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SWEET CAPORAL

CIGARETTES

... OF ...

Interest To Women

LONG SLOW COOKING IS THE SECRET
OF GOOD CORN STARCH PUDDINGHere's A Recipe for One That Will Mold
And Make a Fine Dessert

(By Frances Blackwood)

There are cornstarch puddings and cornstarch puddings. The one I have in mind tonight is stiff enough to mold and yet cooked to a delicacy of perfection that gives it a place of honor in the repertoire of every good cook.

Long slow cooking, over plenty of boiling water is the real secret of this kind of pudding. The recipe must be properly proportioned, of course, for without proper cooking a cornstarch pudding can be a lumpy and starchy mess.

For six servings: Measure 3 cups of rich whole milk. Fill the bottom of the double boiler with hot water and bring to a boil. Be sure you have enough water in it to come way up around the top compartment of the vessel.

Put 2½ cups of the milk into the top compartment. Cover and let it heat to a scald. You will know when that temperature is reached when tiny bubbles form around the edge.

In the meantime, measure and mix together 6 tablespoons of cornstarch, 4 tablespoons of sugar and ¼ teaspoon of salt. Then slowly stir the remaining ½ cup of milk into these and mix until it is smooth thin paste. When the milk has reached the scalding point stir the cornstarch mixture into it a little at a time.

Keep stirring until it is a smooth

perfectly blended mixture and begins to thicken. Be sure there is plenty of boiling water in the under compartment. Then cover first, removing the spoon, and let it cook over the boiling water for 25 minutes. Stir it occasionally.

Beat 1 (or if you wish a deep golden color) 2 eggs in a small bowl with 2 tablespoons of sugar. When the pudding has cooked 25 minutes, take it from the fire and slowly pour the pudding on the beaten egg. Don't pour the egg into the pudding—that way the heat will cook the egg in small particles before it can be mixed into it. When pudding and egg are smooth and well mixed, return once more to top of double boiler and let cook, stirring five more minutes.

During this time, fill your molds, or one large mold, with cold water. Just before the time is up, empty the water from the molds. Take pudding from the stove. Beat in ¾ teaspoon of vanilla and pour into the molds. Cool. Then put in refrigerator to chill. Unmold to serve.

Serve very cold, with plain or whipped cream, with chocolate or butterscotch sauce, or with any desired fruit sauce.

You may make this without egg if you like. In that case mix all the sugar with the cornstarch at one time and cook it 30 minutes before adding vanilla and putting into molds.

ORANGE MARMALADE MADE THIS
WAY SIMPLIFIES SKIN SHREDDINGBoiling Whole Fruit Three Hours Is Secret Of A
Delicious and Easily Prepared Conserve

(By Frances Blackwood)

If you like orange marmalade but dread the tedious shredding of the skin, read on my friends. There is an easy way around this hand-blistering job.

First of all, get three or more good sized, though any size will do, of course, big ones just give you more for your money, thick-skinned oranges. The thick skins are important, they make best marmalade.

Put those oranges in a deep kettle of water. Bring them to a boil and boil three hours. Turn them over every once in a while so the tops cook evenly with the rest. Oranges float.

When they have boiled three hours, let them cool in the same water. Then take them out of the water and holding them over a bowl, strip off the skins. Discard the inner strings and cut the pulp into chunks with the scissors and put in the bowl that has been catching the juice that dripped when you skinned them.

With the scissors cut the skins in-

to the thinnest threads possible. It will be as easy as cutting blotting paper after the oranges have cooked. Put the skins right in with the pulp. Then measure pulp and skin together and add an equal amount of sugar and one cup of water. Let this stand overnight, covered.

Next day put the mixture in a preserving kettle and bring to a quick boil. Boil rapidly to the consistency desired but take care not to let it burn or get too thick, 15 to 20 minutes should do it but that depends on the juiciness of the fruit. Put in small jars and seal.

You may make tangerine marmalade the same way. But boil a thick-skinned seedless lemon with the tangerines and add two cups of the water in which the fruit cooked instead of one cup of plain water. And with tangerines don't forget to discard the seeds. Thick-skinned oranges are the seedless kind usually, but if you find yours have a seed or two, discard them too.

SHOES KICK UP FASHION
FUREUR WITH "LIFTS"That's the Name For New Footwear With
Leather-Covered Cork Heels

(By Blanche Krause)

The fine Italian hand of Ferragamo, shoemaker in Florence, Italy, is responsible for spring's newest fashion footnote. His shoes, which feature soles that ascend beneath the arch to develop into leather-covered cork heels, are called lifts. Well named, indeed, for it's a definite lift and newness they've given to the shoe fashions.

First rumor of the style came from the Lido, where fashionable women appeared on the beaches in clogs with three-inch cork soles. Then Contessa Wally di Castelbarco, daughter of maestro Arturo Toscanini, visited this country and made everybody envious of her satin and kidskin evening shoes which copied the Lido beach shoes in their high cork soles and heels. She wore them without stockings, to show painted toenails.

