

Things to Interest Our Woman Readers

GOOD THINGS MADE FROM MOLASSES

A boiled apple pudding served with hot molasses is one of the most delicious desserts, and a general favorite. Here are a few of the innumerable ways in which the housewife may use molasses:

Whole Wheat Muffins.

Sift a cup of one-half of whole wheat flour with one-half level teaspoonful of soda and the same of salt, add a scant cup of thick sour milk, two tablespoonfuls of molasses and a well beaten egg. Bake in moderate oven.

Corn Cake.

Mix well, and sift one cup of corn meal, one-half cup of flour, one heaping teaspoonful of baking powder, one-half teaspoonful of salt and add to this three tablespoonfuls of molasses, one-half cup of sweet milk, a tablespoonful of melted butter and one egg. Bake in a sheet in moderate oven.

Little Spice Cake.

Cream together one-half cup each of cotolene and sugar and molasses, then stir in four yolks or two whole eggs and beat well. Add alternately one cup of sour milk and two cups of flour which has been sifted with a level teaspoonful each of soda, cinnamon, ginger, and half as much of salt and cloves. Place in muffin tins, sprinkle thickly with chopped nuts, and bake.

Molasses Cake.

Mix in order given, one cup of butter and the same of sugar, two cups of molasses, five cups of flour, salt, two teaspoonfuls of baking powder and four or five beaten eggs. Spices may be mixed with flour to suit taste.

Indian Pudding.

Cook one cup of corn meal with two quarts of milk in a double boiler for one-half hour. Add to this a scant cup of molasses, two teaspoonfuls of salt, and the same of ginger and a little cinnamon. Bake very slowly for three hours. Serve hot with either butter or cream. This must cook slowly or it will separate.

Ginger Loaf.

Place in a bowl a cup each of molasses and sour cream, and mix into this two rounding cups of flour sifted with two level teaspoonfuls of soda, the same of ginger and a little salt. Add a well beaten egg, mix thoroughly and bake.

Poor Man's Pudding.

Four cups milk, one-half cup rice, one-third cup molasses, one-half teaspoonful salt, one-half teaspoonful cinnamon, one tablespoonful butter.

Boatman Brown Bread.

Mix together and then sift, one and one-half cups each of corn meal and graham flour, one teaspoonful of salt, and two (level) of soda. Add scant pint of buttermilk or sour milk, a scant cup of molasses and pour into a well buttered mold. Steam two and one-half hours. Excellent.

Steamed Corn Bread.

Mix two cups of corn meal with a scant cup of flour, a little salt and a teaspoonful of soda. Add to this two and one-half cups of milk and one-half cup of molasses. Steam as above. Good either hot or cold.

Ginger Cookies.

Prepare mixture as above, adding one-half cup of sour milk while mixture is soft, and using only enough flour to roll gently like doughnuts. Make about one-third of an inch thick and bake in moderate oven.

Eggless Pan Cake.

Mix thoroughly, in order given, two cups of corn meal, one of flour, one-

half teaspoonful of salt and one of soda, and beat lightly with a pint of buttermilk. Serve hot with molasses.

of flour sifted with a teaspoonful each of cloves, cinnamon, a little nutmeg and cinnamon, and a teaspoonful of baking powder. Mix thoroughly, add four beaten yolks of eggs and bake in layers. Spread with a plain white frosting, while warm.

Ginger Loaf.

One cup of butter, two cups of molasses, one cup of sugar, one cup of sour cream, five cups of flour, three level teaspoonfuls of soda, two tablespoonfuls of cinnamon one tablespoonful of cloves, one tablespoonful of mace, one wineglass of brandy, one pound of raisins, one pound of currants, six eggs, beaten separately, and one-fourth cup of cocoa.

Molasses Pound Cake.

Two-thirds of a cup of butter, three-quarters of a cup of sugar, two eggs, two-thirds of a cup of milk, two-thirds of a cup of molasses, two and one-eighths cups of flour, three-quarters of a teaspoonful of soda, one teaspoonful of cinnamon, one-half teaspoonful of cloves, one-quarter teaspoonful of mace, one-half cup of raisins, seeded and cut in pieces; one-third of a cup of citron, thinly sliced and cut in strips.

