

# AFRO-AMERICAN CULLINGS

Doctor Woodson, in his book, "The Education of the Negro Prior to 1861," tantalizes with constant references to people and events of which the reader would like to be more fully informed. Rev. Josiah Henson, for example, is mentioned only twice, and then in a most casual way; as an exemplar of the "ante-bellum" thinking Negro he deserves a liberal allowance of space. Although he lived until 1881, "Father" Henson, as he was called, was born in the eighteenth century, probably June 15, 1787. This pure-blooded Negro, native of Maryland, was brought up in slavery and supplied a model for Mrs. Stowe's Uncle Tom. As a young man he preached to his fellow slaves, and once took his master's "people" over into Kentucky, to prevent their being attached by the planter's creditors. He had a master named St. Clare, whose young daughter probably suggested the "little" Eva of the story. Henson had paid \$500 toward the price of his freedom, but was taken to New Orleans to be sold by his master's son. The white man being stricken with fever, the black man nursed him and took him back home. Finally Josiah escaped; he and his wife and children made their way cross-country through swamps and all to Cincinnati, and at last got to Canada. "Father" Henson was prominent in a colored community there. In 1842 or so he learned to read and write. He met Mrs. Stowe and told his story to her. In 1858 he published his autobiography, with an introduction by Mrs. Stowe. In 1850, 1852 and 1876 he went to England, lecturing and preaching, and, as the books of reference note with pious care, he was entertained at Windsor castle by Queen Victoria. Henson may be read with more entertainment and a bit less profit than Woodson.

Of the colonization movement the author writes more freely and more connectedly than of other parts of the history. The idea of segregation or colonization was of early origin and found favoring both North and South. In 1779 Jefferson was a member of a committee appointed by the state legislature that reported a plan providing for the instruction of slaves in agriculture and the handicrafts to prepare them for liberation and "colonization" under the supervision of the home government until they could take care of themselves. Most Southerners conditioned their theoretical concession of the Negro's right to education with the practical assertion that when educated he should be separated from his fellows. Some who had scruples against compulsory expatriation to Africa favored colonization in "some part of the United States," which meant anything west of the Alleghenies.—New York Sun.

A few earnest Negro-music students have studied the man—so broad, genial and human—thoroughly and thoroughly. Some Negroes have real musical accomplishments. Harry T. Burleigh, a pupil of Dvorak, is baritone soloist at St. George's church, New York city, sings in the choir of the Jewish temple, Forty-fourth street and Fifth avenue, and is musical editor at Record's. Mr. Burleigh's songs are published by Record Co., G. Schirmer, the leading publisher of America, and Presser of Philadelphia. Nathaniel Dett, a very young man, recently from Oberlin School of Music, and now director at Hampton, has in his developed "Listen to the Lambs," published by Schirmer, proved his right

Better housing conditions and the establishment of an open-air school for Negro children will be two of the principal endeavors of the St. Louis Tuberculosis society this winter. This was decided at a meeting of the board of directors.

A survey has been made showing the death rate of Negroes from consumption in St. Louis to be four to one white person in proportion to the population. Mrs. E. A. De Wolf, who originated open-air school work in St. Louis in 1909, is head of the committee for the establishment of the fresh-air institution. Dr. S. T. Lipsitz is the physician in charge.

Boston's newest post office, the Back Bay postal station in Huntington avenue, opposite Symphony hall, is fast nearing completion. In architecture the new building is a replica of the Wall street branch of the New York post office.

Tests have shown that the best sound deadening partitions for buildings are those made of two walls of tile with an air space between.

Adelina Patti made her debut in Santiago de Cuba, and thence in the summer of 1859, she made her first appearance in New York, at Castle Garden, and created a furore in America.

In a costly watch made for exhibition there is a wheel that makes a revolution but once in four years, operating a dial which shows the years, months and days.

A machine has been invented for re-inking typewriter and adding machine ribbons.

Could Not Be Disturbed. Although Jed Hoover was the latest man in town, he always had strength to hold a book or a magazine in his hand. It was only in emergencies that the neighbors called upon him for help. One hot day in July, when the clouds threatened rain, a farmer hurried to his shack and asked him to "rake after" the last load of hay.

