materials are silk, net, lace, and cretonne, as well as linen and fur, as noted above.

Corsets, the real foundation of style and of grace, are particularly interesting this season. The uncorseted figure is not fashionable here, and affected by only a small percentage of the smart women of Paris. But corsets that give an easy, graceful supple appearance are decidedly in vogue. This means that corsets of tricot are the proper thing—the smartest models are cut long over the hip—and short above the waist line and are lightly boned if boned at all. One new model—recently seen—has only the front steels and the small bones at the lacings in the back. This is an American corset and adequately fits the figure requirements of the Young American woman.

The kimono or sleeve and bodice in one piece is seen everywhere, in dresses, blouses, shirtwaists, suits and sport coats. And as far as the dresses and blouses are concerned the sleeve length is short, in many cases not more than a sleeve-cap.

As a trimming on both hats and frocks there is to be seen most effective flowers and sprays of raffia embroidery.

Forehead bandeaux of beads, beaded bands and twisted ribbon are a coiffeur novelty recently seen in Paris. The bandeaux are used both for high and low hairdressing when the hair is combed back off the forehead, but arranged low over the ears.

An interesting hat of straw and satin has a tam crown of square outline and the slightly mushroom brim also conforms to the square outline.

A short back shoulder cape and a similar shaping to the overskirt tunic gives the effect of wings to a frock of crepe and satin that is fittingly described as the flying dress.

The rather extensive use of Spanish combs in French hairdressing gives substantiation to the report of the Spanish influence is a factor in many spring modes.

Black lace and huge fans are still other evidences of this influence.

An interesting and unique military novelty for recreation wear is a large poke bonnet, made entirely of wool crocheted and wired and trimmed with crocheted flowers of the same material.

Useful Recipes

SOME INEXPENSIVE MEATS

Escalloped Corn Beef—Cook one stalk of celery, chopped fine, with two slices of chopped onion, in a cup of medium white sauce. Put two cups of corned beef, cooked and cubed, in a shallow baking dish. Remove the celery and onion from sauce and add the sauce to the meat. Sprinkle with bread crumbs moistened with melted butter. Brown in hot oven.

Baked Goulash—Cut chuck beef into cubes or slices and sprinkle with vinegar and a little summer savory. Add a teaspoonsalt and a half teaspoon of paprika. To each pound of meat, cook three onions slowly in one-fourth cup o fbutter or butter substitute. Add cooked onions to meat, cover tightly and cook for about two hours. The liquid may be increased just before serving by addition of beef stock.

Smothered Beef—Dredge three pounds of rump or clod beef with flour previously mixed with salt and pepper. Brown well in a heavy pan. Brown three large onions, sliced, in three tablespoons oil or drippings. Add two tablespoons mild prepared mustard, 1 teaspoon celery seed and a cup of strained tomatoes (or one-half can tomato soup). Pour this sauce over meat and cook three hours or more on top of stove.

Fresh Pork With Vegetables—Cook a pound of pork but for 1 1-2 hours. In the same kettle cook four large carrots and four large parsnips with a small head of red cabbage until they are soft, seasoning to taste. Remove vegetables and finish cooking meat. Cut pork into thin slices, arrange side by side down middle of platter. Around the meat arrange the cabbage, quartered, and vegetables cut lengthwise. Serve a meat relish with this dinner.

Meat Rolls in Cabbage Leaves—1 pound hamburg steak or leftover meat, 1 cup cooked rice, salt, pepper, 2 tablespoons chopped green pepper, 2 tablespoons chopped onion, 10 cabbage leaves. Mix thoroughly all the ingredients but the cabbage leaves. Form the mixture into eight or ten rolls, and wrap each one in a cabbage leaf which has been wilted in boiling water. Place the rolls close together in a casserole or in an an iron frying pan, and add enough hot water to nearly cover them. Cover the vessel and cook the rolls in a slow oven for from 45 to 60 minutes.

CAKE

Fruit Cake

Two cups flour, 2 teaspoons dry yeast, 1-4 teaspoon salt. Sift all three together, separate the yolks and whites of two eggs, using the yolks; sugar, 1-2 cup warm milk, 1 tablespoon butter, 1 teaspoon vanilla.

