

13-YEAR-OLD GIRL WINS LONDON'S SCHOOL CHAMPIONSHIP FIVE TIMES

Mrs. James Lee Laidlaw Will Address Great Audience of Suffragists in Victoria Theater—Frances Kellor Has Been of Great Help in Passage of Remedial Legislation for Aliens.



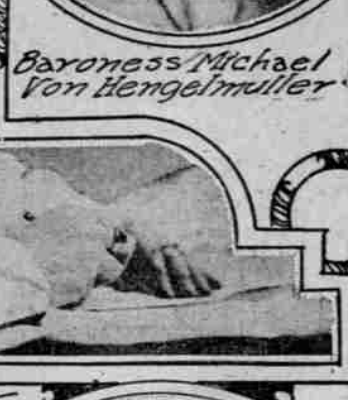
Baroness Michael Von Hengelmueller



Stella De Mello



Miss Frances A. Kellor



Nellie Stockwell



Mrs. J. L. Laidlaw



Miss Susan W. Fitzgerald



Nellie Stockwell



Mrs. J. L. Laidlaw

NEW YORK, Sept. 14.—(Special.)—For the fifth year in succession Nellie Stockwell, 13-year-old daughter of the keeper of the Rotherhithe mortuary in London, has won the championship of the London County Council Schools. Her girl competitors have numbered more than 1700 each time. Up to the present she has captured 31 prizes of different kinds. Besides her sports trophies, Nellie has a first-class swimming certificate and until recently she was captain of the net ball team of her school. She can also show five medals for good conduct and attendance. She gets plenty of exercise and eats lots of sugar. She does not train in any special way.

Mrs. Susan Walker Fitzgerald, a strong suffragist and defeated candidate for the Boston School Board, is an authority on education. She is a graduate of Bryn Mawr. She received her elementary education in Salem, Boston and Washington. She is a daughter of the late United States Admiral John G. Walker. As a member of the child labor committee in New York she was actively responsible for the passage of laws restricting the employment of children providing compulsory education until a certain age. In connection with these laws, Mrs. Fitzgerald served one year as trustee officer. For more than a year she was secretary of the Boston School Voters League and has studied the school system of that city with great care and attended all the meetings of the school committee. She is the wife of a Boston lawyer and the mother of three children.

The only child of Baroness and Barones Michael von Hengelmueller sailed recently with her parents for Germany and will probably not come back to this country. The Baron, who has been Austrian Ambassador to the United States for the past 20 years, it is said, will not return to America. The little girl is the Baroness Michael von Hengelmueller. She has spent most of her life in Washington and is more than half American in her tastes.

Mrs. James Lee Laidlaw, wife of Banker Laidlaw, is one of the prominent suffragists in New York who is taking an active part in the all-star suffrage vaudeville attraction which is to run an entire week at Hammerstein's Victoria Theater in New York. Mrs. Laidlaw is a fluent speaker and she has been chosen to tell the audience why it should join the suffrage movement.

Stella de Mello, an American girl, enjoys the distinction of being the youngest woman ever signed to do principal roles in the Metropolitan Opera Company. She attracted the attention of Director Cappelletti and after he heard her sing several times he engaged her to appear early this season. She is only 20 years of age but has studied three years in Italy and has appeared in several important roles there. Her parents live in Cincinnati.

Miss Frances Kellor, chief investigator of the Bureau of Industries and Immigration of New York, was one of the four women to be made a member of the National committee of the Progressive party. Miss Kellor since coming to New York has been instrumental in securing the passage of three banking laws to protect the savings of the National committee of the Progressive party. Miss Kellor since coming to New York has been instrumental in securing the passage of three banking laws to protect the savings of the National committee of the Progressive party.

are of laws restricting the employment of children providing compulsory education until a certain age. In connection with these laws, Mrs. Fitzgerald served one year as trustee officer. For more than a year she was secretary of the Boston School Voters League and has studied the school system of that city with great care and attended all the meetings of the school committee. She is the wife of a Boston lawyer and the mother of three children.

The only child of Baroness and Barones Michael von Hengelmueller sailed recently with her parents for Germany and will probably not come back to this country. The Baron, who has been Austrian Ambassador to the United States for the past 20 years, it is said, will not return to America. The little girl is the Baroness Michael von Hengelmueller. She has spent most of her life in Washington and is more than half American in her tastes.

Mrs. James Lee Laidlaw, wife of Banker Laidlaw, is one of the prominent suffragists in New York who is taking an active part in the all-star suffrage vaudeville attraction which is to run an entire week at Hammerstein's Victoria Theater in New York. Mrs. Laidlaw is a fluent speaker and she has been chosen to tell the audience why it should join the suffrage movement.

