RECIPES FOODS WOMAN'S PAGE STYLES FASHIONS

The Fashion Flashes Say . . .

The newest fashion for after dark wear is the cocktail suit which is fourteen inches off the floor, has a high neckline in front and is low in the back under the snug little jacket. It can be put on at six and worn until after the party is over.

In a nutshell, some of the fall fashions are as follows: Directoire is the favorite evening influence with high waists, tight bodices and necklines very low in front.

For street wear necklines are high, rarely lower than the base of the throat.

Tunics are the outstanding line and much attention is paid to the backs of frocks.

Skirts are fuller although straight skirts are worn.

Fabrics and furs are most important.

Shoes are very high, some reaching above the ankle.

Hats are high—the crowns of course, and daytime skirts are short.

If you pine for the elaborately trimmed hat, this season's models should be your dish. A shallow tricorne of dark green velvet has a tulle veil falling from the back, caught at either side by large and elaborate jeweled clips.

That new cloth coat is likely to have its fur trimming smartly and differently applied. A coat of jacquard woolen has blue fox carried down along the sleeves and then around the elbow. The wide fox collar has pointed tabs in front.

One new suit should mean luxurious, fur-trimmed suit that will look goiod right through until spring. Such a suit is made of black woolen with a long, tunic jacket with upstanding collar, double, border and wide hem all of black Persian lamb.

Late hours at the smart places finds the little dinner cap well represented. A youthful model is of black felt, the off-the-face line marked by a series of belting ribbon curls which hold a fine-meshed cobwebby veil.

Just count how many pelts go to make up many of the new silver fox capes. A new model is composed of eight skins, vertically worked, with the ninth skin, thrown, stole-like about the shoulders and fastened with two large wrought silver buttons.

A good match for a suit of velvet with white galyak trim is an off-the-face brimmed hat of strips of black velvet and black galyak with an ornament of white and black galyak.

A toast to romance is suggested by the lovely evening capes now being shown. A most romantic model, full length, is of black Lyons velvet with the back formed by a squared yoke of white ermine done in cape effect, which comes round in a single tie effect under the chin.

Restful repose is made even niced by the new gowns. A charming new nightie is of dusty rose satin done in shirtwaist lines with short, puffed sleeves. The high-neck bodice is matching sheer with lace defining the open front and high neckline.

The set custom of matching belt, bag and gloves to make a set is here again this season. A nice combination is a bag and long sleeves of black velvet with trimming of lines and arrows of silver kid.

New highs are marked by many new hats. A youthful model by Agnes is of black antelope, draped and twisted to a high-pointed cone held by three long royal blue coq feathers.

Eve's Apple Started The Banquet Habit

When Adam went dibs on Eve's cunningly proffered pippin, he no doubt declared in Edenese, "A fine banquet, Eve! Bring on some more." Which Eve did! And Adam, poor fool, saw only the luscious fruit, and gorged himself, little dreaming what price apples!

This is the first recorded banquet. It bears a drastic warning—indeed, the first "thou shalt not." And yet, from that day to this, we have yielded to the lure of the banquet, even as Adam succumbed to the apple.

Everyday Cooking Miracles

BY VIRGINIA FRANCIS

Director Hotpoint Electric Cookery Institute

Things might have been different for Peter, the famed pumpkin eater, who locked up his wandering wife in a pumpkin shell, had he only known about pumpkin spice cake! Mrs. Peter probably would have been a voluntary "stay-at-home" if some of this delicious cake were always to be found in her larder.

This modern Jack Horner can't be blamed for wanting an advance taste of this delicious pumpkin spice cake.

And, too, the easy-to-makeness of this cake might have been another drawing card, as good results, easily accomplished, can make any homemaker like her job. Don't you agree?

Pumpkin spice cake—doesn't it sound unusual? We never heard of it before, either, until—do you want to know how we got the idea? If you've made apple sauce cake you know that thick apple sauce acts as the major liquid ingredient. Well, if apple sauce can, why can't cooked pumpkin? So we tried it, using a delightful blend of spices, and it worked!

Electric Range Helps

Perhaps we can't entirely give the success of this cake recipe to the combination of ingredients used. It looks like the modern electric range deserves an even fifty per cent of the honors; because, without baking (an electric oven baking at that) even pumpkin cake batter wouldn't be such good eating!

And the oven of the new automatic electric range does turn out a mighty fine cake. Cold oven or one-step baking is the reason. The cake is placed in the unpreheated electric oven after which the temperature control is set. Then the baking goes merrily on its way until a tall, feathery-light cake emerges. No wonder young Junior wants to pull the Jack Horner act with those tender, flaky crumbs and puffy fat raisins!

