Mainly About Women

BY ELIZABETH BAILEY TELEPHONE 2380

Mr. Fred Johnstone left last night for Edmonton.

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Mr. and Mrs. S. W. Eakin are spending a few days in the city.

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Mr. and Mrs. Kyrl Money, of Winnipeg, have returned home.

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Mrs. M. B. Cartwright has returned from a trip to the coast.

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Mr. and Mrs. A. D. Murray, of Calgary, are visiting at the coast.

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Miss B. W. Cole, of New York, is a guest at the King George Hotel.

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Mrs. John Roy and Miss Margaret Mooney are holidaying at the coast.

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L. J. Hentall and R. A. Jacobson, of Calgary, are holidaying in Victoria.

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Mrs. A. Tates and Miss R. Tates, of Moose Jaw, are guests in the city.

* * *

Mr. and Mrs. John E. Taylor, of Nelson, are visiting friends in the city.

* * *

Miss Wingate and Miss Morris, of England, are guests at Braemar Lodge.

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Mr. and Mrs. C. A. Belt, of Fredericton, B.C., are guests at the Alberta Hotel.

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Mr. and Mrs. J. C. Scott and family have returned from an extended trip west.

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Mr. and Mrs. John Sullivan and children left yesterday to spend some time at the coast.

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Mr. and Mrs. A. C. Pearson and Miss Florence Foster, of Calgary, are in Vancouver.

* * *

Mrs. Christine McFarlane has returned to the city after a few weeks' holiday at Banff.

* * *

Dr. and Mrs. Rea left Sunday morning for Edmonton, where they will spend exhibition week.

* * *

A. Prices, Mrs. Price and family, of Calgary, are staying at the James Bay hotel.—Victoria Times.

* * *

Miss Nellie O'Brien, 1417 First St., west, left on Sunday for Toronto where she will visit friends.

J. Heiman, of 215, Sixth avenue, has returned from an extended business trip to the fashion centres of the east.

* * *

The many friends of Miss Evelyn Sinclair will be glad to know that after her operation for appendicitus, she is recovering remarkably well.

* * *

The Church of the Redeemer troop do their special "good turn" for this month today (Tuesday). They intend to canvass the Elbow Park and Glencoe district for subscribers towards the tuberculosis hospital. Residents in that district should help on this good work by giving a dollar, which makes them subscribers for one year.

A Surprise Party.

On Sunday afternoon, at the home of Mr. and Mrs. Wasserman, a reception was held in the form of a surprise party, in honor of their daughter, Miss Fannie Wasserman. Those present were: Misses Rose Goodman, Fanny Goldstein, Annie Woursell, Bertha Hart, Bettie Hermann, Maggie Wasserman, Fannie Wasserman, and Miss Braumberg, and Messrs. J. Romanoff, I. Meyers, A. Leith, S. Segall, A. Braumberg, Count Barsky, Goldberg, Bloom, Louin, and Mr. and Mrs. Cohen.

Coming Events

The Colonel MacLeod Daughters of the Empire will hold a special meeting in the Public library at three o'clock on Wednesday afternoon.

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Mrs. Staff Captain Coombs of the Salvation Army will give the address at the Calgary Gospel mission, corner of Third street and Ninth avenue east, tonight.

WOMEN WILL PARTICIPATE IN THE DIRECTION OF A NATIONAL CAMPAIGN

For the First Time in American Political History Women Are Members of National Committee

For the first time in American political history women are to participate in the direction of a national campaign.

This was determined lately by the Progressive national committee before the departure from Chicago of Col. Theodore Roosevelt and Governor Johnson. Other measures were adopted by the committee designed to inaugurate without delay an effective and practical campaign.

Of the things done by the committee none will be of more human interest than the appointment of four women as members at large of the national committee.

The women selected are the following:

Miss Jane Addams, of Illinois; Miss Frances Kellor, of New York; Mrs. Charles GBlaney, of California; Miss Jean Gordon, of Louisiana.

Realize Influence of Women.

The above appointments were recommended by the women delegates to th convention. The additional committeemen are keenly interested in the humanitarian feature of the progressive movement, as well as the fight for cleaner politics.

They will be used to spread the gospel of progressivism, not only among women in the states where there is universal suffrage, but in other states.