Stella de Mello, an American girl, enjoys the distinction of being the youngest woman ever signed to do principal roles in the Metropolitan Opera Company. She attracted the attention of Director Cappelletti and after he heard her sing several times he engaged her to appear early this season. She is only 20 years of age but has studied three years in Italy and has appeared in several important roles there. Her parents live in Cincinnati.

Miss Frances Kellor, chief investigator of the Bureau of Industries and Immigration of New York, was one of the four women to be made a member of the National committee of the Progressive party. Miss Kellor since coming to New York has been instrumental in securing the passage of three banking laws to protect the savings of the National committee of the Progressive party.

Little lemon juice is a good addition to brighten the flavor and improve the color. No definite amount can be stated, as it depends upon the natural acidity of the fruit chosen and upon personal taste. The combinations frequently called "modern conserves" often include, besides the fresh fruits in season, such as raspberries, strawberries or figs, with broken nut meats. Here again combination and proportion depend upon personal taste. Seedless grapes may also be used in conserves in the simpler preserves. Equal quantities of the fruits chosen is a very common rule except where some fruit is specially strong or weak in flavor. The fruits are generally to be simmered until tender, using a very little water or some fruit juice to start the softening process, and then an equal quantity of sugar is added and the fruits cooked until the desired firmness and clearness are obtained. Nuts are added last. Spices may or may not be added.

The following are other suggested combinations:

- Apple, pear, plum, peach, orange, raisins, walnut or almond.
- Pineapple, peach, pear, seedless grape.
- Pig, Sultan, peach, orange, banana, fresh coconut or almond.
- Rhubarb, fig, orange, raisin, walnut.
- Pineapple, peach, lemon, ground cherry.
- Apple, lemon, pear, sultana almond.
- Apple, lemon, pear, ginger.
- Apple and orange, with or without nuts.
- Concord grape, apple and pear.
- Ground cherries may be used in preserves, either alone or in combination with other fruits. They are also used in fruit cocktails, fruit salads and in savory or semi-savory salads.

The following is a typical preserve: Ground cherry preserve—Make a syrup with one cup sugar and one cup water for every pound of husked ground cherries. Flavor the syrup strongly with lemon juice and yellow food. Little ginger root may also be added if liked. Heat to boiling point and skim. Then add the ground cherries, cook until thoroughly scalded and skim out into jars. Boil the syrup until thick, then fill the jars to overflowing and seal at once. A few slices of lemon may be used in the preserve if liked; or half orange and half lemon juice and yellow rind may be used.

SHERWOOD, Or., Aug. 28.—Would you please tell me (1) how to make German noodles; (2) how to preserve elder. Thank you kindly.

I am sorry you have had to wait so long for the remainder of your answer. My column has been overcrowded lately.

German noodles—These are best made when eggs are plentiful, as, if well dried and securely stored, they will keep all winter. One egg, one-half teaspoon salt, strong bread flour, to make a very stiff dough. Beat the egg very slightly with the salt and sift in the flour, kneading very thoroughly. Press on a floured board and roll as thin as paper. Cover with a towel and set aside for 20 minutes. Then roll

up like a jelly roll and cut in thread-like slices, tossing them lightly apart. Dry and when needed cook in boiling salted water, drain and use in soup or as a substitute for spaghetti or for sweet puddings. Noodles may be used like macaroni, with cheese, minced ham or other meat, or with savory vegetable combinations, or with tomatoes in any form.

The noodle paste may also be cut in fancy shapes or may be prepared in the form of small "ravioli" or "ravoli" with well-seasoned minced meat or vegetable filling. The edges must be closed with beater egg. These may be cooked in boiling water and served with grated cheese or tomato sauce, Italian fashion, or they may be carefully fried in deep fat and well drained, then sprinkled with salt and dry grated cheese. Noodles, in combination with cheese or eggs, or with a small quantity of meat, may form the "main dish" of a meal, acting as a "meat substitute." A little knack is required to make them well and quickly, but it is easily acquired.

To keep elder sweet—I can't say that I am an authority upon elder making or keeping. Perhaps some more experienced reader may have better suggestions given below. You may, of course, boil elder to the consistency of molasses and use it for many purposes, besides diluting it with ice or cold carbonated or hot water for a drink.

Or you may boil it down one-fourth, after making and keep it at a temperature just above freezing.

