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PARLIAMENTARY DINING

Head Waiter in House
Restaurant Introduces
Touch of Color Into
Uniforms of Waitress-
es.

OTTAWA, Jan. 28.—A touch of col-
or this year for the first time bright-
ens uniforms of waitresses in the
parliamentary restaurant where the
members, their wives and friends will
eat about 50,000 meals during the
next 3½ months.

The uniforms, consisting of tur-
quoise blue dress with white apron,
are effective in the big, sun cream
and brown room, with its walnut and
dull red leather chairs, snowy table
cloths and shining silver. Here, with
a fine view of the river below and
blue Gathenau Hills in the distance,
the members' wives entertain at
luncheons, teas and dinners.

After the official opening, and sub-
sequent Government functions are
over, one woman starts the social
'cycle' with, perhaps, a luncheon,
covers laid for 30. This says Henri
Le Bec, head waiter of dining room
for 16 years, automatically means 30
luncheons for 30, for now each one
present at the first luncheon must en-
tertain. The hostess consults Mr. Le
Bec beforehand, and between them
they concoct a pleasant color scheme
with green, yellow, mauve or blue
linens and harmonizing flowers.

Mr. Le Bec has been with the par-
liamentary dining room staff longer
than any other member and finds the
senators and members the 'most
congenial, the easiest to please' of
any group he has served in the cap-
acity of head waiter. Although it is
the ruling of the committee that no
'tips' are allowed, 'the members over-
come this by generosity, in their
own individual manner.'

"The key man," says Mr. Le Bec,
"is the chef. It is all very well to
write out a delicious sounding menu
but it is all to no avail if you have
not a chef who knows his business."
The supplies are received by a check-
er who checks the weight and quan-
tity, supervised by a steward, and
then requisitioned by the chef, Philip
Rochon, who manufactures them into
the dishes which form a day's menu.
The chef studies the tastes of the
different members, and seasons and
prepares his dishes to suit the individ-
ual. In fact if one happens to be
under 'doctor's orders' as far as diet
is concerned, the diet sheet is brought
to Mr. LeBec, who goes over it care-
fully with his chef, and from then on
it is followed rigidly, and even in
certain cases 'sternly.'

The dining room serves from 50,000
to 75,000 meals a session, at the rate
of 500 to 600 a day.

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and convenience

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and china. Spotless linen. Fluffy tow-
els. A hundred and one articles of
furniture and decoration that make
life pleasant and agreeable that make
the home.

"Castle-dwellers" learned, long since
where, what, and how to buy for the
home. They turn to the advertising
pages of the newspapers. There, daily,
passes a glamorous, exciting review
of things new, important, thrifty.

To keep posted on products and
prices...to be ready to buy the best
goods for the least money...to make
the most of your own private castle
...read the advertisements. Home
will be happier and brighter!

ROME, Jan. 28.—Italy and Great
Britain today signed a colonial fron-
tier agreement affecting Ethiopia and
British Somaliland. Native tribes will
be permitted to cross the border for
pasture and trading purposes under
the accord.

... OF ...

Interest to Women

**BRIDES' SCHOOL TEACHES
HOW TO COOK, CLEAN, MARKET
MANAGE AND ENTERTAIN**

Started a Year Ago in a Private Home

Just a year ago the Bride's School
began in an artistically appointed
private house in Manhattan's East
65th Street. Its purpose is teaching
brides to be and brides-already how
to cook, clean, market, manage and
entertain. How to housekeep beau-
tifully and scientifically. How to be-
come intelligent employers of domes-
tic help.

The success of the school is sig-
nificant of a new attitude towards the
question of housekeeping and the
management of domestic servants. This
modern viewpoint has been fast to
follow the modern kitchen into the
home. An increasing number of wom-
en's magazines, newspapers, big bus-
inesses and schools have installed
model kitchens and are giving in-
struction, lectures and demonstration
to more and more interested groups
every year.

Perhaps the reason for this new
attitude is that the new kitchens are

so much fun to be in, or perhaps it's
because one doesn't have to be in
them so long at a time any more to
get the work done. At any rate, the
modern kitchen has had quite a lot to
do with it, and the president of the
Bride's School, Mrs. Richard Board-
man, has had quite a lot to do with
the modern kitchen.