Jed hesitated a minute, and then his eye fell upon a pile of old magazines that were stacked in a corner of the sagging piazza.

to be taken seriously by his musical public. Carl Dixon, a graduate of the University of Pennsylvania, a student for two years in Germany, now teacher in Atlanta, Ga., is a thorough master of the science of music. Melville Charlton, both because of temperament and technique, is considered as ranking with the first organists of New York city.

Last, but greater than all of these, I must name a comedian, not a musician, George W. Walker, the late lamented partner of Bert Williams. His has been the greatest influence in the development of modern Negro music. At twenty-eight he could not read a note and could hardly write his name, yet day and night he talked Negro music to his people, urged and compelled his writers to give something characteristic. Each year he wanted bigger and better things. He engaged the best Negro voices in the United States, and their success in ensemble singing was as great in London, Paris and Berlin as in New York, Boston and Chicago. Dvorak would have been proud to know such a man. In all reverence—Dvorak—George Walker. They had high ideals and they showed the way. Perhaps in the vast hereafter, these two men may meet. The rough, uncouth, but genial Bohemian master; the uneducated but highly-polished, ebony-hued African, with the gleaming ivory mouth. Do you doubt that with one impulse their hands will join and the mastiff-like smile of the Bohemian will match the laxy grin of the American Zulu, as they both whisper the one word—"brother"?—New York Sun.

Muste brought forth from a large choir under modern chorister methods did not appeal to R. H. Boyd, an aged delegate of Nashville, Tenn., Sunday night at a mass meeting of Negroes attending the national Baptist convention at Kansas City. The song under protest was an old southern religious plantation melody.

"That's not the way my mammy used to sing it down in the cotton fields of Mississippi," declared Boyd, interrupting the chorister. He then drilled the chorus and audience in the ancient song with a hearty accompaniment of amens from the older members of the audience.

Convention hall, the largest auditorium in the city, was the scene of continued mass meetings Sunday for the various branches of the convention.

A Sunday school meeting in the morning drew 2,000 delegates. The evening service was in charge of Dr. W. S. Ellington of Nashville, Tenn., and Dr. E. H. McDaniel of Chicago.

Fernald O. Everett of Auburn, Me., has discovered a gold mine on his farm in East Poland. He recently had samples from a ledge on the farm assayed by the state assayer at Orono, and it yielded from \$5 to \$10 in gold to the ton of ore. The makeup of the ledge, a combination of feldspar, quartz and lava, makes it difficult to work.

A Kansas City electrician claims to have perfected electrochemical apparatus for producing gasoline from kerosene and natural gas at a fraction of its present cost.

Experiments on the Philippine island of Mindanao seem to indicate that the finest qualities of rubber can be produced there with profit.

In the town of Belgrade, Me., live Mr. and Mrs. Warren P. Cummings. Mr. Cummings was eighty-eight February 24 this year, and Mrs. Cummings was eighty-six February 25. They settled on the farm where they now live when they were married, 68 years ago. Mr. Cummings still takes his goods to market two or three times a week.

The considerable demand for antimony during the last year has stimulated the development of certain Alaska deposits of that metal, from which ore to the value of about \$74,000 was mined and shipped during 1915, according to a report published by the United States geological survey.

A government chemist in Hawaii has discovered a method for neutralizing the harmful action of manganese upon pineapples grown on land impregnated with that mineral.

The Thames carries to the sea an average of 1,865,963 cubic feet of sediment a year.

A machine has been invented for chopping out young cotton plants at the same time the crop is being cultivated, work that heretofore has been done by hand at much expense of time and labor.

The motor of the automobile which carries it operates a new machine which bores four holes into the ground at once for posts or other purposes.

During the first half of last year more than \$22,000,000 worth of diamonds were produced in South Africa.

## CHICKEN PIE WORTH WHILE

Recipe That Has Been Long in Use and Can Be Recommended as Excellent.

One chicken boned (reserve bones to make stock), one-quarter pound bacon, one-half pound sausage, one or two hard-boiled eggs. Cut the chicken into joints and place on bones with an onion, one or two peppercorns, a blade of mace, and a little lemon rind. Simmer for three or four hours. Pack chicken in layers in a pie-dish along with sausage, bacon, hard-boiled eggs and seasoning; half fill with the stock.

