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... OF ...
Interest to Women
HERBIVOROUS OR CARNIVOROUS

Man Was At First Probably the Former, but Now Eats Everything, Including Liver and Kidney

(By Edith M. Barber)
There has always been a question to which there will never be a definite answer as to whether primitive man was originally a carnivorous or a herbivorous animal. The Furnasses, in their stimulating new book, "Man, Bread and Destiny," believe that until our ancestors came down from their family trees from one to another of which they swung, "gathering food on the wing," they took their sustenance from fruits, nuts and plants.
As soon, however, as they began to depend upon their legs for locomotion they became meat eaters of reptiles and small animals.

With the bones of the first men, who probably lived about one million years ago, are found the long limb bones of animals, split in order that the marrow could be eaten. Probably, the organs of the animals and the blood were eaten at the place of kill. The authors mentioned above believe that when man began to eat meat with his vegetables he began to evolve upward. With the discovery that fire could be used to make meat not only more available for consumption, but also more palatable, the civilization of man was put on a firmer basis.
Today, we recognize that meat is one of the important elements of our diet. We are more particular about its condition and about the portions which we use and we have scientific reasons for using the liver, kidney, and other organs which early man ate

because they were tender tidbits.
Liver With Cream Sauce
Slice the liver one-third inch thick. Cook quickly with two sliced onions in three tablespoons of butter. Pour in sweet or sour cream to cover and let simmer ten minutes, closely covered. Add salt and pepper to taste.

Beef and Kidney Pie
1 pound round steak
½ pound beef kidney
Drippings
¼ pound sliced bacon
½ cup flour
Salt, pepper, thyme
1 small onion
3 cups stock
1 wineglass sherry
1 hard cooked egg.

Cut beef into slices ¼ inch thick and three inches long. Cut kidney into sections. Sear the beef quickly on both sides in hot drippings. Wrap each piece of browned beef around a strip of bacon and a stub of kidney, making a tight cylinder. Secure with a toothpick. Mix flour with seasonings and roll meat rolls in this. Stand meat rolls on end, tightly packed, in a pie dish. Sprinkle flour over meat and also sprinkle the onion which has been finely minced. Add the stock. Cover and cook slowly for one hour. Add sherry and sliced egg. Cover dish with pastry, brush with egg yolk and return to a moderately hot oven, 400 degrees F., and let cook until pastry is brown.

**YOUNG WOMEN GREATLY HANDICAPPED
BY THEIR LACK OF GENERAL CULTURE**

Skill in stenography and typewriting alone is not enough to insure a successful business career to a young woman, Miss Carolyn E. Slocum, President of the Transcription Supervisor's Association, an organization of women executives, said speaking in New York.

"A pleasing appearance and general cultural background are quite as important as speed in taking dictation," said Miss Slocum.
"The greatest handicap of young women today is their lack of general culture. They show the most shocking ignorance of words and the essentials of common knowledge. Too many girls are permitted to study stenography—girls who have no aptitude for language, and would make much better cooks."

The necessity of impressing upon young girls the importance of personal attractiveness became so apparent to business office managers that they, in co-operation with several New York City school officials, prepared a "Personality Chart," for

use in business training departments.
It set forth that one's dress should be of "conservative cut and color; modish, but not extreme as to length of skirt and sleeve and as to depth of neckline." Accessories should be "immaculate, free from rip or wear, feminine." Hats should be "modish and becoming, but not rakish or bizarre." Shoes must be clean, straight or heel, conservative and jewelry unobtrusive and appropriate to the costume. Restraining garments, it says finally, should be worn when necessary.

In personal grooming, the chart demands that hair must be "clean, vital, neat, suitably coiffured for daytime wear and of natural color."

Nails must be well-tended, free from nicotine or other stain, but restrained tinting is permissible if desired, and make-up must be restrained, suited to daytime wear and one's natural coloring, the chart prescribes.

Under the heading of "health," the chart stresses energy, stamina and emotional stability.

STEAK WELL-DONE A TASTY DISH

Bake with Mushroom Soup; Serve with Macaroni

(By Frances Blackwood)
If you have a family that likes its steak well done, give ear. We were in a market the other day and overheard two learned housewives discussing the manner of preparing the round steak they had just purchased. It sounded so good we bought some and rushed right home to try it—now it is a pet at our house, too.

For five people, purchase 1½ pounds of round steak cut about an inch thick. Into this pound ¼ cup of

flour, some on one side and some on the other. Season the steak with salt and pepper and put it in a heavy skillet or a shallow baking pan.

