

Mother's Cook Book

Come out! Come lightly out to play
Children and like gods this day—
On the hills and far away.
—Fannie S. Gifford.

CAKES TO BE EATEN THE DAY THEY ARE BAKED

All shortcakes are best served hot from the oven, and so are blueberry gems, those delicious berry-filled cakes which we enjoy in the season. Cakes which are not rich enough to keep well should be eaten the same day following day they are baked.

Feather Cake.
Cream three tablespoonfuls of butter, add three-fourths of a cupful of sugar, a little at a time until the whole is light. Drop in the yolk of an egg and beat until light. Sift one and three-fourths cupfuls of flour, add two and one-half teaspoonfuls of baking powder. Beat this into the finest mixture, alternating with one-half cupful of milk, one-fourth of a teaspoonful of grated orange rind and three drops of vanilla. Fold in the white of the egg beaten stiff and bake in a sheet. Serve broken in pieces with a fork.

Rose Cake.
Cream one-half cupful of butter, add one and three-fourths cupfuls of sugar, a little at a time until the whole is creamy. Sift two and three-fourths cupfuls of flour three times, then add three tablespoonfuls of baking powder and sift again. Add the yolk of the butter and then fold in one cupful of sweet milk and then fold in the stiffly beaten whites of five eggs. Take half the butter and color with a little fruit coloring, flavor with rose and the white with pistachio. Drop spoonfuls of each into an angel food pan. Bake fifty minutes to an hour in a moderate oven. Turn out on a thick cloth and do not slice until perfectly cold.

Fruit Roll.
Beat the yolks of four eggs until thick and lemon colored, then add one cupful of sugar, a little at a time. Sift one cupful of flour several times and then add one-half teaspoonful of baking powder. Add this to the egg stiff and dry and fold into the batter; add flavoring of five drops of orange and the name of vanilla. Bake in a long shallow pan. Turn out on a powdered sugar cloth; spread with chopped pineapple, marshmallows and sugar. Roll up and wrap tightly with the cloth.

Kelley Maxwell

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THE ROMANCE OF WORDS

"SANDWICH"

LORD SANDWICH, who held high rank in England during the latter part of the eighteenth century, not only gave his name to the chain of islands discovered by Captain Cook in 1778, but it is also from him that the slice of meat or cheese or the like between two pieces of bread gets its name.

It was because of the earl of Sandwich's aversion to wasting even a moment of time, that the "sandwich" as we know it, came into being. At his office in the admiralty he made it a rule to pay no attention to any letter that was more than a page in length, saying that anyone can state everything they have to say in a single page, and that if the petition was longer, he wouldn't have anything to do with it because it was wasteful of the writer's time and of his. The same principle governed his hours of play. He was an inveterate gambler, and it was far from unusual for him to sit for 12 to 14 hours at a stretch, watching the fall of the cards.

At such times it was his custom to summon the waiter and order "whatever food happens to be in the house." Cold meat and bread were usually forthcoming, so the earl would slip a slice of the former between two slices of the latter and devour it with great relish. Soon it became the fashion to serve "sandwiches"—always spelled with a capital—at the various functions of the day, and this time-saving device of an English lord gave rise to a word which is common wherever this language is spoken.

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HOW

PRIMITIVE RACE MAKES USE OF "FIRE STICKS."

—Far in the interior of New Guinea is a rolling surf, beyond the mountains—lives a race of pygmies. They are chocolate-colored men, barely four feet seven inches in height, but they are well proportioned, and bear no signs of deformity or dwarfism. "Tupiro" is the name of the tribe to which they belong.

This tribe has its own villages and its own plantations. Their dress is a grass helmet with upright rim and a protection at the crown in which a bird of paradise plume is usually worn. This hat, with a bright, yellow gourd suspended by a string about the waist, is their sole costume, writes Temple Manning in the Cleveland Plain Dealer.

