

Woman's World A ROMANTIC STORY

A German Baron's Marriage to a Little Cripple.

THEY MET ON AN OCEAN VOYAGE

The Baroness Is an American Girl Who Has Always Been an Invalid.

This is the true story of the Denver baroness—once Miss Lillian May Langham, now the Baroness Freiherr Speck von Sternberg.

It has been said and it has been published that Miss Lillian May Langham is a native of Louisville, the daughter of Arthur G. Langham, an heiress to vast wealth, a beauty of great brilliancy and a society belle of great prominence and popularity. Miss Lillian May Langham is none of these things.

In the first place, she is not a native of Kentucky. She was born in San Francisco and lived there until she was 10 years old, when she went to Denver with her parents. In the second place she is not the daughter

of him and at last she yielded and promised to be his wife.

Preparations began at once for the wedding, which the baron vowed should be an elaborate one.

Mr. Langham, toiling hard in America, sacrificed all his time, pleasure and small luxuries to buy his daughter a suitable trousseau. Knowing that she would not return to America he gave up his house in Denver and went back to San Francisco, where he is now working hard at orange groves and the clothing business.

The wedding of Miss Langham and the baron took place at the fashionable church of St. George, Hanover square, London, which was filled with a great crowd of the smartest people in England. After the ceremony there was a great wedding breakfast and then the young couple left for Italy. They sailed recently for India, where the baron has been appointed German consul general at Calcutta. It is hardly likely that the Denver baroness will ever return to Denver. In all probability she will live and die in the land which Kipling has made famous.

OUR DAILY BREAD

Valuable Suggestions for the Kitchen and Dining Room. WITH A CAN OF SALMON.

The most trying of the many emergencies which the housekeeper must encounter is the sudden and utterly unexpected necessity of evolving a menu under pressure and at short notice to meet some special demand.

To learn that the stranger is already within her gates and know that her larder rivals the famous Mother Hubbard's for barrenness is not a pleasant experience for even



The smart little tulle and taffeta Spanish turban illustrated above will make part of a handsome April trousseau. The black richness of the frame is brightened and softened by a cluster of apricot colored satin roses tucked under the left brim.

of Arthur G. Langham of Louisville, but his niece, and his father is Charles E. Langham of Denver, who is not a wealthy capitalist, but a traveling man for a New York clothing house, in modest circumstances, and part proprietor of a small clothing store.

In the third place, Miss Lillian May Langham is not an heiress, for her father is poor rather than otherwise, and her uncle, Arthur G. Langham of Louisville, though in comparatively easy circumstances, is a healthy young bachelor, with prospects of a long life and a family of his own before him to take care of his money.

In the fourth place, Miss Langham is not a beauty, either in face or figure, though her face has a certain charm lent by the beauty of her soul to her rather plain features, and she has been a cripple from birth.

In the fifth place, she is not a society belle, because she has never been introduced, and has never made any formal appearance in society anywhere. She has spent all her life in trying to find a cure for the painful affliction which has made her a dependent cripple since her birth.

Many years of the young girl's life were spent abroad with her mother and sisters seeking health. On their last voyage to Europe the rope in the fall they met on shipboard the Baroness Freiherr Speck von Sternberg, a distinguished German diplomat. Notwithstanding the handicaps of the other women aboard, from the very first he seemed to have eyes for no one but the pale little American girl who sat so patiently all day long in her stateroom chair. He seemed to be always finding something to do for her and something to keep him near her. He read to her aloud in his deep German basso voice; he brought her stools for her feet, cushions for her head, dairies to tempt her appetite and all the devotion of a warm German heart.

The voyage ended and the baron followed Miss Langham to Paris, where in less than two months he told her of his love. At first she could not believe him, and then she refused to let him bind himself to her—a cripple—for life. He besought her not to ban-

ish him and at last she yielded and promised to be his wife.

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the most resourceful woman, for invariably, one's ideas immediately go into total eclipse at such times and leave you in a state of mental collapse.

Suggestions on this subject are not specially applicable to the city housekeeper, who can generally resort to a near-by grocery, but they are very helpful to the suburban dweller, who lives remote from the grocer, whose supplies may be limited and not always of the freshest.