Eight tablespoons of mustard seed to each barrel, poured in with the elder, is an old-fashioned but positive remedy which may or may not be effective. Another consists of a handful of hops, boiled in water with a little honey and added to the elder, but I cannot say how efficient this may be. There are, of course, other "preserving powders" offered for sale for this and other purposes. Such powders should be used carefully, as they are very likely to contain injurious ingredients.

The following is a recipe for sour milk pancakes baked for R. S. B. August 21, but unavailably crowded out until now: Sour milk pancakes—(1) To one pint sour milk add a slice of dry bread about one-half inch thick. Let stand overnight. In the morning beat up the bread quite fine and add one level teaspoon soda and one-fourth teaspoon melted shortening and two tablespoons sugar, though these two ingredients may be omitted, as they are not essential. Bake on a hot griddle in the usual way.

It takes one pint sour milk completely to neutralize one level teaspoon soda. If you use one level teaspoon soda to one level tablespoon baking powder and capable of leavening one pint flour. If one pint flour is used, the mixture will be too thin. If more flour is used the mixture is likely to be heavy, hence the use of soaked bread as suggested above. Another way would be to use sour milk enough to make the batter of the right consistency. Add soda in proportion to the milk used, (calculating on the basis of one level teaspoon to one pint, as above) and then add baking powder to supply any deficiency of leavening. This is usually done in making soda biscuits or bread. Or else the full amount of soda is used and cream of tartar is added in proportion requisite to make a yellow, soft and soapy taste, or else an insufficiently leavened and therefore heavy mixture. If you wanted richer sour milk pancakes, with eggs, please write again, but I think from the above explanation of leavening you will be able to construct your own recipe for a mixture as plain or as rich as you desire.

I am obliged, by lack of space, to omit a letter from E. M. B. urging women to study plain and wholesome cooking and to encourage cleaning up in bakeries, markets, etc. I am sure we are all agreed on the importance of these matters.

Making of Garden in Mid-September Easy

Acre of Ground or Even Little Window Box Will Be Sufficient, for Plants Will Thrive in Either.

BY LOUISE BRYANT.

AN OLD-TIME poet has told us that "he who loves the garden still feels the influence of the flowers." Any one who goes into our suburban districts on Saturday afternoon or Sunday and beholds Mr. Businessman in shirt sleeves and overalls, with hoe or trowel, putting around among his roses knows from his beaming face that this is so.

A garden is of more than physical benefit, for soon one begins to feel the soft influence of the flowers, the quiet and undemandative, yet all the same lasting feeling of a companionship with nature. The brow thus "wet with honest sweat" is apt to be a little happier and better for it.

Making a successful garden ought not to be such a formidable thing, for anyone can have a garden without undergoing any great hardship to get it. An acre of ground or a little window box will do, for there are always plants that will thrive in either. Here is the whole secret in a nutshell: Don't go to the trouble of trying to grow a plant or plant that you can think of and plant them promiscuously; no satisfactory garden was ever made that way. To be sure, to be sure, to find out which of the plants you like will grow in the space you have, (2) what kind of soil to plant them in, (3) how to plant them and (4) how to care for them after they are planted.

A gardener's calendar really begins in mid-September. It is the best time to plan for the far-away birth time of flowers, especially in our gardens. In an old or established garden little can be done until after the first hard frost. In new beds planting must be done earlier, or a done the better, so that the roots may be well established before frost.

Pansies should now be transplanted. Sow alone and larkspur in the open ground, annual poppy seeds, sweet William and forget-me-nots. Bear in mind that poppies need sun and forget-me-nots partial shade. Both require moisture.

The early blooming Spring bulbs can be set out in September. Other bulbs are not planted until October. Early Spring bulbs are snowdrops, chionodoxas, scillas, crocuses, narcissi or daffodils. Owing to our rather mild climate many gardeners wait until next month to plant even the early ones.

All gardens of any size should be really planned on paper and one should take into consideration the seasons at which different flowers bloom, the harmonizing of colors and the space taken up by each plant. All gardens ought to have a definite boundary line which can be softened and made beautiful by shrubbery of some sort.

Be a Wise Woman! Enjoy Nemo Comfort

No matter what your figure, there's a Nemo model that will give you more style and comfort than any other corset. BE A WISE WOMAN—and GET IT!

EVERY WOMAN Should Read This! It Concerns Your Health and Your Appearance

WE propose to devote much space in our newspaper advertisements, this Fall, to impressing every woman with the vital importance of our great new invention, the new—

Nemo Corsets BANDLET SELF-REDUCING LASTIKOPS SYSTEM

Models 522 and 523

These corsets are not merely stylish wearing apparel—garments which simply reduce the figure and give you a fashionable appearance. They also serve as a preventative of those ailments of weakness from which millions of women suffer, and as a cure for them.