But over the shoulders of each man is hung a bag made of string, it holds fishing tackle and fire sticks. Thus the men are always provided with food-catching utensils and the vital sparks with which to start a fire to cook what they catch. The fire-making implements are two in number: One is a stick of hardwood, the other a "rope" of rattan. A cleft is made in the stick, and a stone is forced into the cleft to keep the sides apart. The firemaker places one end of the stick beneath his foot and the other end of the stick over a bunch of dried leaves. Then he places the rattan rope beneath the cleft stick and grasps it with both hands.

Working the rope back and forth as rapidly as his hands can move, the friction of the rattan against the sharp edge of the wood causes ignition. The leaves begin to smolder, and he blows them into a flame. It isn't a speedy process, but it is sure. For generations beyond memory these pygmies of the forest have depended upon their fire sticks for cooked food and for heat.

REPAIRING RAVAGES OF WAR

How Co-Operative Societies Are Aid- ing the Good Work in Devastated French Regions.

During the last year the co-operative movement in the devastated regions of France has made considerable progress. In fact, at the present time the greater part of reconstruction work is executed by such societies. Both the government and the population of the devastated territories have found these methods of the greatest practical value. Furthermore, the government encourages their organization and development.

Since the beginning of 1919, 203 co-operative societies have been organized in the department of the Meurthe-et-Moselle. They have already obtained important results. On December 31, 1920, urgent repairs had been made on approximately 12,000 buildings. The sums disbursed for these repairs amounted to 124,430,000 francs (\$24,014,900 par), or 81 per cent of the total sum paid out for this purpose in the department. In 1920 the co-operative societies commenced the erection of 621 farm buildings, or 88 per cent of the total in the department. The sum disbursed for the above purposes amounted to 20,250,000 francs (\$3,908,250 par), or 85 per cent of the total.

How Human Heads Differ.

Women have broader heads in comparison with their length, darker eyes and hair, and a less marked bony development of the skull, according to Miss Fleming of Aberystwith, who, according to the Daily Chronicle, gave the British association some facts and figures associated with her investigation of sex and growth features, and conclusions based upon an examination of 2,500 children and 1,000 women, mostly Welsh.

She had compared these with the figures of Professor Fleure relating to man. There was a marked tendency both in boys and girls to an inch more in width than in length of head. Examination showed that the vivid red hair of children changed into brown about the twelfth year. In the case of fair-haired children the darkening process began earlier in the case of girls than in boys.

How to Find Faults in Machinery.

If your automobile engine is not running as it should, and you do not know what the trouble is, get one of the new blaural stethoscopes and make a diagnosis, as a physician does when he wants to learn what the trouble is with the interior machinery of his patient. This improved device for detecting faults in running machinery has the advantage of possessing two ear-pieces which entirely exclude external noise. It has a jointed rod which is placed upon the part where the noise is suspected to be, and the noise is so magnified that the location and nature of the trouble can be quickly determined.

Why He Is Unpopular.

Mrs. Bunker—He sure is unpopular with the golfers since he worked so hard on his invention.

Mr. Bunker—What's the invention? Mrs. Bunker—A golf ball that registers the strokes during the course of the game, and there is no chance to lower the score.

WHY

Were Great Cities of Central America Depopulated?

These Indians (the Mayas of the Yucatan and adjacent territory) tamed the wet tropics and developed one of the great civilizations of the world, Herbert J. Splinden writes in the World's Work. In the area of the first empire of the Mayas there were greater cities than any in Central America today—there were millions of people in regions where now there are only thousands. This area was one of the most densely populated parts of the world between 200 and 600 A. D. Then a calamity came and swept these cities clean. Was it yellow fever?

Imagine a people whose lives depended on water kept in cisterns and on agriculture developed to meet the demands of a tremendously centralized population. An invisible death like yellow fever would strike them with uncontrollable panic. We have only to read the annals of fear when our own southern states felt the dreadful visitations—the fleeing multitudes, the paralyzed commerce, death from hunger and exposure, picket lines where men shot to kill.

SUN'S EFFECT ON MAN'S WORK

How Toller's Capacity Increases as the Days Grow Longer—Less Production in Winter.

