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Women's Page

BY A WOMAN



WASHINGTON AND SALLIE CARY FAIRFAX

MOUNT VERNON—A picture of George and Martha Washington at Mount Vernon, with her grandchildren about them, long had hung on the walls of thousands of American h[illegible] the national icon of domestic felicity when a shadow was cast upon that happy scene by a packet of his faded letters, discovered in an ancient trunk at Bath, in England. The letters were addressed by Washingon to Sally Cary, who had awed and dazzled him in his youth, when that stately, brunette daughter of the James River aristocracy was installed as matron of Belvoir and the bride of his friend, George William Fairfax.

Gossiping history has been unable to discover when his feelings toward Mrs. Fairfax gathered into what a Virginia woman has glowingly termed the "one crimson whirlwind passion of his life," but is certain that it was raging unabated when he took refuge in marriage to a lady whose husband was not inconveniently alive. There was no other resource for one who found himself in love with the wife of a friend in those primitive days, when there was yet neither a Reno nor a divorce court anywhere else.

Shortly after his engagement to Martha Custis, Washington wrote one of the three or four of his letters to Martha that escaped the flames, to which she consigned all that she could lay her hands on after his death. They must have been slow-burning fuel, if they no more flammable than this:

My dear . . . I embrace the opportunity to send a few words to one whose life is now inseparable from mine. Since that happy hour when we made our pledges to each other, my thoughts have been continually going to you as another self . . . . your ever faithful and affectionate friend."

Contrast that missive to his bethrothed with this reply he wrote in the same campaign to an apparently teasing letter from the saucy Sally Fairfax on the subject of his engagement to the widow:

'Tis true, I profess myself a votary of love . . . . I confess that this lady is known to you. Yes, Madam, as well as she is to one who is too sensible to her charms to deny the power whose influence he feels and ever must submit to. I feel the force of her amiable beauties in the recollection of a tousand tender passages that I could wish to obliterate till I am bid to revive them. But experience, alas! sadly reminds me how impossible this is and that there is a destiny which has the control of our actions . . . The world has no business to know the object of my love, declared in this manner to you, when I want to conceal it . . . adieu to this till happier times, if ever I shall see them . . . I dare believe you are as happy as you say. I wish I was happy also.

In four months more Washington took "an agreeable partner," as he described Martha, and they lived tranquilly ever afterward at Mount Vernon in sight of Sally Fairfax' roof at Belvoir. The accustomed intimacy of the two households contined until Sally went away to England with her husband—and that trunk? Out of that silent battle he fought in his breast and won, Washington matured a philosophy which he expounded late in life, when he wrote on the subject of love:

"A woman . . . all beautiful and accomplished will, while her hand and heart are undisposed of, turn the heads and set the circle in which she moves on fire. Let her marry . . . The madness ceases and all is quiet again. Why? Because there is an end of hope."

Long years after the fire and the madness, and all was quiet again in the heart of Washington, an old lady 'n widow's weeds over in England, received with excited hand and leaping heart, we may believe, a letter from the first man in the world, which she locked in her trunk, where it was found with others from him when their neglected hiding place was uncovered in the 1870's:

"Nothing has ever been able to eradicate from my mind the recollections of those happy moments, the happiest in my life, which I have enjoyed in your company."

. . . "the happiest in my life!" Washington rarely, if ever, had been in the presence of a woman with a brilliant mind and the social graces when first he beheld Sally Cary Fairfax, come up a bride from the James River to live in the simpler, ruder region of Mount Vernon. Always knowing enough to know what he did not know, he ever was quick to learn from those with whom he was brought in contact as he climbed upwards. In his rustic youth, Sally Fairfax was his exemplar of the drawing-room ritual in which he was to become the pattern of a Nation. For more than that, under her guidance of his forbidden love for her, she taught a lesson in self mastery to a man who should build his greatness on that sure foundation.

HEALTH

Which would you prefer, a slim figure with little brain or well fed brain wih perhaps a plump figure. The scientists say:

Muscles may be suplied with energy by the oxidation of both fat and dextrose, but for the highly specialized tissue of the brain nothing but carbohydrates will serve.

