"FICKLE GIRL" HAS DEFENDER WHO LAYS BLAME ON MERE MAN-CHOCOLATE IN COOKING

CHOCOLATE RECIPES GIVEN BY MRS. WILSON

Two Kinds of Icing, Filling for Cake, a Delicious, Cooling Punch and Others You Will Like to Try-Interesting Facts About the History of This Dalicacy

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson, All Rights Reserved)

Place in a fruit jar and store in a cool

place. This sauce is used for pudding.

pastries, cakes, icc cream, sundaes and

Two thblespoons of constarch,

Place in a saucepan and stir until

Made From Cocoa

Six tablespoons of cornstarch.

Stir until the starch is dissolved and

Chocolate Rice Pudding

Three-quarters cup of sugar

Two teaspoons of vanilla

Two tablespoons of butter

Three ounces of chacolate.

One tablespoon of butter,

Two teaspoons of ranilla.

One-half cup of cocoa.

Our tablesman of cornstarch

Two teaspoons of vanilla

Adventures

smart

trart.

One-half teaspoon of cinnamon er

Chocolate Icing

Four tablespoons of boiling coffee

One-half teaspoon of vinnamon.

Melt the chocolate over boiling water

Cocoa Icing

One and one-half cups of XXXX

One-half teaspoon of cinnamon ex-

One traspoon of cinnamon.

One teaspoon of circumon.

chocolate soda

with chocolate.

One cup of sirup.

One cup of water

One-half cup of iorna.

Place in a saucepan

One cup of water,

One-half oup of cocoa.

One cup of sirup.

THE earliest history of chocolate is dissolved and then bring to a boil es from Mexico, where the Aztees cook for ten minnes and then add Four tablespoons of cornstarch. dis im the discovery of this wonderful The discovery of the solved in product. One-half cup of water.

or as it is commonly known, the a tree-or giving it its full name in One teaspoon of cirnaman. tany of theobroma cacas-meaning e food of the gods-dates back many Bring to a boil and stir continually and cook for five minutes. Cool and then add one tablespoon of vanilla

In 1520 the Spanish buccaneers hught the chocolate to Spain, where il soon found great favor with all classes people. The word "chocolate" is Mexican; it means a mixture of cocoa ibs and water. The native Mexicans Making Chocolate Sauce, Using Cocoa bruised the seeds of the cacao and then mixed them with water and heated this mixture; it is then flavored with spice and served as a beverage.

There is an old legend told in the Mission Valley in Mexico of a famous Montezuma, who served chocolate from a wonderful bowl of the starch is dissolved and then bring to a boil. Cook for five minutes and hammered gold with a magnificently then cool and add one tablespoon of enrved golden spoon to his guests of state on high days and holidays. vanilla. Use the same as sauce made

The eacao tree, when in bloom, is a wonderful thing to see; the entire tree is Chocolate Filling for Cakes, Etc., covered with small pink flowers that inve a pleasant odor. The long, tapering dark green leaves set off the tree to advantage. The bark of the tree is very with and of a grayish color. The fruit of the cacao tree, when it is full grown, attains the width of two and a half to three inches and about six and a half to seven inches long, and it really looks very much like a badly shaped then bring to a boil. Cook slowly for The pod, while growing, is a six minutes and then add one tenspoon gherkin. autiful shade of green, which gradu- of vanilla. Cool and use for chocolate ally changes, as it ripens, to a yellow filling between cakes, in celairs or cream and then, when fully ripe, to a bril- puffs or for chocolate pie, liant red. Each pod contains from fifty

to 100 almond-shaped soeds, which are Wash one-half cup of rice in plenty of a pinkish color, when first exposed to the air, and of a dark brown, chocoof warm water and then place two and one-half cups of boiling water in a late color when fully dried. saucepan and add the rice. Cook until

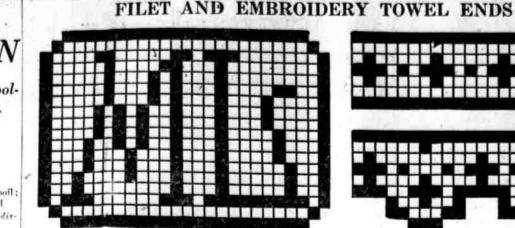
Each seed is covered with a thin brittle covering. As soon as the seeds are gathered they are placed in piles to cut into fine pieces, in one quart of milk ferment or sweat. This softens the nter covering, which is then removed. Bring to a boil and then add Here we find the seeds inclosed in a buttery pulp. This pulp is then re ed and the seeds are dried, roasted and then they are ready to be ground into chocolate.