It has been found that there is a distinct relation between one's capacity for work and the intensity of the light in which that work is performed, says a writer in the London Answers. After the sun turns northward, for instance, at the close of the year, the gradual increase of the natural light leads to a rise in the average man's working powers. This rise continues throughout the spring, and is arrested only when the summer heat begins to have its effect.

During the hot months the favorable influence of the light is a good deal counteracted by the enervating temperature; but when, in the late summer and early autumn, the temperature has fallen, the capacity for work again increases.

Then, when the dark days return, the effect is seen in the diminished output of the worker. This apparently becomes more noticeable if the weather is unusually cold with the darkness.

A dark, cold winter, therefore, is much more likely to affect one's working capacity adversely than a dark, warm one. There is an additional advantage with the latter, it seems to the writer, namely, that a dark, warm winter might mean a lower air pressure than if the winter were cold. This lower air pressure would most probably be good for the health of both the manual and brain worker.

A warm winter would no doubt be a fairly dry one, as it would mean winds from a southerly quarter. Such winds, coming from the warm ocean, would be cloud-laden, and the result would be darker days. This would apply especially to large cities and towns, whose air in the winter time is so full of smoke and other light-scattering impurities.

Why Bridal Orange Blossoms.

Various theories have been given regarding the use of orange blossoms as bridal ornaments. The custom is supposed to have been brought to Europe by the crusaders from the East, the Saracens being accustomed to wear orange wreaths at their marriage. To this objection was raised that, although the orange tree was brought to England as early as 1290, it was long before there was any real cultivation of it, even in greenhouses. A second theory is that orange blossoms came to be worn by brides on their marriage because they were not only scented, but also were rare and costly and so within the reach of only the noble and rich, that indicating the bride to be of high rank. A third is that orange bridal wreaths had their origin in Spain, where oranges have been cultivated for centuries. Thence the fashion passed to France, and by means of French millinery was spread to other lands.

How Food for Navy Is Protected.

Commissary supplies for the United States navy are inspected by the United States Department of Agriculture, which is strictly observing that our sailor boys obtain good food. During the last year its inspectors stationed at the various navy yards, bases of supplies and naval hospitals examined a total of 29,890,370 pounds of fruits and vegetables for the navy. Of the amounts inspected, 2,032,309 pounds were rejected, cuts amounting to 114,382 pounds were made, and 35,014 pounds were found to be of short weight. In addition to this work, 1,332,472 pounds of fruits and vegetables were inspected for the marine corps in Boston, New York, Philadelphia and San Diego.

Why Ostrich Stuttered.

Monkey—What are you stuttering so for, Mr. Ostrich?
Ostrich—I swallowed one-one of those per-perforated music rolls and the bismed thing's t-t-tuning over.

How It Usually Works.

"Do you believe that a soft answer turneth away wrath?"
"Oh, yes; often, though, wrath frightens away a soft answer."

Lilly Flor



Czechoslovakia's "Mary Pickford" "movie" star comes to America to play the part of a galaxy actress apy in a new film dealing with the fall of the Hapsburgs. As Miss Flor has been reported engaged to no fewer than three ex-archdukes, her arrival here is of more than usual interest.

THE RIGHT THING at the RIGHT TIME

By MARY MARSHALL DUFFEE

WHAT ABOUT RINGS?

The apparel oft proclaims the man—Shakespeare.
IT MAY be that some friend of yours in Paris will write and tell you that "they" are wearing rings outside of their gloves in the French capital, and from New York you may hear that this fad has reached this side of the Atlantic. But in spite of this information you will probably not choose to wear your rings in this way, and to do so would show not very good taste if you belong to just a sane, average group of mortals who do not strive after the new and unusual in dress. For to wear rings over the gloves is still so unusual that it would make you tremendously conspicuous if you attempted it. But it has been an established custom and there is a famous portrait of a queen showing her with a large ring on the index finger of her gloved right hand.

