THINGS FEMININE

You'll Ask For More When You Taste This

By JULIA NORWOOD

Sherry Wine Chiffon Pie

EVERY housewife has her favorite pie recipe but here is one for a Sherry Wine Chiffon Pie that is not only distinctly different in appearance, but is also a new taste thrill as far as pies are concerned. An extra rich flavor is imparted through the addition of whipped cream and domestic sherry wine. You will surely ask for more. The recipe is as follows:

1 cup milk
½ cup sugar
3 egg yolks
3 egg whites
1 tablespoon gelatine soaked in 4 tablespoons cold milk
⅓ cup domestic sherry wine
¼ teaspoon salt
Pinch grated nutmeg
1 cup whipped cream

Combine the milk and sugar and heat to the boiling point. Place in a double boiler, add the well beaten egg yolks, nutmeg and salt. Stir constantly. Add the wine slowly and the gelatin that has been soaked. Cook this mixture in the double boiler until it coats a spoon. Cool slightly and fold in the stiffly beaten egg whites. Let cool until firm and blend with the whipped cream.

If you wish to add an attractive touch to the color of the pie, divide the filling in two parts and add a few drops of red coloring to one half. Make the first layer in a baked pie shell of the plain cream filling, on top the tinted layer. Cover with sweetened whipped cream and chill again before serving.

This idea may be used in either individual pies as well as the large family size.

First Aid Supplies Essential

Study of accidents and their causes has revealed that nearly all accidents around the home are preventable. Nevertheless, more than a third of all fatal accidents occur in the home. Hence it is a good idea to keep on hand a supply of first aid articles that will take care of emergencies until a doctor can be summoned. The following are recommended as necessary by the National Safety Council: A roll of one-inch sterilized gauze bandage; a few three-inch gauze squares; roll of adhesive tape; tincture of iodine or similar antiseptic; tube of ointment for burns; aromatic spirits of ammonia; sirup of ipecac (as an emetic in case of poisoning); boric acid for eyewash; rubbing alcohol; and a good book on first aid. A good clinical thermometer might be added to the list. Above all, when in doubt as to the extent of an injury call a doctor. Observance of this rule has saved many lives while regarding an injury too lightly has caused needless fatalities.

Minimum Make-Up Best

In order for a lady to look her best it is best to use a minimum of makeup. "War paint" has long been popular and most women use some of it to some extent. But the idea of overdoing the job is now decidedly out of fashion, except perhaps on the stage. So don't cake your lips with rouge. Don't cover your eyes with heavy mascara and eye-shadow. Don't paint great red blotches on your cheeks. Simply give them a delicate tint. In other words, don't look painted. Wear only enough make-up to enhance your natural beauty and to bring out your best features. Polished, but natural looking fingernails are more popular than the darker shades sometimes seen.

WINTER WINDOWS SAVE FUEL

Before cold winter sets in is a good time to check up on storm sash and see that they are in place, all around the house. Do you know that storm sash can save as much as 10 to 15 per cent of the fuel you burn in winter? The United States Bureau of Standards tell us this is the case, even in uninsulated homes. If the home contains insulation, even a greater saving is effected. Winter windows soon pay for themselves in fuel saving. But that is not all. Without the convenience of winter windows, much draft is often caused by winter winds, resulting in colds, flu and pneumonia. If there are children in the home, this measure of safety is doubly important.

Tasty Gingerbread

Cream three tablespoons butter and a half cup sugar and add one beaten egg. Sift together one and a half cups flour, one teaspoonful soda, a quarter teaspoon salt, a teaspoon each of ginger and cinnamon, and add to the first mixture alternately with a half cup milk and a half cup molasses mixed together. Pour into a shallow butter pan and bake 30 to 40 minutes. Good gingerbread solves the problem of what to offer when unexpected company drops in.

A Verse From The Bible

For nation shall rise against nation, and kingdom against kingdom: and there shall be earthquakes in divers places, and there shall be famines and sorrows.—Mark 13:8.