Here it is called the Dorcas Board-
man Kitchen and it is arranged to
save steps and drudgery. Gleaming
Canadian monel metal is used for the
sinks and other working surfaces and
one of the new Swedish coal stoves
has been installed. All pots and pans
hang on open racks where they can
be found at a glance and where they
just have to be kept clean and pol-
ished. Mrs. Boardman uses a routing
system based on the 'forward march'
principle, dividing the kitchen into
three sections, the raw material divi-
sion, the cooking division and the
serving division.

NEWS FROM THE NETHERWORLD

Devil's Food Cake is Popular Everywhere

(By Katharine Baker)

According to movie titles "The De-
vil is a Sissy" and according to re-
cipe titles, he is a "cake eater." All
of which would lead us to believe
that he is not the rough, tough and
nasty guy we have always thought.
However, we heartily approve of his
taste in cake because there are few
humans who don't love Devil's Food
Cake.

This is a particularly good family
cake because children love the flavor
and it is really good for them. It is
not too heavy and besides the nour-
ishing ingredients such as butter,
sugar and eggs which go into it, there
is rich, energy-building chocolate
which every child loves.

There is one very important point
about making this cake and it should
be considered first of all. That is the
kind of cake flour to be used. Just
any flour will not turn out the kind
of Devil's Food Cake you dream
about. Nor will the addition of corn
starch or potato flour do the trick.
Your cake is a success or failure when
you purchase the flour. And to make
it a success, use only the finest cake
flour on the market. Years have been
spent to perfect it. It has been ground
and reground to just the right tex-
ture for use in cake-making.

Devil's Food Cake

2 cups sifted cake flour
2½ teaspoon baking powder
¼ teaspoon salt
2-3 cup butter or other shortening
1½ cups sugar
3 eggs, well beaten
3 squares unsweetened chocolate,
melted.
¾ cup milk
1 teaspoon vanilla

Sift flour once, measure, add bak-
ing powder and salt, and sift togeth-
er three times. Cream butter thor-
oughly, add sugar gradually, and
cream together until light and fluffy.
Add eggs and beat well; then choc-
olate and beat until smooth. Add the
flour, alternately with milk, a small
amount at a time, beating after each
addition until smooth. Add vanilla.
Bake in two greased 9-inch layer
pans in moderate oven (350 degrees
F.) 30 minutes, or until done.

If you want a plain frosting, spread
Seven Minute frosting between layers
and on top and sides of cake. To dress
up the frosting a bit, fold in one cup
quartered marshmallows into Seven
Minute frosting before spreading, or
sprinkle one can coconut, southern
style, over the plain frosting while it
is still soft.

There is a grand filling for Devil's
Food Cake, which makes it even more
popular than before. Try this Raisin
Nut Filling and note the fast disap-
pearance of the cake.

Raisin Nut Filling

¾ cup brown sugar, finely packed
2 tablespoons butter
¼ cup water
¾ cup broken walnuts, toasted
¾ cup cut seeded raisins
2 tablespoons cream or rich milk.
Heat sugar, butter, and water in
skillet, and cook until a small amount
of mixture forms a soft ball in cold
water (236 degrees F.). Remove from
fire, add nuts and raisins. Add cream
until of right consistency to spread.
Makes enough filling to spread be-
tween two 9-inch layers.

THE AMBITION OF THE CAKE MAKER

To Make a Perfect Angel Food is the Ultimate
Triumph

(By Katharine Baker)

Flour manufacturers have worked
scientifically for many years to per-
fect cake flour. Ordinary flour can-
not be made into a cake flour by
simply adding corn starch or potato
flour because cake flour has to have
a special soft winter wheat that has
a very tender gluten—the essential
quality in a wheat for cake flour. This
flour is now available to every house-
wife, and the lady who values her
reputation as a star when it comes to
baking a cake, knows that this is the
only kind of flour on which she can
depend for her successes. The flour
has been ground and reground, sifted
and resifted, till it is 27 times finer
than ordinary flour.

To make a good angel cake is the
ambition of every woman who makes
a cake. It is simple and easy if the
directions are followed carefully and
the right amount and kind of ingredi-
ents used. And the main ingredient

—flour—must have a tender pliable
gluten which responds quickly to
cake leavens.