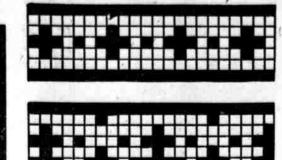
The average cacao tree grows to the The prepared vice. height of twenty to thirty feet. The Mix well and then pour into a baking tree begins to bear fruit when about fear years old and continues to have dish and bake for forty minutes in a fruit ripening all the year round. Usu- moderate oven. Stir frequently. ally there are two main crops gathered. one later in June and the other early in January. The January crop is the important.

Many delicious beverages and dishes are prepared with both chocolate and Chocolate is rich in oil, cocoa butter, starch and gluten and it has a wonderful sustaining power. When it is and when smooth add sufficient XXXX perly prepared it makes a delicious sugar to spread. Use at once, and nourishing beverage. Both the army and navy quickly realized the wonderful food value of chocolate and it was used in their emergency rations. sunar. These rations were so made up as to give the greatest food value in the smallest amount of space, hence the importance of chocolate in this ration. tract, The cocoa beans contain an average

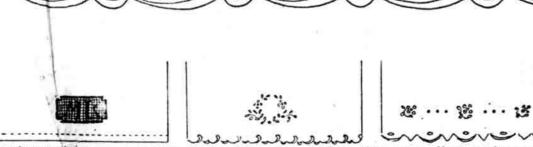
of 47 per cent pure oil (cocoa butter), 18 per cent protein, 10 per cent starch mixture spread. and 9 per cent other carbohydrates. When the growing child complains

The United States is the largest cho





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Somehow or other a new guest towel is always a thing o? joy to the heart of a woman. Above are given some pretty patterns and suggestions for towel ends that will appeal. To the left of the sketch is the filet medallion with initials. Any letters in block style can be easily carried out in this way, and the crochet insert makes a most attractive towel. Combinations of embroidery and filet edge are pleasing. The pattern for the edge is given above, and just below are embroidery designs. The latter are all for solid embroidery in one or colors-for instance, pink flowers, yellow centers and green leaves. The filet insertion shown can be used in the

THE EMPLOYER'S SIDE OF THE of any state institution. EIGHT-HOUR DAY FOR SERVANTS

on the proposed eight-hour day for To the Editor of Woman's Page: Dear Madam-There are usually two servant girls now being seriously dissides to an argument, but the reform- cussed.

color prints.

THIS READER BLAMES MEN Please Tell Me FOR GIRLS' FICKLENESS What to Do

> Scores Them on Their Insincerity and Claims Young Women Might as Well Outdo Them at Their Own Game

Real Love Is Scarce

By CYNTHIA

Dear Cynthia-I dash up once more IN AN unusual letter to the woman's else in life besides count the number of o this queer, interesting, fascinating. IN AN unusual letter to the woman's cocktails they can consume. erbal battlefield of "Please Tell Me Today" rises to defend her sex against What to Do" in order to convince Miss the constant charge of fickleness, light-'Helen H." that she does me wrong ness, insincerity and all of the many for yourself in the world you will be and, with an overwhelming barrage of accusations brought up against girls in wanted and respected by young men and en thrusts, defend the honor of the general.

ancient "nonsensical dreaming" and This young woman lays the burden 'sickening' love, as she terms it. Now, of the blame on the boys themselves, made to be servants to men. They were I hate the medieval. I hate the old or - characterizing the average one as fickle, made to be wives-partners. And they, der that forces its shrunken garments insincere and undependable before mar- can be. But only when all girls beon the plump limbs of modern times. I riage and absolutely lacking in the part- come brave and refuse to put up with claim to be a wee bit radical. I think nership idea after marriage. the old order of court-martial did grave "I've read," she says, "about the What have readers to say on the sub-

injustice to many of our brave lads and fickle girl, the girl who isn't satisfied ject? welcome the airing that is being given it to stay at home after marriage and be -to freshen and bring it up to modern times. Away with that "what was good enough for my father is good "But is the boy of today more gen-

chough for me'' system! It is detest-uine than the girl? It's the fellow who for throwing it away. It can still be able. But for love * * * that is ab generally finds out first that he cares initro.