Once we all swallowed the story about the magic wand which transformed a pumpkin into a liveried shining coach; however, unless we know about the accurate temperature and moisture control of the electric range, it might be hard to believe that a panful of pumpkin cake batter could, after a cold oven treatment, ever become a cake.

Here is the recipe. You can be original as to the finishing process; however, you can't go wrong by using an icing, whipped cream or "saucy" topping.

Pumpkin Spice Cake
(Makes 1 loaf cake)

½ cup shortening	2 tsp. baking powder
1 cup sugar	¼ tsp. salt
1 egg (beaten)	1 tsp. cinnamon
¾ cup canned or cooked pumpkin	¼ tsp. cloves
¼ cup milk	1 tsp. mace
2 cups cake flour	½ cup seedless raisins

Cream shortening, add sugar slowly, and beat well. Add beaten egg. Combine pumpkin and milk and add alternately with the dry ingredients, sifted together. Add raisins and mix thoroughly. Pour in greased loaf pan and place in cold electric oven. Set Temperature Control to 350°. Turn switch to Bake. Bake approximately 1 hour.

Cooks' Council

By FRANCES PECK
Heinz Home Institute

MINCEMEAT MAGIC

RECENT COOKS' Council Creation is a Mincemeat Sundae of palate-pleasing proportions. Crown a scoop of rich vanilla ice cream with a hot Mincemeat sauce—the fruity kind with that subtle blend of flavors fashioned from an old American formula. Irresistible to autumn appetites!

CHILDREN'S HOUR

When your eager offspring dash home from school for noonday refueling, serve them simple serviceable fare. Here's a fruit custard dessert that will stand by them sturdily through an afternoon of pure learning and still be no tax on your morning housework hours. Just scald 1¾ cups of milk in a double boiler, add 1½ cups cooked rice, and ½ cup rich fruity Mincemeat and cook for 5 minutes. In the meantime, you can be blending 2 tablespoons flour, ½ cup sugar and ¼ teaspoon salt and adding to 2 slightly beaten egg yolks. To this add ¼ cup of milk and stir gradually into the rice and Mincemeat mixture in the double boiler. Then continue cooking to the consistency of a very thick custard. Remove from the fire and add 1 teaspoon vanilla for a filip of flavor. Pour into a copious casserole or pudding dish and top with a fluffy meringue made by whipping 2 egg whites stiffly. When they form a peak, gradually fold in 4 tablespoons granulated sugar. For the final touch, pop the dish into a slow oven (300° F.) for 15 minutes or until the meringue is delicately brown. Serve cold. Watch the demand for repeats!

QUICK TRICK

If you're half the housewife we think you are you'll save yourself kitchen work and still serve bang-up meals by using ready-to-serve foods for quick feasts. Take Spaghetti for instance. It can be combined in any number of ways to make grand new dishes that will rank you among the experts. Sometime try combining 2 cups of diced cooked beef, 1 medium onion, finely minced, and 1 medium green pepper, chopped. Fry together in fat until brown and season with salt and pepper. Then for the triumphant touch add 1-21 oz. can of racy flavored Cooked Spaghetti in Tomato Sauce. Stir in ¼ cup of water and pour the whole delectable concoction into a buttered casserole. Top off with a few buttered crushed Rice Flakes for a crisp finish and bake in a moderate oven (375° F.) until brown. About 20 minutes will do the baking trick.

Hot Out Of The Oven

Apples may be used in muffins, croquettes and other hot dishes. They furnish a new flavor and texture to old dishes.

Apple Muffins

Two cups flour, 4 teaspoons baking powder, 1 teaspoon salt, 1 tablespoon sugar, 1 cup milk, 1 egg, 4 tablespoon melted fat, cooked and sweetened apple sauce.

Sift the dry ingredients. Add the milk and the beaten egg and mix well. To this add the melted fat. Drop spoonfuls of the mixture separately in greased muffin tins. Add 1 tablespoon of apple sauce to each muffin, and then cover the sauce with the muffin mixture.

Bake from 25 to 30 minutes in a moderately hot oven. This recipe makes one dozen muffins.

Apple Sauce Cake

One-third cup shortening, 3-4 cup of honey, 1 cup apple sauce, 1-4 teaspoon cloves, 1-2 teaspoon nutmeg, 1-2 teaspoon cinnamon, 1-4 teaspoon salt, 2 cups flour, 1 cup raisins (seeded), 1-4 cup walnuts, 1 teaspoon soda dissolved in 1 tablespoon hot water.