Frosting—Beat the whites of 2 eggs; gradually beat in enough powdered sugar to make it thick. Will not break or run down over cake.

Three-Egg Angel Cake

One cup sugar, 1 1-3 cups of flour, 1-2 teaspoon of cream tartar, 3 teaspoons of baking powder, 1-3 teaspoon of salt, 2-3 cupful of scalded milk, 1 teaspoon of almond or vanilla extract, whites of three eggs. Mix and sift the first ingredients four times. Pour on gradually the scalded milk, add flavoring. Mix well and fold in the whites of eggs beaten until light. Turn into an unbuttered angel cake tin and bake in a moderate oven about 45 minutes. The cake will gradually come out of the pan. Cover the top and sides with chocolate frosting.

King Edward Cake

Two eggs, 1-2 cup of lard or butter, 1 cup of brown sugar, 1-2 teaspoon of cinnamon, 1-2 teaspoon of nutmeg, 1 teaspoon of soda, 1 cup of sour milk, 2 cups of flour, 1 cup of chopped raisins, salt.

Sugarless Doughnuts

One egg, beaten light, then add 5 tablespoons of condensed milk and beat both together until creamy; then put 1 cup sweet milk and 2 teaspoons of melted butter and beat all the liquid together; 2 1-2 cups of flour in which 3 teaspoons of baking powder, 1 teaspoon of salt, 1-2 teaspoon of cinnamon have been sifted; then mix all together and roll out. This recipe makes about 28 doughnuts and is very nice.

Sweet Potato Waffles

Mix thoroughly 1 cupful of mashed sweet potatoes, 1-2 cupful of margarine, 1-4 cupful sugar, 1-2 teaspoon salt, 1 cupful milk yolk 1 egg well beaten and 1 1-2 cups bread flour with 1 1-2 teaspoons baking powder. Beat mixture hard and fold in stiffly whipped egg white. Cook in hot, greased waffle irons.

Spanish Rice

One cup cooked rice, 1 cup tomatoes, 1 cup meat (leftovers can be used), 1 large onion, 2 or 3 sweet peppers, couple slices bacon. Fry onions until yellow; mix with rest of ingredients; season well. Pour into baking dish, with strips of bacon on top, and bake half an hour.

Mock Sausage

Beat 2 eggs, add 3-4 cup milk, 1-2 teaspoon cocoa, 1-8 teaspoon cornstarch, 1-8 teaspoon salt, pinch of grated nutmeg; beat all thoroughly and pour into a hot frying pan with a little melted butter. Stir until well scrambled and serve hot on buttered toast or bread.

Green Salad With Horseradish Cream Dressing

Toss lightly together half a cupful each of finely shredded romaine, lettuce, cress and chicory and add one small minced green pepper (freed from seeds and membrane). Chill on the ice and just previous to serving moisten with the following dressing: Mix together one teaspoonful of salt, half a teaspoonful each of sugar and French mustard, a quarter of a teaspoonful of paprika, three tablespoonfuls of grated horseradish, one tablespoonful each of red wine vinegar and lemon juice. Beat a cupful of stiffly whipped cream slowly into the other ingredients.

Potato and Sardine Salad

Mix together two cupfuls of diced cooked potatoes, eight flaked sardines, half a grated white onion, the chopped whites of two hard-boiled eggs, two teablspoonfuls of chopped parsley and a chopped dill pickle. Chill the ingredients and just previous to serving moisten with the following dressing: Rub a plate with a cut clove of garlic and blend together half a teaspoonful of salt, the same of celery salt, a quarter of a teaspoonful of paprika, five tablespoonfuls of salad oil, a tiny pinch of dry mustard and two tablespoonfuls of tarragon vinegar. Serve in cups of crisp lettuce sprinkled with grated egg yolk.

Ranks in the Salvation Army

To the young man recently out of the service, the different ranks of the Salvation Army is an interesting bit of information. While designated an an army the titles common to both army and navy.