They bring to suffering womankind a welcome message of relief, comfort and health; and they will be hailed, praised and appreciated as a powerful factor in the upward and onward movement toward hygienic dress.

That such a great achievement in promoting health and comfort can be accomplished by a mere corset will not be easily understood and appreciated. Medical authorities, renowned surgeons and eminent writers on hygiene, who have examined and tested these corsets, have been dumfounded to discover such a simple solution of a problem with which they have battled for years—the prevention and cure of certain ailments peculiar to women. Two models:

No. 522—medium bust For Tall and Medium Stout Figures \$5

No. 523—with low bust For Short Stout Figures

Other Nemo Self-Reducing Corsets for Stout and Medium Figures

AUTO-MASSAGE SELF-REDUCING No. 353, low bust; No. 354, medium bust; and No. 355, high bust. \$3.50

FLATNING-BACK SELF-REDUCING Self-Reducing models with long modish skirt; hip-confining bands of Lastikops Webbing give extra-slender effect below the waist, with a graceful "inslope." Two models—No. 319, low bust; and No. 321, medium bust. \$3.50

IN-CURVE BACK SELF-REDUCING Most wonderful figure-reducing corsets in existence. "Skirt has four gores of the new semi-elastic Lastikops Cloth, fits like an elastic when you stand, relaxes comfortably when you sit down. The new "In-Curve Back," of Lastikops Webbing, gives a perfect rounded effect. Two models—No. 506, low bust; and No. 508, medium bust. \$5.00

LIMSHAPING SELF-REDUCING Broad bands of Lastikops Webbing across the thighs reduce upper limbs to natural size, banishing the ridge of flesh below the corset-skin. Regular Self-Reducing front. Two models—No. 406, low bust; and No. 408, medium bust. \$4.00

Nemo Corsets for Slender Figures

For women of slender or medium figure who desire the abdominal support necessary to overcome the danger of tight lacing. This is furnished by bands of Lastikops Webbing across the abdomen. Four stylish models, all with modish long skirt—No. 330, medium bust; No. 331, low bust; No. 332, high bust; and No. 333, short girde top (excellent for athletics). \$3.50

LASTIKOPS HOLITE Models with the new Lastikops "Holite" Straps (inside the corset) and the new "Double-top" Hose Supporters. The acme of comfort, style and grace for medium and slender figures. Two models—No. 306, low bust, and No. 308, medium bust. \$3.50

Be a Wise Woman! Refuse All Imitations

If any dealer tries to sell you "something just as good" when you ask for a Nemo, BE A WISE WOMAN, and go to a store that will sell you what you want.

KOPS BROS., Manufacturers, 3. W. Corner 16th Street and Irving Place, New York

up like a jelly roll and cut in thread-like slices, tossing them lightly apart. Dry and when needed cook in boiling salted water, drain and use in soup or as a substitute for spaghetti or for sweet puddings. Noodles may be used like macaroni, with cheese, minced ham or other meat, or with savory vegetable combinations, or with tomatoes in any form.

The noodle paste may also be cut in fancy shapes or may be prepared in the form of small "ravioli" or "ravoli" with well-seasoned minced meat or vegetable filling. The edges must be closed with beater egg. These may be cooked in boiling water and served with grated cheese or tomato sauce, Italian fashion, or they may be carefully fried in deep fat and well drained, then sprinkled with salt and dry grated cheese. Noodles, in combination with cheese or eggs, or with a small quantity of meat, may form the "main dish" of a meal, acting as a "meat substitute." A little knack is required to make them well and quickly, but it is easily acquired.

To keep elder sweet—I can't say that I am an authority upon elder making or keeping. Perhaps some more experienced reader may have better suggestions given below. You may, of course, boil elder to the consistency of molasses and use it for many purposes, besides diluting it with ice or cold carbonated or hot water for a drink.

Or you may boil it down one-fourth, after making and keep it at a temperature just above freezing.

Eight tablespoons of mustard seed to each barrel, poured in with the elder, is an old-fashioned but positive remedy which may or may not be effective. Another consists of a handful of hops, boiled in water with a little honey and added to the elder, but I cannot say how efficient this may be. There are, of course, other "preserving powders" offered for sale for this and other purposes. Such powders should be used carefully, as they are very likely to contain injurious ingredients.

The following is a recipe for sour milk pancakes baked for R. S. B. August 21, but unavailably crowded out until now: Sour milk pancakes—(1) To one pint sour milk add a slice of dry bread about one-half inch thick. Let stand overnight. In the morning beat up the bread quite fine and add one level teaspoon soda and one-fourth teaspoon melted shortening and two tablespoons sugar, though these two ingredients may be omitted, as they are not essential. Bake on a hot griddle in the usual way.

