

## ICED TEA IS A POPULAR REFRESHING BEVERAGE



Iced Tea Refreshingly Served.

(Prepared by the United States Department of Agriculture.)

In cold weather Americans undoubtedly justify their reputation as a coffee-drinking nation. But our summers in most parts of the United States are hot. We have a habit of iced our beverages of all flavors, and iced tea is rapidly gaining headway as a refreshing drink. Nothing else quite takes its place on a warm day, especially for a sociable porch gathering in the afternoon.

There's all the difference in the world, however, between just cold tea and a dainty, tempting pitcher of golden brown liquid, tinkling with ice and garnished with colorful green leaves and thin slices of lemon. The mere appearance of a tray set attractively for serving iced tea is enough to revive spirits that have been wilted by a combination of heat and work, or traveling, or sports. (A better understanding of the selection of teas may help in producing acceptable and refreshing iced tea.) Good hot tea must always be properly made first, poured off the tea leaves, and chilled, some time before the iced tea is wanted.

All the tea used in the United States is imported. Those who handle it in our wholesale markets say that there is a distinct preference in most sections of the country for the heavy-bodied, fully fermented black teas of East India and Ceylon, rather than the green teas of China and Japan and the oolong teas of Formosa and China. One reason for this is that these heavy-bodied East India teas resemble coffee in color and body. They are liked for iced tea because even when somewhat diluted by melting ice they still have considerable flavor and a delightful color.

Choosing black, green, or oolong tea, however, is a matter of personal taste. After deciding which flavor is preferred, the housewife should select a brand that is sold in a proper kind of package which will preserve the quality of the tea. This is very important. Teas that are packed in tin, or cartons lined inside with aluminum or lead, or transparent air-tight material are generally in containers that will well preserve the product. Tea packed in unlined cartons deteriorates rapidly. After brewing tea, if the housewife will examine the wet leaf, she can learn much about the quality. The appearance of dry leaf after brewing has the bright color of a copper coin. It is of better quality than a dull-colored leaf. The leaf of green teas should also be bright and free from any discoloration as it is left in the teapot. The term "Orange Pekoe" does not indicate a certain kind of tea, but only a leaf grade. As a rule, blends of leaf grades have more body than a single leaf grade.

Green teas and oolong teas are often preferred for serving plain or with sugar and lemon. The fully fermented black teas from the East Indies, when served hot, are better with cream or milk, although they can be

served without either. Sweetening is also a matter of taste. If these heavy-bodied teas are served clear it is better to brew them from three to four minutes only for hot tea, and from four to five minutes for iced tea.

The United States Department of Agriculture gives the following directions for brewing perfect hot tea. When it is ready it can be strained into another earthenware pot or pitcher and chilled for use as iced tea.

Use a teapot, preferably of earthenware, china, or glass. Heat it by scalding with boiling water. As the strength of tea is partly a matter of individual preference, the amount of tea used may be varied after experiment, but the standard quantity is usually "about a teaspoonful to each cupful desired." This may be interpreted as an even or a rounded teaspoonful after you have made tea from your chosen brand once or twice. If tea bags are used, one per cupful is ordinarily allowed; in some cases the bags may contain more tea than in others, so it is well to test the strength of the brew for yourself for the brand you use. Always use freshly drawn water for tea making. Measure it and bring it to a bubbling boil before pouring it on the tea leaves. Water boiled too long makes tea flat. If the water is not actually boiling it will not bring out the full strength of the tea.

### Try Peach Cobbler With Hot Sauce

(Prepared by the United States Department of Agriculture.)

The difference between a cobbler and a deep dish fruit pie with a biscuit crust seems to be that in the former the dough is under the fruit, and in the latter the fruit is under the dough. When made with peaches a cobbler is fine served hot with hard sauce. A good dessert for one of those unexpectedly cool summer days, or one when rain has cast a bit of gloom over the household. The directions for making it are given by the bureau of home economics of the United States Department of Agriculture.