A few actresses and women who like the unusual in dress did wear rings on the index finger a season or so ago, but it was a passing fad, and not an attractive one at that. You will notice, too, that women of taste practically never wear rings on the middle finger. They appear especially awkward there. They are now worn almost always either on the ring finger or on the little finger.
It is not in very good taste, and it is never attractive, to wear many rings on one finger. Fingers weighed down by diamonds indicate that the wearer is more anxious to show the value of her rings than their beauty. A married woman does not wear any ring but her wedding and engagement ring, or her wedding ring alone, on her left hand ring finger. Of course, there are some married and engaged women who do not care much for the wearing of these betrothal and wedding rings, who sometimes substitute for them a ring of another sort. But in this case the other ring should be worn instead of the wedding or betrothal ring and not with it.
The old-time rule used to be that a well-bred woman never wore diamonds in the morning, and you will still notice that most women of taste wear none save in the form of their engagement ring. At least, one should not wear diamonds, save an engagement ring, on the golf course or for any athletic meeting. It is extremely bad form to wear rings in profusion in a business office. In general, children are not permitted to wear any very valuable rings, and the most discriminating mothers perhaps do not permit their children to wear any rings at all. Girls are not usually permitted to wear precious stones until they have "come out," or are seventeen or eighteen at least.

WHY—

HAS A LONG COAT BUTTONS IN THE BACK?

THE two buttons which appear at the back of men's frock coats and the coats of their "evening clothes" are supposed to have had their origin in the fact that men formerly wore a sword-belt and, in order to support this, buttons were placed on the back of their attire.
It is quite possible that this is the way in which the style originated, but it served a more useful purpose not so very long ago, when the skirts or tails of such coats were made very long and got tangled up with the wearer's legs when he moved about rapidly. A British tailor hit upon the idea of placing buttons in the lining of the coat-tails, thus permitting the tails to be buttoned up and kept out of the way. The fashion for long coats passed, but the buttons remain to this day.

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"What's in a Name?"

By MILDRED MARSHALL

Facts about your name; its history; meaning when it was derived; indicating your lucky day and lucky jewel.

SADIE

THE quaint name of Sadie, lately spelt Sadye, has its origin with Sarah. It comes from a Hebrew verb meaning to fight or rule, and hence came to signify "princess." The first record of the use of Sarah or Sara belongs to Bible history where the wife of Abraham was so called.

Sadie came into existence through the Irish—unless one cares to believe that she is only an Americanization of one of Sarah's many diminutives. But for the sake of etymological exactness, it is nice to believe that the Irish Sadhbh was the real forerunner of Sadie.

But between the time of Abraham's wife and the appearance of the Irish version of her name, Sarah had been adopted by other countries and had won great popularity. In England Sara Beauchamp gave it vogue in the reign of Edward I and Sarotta de Moulton, who lived in a former reign, was also supposed to possess a name which was another and favorite form of Sarah.

The French preferred Sara without the "h" and it still continues in great vogue there. They have another form, Sarotte, which is also popular. Ireland's Sadhbh and America's Sadie are apparently the only other existing forms.

Sadie has a curious talismanic gem—malachite. If it is engraved with an image of the sun, it will bring her peace, freedom from danger and disease, and sound sleep. It is particularly lucky for children, and it is said that a piece of malachite tied to a child's cradle will protect it from dangers throughout later life. Saturday is Sadie's lucky day and 7 her lucky number.

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Art.

The pick of recent Japanese paintings are exhibited in New York. Observe the subjects: "A Prairie Fire," "Scenes in the Buddhist Hell," "Wensel," "A Shinto Shrine" and "Yellow Bird on a Blossoming Tree."
These subjects reveal that Japanese imagination has a tremendous scope. Hence Japs are quick to sense the possibilities of a thing, as shown by their aggressive diplomacy.
But imagination is not all Japan, within a few generations, will be eclipsed by the plodding Chinese giant, who imagines nothing except facts. That's what made our west—keeping its feet on the ground.

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