Angel Food Cake

1 cup sifted cake flour
1 cup egg whites, 8 to 10 egg whites
¼ teaspoon salt
1 teaspoon cream of tartar
1½ cups sifted granulated sugar
¾ teaspoon vanilla
¼ teaspoon almond extract.
Sift flour once, measure, and sift
four times more. Beat egg whites
and salt with flat wire whisk. When
foamy, add cream of tartar and con-
tinue beating until eggs are stiff en-
ough to hold up in peaks, but not dry.
Fold in sugar carefully, 2 table-spoons
at a time, until all is used. Fold in
flavoring. Then sift small amount of
flour over mixture and fold in care-
fully; continue until all is used. Turn
into ungreased angel food pan and
bake in slow oven at least one hour.
Bake at 275 degrees F. and after 30
minutes increase heat slightly (325
degrees F.) and bake 30 minutes
longer. Remove from oven and in-
vert pan one hour, or until cold.

Note: Remove eggs from refrigera-
tor several hours before using. They
beat up lighter and more easily when
at room temperature, and give in-
creased fineness of grain and deli-
cacy of texture to angel food cakes.

DR. G. R. LISTER

: Dentist :

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STARCHY FOODS ACTUALLY HELP SOME SKIN ILLS

(By Dr. James W. Barton)

The belief that starch foods, par-
ticularly sugar and candy, were one
of the causes of acne or pimples has
long been held by the medical pro-
fession. This may have been due in
part to the fact that pimples come
upon the skin about the time when
all growing girls and boys seem un-
able to get enough candy, sugar and
pastry.

However, a few years ago an in-
vestigator found that in the cases of
boils there was really an increase in
the amount of sugar in the blood, and
actually gave these patients an extra
amount of starch food together with
injections of a sugar solution into the
veins. His results in the treatment
of boils by this method were very
satisfactory.

Recently Drs. G. M. Crawford and
J. H. Schwartz in Archives of Dermat-
ology, tells of their experience with
ten patients who had been troubled
with the severe pus form of acne or
pimples for from six months to ten
years. These patients were placed in
hospital and given a diet rich in
starch foods. Thus the usual ration of
proportion of foods used in normal
healthy individuals is one part pro-
teins—meat, eggs, fish; two parts
fats—cream, butter, fat meats, to four
parts starch foods—sugar, potatoes,
bread—whereas this starch diet gave
five parts starch foods to one part
proteins to one part fats.

In addition, one quart of a 5 per
cent solution of dextrose (sugar) in
physiologic solution of sodium chlo-
ride (table salt) was injected into the
veins each day. This treatment was
continued for the two weeks the pa-
tients remained in hospital and this
diet rich in starch was continued af-
ter leaving the hospital during the
follow-up periods varying from six to
14 months.

"In five of the ten cases there was
definite improvement at the end of
the two weeks' period which contin-
ued till the skin was clear. Two other
cases showed slight improvement and
three were unchanged."

In reviewing these results an edito-
rial in the Journal of the American
Medical Association states: "This evi-
dence shows that not only are pa-
tients with acne able to eat starch food
without harm, but the starch foods
seem to actually help the condition in
many cases."

SEES GREAT ERA IF PEACE LASTS

LONDON, Jan. 28.—There has been
"no fuss and no fads" during Sir
James Crichton-Browne's 96 years of
life. And these, along with hard work,
are his recipes for old age. He cele-
brated his 96th birthday the other
day by making a prophecy:

"If the world does not blow itself
to pieces in the horror of another
war within the next few years man-
kind will enjoy a great era of health
and happiness."

Sir James, a wiry, alert figure, with
snowy Dundreary whiskers spread over
the lapels of his neat blue jacket—a
perfect survival of the Victoria medi-
cal man—was contrasting the great
hopes offered by modern medical re-
search with the methods of destruc-
tion being devised by the branches of
science concerned in rearmament.

"If we can only avoid war we shall
soon enjoy the full benefits of cumu-
lative medical research," he said. "In-
fectious diseases will be practically
exterminated and the perils of child-
birth will be removed."

Sir James believes man now should
live to 100 and women a few years
longer. "Look at me," he said. "I
don't look 96, do I? Well, I don't
feel 96. Why, I presided over two
public meetings recently and I still
take regular exercise and eat what I
like. I am up every morning at 3.30
for breakfast, and I rarely go to bed
before 11 o'clock."

Sir James, who has probably seen
more royal processions than any liv-
ing man, has already booked his seat
for the coronation of George VI next
May 12.

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300 egg	39½"	33"	130 lbs.	30.00
450 egg	39½"	57"	185 lbs.	36.00
600 egg	52"	54½"	220 lbs.	46.50

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