The leaders of the prgressive party fully realize the tremendous influence of women and propose to make every effort to obtain its use in behalf of the candidacies of Roosevelt and Johnson.

AN OUTING GOWN—of fine navy serge or linen with white cloth or linen facings: bands of purple linen on the white.

Most of the purchasers of country realty—varying all the way from tracts of many acres to the modest little homes with kitchen gardens and a few fruit trees—are made as a result of the Want Ads.

Feminine Timidity Keeping Womankind From Emigrating to Land of Opportunity

MONTREAL, Que., Aug. 12.—It has been accepted as a principle by the government that in bringing immigrants to the country, it is also necessary to get the women.

Mrs. Genevieve Lipsett Skinner, of Winnipeg, has been touring England and Ireland during the summer, lecturing on Canada and telling of the happy lot of the women in Canada as compared to the old countries.

She was accompanied by a moving picture outfit, and at the close of each lecture, a number of films were shown, bringing up the sallent points of her arguments. Mrs. Lipsett-Skinner has arrived in Montreal, on her way back to Winnipeg from her British campaign, and said that she was not only pleased but surprised at the interest in things Canadian she met wherever she went.

"I have been lecturing all over the United Kingdom since last March," said Mrs. Lipsett-Skinner, "and while I dealt chiefly with the feminine side of the question, it was almost embarrassing the number of men who came seeking information. But I think this feminine side is a very practical move. Wherever I went I found men who were wanting to come to Canada, but their women folks were afraid—they feared the climate and did not want to face unknown conditions, so the men had stayed at home.

"That was just where this work won out. When the women met a Canadian woman who knew just what the conditions were and was able to tell them all about it, they generally lost their fears, and especially after seeing the moving pictures showing actual life, not only with working women, but with married women. I found that the pictures depicting home life in Canada were followed with keen interest and the women in the old country seemed very much attracted by what they saw. The campaign has already borne greater results than we expected in the way of inquiries, and there is every prospect that it will mean a decided increase in immigration of the most desirable sort."

One of the points upon which Mrs. Lipsett-Skinner had many inquiries was that of dress. Wherever she went she met women who were thinking of coming to Canada and they wanter to know what they should take to wear, since most of them were in such a position that the spending of a few pounds on useless clothing would be a real hardship. In this she did much useful work, advising as to what was the propert thing for summer and also for winter, while at the same time working to dispel the delusion that winter in Canada was a dead period of cold and shivers. She found her audiences particularly interested in this and her descriptions of winter sports.

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St. Andrew's Society

THE QUARTERLY MEETING of the Society will be held within the BOARD OF TRADE ROOM, BLOW BLOCK, On TUESDAY, the 13th inst., at 8 o'clock p.m.

D. J. BLOOMFIELD, Hon. Secretary.

Lillian Russel's Beauty Secrets

How much braver it is to keep our troubles from the world than to air them in public.

There are some women who keep a calm, beautiful exterior even though they are in a state of mental ferment. These women are far above the ordinary in intelligence. They know the uselessness of showing their feelings if those feelings are not the best. They know how little interest the ordinary world has in their troubles.

The world cares only for the best in people, and takes no interest in their personal misfortunes.

In competitions of mental or physical endurance the side that shows alarm, fear, or anger is always the losing side.

The woman beautiful must cultivate fortitude and calmness. A little knowledge of the philosophy of life will help one to be calm and accept the inevitable.

The strongest characters do not express emotions in public, but they go through all the heart pangs just the same as the weaker ones, and often perhaps more seriously.

Remember: To be resigned is a form of weakness. But to accept the inevitable is strength.

DESPAIR: The most recent fad of the extremists has been for fasting a week or more at a time, or a diet of milk or buttermilk for a longer time. Nothing of that sort should be tried except under the doctor's orders and with his watchful eye upon the effects of the treatment. Moreover, one must expect to give up work and go to bed, so that no strength will be required.

Three splendid movements to be used in combination with this diet are: First, rolling on the floor 100 times, either once or twice a day. The clothing should be very loose for this, and one should work up to the hundred by degrees. Second, rising slowly on the tiptoes, and then, with the knees stiff, bending over until the finger tips touch the floor. This movement will require patience and perseverance before it is accomplished successfully, but it is very important to hip reduction. Third, extending the arms on a level with the shoulders and twisting the upper part of the body first to one side and then to the other slowly.

