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## Interest to Women

### HOW TO KNOW YOUR CABBAGE

And Having Become Acquainted, How to Put That Acquaintanceship To Good Use

(By Edith M. Barber)

The cabbage family is rather large. Its members are individual, although they have certain things in common. Brussels sprouts, for instance, have the appearance of pigmy cabbages. Cauliflower and broccoli both have delicate flowers but each has its distinctive color. Kale and kohlrabi are unlike each other and the other members of the family in appearance. The latter is sometimes known as the cabbage turnip, because the root is used more often than the leaves, which however, when they are young and tender, make delicious greens.

The savoy cabbage has rough and curly leaves and is not so tightly rolled as the ordinary cabbage. We also have the celery cabbage which we usually know as Chinese and which resembles somewhat, romaine in appearance.

Almost all of the members of the cabbage family may be eaten in their raw form as they are crisp and delicate in flavor. All of them are suitable for cooking and this process should invariably be short. Length of time will depend upon the type of vegetable and its quality. It also depends upon whether it is cooked whole or not. Shredded cabbage will be ready to use after five to seven minutes boiling. A head of broccoli if young and tender will cook in 20 minutes. If however, the stems are woody, a longer time will be needed. Butter, merely melted or browned or flavored with lemon juice, Hollandaise sauce, cream, a cheese sauce or browned crumbs may be used with any of these vegetables. A head of cabbage may be partially hollowed

out, filled with a rice and meat stuffing and served with tomato sauce for an attractive main dish.

#### Stuffed Cabbage

1 head cabbage  
¾ cup butter  
1 onion, minced  
1 tablespoon minced green pepper  
¼ cup minced celery  
2 cups cooked rice  
1 cup chopped leftover meat  
Tomato juice or meat stock  
1 teaspoon salt  
Pepper. Buttered bread crumbs.

Remove outer leaves from cabbage. Soak cabbage in salted water half an hour. With a sharp knife, remove inner portion of cabbage, leaving a shell an inch thick. Cook cabbage shell twenty minutes in boiling salted water. Chop inner portion of cabbage and cook it in the butter with onion, green pepper and celery about five minutes. Stir in rice, meat and enough tomato juice or stock to moisten. Season to taste with pepper and salt. Stir this mixture well and stuff into cabbage shell, which has been drained. Cover with buttered bread crumbs and bake in a hot oven, 400 degrees F., until crumbs are well browned. Grated cheese may also be sprinkled over the breadcrumbs before baking, if desired.

**Broccoli, Brown Butter and Cheese**  
1 bunch broccoli  
¾ cup butter  
¼ cup grated cheese  
Paprika.

Cook the broccoli until tender. Strain and dress with the butter which has been melted and slightly browned. Arrange on serving dish, sprinkle with the cheese and paprika. Serve.

### WHICH IS BETTER, AN IDEALIST OR REALIST?

(By Ruth Cameron)

Is it better to be an idealist, or a realist?

I had an odd letter recently from a woman who said that her father and mother had brought her up as a complete idealist, and it was not until she was adult that she gradually became a realist, and that she is happier this way and finds it easier to deal with the world.

She didn't go very much into details but I gathered that the general idea was that they had made her believe that everyone was as good as they themselves were, and that people could be approached from that angle and that whenever one did right, rewards were promptly handed out and that one never had to be hard or defend oneself.

She says she has learned differently but that she isn't unhappy, in fact she is happier and finds the world a better place to live in if she remembers that kind as people often are, they have to be primarily self-interested, and that if you don't look out for yourself, no one else will.

It interested me greatly, because I have a personal friend who was always a sentimental idealist. She would never admit that people she liked would ever treat her other than fairly, or take advantage of her natural generosity.

In the last few years she has gradually outgrown that idea. And to me it makes her a more intelligent, more real sort of person. I don't mean that she has grown selfish—very far from

it. She couldn't be selfish; she is the soul of generosity. But she has come to realize that she has got to defend herself from people who will simply use her selfishly and impose on her if they get the chance.

It seemed to me as if she had sort of waked up to life as it is, and I think a person who walks around with his eyes open is a much more interesting person, and likely to be of more use to the world in the long run than one who deliberately shuts them on certain phases of life.

I once knew a man of whom one of his friends said "If every one were really as good as Harvey Larrabee thinks they are, this world would be an ideal place to live in." Harvey Larrabee was a business man; he carried on his dealings with people on that basis. People he dealt with stuck him and people in his employ were dishonest and he lost his business. The result was, of course, that other employees who needed the jobs he gave them suffered and his family also lost out.

If people offer themselves as doormats, there are always other people willing to wipe their feet on them. If any one is obviously ripe to be cheated, the temptation to cheat him is too much for some one who might otherwise have been fair.

Is it better to be an idealist or a realist? You can see which way I feel. But that doesn't mean that I don't believe in wanting the world to be more ideal and working toward that.

