Of Interest to Women

COMMON SENSE AND COURTESY

Certain of my friends shy at the mention of etiquette books. Good manners, they maintain, are not to be learned out of books, and with that on the whole I agree, for, as Elinor Ames herself puts it, "Good manners follow the laws of common sense of Self alone." And manners in this sense and in their essentials do not change with the times, nor can they be successfully acquired by merely reading treatises on etiquette. They are the genuine expression of one's character.

But a carefully worked out book may serve as a useful guide in the development of these qualities of thought which enable us to achieve the gracious manner than is deeper than outward convention. Such a volume may help us to see ourselves as others see us, and to check up wherein our thought and action especially needs improvement. I find Miss Ames' book useful in this respect. For instance, she writes: "Because many of the trivial ways in which we offend are the result of carelessness, rather than unkindness, we offer that as an excuse. Isn't carelessness a form of unkindness?" And she goes on, "Only by having manners to be worn as 'trimming' can we be certain of behaving always with true kindliness." To read over every now and then such chapters as her first on "The Art of Living Graciously," and the second on "Charm, Personality and Social Poise" would be to remind ourselves of the need and encourage ourselves in the effort to express that charm of which Sir James Barrie wrote:

"If you have it, you don't need to have anything else—and if you haven't it, it doesn't much matter what else you have."

* * *

Jelly Secrets

Glistening rows of jelly—what a delightful sight! The essence of apple, grape and peach can be captured and sealed for the winter season. Jelly making isn't the guesswork it used to be in grandmother's day when sometimes the fragrant juice jellied and sometimes it didn't.

In order to get a jelly to "set" the fruit juice must contain acid and a jellifying substance called "pectin" in proper proportions. Fruits vary in the amount of pectin they contain. Pectin is abundant in apples and so they are often used as a base with another fruit. As the fruit ripens, the jellying powder of this pectin is reduced which is the reason for selecting under-ripe fruit. Juices from the following fruits will convert readily into jelly.

Green apple, crabapple, unripe grapes, blackberries, currants, gooseberries, raspberries (slightly underripe), cranberries, huckleberries, quinces, plums.

Commercially made pectins of standard quality can be purchased and the manufacturers' directions for using should be followed. This makes it possible to make jellies of fruits which do not contain enough natural pectin to cause them to jell.

The steps in making jelly are simple but must be carefully followed.

1. Preparation of Fruit:

Select under-ripe fruit. Wash and stem. Cut hard fruit in pieces without coring or peeling.

2. Extraction of Juice:

Cook with just enough water to cover until fruit is tender. Do not mash if a clear jelly is desired. Strain the juice through a double cheesecloth, but do not squeeze as this gives a cloudy jelly.

3. Cooking:

Follow proportions given in jelly table. Work with a small quantity of juice, not using more than two quarts at a time. Measure juice and sugar. Boil juice rapidly for 5 minutes or longer, if the juice has been diluted. Add the sugar. Stir until dissolved. Boil rapidly until "jelly test" can be made. Skim just once before pouring into clean, hot glasses. Heating the sugar, as is often recommended, apparently does not help the pocess.

4. Jelly Test:

To test the jeily, dip a spoon into the juice, and if two drops hang together from the side of the spoon, and sheet off, the jelly is done.

If a little juice poured on a cold platter jells when cooled quickly, remove remainder of jelly from the fire immediately.

If a candy thermometer is used, the temperature should read 222 degrees. Use drop test also.

5. Sealing and Storing:

Skim juice and pour, while hot, into clean, hot jelly glasses. Fill glasses to within ⅛ inch of top. Jelly shrinks as it cools. When jelly is cold and firm, cover with hot paraffin. A toothpick run around the edge of the jelly to about ⅛ inch depth, before pouring on the paraffin, gives a tighter seal.

After paraffin is cold, cover jelly glasses with tin covers, and store where the temperature will be fairly uniform.

The following table lists approximate proportions of fruit juices and sugar which will combine to make good jelly.

