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... OF ...

## Interest to Women

## THE SCIENCE OF MAKING COFFEE

Good Beverage Is Clear, Sparkling and of a Fine Flavor, Whether Drip or Percolated

"She can't boil water without burning it," my father used to say, in commenting upon an incompetent cook, generally when he was criticizing the breakfast coffee. It really seems as if it should be simple to make good coffee, but a good cup of coffee depends upon so many things besides the actual making, although that is important.

First of all there is the coffee itself. First sent amongst us this all healing berry, at once to make us both sober and merry. The coffee bean, the seed of the berry, in itself varies in flavor according to the region in which it is grown. Most coffees are blends of beans which may be grown in different places. This fact, and the roasting influence, and the flavor of various brands of coffee, which, however, are generally consistent, were important. You may choose a heavy or a light coffee.

At one time it was the custom to roast and grind coffee at home. The roasting, however, cannot be done so well as it can be in an establishment where an expert tests the roasts as well as the blends. Since the general use of vacuum cans, coffee will keep its freshness almost intact until the can is opened. After this the flavor deteriorates with the time and especially with heat. If you have room in your refrigerator for the can coffee will keep fresher there, than it will in the usual temperature of the kitchen. If, however, you can use the contents of a can within a few days, you can count on fresh flavor.

Now for the making of this beverage, the most popular of all drinks in this country. Perhaps the first point is to have freshly boiled water. The water should be taken out of the cold water faucet which has been allowed to run a moment and it should be used as soon as it is boiled. Never use water which has been left in the tea kettle, whether you use the drip coffee pot or percolator or stick to the old-fashioned method of boiling.

There are several types of drip coffee pots, some of which demand filter paper. These may be purchased in pottery, glass or metal. Your beverage will be clearer, if you use filter paper. Whichever kind of drip pot you use be sure to rinse it with boiling water and to keep it warm by placing it near the burner where your water is boiling. After the coffee has been placed in the strainer and the water receptacle put over it, the boiling water should be poured into the latter and allowed to drip through the coffee. The pot itself may be put over the warm burner upon which the water has been boiled. If you put an asbestos mat over the burner you may have a very low fire after the coffee has started to drip. The beverage itself must never be allowed to reach the boiling point, as the flavor will be changed for the worse by high heat.

Coffee which is used in practically every household in this country at least once a day deserves care. It is just as easy to make good coffee as

it is to make poor coffee. Good coffee is clear and sparkling and of fine flavor.

## Turkish Coffee

For each serving allow one Turkish coffee cup of water and one teaspoon of sugar; place in a pot and bring to a boil. Beat in with a spoon a rounded teaspoon of powdered coffee. Let boil up once and serve immediately.

## Coffee Chiffon Pie

1 teaspoon granulated gelatin  
¼ cup strong cold coffee.  
4 eggs  
¾ cup sugar  
½ teaspoon salt  
½ cup strong hot coffee  
1 tablespoon lemon juice  
Soak gelatin in cold coffee for five minutes. Beat egg yolks slightly, add ½ cup sugar, salt, hot coffee and cool, over boiling water until of custard consistency. Add the softened gelatin and lemon juice to the custard and cool. When custard begins to thicken fold in stiffly beaten egg whites, to which ¼ cup sugar has been added. Fill baked pie shell with mixture and chill. Serve spread with a thin layer of whipped cream.

## Mocha Cake

1-3 cup shortening  
1 cup sugar  
2 tablespoons water  
2 eggs  
¾ cup chopped nuts  
2 cups cake flour  
3 teaspoons baking powder  
½ teaspoon salt  
½ cup strong coffee  
Cream shortening, stir in sugar gradually and cream together until light. Add water to eggs and beat until light, add to creamed mixture and beat well. Add nuts and blend. Stir in flour, sifted with baking powder and salt alternately with the coffee, beating after each addition until smooth. Pour batter into two eight-inch greased layer cake pans and bake in a moderate oven, 375 degrees F., 30 to 35 minutes. Ice with mocha frosting or boiled frosting.

