

MRS. WILSON TAKES STOCK OF AFFAIRS IN THE KITCHEN

Cooking Has Been Made Much Easier by Electric Appliances and Scientific Methods—The Correct Way to Make a Cream Sauce

By Mrs. M. A. Wilson

WHILE I was attending the semi-annual meeting of the Home Economics Association in Atlantic City, N. J., I was talking along the esplanade, the sight of the majestic ocean, with its gently heaving and rolling waves, brought to my mind that I had brought to my very opportunity for this would be a very opportune time for the housewives to take stock, as it were, of the culinary part of the household. I am beginning to see the signs of the return to housework, and the desire to return to the kitchen as a sign of the return to the preparation of the good and nutritious home-cooked food.

The adjustment of the returning maid will be quite easy, if she will be willing to realize that, while many new inventions have lightened the burden of the housewife, she must look to the material cleanliness of the house, science has also discovered, and is now using, more efficient means of preparing food for the nutrition of the body. Much of the ill of the body are due to faulty nutrition; that people suffer from this is due to a large extent to the old-fashioned methods of cooking, storing and cooking the daily food which is needed for the bodily upkeep.

For example, take the making of a cream sauce. This sauce is used for cream soups, over certain vegetables, with baked fish, in au gratin and so on. Years ago the housewife blended four and butter, added hot milk and stirred the mixture until it was smooth and creamy. Today science tells her that this is decidedly wrong and that the butter should be melted at a low temperature and thus causes a separation of the fatty particles. This separation of these little particles starts an acid degeneration, which makes the sauce unfit for food, thus causing intestinal disturbances.

But, perhaps I hear some one say that the butter does not melt at a low temperature and thus causes a separation of the fatty particles. This separation of these little particles starts an acid degeneration, which makes the sauce unfit for food, thus causing intestinal disturbances. The standard half-pint measuring cup will hold:

- 8 cups of granulated sugar . . . 1 pound
8 cups of powdered sugar . . . 1 pound
2 cups of cornstarch . . . 1 pound
2 cups of butter, lard or salad oil . . . 1 pound
1 cup of sifted flour . . . 1 pound
1 cup of bran . . . 1 pound
2 cups of rice . . . 1 pound
3 1/2 cups of whole wheat flour 1 pound

Things You'll Love to Make
Cretone Trimmed Shade
Now is the time to begin to plan your summer decorations. So when you are choosing your cretone hangings select a pattern that has small flowers or other motifs that can be cut out. Plan to have shades for CRETONE TRIMMED SHADES. Cut the flowers or other motifs from the cretone and apply them just above the hem of the shade. The applique design may be simple or as elaborate as the cretone pattern and of any material you desire. With CRETONE TRIMMED SHADES you will feel the need of, or miss the customary white curtain.

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Doesn't hurt a bit! Drop a little "Freezone" on an itching corn. Instantly that corn stops hurting, then simply lift it right off with fingers. Truly "Freezone" is the only medicine for "Freezone" for a few cents, sufficient to remove every hard corn, callus, or corn between the toes, and the calluses without soreness or irritation.

"I'm mighty grateful to Ancre Cheese," Mother sighs, "for taking the 'quest' out of the 'question' of how I'm to tempt the appetites of my family these spring days."
ANCRE CHEESE
With the Genuine Roquefort Flavor

THIS GREEN BLOUSE IS FRINGED SMARTLY



Of course, the fringed blouse is no phenomenon, but the above drawing shows a new version of this garment which is sure to attract even our fringed-colored palate. For here the trimming is part of a Spanish shawl of the lovely green known as Veronese, and the peculiar draping is typical of a season which has given us more new kinds of draped garments than we have ever seen before.

By CORINNE LOWE
that way? Then he told us to go straight off the lawn, so we took a walk down the street.

firmly, and marshaled them off, followed by the delighted smiles of Betty's audience.
When they reached the gate three distracted relatives came rushing from so many directions, but Jack turned to the grandparents.

"I found these twinsets having a joy ride on a car, so I made them about-face in case you wanted them," said Betty.
As they went to the house Jack turned stiffly to the young lady, who, after her first cry of welcome, had not spoken.

Next complete novelette—"New-Fangled Notions."
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YOU will want to know about the most attractive new bracelets. They are slender silver chains with long, narrow links studded at intervals with a brightly colored little stone.

For all ages 2 to 14—each garment fits perfectly. Body of durable, high grade materials. All buttons genuine bone.

low flower holders for bowls. It is the first time I have seen them separate from the bowls, or rather, it is the first time I knew they could be bought separately. Their price is twenty-five cents.

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Slip-over Sweaters In a New Style, \$6.50

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Separate Trousers All-Wool—\$5, \$6.50, \$7.50

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