

NEWS OF SPECIAL INTEREST TO WOMEN READERS OF THE STAR

MARY'S COOK BOOK

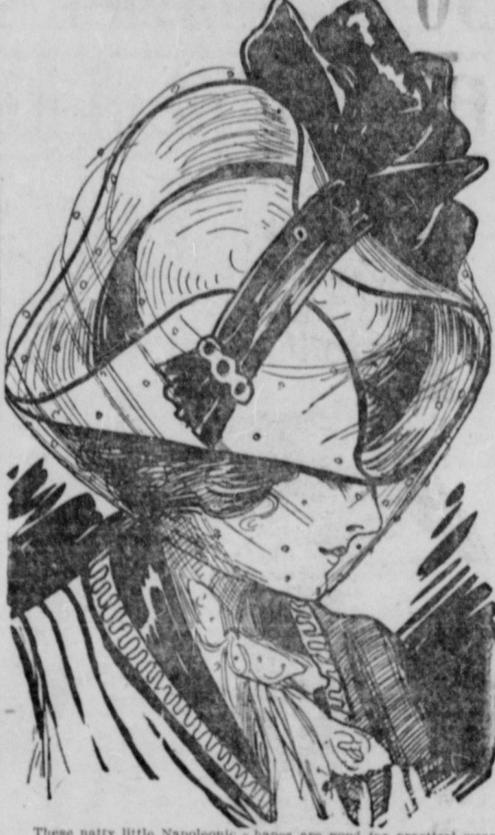
DAILY MENU. Breakfast. Sliced Bananas. Oatmeal with Cream. Ham and Poached Eggs with Cream Sauce. Orange Marmalade. Muffins. Coffee.

sugar, butter size of an egg. Put in a nappy and bake slowly 2 1/2 hours, stirring frequently until the last hour. When done it should be like thick cream, and slip in the dish as you tip it. This pudding must be carefully baked; it must not be hurried.

Ham and Poached Eggs With Cream Sauce. Heat thin slices boiled ham in butter, place on rounds of buttered toast, place poached eggs on the top of each one and cover with highly seasoned cream sauce or a Hollandaise sauce.

Devil's Food Cake. One-half cup grated chocolate or cocoa, 1 cup of milk, put into a double boiler and cook until it thickens, then take it off and cool it; yolk of 1 egg, 1 cup of sugar, 1 tablespoonful of melted butter; mix the milk, egg, sugar and butter together and add to the chocolate; 1 teaspoonful of soda dissolved in water and add to the mixture; scant cupful of flour. Bake until a straw won't stick.

Chic Parisian Hat



These dainty little Napoleonic shapes are good for practical wear, and are usually simply trimmed with ribbons and an ornament or two of metal to match the hat. These shapes are most desirable to wear with the veils needed so much on windy spring days.

Out of the wisdom of CYNTHIA GREY

Making Him Jealous. Some girls seem to think that it increases a man's affection and admiration when they deliberately endeavor to make him jealous. They do not stop to consider whether the course they pursue is either kind or well-bred, but only of conveying to him an idea of their tremendous popularity.

A Girl's Wit. There are a few things men dread more than a girl's wit when it is caustic, biting, and has the additional unhappy knack of making sarcastic remarks at others' expense. The girl who takes occasion of the absence of friends or acquaintances to exercise her cheap wit, gives a man the impression that she is just as likely to do the same of him when he is not present.

Entertaining Little Folks. A young mother whose childhood days are not yet in the very dim distance arranged recently a wonderful party for a company of little girls. Remembering what joy she herself used to find in dressing in "mother's clothes," she asked each of her little daughter's friends to come to the party dressed in their mother's gowns, and each was asked to bring her doll and sewing basket.

was kept up that they were Mrs. So and So, and Mrs. Blank, using their mother's names. The "grown-up" party was a great success for both the little people and their hostess.

A Children's Sandwich. A tempting sandwich to serve at a child's party is filled with sultana raisins, almonds, orange juice and sugar, butter or olive oil to blend all together. Spread the mixture on thin slices of bread.

