# Women's Page

BY A WOMAN



CLEOPATRA

Cleopatra, Queen of Egypt, is one of the best known of the Ancient Queens. She was of Greek descent, and when her father, the king, died, he left her and his eldest son. Ptolemy, as joint rulers of the Kingdom. Her brother deprived her of her rule, but just then Caesar, the great Roman Conqueror, arrived in Egypt, and charmed by the girl of seventeen, he championed her cause, and soon afterwards, the brother was killed and the younger brother was poisoned, leaving Cleopatra sole queen. But she had also won Caesar's heart and in spite of his faithful wife Fulvia's pleas and pressing duties in Rome, he lingered at Cleopatra's side, and at last he carried her with him to Rome. She had her country take part with the Romans, and after Caesar's tragic death, she gave aid to the triumvirs in the civil war that followed. After the famous battle of Phillippi she went to do homage to Antony one of the triumvir, who was at Tarsus.

She sailed to meet him in a vessel decorated in gold with purple silken sails. Never in history were there more splendid festivities celebrated. She went with him to Tyre and then he followed her to Egypt. In vain Rome called for her brave general, Antony. He was deaf to every plea while he lingered in Egypt, enjoying all the luxury which was set before him. Then Caesar Augustus took up arms against him, in spite of which, for a whole year he wasted his time with Cleopatra.

When, at last, he was aroused he went into the war with his usual bravery, but when the two fleets met at Actium, Cleopatra ordered her ships to return to Egypt and Anthony madly followed her in flight. This was the last of the once great general. Augustus advanced upon Alexandia. Antony, seeing that he was about to be captured, threw himself on his sword. Cleopatra, not knowing that Anthony was dead, exerted all her fascinations on Augustus, but he was wary of her and did not yield to her charms. Then poor Cleopatra, realizing that the kingdom was no longer hers, and seeing herself in fancy being led through the streets of Rome in chains, bethought herself to escape it. So she ordered her attendants to get her an asp which is a very poisonous serpent. Then she put it to her arm, and, amid the weeping and wailing of her devoted servants, she breathed her last.

And so, when the conqueror came to claim his prisoner he found her cold in death. It was a great blow to him, as he had pictured himself coming to Rome leading his captives. So the queen had cheated him of half his triumph. And so lived and died the famous queen who was born in 69 B. C. and died in 30 B. C. but, who is still remembered as one who could have done so much, had she not given herself up to such mad pleasures.

## HEALTH

One great thing the beauty specialist has done for the modern girl, is to accentuate that one of the chief aids for beauty is good health, that no manner of beauty aids can cover the ravages made by carelessness of our physical well being. As we have said before, ten minutes taken in the morning in exercising muscles, deep breathing and massaging will do wonders. One fine exercise for the legs is to lie flat on your back, either in bed or on the floor and raise both legs up as high as you can, say about 50 times then try one at a time, each 50 times then kick with each about fifty times. It is fine exercise. Another good exercise is to stand at a table placing one hand on it and kick with each leg 60 times. An old lady of our acquaintance used to do this every day and is nimble and active though she is much over eighty. Try it.

## RECIPES

### Today's Recipes

Baked Ham—Wash thoroughly a ten-pound ham. Drain the ham dry and over the fleshy side sprinkle a little ground clove, a teaspoon cinnamon and one-half teaspoon ginger Cover the ham with a very thick paste made of flour and water. But skin side down in a roasting pan and fill pan with cider. Bake slowly for three hours, 300 degrees, basing often with the cider in the pan. Remove the paste and rind. An hour before the ham is to be served, return it to the baking pan, flesh side down. Brush the fat portion with beaten egg, sprinkle generously with chopped parsley and breadcrumbs and let it heat through. Make a gravy by boiling down the cider in which the ham was first roasted. If desired one cup chopped raisins and one-fourth cup vinegar may be added to the cider before boiling down for the sauce.

Jellied Vegetable Salad—One-half cup peas, one-fourth cup cut string beans, one-half cup diced cauliflower, one-fourth cup diced carrots, one and one-half tablespoons gelatine, one and one-half cups meat stock or water. Soften gelatine in half cup cold meat stock. Dissolve in rest of stock heated. If stock is not well seasoned add salt and pepper to taste. When mixture begins to stiffen add vegetables. Pour into wet molds.

