

Birthday of Washington Ideal for Re-Discovery of Traditional Dishes

Red, White, Blue Color Scheme Easily Carried Out; Decorations Lend Holiday Note

By VIRGINIA ROSS
Home Economics Editor

I'M ALWAYS at loose ends to know where to start and stop when it comes to celebrating George Washington's birthday. It offers so many chances to change the pattern of the "daily three" and of our tables.

The episode of the cherry tree may be fantasy, yet this idea gives us a lot of opportunity to dress up our tables. I take thorny branches, stand them in blue pots filled with sand and stick cranberries, or red-tinted, preserved grapes, on the thorns and use these as a part of the centerpiece, with paper hatchets as place-cards and tall candles in three colors, red, white and blue, grouped about the table.

The food scheme is, of course, red and white, with any blue note obliging products will lend. There are white and red fruits in abundance, to be used in cocktail or salad. If used in a cocktail, nest the glass in a bed of blue-tinted chipped ice. Bread sticks, little rolled sandwiches, stuffed celery sticks—any of these are good by way of accompaniment.

JELLIED SOUPS

Soups with a tomato base, chicken soup, clam broth, any of the white cream soups, such as asparagus, corn or clam, are in good order. Always with a dash of paprika or whipped cream for a garnish. A jellied soup is smart, no end; too bad more Westerners aren't converted to them. Doesn't rest so heavily on the digestive apparatus.

The main course? Chicken, ham, pork, clams, lobster, crab—even good old canned salmon and tuna—find themselves fitting into the picture very nicely, depending upon the time of day and the occasion.

Of the red and white background afforded by the vegetable kingdom, there are potatoes, cauliflower, asparagus, turnips and parsnips, cabbage and corn. Of the red, tomatoes, paprika-red carrots, beets, pimento—that's enough. Buttered, in cream, sauces, or in salads, any of these adds a touch.

And breads . . . I like to think of breads, light and fluffy, with that prized tomato honey, or red tomato preserves, strawberry jam, or crabapple jelly. Or cornbread, great squares of it. Or crispy corn sticks. Maybe spoon bread or rice muffins. Old favorites of the good George's day, and still favorites!

Relishes? The women of those long-gone days had well-stocked closets, full to the topmost shelf of piccalilli, sweet cucumber pickles, sweet relish, and so on.

MANY DESSERTS

Dessert; here you have a long rope! Lady Baltimore cake is always a good choice, whether your observance of the day is a gay buffet, a smart bridge tea, or dessert and coffee.

It is, as you know, a good white cake; two or three thick layers put together with a cooked frosting (the old reliable seven-minute or the boiled variety), to which has been added chopped raisins, figs and pecans, the whole frosted over with the plain boiled frosting.

George Washington pie might well be another choice—your favorite little plain, or quick butter cake, baked in a deep pan, split into two layers when cool, then given a filling of whipped cream, thick custard, or raspberry jam, and sometimes both the jam and the cream or custard. Sprinkle with sifted, powdered sugar. Make crisscross markings with the handle of a table knife.

CHERRIES PROPER

Then, of course, there's cherry cobbler, which to my way of thinking is only topped by cherry pie. What a pie that is! Rich, brown crust with thick, scarlet syrup oozing out through the slits of the tree pattern cut in the counterpane of the pie. And when it's cut, gay little cherries come tumbling out in that same luscious juice. None of those queenly Royal Annes, but tart little red fellows, called pie cherries, picked off the same sort of tree the small George Washington is supposed to have hacked!

Of course, our foods may take another turn, to the traditional dishes of the South; ambrosia, baked ham, beaten biscuit, candied yams, okra, ayilabub and the like. Or a still different flair when we celebrate February 22 with an international dinner or luncheon. Which, somehow, reminds me of the progressive dinners that used to be so popular, and even now are such a lot of fun.

When one starts thinking on it, truly it's regrettable that this can't be a season, just like Christmas, instead of just another day!

Where Foods Originated

By Ella Lehr

THE origin of the foods we eat is a fascinating story. Here is the first group of a series of "origins":

Parsley was first used for a decoration by Hercules, as a mark of honor after vanquishing the lion.

Onions were discovered by Alexander the Great on the Banks of the Nile.

Dates, grew first in the Garden of Eden, the best dates still being grown in what archaeologists believe to be the original site.

Garlic, of Egyptian origin, was once a god!

