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...OF...

Interest to Women**COLOR PRESERVATIVE AFFECTS VITAMIN "C"**

(By Sally Larkin)

Eleanor Sullivan of West Roxbury and Margaret Battles of Wakefield want to know about the effect of using soda when cooking green vegetables. Soda provides an alkaline solution which helps to preserve the green coloring of the vegetables but at the same time is apt to destroy the vitamin C more quickly. For this reason, the use of soda in cooking green vegetables is to be questioned. We're taking care of a variety of requests for recipes today and printing one or two which have been sent to us.

Swedish Timbales

$\frac{3}{4}$ cup flour
 $\frac{1}{2}$ teaspoon salt
1 teaspoon sugar
1 egg
 $\frac{1}{2}$ cup milk
1 tablespoon olive oil
Sift dry ingredients and mix smooth with egg, milk and oil. Let stand one hour. Heat timbale iron in hot fat and dip it into batter. Lower into hot fat and fry golden brown. Fill with Oyster filling:
3 tablespoons butter
3 tablespoons flour
1 pint solid oysters
1 cup milk and cream mixed
Salt and pepper
1 teaspoon lemon juice
Scald oysters in own liquor. Blend butter and flour, add milk and cream and stir until boiling. Cook five minutes. Add oysters and enough liquor to give sauce creamy consistency. Season, add lemon juice and fill the timbale cases just before serving.

Mushroom filling:
2 cups cut-up mushrooms
3 tablespoons butter
Salt and pepper
1 cup cream
1 tablespoon sherry flavor
Cook mushrooms in butter until tender; add salt, pepper and flour; mix smooth and add cream. Stir until boiling and cook five minutes longer. When ready to serve, add sherry flavoring and fill timbale cases.

Philadelphia Coffee Cake

$\frac{1}{2}$ cup butter
1 egg, separated
1 cup sugar
2 cups milk
 $6\frac{1}{2}$ cups flour
1 yeast cake, dissolved in One-third cup lukewarm water
Scald the milk, set aside to cool. Cream the sugar, butter and egg yolk. Add to this the lukewarm milk, alternately with the flour and the dissolved yeast cake. Beat lightly and allow this mixture to rise over night. Flour a bake-board and take out large spoonfuls of the dough to which just enough flour has been added to permit it to be rolled into flat cakes. Spread on well-greased pie tins and when light (in about $1\frac{1}{2}$ hours) brush melted butter over the top and strew thickly with brown sugar. If preferred spread "rivals" on top by combining $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup flour, two tablespoons butter. Crumble together and sprinkle on top of cakes. Bake in a hot oven, 400 degrees F., about 20 minutes.

Chocolate Ice Cream

1 cup milk
 $1\frac{1}{2}$ ounces chocolate
 $\frac{1}{2}$ cup sugar
2 tablespoons flour
Few grains salt
2 egg yolks
1 teaspoon vanilla
1 cup thin cream
Put chocolate in double boiler with cold milk. When the chocolate has melted, beat with a rotary egg beater until smooth. Mix the sugar, flour and salt; stir in enough chocolate mixture to make a smooth paste. Add this mixture to the chocolate mixture in the double boiler and stir until the mixture has thickened; cover and

cook ten minutes. Beat the egg yolks slightly and add. Cook one minute. Cool, add cream and flavoring. Strain if the mixture is not perfectly smooth. Turn the mixture into refrigerator trays. Chill for three or four hours. A smoother texture is secured if the tray is removed when there are signs of freezing along the edges, and the mixture scraped from the sides of the tray and beaten vigorously.

Mystery Cake

1 cup sugar
2 tablespoons shortening
2 cups bread flour
 $\frac{1}{2}$ teaspoon salt
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{2}$ teaspoon nutmeg
1 teaspoon soda
1 can of tomato soup
1 cup nut meats
1 cup raisins
Cream the sugar and shortening together well. Stir the flour, salt, cinnamon, cloves, nutmeg and soda together and add to the sugar mixture alternately with the tomato soup. Beat the batter until it is smooth and then fold in the raisins and nut meats. Bake the cake in a greased tube pan in a moderate oven, 350 degrees F. for about 45 minutes. Spread with cream cheese softened with cream or with a white icing.

Maple Parfait

1 cup hot maple syrup
6 egg yolks, beaten
1 pint cream, whipped
Cook the hot maple syrup with the beaten egg yolks in a double boiler until thick (about five minutes). When the custard will coat a spoon remove it from the heat. Pour it into a bowl and beat it with a wire whisk until it is cold. Fold the whipped cream lightly into the custard. Pack in freezer four hours.

Rice Muffins

2 cups sifted flour
4 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
2 eggs, well beaten
1 cup cold cooked rice
1 cup milk
3 tablespoons shortening, melted
Mix and sift ingredients. Combine remaining ingredients and add to the flour, stirring until well mixed. Use tablespoons to dip batter into greased muffin tins and fill them $\frac{2}{3}$ full. Bake in hot oven, 425 F., about 25 minutes. Other cooked cereals such as wheatena, cream of wheat or oatmeal may be substituted for rice. Makes about 1 dozen large muffins.