Cream shortening and honey well, add apple sauce, then flour, spices and salt sifted together. Raisins can be added now before flour is mixed in, thereby flouring the soda dissolved in hot water. Beat well and bake about 1 hour in moderately hot oven.

This cake can be made several days previous to the time of use as the flavor improves with age. It is a good cake for children.

Choose Draperies Right

In choosing draperies for a room, do not mix naturalistic patterns, picturing birds, flowers or trees, with conventional patterns, featuring geometrical designs.

It is interesting to have some of the draperies in the home plain and some figured. The colors should not be too pronounced, except in a sun porch or strong light. Quieter tones blend better with other furnishings and are more restful. Too much decoration is confusing.

Heavy damasks, velours and brocades are for large, formal parlors. Softer, simpler materials are more pleasing in the small, homey room.

THROUGH A Woman's Eyes

By JEAN NEWTON

WHAT ELSE BUT TO LAUGH?

A YOUNG wife had prepared her first "company dinner"—and for her husband's family.

The "piece de resistance" was a turkey; turkey with a chestnut dressing. For days before she had planned that turkey and the special dressing. Laboriously she had shopped for it, gone over and over the recipe guaranteed to be "fool-proof."

When the great hour came, the platter was quite heavy, and carefully, lovingly, she placed it into the hands of young husband. "Only be careful!" she admonished in a hushed voice.

Hubby tried to be, but he too was excited. Exactly what happened as he crossed the door sill into the dining room will never be known. Nobody could tell at the moment. All we know is that the platter crashed to the floor just on the border surrounding the rug and the turkey slid along, spattering dressing and juice from the smashed bird with the broken china—along the polished surface.

All eyes turned to the young wife who at the sound of the crash dashed in from the kitchen. And what did she do? For half a moment she stood rigid, her eyes closed. And then—she laughed. Not a dramatic, hysterical laugh, just laughter, full of good nature, taking a joke. And the first comment was, "I don't see how she can do it."

Now come to think of it, what else could she do? Rage? Abuse her already stricken young husband? To what purpose? And to the end merely of ruining the party which meant so much to them both. No, she did the only thing possible to save the day. She laughed—and said quite evenly, "It doesn't matter, John. Run down to the delicatessen and get a couple of roast chickens." Almost as soon as the floor was cleaned up the tragedy was forgotten, the roast chickens served the purpose, the evening was saved.

And the young wife had won the respect and admiration of her husband's family to a greater extent than the most expertly prepared turkey could have done for her.

An Apple A Day Drives Fat Away

Being fat is no lightheaded joke, just something for your thin friends to "kid" you about. This is especially true if you are a vigorous, healthy fat individual, with a good appetite and a competent digestive outfit. The whole medical profession and the life insurance companies are out after fat, declaring it must "go" if health and long life are to be enjoyed.

There are many reasons why a person may be fat, or overweight. And many important things to be considered before one decides they are "overweight" and must begin at once to follow some of the foolish and very dangerous "reducing diets" which are really starvation diets. The Hollywood diet craze of several years ago undoubtedly reduced the weight of thousands who foolishly followed its regimen through eighteen torturing days. And it wrecked the health of many perfectly well but obese persons.

The proper way, indeed the only way, to get at the whole facts regarding overweight is to go to your physician for a health audit. He will tell you that one, sure healthful and safe way to reduce is to seek out the splendid nature-built foods which meet the body's requirements of lime, iron, bulk and a proper amount of calories.

The apple is one of the very finest of such foods. It is rich in minerals or ash, in vitamins B and C and bulky with fibre. An apple, properly chewed and masticated in the mouth, stays in the stomach only long enough for absorption of its sugars and acids and potent minerals. It builds the body as well as furnishing refreshing energy for the day's work. It does not kill appetite—It stimulates it.

Apples for breakfast will hold the calories down, clear up the digestive tract, change the intestinal flora, provide the vitamins and minerals in their finest from and furnish real energy for the day's work.

"An apple diet keeps the fat away," is true.

Feathers Are Back This Fall

Full Plumage Is Favored For Winter Parties

Fine feathers are back! The ostrich, who has gone through ten bad business years, is once more on the up-swing of a boom. Feather accents, for hats, are a commonplace. Feather ornaments are the smartest of coiffure novelties. The feather turban comes back for afternoon wear and feather collars trim some of the more extreme suits. A French house makes an evening coat of feathers, and all the good houses show ortrich capes for casual wraps.