Children are especially fond of pancakes made from batter to which a small amount of grated apple is added.

To prevent cauliflower from turning dark while cooking put a slice of lemon in the water in which it is boiled.

NEW ELECTRIC RANGE WINS WIDE ACCLAIM

This modern electric range, which strikes a new note in styling, is one of the reasons for the popular swing to electric cookery. This model, styled by Helen Hughes Dulany, foremost woman industrial stylist, is porcelain enamel smartly trimmed with gleaming chromium. Numbered among the modern features are an automatic timer clock to turn the oven "on" or "off" at the times desired; hydraulic oven temperature control which automatically maintains a constant, even oven temperature, warming drawer to keep food and plates hot, super-speed broiler, appliance outlet where small electric appliances may be plugged in, three high-speed surface units, stainless enamel top, a Thrift Cooker and other features which contribute new freedom and pleasure to modern cookery.

THROUGH A Woman's Eyes

By JEAN NEWTON

ON DOING IT "FOR RELEASE"

SHE does it, they say, "for release." She has plenty of troubles that she doesn't want to think about, so she seeks release—in her particular case it is gambling—whenever she gets a chance to "run away" from her troubles.

It's not a new idea, this one of getting "release" by just "running away" and sort of "losing yourself." It's a very old one and a very sad one. And the story has been told in many different terms ever since the world began. The whole gamut from the most petty foolishness to the most vicious crime has been labeled as a "release" for some man or woman from their troubles.

But "losing one's self" in something never was release. It is always just another kind of slavery. And the reason is simple. We cannot run away from ourselves, we cannot find release from ourselves. And it is within ourselves that our difficulties and troubles must find a solution. So the problem is not how to get away from ourselves, how to lose ourselves, which is impossible, but how truly to find ourselves—and overcome our difficulties.

And the first step in finding ourselves is to face our problems, squarely and courageously, and put the best we have to work on them. Doing our best in that way we shall be truly released, truly free.

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Fraud Proof Pictures

Transferring a photograph to a document so permanently that it cannot be removed without damaging the paper is possible by a secret process developed in Germany. The principle calls for making a small part of the document sensitive to light, then transferring the photo to the document from the negative by using heat and mechanical pressure. The process is one means of protecting letters of credit, or similar documents, from loss of the photograph, which usually is attached with mucilage or metal clips.—Popular Mechanics Magazine.

Pretty Print Dress

Accordion pleats in the hip-length cape and in the ruffles on the blouse and at the hem of this dress accentuate the daintiness of the small print pattern. The tiny flowers shade from red to yellow on a black ground of dull silk crepe.

Proper Diet For Body Warmth

Poor blood is the most probable cause of undue suffering from cold weather. And the secret of good blood, and hence resistance to cold, usually lies in balanced nutrition or simply proper food. Food failing to supply all elements needed by the body causes waste matter to clog the arteries, veins and capillaries thus slowing down circulation and chilling the body. While the body needs all food elements special attention should be given these food producing nutrition and heat when selecting a winter diet. Proteins for nutrion and replacing worn-out body cells are found in greatest quantities in meats, fish, cheese, eggs, wheat, etc. Heat-producing fats are found in abundance in cream, butter, nuts and fats of meats. Starchy foods like potatoes, corn, pumpkin, rice, breakfast cereals and so on do not have the heat-producing qualities of fats but are much easier to digest. It is impossible to build up a good blood stream unless the diet also includes plenty of fresh vegetables, whole grains, milk and butter-milk to furnish essential mineral salts and vitamins.

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A Word To The Wives Is Sufficient

Don't Overlook Medicine Cabinet When Spring House Cleaning

OF all the nooks and crannies attacked by marauding housewives during spring cleaning raids, one of the most important spots sometimes overlooked by the most alert of housekeepers is the family medicine cabinet.

To do the spring housecleaning job thoroughly, every careful housewife should check this important department of the household as carefully as any other place in the home, discarding all old bottles, the labels on which have become soiled or discolored through constant usage.