To become an officer in the Salvation Army, a man or woman, must enter the training school, where for ten months he or she is grounded in the tenents of the army's work. Then they are appointed a probationary officer . During their term as probationary officer, they are required to take a correspondence course, which covers about a year. The next promotion is to that of lieutenant. After holding this rank for at least two years, they can become a captain. The next rank that of ensign can only be obtained after seven years service as an officer. Then comes the adjutant, which office can be obtained only after ten years service. The highest field rank, that of commandant, which is the reward for at least 19 years of consecutive and continuous service.

Then comes the promotion to the staff positions, with staff captain as the lowest rank. The rank of Major, which is the next step, usually takes with it the office of an assistant to the head of a division, province or national officer. Next in line is the Brigadier, and in succession follow, Lieutenant Colonel and Colonel.

The officer in charge of the work of the Salvation Army in any country has the title of Commissioner or Commander. Evangeline Booth, in charge of the Salvation Army in the United States has the title of Commander.

All field ranks are passed on by the Colonel in charge of the Province where the officers are appointed by the International body, which has its headquarters in London. Gen. W. Bramwell Booth, is general of the Army, having succeeded his father, the founder of the Army.

Army Genius to Remain in Service

It isn't often that an army officer is placed upon the retired list and then immediately detailed back to active service, because of the importance of the work he is engaged in. Major Arthur M. Ferguson, secretary of the general service schools at Fort Leavenworth, went on the retired list this week, but was ordered to remain on active duty at the schools. This means that Major Ferguson will be secretary of the schools, in the upbuilding of which he has played a big role, until he voluntarily asks to be relieved of the post.

Major Ferguson's retirement comes as a result of wounds received in the Philippine insurrection, where he won the Congressional medal of honor as a member of Fred Funston's famous 20th Kansas infantry. He is still comparatively young in years and his army record is one of efficient service.

Major Ferguson first came to the schools several years ago as secretary. He had some very definite ideas as to what was neded to further the training and education of the commissioned personnel of the army. The service schools were regarded by officers as a place where theorists held out, giving long, tiresome lectures on topics that were held to be "interesting, but unimportant." Those officers who attended the schools did so largely because they asked for the assignment. As a consequence, the benefits reached only a few.

But the few who were graduated from the service schools proved the full worth of the "Leavenworth idea" in the war with Germany. They filled the general staff positions, they directed the operations of armies, they solved the problems of transport, all these and more, as far as they were able. Yet it was recognized early in the war that there were entirely too few men in the army who knew how to handle the big jobs involving the welfare and success of the battlefield of millions of soldiers.

So, when peace conditions returned, early steps were taken to reorganize the service schools and apply the lessons of the war in a broader way than ever before. Major Ferguson was sent back to Leavenworth to get the work established in a comprehensive way. The officers assigned to the schools were selected in a different manner, so that the newer ideas of military thought and training will be spread equally throughout the army organizations.

In the war Major Ferguson, who reached the temporary rank of colonel, was military member of the committee on classification of personnel. The idea of personnel distribution according to the qualifications of the individuals, was worked out successfully under his direction. It was an innovation in the army and was received coldly at first, but the results attained were so great that by the end of the war every unit in the army was organized according to the plans laid down by the personnel branch.

The cheapest is seldom the best. Even the self-made man might exercise more care in selecting his materials.

For Health and Pleasure

People who want "solid food" are not apt to dally much with salads. Unhappily they do not know that the person who eats the most meat, sweets and starches is the most in need of the acids, minerals and "alkalinizing value" of salads to keep the blood and body cells in a health condition and help to avoid acidity.

Lettuce, or its relation, is the base of all salads, and this seemingly negligible green, from a nutritional point of view, with only 5 per cent of solids of any sort, offers one an alkaline value of "28" a pound to counteract the acidity of meats and sweets, also vitamines that protect the nerves broadly speaking, and minerals, especially iron.

Hence the general rule that one should spend as much money for vegetables, fruit and milk (which are alkiline forming) as for meat, fish and eggs (which are acid forming). And when one considers their relative prices it will be seen that the vegetables and salads will be in a large majority on the menu. Another good use for a budget—to let you know whether your money is being spent in the right proportions to buy the most health.