Cream the butter, add sugar gradually, eggs well beaten, and milk and molasses. Mix and sift flour with soda and spices, and add to first mixture, then add fruit. Bake in small buttered tins from twenty-five to thirty minutes, in a moderate oven. This recipe makes twenty-four little cakes.

Molasses Candy.

Louisiana is rightly the home of molasses candy, for it was right here (where sugar was first raised in the United States, and molasses, sweet and health giving, was first given to the world) that molasses candy, or "candle tye," as the Creoles call it, had its birth. "Candle tye" parties, or molasses candy pulling, were among the pleasurable incidents of life among the early belles and beaux. Take one quart of molasses, one tablespoonful of butter, one pound granulated sugar, two tablespoonfuls vinegar, one-half teaspoonful soda and the juice of one lemon. Boil the molasses and sugar until it becomes thick when dropped into water. Add the vinegar, lemon and butter. Boil until it hardens when dropped into water, stir in a small half teaspoonful bicarbonate of soda, and pour into buttered tins, and as soon as it begins to cool sufficiently, pull until white. Moisten the hands, while pulling, with ice water or butter. The sticks may be single, twisted, braided or flattened, according to taste.

Golden Sauce.

Cream one-third cup of butter and add one cup powdered sugar, beating it in gradually. Then add three tablespoonful cream or milk slowly, and one-half teaspoonful vanilla extract. Beat one egg thoroughly, add to sauce and heat over hot water, stirring it frequently. Serve when very hot.

Apple Pudding.

Place a quart of quartered and pared apples in granite dish, also a cup of water and a little nutmeg or cinnamon. Heat to the boiling point on top of the stove, and cover with a crust made of two cups of flour, two tablespoonfuls of baking powder, a little salt, two tablespoonfuls of butter and milk to make a soft dough. Cover well and cook about one-half hour. Serve with molasses sauce.

CONCERNING EYESTRAIN.

Eyestrain exhausts the entire nervous system, occasions the most intense headaches known to human beings, and deranges digestion, to say nothing of other ills which it induces. This being the case, the eyes must be given rest. They should never be used for reading when one is weak from illness or suffering any headache or fatigue or strain; they never should be used in a bad light or with the light shining directly into them. No eyeglasses—and this includes injurious cheap smoked glasses—should be used that have not been prescribed by an oculist of established reputation, after careful examination. In many cases disfiguring glasses would never need to be worn if people gave their eyes the rest which they require.—Harper's Bazar.

CORRECT SPEECH.

In threading the maze of correct usage in the case of pronouns, we are lost because we fail to keep in mind the relationship between the pronoun and the verb. Whenever the pronoun of the first person is the subject or part of the subject of the verb, we should say, "I"; whenever it is the object or part of the object of the verb or a preposition we should say, "me."

A KITCHEN HINT.

You who find it difficult to cut up a rough-skinned pumpkin will find the kitchen or woodhouse saw the most convenient article for the purpose as it is superior to the sharpest knife and far less dangerous.

Military shapes are always chic.



Heart and Home Talks

by Barbara Boyd

The Art of Gracious Ungraciousness.

He was a middle-aged man with a fringe of gray hair around the bald spot on his head, a portly figure, and a complexion that showed he was familiar with the good things of the table.

He stood in his business office, and with a distinctly bored, indifferent air listened to what a small, nervous man with thin gray locks and a drooping gray mustache was hastily telling him.

The one was a picture of success; the other, of failure. The failure was working hard to make good. Success showed plainly that it was not only an act of great condescension on his part to listen, but that really, he had little time to waste.

At last, with a negative, the portly one turned away, and the little old man went out. He came back again, however in a few minutes, and with an effort at bluff, called out in a hoarse tone as he could, "Oh, say, Douglass, I forgot—"

The other with a face of wrath at this familiarity from Failure appeared from an inner office. His manner was even more cool, bored, condescending. Clearly Failure need hope for little from his hands.