Don't take medicine from old bottles without labels. Careful housewives will not allow bottles to remain in the medicine cabinet unless they are properly labeled as to their contents. Especially is this true of mothers when there are children in the home.

Make your housecleaning efforts complete, don't place your seal of approval on your spring cleaning until the medicine cabinet has been changed from a gathering place for old prescription bottles, empty tooth paste tubes, old tooth brushes, and other odds and ends, to a neat, orderly place for all the toilet and medicinal accessories for the entire family.

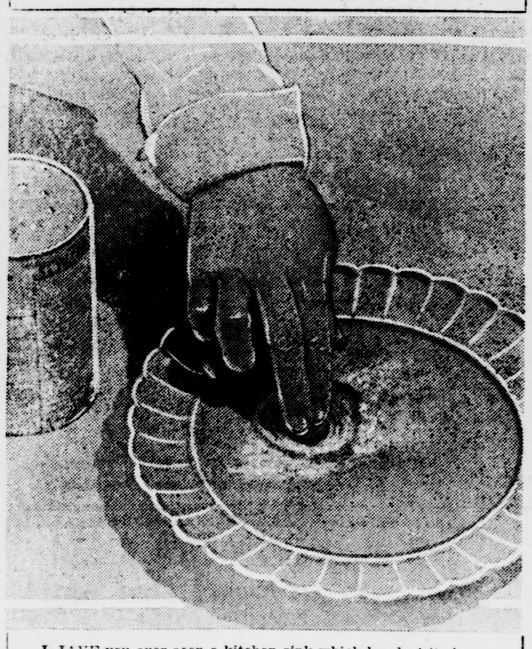
Blanket Qualities

Warmth and durability are the two principal qualities to seek in a blanket. Price, appearance and feel are not sure guides to good value, say home economists in the Department of Agriculture. These experts have just completed exhaustive studies of many kinds of blankets and claim the different properties in blankets can be compared if the label carries definite information. If the word wool appears on the label it is a pretty good indication that the blanket contains at least five per cent wool. Such labeling is not compulsory, but manufacturers who use it have agreed to designate blankets containing five to 25 per cent wool as "part wool, not less than five per cent," and to label those containing more than 25 per cent with a guaranteed wool content given in percentage. Most blanket labels also give the length and width, breaking strength in the direction of filling yarns, and information as to warmth and air permeability.

School Within English Church

The Latitudinarians was a school within the English church in the latter half of the Seventeenth century. The school was represented by Cambridge university divines, of whom the chief were Wicheote, Smith, Cudworth and More. These divines sought to wed philosophy to religion on a basis of reason.

Try This Household Hint Test



HAVE you ever seen a kitchen sink which has lost its beauty and lustre, a kitchen sink which is difficult to keep clean? If so, this may be the result of having used a scratchy, gritty cleanser. Now in order to avoid having this happen to your kitchen sink, or to any of your household surfaces, use only a cleansing agent which is safe and scratchless. To determine whether or not you are using a scratchless cleanser, make this simple test yourself. Sprinkle a little of the cleanser on a plate, then rub a coin over it. If you do not feel or hear the grating and grinding of scratchy grit, then you know that you are using a scratchless, spick-and-span cleanser!

Mother's Cook Book

FRUIT SOUPS

COCKTAILS are more popular as a fruit beginner for the dinner than soups, though in Europe the soups are enjoyed by prince and peasant, summer or winter; chilled with shaved ice they make a most nourishing dish. With fruit soups the nourishment depends upon the ingredients used, as with other soups. Prunes, raisins, figs, bananas, persimmons and pawpaws have more food value in themselves, though lacking in other things. With the addition of stock, milk and egg, the food value is increased. Dried or canned fruits are used as well as the fresh fruits.

Strawberry and Orange Soup.

Sprinkle a pint of strawberries with sugar and let stand on ice for one hour. Make a sirup of one and one-half quarts of water and a pound of sugar, cook for ten minutes, add a quart of fresh berries with the juice of one lemon. Mash and strain, adding a cupful of orange juice with the berries, which have been iced. Serve cold.