Cheese Tea Biscuits

2 cups sifted flour
1 teaspoon salt
Dash cayenne
 $\frac{1}{2}$ pound cheese
 $\frac{3}{4}$ cup butter
1 egg, slightly beaten
2 tablespoons ground pecans.
Mix and sift dry ingredients. Put cheese through food chopper. Mix thoroughly with butter and flour to a firm paste, turn out on lightly floured board and pat $\frac{1}{4}$ inch thick. Cut into round or fancy shapes and brush with egg and sprinkle with pecans. Place on greased baking sheet and bake in low oven, 300 F. for 15 to 20 minutes. Makes about 36 small biscuits.

Grapenuts Orange Muffins

2 cups sifted flour
2 teaspoons baking powder
2-3 cup sugar
2 eggs, well beaten
 $\frac{3}{4}$ cup orange juice
Grated rind of one orange
2 tablespoons butter or shortening
1 cup grapenuts.
Sift flour once, measure, add baking powder and sugar, and sift again. Combine eggs, orange juice and rind, and shortening. Add to flour, beating only enough to dampen all flour. Add grapenuts; bake in hot greased muffin pans in hot oven, 425 F., 20 to 25 minutes. Makes 12 muffins.

PASTEL SHADES, SLEEK LINES, BOLEROS ARE ACCLAIMED HERALDS OF MID-SEASON VOGUE

(By Elinor Williams)

When fashion editors don't write about black—it's news! Maybe it's because the fashion stage is being set for spring with color and more color as the theme song. Or perhaps it's because we've worn black and brown long enough to feel the flower-fresh again in soft, flattering colors.

Midseason fashions—a prelude to spring—are just the thing to fill in till Easter. They have gay color, lilt, color, giddy stripes and pretty wildflower prints.

You'll see strident modern shades and light, lovely ones. Those are the kind in today's sketch—the pastels and deeper than pastels that are so becoming and refreshing right now under winter coats. Refreshing because they're so utterly different from black and the dark jewel tones you've been wearing all fall and winter; becoming because the soft shades add a rosier glow to your complexion.

The dresses themselves are sleek and slim in line. Boleros are the rage, especially with wide graceful sashes swathing the waist beneath them. Short sleeves are still smart, and so are fitted waists. Emphasis is on the bosom and the neckline is molded. Skirts stay short and slender, even when they flare with swirling pleats.

As for color, among the softer shades, rose is fashion's new favorite. It's flattering to any complexion, blonde or brunette; it's delicately feminine, and a safe choice because it will be in fashion all spring and summer.

(A) In today's sketch is as neat a little frock as you could hope to find for business, afternoon or dinner and movies in town. It's two-piece and fashioned in a fascinating crepe that looks rough and feels soft. A demure little turnover collar, young as can be, with a gold kid bow, comfortable short sleeves, and a pair of simulated pockets. The skirt is on a bodice top of smooth fit—a full skirt pleated all around. Yes, the pleats will stay in because they're stitched to stay that way. No doubt about it. Color: aqua, navy, and a luscious new shade called roseberry—a rosy shade with a light undertone of brown. It will harmonize nicely with either brown or black.

(B) A soft smooth textured crepe will give you a willowy silhouette in this bolero frock "Pretty" is the word for the simple dress with a high neckline accented by two crescent clips that flash rhinestones and simulated rubies. A high waist and bustline accentuated with tiny V-shaped tucks and a graceful gored skirt.

The bolero, you'll notice, is the new shorter, crispier jacket that Paris likes so well. It's trimmed with shirred bands of self-fabric. Roseberry is

the new color that will wake up winter's costume.

(C) is a smoothie in texture—nice to touch and kind to the figure, for its surface has never a bump or nub. The detail is clever—tucks at the neckline and shoulders manipulated to give the silhouette a good square start in life.

The bodice and skirt are narrowly tucked without adding a surplus fraction of an inch to the slimmness of the dress. A side-fastened placket for fit and security. You'll like it in rose crepe.

DURHAM BRIDGE

DURHAM BRIDGE, Jan. 26.—Mr. and Mrs. Warren Smith, Mr. and Mrs. George Bradley attended the official Board meeting at Taymouth, which was held in the parsonage there. The meeting opened with Rev. J. E. Shanklin in the chair and Fred Edney as secretary. The churches on this charge reported a good condition, both spiritually and financially. After the meeting Mrs. Shanklin served supper and all were invited to remain. The W.A. or the Anglican church held their January meeting at the home of Mrs. N. McLean. There was a fair attendance of members and several visitors. Supper was served at the close of the meeting by the hostess.

Wilma Little daughter of Mr. and Mrs. W. A. Sansom is suffering from a carbuncle on her arm. She is receiving medical attention.

Mrs. Merton Smith and Miss Kathleen Esby spent one day recently the guests of Mr. and Mrs. Chas. Hosack.

Mrs. G. Bradley and Miss Doris were visiting friends at Nashua Village recently.

Rev. J. E. Shanklin held service in the United Church of Canada on Sunday afternoon. There was a good congregation attended and listened attentively to an inspiring sermon on the subject, "Be not overcome of evil but overcome evil with good."

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When removing face cream, Ginger Rogers advises using an upward stroke on the cheeks, from the chin outward to the ears, down on the nose upward and outward on the forehead out over and in under the eyes, using a light stroke, especially under the eyes.

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