But why is it necessary to treat in such a way a fellow-being trying to

earn a living? We may have to turn down the man who comes to us with some proposition. We may have no time whatever to waste on something that interests not at all. But for that reason need we treat the one who comes with it, as if he were the scum of the earth; or, if we do not so quite to that length, as if he is so far beneath us as to be scarcely worthy of our august notice? Why cannot we recognize the humanity in him, the effort, and be as gracious with the ungracious "No" we are compelled to give, as possible?

And even with the one who persists, who will not leave, though we have intimated we have no time to waste, can we not be firm, but still courteous? We should not let the unmitigated bore entirely quench the spirit of brotherhood in our heart.

For we do not know just how helpful the kindly spirit may be to the one who is endeavoring to make headway against odds. A gracious "No" can take away some of the sting of the refusal.

The art of being graciously ungracious is worth cultivating. It takes some of the thorns out of other people's pathway; and it develops in ourselves a spirit of kindness and brotherliness that is far better for us than an over-developed ego.

- ASPARAGUS -

Asparagus is a feature of the vegetable market and home gardens just now, a few words about its ancient and honorable lineage as recorded in a bulletin put out by the Department of Agriculture may be of interest.

Its use, first as a medicinal plant, then as a vegetable, is as old as the "Grampian hills," on which it grew. The old Roman writers praised its virtues with enthusiasm and the bon vivant counted it one of the delights of his table. For want of a better way, the sprouts were preserved by drying, as is done by thrifty farmers' wives today, in order to lengthen the natural season. So much had the gardeners of that day improved the natural variety that Pliny records spears of it weighing three to the pound. Introduced by the invading Roman soldiers to the Gauls, Germans and Britons, it soon became one of their most prized vegetables, and 400 years ago its use was general in nearly every part of Europe. The early settlers in America, familiar with its use, brought the seeds of the plant with them and though not native to this country it found it as congenial to its tastes and habits as did the settlers themselves. Indeed, a New England writer to a London paper in 1672, speaking of the "plants" which had sprung up since the settlers had planted and fed cattle in these "parts" declared that "asparagus thrives exceedingly."

Soaking Asparagus Lessens Its Value As Food.

A point for the city housekeeper to bear in mind if she has to keep asparagus several days before cooking is to set the lower part of the stalks in cold water.

The market men know this, too as well as the fact that it increases the weight of the vegetable. If asparagus is sold by the bunch instead of by weight the careful buyer would not mind so much, but if she is defrauded by purchasing watered asparagus she should protest. According to the German Experimental Institute at Gelsenheim on the Rhine, the weight by the absorption of water of submerged asparagus is increased about ten per cent in two days, while the vegetable loses some of its nutritious components, especially those containing nitrogen and mineral matter. The result of experiments with asparagus whose cut surface had been dipped in melted paraffin to coat, showed that asparagus thus treated absorbed considerably more water, but retained more of its alimentary value than that which was placed in water without first coating the cut surface with paraffin.

Canned Asparagus.

Carefully trim and wash asparagus in cold water. Pour over it boiling water and cook fifteen minutes. Drain and cool. Arrange neatly, heads up, in straight-sided jars and fill to overflowing with water that has been boiled and cooled. Lay on the tops with

the rubbers and stand the jars in a washboiler, protecting them from contact with the bottom by a wooden rack or layers of hay. Do not let the jars touch each other; keep them separated by cloths wrapped about the jars or the clothesline twisted between them. Pour in cold water to a little over half their height, cover the boiler, bring quickly to the boiling point and cook continuously an hour and a half. Scald the rubbers. Place on jars, lifting out one at a time, fasten, replace and cook thirty minutes longer. Remove, screw as tightly as possible and when cold set in a cool, dark place. This calls for asparagus of good size.

Asparagus Omelet.