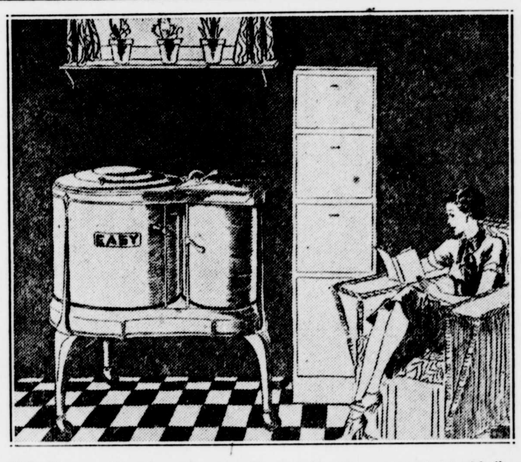
Feather muffs are an exciting gadget for formal wear and feather handbags have been suggested for afternoon. Brides fasten their veils with feathers instead of flowers. Smart women wear little clusters of feathers on their shoulders and the feather is newer than the vegetable as a boutonniere. Dance skirts have been fringed with feathers, and sandals have had Mercury wings attached to their heels. The once smart feather fan—a fashion absurdity for goodness knows how long—is really chic again.

Now is the time to dig out that box that's been in the attic since the last ostrich era and to recondition feather equipment for immediate use.

Cider Chill

Cider Chill is a delicious beverage for serving with your sandwiches and other good things . Boil together a pint of water and 3-4 cup of sugar for five minutes, adding a few bits of stick cinnamon and turn in 1 quart of good cider, 2 cups of orange juice, 1-2 cup of lemon juice and the whites of two eggs. Turn into a cocktail shaker with plenty of ice, shake well until very cold and frothy. Serve in small slender glasses.

COMBINES LAUNDRY AND PLAYROOM



"No Reason Working Quarters Cannot Be Pleasant and Livable," Says Della T. Lutes.

THE laundry has become as important as the living room in the home-maker's scheme of interior decoration, according to Della T. Lutes, famous home economist and consultant of the Easy Washing Machine Corporation. "It is no longer necessary," says Mrs. Lutes, "for a woman to dread long Monday hours in a drab basement. Not only does new laundry equipment make the labor a mere matter of plugging in an electric switch, but the new washing machines in white and light harmonious colors have been so well styled by industrial designers that they are no longer unsightly objects that must be hidden away in a room of their own."

She explains that many women like to combine a laundry with a recreation room for the whole family. Practically any basement boasts at least one finished room. After the floor has been covered with a bright linoleum and gay, washable curtains hung, she suggests that a wicker chair or two—perhaps one a trifle too antiquated for summer porch use—be given a fresh coat of paint and covered to match. One chair, at least, should be fitted with a comfortable pillow. With one of the new easy washers, there will be a choice between a good book, a magazine or a manicure while the machine "floats" out the dirt and brings clothes to sudsy whiteness.

Another requisite of the perfect laundry is an inexpensive filing cabinet. Mark each section neatly for string, nails, locks, garden seeds—all those odds and ends that are "somewhere in the basement or the attic." You will find it awfully convenient to know at last where you can put your finger on them at a moment's notice.

Then, by all means, get a large, flat-topped, preferably unpainted table. It will not only do to receive fresh laundry as it rolls through the wringer or comes out smooth under the iron, but will also provide Junior with a place to use his wood-cutting tools and Sister a space for her clay, that rainy afternoon she wants to try her hand at modelling. If the laundry is large enough there will be space for a ping-pong table, too.

"So you see," concludes Mrs. Lutes, "the laundry can be decorated as elaborately or as simply as individual taste prescribes and still not suffer the loss of its attractive appearance from the presence of one of the grand new easy washing machines that have been such a real boon to women."

"SITTINGROOM" STILL JUST THAT Place For Every One In Family

Although we no longer call the living room the "sitting room," seating furniture is obviously still its most important feature. There should be a well-lighted, comfortable placeto sit for each member of the family, including every child. Children's chairs come in all the traditional styles as well as modern, and are irrestible. They add charm as well as comfort to a room.

The average-sized room should have in it two or three upholstered chairs, a soft or davenport, and two or three chairs which can be moved about easily. Chairs used for reading and sewing and tuning the radio should have their own small tables and lamps, or at least a floor or bridge lamp. Most families also need in the living room a work table, desk, radio and bookshelves.

Another Sandwich—and A Better One

When bakers changed their bread formulas and put more milk into their doughs to make better bread and makers of toasting devices developed a toaster that made perfect crisp, golden toast, they added much to the quality of modern luncheons. The sandwich shop came as an innovation and is now established restaurant practice, and a toasted sandwich with a glass of milk is the noon day lunch of millions.

Here is a new sandwich which is just as good in teh home as at the lunch counter.