1 pint sifted soft-wheat flour  
1/2 tsp. salt  
1/2 cup sugar  
2 tps. baking powder  
6 tbs. fat

1/4 cup milk  
2 quarts sliced peaches  
Sugar to taste  
Spice if desired  
Butter

Sift the flour, salt, sugar, and baking powder together. Cut in the fat, add the milk, and mix well. Roll the dough into a thin sheet, cover the bottom and sides of a deep baking pan with it, and spread on the peaches in even layers. Sprinkle with the sugar and spice and dot with butter. If desired, put thin strips of the pastry across the top. Bake the cobbler in a hot oven (about 400 degrees F.) until the peaches are tender. Serve hot with hard sauce or cold with plain or whipped cream.

## USE WASTE OIL TO GET RID OF BOTHERSOME CRICKETS

(Prepared by the United States Department of Agriculture.)

In spite of a certain amount of sentiment attached to the merry chirp of a cricket that has found its way inside a house, these insects do some



Crickets Are Harmful Indoors.

damage to furnishings, and if very prevalent are really destructive. They eat curtains, garments, book bindings and rugs, especially if these are wet or moist. Their continuous and noisy

chirpings are a great annoyance. Crickets often breed in great numbers in the garbage dumps near residences.

The most effective way to get rid of them permanently is to have such spots cleaned up entirely or treated with waste oil. Infested rooms may be relieved of the presence of some of these noisy visitors by the use of poisoned baits.

What has been facetiously referred to as "a banana split for crickets" is the formula for poisoned bait recommended by the bureau of entomology of the United States Department of Agriculture. Dissolve one tablet of bichloride of mercury in one-half cup of water and then add one-half cup of flour and mix into the paste and then spread small quantities on cardboard and place about the infested room. Care should be taken to keep the bait out of reach of children and pets.

Those who are closing summer cottages in the fall would do well to look out for the presence of crickets in the house before leaving. As a precaution poisoned baits may be placed in suitable locations. Bed clothing and wearing apparel should be carefully packed away in tight boxes.

## SOME INTERESTING RECIPES THAT WILL BE LIKED BY ALL

By NELLIE MAXWELL

For a warm day try the following cooling and delightful dish:



**Jellied Consomme.**—Dissolve two tablespoonfuls of gelatin in one-fourth of a cupful of cold water. Dissolve in one quart of hot consomme. Pour into bouillon cups and chill, or pour into a shallow pan and when chilled cut into cubes or beat with a fork, before serving in the cups.

**Lemonade.**—Extract the juice from six lemons, add sugar to taste, three-fourths to one cupful; stir well, add six cupfuls of cold water, chill and serve with ice, garnished with lemon slices.

**Mushroom Soup.**—Take one-fourth pound of fresh mushrooms, chop them, stems and all if they are not hard. Cook in two tablespoonfuls of butter

until well browned. Make a cream sauce with two tablespoonfuls each of butter and flour and one cupful of thin cream, salt and pepper to taste. Cook until smooth and thick, then add the mushrooms, one quart of milk and salt and pepper to season. Serve hot.

**Olive and Nut Sandwiches.**—Chop olives and nuts very fine, mix with mayonnaise to make of spreading consistency, spread on thinly sliced bread, cover with a crisp lettuce leaf and top with another buttered slice.

**Prune and Walnut Sandwich.**—Mix together one-half cupful of chopped nuts with one cupful of chopped prunes, add one-half cupful of chopped ripe olives. Moisten with mayonnaise dressing and spread on buttered whole wheat bread.

**Peanut Butter and Jam Sandwiches.**—On a thin slice of lightly buttered white bread spread peanut butter. Cover with a slice of bread buttered on both sides. On top of this spread

a layer of jam and top with another slice of bread buttered side down. Cut into quarters and serve.

As the banana is a fruit always on the market it is a constant source of comfort in time of emergency when a hurry up dish is necessary.



**Banana Whip.**—Cook three mashed bananas in a double boiler with one-third of a cupful of sugar and one tablespoonful of lemon juice until scalded. Add a few drops of vanilla, a pinch of salt and cool. Whip one cupful of heavy cream until firm, then add the banana mixture gradually. Set aside to chill. Serve piled high in sherbet glasses with chopped pistachio nuts for garnish.