Flaky pastry for covering: One-half pound flour, one-quarter pound butter, one-half teaspoonful baking powder, flour, pinch of salt. Method: Mix flour and baking powder; add the butter cut in small pieces, and the salt. Make into a stiff paste with water. Form paste into a long piece; roll it out. Fold in three equal pieces. Turn the paste round and repeat rolling and folding two and one-half times. Roll out paste a little larger than the pie-dish. Cut a strip off and line rim of pie-dish. Cover top with large piece. Make a hole in top for ventilation. Use scraps of paste to make a rose and leaves for decoration. Brush over with beaten egg. Bake in hot oven at first for half an hour. Then continue for one and one-half hours in a more moderate heat.

## ROUND STEAK AT ITS BEST

Proper Method of Preparation Has Much to Do With the Appetizing Quality of Meat.

Lay out in a hot iron frying-pan three thin slices of fat salt pork, three by four inches, and add one onion peeled and cut in thin slices. Cook, stirring constantly until broken. Wipe a 2½-pound slice of round steak, put in frying pan, pour over ½ cupfuls of cold water and add one-fourth teaspoonful of salt. Bring quickly to the boiling point, cover closely, remove to back of range and let simmer slowly until tender. Remove steak to hot platter and strain stock (there should be one cupful). Melt one tablespoonful of butter, add two tablespoonfuls of flour and stir until well blended; then pour on gradually, while stirring constantly, the hot stock. Bring to the boiling point, let boil two minutes, season with salt and pepper and pour over and around the steak. Garnish with baked stuffed tomatoes around the edge, and with overlapping slices of tomatoes and sprigs of parsley in the center.

## Beef Ramekins.

Take one-half pound of cooked beef, two cupfuls of mashed potatoes, one teaspoonful of minced parsley, one teaspoonful of chopped gherkins, salt and pepper to taste, and gravy or sauce to moisten. First mash some boiled potatoes finely so that they will be free of lumps, adding one teaspoonful of butter and sufficient hot milk to make them soft and creamy. Cut the meat into dice, freeing it from skin and gristle. Mix it with the parsley and gherkin and enough sauce or gravy to moisten all well. Fill ramekins three parts full of the mixture. Cover the meat with potatoes, heating it well in the center and marking it neatly with a silver fork. Bake for ten minutes in a hot oven or until heated through and well browned.

## Chicken a la Monte Carlo.

Melt two tablespoonfuls of butter in an earthen dish or casserole with one carrot, three onions sliced, two bay leaves, salt, pepper and some thyme. Add a young, fat fowl, cut into joints and let it get brown. Then add one pint of consommé and cover airtight. Cook three-quarters of an hour. It must simmer all the time. If the fowl is old, it will take longer to cook. Add two tablespoonfuls sherry, a dozen potato balls fried in butter, a dozen button mushrooms and some chopped parsley. Let it cook ten minutes more and serve in the sauce dish or the charm of it will be lost.

## Bubble Pudding.

Put one pint of milk on to heat in a double boiler. Dissolve two tablespoonfuls of cornstarch in two of cold milk and stir it into milk. Then add the yolks of two eggs well beaten and one tablespoonful of sugar. Whip rapidly for a moment. Remove from fire and pour into a buttered mold or bowl. Cover closely and boil one hour. Serve with lemon sauce.

## Canned Grapes.

Wash the bunches, pick off the firm grapes, and pack them into glass jars as firmly as possible without crushing. Then steam the jars as directed for canning peaches by the steaming method until the grapes are thoroughly heated; this as a rule usually takes from 20 to 30 minutes.

## Peanut Cream Dressing.

Two tablespoonfuls of peanut butter, one teaspoonful of mustard, one teaspoonful of sugar, salt and pepper. Mix well into this two tablespoonfuls of thick cream and one tablespoonful of chopped olives. Thin with vinegar and pour over either lettuce or chopped celery.