People who regard lettuce as a "garnish" and leave it on the plate are missing an important part of the salad. An oil dressing of any kind increases the food value, of course. Salads are not effeminate foods—they play a real part in solving the body's problems.

A crisp, cold salad appeals to almost every palate during the first warm days of early spring, and as they are not expensive delicacies and moreover, are extremely healthful, they should be included at least once daily from now on when planning the family menus.

In using salads it is well to remember that when of the fruit variety they may take the place ofthe customary dessert course, as in the fish dinner for Monday, while a heavy salad of fish, poultry or meat answers admirably for the main course ofthe evening dinner, as served on Wednesday.

Cheese, eggs and the ingredients already mentioned (even in very small quantities are excellent to combine with different vegetables and a variety of edible greens, and frequently an extremely tasty salad can be evolved from bits of odds and ends that might otherwise be wasted. Be sure, however, that all ingredients are crisp and cold and that the salad greens are thoroughly dried, as otherwise the dressing will run through the salad and form in a pool in the bottom of the bowl.

In blending the different dressings that play so important a part in the success of any salad the right variety must be selected for the salad with wich it is to be combined. Most of the simple green and vegetable salads demand a French dressing or one of its derivatives, while if the salad is deficient in fat, or is to form the main course of the meal, a mayonnaise variety combines well, both dietetically and gastronomically.

For a fruit salad, perhaps the boiled dressing made from the fruit juice and then blended with stiffly whipped cream is best of all; but have a care that the foundation does not curdle, which a moment's overcooking will do.

In making the simpler dressings, to avoid monotony, use the different kinds of vinegar, or a little lemon or grapefruit juice.

To make the dandelion and bacon salad, clean the green thoroughly, plunge into boiling water, then at once into very cold water and let stand in chilled water for half an hour. In the meantime fry three large slices of bacon cut in dice, remove the bacon and to three tablespoonfuls of the fat add one and a half tablespoonful of vinegar and a quarter of a tablespoonful each of paprika and celery salt. Mix thoroughly, pour over the greens and sprinkle with the bacon and chopped hard-boiled egg.

For Spanish tomato salad, shred half a head of lettuce, arrange on a salad platter and lay slices of peeled tomatoes over it. Sprinkle with chopped Bermuda onion and minced green pepper and garnish with spoonful of mayonnaise, blended with chopped sweet pickle and canned pimentos.

Frozen Fruit Mayonnaise

Cover one teaspoonful of powdered gelatine with cold water; then set it over hot water until dissolved. Cool and beat into a cupful of mayonnaise dressing (made with lemon juice and without mustard). Combine this with one cupful of stiffly whipped cream and add 2 1-2 cupfuls of mixed fresh. canned and candied fruits and a teaspoonful of powdered sugar. Mix well, pour into a mold with a watertight cover and bury in equal parts of ice, garnished with lettuce.

Fish and Cucumber Salad

Flake three-quarters of a pound of boiled halibut (thoroughly chilled) and add half a diced cucumber two slices of minced Bermuda onion, one small chopped pickled beet, six chopped and peeled radishes and half a cupful of shredded lettuce. Moisten with a boiled dressing and heap in the center of a salad platter. Surround with a border of crisp romaine leaves and garnish with capers and slice stuffed olives.

Porcupine Salad

Use whole canned pears and carefully drain them. Stick in each two whole cloves at a small end to represent eyes. Then marinate the pears (three) in a dressing composed of four tablespoonfuls of olive oil, one tablespoonful each of lemon juice, grapefruit juice and grape juice and a sixteenth of a tablespoonful each of salt, paprika and curry powder. Let stand on the ice for two or three hours and stick the pears with half a cupful of browned, blanched almonds, cut in strips (to represent quills). Serve on a bed of shredded lettuce and pour the dressing over all.

