

SISTER OF CZECHO-SLOVAKIAN MINISTER TAKES ACTIVE PART IN WORK OF EMBASSY

Mrs. Anne Stepanek, Called World's First Woman Diplomat, Recognized as Authority on European Politics, Discusses Important Affairs With Brother in Washington.



Youngest Politician in U.S.

Senorita Felicitas



Mrs. Anne Stepanek

divorces, but found the District of Columbia a poor place to get business. Mrs. John N. Baldwin of Omaha was given the honor of planting for the American Forestry association on Arbor day memorial tree for J. Sterling Morton, who founded Arbor day in Nebraska in 1872. Senorita Felicitas Gonzales, head of the normal school in Asuncion, the capital of Paraguay, is one of the interesting women of South America who came to this country to attend the Pan-American conference of women. She is a leader in her community and a woman of unusual beauty and charm. Pauline Floyd, 24, also acclaimed the youngest woman attorney to practice law before the supreme court of the United States. When Miss Floyd started out she intended to specialize in discussing with him all important matters. She is recognized among the diplomatic corps as a real authority on European politics. Pauline Floyd, 24, also acclaimed the youngest woman attorney to practice law before the supreme court of the United States. When Miss Floyd started out she intended to specialize in

The pulp is scraped away and saved, the skin and seeds rejected. If you cannot get these peppers, or do not like the trouble of preparing them, almost the same flavor can be obtained from the "Spanish peppers" or "chili con carne" powders. In any case, use Spanish pepper powder rather than the "Spanish peppers." Cut up the meat and bacon, fry out the bacon fat, remove the bacon, add the oil or marrow (whichever is most convenient), and brown in the fat first the onion, then the meat cut in small cubes. Remove the onion before adding the meat or you will probably burn the former. Now add to the meat and fat two tablespoons flour, stir well, add the tomatoes, cooky, onion, pepper, salt, pepper pulp and parboiled beans; season to taste with salt and a few drops lemon juice, adding cayenne or tabasco, very cautiously. If it is as you like it. Add a little stock or water barely to cover. Cook just below boiling point in a double boiler or casserole over the gas-simmerer, or on the back of the stove, or pack in a fireless cooker for three or four hours. Serve with rice. If the result is not what you write to me, please give you another one. For many tastes a crushed clove of garlic should be simmered in the butter, in such a case, the onion is removed before the beans are added. More beans than the above proportion of course, be used if a cheaper dish is wanted. Following is a good way to use up any left-over red beans. It also answers the query asked by Mrs. McC. some time ago. Red bean sausage—One and one-half cups cooked red beans, one small onion, one small onion, one-half cup dry bread crumbs, one-half cup cooked rolled oats, one-fourth cup shortening, one-half teaspoon sage, salt and pepper to taste. Slice the tomato and cook in the shortening. Pass all the other ingredients twice through the food chopper. Mix with the shortening and tomato and one egg well beaten. A little Spanish pepper may be added, but use one teaspoon each vinegar and sugar may also be approved. Form into sausage shapes, roll in flour and brown in a hot fat. Or, you may bake in a loaf, or put into sausage skins and boil or serve as a loaf. Serve in place of meat with cooked green and white beans, or with brown tomato or Spanish sauce, if convenient.

INDEPENDENCE, Or., March 14.—Dear Miss Tingle: Will you please give some recipes for those who must avoid sweets? I am a diabetic and must avoid anything to take the place of dessert. I find your column very interesting. Sincerely yours, MISS J. J. WILSON. I judge you are avoiding starches and sugars not simply for reduction purposes, but owing perhaps to diabetes. In such a case, as I have said above, general directions may prove dangerous unless personal tests are made, with careful weighings of the food eaten. If you apply to the state library I think you will be able to secure some helpful and reliable books on diabetic diets, with many recipes. Not knowing your special limitations, I can only suggest such things as blanc mange which dilute cream and water stiffened with acid and sweetened with "sweetina." The flavor could be varied a little. Strong coffee is useful for such a purpose. An "imitation tapioca" pudding can be made by using semi-dissolved agar with beaten egg yolk and water without a little cream. If you are allowed any milk you could use that in junkets sweetened with sweetina. If you are allowed pumpkin or squash, the pulp may be made into a sugary custard (similar to pie filling) and baked in small buttered cups. There is also a similar kind of pudding to be made with well-washed cooked chestnuts, sweetened with sugar and enriched with egg yolk sweetened with sweetina and flavored with lemon juice. This also is baked in cups. Then you could make little sugary macarons and custards with almond meal (if this is allowed) and with granulated sugar. Your doctor and the books suggested above will be able to help you more than I can for your diet is individual. Instead of deserts you should use often plain lettuce salads with French dressing or mayonnaise. Cheese breads made with whole cottage cheese could sometimes be added or use a combination salad with any of the vegetables that are included in your special diet list.