## Good Filling of Beans.

Press cold baked beans through a colander; add two tablespoonfuls of horseradish to each cupful of beans. Put between very thin slices of brown bread with butter and a little prepared mustard. Cut in fancy shapes.—Yorkers Magazine.

## Using Paraffin.

If paraffin is used on top of jellies and jams, when it is removed from the jar, wash it, melt it and strain it through coarse cotton, such as a salt bag. It is then ready to use again.

## Laundry Bit.

To wash scorched goods, boil them in a mixture of one part soap and one teaspoonful turpentine in a gallon of milk.

## To Remove Iodine Stains.

Immerse the stained articles immediately in a gallon of water to which has been added about two teaspoonfuls of plain household ammonia.

# In Woman's Realm

Reception Gown, the Idea of a Western Designer, Is Worth Comparison With Any That Has Been Sent to This Country From Paris—Some of the Latest Ideas in Bags Are Simple but Extremely Pretty.

From a western designer came this splendid reception gown and royal scarf, along with several others of equal rank in the realm of clothes. Paris, where everyone expects to find the utmost in evening dress. The under-petticoat of white chiffon has a fringe of beads, and the hem is bordered with rows of narrow silver ribbon with picot edge. Small



SPLENDID RECEPTION GOWN IN WHITE.

find a novelty is to look in the right quarter. Some of these sets are rather simple affairs which will serve for very practical use, and some of them are of rich materials in fanciful design, evidently intended to embellish an afternoon or evening toilette. An example of each is shown in the picture above. The bag of gray velours and black velvet matches exactly a small hat with trim of velours and brim of velvet.

Any milliner and almost any clever amateur will be able to make a set like this. The bag is a circular piece of material with three triangles of velvet set on it, and the flowers are outlined with little beads and filled in with embroidery silk. Small rings are sewed at intervals about the edge, and the bag is closed by a heavy silk cord that runs through them. This cord also serves for carrying it.



SOMETHING NEW IN BAGS.

pane velvet over a mantle of chiffon is trimmed with bands of pure ermine. There is a fringe of ermine tails across the back. They are tied at the front with a heavy silk cord, and the handsomest of bead tassels finish its long ends. They are one of the several details of a toilette which offers no chance for criticism. The slippers are of silver tissue worn with white silk stockings.

There is always something new to be found in bags. All one has to do to

perity to the wearer. Why the mandarin's chain always contains 108 beads is known to those officials of China, and they also know that every bead has its own significance. These son. Orientals have very decided ideas about the relative meanings or significance of certain jewels alone or in combination. These symbols will be considered when the necklaces, brooches, etc., are made up for milady of fashion. Jade is well known as a protection against evil spirits and a charm to bring good health and pros-

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## JELLY OF FINEST QUALITY

How Delicious Should Be Made If One Would Have It at Its Best.

The canning-club specialists of the States' Relations service for the northern and western states recommend that the following points be observed to make certain that jelly will be of good quality.

After the fruit has been boiled and the texture broken down it should be poured into a jelly bag and permitted to drain for a considerable time. Forcing the juice from the pulp will cause cloudy jelly. When the juice has been collected, place two teaspoonfuls of cold unsweetened fruit juice in two teaspoonfuls of grain alcohol and mix by shaking gently. Allow it to settle for one-half hour, preferably in a glass tumbler. If a jellylike substance collects in the bottom of the mixture it is evidence that pectin is present and the juice is suitable for jelly making. When the test shows absence of pectin, the white portion of orange peel, apples or green citron mellow may be added to the juice to supply the necessary pectin. Twelve ounces of sugar added to a pint of juice will make a jelly of the proper firmness and texture. Jelly is ready to be poured into the glasses when two rows of drops form on the end of a paddle or on the edge of a spoon held sideways.

## HINTS FOR THE HOUSEWIFE

Information Likely to Be of Value at Any Time, and Well Worth Keeping in Memory.

To clean a white felt hat mix magnesia to a paste with cold water. Allow to stand for a few minutes, then apply evenly to the hat with a brush. When the paste is dry brush off the magnesia with a clean stiff brush.

To separate egg yolks from the whites, break the eggs into a funnel over a cup. The whites pass through, the yolks remain.