Back to Italy went demands for an adaptation of the shoes which would fit into varied American needs. The shoes photographed here are the answer. The thick sole has been modified, but the principle is the same. And the shock-absorbing comfort of the cork heel, made practical by its covering of leather, has been retained to make a happy combination of the practical with the smart.

Metal kidskin and satin team in the evening versions, with the open heel

equipped with a strap which looks like satin but has lastex threads woven into it, to make for snug fitting comfort. The dark blue kidskin ties, with white kid trim, are awfully smart with the chalk striped suits so much in fashion.

For sportswear, there are lifts of woven raffia in bright colors which are report those who took them south this winter, unusually cool.

For general wear, there are oxford lifts of black, brown or blue suede, the top edges faced in matching kid, the pedestal heel covered in kid.

Pie Making

Use cold ingredients in making pastry and pie crusts and handle them as little as possible. All-purpose or pastry flour are used. If cake flour is used, the shortening is six tablespoons to 1½ cups of flour.

When making custard pies, satisfactory results may be obtained if the undercrust is partially cooked before custard is poured into it. Pastry needs a stronger heat than custard to bake it.

Too much water in pie crust makes it tough and hard. Too little flour allows the crust to break too easily.

INTERNATIONAL TEA PARTY



Sir Harry Twyford, (right) Lord Mayor of London, handing a plate of sandwiches to Dr. Julius Lippert, Burgomaster of Berlin, Germany, at a tea in the honor of Dr. Lippert at the Mansion House, London, during his visit in connection with the international summer schools.

STRETCHING GIVES YOU "YUMPH!"

That's Hollywood for "It", Which Never Exists
Where There's a Bulky Waistline

(By Antoinette)

Come on now, sisters! There is no use kidding ourselves that we can get along without a new waistline.

Let's throw the old one in the ash can and get one that will allow us to get into that grand little number we saw the other day! And take it from us, stretching does the trick!

These are nice bright mornings to start. Next week won't be nearly so good, because seven days have flown by in which you might have stretched off an inch.

Wake yourself up in the morning with a long 'heave-ho' and a pull and stretch on those muscles. Stretch long. Stretch arms wide and up overhead.

Hop out of bed and get down on the floor and stretch arms, legs, neck, feet. Stretch from tip to toe. Stretch the spine and iron out a few kinks. Stretch from waist up to shoulders, feeling ha gottd underarm and side rib pull.

Then, get up on your feet and do one good stretching exercise. Feet apart. Arms at sides. Now raise arms to front, on up overhead and back with them a bit. Meanwhile, bend the knees slightly and stretch down with them. You won't pull yourself apart, but you will get a grand workout.

Do this up to 25 times at first, increasing to 50, and believe one who knows, this will do things for you.

EXPRESSIONLESS FACE UNLOVELY

And Yet, Unnecessary Grimacing Can Make One
Unattractive, Too, by Developing Wrinkles

(By Antoinette)

We hear rumors about a certain well-known beauty who is said never to indulge in an emotion that might crinkle her face for an instant. We are told she does all her laughing with her eyes.

Personally, we don't believe one

could train emotions that thoroughly, and we doubt if it would be worth while to develop one of those uninspiring masks.

On the other hand, you can do incredible damage to the face with emotional orgies if practiced often enough. Indeed, you can do a lot of line

CORN BEEF AND
CABBAGE SMELL
AVOIDED EASILYSecret: Cut Vegetable
Fairly Fine and Boil
20 Minutes or Longer

(By Frances Blackwood)

Where these fact-finders get their figures is a mystery. But periodically some statistician comes forward with the statement that, except for one-tenth of one per cent, all the men declare their favorite food is corned beef and cabbage.

And the percentage of wives who permit their spouses to dine upon this dish is said to be even less than the percentage of men who do not pine for it.

Women don't like to cook this dish because every day for a week after they are reminded of it each time they enter the house. The answer lies in knowing how to cook it.

Take about five pounds of good corned beef. If it is lightly corned you just set it to boiling in cold water in the soup kettle and skim it well when it has simmered about ten minutes. If it has been well corned it is best to pour off the first water when it reached the simmering point recover with cold water and set it going again. In either case don't let it boil at a gallop. Easy does it. Some like to add ¼ cup of vinegar, a sliced onion, three or four whole cloves and a tablespoon of sugar to water. Salt, of course, isn't necessary.

After the beef has simmered 4½ hours add a cabbage that has been cut in eighths and continue cooking for half an hour. If you cut the cabbage finer, 20 minutes will do the trick.

That's all there is to it. Grandmother used to add the cabbage and let it cook about three hours, a procedure that was neither necessary nor desirable. Quickly cooked cabbage is much more digestible and avoids the smell.

and wrinkle face cracking just by making unnecessary faces.

I notice certain grimaces associated with the younger face that are developed with intention to be funny and are unnecessary because one doesn't have to be funny so often, such as pulling up one side of the mouth or adopting the terribly animated facial effect with brow crinkled and mouth widely opened. Pursing the mouth does a lot of damage too.

And biting the lips is another outstanding. And squinting, because the reading light isn't good or for some other reason. Adopting the 'heavy thinker' pose with frown and other abused face muscles had better be looked at, too.

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