AMITY, Or., April 10.—Dear Miss Tingle: I have watched your space in the paper and have been very interested by using syrup over the eggs instead of the sugar. I think you have not given me the recipe for such a cake? Many thanks for your recipe. MRS. B. C. M. Following is a "boiled angel cake," but I do not know whether it is the one you want. I have not tried it, personally, so cannot vouch for its success. Boiled angel cake.—One and one-fourth cups sugar, one-half cup water, grated rind and juice of one-half lemon, one cup flour, whites of seven eggs, a few grains salt. Beat the sugar and water and lemon juice to the soft ball. Pour gradually on one-half of the stiff-beaten whites, beating until the mixture is thick and glossy. Fold in the remaining whites alternately with sifted flour. Bake in an ungreased tube pan 4 to 5 1/2 inches in diameter, according to thickness, and let cool in the inverted pan. Cover with a thin icing made of confectioner's sugar and water, stirred together, and let stand overnight before cutting.

COQUILLE, Or., March 25.—Dear Miss Tingle: Will you please insert in the Sunday Oregonian a recipe in the cooking department for a little ravioli, with sauce, and oblige? Yours truly, W. W. Ravioli are little dumplings made of noodle parts or of potato paste, with different kinds of fillings and different sauces. There are sweet ravioli, as well as savory ravioli. In fact, there are a many kinds of Italian ravioli as there are of American pie. Following is one kind obtained from Italian sources. If it is not what you had in mind, please write again describing as closely as possible what you want. Let me know if you need noodle fillings, or if you need Italian ravioli with meat—Any cooked meat may be used, chicken or veal being best. It may be "left over" or specially cooked. Chop the meat very fine, add to one cup meat one tablespoon grated Parmesan cheese, one tablespoon butter, one beaten egg, a few grains salt or nutmeg, and a "hint" of grated lemon rind. The mixing bowl may be rubbed with garlic if desired. Season with pepper and salt, and moisten with a little concentrated gravy if the meat is very dry. A little chopped cooked vegetable may be used with convenience, but the whole being seasoned and flavored rather highly. Have ready fresh rolled noodle paste, rolled as thin as possible in a large roller. Take a teaspoon of the prepared filling and put it on the paste about two inches from the edge. Take other spoons of filling and about two inches apart across the paste. Brush between and round each with beaten egg. Fold over the edge of the paste to cover the filling; press down the edge and cut across the paste. Then press down and cut between the folds, so that you have a number of little squares filled with meat, with the edges well pressed together. Repeat until all is used up. Put the little squares, a few at a time, into boiling salted water or stock. Boil about ten minutes or until the meat is cooked and the pasta is al dente. Drain, and serve with a skimmer. Keep hot and sprinkle with dry grated Parmesan or other dry cheese. Serve in rich brown gravy or in tomato sauce, or in a combination of brown gravy and tomato sauce, or brush with melted butter. Sprinkle rather than pour with the sauce. If you wish, place in a fireproof baking dish and brown in the oven before serving, either with or without the sauce. Other fillings may be used.

