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... OF ...

Interest To Women**GOOD CREAM SAUCE IS THE KEY TO MANY A DELICACY**

First in Learning Is Proper Blending Of Flour and Fat

(By Frances Blackwood)

The girl who knows how to make a good cake, or a good pie 'has something.' So has the girl who can brew ambrosia in the form of perfect coffee. But the girl who can make a really good 'cream sauce' holds the key that unlocks the garden gates of cookery.

It forms the basis for cream soups, croquettes, scalloped dishes, souffles, and sauces ad infinitum.

The first step in learning to make this sauce is to become adept at blending flour and fat. The cooking term for this combination is 'roux.' For a brown sauce you need a brown roux—white for a white sauce. Browned flour is necessary for the former and browned flour is just plain white flour spread thinly on a cake tin and put in a moderate oven. Shake it occasionally and let it brown to the color of perfect toast—but don't burn it.

The fat used may be of your own choice. Certain dishes are given a better flavor by certain fats—rendered chicken fat, bacon fat, butter—all may be used but each has some spot where it can do a 'best' job.

Melt the fat in a saucepan. Unless you are making a brown sauce do not let the fat brown when you melt it. For a cup of medium thick sauce you need one full tablespoon of fat.

When it is melted take the pan from the stove. This is important. Too hot fat cooks the flour into hard lumps and that means lumpy sauce.

When the fat cools so that it no longer sizzles, add one tablespoons of

flour for each tablespoon of fat and stir until it is smoothly blended with the melted fat. Salt and pepper and other seasonings such as bit of mustard or Worcestershire sauce should be blended in at this point. There you have the 'roux.'

Then add milk (or such combination of milk and other liquid as the occasion requires), one cupful for a medium thick sauce. When you have made the sauce often enough to have become expert you may add cold milk. Until you are expert have the milk warm—it blends more easily with the roux. Return the pan to the fire and cook, stirring about eight minutes until you have a creamy, blended sauce with not even a suspicion of raw flour taste nor a sign of a lump.

This is the foundation recipe and the proportions may be increased to make any amount of medium thick sauce that you desire. Make it in the pan in which you have roasted meat, using water instead of milk and you have 'gravy.' Use two tablespoons of fat and two tablespoons of flour to each cup of milk and you have a thick sauce. Use four of fat and four of flour to one cup of milk and you have a very thick sauce—the base for most croquettes.

Vary the seasoning—onion, cheese, sherry, sugar—and each time you have a different sauce. Use butter, white flour and water and you have the basis for many dessert sauces. It is a simple tune, but once mastered, no other is so useful.

Fresh from the Gardens**"SALADA" TEA****HOME-COOKED MEAL IS BIG AID TO ROMANCE**

(By Jane Scott)

Remember the old saying about the way to a man's heart? It's still true—with modern improvements.

What you feed the brute is important, of course, but there's more to it than that. The way you do it counts, too. Counts for or against you. (How about it, men; do you agree?)

No, this isn't a cooking lesson. It's just a warning. Don't try to feed the man at all unless you can do it well—with a certain finesse that will prove to him beyond a doubt that you're skillful at the culinary art. No bungling allowed!

So don't invite that exciting new man to dinner for two unless you're sure of your cooking technique and the smoothness of your one-woman service system. Make it a point in your favor or nothing. (A family dinner is another matter, of course.)

Remember, it's impressive to a marriageable male when a streamlined, modern miss knows her way around the kitchen range, much more so than it was for the home girl of grandmother's day who sometimes knew little else. A trump card for you to play from your own hand.

Funny what a lot of allure there is in a well-cooked meal! It makes a man beam with satisfaction, and if he happens to beam at you, so much the better.

Be sure it is a satisfying meal; none of the dainty little doo-dads that you serve the girls for lunch. Broil him a steak or something equally man-sized. Know what his favorite food is first, if possible, and serve it by all means. Whether you like it or

not is beside the point at this first impression-making dinner.

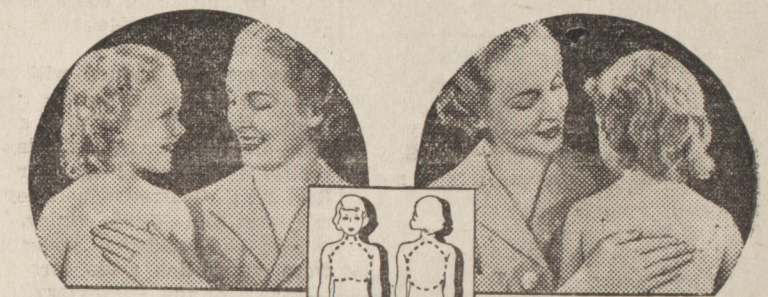
And make sure it's good. If you've

never cooked his pet dish before, practise beforehand on yourself or on your poor bewildered family. (This means bravely withstanding their comments on your sudden interest in cooking.)