Toothache is surely cured by inserting in cavity absorbent cotton saturated with vaseline and dipped into burnt alum.

To prevent children's clothing from taking fire, put an ounce of alum in the last rinsing water. This will render them incombustible.

Choking infants are instantly relieved by pressing between eyes with your finger.

Pie Hint.—When making one-crust pies try this method, instead of the indigestible water-soaked undercrust: Grease plate thoroughly, then sprinkle liberally with Indian meal. Shake off what will not adhere to the grease. This makes a nice crust which will hold the filling just as well as the regulation pie crust.

## Ice Cream Cake.

Cream half a cupful of butter with one cupful of sugar with the hand for five minutes, beat in the yolk of one large egg. Mix one and a half cupfuls flour, one heaping teaspoonful baking powder, quarter teaspoonful salt. Sift all together three times. Now mix in, alternately, the flour and two-thirds cupful milk, one teaspoonful extract, last of all, whites of three large eggs. Bake in moderate oven about 40 minutes. Make fruit cake by adding half pound seedless raisins, quarter cupful flour, half pound citron.

Icing for Cake.—Yolks of two large eggs, beaten quite stiff with powdered sugar. Flavor.

## German Potato Salad.

Six medium-sized potatoes, one-quarter pound fat bacon, one small onion, two teaspoonfuls salt, one-fourth teaspoonful black pepper, one-half cupful hot vinegar, one-half cupful hot water, two tablespoonfuls salad oil. Cut bacon into small dice and put into frying pan over a slow fire. Shred the onion into a large bowl, add salt, hot vinegar and hot water. When the fat is a light brown color and the dice well crisped, add salad oil and pour into vinegar and onion—turning slowly at first. Serve on crisp lettuce and garnish with pickled beets.

## Lamb Cutlets With Young Carrots.

Trim a bunch of carrots and cook them until tender; drain well. Get a piece of neck mutton, cut into cutlets and trim them neatly; brush them over with butter and broil quickly, turning them frequently. Put two tablespoonfuls of butter into a pan and melt, then add the carrots and fry until hot. When ready, arrange them in the center of a hot dish and strewn with finely-minced parsley. Arrange the broiled cutlets round and serve with brown gravy.

## To Sweeten Butter.

Rancid butter is unfit for use, even for cooking purposes. But one can restore it to some degree of its original sweetness, and thereby render it fit for cooking, at least. Melt the butter, and stir into it a pinch of baking soda; remove from the fire and drop into it a piece of toasted bread. Keep the butter for ten or fifteen minutes where it will not harden, remove the bread and you will be surprised at the difference in the taste of the butter.

## Herring Canapes.

Prepare the canapes by cutting slices of bread half an inch thick, then cutting them across diagonally, forming two three-cornered pieces out of each slice. Fry these pieces in oil or butter to a nice golden brown. Then spread each with herring paste, dip the longest corners in finely chopped parsley and pile in the center a small teaspoonful of finely chopped hard-boiled egg. Put them in the refrigerator until needed to serve.

## Marking Linen.

A quick and attractive way to mark sheets, pillow cases, towels and other flat work for the laundry, so that ugly indelible ink markings will not be made, is to place a small initial in cross-stitch, embroidered with dull blue, on the inside of the hem or in the corner of unmarked towels. This catches the eye of the laundry-marks and prevents the unsightly inked letter.

## Recipe for Happiness.

"Happiness," said Uncle Eben, "is de ability to forget about de shower in admirin' de beauty of de rainbow."

# EAT APPLE FREELY

WELL DESCRIBED AS SUBSTITUTE FOR MEDICINE.

Humble Fruit, Because It Is So Common, Has Not Been Received With the Appreciation That It Deserves.

Because it is a common fruit, the apple is not appreciated at its full value. As an authority states, its rank in value among fruits is equal to wheat among cereals. Its proportion of salts and phosphates helps to keep the liver, stomach and intestines in a healthy condition. A diet of apples is considered by some to be as effective as the famous grape cure. In a word, apples, especially when eaten in simple form, are a valuable and inexpensive substitute for medicine.