Toasted Apple Sauce Sandwich

Toast bread on one side. Butter othe rside and spread with apple sauce. Add a slice of Bermuda onion and 2 strips of bacon. Broil under a low fire until bacon curls and onion is brown. If available serve with a glass of fresh, cool, apple cider.

Baked Salmon In Pepper Cases

1 pound canned salmon.

8 green peppers.

Crackers

Butter.

Flake the salmon, season with salt, pepper and onion juice. Mix with an equal quantity of cracker crumbs moistened with butter, or left over stuffing can be used instead. The mixture should be quite moist; if not, add a little milk. Cut lengthwise 8 sweet green peppers, remove seeds, parboil 5 minutes, and fill with salmon. Put in baking pan, surround pan with hot water, and bake until cases are soft but not broken.

Helpful Hints For The Housewife . . .

Add a little vinegar to the cold water in which wilted vegetables are set to soak and they will revive more quickly.

A small rag rug in front of the sink will keep the linoleum fresh by catching the drip that ordinarily makes the best regulated kitchen messy.

A dish cloth may be kept sweet-smelling if the homemaker will remember to hang it out in the air between meals.

Always use fresh water when making tea, and scald the pot before using. Tea should be steeped not boiled.

If cream or custard sauce curdles put the vessel in which it is cooked in a pan of hot water and heat well. It will soon become smooth again.

Sandpapering baby's shoes before they are worn prevents slipping and saves many a fall.

To remove lime which accumulates on the inside of a tea kettle boil a strong solution of vinegar inside of the kettle, then rinse thoroughly before putting in water.

Use two spoons for turning a roast. A fork pierces the surface and allows the juices to escape.

Always store baking powder in a tightly covered container. If it is exposed to the air some of the strength will be lost.

Delicious natural flavors of foods are often smothered by complicated sauces and seasonings.

Cabbage every day is as good as an apple in "keeping the doctor away." The wholesome, popular and inexpensive onion is still more far-reaching and will keep everybody away.

In baking a cake, one egg, as a leavening agent, is equal to a teaspoon of baking powder. When eggs are scarce, one egg may be omitted from your recipe and a teaspoon of baking powder substituted.

Raise parsley and mint in pots in the kitchen window. Your eye can feast upon it as the pretty green grows and you can use sprigs of it in soups, salads and as garnishes.

Tomato juice, lemon juice or vinegar, added in small portion to tough meat or to egg omelet makes them more tender.

Put cranberries through the food chopper before cooking them and there will be no need for straining them afterward.

Slit the top of your biscuit dough and insert a teaspoon of marmalade into the gap before baking.

Vary your applesauce and save sugar by adding to it dried raisins, dates, prunes or figs.

Chopped peanuts may be substituted for meat in a "meat loaf."

When mending wall paper, leave the patch in the sunshine until it is faded to match the paper on the wall. Tear the edges to make them irregular and the patch will be less conspicuous.

Rugs may be brightened by shaking over them a mixture of equal parts of cornmeal and salt and brushing this thoroughly into and out of them.

A rubber ball is better than a China egg for darning. It yields to pressure in just the right spots.

Apples In The Lunch Box

Lunches are more important than we think. They should fill the need between breakfast and dinner for hungry children and for their fathers on the job. Two things are needed to make the lunch box interesting—plenty of good food of course and then variety always. Apples should be a stand-by in every lunch box, apples whole and apples cooked. Red Apples today, golden apples tomorrow but Apples always.

Color On Table

White tablecloths are a jarring note in dining rooms which have no white in their decorative schemes. They are mandatory, only for a strictly formal dinner—for all others any of the exquisitely tinted damasks are correct, as well as table coverings of a variety of the style of the room and the dishes and other colored materials depending on glassware to be used on them.

Touch Of Color

A few new pillows will not only add to the comfort of the davenport or studio couch, but will bring a welcome touch of color into the room as well.

Dr. Fink
SURGEON DENTIST
162 WEST MAIN ST.
ELKTON MD.

Needless Martyrs . . .

MORE than 100,000 persons were killed last year, through accidents, in this country.

In industry alone, at least five per cent of these accidents—one in twenty—were *directly due to faulty illumination.* The National Safety Council found that, *indirectly,* poor visibility caused a much larger share.

In money alone there would be a saving of at least $100,000,000 annually to industry if correct sight conditions were provided for workers. This does not take into account highway lighting—where enormous savings in life, suffering and money are easily possible.

With increased emphasis on safety, public officials and the management of private industry are turning more and more to the basic remedy—LIGHT!

CONOWINGO POWER COMPANY
Elkton, Maryland