

Women's Page

BY A WOMAN

ASPASIN

Aspasia, though born in Miletus, came to Athens and spent most of her life there. It was in the time of Pericles when Athens reached the height of her power and her beauty, for Pericles did everything to increase Athens influence abroad and to make her a beautiful city. He was also a great patron of the arts and letters. During his regime lived the three great dramatists, Eschylus, Sophocles, and Eurepides, and the greatest artists of and sculptors, Phidias. The beautiful temple to Minerva the Parthenon was built under his rule, and the great theatre Dionysus, which could seat the entire body of Athenians and no charge was made there for admission. Pericles rule over Athens was a very just one and he was adored by the people. And to this city which charmed the eye with its elegance and beauty came Aspasia. The Grecian women of that time were only instructed in household arts and most of them could not read, but Aspasia was a woman of talent education and great beauty. Here she attracted the attention of Pericles, a kindred spirit. As she was not a citizen of Athens, Pericles could not, under the laws of the city, make her his wife, but he lived with her as such and made her the mistress of his elegant home. Like Madame de Stael, Aspasia made her home the resort of intellectual people. Philosophers, poets, and dramatists delighted to visit there. Socrates was charmed by her wit. Phidias, the great artist liked to come and talk about his work, while the great dramatists were eager for her commendation, so the home of Pericles and Aspasia was termed with justice the intellectual centre of Athens. Aspasia was truly a remarkable woman. Of course the other Grecium women had the opportunity, too, of seeing the great tragedians, and being educated by seeing the classical buildings and sculptures but Aspasia is one of the few that require mention. Pericles a patron and a lover of beauty found that Aspasia helped him in every way. Such talk on art, literature and politics as may very naturaly have passed between two such gifted minds as those of Pericles and Aspasia form a delightful, feature of Walter Savage Landor's Imaginary Conversation. Pericles died in 429 B. C. lamented by all the citizens of Athens. When his friends around his dying bed were recounting all he had done for them he aroused himself enough to say," No Athenian ever put on mourning through act of mine."

HEALTH

In this season of the year when changes in temperature are so sudden it behooves us to try and prevent cold which are so apt to cling to us during much of the winter.

A splendid way of prevention is to fill the lungs with fresh air. This is good exercise for expanding lungs also. Take in the air slowly through the nose hold it long enough to count eight then let it out slowly through the mouth. Try doing this seven or eight times daily. Also when going out in the open do the same thing. Many who has been subject to colds have tried this method and find it a splendid preventative. It is also good for warming hands and feet if they are cold, try it.

AUTUMN FASHION

Pumps are cut higher. Oxfords are cut lower. Two or three-eyelet ties are smarter than four. And a one-eyelet model is smartest of all. These are the linear changes at the foot of the day mode. Since no evolution of new leathers has come to light, the tried and true suede, reptile, calf, kid, and patent-leather divide honors by day—with variety introduced by ingenious combinations. In almost every respect,two leathers are smarter than one.

The all-black coat is running away with first honors in the winter cloth coat class. In its leading version, the all-black coat is of smooth fabric, broadcloth or the like,simply dripping with Persian lamb. Caracul and fox are next in importance. with mink on the gain. Silver fox and blue fox are favored where contrasting fur is used.

The more fur, t ehmore chic, seems to be the mode's motto, though there is great variety in its application. There is always a fur collar. Sometimes the whole top is fur—a note new this season.

The skirt may be anything from plain to intricately furred, and that goes for sleeves,too, though these, when furless are likely to make up for it by being interestingly cut.

Long, molded and flaring describes practically every smart coat that's being shown. Belts, about which there's so much chatter, are good but not compulsory. Many of the best coats in the best shops do not wear them. The same is true of boleros, so have one or not, just as you please.

Recipes From Home Economic

Devils Food Cake.—1-2 cup butter, 1 cup sugar, 2 eggs (1 white saved for icing), 1 cup milk, 2 squares unsweetened chocolate, 1 3-4 cups sifted soft-wheat flour, 2 teaspoons baking powder, 1 teaspoon vanilla, 1-2 teaspoon salt.

Cream the butter and the sugar. Add the well-beaten eggs and mix well. Sift the dry ingredients, and add to the first mixture alternately with the milk. Add the chocolate, which has been melted over steam, and the vanilla and beat until well mixed with the butter. Bake in a greased pan, in a sheet, for 30 minutes, at a temperature between 300 degrees to 325 degrees F. Cover lightly with powdered sugar and serve. Or if preferred, bake the cake in two layers and ice with vanilla frosting.

In this cake mixture, sour milk may be used in place of sweet milk. In this case dissolve 1-2 teaspoon soda in 1 teaspoon water and add at the same time with the sour milk. The chocolate may also be increased by 1 square, if a strong chocolate flavor is desired.