## Coffee Whip

1 tablespoon gelatin  
¼ cup cold water  
1½ cups strong coffee  
½ cup milk  
2-3 cup sugar  
¼ teaspoon salt  
3 eggs  
½ teaspoon vanilla  
Soak gelatin in cold water. Heat coffee and milk, stir in soaked gelatin. Add sugar, salt and egg yolks slightly beaten; cook over hot water until mixture thickens. Cool and then fold in stiffly beaten egg whites and vanilla. Chill and serve with whipped cream.

## Frozen Coffee

1 teaspoon gelatin  
2 tablespoons water  
½ cup sugar  
¾ cup strong hot coffee  
1 pint cream  
Soak gelatin in cold water, dissolve it and the sugar in hot coffee. Cool. Whip the cream and fold in the coffee mixture. Place in freezing tray four to five hours.

## BEWARE OF REDUCING TOO FAST

Two Pounds the First Week Are Enough Or Wrinkles Are Sure to Develop

(By Antoinette)

Quick reducing is one of the greatest mistakes a woman can make when she sets out to take off poundage. It causes wrinkles.

When she reduces too rapidly she loses in the wrong places. Usually the face and neck are the first places to show the loss, and because of it years are added to the countenance. Reducing should not be greater than two pounds the first week, after which the loss may be from four to five pounds.

The woman over 30 must remember her skin has not the elasticity it formerly had. In fast reducing the fat layers underneath the skin are taken away too quickly to allow the skin to shrink back to normal.

You can lose two pounds a week without adding an extra wrinkle to your face if you are willing to exercise consistently, plan menus which provide proper amount of strength yet do not contain too large a number of calories, get the required amount of rest and sleep, and allow yourself an occasional massage to keep the muscles and tissues in condition.

When you've lost the desired amount of weight you don't want to turn around and discover all the reducing measures which have made the loss weight possible, or you'll find the weight piling on again.

Hoot Man!  
smoke—  
WHITE  
OWL  
Cigars

IN TWO SHAPES  
INVINCIBLE  
and STREAMLINE

5¢

## LAST STRAW, THEN A NERVOUS BREAKDOWN

Ruth Cameron Explains That Unpleasant Reminders of One's Fate is Likely to Banish What Might Be Lasting Friendship

(By Ruth Cameron)

Funny about the straw that breaks the camel's back, isn't it?

It usually comes as a surprise to the family and friends of the victim when someone has a nervous breakdown, because it's seldom a single catastrophe that brings it on, but the piling up of straws.

It would be impossible to tell her in what things she was to blame. She wouldn't understand. And she is too old to change the habits of a lifetime.

For one thing, she has no interests outside of anything that doesn't pertain to her own intimate life, or ailments, of which she has many, are her greatest source of interest. Symptoms excite and intrigue her. To know her is to be intimately acquainted with her insides, since she longs to share her discoveries.

She recently had several teeth extracted, and while she has been waiting for her mouth to heal in order that bridge work might be fitted, meal time has been awkward for her and for the other diners, who were not allowed to forget her predicament and her unsightly appearance.

Offer her pie and she apologizes for leaving the crust. 'My teeth aren't very good.' Pass the candy and she hunts for a creamy filling. 'My teeth aren't very good.' Salted nuts, 'My teeth aren't very good.'

The repetition of the phrase, with its unpleasant reminder, was one of the contributing factors to the ultimate outcome.

The man of the house got so he

dreaded sitting down to a meal, and when he did, he waited with nerves on edge for it to come. 'My teeth aren't very good.'

Finally he couldn't stand it any longer, and so the old lady had to go elsewhere to live.

In one of the old popular behaviorism books, an excellent suggestion is made for the avoidance of these exasperating mannerisms and habits with which the offender continues to irritate his associates, because 'even your best friend won't tell you'—unless you ask him to.

The suggestion is that you have a member of your family hold up his hand, traffic cop fashion, when you are guilty of one of these gaucheries. Perhaps it's a slang phrase which you are addicted to but which has long since lost its pungency for every one but you, maybe it's a nervous clearing of your throat as a preliminary to your every utterance; a too shrill laugh telling the same old joke, interrupting when someone is reading to himself; constant fretting over inconsequential annoyances.

Might be a good idea to have some one help you check up on yourself. I did once, and found that the habit I thought might be annoying was not at all—but discovered another that I had never suspected!

SAY, I DIDN'T  
THINK THERE  
COULD BE SUCH  
RELIEF FROM A  
HEAD COLD

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OF COLDS



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