

Tested Apparatus

The Tribune Institute

At Your Service

Sew by Electricity Instead of by Foot Power

It's a Far Cry From the Thorn Needle to the Electric Machine

PERHAPS you think the Institute Kitchen is not a good setting for a sewing machine picture. But why not? With increasing rents, space is scarce and the old-fashioned sewing room of the old-fashioned house is no longer available. Who has a whole extra room to devote to sewing in these days? With the vanishing of the cook and the arrival of devices that take the work out of housework, more women are attending to their own establishments, overseeing machinery instead of maids.

Whether you have a baby to watch in the nursery or a cake to watch in the oven, or want to be near the library telephone, it is a handy thing to be able to set down your portable sewing machine where you want it, attach it to the nearest electric base or lamp plug, put your foot lightly on the speed control (press down a little further for more speed, but no treading is necessary), and let the electricity do your sewing while you merely

guide the work. The feeder is so well designed that but little guidance is necessary and the five hemmers of different widths, the ruffler, tucker, quilter, binder and braider and shirring plate take care of any special jobs to be done.

The machine, with its cover, weighs 37.5 pounds and is 20 inches long, 9 1/2 inches wide and 14.5 inches high, so it may be stowed away in a closet or placed under a table or desk when it is not at work. (Indeed, one model comes concealed in a desk. Convenient that for a bachelor girl apartment!) We know people who have their portable electric machines already packed with the victrola ready to migrate to the summer cottage. Even on the edge of the woods or the sea, nowadays, one finds electricity ready to serve, and making fine lingerie, children's clothes or thin, simple housegowns is a pleasant indoor summer sport, especially on a rainy day, when the machine runs itself.

Some of the special characteristics of the machine are its simplicity and ease of operation. Note

the view of the underside of the base plate, showing the simple direct drive and the absence of any complex parts to call for cleaning or to afford a rendezvous for dust and threads, and the ease with which it may be oiled.

Like all machines, some care is necessary, and there are twenty-eight points to be oiled occasionally, under household conditions; but daily oiling of the more important points in the inside arm and head of the machine should accompany continuous use. Women have proved that they can make good chauffeurs; they should be able to run a sewing machine and heed the plaintive appeal of the manufacturer to "oil it regularly!" In the past women have been rather ignorant of machinery and its laws, and so have feared them as one always fears one's own ignorance. Familiarity in this case breeds mutual respect, and there is no reason why women should not learn to be as deft about indoor machinery as they already are with motor cars and motor boats, and even with aeroplanes, and take just as much pride in it.

The machine runs very lightly and quietly (just a faint hum, not to be heard across the room) and with practically no vibrations, if it gets its meed of oil. The bobbin winder is very cleverly constructed, doing its work perfectly, and the bobbin itself is simple to insert and has a rotary motion.

The motor is a Universal (i. e., runs on direct or alternating current) and is built solidly into the arm of a full sized, completely

Tested and Endorsed in the Tribune Institute



Photo by Freudenberg

Just "put your foot down good and hard" and the seam is sewed

equipped machine. It may be used on a 105-120 volt supply and connects with the lamp socket by 12 feet of cord and a separable socket plug, while at the other end the cord divides and is attached to the base of the motor and to the foot control rheostat by pin and socket connectors.

The tension on the machine is easily adjusted and any desired length of stitch obtained. The feed, which is rugged in construction, varies the stitch from 7 stitches to 56 stitches to the inch by means of a small regulating lever at the front of the machine post. In the speed tests made in the laboratory the motor operated coolly and the speed was controlled easily between limits of 100 stitches to 590 stitches to the minute. Set for the finest stitch and maximum speed, 590 stitches were placed in a 16.75-inch strip in one minute. Seventy thread and two folds of sateen were used in this test and an alternating current with 110 voltage.