**Boston Banana Cream Pie.**—Break a large egg into a measuring cup, add softened butter (two tablespoonfuls), fill the cup with milk. Turn into a mixing bowl and beat with one and one-half cupfuls of flour sifted with two teaspoonfuls of baking powder. Bake in two layer pans. Whip a cupful of cream, sweeten to taste, flavor with almond and spread over the layers, cover with sliced bananas. Top the upper layer with cream sprinkled with chopped nuts.

**Roast Beef and Tomato Sandwich.**—Lightly butter thin slices of whole wheat bread, cover with thin slices of roast beef, spread lightly with mayonnaise dressing and put a slice of tomato on top. Season well with salt and pepper, cover with a crisp leaf of lettuce and top with another slice of bread.

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## STORY FOR THE LITTLE ONES AT BEDTIME

By MARY GRAHAM BONNER

During the last speech of Great Salt Lake David had noticed a sign which read:

"Geysers in Yellowstone Park in the Rocky Mountains in the State of Wyoming. Admission free to Living Map adventurers."

It didn't take David long to get started in that direction after a word of farewell to Great Salt Lake.

David found it was only a short Living Map distance. He walked straight along a narrow path, one side of which was being guarded by Patrolman Idaho and his workers, with Patrolman Utah and his workers on the other side.

Soon he came to the Wyoming Patrolmen, and they told him to go directly north and at the very tip-top, left-hand corner of the state he would find the park.

"It wanders off a bit into the neighboring states," they told him.

"That is just as it should be," Patrolman Wyoming added. "Our boundary rules are also such that we mustn't keep all our mountains and rivers and wonders in one state. We like to share them."

"Then, too," he said, in a low voice, "it's hard to keep rivers still and mountains down."

As he approached, a great fountain of hot water seemed to be shot out of the earth and high into the air, and a great voice shouted:

"The Geysers of Yellowstone Park welcomes you, David! Don't let me make you nervous."

"The earth about gets so nervous when I speak. It trembles, actually, with nervousness. But with all the wild animals about here attracting attention, I've got to do something sensational to make myself known."

"The hot rocks in the earth from which I spring are very obliging. I suppose that's because of their ever-warm natures."

"They let the water steam and shoot right through them, and it is because

of this help that I am the Geysers. Not afraid?"

"I'm not afraid of anything," David said.

"Good," said the Geysers. "There are some who like the quiet hot pools better. There are a number of them around and you can have a hot bath without having to wonder whether the boiler is hot or whether much of the hot water has been used."

"Where have you been adventuring, David?"

David told of all he had seen and heard, of those he had met, and of the



A Great Fountain of Hot Water.

strange, amazing wonders of nature he had seen.

When he spoke of the great red-wood forests of California, Geysers burst forth with admiration.

"I admire California. She is not only one to look after her beauty and to be rightfully proud of it, but she works hard at her lumbering business, too. She's a good, thriving, hard-working business state, too."

"I don't believe there is any lumbering firm in the world which does any more work than the firm of Ore-

gon, Washington, and California together."

"Now my mother state is, on the whole, a lover of quiet farm life. Perhaps having an often-excited child such as I am, she is pleased that she can lead a quiet life with her sheep."

"My mother and Montana—our neighbor on the north—have gone into the wool business. A most excellent business, but not for a Geysers."

David laughed. "No, it would hardly do for you. You'd get the wool all soaked."

"It wouldn't interest me," Geysers said, "and I've always said people must be in the business which is their liking."

"Otherwise they won't make a success of it. I'm a successful Geysers because I like Geysersing."

"That word's a new one to me," David said.

"You'd better not become any too well acquainted with it," Geysers warned David. "It has never really been admitted into Map society."

Just then two voices were heard shouting just outside the park.

"I do believe two of the Living Map people want to see me," David said.

He wanted to appear of some importance before Geysers and, too, he wanted to find out who were the owners of these voices.

He said a hurried good-by to Geysers and rushed away.

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Wisdom consists not so much in seeing as in foreseeing.—Hosea Ballou.

## SATIN FROCKS ARE FAVORED FOR EARLY AUTUMN SEASON

By JULIA BOTTOMLEY

Lustrous or dull, in color or black with special emphasis on white for evening wear, satin is making a conspicuous entry among "first" fashions for fall.

The new satins have a color range such as the world of fashion has not seen for many years. A high regard for black is also maintained and especially black with a touch of color or white.