Bananas—record of earliest known bananas is 327 B. C., in the valley of the Indus, now known everywhere.

CHEESE, DATES

It was an Arab who first invented cheese, by joggling a goat-skin full of milk on his dromedary's pack, and it was the sheikhs of Arabia who first learned they could live—and well—on dates alone. The two make a delicious duet in any country, but Americans like them best combined in salad. Golden dates are stuffed with any soft, mild cheese, and laid on crisp lettuce leaves, or used to garnish fruit salads. Tuck a nut meat in the date for an extra touch.

RAW SALAD

If you want a wholesome and delicious raw vegetable salad, shredded cabbage, grated carrot and diced apples make a good combination. Serve on cabbage or lettuce leaves with a French or mayonnaise cream dressing.

ONION CANAPES

(Serve as an appetizer with tomato juice or other cocktails):
2 medium sized onions
3 hard cooked eggs
1/4 teaspoon salt
1 1/2 ounce can caviar
3 tablespoons lemon juice
12 toast rounds

Slice onions very thin and soak in ice water while preparing the spread. Chop eggs finely and mix with salt, caviar and lemon juice. Spread on onion slices which have been drained on a towel. Put on toast rounds. Garnish with a bit of pimento or a few grains of paprika, if desired. Makes 12 canapes.

Get the habit of seasoning with onion—put a bit in dressing, slice them wafer thin for crisp, cold salads—chop some onion finely, mix with peanut butter and mayonnaise and you'll have a perfect sandwich filling. Experiment yourself. You'll find countless new and interesting ways to add excitement to foods at meals, and between meals—with onions.

Clever Card Table Setting



"Do come over for coffee and dessert," this card table setting seems to say. All it lacks is the Lady Baltimore Cake this season demands. This new form of entertaining is one of the loveliest of ways toward reviving the "art of gracious living."

RECIPE OF THE WEEK

(Clip this and paste on three-by-five-inch card, or in your scrap book of "treasured recipes.")

Eggnog Pie

Crust: Mix together 1 1/2 cups of gingerbread crumbs, 1/2 cup melted butter, 1 tablespoon sugar.
Line a large pie dish with this mixture, pressing firmly against the sides and bottom. Bake at 375 degrees about ten minutes.
When cool, fill with Eggnog Filling:
Combine 3/4 cup of thin cream,

or undiluted evaporated milk, and 1/4 cup cold water. Heat over very low heat, or in double boiler. Beat 2 egg yolks with 1/2 cup sugar and 1/4 teaspoon salt. Stir hot milk into them. Return to double boiler and stir until thickened. Remove from double boiler.

Add 2 teaspoons plain gelatin soaked in 2 tablespoons cold water. Cool. Beat with egg beater and fold in stiffly beaten whites of two eggs and 1/2 cup cream, whipped. Pour in crust and let stand in refrigerator 2 or 3 hours.

FRUIT COCKTAIL

For one of the most delectable but inexpensive cocktails, try equal parts of avocados, celery and grapefruit, diced. Pour over this as a substitute cocktail sauce, a well-seasoned Thousand Island dressing. Any dinner which thus starts its career may be assured of success.

CHOCOLATE

Milk-shy children can be made to take their milk painlessly, if it is served to them as a cup of hot chocolate.

SAVE HANDS

To save your hands from scalding when wringing out hot applications, place the hot cloth in a potato dicer and the boiling water will be squeezed out easily, with no damage to the hands.

NO ODORS

If cabbage and cauliflower do leave their traces in the air, burn a piece of cotton string, and the carbon formed will take up the odor.

SPINACH

When it comes to cooking, have you tried shaping that disliked spinach into little nests, and plac-

ing in each three or four little cheese eggs, sprinkled with a bit of paprika? Or, molded cheese into little carrots with a parsley top—the same to reside on vegetable plates and salads?

WHITE OF EGG

In using only the white of an egg, make a hole in the small end of the egg. Shell and drain out the white. To keep the egg yolk from drying out, wrap a piece of waxed paper around the shell, and place in the refrigerator. The yolk stays fresh and moist, and an extra container for the unused egg yolk has been eliminated.

PASTRY BLENDER

Use a baking-powder can with sharp edges for a pastry blender. Punch holes in the bottom of it, and the new utensil will work perfectly.

PASTRY TUBE

To pipe fancy edgings and toppings of mashed potatoes, icings, mayonnaise and whipped cream on dishes, force the material through a cone-shaped piece of waxed paper, held securely to prevent spilling, and you have a pastry tube.