Jelly Table

Fruit Juice	Combine in Following Proportions	Fruit Juice Cups	Sugar Cups
Apple	—	1	¾
Apple Blackberry	¾ ¼	1	2-3
Apple Blueberry	½ ½	1	¾
Apple B. Raspberry	½ ½	1	2-3
Apple Blueberry Rhubarb	1-3 1-3 1-3	1	2-3
Apple Cherry	½ ½	1	2-3
Apple Elderberry	½ ½	1	1
Apple Peach	½ ½	1	2-3
Apple Pineapple	½ ½	1	2-3
Apple Quince	½ ½	1	2-3
Apple Quince Cranberry	1-3 1-3 1-3	1	2-3
Apple Rhubarb	½ ½	1	2-3
Apple Strawberry	½ ½	1	2-3
Blueberry	—	1	2-3
Crabapple	—	1	¾
Currant	—	1	¾-1
Gooseberry (green)		1	1
Grape (underripe)		1	¾-1

* * *

A Recipe for Grape Jelly

4 cups (2 lbs.) juice
7½ cups (3¼ lbs.) sugar
½ bottle fruit pectin.

To prepare juice, stem about 3 pounds fully ripe grapes and crush thoroughly. Add ½ cup water, bring to a boil, cover, simmer 10 minutes. Place fruit in jelly cloth or bag and squeeze out juice. Concord grapes give best color and flavor. If Malagas or other tight-skinned grapes are used, use 3½ cups grape juice, and add strained juice of 2 medium lemons.) Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add fruit pectin, stirring constantly. Then bring to a full rolling boil and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

VALLEY OF THE NILE

The Ruins of Ancient Egypt at Luxor — Archaelogist's Paradise

LUXOR, Egypt, Sept. 25—In the late fall, when the summer sun cools, that fiscinating game of disturbing the regal dead will be resumed in this portion of Egypt, rich in the discovered and undiscovered tombs of ancient kings. And then to this city of the Nile will flock, besides keen-eyed archaeologists, thousands of tourists who delight not only in basking under an Eygptian sun, but also in casting a casual eye on what the diggers are doing.

For here, in a Upper Egypt, the archaeologists of several nations have established permanent headquarters adjacent to the Valley of the Kings, the Valley of the Queens and the Valley of the Nobles. The United States, Great Britain, France and Italy—all are represented.

In years past, Egypt was able to retain only a few of the treasures unearthed by expeditions. To London and New York, Paris and Rome, were carried priceless relics of antiquity.

But the Egyptian Government has taken steps to preserve for Egypt some of the historical treasure which rightfully is hers. Scientists now are allowed to work only under permit. They are forced to agree that the Government shall have the right to all or part of whatever is discovered. It was this regulation which preserved for Egypt the rich trove found in the tomb of Tut-ankh Amen. What actually takes place is this: The Egyptian Government looks over all relics excavated and sends to the Egyptian Museum in Cairo rare works not already on display. The expeditions are allowed to retain only duplicates.

This region is rich in archaeological possibilities. At any moment the world may be startled by announcement of a discovery as sensational as that made by Lord Carnarvon and Dr. Howard Carter in the tomb of Tut-ankh Amen.

Egyptologists believe that fifty or sixty rulers of this ancient country were buried in the Valley of the Kings. So far only a dozen tombs have been located. Possibly two score more remain secreted on the west bank of the Nile on the border of the Sahara Desert.

To date most of the discoveries have been matters of luck. For seven years Lord Carnarvon and Dr. Carter excavated in the Valley of the Kings without making a single find. Accidentally, while setting up a windbreak the sand was scraped away and a stone, bearing inscriptions, was discovered. Within a few days, King Tut's tomb had been entered and his treasures disclosed.

The usual procedure is to excavate only where loose earth is found. Search in these spots may or may not be successful, but operations on hard rock always are useless.