Love of woman makes or unmakes a If she shows she cares he has no use man. Since there is so little real love for her. If she keeps him guessing she ish the neck and armholes with bias existent, why wonder at the strange is fickle and isn't to be trusted. So bands, and an inexpensive edging, and what is a girl to do?" absence of manly qualities?

If there is real love, Miss Helen, why consequently we think as long as 'we can be kept to patch any holes that may do so many couples become divorced have the name we might as well play appear later. after a few short (or long?) years of the game' and enjoy ourselves, too. If married life? Can you tell me why? we can't have partnership we want nothing; if we can't be the other half Is marriage only a temporary union of we prefer to be nothing." two persons, each anxious to find out

all about the how and when of each other, then, when no more newness is \mathbf{Y}_{day}^{OU} are right, dear. The boy of toto be found, each strive to hunt new is more insincere than the girl, but you outside elements to explore? Admit such is the case in very, very cheapening yourself. You said some many people. And the source? At the wonderful things, about women further expense of being called a deadhead and down in your letter-true things.

sob sister and joy killer, I lay all blame "The girl of today." you wrote, "can to this senseless frivolity that pervades; be a wife, mother, partner, companion this absolute refusal to take anything and is able to keep pace with her man serious and taking a holy thing, love, in every way. She can also earn the and hashing it up until unrecognizable. money, if necessary, but that isn't what Love, and not the "jazzy" or "corn we want. That's the man's part. But beef and cabbage" sort, is the only what I mean is, there isn't a thing she thing there is to live for. Eliminate it can't do. Everything is possible for

and all is void-as so many young cou-ples are finding out to their distress. There, dear friend, lies woman's hope Another thing-you are intensely for bringing partnership and fair play practical, "Helen H."-a vice, I call it. into her marriage, into her engagement You have no time for "swell-headed" or into mere budding friendship with a "movies"? That is all impractical and doing when a young man expects 'slush'' and sentiment. 'Do you read her to stay at home sewing on the hope novels? Get anything practical out of chest, while he spends night after night them? No, but it fills one with a nice out with the boys or the "cabaret" girl. feeling that no one can describe-a But there are two roads to choose. One hopeful feeling. So dream a bit, more, is the "Oh, what's the use" way and become romantic even to "sweet six- to run around and flirt and not care teen" what people think about you. The While I really cannot, in justifica - other is to live up to the things you tion, apologize (for what wrong did 1 yourself say about women. Remember

do?). I do, however, salute you for you say women can do everything. your tart reply. Vive d'amour! (That They can. correct French, Cynthia? 1 know you Well, then, let the girl of the hope to be honored with a position as trustee are an authority.) chest chuck it out the window and go

I'm dropping the "major" now that forth and show her young man this, that I'm back in "civvies," Besides, it makes this is not the day when a young woman one think of an old grouch with a walhas to stand and moon, with beating mustache and Mephistophelean heart, near the parlor window.

dering whether he will or he will not beard ! What do the boys from "over there" come. She can go out and earn more think of this-not the beard. I mean money than he can. She can soar un, C VON L. up in the world, meeting people he could titis whole matter? not have met, traveling places he could

not have afforded to take her. She can The Keeping Up Hope Club

Dear Cynthia-As the days go by I marry a man a thousand times more On the backs of most gloves will be Helen Hyde, whose death at Pasadena has been announced, was one of the few women in the world who made Japanese. On the backs of most gloves will be found three thin stripes. These marks correspond to the fourchette pieces be. Keeping Up Hope Club started by Lieu-the second to the world who made Japanese. These marks women in the world who made Japanese tween the fingers. In earlier times tenant B. It seems to me that Lieu- the world waiting and looking for the

gloves were not made so neatly as they tenant B. has given us some idea of bartner sort of sweetheart and wife. are today, and the stitching of the kind of girl fellows like, but do all You won't always find them in dance men like real women? That is a ques- halls or standing on the corner watch tingers was carried doy

And that is true. If you are sin core and striving hard to make a place women who are trying to do the same." You are right. Women were not

fickleness, insincerity and indifference.