GUIDE of the STARS

By LAURIE PRATT

SUNDAY, FEBRUARY 16: A good day for rest and study. Avoid starting new projects of any kind, as disappointment and deception are indicated. Contact with elders not favored. Travel, correspondence and signing contracts are under adverse vibrations.

MONDAY: Excellent in the early morning for starting on a journey and for matters concerning friends, finances, sports, publishing and all interests at a distance. The afternoon requires care against accidental or quarrelsome vibrations and over-exertion.

TUESDAY: The early morning favors new business ventures. Contact elders today. Fortunate for finishing up matters and general business progress.

WEDNESDAY: You will feel energetic today and can accomplish much, but take no important new business or domestic steps.

THURSDAY: An erratic day, when things do not go according to schedule. Sudden trips are not promising in outcome. Group and organization work develop unexpected angles, also social affairs and relations with friends and relatives.

FRIDAY: Do not start new ventures, as they will die with this last day of the waning moon. Otherwise this is a friendly and cooperative day, when associates will prove helpful and all ordinary affairs may be successfully carried on.

SATURDAY: New plans may be satisfactorily executed. The general public is open to unusual ideas. Social affairs are favored.

Children's Prospects

CHILDREN born this week (this year only) have the following life prospects, according to astrology:

FEBRUARY 16, 1936: A child born today will travel far. A philosophical and courageous spirit and an original mind are indicated. Partnerships are not favored.

FEBRUARY 17: A fortunate, optimistic, outspoken child, with many helpful friends. A religious or legal career and wide travel are much favored. The mind is brilliant.

FEBRUARY 18: A clever child with ability to make money. Excellent business sense and resourcefulness. A quiet, intuitive and diplomatic nature.

FEBRUARY 19: A child with much charm, musical and poetic tastes. Mental courage of a high order. A business career involving liquids, importing and exporting or other connections across water is favored.

FEBRUARY 20: A child born today will be unusual and a constant traveler. The life in general is fortunate. An occupation related to foreign countries, social welfare or detective work is likely.

FEBRUARY 21: This child is favored in hospital and educational work which does not bring him before the general public. Excellent research and investigative ability.

FEBRUARY 22: A child of remarkable destiny, fortunate in worldly activities, but living a secret life unknown to others, fascinated by mysteries and bent on solving them.

FASHION TIPS

BY MISCHA

International Authority on Women's Attire

IN THIS, the fifth group of authentic fashion hints by Mischa, recognized designer of women's attire, he will comment briefly upon general rules and practices for correct appearance, and will also give definite advice with regard to proper dress for two distinct size types. Since it is an accepted truth that two women of different build cannot wear the same clothes, the woman who is seriously concerned with her appearance will gain much from these hints.

A WOMAN is exceptionally careful in the care of her home. Food is selected with care and thought. The household is kept clean and orderly. The wise woman exerts this same careful selection when planning her dress needs.

In the art of being well dressed, fine clothes are not as important as is good taste. The latter quality will go much farther in assuring success.

THE TALL, HEAVY WOMAN in her dress should express the quality of dignity and poise which her size demands. It is absolutely necessary that she give this impression of dignity and poise. If she does not, she is apt to appear massive and imposing. Intelligent, clever costuming will go a long way to assure the success of the attire of the tall, heavy woman. Thought is needed in planning her clothes, because she must attain her effects without calling attention to either her height or breadth.

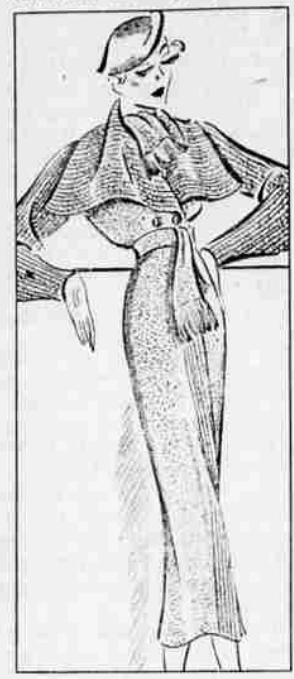
THE SMALL WOMAN, to appear at her best, will confine herself to clothes which fit her personality. The use of heavy fabrics, brocades or extravagant, long-haired furs should be shunned by the small woman. Broken lines, or fussiness of any description, will detract from rather than add to her appearance. If trimmings are absolutely necessary, the simple, flat types are the wisest choice.

