Women's Page

BY A WOMAN



ERNESTINE SCHUMAN HEINK

Perhaps Ernestine Schuman Heink has been, and even now is, one of the most popular singers that has been on the stage. And yet her early career was enough to discourage a less ambitious person for she was turned down by so many managers when she first appealed to be allowed to sing. She was born at Prague in Bohemia Germany, Being possessed of a rich contralto voice, she realized her talent nad was so anxious to sing in the operatic roles but she was laughingly told to go and get her mother to teach her to cook, thinking that she was better suited for that capacity. And she was large and awkward and possessed of little charm in those early years. She realized her handicap and began to offer her services free of charge and gradually it became known that she had a fine voice. Afterward she was sought for everywhere. She sang at the musical festival at Baireuth, and took part in Opera at Dresden and Hamburg and in 1898 she came to America when she was twenty seven years old, and made her debut at the Metropolitan Opera House where she immediately became a great favorite especially in the Wagnerian roles, her rich contralto suiting well the stately music. She was not only beloved for her music, but for her outgiving and affectionate nature and her lovely disposition. She married and became the mother of six children. It is said that her home and her children have always been well cared for. In 1908 she decided to leave the operatic stage, and devote herself to concert singing, but she was induced to appear with the Chicago opera for a while when it started in 1915. Now she has retired from the stage entirely but is still teaching music, and many a young aspirant for the stage or for radio singing go to her to be taught. She is now living in New York and though 71 years of age is still enjoying good health and a busy life.

HEALTH

There is no better form of exercise than walking which tends to overcome constipation, helps the circulation, stimulates the appetite and improves digestion.

To form a regular habit it is best to set aside a definite time each day for the elimination, and ample time should be allowed. The best time is after breakfast. During the night refuse matter accumulates in the large intestine, and the morning meal starts contraction waves which should lead to its expulsion. Never ignore this call.

The diet should contain an abundance of fresh fruits and vegetables, also whole wheat bread. Prunes, apricots and figs are beneficial. Abundant water should be drunk between meals. Avoid all fried and greasy foods. All food should be thoroughly and carefully chewed before swallowing.

Please bear in mind that constipation is not a condition to be overlooked. Its correction is of the utmost importance for good health.

The habit of regular elimination is easily developed in children. Its importance in relation to general health should never be overlooked.

Style "grafting" has produced a plaid carnation, a polka dot gardenia, and a striped rose, all made of pique, or other cotton fabrics. Patent leather flowers, and blossoms of crisp organdie, also appear on the avenue.

Rare Colorings

Red and yellow, pink and brown—colors that rarely associated together in the past are arm in arm with fashion this spring. A chalky yellow crepe evening gown is worn with a throw-over-the-shoulder cape of tomato red chiffon velvet and a dinner gown of sheer crpe has a high-waisted skirt of golden brown with a chiffon bodice of pink.

Silk Crepe Suits

Informal town suits of silk crepe will be worn at luncheons and matinees during the late spring. The jackets hang straight from the shoulder and reach the hips. They have long sleeves and o not button. Usually the jacket features an all-over pattern of embroidery. One model has neat encrustations of openwork patterns.

RECIPES

Molded Beet Salad

2 Cupfuls Chopped Beets
1 Medium-sized Onion, Minced
2 Tablespoonsfuls Vinegar
1-4 Teaspoonful Celery Salt
1 Package Prepared Lemon-flavored Gelatin
1 Teaspoonful Salt

Boil the beets, and chop fine. Marinate in the vinegar for a few minutes. Drain well, add the onion, salt, and celery salt, and mix well. Add to the gelatin, mixed as directed on package. Put into individual molds holding 1-2 cupful each, and place in the refrigerator to set. This may be done in the morning if you wish. Unmold and serve on lettuce, and garnish with mayonnaise.

Cup Cakes with Butterscotch Sauce

1-4 Cupful Shortening
1 Cupful Sugar
2 eggs
1 1-2 Cupfuls Flour
2 Teaspoonfuls Baking Powder
1 Teaspoonful Almond Extract
1-2 Cupful Milk

Cream the shortening and sugar until well mixed. Add the beaten eggs. Sift the baking powder with the flour, that has been measured after sifting once. Add the milk and flour alternatelly to the first mixture, then add the flavoring. Beat only enough to blend thoroughly, and bake at 400 degrees F. for 15 to 18 minutes. The cup cakes should be baked just before the rest of the meal is removed from the oven. Makes 12 cup cakes 2 1-2 inches in diameter.

Butterscotch Sauce

1 1-2 Cupfuls Brown Sugar
4 Tablespoonfuls Butter
3-4 Cupful Cream
1-3 Cupful Nut Meats, Broken
1-8 Teaspoonful Salt
2-3 Cupful White Corn Sirup.

Cook the sugar, sirup, and butter together until it reaches 230 degrees F. or when a soft ball forms when dropped in cold water. Then add the thin cream very slowly, stirring constantly. Add the nut meats and salt. Serve over the cup cakes either hot or cold.