Satins in the new off-black shades are as interesting as were the off-white shades during the summer. Rich dark plum tones, garnet reds, browns from African to rust, handsome greens, and black, of course, briefly outline the color program for fall frocks.

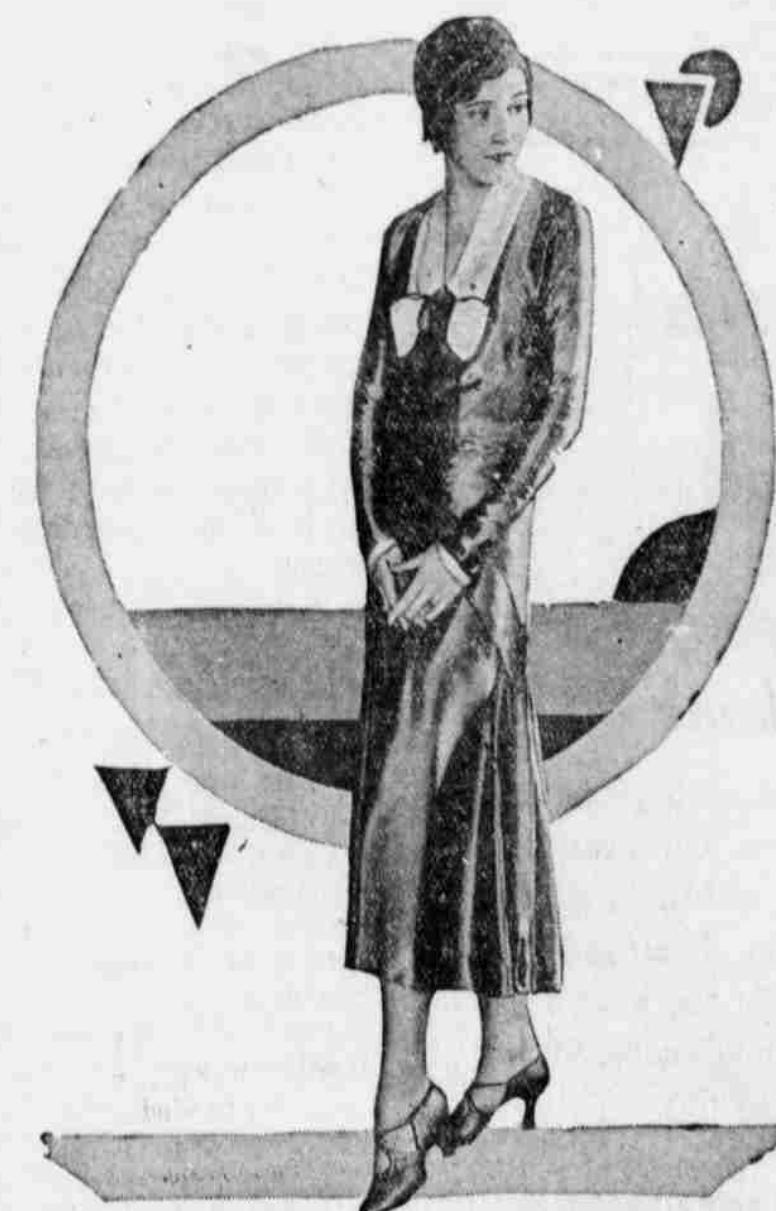
The artfully tailored satin gown in rich autumn hue worn with shoes in matched color is a favorite theme with fashionists for immediate wear. As a reminder of the importance of shoes the same color as the frock, lending booties are stressing displays of exquisite kid shoes in wine shades in dark green and a whole list of browns.

Typical of the autumn trend is the bronze-brown satin dress in the picture. It is finished at the neck and wrists with the same satin weave in a bright rust tone. The brown kid shoes worn with this smart gown are a perfect color match to it.

Many of the courtiers are combining soft pastel tints with dark shades. Indeed the effectiveness of monotonous used in contrast is stressed throughout all costume design for the coming season.

Touches of turquoise blue on black or on brown are especially noted. Green and brown, beige and brown, green and beige, deep garnet with beige, pink with black, also black and white are but a few of the color combinations which are enlivening the mode.