MOTHER. The chief cause of wrinkles lies in a shrinking of the muscles of the face due to insufficient exercise. In early youth almost every muscle is brought into constant play through youthful activity, but as one settles down in life the muscles of the face and neck get little exercise unless stimulated by scientific and regular massage. Ten minutes devoted to massage every night would successfully ward off wrinkles until old age was really reached, and did women but realize this we should see many more youthful looking faces around us.

The secondary cause lies in the shrinking of the fatty tissues beneath the skin, which need to be fed regularly, just as we feed our bodies to keep the mhealthy and strong.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of Chas. H. Fletcher

FINE FLOWER SHOW WILL BE HELD AT PAGET HALL

Tuesday and Wednesday Horticultural Society Will Have a Floral Exhibition

Two Hundred More Exhibits This Year Than Last; Wednesday a Half Holiday

Show Will Include Display of Natural and Artificial Flowers, Etc.

The Calgary Horticultural society will hold a very fine flower show at Paget Hall on August 14th and 15th. There will be two hundred more exhibits this year than last year.

The display of natural flowers will be exceptionally fine. Hand-painted artificial tulips have been secured from Holland, and the beauty of these will be enhanced by a new system of electric lighting contrivances which have recently been intsalled.

The flowers are upstairs, while the basement has been reserved for the vegetables.

An orchestra, which will play on the stage, will be in attendance both morning and evening. The gallery will be reserved for spectators.

The Terril Floral company are lending a great many hanging baskets, full of beautiful flowers, palms, potted plants and boxes of flowers grown especially for this exhibition.

The Arlington Hotel will also have a large display of cut flowers, grown out of doors. These will be arranged in fine vasee, jardinieres and stands.

Wednesday afternoon will be a half-holiday.

One of Queen Mary's Friends

One of the most intimate friends of Queen Mary is the Duchess of Devonshire, who as Lady Evelyn Fitz Maurice, was known as a very young girl in Canada. The duchess is very much like Queen Mary in character, and they have many tastes in common. Both have large families, to which they devote a great deal of time and personal attention. Both are capable women, with clear minds and the faculty for organization, and both oppose luxury and extravagance, dressing simply and living quiet, simple lives. With many beautiful houses at her disposal, the Duchess of Devonshire ranks as one of the foremost hostesses in England. King George and Queen Mary are constant visitors at her town residence and at her country homes, Chatworth House, Devonshire House in London, Bolton Abbey in Yorkshire, Lismore Castle, Hardwicke Hall, and Compton Place at Eastbourne are some of the Devonshire residences. Each of these homes is a palace situated in acres of beautiful grounds, with woods and fields, hunting and shooting preserves. Devonshire House is filled with treasures, antique carving, wonderful china and superb pictures, which have been in the family for years. The duke and duchess often loan their drawing-rooms for bazaars and entertainments, the public being willing to pay well to see the inside of the house. As the eldest child of Lord Lansdowne, the duchess came into touch with court life when little more than a girl. After her marriage she began to entertain largely, her house being the centre for a certain set of young matrons, including Mary, Princess of Wales. The duchess has recently accepted the appointment of mistress of the robes in succession to her aunt, the Duches of Buccleuch, who held the post for nearly a quarter of a century.

DRESS HINTS

For a midsummer dress to travel in nothing could be more sensible than one made of the natural Irish linen; this has a loose weave and is light in weight; is to be had in several shades of tan, from dust color to almost brown, and in three shades of lavender, and two of rose color. At present it may be procured at a bargain in price (that is, for 12 1-2 cents a yard). All these linens make up prettily in one-piece dresses, on tailor lines or in tailor suits, and look well trimmed with the large-size pearl buttons of the season or the white glass buttons.

Pretty Plaids.

Plaids are always pretty for children's clothes, and this year they are especially good, says an exchange. Wash frocks and the ribbons to go with them are often of plaid; blue serge coats are trimmed with plaid.

Flouncing Ready.

Muslin flouncing with an edge of insertion and lace all ready to sew on petticoats can be had in the shops, and will prove a comfort where one has not the time to make ruffles or an old skirt needs replenishing.