Cooking a Rabbit in the Casserole

The meat of a domestic rabbit is so superior in color and flavor to that of wild rabbit as to make it seem an entirely different article of food. All the meat on a domestic rabbit is white and delicately flavored through out. In food value, rabbit falls in the class with poultry and other meats as a source of efficient protein. Domestic rabbit may be eaten at any season.

While a great many of the domestic rabbits are marketed at 8 to 10 weeks of age and are termed "fryers," the more mature animals are also good. They need longer, slower cooking, as infricassees, casserole dishes, and rabbit pie, and may be used in croquettes, salads, chop suey and other dishes made of previously cooked meat. The bureau suggests the following way of cooking a mature rabbit in casserole:

Wipe the rabbit meat with a damp cloth, cut into pieces for serving, sprinkle with salt and pepper and roll in flour. Brown lightly in hot fat in a skillet, transfer to a casserole, add some of the fat from the skillet and one-half cup of hot water. Cover and cook in a moderate oven (350 degrees F.) for one and one-half to two hours, or until the meat is tender. Remove the meat and thicken the gravy slightly. To each cup of liquid allow one tablespoon of flour, mix with a few tabelspoons of cold water, add to the meat drippings, return to the oven, and stir occasionally until thickened. Season with salt and pepper and finely chopped parsely, replace the meat and when thoroughly hot serve in the casserole.

Strawberries.—Take equal weights of strawberries and honey; mix the two and dry in the sun, or preferably in a warm oven; put into carefully sterilized glasses and cover with paraffin.

Apples.—2 quarts apples cut into small pieces, 2 cups honey, 1 cup vinegar, 1 teaspoon cinnamon. Heat the honey, vinegar and cinnamon together and cook the apples, a few at a time, in the sirup until they become transparent. Pour the sirup which remains after all the fruit is cooked over the apples.

Cranberries.—A very good preserve may be made from cranberries and honey which will remain in good condition for a long time. Take equal weights of cranberries, honey and water. Cook the berries in the honey and water until the skins are soft. Remove the berries and boil down the sirup until just enough remains to cover the berries. Pour into glasses and cover as you would jelly. The appearance of the cranberries is improved if each one is pricked several times before cooking and if the cooking is slow at first. This gives the sirup an opportunity to penetrate the berries without destroying their form. A satisfactory method is to place all the ingredients in a double boiler and heat them very slowly. If this method is followed, the boiling down of the sirup is even more necessary than when the berries are cooked more rapidly.

Clam Chowder.—1 quart shucked clams, 2 small potatoes, 1 onion, medium, cut in small pieces, 2 slices bacon, cut in small pieces or an equal quantity of salt pork, 1-2 teaspoon salt, Few drops tobacco, 1 pint milk, 2 tablespoons flour.

Remove the clams from the liquor and strain the liquor through cheesecloth or a very fine wire strainer to remove any small pieces of shell. Crisp the bacon and remove it from the fat and break into small pieces. If salt pork is used cut it into dice before frying. Cook the onion in the meat fat until yellow and then add the flour. Pour most of the clam liquor into the pan slowy and cook until thickened. Cook the clams below the boiling point in the remainder of the liquor for two or three minutes, then place the clams through the fine knife of the meat grinder, taking care to catch the juice which is pressed from them while grinding. Add the milk to the thickened clam juice, the salt, the bacon or salt pork, the ground clams, and the remainder of the juice. Bring to the boiling point. Sprinkle finely chopped parsley over the top and serve over crackers.

Fruit and Honey Jelly.—A good jelly may be made from winter apples and honey, using a cupful of honey to each cupful of apple juice and proceeding as in ordinary jellymaking. Honey could probably be used with other fruits suitable for jelly, but no definite directions have been worked out in this laboratory. The more delicate flavored honeys are probably the best for this purpose, alfalfa giving an especially spicy taste.

BETTERTON

A special service, "Pilgrims Progress in music" will be given at the Epworth League service tomorrow evening at seven-thirty at the Methodist church. This service will be in charge of Rev. J. C. B. Hopkins and everyone is invited to come.

The supper held by the members of the M. E. Church on Saturday evening was on of the largest attended in recent years. The P. T. A. of Betterton School is planning to hold a supper next Friday evening at the Chesapeake Hotel. Thursday evning a Hallowe'en Social will be given by the Epworth League in the church basement.

Mr. and Mrs. John Owens, Jr., and baby Lillie May have moved into an apartment at Home Cottage.

Mr. Edward Smith is having an addition built on his house on Main St.

Capt. and Mrs. Horace Brice are spending the week in Wilmington with their daughter, Mrs. Charles Gooding.

Mrs. A. P. Emerson is spending some time with her sister, Mrs. Emma Hughes in Washington.

Mr. and Mrs. Frank Whitehouse, of Baltimore, were the week nd guests of her mother, Mrs. Mattie Tull.

Mrs. Edward Young, of Wilmington, is visiting relatives here.