Sprinkle ½ teaspoon of Worcestershire sauce over it and pour the contents of can of mushroom soup. Cover and put in a moderate oven to bake for ¾ of an hour. Serve on a hot platter with the sauce from the pan poured over it. With it serve macaroni and cheese, tender string beans, pear salad and quick hot chocolate cake.

**THIS SOUR CREAM WAFFLE RECIPE
DESERVES A COOK BOOK STAR**

Beware of Beating the Batter for That Makes Cakes Tough; A Tokay Wine Sauce

(By Frances Blackwood)
There are several "perfect waffle" recipes. But the one I'm giving you reminds me of a fragrant of verse—"Twilight lets her curtain down" and pins it with a star"—Because, I suppose, this recipe would shine as well at suppertime as in the morning—and should certainly be pinned to your cook book with a star.
But remember, too, "He that strives to touch a star oft stumbles at a straw."

The recipe calls for sour cream. So use sour cream. Your milk man can furnish it for you and you need it to make the waffles a shining success. No butter or other shortening is called for.
Sift together 2 cups of flour, 1 teaspoon baking powder, 1 teaspoon soda ½ teaspoon salt and 2 tablespoons of sugar.
Beat the yolks of 3 eggs into 1 cup of sour cream. Stir this into the sifted dry ingredients. Stir in the beaten whites of the eggs. Mix all well but

don't beat because that makes the waffles tough. Bake as any waffle.

This will make eight of them—and if you want them as a dessert that is worth a really big star use with them the following: Mix 2¼ cups of Tokay wine with 1½ cups of sugar and 3 tablespoons of water. Stir until the sugar is dissolved. Then boil gently for ten minutes.

But, if you prefer hot cakes to waffles and would like them for lunch because breakfast doesn't give you time enough to enjoy them, use the sour cream this way: Sift 1½ cups of flour with 1 teaspoon of soda and 1 tablespoon sugar and 1 teaspoon salt.
Beat 2 egg yolks into 1 cup of sour cream and stir into the dry ingredients. Stir in the beaten whites of the 2 eggs. Mix well and fry to a golden brown on each side.
With a glass of tomato juice, and some honey to pour over them they are a complete meal—with creamed dried beef they are splendid, and have you ever tried them with creamed tuna or crab?

OIL WILL RELIEVE ITCHING SCALPS

Treatment Is Easy to Use at Home and Produces Good Result

(By Antoinette)
Come the first cold days and biting winds and as surely as night follows day, the skin and scalp "itchers" (a more forceful than elegant word) register complaint.

What part nervousness, lack of scalp care, excessive drying machine heat, and generally run down bodily condition play, we don't know, frankly. But we do know, from the best authorities on hair, that the way to treat an itchy scalp is not to scratch it. Oil it, instead. It's dry and the oiling with the proper ingredient won't do it any harm. On the contrary, both hair and scalp will respond effectively. In the morning douse the scalp

entire scalp area thoroughly. Leave this on a while. Or, if you are not lucky enough to be home all day, you will find it more expedient to apply the oil at night. Better warm it before applying. After it has been on a while you wash the hair, again massaging the scalp with the fingers, thus helping along the drying process. The best rule to follow is to do your oiling when you can leave the oil on for a couple of hours.

Then brush your hair at least once a day regardless of wave preservation. Brush it until you are over the itchy scalp business, anyway ignoring for the time being what happens to your waves. Brush with vim and vigor until you feel a lively sensation in the scalp.

While you are treating the itching scalp, don't use water on the hair. If you must use something to make it behave, use oil on comb or brush.

**USE VERY LITTLE
ROUGE IN TAK-
ING PICTURE**

Heavy Make-Up Will Show As Dark Spots In Portrait

When you're being photographed, show your most ladylike self to the lens, says Dorothy Wilding, official English court photographer.

Miss Wilding, who has given pointers to the King and Queen of England on how to behave before the camera, offers these hints:

Use very little rouge; an overdose will photograph like a couple of black spots. Use face powder at least one or two shades darker than your normal powder. Put on about half your normal quantity of lip-stick, and fluff it over with powder to soften the red.

Don't have your hair done the day you're photographed—you'll look "skinned." Have it done a day or so in advance, then comb it to form a frame for your face.

Never use pure white. Pale pinks and pastels are best.

For head and shoulder portraits, never wear jewelry, though bracelets are good, when the hands show. To break that "naked" look. A fur throw around the shoulders is recommended for an elderly woman or one inclined to plumpness.

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