It takes one pint sour milk completely to neutralize one level teaspoon soda. If you use one level teaspoon soda to one level tablespoon baking powder and capable of leavening one pint flour. If one pint flour is used, the mixture will be too thin. If more flour is used the mixture is likely to be heavy, hence the use of soaked bread as suggested above. Another way would be to use sour milk enough to make the batter of the right consistency. Add soda in proportion to the milk used, (calculating on the basis of one level teaspoon to one pint, as above) and then add baking powder to supply any deficiency of leavening. This is usually done in making soda biscuits or bread. Or else the full amount of soda is used and cream of tartar is added in proportion requisite to make a yellow, soft and soapy taste, or else an insufficiently leavened and therefore heavy mixture. If you wanted richer sour milk pancakes, with eggs, please write again, but I think from the above explanation of leavening you will be able to construct your own recipe for a mixture as plain or as rich as you desire.

I am obliged, by lack of space, to omit a letter from E. M. B. urging women to study plain and wholesome cooking and to encourage cleaning up in bakeries, markets, etc. I am sure we are all agreed on the importance of these matters.

Making of Garden in Mid-September Easy

Acre of Ground or Even Little Window Box Will Be Sufficient, for Plants Will Thrive in Either.

BY LOUISE BRYANT.

AN OLD-TIME poet has told us that "he who loves the garden still feels the influence of the flowers." Any one who goes into our suburban districts on Saturday afternoon or Sunday and beholds Mr. Businessman in shirt sleeves and overalls, with hoe or trowel, putting around among his roses knows from his beaming face that this is so.

A garden is of more than physical benefit, for soon one begins to feel the soft influence of the flowers, the quiet and undemandative, yet all the same lasting feeling of a companionship with nature. The brow thus "wet with honest sweat" is apt to be a little happier and better for it.

Making a successful garden ought not to be such a formidable thing, for anyone can have a garden without undergoing any great hardship to get it. An acre of ground or a little window box will do, for there are always plants that will thrive in either. Here is the whole secret in a nutshell: Don't go to the trouble of trying to grow a plant or plant that you can think of and plant them promiscuously; no satisfactory garden was ever made that way. To be sure, to be sure, to find out which of the plants you like will grow in the space you have, (2) what kind of soil to plant them in, (3) how to plant them and (4) how to care for them after they are planted.

A gardener's calendar really begins in mid-September. It is the best time to plan for the far-away birth time of flowers, especially in our gardens. In an old or established garden little can be done until after the first hard frost. In new beds planting must be done earlier, or a done the better, so that the roots may be well established before frost.

Pansies should now be transplanted. Sow alone and larkspur in the open ground, annual poppy seeds, sweet William and forget-me-nots. Bear in mind that poppies need sun and forget-me-nots partial shade. Both require moisture.

The early blooming Spring bulbs can be set out in September. Other bulbs are not planted until October. Early Spring bulbs are snowdrops, chionodoxas, scillas, crocuses, narcissi or daffodils. Owing to our rather mild climate many gardeners wait until next month to plant even the early ones.

All gardens of any size should be really planned on paper and one should take into consideration the seasons at which different flowers bloom, the harmonizing of colors and the space taken up by each plant. All gardens ought to have a definite boundary line which can be softened and made beautiful by shrubbery of some sort.

Be a Wise Woman! Enjoy Nemo Comfort

No matter what your figure, there's a Nemo model that will give you more style and comfort than any other corset. BE A WISE WOMAN—and GET IT!

EVERY WOMAN Should Read This! It Concerns Your Health and Your Appearance

WE propose to devote much space in our newspaper advertisements, this Fall, to impressing every woman with the vital importance of our great new invention, the new—

Nemo Corsets BANDLET SELF-REDUCING LASTIKOPS SYSTEM

Models 522 and 523

These corsets are not merely stylish wearing apparel—garments which simply reduce the figure and give you a fashionable appearance. They also serve as a preventative of those ailments of weakness from which millions of women suffer, and as a cure for them.

They bring to suffering womankind a welcome message of relief, comfort and health; and they will be hailed, praised and appreciated as a powerful factor in the upward and onward movement toward hygienic dress.