Pumpkin Pie—Three cups pumpkin one-half cup brown sugar, two teaspoons cinnamon, one teaspoon ginger, one teaspoon salt, four eggs, one-half cup molasses, three cups milk Add molasses to pumpkin. Mix sugar, salt and spices together and add to pumpkin. Beat eggs, add milk combine mixtures. Pour into previously baked pie shell. Bake in hot oven ten minutes to set the custard, reduce heat to moderate and bake until firm, about twenty minutes. Before serving, cover top of pie with grated cheese, slip under broiler and brown. Makes two pies.

### Suggestions

Vitamins

The term vitamin is a group name for substances other than proteins, fats, carbohydrates and salts, which occur in minute quantities in natural foods. They have been found to be essential for normal nutrition and to be responsible for the prevention of various pathological conditions known as deficiency diseases. At present there are six vitamins the existence of which have been definitely established. They are A, B, C, D, E, F, or B-1, and G or B-2.

### Jellied Fruit Salad

(Mrs. Mary Morton's Daily Tested Recipe.)

One tablespoon gelatine, three tablespoons cold water, one cup boiling water, one-half cup sugar, one-fourth teaspoon salt, one-half cup lemon juice, one orange, cut in pieces, one apple, diced, one-fourth cup diced celery, one-fourth cup white grapes, stoned, cut in half, one-fourth cup chopped dates. Soften gelatin in cold water, dissolve in boiling water. Add sugar, salt and lomon juice. When mixture begins to stiffen add fruits. Pour into wet individual ring molds; chill. Turn out on crisp shredded lettuce and place a spoonful of stiff mayonnaise in center of each ring.

### Casserole of Chicken

2 cups cooked chicken, cut in pieces.
2 1-2 tablespoons quick cooking tapioca uncooked.
1 1-4 cups milk or chicken stock.
1-4 teaspoon salt.
2 tablespoons butter.
Dash of pepper.
Dash of paprika.

Combine ingredients in order given. Turn into greased casserole and bake in hot even (400 F.) 25 minutes. Serves 6.

Small baking powder biscuits may be placed on top of the chicken mixture after it has baked for 10 minutes.

If you are using up chicken left over from the previous day and have less than the quantity called for by the recipe, make up the quantity with cold cooked ham. You will find this a delicious combination with the chicken.

### Scalloped Carrots and Onions.

Six medium-sized carrots, 6 good-sized onions, seasoning, Butter, 1 cup milk, bread crumbs.

Slice the carrots and onions into a greased casserole in alternate layers, seasoning each layer with salt, pepper and butter. Pour the milk over the layers, cover with fine bread crumbs and bake in a slow oven.

### Fashion Whispers

Gloves, like stockings, have deepened in tone, but while black stockings are of no style interest black gloves are the smartest of all.

The fur-trimed tweed ensemble has become a general favorite.

Ultra fur coats have a waistline raised to or above normal.

Muffs are again being offered and with a fair chance of being accepted.

Knitted costumes are the smartest for travel and sports judging from what is being worn at the moment.

The semi-formal bridge and "Sunday night frock" is being high-lighted. These resemble the evening type but invariably have long sleeves.

The square-toed mule is voted smart for boudoir use, while the pajama sandal is also being worn, especially in bright dahila shades.

Suede footwear is extremely smart and is worn with wool sports togs as well as dressier types.

Black suede trimmed with burgandy is given as one of the most important color schemes in footwear.

Python and water snake are still prime favorities for bags and for bag and shoe combinations.

Patou has designed a muff-bag made of high suede and tweed.

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# Special Notice

—TO—

# TAX-PAYERS!

## TAXES ARE DUE SEPTEMBER 1

OF EACH YEAR

and if not paid by December 31st interest is added from September 1st until paid.

We, therefore, urge all tax payers to pay their taxes early, and by so doing you will avoid the last of the year rush and save yourselves real money. All bills will be mailed upon request.

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Felt and Satin Hats for women and misses, smart, close fitting shapes, with clever trimmings, newest shades large and small head sizes.

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Exceptional! This sale of Dresses. Satins, Jerseys, Crepes and Prints.

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Hundreds of new models in women's and misses' Pumps and Oxfords.

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