### WHY FATHER IS SOMETIMES DISGRUNTLED

Dr. Dean Says He Has Built Fence Around His Affection

(By Arthur Dean, Sc.D.)

In nine cases out of ten, a disgruntled father is simply a man who has built a mental fence around himself. Inside the fence he snorts like a wild bull or roars like a lion. Nothing suits him and everything is wrong.

How did he get that way? Once he was young and full of hope. Now he is sulky and fault-finding. Once he gave love in abundance. Now he apparently despises attention.

But don't you believe it. He wants affection more than ever. This apparently selfish, heartless old crab masquerading as a father is simply hungry for some attention. That's why he is so cross.

Now doesn't it seem strange that a man who really craves affection apparently does his best to repel it? In times past this much to be pitied man sought to appease this longing and threw out rather broad hints that he liked some attention from his children or from his wife.

He feels neglected. His oldest son uses him for a meal ticket. His wife and oldest daughter are always whispering and leaving him out of their conversations. The smaller children are always demanding things of him, and when they do not get them they appeal to mother and she gets them.

You young folks don't know that this father is actually suffering for affection and attention.

But when I try to give it to him, I hear you say, he rebuffs me, makes me feel I am not wanted. If I offer him candy he says, "Nope, none for me." If I ask him what he wants for Christmas all I get is, "Don't need or want anything."

Right you are. You have described a disgruntled dad exactly.

Now, young fellow, you are strong and vigorous. Everything you do you do with enthusiasm. Go at dad. Just pick up an axe and knock that mental fence down. Tell him you are starving for a little affection, too, and that you want some one to understand you. At first dad may keep aloof. But his attitude will melt like snow before the sunshine of your smile and attention.

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### WHEN BOY MUST PUT ON MENTAL LONG PANTS

(By Arthur Dean, Sc.D.)

There is an age when a boy must put on his mental long pants and stop acting like a kid. This statement is prompted by what a mother said to me: "I believe in mothering a boy until he is 21 years of age."

"What do you mean, mothering?" I asked.

"Well, I mean this," replied the mother. "I sit up for him every night and if I do go to bed I keep awake until he gets home. I tell him what girls he ought to associate with; I always look him over carefully before he goes out in order to see that he is properly dressed and that his ears are washed and his neck clean. I pay him to work around the house doing the regular housework rather than have him work in some place where there are rough men. He is only 18."

I suspect the mother told me this in the hope that I would compliment on her fine motherly attitude. Instead I said to her: "Does your boy wear long trousers?"

"Certainly," came back the answer.

"Why do you ask that question?"

"Well, it seems to me he ought to wear long trousers mentally, too, and that he ought not to be treated as though he had a kid mind. If you expect to teach him responsibility, you must give him some responsibility. If you ever expect him to work, he must learn to work with rough boys as well as with angel boys."

"Your boy is going to meet temptation and you can't forever avoid a situation in which he will have to run up against temptation. It is much better, according to my way of thinking, that you teach him how to handle himself amidst temptations rather than to keep temptations away from him."

I should have liked to talk with her still more. I should have asked her if the boy had tantrums. I sus-

pect he still has because he has been treated like a kid all his life.

I should have asked her if her boy was selfish. I suspect he is because he knows of no other way to get what he wants except through pouting. I should have asked her if her boy slammed doors, threw things and sulked. I rather suspect he does these things because he is still in short trousers as far as his mind is concerned.

After reading the above mothers will ask me for Arthur Dean service leaflet, "A Confidential Talk to Fathers About Their Sons." It is a good leaflet for a father to read and to use. It is very likely, however, that mothers will be expected to do the requesting. The leaflet is free. In sending for it inclose a self-addressed, stamped 3-cent envelope.

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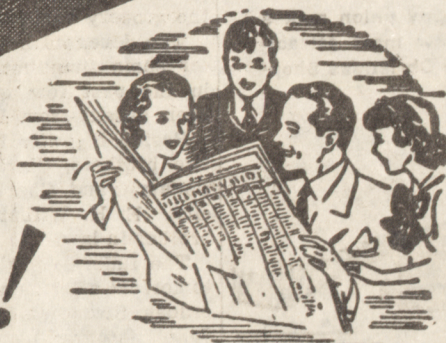
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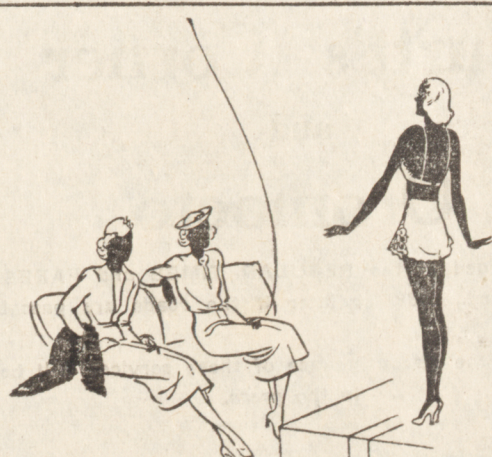
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