NEWS AND VIEWS FOR WOMEN READERS



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Miss Allen's Tested Recipes



Miss M.'s Gold Cake (From 50 recipes submitted in a contest for gold and silver cake recipes, this was selected as the best)

cupfuls sugar cupful Crisco (scant) teaspoonful salt cupful sweet milk yolks of 7 eggs cupfuls flour teaspoonfuls baking powder teaspoonful each vanilla and

Cream Crisco, sugar and salt together with the hand until light and creamy. Add the egg yolks, beaten until thick, mix thoroughly. Then add the milk alternately with the flour and baking powder sifted together. Add the extract. Bake in an angel cake pan about one hour in a moderate oven, or in cup cakes or layers, and put together with any desired filling. This makes 2 medium sized loaves.

For light, tender cakes for digestible and flaky pastry For crisp, digestible fried food



A NEW FLAVOR

The double richness of St. Charles, as compared with ordinary milk, gives a new and delicious flavor not only to cakes but to all recipes and dishes that call for milk. Write for free Recipe Brok.

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The Girl Who Was Followed

By H. LOUIS RAYBOLD

Nothing will pall much sooner than Climbing them wearily, she opened washing dishes. So Emily Curtis thought as she viewed the toppling pile match, she touched the tiny gas jet, stacked beside the sink. Tackling them half-heartedly, she

let her gaze wander through the open windows across the meadows, sweet with ripened grain. Meilow October sunshine filtered through the apple laden trees of the orchard, and the vagrant wind brought to her ears the dull chop-chop of the silo.

But Emily had neither eyes nor ears for the sights and sounds of the farm. She had had enough of farms.

Pausing in the act of lifting the dishes from their bath of suds into the drainer, she dried her hands on the roller towel, and from her blouse took a crumpled letter which had been brought by the rural mail carrier that again. very morning. She had not showed it

important to Emily. The rest was you-swore you should never darken froth in Maisie's best style.

"You ought to be here with your voice like a bird"-the note read-"Old Gunter needs more girls. It's easy work, and you could bunk with me. I've been trying to get somebody. It cuts room rent in half."

What good did a voice like a bird do one on a farm, thought Emily bitterly. You ruined it shouting your head off to the men that dinner was ready, or calling to John that the wood box needed filling. Singing Sunday evenings in the church choir where there were six altos for every soprano was only torment. If only she had the courage of a kitten?

Vague thoughts of rebellion were stirring within her, but the dull round of household tasks claimed her, crowding in on her discontent.

The next morning Emily stood pin ning her summer hat on her trim little head. It was the day for the weekly drive to Jamestown to do her marketing and meager shopping. She always looked forward to it.

But when John entered, to her surprise he was in his old farm clothes. "Emily," he began, hesitatingly, "I'm sorry, but I can't get off this morning. That last hand I hired went out on a

spree last night and hasn't shown up. "There's no need for you to give up going though! Jim can drive you as well as I." Jim was the boy they had taken from the county orphan asylum to do the thousand and one things about the place that did not require a man's strength. "And here," he plunged his hand into his pocket and brought out a wrinkled bill. "Perhaps this will help make up for your disappointment," he said awkwardly.

"It's a little extra I had come in." During the long drive Emily nursed her anger at John for spoiling her fun, as she not it to herealf.

A few minutes later Emily sent the hewildered Jim home, bearing a note to her husband which she had scrawled hastily on the back of her grocery list. Dear John:

I'm sorry, but I'm sick of farm life. I'm taking a chance I had to go to the city. Don't think too badly of me.

She herself walked to the small suburban station and waited for the

Six months later, in a nine by twelve dingy-papered bedroom, Emily sat at a bare, uneven legged table, and dumped out the contents of her pocketbook. No, there was not very much there. Certainly not enough to carry her long If old Gunter put into execution his threat to let her go at the end of the week. There was nothing the matter with her voice, he had declared frankly, and she got by with the dancing. but she hadn't the "go," the "pep" he wanted in his bunch of girls.

As Emily pondered the future, despondent wrinkles furrowing her forehead, the door swung open and Maisie Post. burst in, very breezy and alive. "I'm sorry, Emily," she said, "but I'm going to give up my share of the room. I've got a chance to go in a lot of girls uptown, and-

"That's all right," said Emily wear! ly. She had suspected for some time that Maisie's desire for her presence in the city had been actuated solely by Matsie's need for some one to help out with the rent. One thing more or less

worry over besides losing her room

idnight, followed by a slow

sely annoying and a bit terri-

and learned of Mainle's defection, Gunter fired her. Detaining her after the other girls left, he asked her where the came from and told her she had

better go back home. Go back to the fame! In For one thing, rigidly brought up strictly conventional John would never take her back.