Blue and Red.

Blue and red is a much-used color combination just now in Paris, says an exchange. The blue suits have red velvet collars and cuffs; blue bathing suits are trimmed in red, and even gowns are combinations of blue and red.

WAS ONLY BLUFFING, SAYS HARRY COOK

Harry Cook was only making a bluff when he told his better half he would poison her. So said Cook Monday morning in police court, when called upon to answer the charge preferred by his wife that he had made threats against her life. Cook said his trouble was liquor and that he had no idea of harming the wife of his bosom. Cook had relented and did not feel like pressing the prosecution, so the defendant was released.

Young Man Drowned

Vancouver, Aug. 12—Alex. Harrison McLean, aged 20, was drowned yesterday in Harrison river. The body has been recovered and will be shipped to Charlottetown, P.E.I.

THE HEART DEPARTMENT

Why Women Love.

To place a young girl in the four walls of home and keep her so constantly employed that she never has a moment for recreation or in factory or shop where there is no possible chance for her being brought in contact with marriageable young men is like planting a flower in a dark cellar and expecting it to grow to beautiful fruition.

Mankind and womankind were made for each other. It is the law of nature, the one longing in both sexes which does not change with time nor in the world's great army of different nations which come and go.

To love is the dominant instinct of every woman's nature. It blossoms in early girlhood, developing the roseate dreams which form the sweetest epoch of a young girl's life.

The girl who lives her life without these dreams having come to her matures without her tender, womanly nature developing. That has stood still. From the time that a girl has entered her teens she feels the longing for a strong, manly hand to be held out to her to help her over life's rough places. She craves manly sympathies with her toil and her pleasures. The normal young woman in her early twenties to dream of a home of her own, of a husband to protect and cherish her.

If she is debarred from every possible chance of realizing her dream, life narrows down as the years advance. Without the hope of love there is nothing to buoy a woman's heart up to make her look joyously forward to the future.

One day passes as listlessly as another to her. There is no incentive for her to complete her task quickly, don a fresh, pretty gown and tidy up the living room until it is as fresh as is the rose. The girl who knows not love and the coming of a lover when the dewdrops fall has no ambition save to get through the evening meal and to bed and sleep as soon as she can to forget how weary her life is with its sodden cares bereft of its greatest pleasure—the thrill of greeting a lover. The companionship of one particular man changes the whole world from gloom to sunlight for one particular woman.

They are in truth heart mates. If these conditions did not exist there would be no magnetic attraction drawing the one to the other.

No matter how hard a girl may toil during the day, if the evening brings her lover her heart will be light and gay as a bird over the most irksome task. That she is most happy in following out the course that nature has planned is why every woman was certainly born for love. If her parents had not looked and loved there would have been no instinct in the girl to follow their example. Those who have girls' best interest at heart should not keep girls from the happiness of love, which is their dower, but should encourage young people of both sexes to mingle in each other's society.

She Does Care For Him

"Dear Miss Libbey: Several years ago while visiting an uncle in the country I met a young farmer. For the last two years we have been corresponding and he has been to see me a number of times. While here he asked me to marry him, but I refused, not being certain of my love for him. Beside I have always lived in town and feared that I would not be capable of doing the work required of a farmer's wife. I like to be in the country, and go there quite often, but do not know how I would like to live there.

"This last summer I again visited my uncle. He came to see me and we went for a ride with a lady friend. We were joking a great deal and I must have said something which hurt him. I cannot think what it could have been, but he never came back, and has not written again.

"I find now that I do care for him and am in doubt what to do to make him come back to me. Can you help me? Eleanore."

I would suggest that you write him a courteous little note with no reference to his grieved manner and invite him to cme t see yu.

Has Horrid Table Manners.

"Dear Miss Libbey: I'v been married a year and my husband is quite good to me, but his table manners nearly drive me frantic. At first he was always mannerly, but now he seems to think when we are alone he doesn't have to be gentlemanly. I have spoken kindly to him about it but am afraid to say any more, for he shas a violent temper. Won't you kindly tell me what to do? Troubled wife."