Pot Roast

4 or 5 Pounds Top Round of Steak
4 Carrots
4 Onions
Salt and Paprika
2 Cupfuls Cold Water
1 Green Pepper, Chopped
1 Small Piece Fat or Suet
Flour for Dredging Meat

Set the oven heat regular at 500 degrees F. Place the meat in the bottom of a Dutch oven or a heavy kettle measuring 10 inches in diameer at the top and 4 1-4 inches deep. Sprinkle with the pepper and flour, and sear on both sides. When the roast is thoroughly seared, reduce the temperature to 325 degrees F. Place around the roast the carrots, onions, and green pepper. Add the salt and paprika. Lay a piece of fat or suet on top of the roast, and the water, and place the cover on the kettle, having the ventilator almost closed. Cook for 3 hours. To make the gravy, skim off as much fat as possible from the juices in the pot, and thicken, using 1 tablespoonful of flour to each cupful of liquid.

Saves Vegetable Liquors

An exceedingly intelligent housewife gives these hints: Our cooking includes definite plans for using all waters in which we have cooked vegetables. If not used at the current meal, we set them aside for future use. Heated, we use them with meat cubes to make bouillon. We thin the canned soups with them in place of milk or water. Spinach liquor is a fine flavor with pea or tomato soup, and is invaluable in stretching meat gravies. Besides saving all nutriment of our food and giving variety to our soups, this practice is particularlly valuable in serving diets and feeding invalids.

Hot Marshmallow Toddy

Scald a cup of milk. Make a paste of two teaspoons of chocolate malted milk powder by mixing it with a little cold milk. Stir into the hot milk and scald, but do not boil. Place two marshmallows in the bottom of a cup and pour the ddrink over them. Serve hot.

MONKS OF ST. BERNARD

The report that the Great St. Bernard monks will leave their hospices on St. Bernard's Pass because their presence was supposed to be no longer necessary, is not true, and is contradicted by the news received in Rome. acording to the Boston Transcript. The hospice is to remain where it is and the monks will continue their ministrations for the future as they have done in the past. The fact that the road is now beaten chiefly by tourists and automobiles does not dispense with their presence in winter. The tourists traffic is intense during the summer only, but in winter there is still a good deal of local traffic between Switzerland and Italy, and the monks have for years improved their service by the establishment of telephone stations all along the pass from which persons in need of aid can always telephone to the hospice.

The picturesque service of the dogs is also maintained, though it is required less often now than in the past, owing to the possibility of a call by telephone. Still some twenty big St. Bernard dogs are always kept at the hospice, and are well trainedd, and in another hospice lower down the valley the breeding of the dogs is continued as before.

LA MODE

More or Less Hat

Your hat may be very large or very small this season. The large hat will be worn with the printed dress of garden-frock type, the small hat with frocks of more tailored cut. Many a small hat, revealing the hair on one side and in back, has a row of flat flowers appliqued along one side.

Polka Dot Buds

The spring flowers worn by fashionable people this season no doubt will make the botanists raise their eyebrows.

YOU CAN'T BEAT 'EM

She (with newspaper): "It says hee tahrt the Eskimos use fishhooks for money."

He: "Gee! It must be tough on their wives getting fishhooks out of hubby's pocket while he's sleeping."

She: "Oh, well, the nights are six months long up there, dear."

SCHOOL DAYS — By DWIG



APPLE EXPORTERS FACE DIFFICULTIES

FRANCE PLACES RESTRICTIONS ON APPLE IMPORTS

While American agriculturists have interested themselves in governmental matters to prevent European competition or agricultural products in American markets the European countries have taken similar steps against American produce.

Apple growers in the Maryland-Virginia-West Virginia area face additional difficulties under the new French apple importation restrictions, it was indicated this week. Apples from this region moved through the port of Baltimore in large volume last year.

According to reports from Paris, the French fresh fruit importing syndicate is preparing a uniform contract for next season requiring the American shipper to guarantee the fruit will be acceted under the French restriction. American buyers have required French seed producers to ship under similar conditions for some time, it was pointed out.

The French apple restrictions were instituted by the Government as a measure against the spread of the San Jose scale but French agricultural interests were said to have sponsored the inspection barriers to check competition.

According to word received in Baltimore yesterday from a French fruit importer, the inspections of imported apples beginning March 16 were easy at first but recently the French Government, acting under pressure from French agricultural interests, has issued strict instructions to its sanitary inspectors.

Washington Apples Turned Down

As a result, it is said, a number of cars of Washington boxed apples were turned down at Dunkirk and Havre during the week of April 9, although the WashingtonOregon area is said to be but slightly touched by the San Jose scale. In addition, some of the apples thus turned down carried American sanitary certificates.

If such treatment is to be accorded the boxed Washington-Oregon fruit, it is said, the barreled Maryland-Virginia and West Virginia product may fare even worse as the scale is said to be more prevalent in these regions.