BOLEROSWORN AGAIN



with the bodice are very much worn this season. Apron effects in draperies are popular, as are draperies of all kinds. Skirts with the fullness shirred into bands from hips to knees are graceful. An odd and charming effect is given dressy gowns by an adaptation of the Spanish bolero.

OUR AUNT SAM-ANTHY GIVES US COOK BOOK; TELLS US ABOUT MEAT ECONOMY

The editor's wife has received the cook book which Uncle Sam—beg pardon, we meant his sister, Aunt Sam-Anthy—has just issued. She says it's great; that it's full of splendid recipes for the cooking of meat, has a lot of good advice for economizing in the larder and contains much valuable information about meat from the hoof to the table.

Meat is Necessary. The protein meat contains is necessary to the construction and maintenance of the body, and both the protein and the fat it contains produce energy. These elements can be obtained in vegetables, eggs and milk, but it is better to obtain them partially, at least, in meats, as meats are easily digested. One helping of meat a day (three to five ounces), is enough, provided eggs, milk, or cheese is also eaten to get the required protein. Vegetables contain the required sugar and starch with which meat is digested and its nourishing qualities are not generally known. It has been demonstrated that 95 per cent of meat is assimilated. One kind of meat is as easily digested as another, the cheaper cuts as well as the expensive ones. Cheap cuts are as nourishing as expensive ones, and taste as good if they are cooked properly. If the cheap cuts are soaked in vinegar, or cooked in water which is below the boiling point, they will be even as tender as the choice cuts. Meats may be kept several days in vinegar and then made into a palatable dish.



AUNT SAM-ANTHY. Uncle Sam's Sister, Who Writes the Cook Book.

Cynthia Grey's Letters

Dear Miss Grey: Can you tell me any good recipe for making candy out of maple syrup? A READER.

A—Maple Nut Cream—Take 1 cup brown sugar, 1/2 cup maple syrup, 1/2 cup molasses, 1 cup butter, 1 cup cream, 1 teaspoon salt and boil together briskly, taking care to stir the mixture continuously, and when it crisks quickly in cold water, add the shelled walnuts which have previously been prepared. Pour the mass into buttered tins. Pecan kernels may be used in place of the walnut meats if they are preferred, or in fact any other kind of nuts that is liked.

Dear Miss Grey: Will you please print the laxative recipe again which is composed of figs, dates and senna. I saw it in the paper quite a while ago, but have forgotten what it was. MRS. B. B.

A—I think this is the formula to which you refer. Half a pound of figs, half a pound of stoned dates and a small handful of senna leaves. Chop in a chopping bowl until a paste is formed, and the senna leaves are thoroughly mixed with the fruit. Before retiring each night take a piece about as large as an English walnut.

Dear Miss Grey: What is good to keep jet black hair from turning gray? I am not old, and my hair is almost gray. What will turn it to its natural color? BLACK HAIR.

A—A run down condition of the system, worry or extreme nervousness may cause premature gray hair. It is also hereditary in some cases. If caused by ill health, when the system becomes normal the hair may turn to its natural color to some extent. Shampoo it every 10 days or two weeks and keep the scalp healthy and the circulation good by means of massage. A wash of sage tea will tend to darken the hair and it is not injurious. Never attempt to use hair dye, as it always shows, and when once dyed you would have to be constantly putting it on to keep the hair an even color. Gray hair with young faces is always very attractive, and certainly never detracts from one's personal appearance. Some women never look so well as when the hair has turned gray, as it tends to soften and refine the features.

hands. They are then returned to the pans and kept heated and in constant motion until they are dry and the color has become fixed. The process requires about an hour. The process by which black tea is obtained is quite different. The leaves are spread in the air for a considerable time, and then are tossed about until they become soft. They are then roasted and rolled between the hands as above described. After rolling the leaves are again exposed to the air for several hours, and then dried over charcoal fires until the desired black tint is developed.