That such a great achievement in promoting health and comfort can be accomplished by a mere corset will not be easily understood and appreciated. Medical authorities, renowned surgeons and eminent writers on hygiene, who have examined and tested these corsets, have been dumfounded to discover such a simple solution of a problem with which they have battled for years—the prevention and cure of certain ailments peculiar to women. Two models:

No. 522—medium bust For Tall and Medium Stout Figures \$5

No. 523—with low bust For Short Stout Figures

Other Nemo Self-Reducing Corsets for Stout and Medium Figures

AUTO-MASSAGE SELF-REDUCING No. 353, low bust; No. 354, medium bust; and No. 355, high bust. \$3.50

FLATNING-BACK SELF-REDUCING Self-Reducing models with long modish skirt; hip-confining bands of Lastikops Webbing give extra-slender effect below the waist, with a graceful "inslope." Two models—No. 319, low bust; and No. 321, medium bust. \$3.50

IN-CURVE BACK SELF-REDUCING Most wonderful figure-reducing corsets in existence. "Skirt has four gores of the new semi-elastic Lastikops Cloth, fits like an elastic when you stand, relaxes comfortably when you sit down. The new "In-Curve Back," of Lastikops Webbing, gives a perfect rounded effect. Two models—No. 506, low bust; and No. 508, medium bust. \$5.00

LIMSHAPING SELF-REDUCING Broad bands of Lastikops Webbing across the thighs reduce upper limbs to natural size, banishing the ridge of flesh below the corset-skin. Regular Self-Reducing front. Two models—No. 406, low bust; and No. 408, medium bust. \$4.00

Nemo Corsets for Slender Figures

For women of slender or medium figure who desire the abdominal support necessary to overcome the danger of tight lacing. This is furnished by bands of Lastikops Webbing across the abdomen. Four stylish models, all with modish long skirt—No. 330, medium bust; No. 331, low bust; No. 332, high bust; and No. 333, short girde top (excellent for athletics). \$3.50

LASTIKOPS HOLITE Models with the new Lastikops "Holite" Straps (inside the corset) and the new "Double-top" Hose Supporters. The acme of comfort, style and grace for medium and slender figures. Two models—No. 306, low bust, and No. 308, medium bust. \$3.50

Be a Wise Woman! Refuse All Imitations

If any dealer tries to sell you "something just as good" when you ask for a Nemo, BE A WISE WOMAN, and go to a store that will sell you what you want.

KOPS BROS., Manufacturers, 3. W. Corner 16th Street and Irving Place, New York

Answers to Correspondents

BY LILLIAN TINGLE.

Roseburg, Or., Sept. 3.—Please give (1) recipe for angel cake, also "pointers" in regard to making the same. Should it be baked slowly or quickly? Does it make any difference if cream of tartar is used in the food cake and baking soda in the angel? (2) Also recipe for "devil's food" cake and icing used on same. (3) Also the kind of moist, rich, delicious gingerbread our grandmothers used to make. I have tried some of your cake recipes with great success and feel sure I shall not be disappointed with these. Thanking you in advance.

ANGEL CAKE. (1) One cup egg whites, one cup sifted fine granulated sugar, one scant cup flour, measured after sifting once and re-sifted with one-half teaspoon cream of tartar, one teaspoon vanilla extract or other preferred flavoring, one-eighth teaspoon salt. Angel cake. (2) One cup egg whites, one cup flour, 1-1/2 cups sugar, one teaspoon flavoring, one-fourth teaspoon salt.

Opinions differ as to whether the best results are obtained by using nearly equal measures of flour and sugar, or having the sugar in excess. Different makers, too, get equally good results by the use of two different methods.

Method One. Beat the eggs with the salt until they give a clean cut, but not until granulated. Have the sugar, flour and cream of tartar thoroughly sifted together. Fold (do not stir) this mixture lightly into the egg whites. Method Two. Beat the eggs as above, add the sugar, heating a little, then fold in the flour.

It appears to be immaterial whether the cream of tartar is beaten into the egg whites or sifted with the flour. Cream of tartar does not spoil on keeping. Its purpose is to lighten the cake, stiffen the albumen and modify the mawkish sweetness of the sugar. When soda is used (as in imitation angel food) the cream of tartar acts with it as a leavening agent, but not in this case. Lemon juice is used in rich sponge cakes (without baking powder) for similar reasons.

