

## SKATING COSTUMES FOR BOTH YOUNG AND MIDDLE-AGED WOMEN ARE ULTRA SMART

Furs Are Feature, and High-Laced Boot Is, of Course, Prominent; Slip-on Blouse Recommended as Handy Article of Apparel, and Tam o'Shanter, With Rakish Tilt, Sets Off Becoming Ensemble.



Youth Adores Slip-on Skating Suit.

This is Debutante's Skating Suit.

SKATING has become a sport pursued by middle-aged as well as young women and costumes for all are youthful and dashing; but one particular little blue suit is for a debutante and would be trying on an older woman. The material is wool velour in a lovely shade of blue, darker than Copenhagen, yet not verging on the navy. Australian opossum is the fur and the deep cape is matched by pointed cuffs that are particularly smart. High laced skating boots of tobacco brown glazed kid are revealed by the short skirt; the hat is trimmed with a broad band of dull gold metal ribbon.

As comfortable as an adorable "mid-day" is the slip-on suit which has a slash at the front so that it may be drawn on over the head, and a knotted sash so that it may be drawn in to give a trim waistline. This fetching slip-on model is of rose-colored wool jersey, with raccoon cuffs and collar and balls of the fur swinging at the ends of the sash. The fur-trimmed pockets must not be overlooked. The skating cap, with its pompon at one side, is delightfully dashing and jaunty.

It is the way a tam is worn that makes it smart—or otherwise. With clever art has an angora tam been dragged over at one side and pushed flat up on the other, behind a pompon, to give the rakish tilt of a Paris chapeau of the moment. Both tam o'shanter and scarf are pink and white angora. They should prove becoming to a pretty girl and lend her costume that informal free-and-easy suggestion that is appropriate for fun in the country.

### Best Foot Foremost.

McKenzie Gordon, an English actor, was talking in San Francisco about the German Chancellor's speech at the opening of the Reichstag.

"The Chancellor," he said, "had to admit Italy's and Roumania's declaration of war. He had to admit the loss of Thiepval and Combes. He had to admit the allies' superiority all along the line. And yet he declared boldly that Germany was going to win the war."

"The Chancellor was putting his best foot foremost. He reminded me of the chap whom they tarred and feathered in Graveyard."

"No they tarred and feathered you, eh?" said a curious friend.

"Yes, they tarred and feathered me."

"How did it make you feel?"

"Like a bird."—Washington Star.

### The Other a Biped.

Pat was servant of a farmer, and in his charge was a donkey, which was kept to amuse his employer's children. The donkey was following the farmer's wife around the yard one day, and the farmer, turning to Pat, said:

"I think the donkey is taking a liking to my wife."

"Och," said Pat, "sure an' it's not the first donkey that's took a likin' to her, sir."

## Answers to Correspondents

PORTLAND, Or., Nov. 1.—Kindly give recipe for a vegetable mince that made without suit or liquor. Thanking you.

MRS. R. F. M.

I HOPE the following will suit you. The spices may be varied to suit individual taste. Less butter may be used if a plainer mixture is preferred.

Vegetarian mince.—Two pounds chopped apples, two pounds well-washed and dried currants, two pounds washed, seeded and chopped raisins, three cups brown sugar, two cups butter, one-half pound finely chopped mixed candied peel, juice and grated rind of three or four lemons (accord-

ing to size and personal taste), one orange, juice and grated rind, one teaspoon cinnamon, one-quarter teaspoon cloves, one-half teaspoon mace, one-half teaspoon nutmeg, one-quarter teaspoon ginger, one-half cup syrup from sweet pickled peaches or other sweet pickled fruit. Soften but do not oil the butter, beat in the sugar and mix thoroughly with the other ingredients. Cover closely and store in a cool dry place to have the flavors well blended before use.

PORTLAND, Or., Oct. 30.—Will you kindly tell me if the following menu is a balanced one? I have a small income and must keep my bills down. Breakfast: Oatmeal, cocoa, waffles, with jelly or syrup. Lunch: Creamed

potatoes, baked potatoes with butter, stewed tomatoes, glass milk, fruit. Supper: Creamed celery or toast, tea, fruit and cake.

Thanking you if you can let me know through The Oregonian, as this is a fair sample of my daily menu. MRS. E. N.

Your menu tends to be too starchy and are besides lacking in the "interest center" or "flavor value," which is an important factor, even if it cannot be expressed in calories or "units of nutrition."

If the waffles are made with eggs, they would tend to be expensive for this season. If not made with eggs they tend to give, with their accompanying syrup, cocoa and oatmeal, a breakfast too rich in carbohydrates. It is not possible for me to work your menu scientifically in calories as the details given are too vague. "Fruit," for instance, might mean bananas (which contain starch and sugar) or oranges (containing no starch and little sugar) or stewed fruit (to which

sugar has been added). "Cake," also, might be eggless or might contain several eggs.