Dear Miss Grey: Is it right for an employer to call his stenographer by a Christian name? I object to this very much. Please tell me what to do. Will shepherd plaid make a nice dress for office wear? A STENOGRAPHER.

A—No, he certainly should not. Even if the stenographer happens to be a young girl he has known all her life, in his office he should address her as he would any other stenographer. Any familiarity on the part of the employer also gives others a chance to be familiar. Quietly and courteously tell him that you do not wish to be called by your Christian name, and if he is a gentleman he will not persist in it when he knows it is distasteful to you.

Dear Miss Grey: Please tell me if it is proper for a young girl to attend theatres with a young man without a chaperon? Also to visit his home at his invitation? M. C. W.

A—If you are old enough to go out with young men and are doing so with the consent of your parents, a chaperone is not necessary. If you are yet very young and in years, but anxious to become a young lady, be guided by your parents' wishes. They will know when you are old enough to be allowed to go out with young men without a chaperone. It would be perfectly proper to visit the young man's home if the invitation also came from his parents or sisters.

Dear Miss Grey: My daughter, who is only 14 years old, is 5 feet and 5 inches tall, and is still growing very rapidly. Her condition alarms me, as she is very thin and weak. Could you advise some tonic for her. Also please tell me how to reduce the bust. MRS. W. R.

Little Problems of Love and Marriage

Does Business Make a Girl Cynical Toward Marriage? Among the reasons brought forward for the notable decrease in marriage is woman's entrance into the business world. Since she has become a wage earner she is not marrying so generally, and some contend that the closer study of man and the better knowledge of him that business life brings has made her cynical in regard to marriage.

She has no longer any illusions about man, and seeing him for just what he is, she hesitates about linking her future with his, especially as she can have a good time and income of her own earned by herself and with no restrictions upon the spending of it.

It is doubtful, however, whether business does not make women as a rule view marriage cynically; it only makes them regard it more practically. They have ceased to view it or men in the romantic, sentimental fashion of the girl of 50 years ago.

Business Makes Her Wiser. She can face the future with knowledge, not ignorance, and decide whether she cares enough to accept it. It isn't a case of taking it blindly, believing in unalloyed happiness. Having seen life in its working clothes as it were, she knows what this side of marriage means.

All this need not necessarily make her cynical. It simply makes her wise. There is a bright and beautiful face to married life which she is quite capable of appreciating. But she knows it has its reverse side also; that troubles little and big will come; that man is not a faultless creature, and she is better ready to cope with what is ahead of her than the girl who marries in ignorance. And if she is of the kind to whom the trials peculiar to marriage are not new.

FASHIONS. Mauves and grays are in great demand. Ostrich plumes are the favorite hat trimmings. Maltese and tulle of all shades are used to cover hat crowns. Early summer hats and gowns are trimmed with bronze lace. Poplins, seclians and mohairs are here again for shirtwaist suits. Collar and cuff sets are once more in favor. Cornflower yellow is one of the newest shades for evening gowns. In Paris short-skirted evening gowns are fashionable.

THROWN INTO the STREET

ON ACCOUNT OF THE Jackson St. regrade the building at the S. W. corner at 12th and Jackson Sts., occupied for the last ten years by the NEW YORK GROCERY, has been torn down. NO OTHER LOCATION BEING available, they were forced to sacrifice to us their entire \$15,000 wholesale and retail stock of the highest grade, full and complete lines of staple and fancy groceries, which we will place on sale

Saturday, April 9, 9 A. M. AT UNHEARD-OF LOW PRICES

In order to accommodate this immense grocery stock we are forced to sacrifice our other lines of Men's, Ladies' and Children's Clothing, Hats, Shoes, Dry Goods, Furnishings, Notions, Trunks, Suit Cases, Lace Curtains, Draperies, Piece Goods, etc., etc.

Table listing various grocery items and their prices. Items include flour, sugar, rice, oil, and various canned goods. Prices range from 29c to \$2.47.

317-319 Pike St. Seattle Bankrupt Co. LOUIS HURWITZ 317-319 Pike St.