The cost of operation at high speed (10-cent rate for electricity) is less than half a cent an hour, and at the 7-cent rate the cost would be 0.3 of a cent an hour. Running at slow speed, these costs are a tenth of a cent less an hour! Evidently one might as well "speed" with this machine, especially as it calls for no more expense or effort, and no accidents are to be feared, as even at top speed the "gong" is easily controlled. Merely step on the accelerator and the machine is off. There are no speed limits except those of the machine, no traffic

But Why Should You Stop Anywhere in Between the Two?

cops lurking at corners, and you are making scenery for yourself as you go. The more we think of it the surer we are that sewing with an electric machine is as truly an indoor sport as motoring is out of doors, and decidedly more productive and economical.

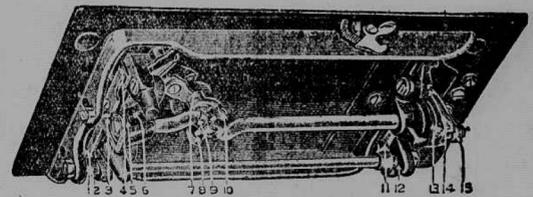
There is a five-year guarantee, covering free repairs and replacement of defective or broken parts, exclusive of needles, bobbins, shuttles and attachments, when the machine or parts are delivered to the factory.

With the present cost of labor and materials any clever woman who can plan, cut out and guide the machine may extend her wardrobe at comparatively little cost and no hard labor. Or with such a machine

she may be able to lure to the house, especially at spring and fall, the rare migratory seamstress, who used to be a regular visitor at these seasons in the best of homes. At least for household linens and cottons, undergarments, children's clothes, simple wash silk blouses and gowns, etc., this self-running machine would be able to save its own price in a few months' time.

The Free-Westinghouse Electric Sewing Machine No. 1. Made by the Free Sewing Machine Company, Rockford, Ill.

(For further information as to price, local agents, etc., apply to The Tribune Institute, 154 Nassau Street, telephone Beekman 5000.)



A peek underneath the base of the machine to show its simple direct drive

Extravagant Dishes

Apple Fondant

PEEL APPLES, rather small ones, but do not core. Boil in a syrup made from one part sugar to one part water. Add a dozen or so small round candies. Boil until apples are soft, but do not allow to fall to pieces. It will take about ten minutes. Drain on paper for an hour or so. They will be a beautiful pink color all the way through, due to the candies. Dip in fondant. When almost hard, dip in chopped nut meats.

Iced Grapefruit

It is desirable to have the pieces of pulp as large as possible. To do this cut remove the skin in quarters, discarding every particle of the thick white skin. Separate carefully into sections, cut a slit in the membrane covering each section. Remove membrane and seeds. Break into large pieces. Mix with an equal quantity of Malaga grapes, one-half cupful of chopped pineapple and about one-half cupful of pineapple juice. Place in a freezer and pack in ice and salt for an hour, or till partly frozen. This is especially nice to serve with crabmeat salad, or in fact any fish dish, as it is so delightfully tart.

Fruit and Nut Paste

2 cupful dates 1 teaspoonful salt (after stoning) Candied lemon or orange peel
1 cupful peanut butter A few currants

Wash and dry the dates and put through a food chopper. Add the peanut butter and salt. Mix well. Take single spoonful and form into balls shaped like small apples. Roll in a little sugar. Press into each a currant to represent the blossom and a piece of peel for the stem.

Fruit Punch With Cream

1 pint bottle 4 cupful sugar
grape juice 4 sprigs of mint
3 tablespoonsful 1/2 teaspoonful
lemon juice nutmeg
1-3 cupful orange 1 pint of soda
juice water (bottle)
1 cupful pineapple pulp juice

Mix fruit juices and sugar. Then add the mint sprigs and nutmeg. Cover and allow to stand in icebox to ripen about one hour or longer. Pour over crushed ice and soda and serve in tall glasses with whipped cream. Garnish with mint leaves.