If and when the next tomb is brought to light, it may or may not contain mummy or treasure. Many tombs, it has been found, were entered by robbers thousands of years ago and all jewels and gold removed.

Moreover, the Egyptians themselves fearing bandit raids, frequently entered the royal tombs and removed the mummies, so that the bodies might not fall into the hands of the enemy. The bodies then were buried elsewhere.

Built Own Monuments

Then again, when a tomb is located, there is always the possibility that it will be found with only a few mural decorations. It was the custom of the ancient Egyptian kings to select the sites of their tombs during their life-times and to direct the work on the monuments to their own greatness. Frequently death claimed them before the work of decoration was completed. At whatever stage the work had reached, the rulers promptly were buried and the tomb sealed.

But confident that reward awaits the patient investigator, the archaeologists each winter press their work. Their profession holds a lure from which even the layman is not immune.

Once the scientists worked alone with the natives, but now they have as neighbors thousands of pleasure-seeking tourists. The reason for this, of course, is improved transportation. It is no longer any great feat to reach Luxor. It is as simple as travelling to Boston from New York. All that is required is the short train hop from the port of Alexandria to the fascinating but rather Europeanized city of Sairo and then a 450-mile real journey into the interior to this outstandingly beautiful city on the banks of the Nile. Not till one has reached here can one dimly visualize the glories of Egypt.

There was a time when a trip to Luxor was an adventure—when it had to be made by camel, with attendant dangers. That was long ago.

Now it is a jaunt that can be taken in summer as well as winter—although with less comfort, because of the merciless sun which works strange tricks with European stomachs. All one has to do is to step onto a night train in Cairo, sleep delightfully in wagons-lits which make our old-fashioned sleepers seem as antiquated as ox carts, and in the morning alight in Luxor. There, if one wishes, one can find in the season a hotel de luxe, and at any time of year a hotel which is more than adequate.

A Two-Part Visit

A visit to Luxor necessarily is divided into two parts. Across the Nile, on the west bank, stand the ruins of the ancient city of Thebes; the Valleys of the Kings, the Queens and the Nobles; Rameseum, a temple edected to the gods by Rameses II; other scattered temples and the Collossi of Memnon, which once formed the principal gateway to Thebes.

On the east bank of the river, two impressive ruins are to be visited—the Temple of Luxor and the even more gigantic Temple of Karnak.

Before making either expedition, one stands spellbound on the east bank of the Nile on which this city is located. A narrow ribbon of green winds down between the tawny sandstones, cliffs of the Arabian desert to the east and the equally majestic bluffs of the Sahara on the west. Marvelously fertile in this band of green. Watered by the Nile, the land produces cotton and corn in vast abundance.

The visit to Thebes necessitates a pleasant and mildly exciting adventure.

No bridge stretches across the Nile, which in the early fall, when the river has overflowed its banks and inundated the land surrounding Luxor, is nearly two miles broad. One must ferry.

One uses a craft resembling an oversized catboat, with oars, and slanting sail—although, for the more tender-footed winter tourists, a launch is operated. With the current running eight to ten miles an hour, the boat is towed by natives a mile or more upstream before making an oblique crossing. As they pull at the oars, the boatmen sing an Arabic chanty. The crossing takes nearly half an hour.

The far bank is shelving, with the gummy Nile mud knee deep. Boatmen carry one ashore on their shoulders. Donkeys bear one still further to solid ground. There a motor car awaits one. Formerly one had to make the entire excursion by camel or donkey ,but seven years ago the automobile made its first appearance in Thebes.

Across the innumerable irrigating canals that always are to be found along the banks of the Nile, one makes one's way to the edge of the Sahara. Towering above are brownish cliffs resembling those of New Mexico. In fact, the adobe villages in which the natives live remind one strongly of Indian pueblos.

One can spend weeks visiting the tombs of kings, queens and nobles, but for the layman interested merely in obtaining a general understanding of the city of tombs, a visit to half a dozen will suffice.