It is not necessary for each individual meal, to "balance," but generally a person is more satisfied with a meal in which all the food principles are represented than by a meal in which one or more may be in excess. If your diet is limited chiefly to vegetables and flour or cereal products, be sure to use milk very liberally, and eat an egg or two daily. Milk, cheese, eggs, meats, fish, dried beans and peas, are our richest sources in protein, or tissue-building material. Wheat and nuts also are sources of protein. For growing children more of these foods are needed than for middle-aged people at sedentary employment; hence it is well to reduce their quantity as one comes to the later years. But they should always be represented in normal diets. Plenty of fresh fruits and vegetables should be taken at all ages.

I should advise you to watch for some of the many excellent Government bulletins on food values and food materials. You can see them first at the Library, and so select those you need most. You will find them a great help in improving your menus. I fear this does not seem a very directly helpful answer, but there is no "pat" or "one route" to a correct diet for any particular individual. Nothing will take the place of first-hand study of food values and a knowledge of the kind of practical cooking that secures attractive form, texture, and flavor from simple, wholesome materials.

ASTORIA, Or., Oct. 31.—Will you kindly publish in your column of The Oregonian the recipe for your "Kill Brother" fruit cake? Also can the oil or extract of spearmint or peppermint be used in making mint jelly, where the green leaves are not obtained, and which is preferable? In making almond paste do you grind the almonds or do you buy the almonds and grind them yourself? Also what are the things to be served with a crab supper? Hoping this will find you in the time and space, and thanking you for answering above questions, I am, your very truly,

1. Since several correspondents have asked for the "brother-killer" cake, I am reprinting it by special permission, although I do not think the "time limit" has expired. It is a useful foundation mixture. More fruit can be added if a "fruitier" cake is liked, and with less fruit it is still (to my mind, at least) a very pleasing mixture.

2. Oil of spearmint might be used in making mint jelly if fresh leaves are unobtainable, but caution is necessary in using it. It is so easy to over-flavor the jelly when the oil is used. Add it, drop by drop, to apple or lemon jelly until the desired strength of flavor is obtained. Peppermint should not be used for this purpose. It is used only for sweet dishes and candies, never with meat.

3. You may either buy a good grade of almond meal (or icing) from the grocery, or you may grind the almonds yourself. Drug store almond paste is usually intended for external rather than for internal use.

4. There are no particular "proper" things for a crab supper. I presume you intend to serve hors d'oeuvres for a somewhat informal meal. They would, of course, be accompanied by mayonnaise or tartare sauce or any preferred dressing and sliced lemons. A plain salad of cabbage, or cabbage and celery, or lettuce hearts, would be a good accompaniment, or serve celery separately, as well as a green salad, if you prefer to do so. Whole wheat bread and butter sandwiches would be passed with the crab. You might precede the crab by a fruit cocktail (orange or orange and grapefruit for choice) or follow with cake and coffee if you like; but it is rather difficult to help you with definite suggestions for so indefinite a purpose. You should give me no idea of the number of your guests or the style of service appropriate to the occasion. Write again if I can give you more help.

English fruit cake (kill brother)—One pound or two cups solid, best butter; one pound (two cups) light brown sugar, powdered and sifted if necessary; one pound of eggs, usually nine at this season, but eight if large; one pound flour; four cups level, measured after once sifting, two teaspoons mace, two teaspoons cinnamon, one-half teaspoon clover, the grated rinds (yellow only) of one large orange and one lemon, one-fourth teaspoon almond essence, teaspoon (strictly level) soda, two or four tablespoons brandy or spiced fruit syrup, one pound sultana raisins, one pound dark seeded raisins, one pound best currants, one pound blanched almonds, cut lengthwise, one pound mixed crystallized peels (or one-fourth pound orange peel, one-fourth pound lemon peel, and one-fourth pound glace cherries). If the maximum of fruit is desired, another pound of raisins or currants, or better, one-half pound of each, might be added (making six pounds in all), but the five pounds of fruit and nuts, with the four pounds of cake foundation and the liquid will give a large eight to nine-pound cake. I generally cook this quantity in two flat loaves and stick them together afterwards with almond icing. If you prefer to bake the cake in one loaf, use box or correct box, lined with well-greased paper, is good instead of a tin. About four hours will be needed for baking.