The chief rule for success in making angel food is "know your oven." With a well regulated oven angel food is actually one of the easiest and quickest made of cakes. The time needed depends upon the depth of the pan and will be probably not less than 45 minutes, and frequently nearer an hour. A rather moderate but steady heat is needed, somewhat higher than for rich, yellow sponge cake. If the heat is too great the cake will be tough; if too slack the cake will be hollow or coarse grained. The "four quarters rule" is helpful in baking. Do not move the cake during the second and third quarters. Where an oven tends to burn on the bottom, a pan of hot sand, in which to set the cake pan, is very helpful. Use a tube pan, increased, lining tube and bottom with ungreased white paper. It is often helpful to cover the tin with

a tin lid or thin iron plate (resting on the central tube, and allowing circulation of air) until the cake has risen to its full height, say in half an hour, or 25 minutes. Remove the lid and bake 25 or 30 minutes more. Then test as usual, being careful to apply the "skewer or brown straw test" only after other tests have been made and you are almost "perfectly certain" the cake is done, or a failed cake may result. When the cake is taken from the oven, turn the pan bottom upwards, that it may rest on the tube with circulation of air, or if the tube is too short, let the inverted pan rest on cups. When perfectly cold, remove by slipping a spatula or thin-bladed knife between the cake and sides of the pan. Leave unfrosted, or cover thinly with plain water frosting. A very good "charlotte" is made by filling a small mold with a good Bavarian cream. I must ask you to wait until next week for the rest of your reply.

Chehalis, Wash., Sept. 10.—I am informed that in one of your issues of July, 1912, you published a recipe for making tinted beads (other than the black beads) from violets, asters, etc. The extra credit I do not know, but assume that you will, therefore, will you kindly send me a copy of the paper referred to, and oblige.

MRS. M. J. R. B.

An article on making rose beads (both black and colored) by several different methods, appeared June 30th. Extra explanatory details for making colored, scented beads from violets, asters, chrysanthemums, sweet brier, herbs, etc., is one which I have tested but am not at liberty to make public at present. It is quite possible, however, to make very well colored and fragrant beads by the intelligent following of the methods already given, though personally I do not think them worth the making.

Portland, Or., Sept. 4.—Will you please give a recipe for a bottled combination preserve of fruits obtainable now; also directions for using ground cherries. A. H. R.

You can hardly go wrong on fruit combinations at this season. Personal taste is a safe guide.

"Almond Preserve" is an old-fashioned sweet made with equal quantities of apple, pear and plum or peach. All four make a good combination. Pineapple, peach and ground cherry make a light golden preserve. Apple and quince is usual enough; but apple and pineapple or apple, pineapple and pear are less well known combinations. Apple, pear and huckleberry is a combination of rich color, approved by some.

With most combination preserves a

little lemon juice is a good addition to brighten the flavor and improve the color. No definite amount can be stated, as it depends upon the natural acidity of the fruit chosen and upon personal taste. The combinations frequently called "modern conserves" often include, besides the fresh fruits in season, such as raspberries, strawberries or figs, with broken nut meats. Here again combination and proportion depend upon personal taste. Seedless grapes may also be used in conserves in the simpler preserves. Equal quantities of the fruits chosen is a very common rule except where some fruit is specially strong or weak in flavor. The fruits are generally to be simmered until tender, using a very little water or some fruit juice to start the softening process, and then an equal quantity of sugar is added and the fruits cooked until the desired firmness and clearness are obtained. Nuts are added last. Spices may or may not be added.

The following are other suggested combinations:

- Apple, pear, plum, peach, orange, raisins, walnut or almond.
- Pineapple, peach, pear, seedless grape.
- Pig, Sultan, peach, orange, banana, fresh coconut or almond.
- Rhubarb, fig, orange, raisin, walnut.
- Pineapple, peach, lemon, ground cherry.
- Apple, lemon, pear, sultana almond.
- Apple, lemon, pear, ginger.
- Apple and orange, with or without nuts.
- Concord grape, apple and pear.
- Ground cherries may be used in preserves, either alone or in combination with other fruits. They are also used in fruit cocktails, fruit salads and in savory or semi-savory salads.

The following is a typical preserve: Ground cherry preserve—Make a syrup with one cup sugar and one cup water for every pound of husked ground cherries. Flavor the syrup strongly with lemon juice and yellow food. Little ginger root may also be added if liked. Heat to boiling point and skim. Then add the ground cherries, cook until thoroughly scalded and skim out into jars. Boil the syrup until thick, then fill the jars to overflowing and seal at once. A few slices of lemon may be used in the preserve if liked; or half orange and half lemon juice and yellow rind may be used.

SHERWOOD, Or., Aug. 28.—Would you please tell me (1) how to make German noodles; (2) how to preserve elder. Thank you kindly.

I am sorry you have had to wait so long for the remainder of your answer. My column has been overcrowded lately.