Few Credit Superstition

On arriving in Thebes, one finds few natives who credit the superstition that whoever disturbs the ancient dead himself is doomed.

Following the death of Lord Carnarvon after the discovery of King Tut's tomb, this superstition was revived. Fantastic stories were related of death which sharply had visited successful explorers. Even now, far from Luxor, one will hear that scientists themselves have come to believe in the curse and that after pledging to support his near relatives, they will hire a native to enter the tomb first.

But attempt to discuss the curse with any of the natives hired by the Government to guard the tombs already unearthed and one will get only a supercillious smile.

"Do you yourself believe it?" asked our guide, who incidentally spoke five languages.

Laughing at the credulity of those in modern America, he continued:

"Lord Carnarvon was a sick man when he settled here. He came to Egypt for his health. Allah willed that he die soon in any event. It happened that death came after the tomb of Tut-Ankh-Amen had been opened".

What tomb shall we inspect first?

There are sepulchres which have more brilliant and better preserved murals, but the most imposing tomb is that of Seti I.

By gradual staves, the passage from the entrance descends nearly 400 feet into the earth. Finally the great chamber in which the sarchopagus still stands is reached. Around it are several smaller rooms in which treasure originally stood awaiting the reincarnation of the departed monarch.

The rulers of ancient Egypt, desiring a quiet, eternal sleep, but realizing that their tombs might be decorated by their fellow men, in some instances resorted to a subterfuge which for a time deceived even modern, scientific explorers. Half way to the reception chamber they constructed a false tomb. Any one entering the tomb, on reaching that point and finding the room empty, would conclude that some other intruder had preceded them and that the sepulchre already had been despoiled.

Investigators who entered the first of these camouflaged tombs were themselves about to depart when they noticed a crack in one of the walls an inch or more wide. Upon further investigation it was found that this wall, was not solid rock, but had been constructed of fragments later covered with plaster and decoration. The filling had been shaken down by the earthquake which rocked Egypt in 27 B. C.

Tearng down the wall, the scientists pressed in and eventually found the regal sarcophagus. Eternal solitude again had been sought in vain.

LONG "POLICIES"

Governor Allen of Louisiana has announced that Huey Long's followers will continue the Long policies.

What are they?

Senator Long was best known nationally for his share-the-wealth proposal. Was this a policy? Is a policy a program of action? Huey Long was in complete control of Louisiana for several years. He never attempted to put his share-the-wealth plan into effect there.

Perhaps by "Long policies" Governor Allen really means methods. Do his followers intend to continue ruling by dictatorial decrees called laws of courtesy? Do they expect to keep the legislative mill in operation passing a law a minute. Will they again clamp down a censorship of the press? Will they hold an American state in subjugation by using the militia to suppress opposition? Will they continue to invade the province of local government and will they keep in their own hands power to hire and fire even firemen and teachers? Will they use the main Long recipe—threats well mixed with rewards—to maintain a dictatorship?

Or are the members of this cabal so devoted to the great "principle" of one-man rule that they will sacrifice their own ambitions and accept the domination of one among them?

Really ,the difficulty in carrying out the Long policies is that there were none. As a leader he did not himself know where he was going. He manifested no clear purpose except to exercise power. His regime did not exhibit even as much direction as do the European dictatorships, and they have not proved that they can perpetuate themselves after their leaders pass.

Is it not plain that personal rule, based primarily on the uncertain and temporary nature of one human mind, affords poor expression for the fundamental purposes of a people? Would it not be well for Louisiana to think again whether it wants more of the "Long policies?" And would it not be wise for citizens of other states to determine what purposes their own leaders have beyond obtaining office and enjoying the revenues and powers of office?

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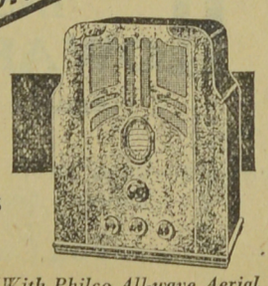
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