Break four eggs into a bowl and beat until light and foamy without separating whites and yolks. Add four tablespoonfuls of cream or rich milk, a salt spoonful of salt and a dash of pepper. Have a smooth, clean omelet pan ready and melt a tablespoonful of butter or vegetable oil in it, tilting it so that it will run all over the pan to grease the sides as well as the bottom. When hissing hot, pour in the egg mixture. As it cooks, prick in several places with a fork in order to allow the uncooked portions to run under, sift with a fork until the whole is of a creamy consistency. Have in readiness several spoonfuls of cooked asparagus points, mixed with a little melted butter, a few drops of lemon juice and a teaspoonful of chopped parsley. Spread lightly but evenly over the top of the omelet, double over dextrously and shake out of the pan on to a hot platter. If liked the edges of the omelet may be garnished with more asparagus points.

Scrambled Eggs With Asparagus.

For every three eggs allow a half cupful of asparagus tips, and a tablespoonful of water to each egg. Salt and pepper to season. Put a tablespoonful of butter in the frying pan or chafing dish and when hot turn in the egg mixture. Stir with a fork until creamy, then serve on toast; or alone, as desired.

Asparagus and Cheese.

Cook the vegetable as usual, drain then put in a casserole, sprinkling each layer with grated Parmesan cheese and salt and pepper to season. Just before serving cover the top of the dish which had cheese for the last layer with drawn butter, return to the oven a moment and serve.

Asparagus With Parmesan Cheese.

Having boiled the asparagus for twelve minutes arrange in a deep earthen dish or casserole in layers, with grated Parmesan cheese between. Brown a piece of minced onion in butter, sprinkle over the top of the dish, then sprinkle with grated cheese and fresh bread crumbs and cook fifteen minutes in a moderate oven.

EMMA PADDOCK TELFORD.

COFFEE IS BENEFICIAL

The Department of Psychology at Columbia University has proved by a series of actual experiments that the popular belief in the benefit of coffee at breakfast is well founded.

Sixteen persons, of both sexes and of different ages were formed into two squads. The members of the first called the "caffeine squad," received every day from one to six grains of caffeine in capsules (a cup of ordinary strong coffee contains about two grains). The members of the second or "control squad," received capsules containing non-stimulating sugar of milk, or fruit syrups similar in taste and appearance to the caffeine solution. So that, during the tests, no person in either squad knew whether he or she was receiving caffeine or not.

"On certain days," says Good Housekeeper, "the caffeine squad received control doses—that is, substitutes for coffee, and on some days no dose whatever, the elaborate system by which the drug was administered or withheld making it possible to observe every variety of effect from its use and non-use."

The subjects were carefully tested by many processes, ranging from the simplest muscular exercises, requiring only rapidity of motion, to tests which necessitated apparatus sufficiently fine to record mental and motor processes.

MOTHER AND SON.

In Harper's Bazar for May, Marion Harland writes some startling things about the "Immolation of Mothers." For example, she says:

"He was a bitter cynic who said that parents would seem to spend the best part of their lives and their finest energies in teaching their offspring how to get along without them. He hit the bull's-eye squarely, as far as sons are concerned. Mothers have labored, and daughters-in-law enter into their labors. Have you ever known a son's wife who did not, in the depths of her soul, believe that she could have trained her husband better than his mother succeeded in doing? It is not enough that he is all hers now, to have and to hold. She laments that she could not have had the bringing-up of her lord. What a man she would have made of him had high heaven granted her the privilege of being both mother and wife."

"She gives practical proof of the greed for full and absolute possession by taking all her John does for her, be it the gift of half his kingdom, as her right. What he does for his mother is all of free grace, and usually the grace is on her part."

THE NEGLECTED MOTHER.

It was my lot to be present when a wife sought to impress her slow-witted or less-punctilious husband with the eminent propriety of paying his weekly visit to his invalid mother. She lived in another town, and the husband had a busy day before him.

"But, my love, you know she will be looking for you and worrying if you do not come. She says she looks forward to your Wednesday visit as the event of the week. It is a shame to disappoint a sick woman. You really must sacrifice your own inclinations and let business go sometimes, when your duty to your mother interferes with them," she purred on, and on, and on, until the hated man jumped up in a villainously bad humor, and muttering something about "nagging," rushed off to his train.