Shivering with the cold which penetrated her thin jacket, she noticed with relief that the sinister shadow which had dogged her footsteps had evidently given up the idea that she was coming tonight. Yet she cast anxious glances over her shoulder until she reached the shelter of the narrow doorway which opened at the foot of the bare flight of stairs,

the door of her room, Striking a which gave off a warm flicker of light. Yet, by its feeble flame, Emily saw that which made her clutch her throat in terror, and utter an involuntary

There at the table, his head buried in his arms, his hat slipping from his head, sat the man who had been following her.

Almost paralyzed, she yet managed to back noiselessly toward the door. But, roused by her cry, the man at the able lifted his head—and in his tired eyes, his unshaven face, Emily saw her husband.

"John," faltered Emily, the color which had left her face flooding it

"It's me, Emily," said her husband to John. John had never approved of slowly. "You needn't be afraid. I've been seeing you home nights for some Only one paragraph in it was really time. At first I was very angry with my home again. But as time went on, I-I missed you, and I got to thinking of you-and-I-well, I came up to see if I could find you. I kind of thought you had gone to that Maisle. After I did find you, I wanted to make sure what kind of life you were living, and so I took to following you, fixed up so you wouldn't know me. Tonight I thought you weren't coming. The farm is going to rack and ruin. I don't suppose you want to give this

> "Give it up?" Emily, who had been standing one hand on the doorknob, looked about her at the bed with its enamel peeled off in splotches. st the dirty wall paper, at the doorless cupboard with its meager display of cracked dishes.

"It's getting spring on the farm," went on John eagerly. "The meadow where the brook runs through is covered with violets-I saw two robins by the illac bush-"

"I don't deserve it," whispered Emfly, and buried her face on John's

CONSOLATION FOR THE FAT

Surety Company Gives Stout Denial to the Statement That "Nobody Loves Them."

Fat men heed no longer go hungry for affection. The surety companies love them. Men who resort to exclamation marks when the razor slips or the back collar button deserts its post of duty may be hard on the nerves of the household, but they bring joy to bank auditors. Fat men and loud swearers pay their bills much more promptly than lean and close-lipped men, and run away much less frequently with the employer's bank roll. For this we have the authority of the chief expert of a surety

company of New York. It is good to have the statisticians give final judgment on a point which the literary students of human nature have left in doubt. If Tartuffe was underfed, Chadband exuded hyperisy out of a mass of embonpoint. If Uriah Heep had the slimness demanded by clothes styles with a difference, Pecksniff filled out his raiment admirably. Faistaff, on the whole, would have made a poor risk for the post of bank teller, though it is highly possible that his pilferings would have been confined to comparatively small sums, enough to pay for the day's sack and

One doubt occurs. If the fat man's capon-lined world, what are the chances of getting a fat man to swear? This is perhaps the reason why 100 per cent honesty is unattainable. That ideal can only be realized in a world inhabited by men weighing over 180 who cuss out the waiter.-New York

The Month of Marriages June, the month of roses, is also Hymen's own. This is not a coincidence but an inherited custom handed down to the present day through the centuries. In pagan times the Romans considered June the most propitious season for contracting marriages, especially if the chosen day were that

These and many other a were retained in the Middle ages cially those which belonged more scially to the spirit of Christianity: people then had recourse to all kinds of divinations, love philters and magical invocations, as well as prayers and fastings, which were modified accord certain animals or objects on her way e church.-Chicago American.

ather methods have been suggest use of the veins in the hand. He he nd that the veins are different in different persons. The voius are easily seen when viewed with a source light that has no red rays. The me cury-vapor are light is suitable,--Por



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ted the Had Wild Experience When Animals from Hamburg. Escaped From Cages.

> and a one-legged keeper fought for cages, which had been so damage hours in the holds of the transport by the pounding of the waves against a brown bear screeched in chorus. to slip through openings between All the while heavy seas battered the the bent bars.

MONKEYS. | ship, which arrived here yesterday a Karl Hagenbeck shipped the ani-week overdue, after a 21-day voyage mals to this country in charge of engineer of the eastern highway

One of the monkeys was killed be New York, Feb. 6 .- Six monkeys fore they had been pushed back into

from neck to heel with animal bites. engineer at Brockville.

Hans Fimm, who lost one of his legs division with headquarters at Kingbefore Verdum, and who is scarred ston. C. A. Robbins is a resident

Arthur Henderson, secretary for H. R. Grant, formerly of the city home affairs in the Labor governfreighter Montana, as ten yaks and the hull that the monkeys were able auditor's department, Toronto, has ment, but who still lacks a seat, has been appointed town treasurer or accepted an invitation to contest the by-election in Burnley,