Stuffed Cheese and Tomato Salad

Peel three medium sized tomatoes. chill and scoop out the centers; then sprinkle with salt and invert in the ice box. Work half a cupful of cottage cheese to a paste with two tablespoonfuls of French dressing and add one teaspoonful of chopped chives, one tablespoonful of chopped celery tops and one tablespoonful of chopped olives. Fill into the tomatoes, set each in a nest of lettuce and add a tablespoonful of French dressing.

Not Really Aged

There is a woman in our neighborhood who is eighty years of age, but who walks with an erectness and springiness that is the envy of women many years younger than she. The other day my young daughter saw her pass, and, turning to me, she said: "Mother, her face is much older than her legs, don't you think?"

"What are you crying for, my little man?"

"I ain't crying; this is just a rehearsal."—Houston Post

Babe's First Impressions

What Does The Newly Born Think About?

What are the newly-born baby's impresions of this old world when he first comes into his full consciousness? An interesting answer to this question can be found in a book entitled "The Dawn of Mind," by Margaret Drummond, M. A., a lecturer on psychology in Edinburg Provincial Training College.

This author's observations, which are based on a series of careful records of the mental development of individual children from earliest infancy, among whom was her own little niece, clearly indicate to what extent an infant at birth is in control of its five senses and how the mite of helpless humanity is impressed by what goes on around it during the first few days of its life.

"Only by a strong effort," observes this writer, "can we conceive the consciousness of the newly-born babe. We may compare it with a flickering dawn, when we find it hard to say at what moment the first faint modification of darkness made itself perceived. Everything in it is dim, shifty, tentative. In it are no sounds no color, none of the clear experiences that stand out so strongly in the adult mind. As the world in the beginning was without form, and void, so is the nebulous consciousness of the babe.

"Certain organic sensations, chiefly hunger, thirst and, upon occasion, internal pain, are fairly distinct. Sensations of position and of equilibrium, are also experienced. Movements of the eyes, lips, tongue and neck are felt, but probably not those of the trunk and limbs.

"For the first few days the baby sleeps most of the time, but it is probably that when his eyes are open he has a dim sensation of sight. Mild light seems to be pleasant from the first, strong light unpleasant. Light and darkness are different experiences. Colors are not distinguished, nor are the forms of objects. Learning to see is a long process.

"All children are deaf for a few hours even days after birth. It is quite possible that deafness, that is, the absence of sound sensations, may continue for the first two or three weeks. The child may react to a sudden and startling noise, but he probably experiences it as a jar, rather than a sound.

"Even in the adult, touch and temperature, taste and smell, all contribute their quota to our complex taste experience. It is, therefore, difficult to be sure that any response obtained, such as change of facial expression, indicates taste sensation. If we judge from the baby's behavior, any moderate taste stimulus, even a fairly strong solution of quinine, is pleasant; a very strong stimulus is unpleasant, giving rise to grimaces and movements calculated to get rid of the offending substance.

"If we experiment with odorous substances we get reactions which are very similar to those obtained from taste stimuli. Under normal conditions there is probably no smell experience. It is also probable that early smell experience is confused with taste. It is only by slow degrees that the two senses are differentiated.

"Sensibility to touch is present at birth. It is, however, dull, except about the face, the palms and the soles . Cold is felt as unpleasant. Sharp stimulation of the skin is felt as contact, but for the first few days there is probably no true pain experience.

"Thus from the very beginning there are differences of quality within experience and also differences of affective tone. There is, however, nothing that we should call knowledge. The sensations are isolated. They have no meaning. The baby does not even know his own body. He has sensations when his head rolls about, but as with all other sensations, he is quite unable to find any significance in them. They are to him merely obscure sensations, not head movements, for he does not know he has a head."

Hardly a Contract

Trade had been bad for some time with the timber merchant, and he was sitting in his office musing gloomily over the outlook when there entered a well-dressed man with a quiet, thoughtful face.

"Do you sell beechwood?" he asked bluntly.

"I do sir," replied the, merchant rising with alacrity from his seat, and hoping devoutly for a large order. "We can supply it on the shortest notice, either in log or the plank."

He began to rummage through the papers on his desk for a price-list; but the quiet man stopped him.

"Oh, I don't want as much as that!" he said. "I only just need a bit to make a fiddle-bridge."

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