The French apple importers, under the proposed contract, would establish irrevocable credits for the apples to be shipped "passing French law" and would provide for the cancellation of the agreement by the buyer in event of rejection upon payment of a small sum, perhaps 20 cents per barrel to cover reshipment to other markets.

"Didn't you claim when you sold me this car that you'd replace anything that broke or was missing?"

"Yes, sir. What is it?"

"Well, I want four front teeth and a collar bone."—Boston Transcript.

Banish Insomnia With Brisk Two-Mile Sprint?

If it were possible to put it in operation, a two-mile run before going to bed would cure any case of insomnia, asserts a writer in the St. Louis Globe-Democrat. That, we suspect, is all there is to sleeplessness—lack of outdoor exercise. Have you ever heard of an insomnious farmer? We don't believe the remedy for insomnia that we suggest will ever be adopted. The exact period of the day when one suffers from that demoniac affliction is too often in the wee small hours; and to arise and—though fully clad—to sprint lightly through the darkened streets would surely put the police on one's track; perhaps with sirens. What a curious pageant that would be.

Insomnia likes to enter your boudoir in the stilly watches of the night like the cowled figure of Death, and as unwelcome, too. He takes his seat upon one's chest and there remains for hours, sometimes till daylight; and when he is gone, you are so aggravated, you don't want to sleep. All the intruder has left you as a reminder is an all-day grouch—or at least until noon when like morning clouds it may disperse.

Two-mile runs, day or night, in the city are next to impossible. What would people say!

Frequent Use of Words Spoken Centuries Ago

Among the oldest words in the world are the names of the numbers. When you count from one to ten you are using, with little change in their form, words that were used by ancestors who were the animal's skins as clothing and lived in the roughest of shelters. Just as the child does today, they counted on their fingers, and it seems probable that they gave each finger its own special name. Our present numbers may well be the names of these fingers.

Even when we invent new words we often bring old ones into use without knowing it. It is only about thirty years since moving pictures came in, but as part of the name, "cinematograph," we are using one of the world's oldest words. This is equally true of words such as television, automobile, broadcasting, and quite possibly of certain slang words such as "swank."—London Tit-Bits.

Tonga Swimming Postmen

Niua-fu, an island of the Tonga group, is perhaps the only place in the world where mail is delivered by swimming postmen. In fair weather or foul the native postmen swim out for two miles through the shark-infested sea to deliver and collect their mail. The foremost swimmer carries a short stick, in a cleft of which rests the tiny bundle of outgoing letters. One of the steamer's crew lowers a bucket over the side, and in this the postman drops the letters. A large biscuit tin containing the ingoing mail, sealed and roped, is then dropped overboard. Deftly punting this unique mailbag in front of them the swimming postmen start back for the shore as fast as wind and tide will allow.

Defining Energy

Energy is the capacity for performing work. It may be either potential, as in the case of a body of water stored in a reservoir capable of doing work by means of a water wheel, or actual, sometimes called kinetic, which is the energy of a moving body. Potential energy may also exist as stored heat, as stored mechanical energy, as in fuel, or as electrical energy, the measure of these energies being the amount of work that they are capable of performing. Actual energy of a moving body is the work which it is capable of performing against a retarding resistance before being brought to rest and is equal to the work which must be done upon it to bring it from a state of rest to its actual velocity.

Schubert's Inspiration

Schubert's "Who Is Silvia" is one of his best known compositions of its kind. At the writing of the piece, Schubert was unquestionably in love with the name, Silvia, or his conception of her. The song was inspired by Shakespeare's "Two Gentlemen of Verona." It is said that the song inspired Arthur Sullivan to write "Orpheus and His Lute." "Who Is Silvia" was published shortly after Schubert's death, together with three songs of 1827 (later called Opus 106), which were dedicated to Marie Pachler, Schubert's kind hostess in Graz.

Boastful Phrases

The phrase, "White Man's Country" and also "God's country," are often applied to a nation or country by its sons and daughters. Not many years ago a bulletin on Australia called attention to the fact that among the white inhabitants poverty is practically unknown, the aged, infirm, and children are adequately provided for, the labor situation is satisfactory, and the territory itself offers unlimited possibility for development, exploitation, and exercise of man's ingenuity. All these things seem to make it a favored spot.



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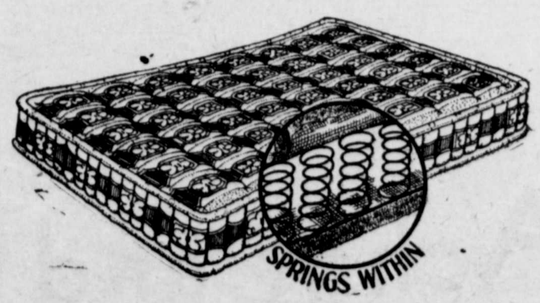
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