Keep the food itself simple, but do not hesitate to add a little trimming—not paper frills, but an attractive table arrangement and candlelight. Yes, candlelight! Men usually like it even though they won't admit it—so long as it's light enough to see what they're eating—and they respond to its warm romantic glow. So put candles on the list.

As for yourself, keep calm. No confusion, excitement, or red face. Almost any man would rather eat a dish of scrambled eggs with a poised unruffled hostess than a seven-course dinner with a rattled, perspiring one.

Do all the real work before he arrives, and have the table ready except for adding the hot dishes.

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SHOULD YOUNG PEOPLE PAY BOARD?

This Question Has Come Into the Column Very Often of Late

(By Faith Rogers)

Should young people pay 'board' when they go to work on a first job, and how much?

This is a question which comes into the column very often and it seems to me there is only one answer and that is 'Yes.'

Boys and girls who have been educated by their parents and after finishing school secure work, should feel it an obligation to contribute to the upkeep of the home.

The average family needs this help because there are younger children. Even if there are not, young people should learn the value of money, and paying their own way is the best training in the world.

The family of wealth can permit the children (if they work) to start a savings account, but every boy or girl who earns a salary should plan a personal budget.

Here is one letter with this problem discussed:

How Much Board?

Dear Miss Rogers:

I am the mother of two girls who both work. One earns \$20 a week and the other \$18. My question is, how much board should they pay at home? They each have a room of their own, and have the privilege of entertaining friends whenever they like. They take their lunch and I do all the laundry. Their only expense is \$1 a week carfare, a five-day week.

I charge the eldest \$8 a week and the younger \$6, but they think they pay too much, and they want to go live at some girls' club. Home evidently doesn't mean much to them. My sister says I spoil them. What do you think?—Mother Anne.

Could you conveniently close your home for a month, let your girls go to the club of which they speak and you go away to visit relatives? It seems to me that a month away from home, without your love and care and the laundry and sewing you do for them, might go a long way to convince your girls that after all, home is best.

As far as the board is concerned, I don't think that your figure is high enough. Your daughters get so much more from you than just food and lodging that they should appreciate what they get and not think of it as a matter of dollars and cents.

Perhaps you have done too much for your girls, but then many mothers do that.

Out of a salary of \$20 a week, the elder girl should give in \$10 at home, save \$5 and have \$5 left for fare, clothes and amusements. She should make a budget and try and live by it. The other girl should pay \$8 and save \$3. This would give her \$4 for fare, clothes and amusements.

I wish you would try the vacation plan and let me know how it works out.

GOOD POSTURE VITAL TO BEAUTY

Keep Erect in Standing, Sitting And Walking to Shed Years

(By Antoinette)

We must get back to your carriage, madame!

As may have been said thousands of times before, it is one of the big beauty worlds left to conquer.

And what a difference it makes! You are young or you are old by the mere drop of the feet on the pavement. You are smart, you are dowdy by the mere posture of your body.

We offer you a slogan to be repeated a hundred times a day. The repetition is guaranteed to make a smarter, younger figure of yourself. 'Stand tall; walk tall; sit tall; be tall.' That's all there is to the slogan. But what a difference its execution will make!

You cannot order yourself to stand, walk, sit and be tall without instantly effecting a change in posture, without adding to the grace of movement so dear to an observer's eye.

Keep repeating this slogan over and over, and acting upon it, of course,

and we can guarantee the drop of a number of years from a good many figures.

Every droop simply means a decade attached to the frame. Keep that in mind, too. Droop the head and pull the shoulder line forward with the head droop and you add a good ten years any time.

At first, when you put your slogan into actual training, you may feel a bit stiff and military, but when you've corrected your posture faults you'll forget the slogan and move with infinitely more charming and youthful grace.

When you are walking around the house, travelling on your way to the office, sitting at your desk, chant the song: "Tall, girl, tall! Only the old bend forward!"

When you stand, hold your abdomen in and tuck in your derriere. A trick of learning how to do this is to sink sideways through a narrow space, making yourself as small as possible.

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