Prune and Peach Soup.

Take one-third of a pound of dried prunes and two-thirds of a pound of dried peaches, soak overnight. In the morning add a pint of cold water and cook to the boiling point, then add two tablespoonfuls of sago; cook until the sago is clear. Add a cupful of cherry, cranberry or other tart juice and serve either hot or cold.

Apple and Rice Soup.

Core and slice thin eight unpeeled apples. Cook them with one-half cupful of rice until both are soft, using two quarts of boiling water. Put through a sieve, add spices and one-half cupful of orange juice or grape fruit marmalade. Serve hot.

A very appetizing salad may be made by stuffing well plumped and stewed prunes with cream cheese and finely minced celery. Serve on lettuce with a spoonful of french dressing, or any other kind preferred.

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MONDAY MORNING

By DOUGLAS MALLOCH

Monday morning back to school,
When a Sunday's over,
Though I'd rather, as a rule,
Stay and play with Rover.
But we need it when we're men
(That's my mother's warning),
So it's back to school again
Ev'ry Monday morning.

Monday morning I must go
Back to school to study,
But I hardly mind it, though—
So do Bill and Buddy.
There's a great big yard to run,
Where you play and shout it;
School is quite a lot of fun,
When you think about it.

Monday, once upon a time,
I was kept from going.
Well, you think a thing's a crime.
Without ever knowing
How you'll miss it, as a rule,
Taken without warning,
How you'll miss it—even school
On a Monday morning.

King Cole Did Exist

There was a King Cole, who was more than a legend and a character out of a jingle, according to the old chronicles. He is supposed to have reigned in Britain during the Third century A. D. One version of his story asserts that he was the father of St. Helena, who died about 328, and who was the mother of Constantine the Great, Roman emperor who made Byzantium his capital and for whom it was thereafter called Constantinople.

This Recipe Will Popularize Your Cookie Jar

CREAM ½ cup butter. Add 1 cup brown sugar and cream together thoroughly. Add 2 tablespoons unsweetened chocolate (melted), 1 teaspoon vanilla extract, and 1 cup nut meats (chopped), and blend thoroughly. Mix together and sift 1½ cups bread flour and ½ teaspoon soda and add to the mixture alternately with ½ cup milk, beating well after each addition. Drop by teaspoonfuls on a greased cookie sheet and bake in a moderate oven (350°) 10 to 12 minutes. Now try this recipe for cleaning the cookie sheet, remembering that all cookies leave a few crispy remains after baking. Rinse the cookie sheet with hot water, then sprinkle it with the safe, dirt-chasing cleanser which is made with pumicetite. Rub gently with a damp cloth, then rinse and wipe dry.

PLENTY OF MIRRORS ADD COMFORT TO THE HOME

The most livable homes, and incidentally, the ones which rent or sell quickly, are those having plenty of mirrors. About the first thing a woman looks for when selecting a home is the size and location of the built-in mirrors. As a matter of fact, thousands of home builders consider built-in mirrors just as important as any other permanent fixtures. Mirrors are not only a necessary convenience to the average woman of today, but they add greatly to the attractiveness and value of the home. Bathroom, bedroom or closet doors offer possibilities for mirrors which were not even thought of a few years ago. So do nooks, and spaces over fireplaces. Hallways and reception rooms, as well as doors in coat closets, offer convenient places for them.

A mirror wisely placed will diffuse sunlight streaming in through windows, and create the appearance of greater spaciousness. Mirrors may also be hung so that they reflect the outdoor landscape and in this way become like pictures, bringing a note of natural beauty into the home. They are obtainable in colors of peach, soft green, and three shades of blue, as well as the conventional clear silver.

Helpful Hints

To get all of the juice out of a lemon warm it before squeezing.

Iodine stains can be removed from white things by soaking in a solution of ammonia and water, a teaspoon of ammonia to a pint of water.

Camphor will remove the white rings left on tables by water glasses.

Did you ever try making an apple sauce cake?

Fresh pork should not be roasted in a quick oven.

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