Dress Economy The fact that a chemise happens to

generally finds out first that he cares for the girl, and after he's finally taught But before it reaches the dust cloth her to care for him his interest ceases. Stage, cut off the rags, lay it on a

"We're 'wild' in their opinion, and at the neck. run some lingerie tape through the band The bottom of the chemise

> Youth I showed my treasure to the world-My golden store of youth; 'What can it buy?'' I hailed kind Age And waited for the truth. Age smiled to see my smiling face. The joy, the light thereof. And whispered soulfully to me "Buy love, my boy, buy love!" -Oscar C. Williams, in Woman' Magazine. Soldiers Shave With Cuticura Soap

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ers who are agitating the servant-girl problem do not seem to have considered the health, comfort or convenience of the employers who pay for their work.

Could any of them kindly give instances or instructions as to how the and sufficient boiling coffee to make this eight-hour day could be arranged

where there is a fired, wornout, semiinvalid mother with a house and four or

For the first time in the sixty-four

Things to Know

month at Madison, Wis.

date and cocon consuming country in Commercial cocon is sold in the world wdered form with a portion of the fat removed. In this way it is rendered much ment. re easily digestible, and it is freolate is prepared bean in the solid or stor cake form.

The white streaked appearance of chocolate when kept in stock for some time is due to the heat. Chocolate readily melts at a temperature of 96 degrees Fahrenheit, but this in no way curts the quality or the flavor.

To prepare the chocolate as a bever-age it is necessary to boil or cook it thoroughly. The mere fact of pouring is the shop, 1 dropped in to see ing water or milk upon the cocoa them. All I can say is that the pictures will not cook it sufficiently.

How to Prepare Chocolate

The Mexican enjetire long ago disvered that to make chocolate successfully, it is necessary to beat it consally and he thus perfected a choco fate whip which is a wooden beater with a number of wooden rings fastened to it ; when this is used to stir the chocolate it churns the mixture to a froth.

broidered in dots of old rose or Copen The French use a number of switches, hagen blue. They are the sort of cool and into a whip. The American dresses you would wear in town to shop. homewife uses a flat wire whip for this or to the office, or for the porch in the

afternoon. I can describe the material. fourths cup of water and two level but it would be quite impossible to tell you the smartness of their lines and tenspoons of cocoa for each cup of cocoa esired. Bring to a boil and then cook fail to do this. I can assure you, how their trim neatness. Even the nictures for five minutes. Beat continually, then ever, that they are well worth \$9.75, add one-fourth cup of scalded milk for each cup of cocoa. Bring to a holl and that it will pay you to look at them. again and then serve.

Chocolate-Use three ounces of thecolate to one quart of water. Cut week ago, and have been longing to chocolate to one quart of water. Cut the chocolate fine and then add the water and stir continually. Bring to a boil and cook for ten minutes. Add hint about ever since—a sale of ivory toilet articles. The sale starts today. In it there are to be ivory mirrors, In it there are to be ivory mirrors. again to the boiling point and serve.

One tablespoon of whipped cream duced to \$1. Everything, in fact, has may be added to each cup just before Here are some other methods of serv-

ing chocolate and cocoa :

· Chocolate Punch

Here is something new-or at least Place one-half pound cake of choconew to me-a glass knife for cutting lete, cut into small pieces, in a saucemn and add two quarts of water. Bring a a boil and cook for ten minutes. Add The sharp edge has a rough finish which quart of scalded cream. Beat hard slices that orange or grapefruit in short o blend and then cool and pour into punch bowl and add :

Tico quarts of cracked ice. small bottle of finely chopped machino cherrica.

One tablespoon of vanilla. One-half tenspoon of cinnomon exquart of carbonated water.

This amount will serve forty person

Chocolate Sauce lace four ounces of chocolate cut tipe pieces into a saucepan and add pint of water and one and one-cups of sugar. Stir until the sugar

oung childr chocolate five or mor or cocoa and plenty of good bread and care of, and where one is barely able to butter, spread with jam, in place of so afford the one maid at the present price Homeopathic Association has elected a being used to conceal the seams. The food value of the of wage? I know of many such cases chocolate or cocon milk, butter and and wonder if there has ever been given quently preferred because of this, Choe- bread is suitable to the growing young- any forethought as to how the prooosed change would work out.