A Scripture Cake

4 1/2 cups of Kings I, iv, 22.
3 cups of Jeremiah vi, 20.
1 cup of Judges v, 25 (last clause).
2 cups of Samuel I, xxx, 12.
2 cups of Nahum iii, 12.
2 cups of Numbers, xvii, 8.
2 tablespoons of Samuel I, xiv, 25.
1 pinch of Leviticus, ii, 13.
6 cups of Jeremiah xvii, 11.
1/2 cup of Judges, iv, 19 (last clause).
2 teaspoons Amos, iv, 5.
Season to taste with Chronicles II, ix, 3. N. Y. N. New York City.



Heard in Food Circles

IN A TIME when the expense of government administration and regulation is so constantly and violently assailed it is cheering to note that the last report of the Bureau of Foods of the State of Pennsylvania shows that the receipts during the thirteen years of its life have been nearly \$2,000,000 in excess of its expenditures. And this does not mean that fines have swelled the coffers. On the contrary, the income from this source has constantly dwindled.

Whereas 80 per cent of foods were adulterated when the food law was passed in 1907 the staple prepared branded foodstuffs are now practically free from adulteration, the few fines collected being on local bulk goods, such as ice creams, milk, vinegar, sausage, etc. The income is derived from food licenses on cold storage houses, oleo factories, egg opening houses, renovated butter licenses, etc. The surplus goes back to the State Treasurer for the use of the commonwealth.

We are too apt to take for granted the good that comes to us from a measure like the food law and think only of the controversial points. The food law has been a boon to consumer and high grade manufacturer alike.

LAST MONTH there were in New York City warehouses nearly 4,000,000 more pounds of creamery butter, as compared with the previous year; nearly 4,000,000 pounds of cheese, 43,000 cases of eggs, and 8,000,000 pounds of pork. These figures do not include holdings in private warehouses, which do not come under state supervision. This raises the question, "Are we suffering from under production or over exportation?" According to the requirements of the law nearly all of these holdings must be released within a month, either in this market or to be shipped abroad, as the law limits holdings in public cold storage houses to twelve months.

A Tested Recipe

Mock Crab

4 tablespoonsful 1 1/2 cupful milk
butter 1 can of corn
1/2 cupful flour 1 egg
1 1/2 teaspoonsful 3 teaspoonsful
salt Worcestershire
1/4 teaspoonful sauce
mustard 1 cup cracker
1/2 teaspoonful crumbs
paprika

Melt butter, add flour mixed with dry seasonings and pour on gradually the milk. Add corn, egg slightly beaten and Worcestershire sauce. Pour into a buttered baking dish, cover with crumbs and bake until top is brown.

Savory Stuffed Fish

Have any baking fish liked prepared for stuffing or, preferably, buy a three-pound chunk of cod cut from the shoulders. Boil as usual, but only ten minutes; lift and open carefully and remove the bones. Have ready a stuffing made of a cup of crumbs, a grated onion, a small cup of crabmeat and seasoning. Add a beaten egg and a little cream to moisten the mixture and cut through it a tablespoonful of butter. Stuff the fish, close it and lay on a buttered baking pan, baste with butter and cook in the oven twenty-five minutes. Serve a medium drawn butter sauce with the fish.

Clam Pie

Wash and steam open three dozen medium sized clams, chop them

Concerning the Lents of Yesterday

By Jeannette Young Norton

THE fourth Sunday in Lent was known in the olden days as "Mothering Day," and all the children away from home, with their new husbands, or wives, and babies, trekked home, gifts in hand, to honor their mother.

What would happen in this country to-day were these customs to be revived? There wouldn't be trains, boats or motors enough to go around; yet it is a worthy old custom and its spirit might still be kept alive were children so minded.

The Lenten fast was formerly ushered in with the feast of Collop Monday, followed by the all-day feasting of Shrove Tuesday. The collops were made of eggs and bacon, beef and onions, minced meats, crumbs, seasoning and other good things, and they enjoyed a wide reputation for excellence.