Another point about the new satin dresses is their lavish amount of detail. That is, their styling is complex because of an endless amount of seam-



ing, tucking, goring, together with infinite yokes, insets, bandings and such. All this manipulation, however, results in an appearance of extreme simplicity.

When the satin gown is not trimmed

in satin of another color at the neckline, it is almost sure to take on a lace collar and cuff set for lingerie touches appear on the majority of day time frocks this season.

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# INDIA

AND ITS PEOPLES

By Capt. L. R. Claud Robinson

### WHAT IS INDIA?

EXCEPT in generalities, the average man knows very little about India. Space there has not been annihilated, as in our western civilization, by telegraphs, newspapers, books, telephones, movies and wireless. To comprehend a country even slightly, you must visit it. To know it still better, you must live in it. And to know it best of all, you must not only live in a country but study its people, their customs and mode of living. I don't suppose 2 per cent of Americans have had the advantage of seeing India. It is not surprising, therefore, that we have the habit of speaking as if it were a country like France or Italy, instead of a continent or combination of countries like Europe.

We are apt to forget that India has a population of 320,000,000, composed of different races, speaking different languages and practicing different religions. We also forget the far-reaching results of caste, a social or class system under which every Hindu is born into a group which for life defines his occupation, method of living and even marriage limitations. There are 2,400 Hindu castes in India, and it is difficult to realize that 70,000,000 Hindus out of a total of 320,000,000 are looked upon by the castes which are above them as "untouchables" or outcasts.

Thousands of years ago when the conquering Aryans descended from the North and became rulers and masters of India, they formed a higher civilization than the dark, thick-featured aborigines, and to preserve their own purity of race, decided to exclude the earlier race from their more intimate social settlements. Thus originated this body of "untouchables." Touching them, or even coming into remote contact with them, involves the high caste Hindus in ceremonial defilement. It is interesting to note that in a recent utterance the spokesman of these 70,000,000 people declared himself entirely opposed to the policy of Mahatma Gandhi, the instigator of the movement of passive resistance in India.

Just imagine, then, a region the size of all Europe, exclusive only of Russia, stretching over 28 degrees of latitude and 40 degrees of longitude, with a population of 320,000,000, practicing nine great religions and speaking 130 different dialects belonging to six distinct families of speech. That is India from the point of view of the statistician.

Statistics usually are dull and commonplace things, but at least in the case of India we may say that they are startling. If their meaning is to be grasped, we must clothe them with flesh and blood. This can only be done by hard and extensive traveling in that vast, mysterious and romantic land.

### THE HIGHWAY TO INDIA

FROM the dawn of history India has been the victim of invasion after invasion. What of the gateway through which these invasions came? A little north of latitude 34, a natural cut in the mountains, runs for a distance of 20 miles from Jamrud on the edge of the trans-Indus plain to an open spot at Landi Khana on the border of Afghanistan. It is known as the Khyber pass.

Until the advent of sea power this historic highway constituted practically the only channel through which could enter the many influences which have played so large a part in shaping the destinies of India. It provided the main inlet through which flowed the tide of Aryan stock which took root in the fertile soil of the Ganges valley and gave to the world the rich gift of Indian thought and civilization.

Many centuries later, though still 300 years before the Christian era, a western civilization, lured by the story of the richness of the country which lay beyond, for the first time trod its stony path. This was the invasion of Alexander the Great. A thousand years after Christ came another conqueror, Mahmud of Ghazni, opening up another momentous chapter in the story of the continent. Mahmud was out for plunder and he met and defeated the Rajputs at Peshawar. This marked the beginning of the Mohammedan invasion which was to end in the Mogul dynasty, the splendor of whose sway is perhaps unsurpassed in the annals of the world.

Today the Khyber pass plays a less historic part, but it is still, as it was before, the main land thoroughfare between India and central and western Asia.

By an agreement made with the Afridis towards the end of the last century, the safety of the pass was entrusted to the Afridi tribe, which provided a body of men for patrol and escort duties. More recently this corps was placed on a regular basis—paid, armed and officered by British officers, and became a regiment known as the Khyber Rifles. The road as now metalled and graded, and you may travel it in comfort by automobile and view the great fort of Landi Kotal, the ultimate outpost of Great Britain in the direction of Afghanistan.

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