Possibly these reformers have not been accustomed to employ themselves, consequently are only vi-sionary about the whole matter. Anther thing: The many servant girls we

With a Purse have talked with do not take kindly to the change. As one said to me in a most

knows if shop girls and those who work certainly did not do them justice. One more than thirty five years' experience dress, for instance, is a little green and - and have had several girls who left us white plaid madras. The waist and to go back to their homes in the country," who have had from four to skirt are separate and the waist has trim little cuffs of white pique and a seven hundred dollars to take home

pique collar. Another is a with them. I doubt if any one of them had \$5 when they came to live with us. checked lavender voile with soft, frilly collar and cuffs. Still others come in I always made a practice of insisting they save something from their wages organdie, in plain colors, while more if they were not voluntarily inclined to are all white with collar and cuffs em-

do so, although most generally they were of their own accord. built and named in memory of the wife ago. They worship idols and their sole of General Pershing. Mrs. Pershing wealth consists in reindeer. I fully believe this system of relays,

where there is more than one servant was a Wyoning girl, the daughter of employed, would do more to demoralize a household and break up homes than ator from tha state. anything I can think of !

Mrs. Hugh L. White, of Columbia, Mrs. H. C. N. Miss., who has been appointed trustee

The Editor of Woman's Page will be of the State Industrial and Training pleased to print the opinions of others School, is the first woman in Mississippi



years of its existence the Illinois way on to the back of the glove, braid tion which no one man can answer for woman as its president.

The only important peace treaty ever square. At one time they were shaped negotiated by women was that known as the "Ladies' Peace," arranged by this irregularity displeased Queen Marie

maids Louisa of Savoy and Margaret of Aus- Antoinette, who suggested that a unitria. form shape would be an indication of

the Dominion Government offices at of 1785, enacting that all pocket hand-Ottawa have formed a union with a view kerchiefs should have right-angled pathetic way, "It is like being turned out of a home." I wonder if any one

Miss Della Cox, of Millville, N. J. is the first woman ever elected as delegate to an annual convention of the Glass Bottle Blowers' Association of the United States and Canada. "old

To Miss Hilda Florence Simpson,

Liverpol, has fallen the distinction of

to be admitted to the Society of Incor-

porated Accountants and Auditors.

good taste. The result was a decree Nearly 1000 charwomen employed in by Louis XVI, issued in the early days

edges henceforward.

In her capacity as secretary of th

association of Government Labor Of-

ficials of the United States and Canada,

Miss Linna Bresette, of Topeka, is pre-

paring the program for the organiza-

tion's annual convention to be held next

ing vine type, and yet all the fellows In the extreme north of the Russian will stick to her. I don't know why, as province of Archangel, where American it seems to me that I am equal to her oldiers and their Allies have been fight-

in every respect. ing of late, dwells one of the queerest Won't some more men please join this and least known races of mankind, club? Just write anything that comes These are the Samoyedes, the wander into your heads that is true about ing tribes of the vast frozen marches I don't think you men know women. which extend in these regions from the being the first woman in Great Britain forest belt to the shores of the Arctic. how much a woman likes to hear what a man has to say about her, and yet These peoples owe allegiance to no men will always be secretive. Be out with it. Do not stand back and be master. Civilization has passed by them in its stride and they live today pretty afraid to give your opinions. Cheyenne is to have a hospital to be much as their ancestors lived centuries Your Constant Reader,

rus

A HIGH SCHOOL GRADUATE.



ing the girls go by. But go out on the a majority. Sometimes I think that big broad highway, where young men men don't know what they want. They and women are thinking of something may write on paper that they like besides ceaseless excitement and pleas women, but in actions men usually fall ure. You are apt to find them there.

THAT is the true way to "show" the young man who teaches a girl to care up at the man with pleading eyes. and then ceases to care himself. Go I am a young girl myself, who is not out and accomplish something, how a goody-goody, but I am not a highever small it may seem. Mingle with timer. I do not use rouge and I do not people who accomplish things. Show wear puffs. However, I am rather a the young man that though you may lively girl, like to go to a dance once not count with his empty-headed jolliin a while and usually take in all good fication crowd. you count ace high with shows. I have a friend who is a clingmen and women who can do something

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frnit-oranges, grapefruit and the like order. Being entirely of glass the knives do not spot and are strictly sanitary. They cost thirty-five cents.

Here is something about which I re-

ceived "advance" information over a

ranging from \$1.50 to \$3.75, brushes

from \$1 to \$4, \$4 white ivory trays re-

been lowered to about one-half the

original price. And, of course, you will

find all the smaller articles, such as nail

files and the like.

For names of Shops, address Woman's Page Editor. Phone Walnut 3000.

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