A Friend in Need. For her own peace of mind the hostess should be prepared to meet all common emergencies which may be the result, not only of unexpected guests, but expected supplies may not materialize in time; and this is just as possible in a city home as elsewhere, and if time is limited will cause the same dismay and inconvenience.

Housewifely pride may hesitate to serve canned goods, especially canned salmon, but if she knows "just how" this frequently unappreciated "standby" may be made to form the basis of many delicious and most appetizing dishes, which require but a few minutes for preparation.

On Opening the Can. Remove the fish from the can as soon as opened and carefully drain off all the oil, as it is this which imparts a strong flavor to the fish. Allow the salmon to stand in an uncovered dish for some time before using, if possible, as this will dissipate any taste of the tin or solder, as well as the close, airless odor imparted by hermetically sealing.

Salmon Soup. Remove all oil, skin and bones from a can of salmon and rub the fish through a coarse sieve or mesh very fine. Put a quart of milk or, if you have it, one pint of clear meat stock and one pint of milk in double boiler to scald. Add two level tablespoons of butter with three level tablespoons of flour until smooth; stir this into the hot milk, stir and cook a few minutes. Add this gradually

van Houten's Cocoa

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The California Prune

for Substantial Diet Dessert or Confection

Prune Brown Bread

One cup corn meal, 2 cups whole wheat flour, 1 cup sour milk, 1/2 cup New Orleans molasses, 1 teaspoonful salt, 1 teaspoonful soda, 1 cup dried prunes, washed, pitted and chopped fine. Scald the corn meal, add the other ingredients, put the mixture in three baking powder cans, cover and steam 2 1/2 hours.

Prune Cake

One cup sugar, 1/2 cup butter, 1/2 cup water, 3 eggs, 2 teaspoonfuls baking powder (level), grated rind of 1/2 a lemon, 1 cup walnuts chopped, 1 cup steamed and chopped prunes. Bake in loaf shape, putting a layer of batter on bottom of cake pan, then a layer of prunes and a layer of nuts, having cake at the top. Bake in a slow but steady oven.

Prune Jelly

Make 1 pint of lemon jelly. When half set, place prunes, which have been steamed and stoned, at intervals around the sides of the mould and in the center. Serve with whipped cream around the base.

Sweethearts

One cup sugar, 1 cup sour cream, 1 teaspoonful baking powder, 1/2 teaspoonful soda, 1 egg, a pinch of salt and flour sufficient for stiff dough. Roll out one-half quite thin and spread with layer of finely chopped prunes. Roll the other half and put on top. Cut in shape of hearts. Bake in quick oven.

Stuffed Prunes

Select large and perfect prunes. Wash well in warm water. Steam one hour and then remove the stones. Stuff with 1/2 a date each, some English walnuts chopped fine and a little powdered sugar. Fill them full, shape nicely and roll in powdered sugar. They are better if made a week before using.

Put 1 1/2 pounds of prunes in a stewpan, adding a little water. Cover pan and set on back of range to simmer slowly until prunes are tender. Rub through colander, sweeten to taste, then freeze same as ice cream. When frozen serve on a plate with water ice around it.

WATER ICE: One pint clarified sugar, 1/2 pint water, rasp 2 lemons on sugar, juice of 5 lemons and 1 orange. Add together and strain through hair sieve. When cold freeze as ice cream.

Dr. J. A. Noble of San Francisco says:

"Most of the present-day prune trade has been built up by physicians' recommendations. The California Prune is nature's finest laxative and tonic. There is combined the delicious taste of fruit, the highest nutritive value of any food, and the greatest health-giving qualities of any fruit or food. When people learn this, and learn also that prunes can be served at one-third the cost of meats and breadstuffs, and at one-twentieth of the cost of medicines they will have learned a valuable lesson."

If you ask your own doctor, or take Dr. Noble's advice and eat prunes every day in some form as fruit, dessert, or confection, you will acquire a knowledge of a taste that you never dreamed the California Prune possessed. The time is not far off when the California Prune will rank meats and bread in the larder because of its superior value, more delicious taste and greater economy.