During the first hour it rises, in the second it rises and begins to brown, in the third browns and stops rising, in the fourth cooks in color and must be protected from further browning, but it should not be removed until it has been thoroughly tested (by staking, smell, hearing, touch and skewer), or it may have a heavy streak in it. Have pans ready before you mix. Have greased lining papers, well-fitting and projecting one inch above the pans. Have the raisins and currants quickly scalded, washed in several colanders, carefully picked over for stones, seeds or stalks, and dried in a warm place where they will swell a little. Have the flour weighed, sifted, measured and better weighed and resifted with the soda and spices. Warm it on a paper in the warming oven. Cream the butter in large warm dry bowl. Do not oil the butter. Beat in the sugar. Use a long-handled flat-bowled wooden spoon. Learn to use alternately different sets of muscles in beating so that you may continue, uninterrupted, without getting tired. Have the batter well increased in bulk and quite white before adding the sugar. Add the eggs, unbeaten, one at a time, with about one tablespoon flour to maintain the "creamed butter" consistency and air-entraining quality of the batter. Add liquids in the same way, being careful to keep the right consistency of the batter, not "thinning" it and wasting your beating, as well as making it easier for the fruit to sink. Add the mace, cinnamon, clove, the fruit peel and nuts tossed in a little of the flour, so that each piece is separate. Lastly, fold in any remaining flour. Put in the brandy and pans, scraping the mixture well from the center to the sides.

The cake is baked, but there is usually a difficulty with so solid a mixture in getting a "burned currant" flavor to the outside slices. Consequently many of the people (including myself) use steam to cook the cake, and the oven for finishing only. Pour to five inches steaming, followed by three-fourths to one-half hour in the oven, will usually be enough, the exact time depending upon the thickness rather than the size of the loaf.

For steaming a cap of greased paper should be used. Or if the tin comes high enough above the mixture to allow for all possible rising, a tin cover or a second inverted pan may be used. A greased paper cap is also helpful, sometimes, in baking to prevent too rapid top-browning. If there is any danger of too great heat from the sides, use a tin cover or a second inverted pan. Home-made candied peel and cherries not only reduce the cost of the cake, but

## GROUP PORTRAITS OF WOMEN WHO HAVE WON PLACES OF PROMINENCE IN NEWS

Lady Douglas Haig Is Leading Figure in War Relief Movements—Ex-Queen Liliuokalani, of Hawaii, Reported to Be Dying, Has Been Long Identified With Mid-Pacific Affairs.



LADY DOUGLAS HAIG, wife of Sir Douglas Haig, commander-in-chief of the British army, is working for victory as hard as her famous husband. She has been a leading figure in a majority of the big war relief movements in England recently. For tireless work she is considered the equal of her husband.

Ex-Queen Liliuokalani, of Hawaii, is reported dying. She has long been a prominent figure in mid-Pacific affairs.

C. S. Pietro, known as "Society's Sculptor," has completed a marble bust of Mrs. Alfred Gwynne Vanderbilt, considered one of the most beautiful women in America. It is on exhibition in the Gorham Galleries.

Art critics pronounce the bust as the best marble portrait work Pietro has ever turned out. The modeling is subtle and has the air of exquisite refinement which is characteristic of Mrs. Vanderbilt's beauty.

One of the prettiest and cleverest of

Mrs. Alfred Vanderbilt in Marble. LAVENDER DUNLOP could tell "What Maxie Knows" better than Henry James ever did. Lavender was in the excitement of the Espagnole when that ship ran into a small vessel in mid-ocean at night. After Lavender had reached the deck with her parents she suddenly remembered Maxie and insisted on going below to rescue her.

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Over the trimly fitting lines of bodice lining and skirt the outer bodice, weighted by the tunic, falls in the long-waisted Moynese line so fashionable just now.

And, by the by, the square tunic will ripple over so much more smartly if you lay a narrow strip of witchee stiffening inside its hem. Another witchee facing should go inside the hem of the skirt. This modern crinoline, which dampens or crushing does not affect, gives the tailored costume the right lines without any suggestion of rigidity, and the frock will keep its style throughout the season, never sinking into limpness as unfitted material will surely do after the first newness of the dressing, sponging and pressing wears away.

Wishbone Not Needed.

From an Exchange.

"They were dining off fowl in a restaurant. 'You see,' he explained as he showed her the wishbone, 'you take hold here. Then we must both make a wish and pull, and when it breaks the one who has the largest part of it will have his or her wish granted.'"

"But I don't know what to wish for," she protested.

"Oh, you can think of something," he said.

"No, I can't," she replied. "I can't think of anything I want very much."

"Well, I'll wish for you," he exclaimed.

"Will you, really?" she asked.

"Well, then, there's no use fooling with the old wishbone," she interrupted with a glad smile; "you can have me."

A Surmise.

"I was just reading about a hen that laid 26 eggs in 27 days, besides taking care of a brood of chickens."

"I'll bet that hen didn't belong to any club."—Louisville Courier-Journal.

also improve its flavor. The spices may be varied to suit individual taste.