I think under the circumstances it would be better to pass over such trivial faults. You might try using a little diplomacy and tact. Why not, the next time he does something that is particularly annoying to you, say to him as sweetly as you know how "I don't believe I'd act like that, dear." If that won't better matters you may be sure that arguing or quarreling won't. I wonder if you are not just a bit hervous and preme to exaggerate unimportant things? Think it over and see if you are not a bit at fault yourself.

His Mother Is Jealous

"Dear Miss Libbey: I am 21 and have kept company with a young man the same age for nearly a year. He comes to see me about four times a week. His mother and sister object, and they have told him lies about me in an attempt totake him frem me. He says he loves me and cannot live without me. I told him if it made his mother feel so uncomfortable he should not bother with me, although I love him dearly. He wants me to marry him and pay no attention to his mother.

"I am a sensable girl, and although I do love him dearly I hate to have him leave his mother, whom he also loves. But he says she does not give me a square deal. I have known her since I was a little girl and she always treated me well until she found out her son's love for me. Shall I marry the man I love or leave the city with a broken heart for his mother's sake "S. A. M."

You are not marrying the whole family. Still it would be more pleasant to marry into a family where you are not met by so much opposition. Some mother's are foolish in regard to their sons wives. If you love the fellow pay no attention to his mother's feelings in regard to the matter if you are sure there is no reason why she opposes the marriage except that she is jealous.

To His Regret He's Rich

"Dear Miss Libbey: I am 23 and, to my regret, am quite rich. I lived in New York till about a year ago. My father wanted me to marry a society girl there, so we became engaged. I really think I love her and I know she loves me.

"About three months after our engagement I came west to attend to business on a ranch. Here I met a pretty girl, and, in spite of myself, fell in love with her and told her so, but I did not mention the girl in New York. She admits that she loves me. I know this girl is true and would make a better wife, but would not do at all for New York society. As I have to return to New York to live and am in high society, how can I take her there? I know she would be unhappy there, so which shall I marry?

Undecided."

I think you are acting dishonorable toward the girl in New York. You seem to lack confidence in the western girl, too, feeling as you do at present, I would advise you to wait some little time before marrying either one of the girls.

He's a Balloonist

"Dear Miss Libbey: I am in love with a man of 18 and he is deeply in love with me. He has black curly hair and rather dark complexion. He won't give up his occupation. He is a balloonist I tell him that he will get killed some day. He has no other occupation. He has already proposed to me. Helen."

I shoul dthink his profession would keep you both up in the air. Isn't there something less dangerous he might engage in?

Good Housekeeping

By Jane Eddington.

Cababge

Cabbage is one of the highly useful vegetables—almost as staple as the potato. Yet our best cooks give it but slight attention and our doctors and nurses treat it with derision. It is indigestible, if not properly cooked; but, if rightly cooked, it is both delicate and digestible.

About twenty-five minutes is required to cook young cabbage and forty-five old. If it is cooked too long it is yellow or brown, instead of white or green, if the leaves were green. It should be tender and crisp, not salvey nor strong of flavor, as it is when overcooked.

A large kettle, plenty of salted boiling water, boiling fast and without intermission until the cabbage is done, good ventilation of the room to let out the odor—these are the essentials. Some cooks use a pinch of soda to lessen or prevent the odor.

Even a small cabbage should be quartered, if not cut finer, and soaked in cold water to crisp and clean it before it is cooked. It should always be carefully inspected, for there is a cabbage worm which, though it but rarely appears, is reputed to poison those who eat cabbage cooked with its presence.

Plain boiled cabbage is my many people considered a plebian dish, but the same people who would reject it on that ground favor both its aristocratic and expensive relative, the luxurious cauliflower and the even more exclusive Brussels sprout.

A famous London cook and demonstrator not long ago showed people how to take the common cabbage and glorify it, but some of the methods were a little too elaborate for everyday use. For common cooking he recommended that it always have the addition of animal fat, the best being a few pieces of bacon, nicely broiled and put in the cabbage. One of the nicest ways in which we prepare cabbage has this addition in the shape of milk, butter and cheese—the escalloped cabbage.

This cook used the tender white centre leave for a soup and the outside leaves, first boiled in salted water, for a relish. There was a second cooking in beef stock, and rather an elaborate vinaigrette was prepared for the seasoning.