Putting this into everyday language, one must assume that a stevedore can do his stuff if he is stoked with suet, but the brain will not work unless it has sugar or starch. The scientists as usual are vague about the actual applications of their discovery to practical problems of living but they encourage at least a suspicion that ladies who deny themselves candy, bread, and potatoes in the desire to be beautiful may thereby curtail the activities of their brains. It is a horribly depressing thought, but there it is and we can do nothing about it except perhaps beg the scientists to take another look, and find us a theory more consistent wih our notions of what a just world ought to be.

Cartwheel Brims Now The Vogue in Paris

Paris hats are growing larger and larger as the spring grows older. Reboux has a dress hat of navy straw in truly gigantic propostions, with a big black satin bow standing up on top of the crown. And for ordinary wear there are hats with cartwheel brims.

Simplicity In London

Instead of the flirtatious little curls and puffed rolls of hair with which London adorned her head a short time ago, London now goes in for simplicity. A straight part near the center of the forehead, and the hair brought down in gentle waves half way across the ear.

Waist Lines Higher

Waist lines are a little above normal, but real Empire styles are already on the wane; the higher level is usually indicated by a separate belt. Sleeved evening gowns also show signs of fading out of the mid-season stylescape, though the genral effect of the evening ensemble is kept informal by the simple and often tailored character of the accompanying jackets.

Lattice Work

The nightgowns of Paris—you may still wear pajamas, however, if you prefer—are likely to have a latticework bertha around the neck. The latticework is of very fine crepe and consequently not bulky. Among the favorite nightgowns is also one of blue crepe de chine with elaborate insets of ochre face.

RECIPES

Plain Soup

1-3 cupful rice
Boiling water
2 cupfuls milk
1 carrot—medium-sized
4 turnips—medium-sized
2 large potatoes
1 large onion
3 sprigs watercress
3 teaspoonfuls butter
1 teaspoonful salt

Add the washed rice to rapidly boiling salted water. Cut the cleaned and pared vegetables in small pieces and add to the rice. Boil together for ten minutes, adding more water if necessary, cover the pan and simmer mixture until well cooked and the water is reduced. Add the milk and butter and serve very hot.

Lamb Delicious

Place two tablespoons of butter (or substitute, as bacon fat or drippings) in a saucepan and add two slices of onion and one-half cup or more of chopped mushrooms. Cook until brown. Moisten about one and one-half cus of breadcrumbs with one-half cup of heated milk and add one-half teaspoon of minced parsely and a dash of red pepper. Mix and add to one and one-half cups of minced cooked lamb. Add the onion and mushroom mixture and salt to taste. Shape into a loaf. Bake in a hot oven for about fifteen minutes. Serve with tomato sauce if desired.

Tomato Sauce

2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
1 1-2 cups strained tomatoes—cooked.

Melt the butter and add the flour and salt. Cook until blended and add gradually the tomatoes. Cook until the mixture thickens. Serve hot over the meat.

STEPHEN R. COLLINS
ATTORNEY-AT-LAW
Court St., Chestertown, Md.

WORTON

Mr. and Mrs. Harry J. Rouse and daughter, Ann, of Aberdeen, were the guests of her mother, Mrs. Henrietta Rasin last week end.

Mrs. Charles Ivens and Miss Dorothy Ivens spent sevreal days last week end Baltimore.

Mr. Charles Geiser is improving his home with paint.

Mr. Thomas Hadaway is spending some time with friends in Baltimore.

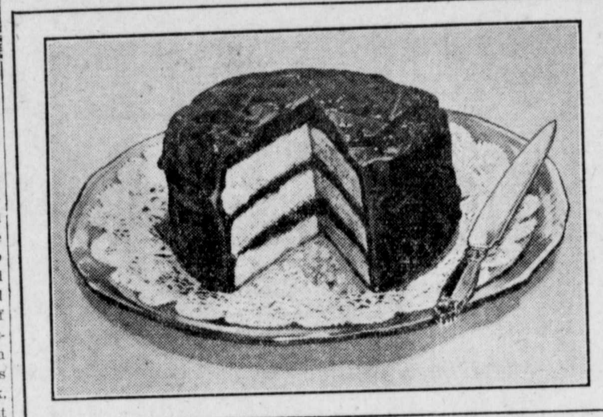
Mr. George T. Williams, Jr., of Baltimore, visited his parents here last week end.

