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...OF...

Interest To Women**IT IS APPLE DUMPLING TIME**

Should Be Served So Hot That It Steams When Crust Breaks; Made With Rich Biscuit Dough

(By Edith M. Barber)

This is apple dumpling season! While there is no reason why they cannot be made any time when you have apples on hand, dumplings are always associated in my mind with a cold, crisp and preferably snowy day. They should be so hot when they are served that they steam when the spoon breaks open the tender crust.

The meal at which they are served should be lighter than usual, if we are to do justice to this dessert that is certainly filling, especially if hard sauce and cream are served with the dumplings.

The apples should be cored and pared and may be allowed to stand in water while the crust is being mixed. The crust, by the way, should be a rich biscuit dough, rather than pastry, although some of you may disagree with this statement. It should be rolled rather thin and cut in squares, large enough to enfold the apple, which, of course, must be dredged liberally with sugar, and with cinnamon or nutmeg, if you like, and dotted with pieces of butter which should not be too small. The edges of the crust may then be folded over, glazed with milk and then the dumplings are ready for baking or for steaming. If you have

never tried steamed apple dumplings, I suggest that you wait no longer for this new experience. It is always interesting to me to find an example of what a difference the method of cooking makes in the final texture, and therefore taste of any dish.

Rich Biscuit Dough

2 cups flour
3 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
5 tablespoons fat
½ cup milk.

Sift dry ingredients and rub in the shortening; add milk and stir lightly with knife until a soft dough is formed. Remove to a floured board, scrape together the remaining flour in bowl and add enough milk to make a soft dough.

Apple Dumplings

Apples, rich biscuit dough, sugar, cinnamon, butter.

Pare, halve and core apples. Divide the crust into six parts; roll each piece until large enough to cover the half apple. Place the apple on the crust and sprinkle with sugar and cinnamon and dot with butter. Fold the crust over and bake in a moderate oven, 375 degrees F., until the apples are soft. The dumplings may be steamed thirty to forty minutes in a closely covered steamer.

VALUE OF DRIED VEGETABLES

They are Comparatively High Protein Content; Baked Beans, Lentil Soup Cost Little

(By Edith M. Barber)

Under the terms 'legumes' the French classify all vegetables. When we use the word at all, it is to describe dried beans, peas and lentils which, as far as food value is concerned, belong in a class by themselves. Of course, there is no difference in the food constituents of the fresh and dried vegetables, but because water has been evaporated we have a higher concentration with the latter.

We restore some of the water when we soak and cook them, but even so, the proportion of protein, for instance, is comparatively large. Few vegetables supply this important food essential in any amount.

While vegetable protein is not so completely utilized as that which is supplied by animal foods, such as meats, milk, cheese and eggs, it is valuable and especially so, because the dried vegetables which supply it, are generally inexpensive. The use of baked beans of various sorts, of pea, bean and lentil soups will give us nourishing food at a low cost.

Split Pea Soup

½ pound split peas
3 cups beef stock

Beans Bretonne

1½ cups pea beans
1 cup stewed and strained tomatoes
1 cup chicken stock
6 pimentos, rubbed through sieve
¼ cup minced green pepper
1 onion, finely chopped
¼ cup butter
2 teaspoons salt
Soak beans overnight in cold water drain and parboil until soft. Put in a baking dish or bean pot with other ingredients and cook in a slow oven, 250 degrees F., until beans have nearly absorbed sauce.

STATE OF MIND AFFECTS BEAUTY

Facial Lines Determined By Flat Muscles Under the Skin

(By Antoinette)

The shape of the face, to quote Alexis Carrel, the mouth, the cheeks, the eyelids and the lines of the visage are determined by the habitual condition of the flat muscles which move in the adipose tissue underlying the skin.

And the state of these muscles depends on that of the mind. Unwittingly, our visage progressively models itself upon our state of consciousness.

With the advance of age it becomes more and more pregnant with the feelings, the appetites and the aspirations of the whole being.

Each man bears on his face the description of his body and soul. A serious thought for the day's occupation. For all of us, it is a sermon on beauty for women.

But we women try to convince ourselves that massage and high-priced

creams alone can wipe out the effects of sick minds and bodies.

But we do see in other women, if we don't see it in our own mirror-reflected countenances, that there is more to facial beauty than the helpful use of cosmetics.

That harried expression with which so many faces are marked today can be combatted only with a philosophy of life in tune with a simpler plan of living.