The Womens Home Economic Club held its regular meeting at the school house on Tuesday afternoon.

Mrs. Bessie Peregory, of Wilmington, is spending the week with her parents, Mr. and Mrs. P. H. Taylor.

Mrs. Bessie Robinson and son, of Baltimore, spent the week end with her sister, Mrs. Albert Supplee.

Mrs. Archie Crew entertained the Women's Foreign Missionary Society at her home on Thursday evening.

Services will be held at St. John's by the Bay tomorrow morning at 9.30.

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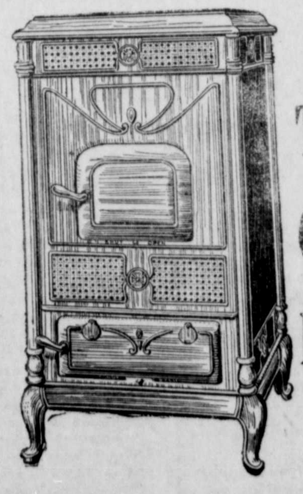
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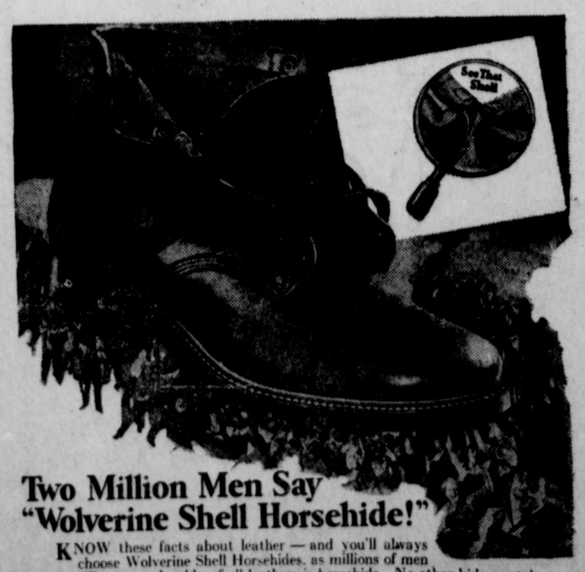
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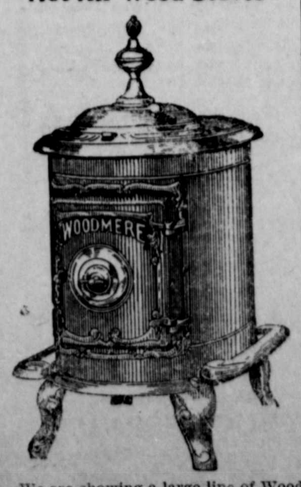
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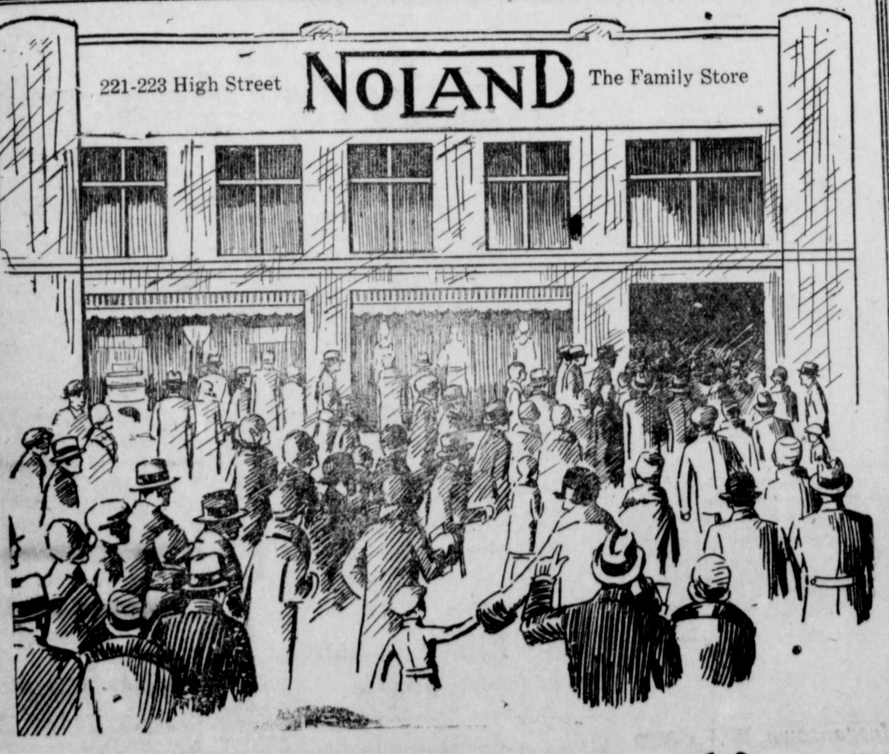


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