PORTLAND, Nov. 4.—Will you please give in The Oregonian the principles for making vinegar with mother? For years we had lovely home-made vinegar in a five-gallon keg, and we could take off a half-gallon when we needed it. At any time we could take off a half-gallon, and it was good to use as soon as settled, and it was good to use as soon as settled, and it was good to use as soon as settled.

Now I have had good material but the mixture should be kept slightly warm and kept near the stove. It is a good idea to add vinegar made in the mother still. It is a good idea to add vinegar made in the mother still. It is a good idea to add vinegar made in the mother still.

The principle of vinegar making on a small scale is to make a "happy home" for the minute organisms constituting the "mother," and then to keep out other conflicting organisms, such as the molds you complain of.

A keg is best, I believe—better than a crock.

The foundation may be fruit juice, diluted, if necessary, or water sweetened with sugar, molasses or honey. "Mother of vinegar" is added and the mixture should be kept slightly warm at first, to start the acetic fermentation. Your solution may be either too weak or too concentrated, or the color may be too dark. This is almost sure to be the case if the liquid shows signs of mold growth. Your keg may be thoroughly acidified with a hot acid solution of fresh vinegar. "Mother" and fresh fruit juice or cider. Tea is of no particular use except for color, sometimes. I hope these suggestions may solve your difficulties. Possibly some reader with long experience in vinegar making may offer further suggestions.

PORTLAND, Or., Nov. 4.—Will you kindly tell me the names of some good cookbooks, suitable for two people, something with plenty of recipes for about six people, not too expensive books. Thanking you, I remain,

MRS. R. J. M.

Go to the Public Library, if possible, and inspect the many helpful cook books there before making your final selection. Miss Farmer's "Boston Cooking School Cook Book" is an excellent one for general purposes, though not intended especially for two. Most of the recipes are for about six people. Janet McKenzie Hill's "Cooking for Two" is one of the best small-quantity books I know. It does not give ex-

tensive salad and luncheon recipes, but with a good general knowledge of cooking the type of recipes given should make further "composition" of salads and luncheons an easy matter. At the Library you will find a number of special salad and luncheon books, from which you may get suggestions, even if you do not care to buy these particular books. The two mentioned above, however, are the kind to buy and keep for ready reference. The first costs about \$1.75, I think, and the second \$2.25.

Secret of Smart Ripple in New Frocks Discovered.

Big Squares of Material Are Used. With Hole at Center to Form Waistline.

IN spite of the "do-not-handle" signs conspicuously displayed on new Autumn frocks at the openings, surreptitiously examine the graceful, rippling tunics that give the smart although so charmingly and you will discover—if you have the experienced dressmaker's eye—that most of them are simply big squares of material with a hole at the center to form the waistline. Such a tunic is very easy to cut at home and cannot fail to hang correctly over the skirt, but one must use very wide material—in 48 or 52-inch width—to get a full ripple effect. The corners of the square should hang at either side of front and back and not at the center front and back on either side. Cut the hole for the waistline in a very narrow ellipse, rather than a circle, and the tunic will ripple more gracefully. The placket opening may be slashed down at the back or at one side of the front, according to the fastening of the bodice, and should be neatly faced with silk and fastened with small snaps.

Observe the Fall models carefully and you will discover, also, that bodices and tunics are attached to each other, while the skirt is separate and hangs from a fitted belt. This belt is reinforced with featherbone girdling and is attached to the bodice lining, also fitted carefully with featherbone.

Good Old Home-Made Family Cough Remedy

Much Better than the Ready-Made Kind—Easily and Cheaply Prepared.

If you combined the curative properties of every known "ready-made" cough remedy, you would hardly have them all the curative power that lies in this simple "home-made" cough syrup which takes only a few minutes to prepare.

Get from any druggist 2½ ounces of Pinex (50 cents worth), pour it into a pint bottle and fill the bottle with plain granulated sugar syrup. The total cost is about 54 cents and gives you a full pint of really better cough syrup than you can buy ready-made for \$2.50. Tastes pleasant and never spoils.

This Pinex and sugar syrup preparation gets right at the cause of a cough and gives almost immediate relief. It loosens the phlegm, stops the nasty throat tickle and heals the sore, irritated membranes that line the throat, chest and bronchial tubes, so gently and easily that it is really astonishing. A day's use will usually overcome the ordinary cough and for bronchitis, croup, whooping cough and bronchial asthma, there is nothing better.

Pinex is a most valuable concentrated compound of genuine Norway pine extract, combined with guaiacol and has been used for generations to break up severe coughs.

To avoid disappointment, be sure to ask your druggist for "2½ ounces of Pinex" with full directions, and don't accept anything else. A guarantee of absolute satisfaction or money promptly refunded, goes with this preparation. The Pinex Co., Ft. Wayne, Ind.