Answers to Correspondents by Lilian Tingle

(Continued From First Page.) For should have been, hence it is only useful as a stiffening for something that tastes good. With most fruit jellies that are to be made into dessert or jelly, a little lemon juice is helpful in heightening their flavor. A lemon jelly may be made with sugar and lemon juice as its only flavoring. Orange juices might be sweetened, diluted, slightly acidified with lemon if necessary, and stiffened with gelatin to make orange jelly. Orange juice could not be substituted for lemon juice in all cases. There is no objection in making chocolate bars. You would have to buy the milk chocolate anyway. When you would simply melt it over hot water and run it into bar molds, with or without nuts. You save nothing and you waste time. Or did you mean a bar with a milk fondant filling? (3) Baked or soft? With or without March? (4) I have not space for this today. See the suggestions for kippered salmon given above. Many of them would apply to salt codfish. (5) If the meat was sound when canned and smells and looks perfectly normal when opened, it will probably be all right. The sterilization period you name ought to be enough unless the jars are very large. Don't use anything that smells or looks "doubtful." (6 and 7) I must ask you to wait for these also, as your answer is such a long one. (8) If only the yellow part is dried you can powder it and mix it with sugar for flavoring cake. If it is the whole peel the only thing I can suggest is trying if you can soak it back to normal texture. If so, you could use it as you like. If not, you could use it to light the fire. (9) You allow for the liquid in the honey and use less liquid, not more flour. Better have a special recipe. (10) You can shave up the small pieces of toilet soap and put them into a double boiler with two or three tablespoons water to three or four cups of soap shavings. Let melt, add a few drops of oil of lavender (or any other preferred perfume) and run into suitable moulds. When cold, take out and set in a cold, dry place to dry out before using for toilet purposes. Or add a little more water to make a soap jelly and add two or three tablespoons each of glycerine and

Just What New York Doctors Discovered About MASTIN'S Vitamon Tablets

Very Remarkable Series of Tests Prove Their Amazing Value To Increase Weight and Energy Strengthen Nerve Force, Enrich the Blood, Clear the Skin and Act as a General Health-Building Tonic

Diagram showing physiological benefits of MASTIN'S Vitamon Tablets. The diagram is a human silhouette with various organs labeled: COMPLEXION, LUNGS, NERVES, DIGESTION, FIRM FLESH, RED BLOOD, and WEIGHT. Arrows point from these organs to text boxes describing improvements. For example, 'COMPLEXION' leads to 'CLEARER SKIN OF PIMPLES AND BOILS'. 'LUNGS' leads to 'GREATER CHEST EXPANSION AND DEVELOPMENT'. 'NERVES' leads to 'STRENGTHENED NERVE FORCE'. 'DIGESTION' leads to 'RELIEVES INDIGESTION AND CONSTIPATION'. 'FIRM FLESH' leads to 'BUILDS UP A WELL-PROPORTIONED BODY OF FIRM, HEALTHY FLESH'. 'RED BLOOD' leads to 'INCREASES RED BLOOD CORPUSCLES'. 'WEIGHT' leads to 'AS MUCH AS 15 LBS. INCREASED WEIGHT'. Below the diagram, text states: 'Twenty-two weak, thin, nervous, run-down men and women were selected at random from the workers of the metropolis and their progress was closely and carefully watched from day to day by a Committee of Prominent New York Hospital Physicians. In no case did anyone making the test lose a single day from work or change their regular mode of living—they simply took two of MASTIN'S Vitamon Tablets after each meal. What the Committee of Doctors found out proved a wonderful surprise to themselves—a great joy to their patients, and makes perfectly clear exactly what you may expect MASTIN'S Vitamon Tablets to do for you.'

Read Below Just How You Can Make the Test That Tells: Here is a simple test which will quickly show you just what MASTIN'S Vitamon Tablets may do for you: First weigh yourself and measure yourself. Next take MASTIN'S Vitamon Tablets with every meal. Then re-weigh and measure yourself again and continue taking MASTIN'S Vitamon Tablets regularly until you are satisfied with your gain in weight, energy, nerve force and improved appearance. MASTIN'S Vitamon Tablets do not upset the stomach or cause that bloated feeling, but on the contrary are a great aid in correcting indigestion and improving the appetite. They contain not only the purest form of concentrated yeast vitamins but all three vitamins. Scientifically combined by one of the greatest and most reliable laboratorians in America with specially prepared ergonole iron for your blood, the necessary salts of lime and other true vitalizing brain, bone and tissue-building elements of Nature, MASTIN'S Vitamon Tablets provide just what your body must have to produce real "any-where" weight, strength and energy. WARNING: For your own protection and safety you must say MASTIN'S to get the Original and Genuine Vitamon Tablets, recommended by physicians and named by millions for firm flesh and clear skin. Beware of imitations, cheap substitutes and so-called "yeast vitamins" which are worthless. You must get MASTIN'S Vitamon Tablets at all good druggists, such as THE OWL DRUG CO.