Escalloped Cabbage—This is sometimes called "ladies' cabbage." Put in a buttered baking dish enough shredded boiled cabbage to fill it two-thirds, thoroughly mixed with a thin white sauce made of two even tablespoons of butter, two of flour, and a cup of milk. Sprinkle bread crumbs over it and bake The cabbage may be put into the baking dish in layers with grated cheese alternating and then covered with milk.

Mock Cauliflower—Chop together one-half of a small head of cabbage and a bunch of celery. Cook thirty minutes, or until tender, in just water enough to cover. When done add one cup of milk. Season with salt and pepper and a small piece of butter. Thicken a little if you desire.

French Cabbage—Shred a small head of cabbage and cook in salted water until tender. Beat the yolk of one egg and one-half a cup of rich milk, butter the size of a walnut, four tablespoons of sugar, and two and one-half tablespoons of vinegar. Drain the water off the cabbage. Pour over the cabbage the sauce and heat thoroughly, but do not let it boil.

The Germans have so many ways of cooking the cabbage that it is hard to tell what is the most German of them all. But cabbage cooked with apple sauce is one of the excellent ways they have of preparing it.

White Sauce

There is hardly a more serviceable little combination of food ingredients in all cookery than the level tablespoon of butter, plus the level tablespoon of flour, put together, one and one, or multiplied from two to four times.

Melt the butter, add the flour, and stir them together until they are as smooth as possible. Then cook until they bubble, when you add gradually a cup of milk, if you chance to want a white sauce for fish, vegetables, meat, cream soups, cream toast, scalloped dishes, or as a basis for an omelet, or souffle, or even one variety of Welsh rarebit, or to mix with croquette materials. You add besides a seasoning of pepper and salt, and stir constantly until it is thickened and thoroughly cooked. If you want a cheese sauce you add from half a cup to a cup of cheese to this, or you may add chopped parsley.

If you want a pudding sauce you add to the blended butter and flour a cup of boiling water or more, with sugar and flavoring to taste. This is quite a universal type of sweet sauce, with many slight variations. Instead of boiling fruit juice may be added with sweetening. Unsweetened, this sauce is excellent for a cracker toast.

If a sauce for certain meats is wanted, a cup of white stock instead of milk or water is added. With slight variations this sauce appears under many different names.

If a tomato or other vegetable stock sauce is wanted tomato juice of puree is added to the butter and flour.

The white sauces are of several degrees of thickness. The one and one tablespoon, with a cup of milk, make a white sauce of the right thickness to serve with fish, or as a basis for omelets, cream soups, baked macaroni or spakhetti with cheese, and a thin milk soup or thinly creamed vegetables. Half a tablespoon more of each may be used for scalloped dishes, especially when these are cooked in the little individual dishes or ramekins.

For creamed meats, fish, some vegetables (potatoes especially), and a toast of the creamier sort, the quantity of flour and butter to the cup of milk is doubled.

For souffles, three level tablespoons each to the cup of milk are commonly used. For croquettes and cutlets four tablespoons are better. Some cooks number these sauces, one, two, three and four.

For croquettes of most sorts, a quantity of meat equal to that of white sauce is added to the hot sauce, then cooled and shaped.

Of whie sauce, Miss Anna Barrows says: "Milk thickened, by flour and made richer with butter, and flavored, is known as milk gravy, drawn butter, or white or cream sauce. It is a substantial food in itself, and forms a valuable addition to fish, eggs, meats, and vegetables. By its addition, a small portion of any food substance is extended and made to do more service, and flavors too uronounced to be agreeable to all are much modified."

The scientific way of compounding this sauce is the above and not the old fashioned way by which flour for thickening was wet with cold water and added last. This method must still be used for large quantities, or another method yet is to rub the butter and flour thoroughly together and drop into the boiling milk, stirring constantly until the mixture thickens.

For the richest and nicest sauces some cold butter is stirred in the last thing. For most green vegetables this should be done. The sauce is both smoother and milder if this is done. A pasty sauce for vegetables is an abhorrence.

In our cooking schols one of the first things a novice learns is how to make this sauce, perhaps first in such a dish as golden rod eggs. In other thing learned is that all sauces containing flour must simmer from ten minutes to a quarter of an hour after the flour have been mixed with the other ingredients.

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