Mrs. B. F. Urie, of Rock Hall, Mr. and Mrs. Henry Williams and little son spent last week end with Mr. and Mrs. Alan Rouse, of Philadelphia.

Mr. Lewin Burris, of Elmira, N. Y., is the guest of his sister, Mr. and Mrs. Mowbray Hadaway.

Mr. and Mrs. Thomas Taylor visited relatives at Grasonville Sun.

MAKE PLAIN CAKE RICH WITH CHOCOLATE FLAVOR



EVERY housewife has a prized cake recipe for special occasions. But cakes baked every Saturday for daily family needs must be economical as well as tempting.

How fortunate therefore that chocolate flavor is a family favorite. Chocolate works wonders either with a simple family cake or one for special occasions. A chocolate frosting makes the plainest cake tempting, while a chocolate batter makes your simplest cake rich.

One-Egg Chocolate Layer Cake

2 cups sifted cake flour
2 teaspoons baking powder
¼ teaspoon salt
1 cup sugar
4 tablespoons butter or other shortening
1 egg, unbeaten
¾ cup milk
½ teaspoon vanilla

Sift flour once, measure, add baking powder and salt, sift together three times. Cream butter thoroughly, add sugar gradually. Cream together until light and fluffy. Add egg, beat thoroughly. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add flavoring. Bake in two greased 9-inch layer pans in moderate oven (375°F.) 25 minutes, or in greased loaf pan, 8x8x2 inches, in moderate oven (350° F.) 50 minutes. Double recipe for three 10-inch layers. Spread with Soft Chocolate Frosting.

Soft Chocolate Frosting

4 squares unsweetened chocolate, cut in pieces
1¼ cups milk
4 tablespoons flour
1 cup sugar
2 tablespoons butter
1 teaspoon vanilla

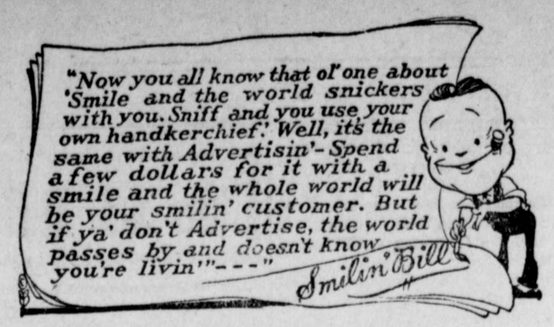
Add chocolate to milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until blended. Sift flour with sugar; add a small amount of chocolate mixture, stirring until smooth. Return to double boiler, cook until thickened. Add butter and vanilla. Cool. Spread on cake. This frosting covers tops and sides of two 9-inch layers.

Chocolate Cup Cakes
(2 eggs)

1½ cups sifted cake flour
1½ teaspoons baking powder
½ teaspoon salt
⅓ cup butter or other shortening
1 cup sugar
2 eggs, well beaten
1 teaspoon vanilla
½ cup milk
2 squares unsweetened chocolate melted and cooled

Sift flour once, measure, add baking powder, salt. Sift together three times. Cream butter thoroughly, add sugar gradually. Cream together until light and fluffy. Add eggs and vanilla. Beat well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Fold in chocolate. Pour into greased muffin pans, filling two-thirds full. Bake in moderate oven (375°F.) 15 minutes. Cover with Soft Chocolate. Frosting. Decorate with chopped nuts, decorettes, coconut, or designs of melted chocolate. Makes 20 cakes.

You will find that these cakes served with fresh fruit in season or stewed fruit will make a delicious dessert.



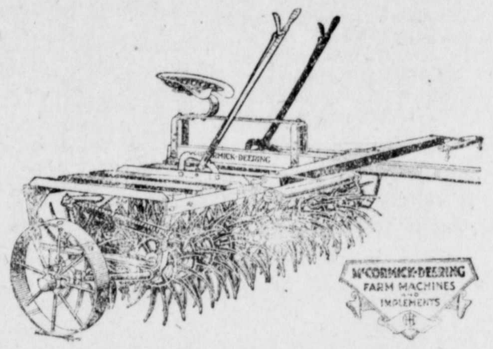
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