German noodles—These are best made when eggs are plentiful, as, if well dried and securely stored, they will keep all winter. One egg, one-half teaspoon salt, strong bread flour, to make a very stiff dough. Beat the egg very slightly with the salt and sift in the flour, kneading very thoroughly. Press on a floured board and roll as thin as paper. Cover with a towel and set aside for 20 minutes. Then roll

up like a jelly roll and cut in thread-like slices, tossing them lightly apart. Dry and when needed cook in boiling salted water, drain and use in soup or as a substitute for spaghetti or for sweet puddings. Noodles may be used like macaroni, with cheese, minced ham or other meat, or with savory vegetable combinations, or with tomatoes in any form.

The noodle paste may also be cut in fancy shapes or may be prepared in the form of small "ravioli" or "ravoli" with well-seasoned minced meat or vegetable filling. The edges must be closed with beater egg. These may be cooked in boiling water and served with grated cheese or tomato sauce, Italian fashion, or they may be carefully fried in deep fat and well drained, then sprinkled with salt and dry grated cheese. Noodles, in combination with cheese or eggs, or with a small quantity of meat, may form the "main dish" of a meal, acting as a "meat substitute." A little knack is required to make them well and quickly, but it is easily acquired.

To keep elder sweet—I can't say that I am an authority upon elder making or keeping. Perhaps some more experienced reader may have better suggestions given below. You may, of course, boil elder to the consistency of molasses and use it for many purposes, besides diluting it with ice or cold carbonated or hot water for a drink.

Or you may boil it down one-fourth, after making and keep it at a temperature just above freezing.

Eight tablespoons of mustard seed to each barrel, poured in with the elder, is an old-fashioned but positive remedy which may or may not be effective. Another consists of a handful of hops, boiled in water with a little honey and added to the elder, but I cannot say how efficient this may be. There are, of course, other "preserving powders" offered for sale for this and other purposes. Such powders should be used carefully, as they are very likely to contain injurious ingredients.

The following is a recipe for sour milk pancakes baked for R. S. B. August 21, but unavailably crowded out until now: Sour milk pancakes—(1) To one pint sour milk add a slice of dry bread about one-half inch thick. Let stand overnight. In the morning beat up the bread quite fine and add one level teaspoon soda and one-fourth teaspoon melted shortening and two tablespoons sugar, though these two ingredients may be omitted, as they are not essential. Bake on a hot griddle in the usual way.

It takes one pint sour milk completely to neutralize one level teaspoon soda. If you use one level teaspoon soda to one level tablespoon baking powder and capable of leavening one pint flour. If one pint flour is used, the mixture will be too thin. If more flour is used the mixture is likely to be heavy, hence the use of soaked bread as suggested above. Another way would be to use sour milk enough to make the batter of the right consistency. Add soda in proportion to the milk used, (calculating on the basis of one level teaspoon to one pint, as above) and then add baking powder to supply any deficiency of leavening. This is usually done in making soda biscuits or bread. Or else the full amount of soda is used and cream of tartar is added in proportion requisite to make a yellow, soft and soapy taste, or else an insufficiently leavened and therefore heavy mixture. If you wanted richer sour milk pancakes, with eggs, please write again, but I think from the above explanation of leavening you will be able to construct your own recipe for a mixture as plain or as rich as you desire.

I am obliged, by lack of space, to omit a letter from E. M. B. urging women to study plain and wholesome cooking and to encourage cleaning up in bakeries, markets, etc. I am sure we are all agreed on the importance of these matters.

Making of Garden in Mid-September Easy

Acre of Ground or Even Little Window Box Will Be Sufficient, for Plants Will Thrive in Either.

BY LOUISE BRYANT.

AN OLD-TIME poet has told us that "he who loves the garden still feels the influence of the flowers." Any one who goes into our suburban districts on Saturday afternoon or Sunday and beholds Mr. Businessman in shirt sleeves and overalls, with hoe or trowel, putting around among his roses knows from his beaming face that this is so.

A garden is of more than physical benefit, for soon one begins to feel the soft influence of the flowers, the quiet and undemandative, yet all the same lasting feeling of a companionship with nature. The brow thus "wet with honest sweat" is apt to be a little happier and better for it.

Making a successful garden ought not to be such a formidable thing, for anyone can have a garden without undergoing any great hardship to get it. An acre of ground or a little window box will do, for there are always plants that will thrive in either. Here is the whole secret in a nutshell: Don't go to the trouble of trying to grow a plant or plant that you can think of and plant them promiscuously; no satisfactory garden was ever made that way. To be sure, to be sure, to find out which of the plants you like will grow in the space you have, (2) what kind of soil to plant them in, (3) how to plant them and (4) how to care for them after they are planted.

A gardener's calendar really begins in mid-September.