The Association issues a book containing 100 recipes for preparing prunes in every way, which were obtained by a prize contest participated in by the very best cooks and chefs of California. This book together with a "Prune Primer," which will delight the little folks, will be sent free on request.

Address CALIFORNIA CURED FRUIT ASSOCIATION, San Jose, Cal.

Molds of Salmon Salad. Take a pint of canned salmon, drained and free from skin and bone, mince fine, add 2 tablespoonful of lemon juice, few drops of tabasco sauce, a teaspoonful of minced parsley and salt and pepper to taste. Mix together and bind with prepared salad dressing and a tablespoonful of powdered gelatin.

Grilled Salmon. This is delicious, and may be served for luncheon or for fish course at dinner. Divide the fish into large flakes and remove the bones and skin; place on a well-greased wire broiler and broil over a clear fire until a nice brown color. Garnish with little curled crest lettuce leaves and betts cut into fancy shapes (delicious canned beets are now obtainable). Curled celery or even shredded cabbage can be used for garnish of this dish, whichever is obtainable. Tomato sauce, mayonnaise or Tyrolienne sauce may be served with the salmon and potato soufflé.

Tyrolienne Sauce. This is very nice if you have time to prepare it, unless you have mayonnaise dressing on hand. First make a stiff mayonnaise with yolk of one egg, half a pint of salad oil and two tablespoonfuls of lemon juice, season with salt and paprika, chill on ice, and when ready to serve stir in carefully a level teaspoonful each of finely minced parsley, capers and gherkins and two tablespoonfuls of tomato catsup or thick tomato sauce.

Salmon With Potato Border. Boil eight medium-sized potatoes, mash and season as for table, adding enough butter and hot milk to make quite moist. Put the potato into a pastry bag and press out around the rim of a flat stoneware platter, forming to resemble roses. (A pastry bag may be made at home and the tube cost but a few cents; this article is very useful.) Open a large can of salmon, drain carefully, break in as large pieces as possible, removing skin and bones. Set over hot water until heated through; then place in the center of the platter, inside the potato border; dust with salt, pepper and a little celery salt or lemon juice. Brush the potato border with beaten egg yolks and set in the oven to brown. When oysters are in season this is very nice served with oyster sauce. Tomato sauce is also a nice accompaniment.

Salmon Soufflé. This is more delicate than croquettes, and less trouble. Chop fine as possible a can of salmon, add a teaspoonful of finely minced parsley and the juice of a small onion. Mix to a smooth paste in a saucepan two level tablespoonfuls of flour and same of butter. Stir over the fire until it bubbles; and then add a gill of good cream and the beaten yolks of three eggs. Cook a few minutes, then set aside to cool. When cold add the salmon, season with salt and pepper, stir in the whites of the eggs beaten to a stiff froth. Pour at once into a well-oiled soufflé pan or shallow baking dish and bake in a quick oven for twenty-five minutes. This will puff up very light and will fall if not served at once.

A Delicious Salad. Carefully drain a can of salmon and cut it into cubes. Take a pint of green peas and half a pint of button mushrooms and toss lightly in a bowl rubbed well with a clove of garlic or slice of onion. Mix the salmon carefully with the peas and mushrooms, so as not to break the salmon; make nests of crisp little lettuce leaves; fill with the salmon mixture. Place a tablespoonful of mayonnaise or salad dressing on top of each cup and sprinkle lightly with minced parsley. Arrange these cups pyramidal shape on a flat dish. When celery is obtainable it may be substituted for the mushrooms, cutting it quite fine.

Y. M. C. A. AUXILIARY ELECTION. Special to The Journal. Winona, Minn., April 2.—The ladies' auxiliary to the Y. M. C. A. has organized for another year of work by the election of the following officers: President, Mrs. S. R. Van Sant; first vice president, Mrs. S. G. Swain; second vice president, Mrs. H. P. Stoumb; secretary, Mrs. L. C. Johnson; treasurer, Mrs. S. W. Morgan. During the year just closing the auxiliary has raised over \$1,000, which has been devoted to refurbishing the Y. M. C. A. rooms. One-fifth of the inhabitants of London are overcrowded in their habitations in the eyes of the law.

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