Behind that harried expression is the desire to do too much, to have a lot more than is needed, to keep up with people better financially equipped for show.

Those turned down mouth corners that etch lines deeply—what do they represent in the way of beauty destruction? Discontent, envy, gloom or long neglected items of health.

Let us women do a little more thinking about what our thoughts, our feelings are doing to our faces.

**AFTER
EVERY MEAL****Fresh from the Gardens****"SALADA"
TEA****BETROTHALS OF LONG DURATION
ARE FROWNED UPON**

Protracted Engagement Is Apt to Blight Most Heart Affairs

(By Ruth Cameron)

Are long engagements a bad thing? One hates to say so, because sometimes they are inevitable. Especially in these days.

But when the talk ran on long engagements lately, I heard three instances that made me feel anew what I have always felt about them—that if they can possibly be avoided, they should.

One was a case where for some reason an engagement actually ran thirteen years. That is, the 'going to-

gether' and the engagement combined. The teller of this tale didn't know exactly why the marriage had been so put off, but she did know what happened afterward. Within a year after the marriage the man had fallen so violently in love with another woman that he permitted her to offer his wife thirty thousand dollars if she would give him up. The wife didn't accept, but perhaps she wished afterwards she had accepted, since she lost him anyway, for he left her and didn't come back.

In another case the engagement was comparatively short, only ten years, and this time a divorce came in two years. And during this engagement the man had always been absolutely faithful, while the girl had been the flirtatious type and been inclined to have a roving eye.

The third case, in which I knew the parties myself, the man waited long years for the woman and was determined to marry her, though she was several years older and held back, feeling that it was not the wisest thing. After they had been married a few years he disappeared. After going through a tragic period in which she had no idea whether he had gone out of his mind, committed suicide, lost his memory, or what, she discovered that he had gone off with another woman, leaving her and her little girl to fend for themselves.

In all these cases the same thing might have happened had there not been the long period of waiting, no strained emotions and wearing out of love and hope, but one questions if the emotions might not have been in a more normal state if this strain could have been avoided.

Of course there is no evidence in

**Moore's Mills Hens
Again Lead Contest**

The seventeenth week of the 18th New Brunswick Egg Laying Contest, conducted at the Dominion Experimental Station, Fredericton, was concluded on February 27th, with a production of 708 eggs and 781.6 points. This is a weekly production of 50.5 per cent.

The Barred Rocks owned by W. J. White, Moore's Mills, led in production for the week with 48 eggs and 56.6 points.

The Barred Rocks owned by Mrs. O. A. Milton, Riverside, were in second position for the week with 49 eggs and 56.3 points.

The Barred Rocks owned by Arthur L. Graham, Hoyt Station, were in third position with 44 eggs and 50.7 points.

The Barred Rocks owned by W. J. White, Moore's Mills, lead the contest to date with 900 eggs and 984.7 points.

The Barred Rocks owned by C. A. Shannon, Dorchester, are in second position to date with 808 eggs and 759.8 points.

The Barred Rocks owned by Mrs. O. A. Milton, Riverside, are in third position to date with 695 eggs and 753.8 points.

Barred Rock hen No. 3 owned by W. J. White, Moore's Mills, is the leading hen to date with 104 eggs and 123.2 points.

Barred Rock hen No. 8 owned by W. J. White, Moore's Mills, is in second position to date with 100 eggs and 110.3 points.

Barred Rock hen No. 4 owned by Lloyd M. Wood, Harvey Station, is in third position to date with 97 eggs and 107.9 points.

the Bible to the contrary, but one sometimes wonders if after the first long engagement, of which we have record, the 14 years that Jacob served for Rachel, he was contented with her for the rest of his life.

Or if he had a reaction after they were married and thought, why did I think I couldn't live without this woman? She isn't no different from other women, after all.

Funny one doesn't wonder what Rachel thought and if she were contented and found the marriage state all she had hoped for and Jacob a satisfactory husband, but then women weren't supposed to think about such things in those days. It's only during the last hundred years or so that they have been permitted to have opinions on such matters.

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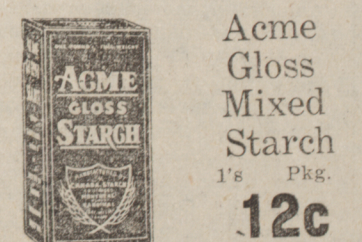


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