Utter simplicity and delicateness make for the most exquisite appearance of this type of woman.

Her petite form is, in reality,

her most charming quality, and she should dress in a manner which will emphasize its daintiness, her only care being to avoid any costume which will tend to make her appear drab and inconspicuous. She must not make the mistake of choosing clothes which will cause her to seem smaller than she actually is.

COLOR SELECTION: In choosing colors it should be remembered that certain groups of colors emphasize different qualities.



For the smartly dressed woman is this new loose-back short coat with convertible tuxedo revers and novelty collar. It is made of banker's gray sharkskin tweed.

Size, age and imperfections of skin are underlined by pure, bright colors.

Gaiety and youthfulness are suggested by the use of such colors as apple-green, pale blue and rose. Maturity and dignity are found reflected in deeper and more somber tones.

Between Us Girls

by Virginia Ross

TRY meat loaf with chopped cooked or canned spinach added to the mixture, or one can of drained, minced clams. Pimento is also good.

Peaches with the hollows stuffed with crushed macaroons and honey, then baked, make an excellent dessert.

Give an open face pie a cover of marshmallows. Slip under a broiler until the marshmallows are brown. Good also on chocolate pie.

Cut potatoes and whole vegetables in slices and cubes for quicker cooking.

Don't be ashamed to use the can opener, but with imagination. Keep a good supply shelf.

To save tearing lettuce leaves, cut the root end out, or, with a twist, pull it out. Let running water run down into the heart of the lettuce head. Let drain. The leaves are then easily removed.

After washing and thoroughly drying parsley, put it in a glass jar with a good cover. Keep in a cool place. It will be nice and fresh when you are ready to use it.

Rinse your tea towels in a weak solution of baking soda and water. They will polish the glassware much better.

Paper bags are surprising time savers in your kitchen. Put flour in a paper bag, add pieces of meat or fowl, twist the end of the sack. Shake. Each piece will be well floured.

Use paper bags to dust doughnuts with sugar, to catch the crumbs from running crusts through the food chopper, to hold your garbage.

Slice eggplant, salt, place under a weight if possible. Drain off the liquid, dip slices in egg and crumbs. Fry in olive oil.

Salmon and other seafood salads are smart served in scallop shells instead of the usual lettuce leaf on a plate.

Soak veal steak for an hour in milk. Brown it well. Sprinkle one

tablespoon grated American cheese over each portion. Cover with sour cream. Dust heavily with paprika. Bake in a quick oven for 20 minutes. Serve with mashed potatoes and a green vegetable. Also hot biscuits!

Did you ever use your own, or canned, Italian spaghetti in alternate layers with crab meat, sprinkled over with Parmesan cheese and baked in a fairly slow oven? Serve with a green salad, fruit and cheese.

Some day, try thinning down your salad dressing with marschino cherry juice.

Salmon loaf is good baked in a ring and filled with creamed oysters, crab or shrimp.

Try marinating bananas in strawberry or raspberry juice. The bananas, being porous, will absorb it, and are delicious served with powdered sugar and whipped cream.

Sprinkle candied orange peel over the meringue of lemon tarts before baking.

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Feel full of pep and possess the slender form you crave—you can't if you listen to gossipers. To take off excess fat go light on fatty meats, butter, cream and sugary sweets—eat more fruit and vegetables. Take a half teaspoonful of Kruschen Salts in glasses of hot water every morning to eliminate excess waste (fasts line with juice of half lemon added).
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KONDON'S NASAL JELLY
PAGE SIX

Mischa Fashions
THE swagger, single-breasted T coat (No. 109) is smart to wear in changeable weather. It has a cleverly stitched collar and comes in sizes 16 to 42. Size 36 requires 3 1/4 yards of 54-inch material, with a decided nap, and 2 1/2 yards of 54-inch material without nap.
The striking two-piece frock (No. 108), with its novelty collar and laced front, comes in sizes 14 to 42. Materials adaptable would be novelty wool or silk crepe faille. Size 16 requires 4 3/4 yards of 39-inch material.
Mischa fashions are accurately cut to size and are made of strong paper. A simplified cutting chart and a practical step-by-step instruction guide are included.
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FIVE STAR WEEKLY,
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San Francisco, Calif.
Enclose 25 cents for each pattern wanted.
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Size
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