Use early apples very freely, especially uncooked, for dessert. To give variety to the menus, serve apples in the many appetizing desserts easy to prepare.

Avoid overeating, use meat sparingly. Eat eggs, fish and vegetables. Give the children eggs and milk to supply energy and building material. As fresh vegetables are abundant, it is possible virtually to eliminate meat and revel in the month's special resources. Avoid rich pastry, and let desserts be light, easily made and refreshing. Heroically turn your eyes from recipes for pies and elaborate puddings.

Seek originality in using flavors and seasonings; don't be afraid to introduce to your family an old friend in a new dress of different seasonings. Variety, even in seasonings, may help to keep a family from getting into ruts. A cook of my acquaintance sometimes puts a tiny dust of cinnamon and ginger into her vegetable cream soup; they lend a unique but subtle flavor. Venture some combinations which may not be as well liked. Cut loose from what one "likes best" and give the palate a surprise party, for psychological reasons, at least.

In planning all meals avoid combinations which give a sameness of types of food. For instance, never combine in a meal such dishes as cream of potato soup, halibut with egg sauce, mashed potato and corn, cream cheese, salad and junket. Always remember that a rich soup is suitable to precede only a moderately hearty course; that a very heavy main course should be followed by a light salad and a delicate dessert. Instead, for instance, of serving mince pie and cheese after a roast-beef course.

Green corn prepared for soup, fritters or to scallop will be much more delicate if one is careful either to cut just the top from the kernel, or to score the rows with a sharp knife and scrape out the pulp with the back of a knife-blade, instead of cutting off the whole kernel and including a large proportion of the skin.—Exchange.

## Lobster Pie.

Pick meat from two medium-sized freshly-boiled lobsters, cut it into small neat pieces. Bruise the shells and spawn in a mortar; put them into a stew pan with a quarter of a pint of water, three spoonfuls of vinegar, half teaspoonful salt and pepper, and a quarter of a teaspoonful of pounded mace. Simmer gently until the goodness is extracted, then strain the gravy, thicken with an ounce of butter rolled in flour, and let it boil again. Line edges of a pie dish with good puff paste, put in pieces of lobster, strain gravy over them, strew some finely-grated bread crumbs on them, lay the cover over all. Bake in a moderate oven until crust is done, when it is ready to serve hot or cold. Time to bake: an hour and a quarter. Sufficient for six or eight persons.

## Kitchen Hints.

Never leave potatoes in a saucepan after they are cooked, as this spoils their color. To keep hot, place in a basin in a steamer.

Chopped suet is very useful for replacing eggs in milk puddings. Simply sprinkle a little on the top and the pudding will be rich and creamy.

Always press silk under a piece of muslin to prevent the silk from becoming hard and crackly. First damp the muslin, and use a moderately hot iron till the muslin is quite dry.

## Breakfast Cakes.

An excellent plan is to keep three baking powder tins, a quarter, half and pound size. Brush the can to be used with butter and pack in leftover cereal while hot and cover. When needed slip out of the can, cut in one-half-inch slices and fry in butter. Serve with maple syrup. Almost all of the large variety of cooked breakfast foods can be used in this way.

## Scalloped Salmon.

One can salmon, one cupful of white sauce, 5 or 6 soda crackers. Pick salmon over, remove skin, bones and oil; flake fish with a fork. Take a medium-sized agate dish, put in a layer of rolled crackers, another layer of salmon and so on, continuing until the dish is all used. Reserve enough crackers for the top. Bake in hot oven and brown.

## Blueberry Cakes.

Cream one-half cupful of butter and three-quarters of a cupful of sugar. Add two well-beaten eggs, one-half cupful of milk, two cupfuls of flour, two teaspoonfuls of baking powder and one quart of blueberries. Bake in cup tins and serve hot with hard sauce.

## Creamed Rice.

One-third cupful of rice, third cupful of sugar, third teaspoonful of salt, three cupfuls of milk. Simmer slowly until thick and creamy, about an hour. If too thick add more milk. Just before taking from fire add good lump of butter.

## To Remove Scorch Stains.

All traces of the damage done by too hot an iron may be quickly removed by dampening with peroxide of hydrogen, then pressing and putting in the sun.