The Ash of the Pancake Fire

On Shrove Tuesday pancakes were served from the ring of the pancake bell in the morning until midnight, and prizes were offered for cooks who could toss them most adroitly in the pan. The sackcloth of Wednesday was donned over the ash of the pancake fire, metaphorically speaking.

Ash Wednesday derived its name from the ceremonies with which

the penitent season is introduced. At the Ash Wednesday masses the ashes of the palms used on the Palm Sunday of the previous year, which have been carefully preserved by the priests, are taken up by the celebrant, who makes the mark of the cross with them upon the forehead of each worshipper. In former times the penitent approached the altar in sackcloth for the ceremony of the ashes. After the Reformation the use of ashes was discontinued in the Church of England. While churches are much more lenient than they used to be in regard to Lenten depravations, and the Protestants neither require nor expect any unusual abstinence, there is still much need for the housewife to consider acceptable Lenten menus.

Another viand which is closely connected with the Lenten season is the simnel cake, which, according to the poet Herrick, young people used to carry to their parents as a gift on Mid-Lent or "Mothering" Sunday. The historic record which gives the recipe for this cake says: "The crust is made of fine flour and water, with sufficient saffron to make it a deep yellow, and the interior is filled with materials of a very rich plum cake, with plenty of candied lemon and other good things. The cakes are made very stiff, boiled for several hours, brushed over with egg and baked hard."

A Hundred Herring Baked in a Pie

Prodigious quantities of fish were devoured by our ancestors during the Lenten season, and herring pies were said to be very popular, even with royalty. One of the proofs of their rank as a delicacy is the old charter which sets forth the obligation of the Town of Yarmouth to send each year to the King a hundred herring, baked into pies or pasties. The whale, the porpoise, the grampus and the sea wolf were considered fish and, therefore, allowable Lenten foods. In the British Mu-

seum there is a recipe for the making of porpoise pudding, which was regarded as a delectable Lenten dainty!

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Pancakes and Fish Dishes Survive

Though we may not keep Lent in the true acceptance of the phrase these modern days, yet most of us do know that our markets at this time

have a greater choice of fish than at any time during the year, owing to the increased demand of fasting days.

We freely confess to a strong leaning toward pancakes, but most of us are quite willing that the majority of the other old-time favorites should remain ancient history. The following fish dishes, however, may prove worth trying by those who are not familiar with them.

Spindled Scallops

Drain and dry medium sized scallops, dip them in melted butter, to which the juice of an onion has been added and a dash of pepper; slip each scallop on a buttered skewer, with a small piece of bacon between each scallop. Broil under a broiler flame, basting once with the buttered mixture. When done slip the scallops from the skewers onto slices of hot buttered toast and turn over them the remaining butter sauce.

Aigulettes of Fish

Cut fillet of sole into small pieces, the size of half a dollar; dip the

pieces into melted butter and onion juice, dust with pepper and salt and sprinkle with a very little flour. Broil on buttered skewers, basting once, and, when done, dish on a hot plate, adding a little fresh or dried fennel seed, or mint, to the butter and turn over the fish. Garnish with potato balls that have been dipped in butter and rolled in a little bit of powdered dried mint. Or the balls may be rolled in melted cheese if desired.

Scalloped Fish

Boil a pound and a half piece of white or red fish in the usual way. When done lift the fish, remove the bones and flake it. Put bones and trimming with sliced onion, bit of celery, three cloves, a bay leaf, pepper, salt, a bud of garlic and a salt- spoon of curry powder into the water the fish was boiled in and cover it; then boil steadily a half hour. Strain the liquor, leaving about one cup; add to this a cup of rich milk and thicken with butter and flour rubbed to a cream. Add the flaked fish and enough crumbs to make the mixture firm, but not solid. Fill buttered scallop shells or ramekins, dust with grated cheese, dot with a little butter, pepper, salt and a few grains of sugar, which aids in browning. Bake until a delicate brown and serve hot.

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Wash and steam open three dozen medium sized clams, chop them