if it MASTIN'S, it isn't MASTIN'S, it's THE WORLD'S STANDARD USED BY MILLIONS

Some Travelers Always Trouble Other People. Obnoxious Person is Selfish, but Not Always Consciously So. ARE you the sort of person who never in any way adds to the discomfort of other people when traveling; or are you one of the other kind? Of course, the obnoxious traveler is selfish—but not always consciously so. The fat man in the seat behind you may not realize at all that he is annoying because he crackles behind shells or rattles his newspaper and scrapes the back of your head with it, occasionally. The tired, little mother who lets the children snore oranges or peel bananas during a hot and dusty journey may not dream anybody nearby objects to the pervasive aroma of the fruit that is keeping the youngsters quiet. The young chap who dozes down in his seat and drives annoying feet into the yielding velvet seat-back in front—a most annoying performance to the person in the next seat—may not know that he is being obnoxious. But all these people contribute to the discomfort and perhaps actual misery of high-strung, nervous travelers. Then there is the woman who, having secured the inside seat near the window, will not move up when someone crowds into the other third of the seat. And the man who spreads his newspaper—or his knees—into the space which rightfully belongs to his seatmate. And the fussy woman who will not quiet down in her berth and wraps and unwraps paper parcels or does other audacious things when nearby sufferers are trying to get to sleep. And the fresh-air hog who flings up the window regardless of the neuralgic lady huddled down in her coat in the seat behind. And the individual who spreads his dishes and utensils about in the dining car, crowding up his table-mate. There are a hundred ways in which people can be annoying and obnoxious travelers, and most of the ways are it, occasionally. The tired, little mother who lets the children snore oranges or peel bananas during a hot and dusty journey may not dream anybody nearby objects to the pervasive aroma of the fruit that is keeping the youngsters quiet. The young chap who dozes down in his seat and drives annoying feet into the yielding velvet seat-back in front—a most annoying performance to the person in the next seat—may not know that he is being obnoxious. But all these people contribute to the discomfort and perhaps actual misery of high-strung, nervous travelers. Then there is the woman who, having

This is the way Cuban housewives prepare PINEAPPLES.

We give you here a simple, easy way to prepare pineapples for serving. Cuban women have used it for years. Done this way it is no trouble at all to peel, core and remove the eyes from this delicious fruit. So many women who would like to serve fresh pineapple, because they enjoy this most delicious of all tropical fruits, hesitate to do so because they find it hard to peel, core and free of the "eyes." This way is easy, quick and efficient. A Cuban housewife will prepare a fruit for serving in this way in less than a minute. You should serve pineapple more often during the season when this luxurious fruit is abundant and inexpensive. A pineapple will serve six to eight people. It is really more economical than many other fruits or berries you can serve. There are scores of delicious ways to prepare this wonderful fruit when fresh. We have compiled a little book of proven recipes. Send for it. It is FREE. Order a pineapple from your grocer today. Try it for breakfast, sliced.

Diagram illustrating the steps to prepare a pineapple. Step 1: 'Grasp the pineapple firmly in the hand and twist it off.' Step 2: 'Now slice the fruit in thick slices, not less than three-quarters of an inch thick.' Step 3: 'Put slice on a plate. Then run a sharp knife around the edge of the slice, inside the peel. It then comes off, with eye, easily.' Step 4: 'Cut across the slice as shown in diagram. Four cuts, one on each side of the core. The core will be out without any waste.' Below the diagram, text reads: 'This Book Free Our book of more than sixty tested recipes for serving fresh pineapple will be sent FREE to anyone who writes for it. Sixty-two delicious ways to serve it, and recipes for home canning and preserving. Address West Indies Fruit Importing Co., 236 N. Clark St., Chicago, Ill.'

DYE FADED CURTAINS, SKIRT SWEATER, DRESS OR COAT "DIAMOND DYES" Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her old, worn, faded things new. Even if she has never dyed before, she can put a rich, fadeless color into shabby skirts, dresses, waists, coats, stockings, sweaters, coverings, draperies, hang-

WEST INDIES FRUIT IMPORTING CO.