"I wonder, sometimes, if it can be my duty to risk making my husband angry with me in order to hold him to what I think is his duty," explained the wife as the front door slammed behind him. "I positively dread to have Wednesday come around."

The mother's funeral was appointed for that day week. Therefore the son had his Wednesdays free.—Marion Harland, in Harper's Bazar.

SOAP BUBBLE FUN.

A good deal of fun at a bubble party may be secured by asking a novice to place a bubble upon a flower. He will make attempts, but without success. Then the master of the ceremonies will do it with ease—his flower having been first secretly smeared with soap solution, which provides a "foothold," so to speak, for the bubble.

To blow bubbles with a funnel calls for a little practice, but the knack is well worth acquiring, as it opens up a wide range of possibility. One may wish to blow a bubble over a flower or a small ornament.

Begin by placing the object upon the sheet of soapy glass or in a shallow saucer containing a little solution. Over the object put a funnel of suitable size and start to blow gently down the tube, the while you cautiously raise the funnel.

EMMA PADDOCK TELFORD.

The very large hats are round and very flat.

or occupying but one-thousandth of a second.

On the days when the subjects received no caffeine their mental and motor efficiency was found to reach its maximum between ten and twelve in the morning, and then to decline steadily throughout the remainder of the day. On the other hand, those dosed with from two to four grains of caffeine (equal to from one to two cups of coffee) showed an increase in efficiency throughout the day, and even the next morning, without a renewal of the stimulant, they would start on the higher level of efficiency, proving the stimulation of the caffeine to be without harmful reaction or after nervousness.

Larger doses of the drug, from four to six grains, gave varying results. With the smaller subjects, these doses frequently produced insomnia and disturbed sleep, but the big fellows, who weighed about one hundred and seventy-five pounds, could consume, it was found, considerably more than six grains without being disturbed in the least.

Two facts stand out from these experiments. One, that small amounts of the stimulant, from one to three grains, produce the greatest increase in efficiency; the other, that in purely mental processes the increase is more marked and the effect more lasting than in cases where muscular effort accompanies the mental activity.

CHIC TAFFETA HATS.

Very pretty and comfortable are the new two-ounce hats made of taffeta silk. The crown, brim and trimming are usually of the same fabric, and with something like eighty-two shades of silk to choose from and with which to form attractive combinations there is little likelihood of these dainty and practical hats showing a sameness.

The possibilities for achieving novel effects are greater now than ever before, and so the temptations to increase the number of spring and summer hats in one's wardrobe have grown correspondingly greater.

The brims of these taffeta hats are faced with silk of a bright and becoming shade, and the same color is used to line the inside of the crown.

The outside part is trimmed in some shapely contrasting color of taffeta. For example, a dark blue seashore hat which is to be worn well down over the head has a two-toned pink lining. The only stiffness is supplied by fine wire sewed in at the seams of the melon-shaped crown.

These little hats may be bent and turned into any shape, and when on the head there is nothing to spoil the coiffure or make one feel conscious of supporting a heavy weight. They cling to the head in a way that will be appreciated by the woman who depends largely upon pins to keep her headwear secure. It would take a strong side to dislodge them after they are pulled down to the rim of the ears and the brim tilted coquettishly upward in front, and a small pin added for final security.

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THE SIMPLE WEDDING.

The quiet wedding seems to be far more usual now. No longer is it considered an alarming symptom of eccentricity to be married without bridesmaids, best man, a churchful of spectators, red carpet, cake, hatted-and-cabmen flourishing beribboned whips, old jokes in the vestry weakened with tears, rice, valley of flowers, old boots and shoes and slippers; a parade of presents, breakfast, frock coat, orange blossom, satin, and so on.

Man has always quailed before such a catalogue, but woman appears to have revealed in it, but the general fashion for simplicity involves the simple wedding. The red carpet is following the seven-course dinner and bridesmaids are joining the other ghosts of the past.

There are still, of course, many elaborate weddings, but they are not by any means so usual as they used to be—particularly among the middle classes. Even at the most "fashionable" churches the number of quiet weddings increases steadily. The typical wedding of the day is a little gathering of relatives.

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