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Correspondence on topics of interest to the ladies is solicited. Address: Editor HOMEMAKERS' COLUMN, Oxford Democrat, South Paris, Me.

The Hostess' Surprise.

Almost every one likes the flavor of the cocoa bean, and there is a constant increase in the use of the various preparations made from it. Sweet chocolate is one of the essentials the traveler provides himself on his journey; it is a beverage in the form of cocoa—and it is used in place of candy by young and old alike.

One of the best-known writers on dietetics says of cocoa:

"It is a perfect food, as wholesome as it is delicious—a beneficial restorer of exhausted power; but its quality must be good and it must be carefully prepared. It is highly nourishing and easily digested, and is fitted to repair wasted strength, preserve health, and prolong life. It agrees with dry temperaments and convalescents; with mothers who nurse their children; with those whose occupations oblige them to undergo severe mental strains; with public speakers, and with all those who give to work a portion of the time needed for sleep. It soothes both stomach and brain, and for this reason, as well as for others, it is the best friend of those engaged in literary pursuits."

A cup of cocoa made with sugar and milk makes a very fair breakfast for the average person. It is a mistake to consider the beverage merely as an adjunct to the rest of the meal.

Less sugar and more milk are needed when cocoa is used than when chocolate is used.

To render cocoa more palatable and more nutritious, and hence more digestible, boiling water should be poured over it, as certain extractive principles are soluble only in water which has reached the boiling point. Pouring water over the cocoa or chocolate does not properly cook it, although the whole powder is in suspension, and its food value is in no way impaired. But in order to bring out its delicious flavor and to secure its complete digestibility, the preparation should be boiled for a few minutes.

Vanilla is the flavoring that blends most perfectly with cocoa or chocolate.

BREAKFAST COCOA

1 tablespoonful cocoa
1 tablespoonful sugar
2 tablespoonfuls boiling water
1 cup milk

Scald milk in double-boiler. Mix cocoa and sugar, and add boiling water gradually, that mixture may be perfectly smooth. Pour into scalded milk and beat two minutes with egg-beater, thus preventing scum forming. Boil three minutes.

CHOCOLATE CAKE

1-4 cups sugar
1/2 cup butter
3 eggs
1 teaspoonful soda
1 cup milk
3 small tablespoonfuls cocoa
2 teaspoonfuls cream of tartar
1 teaspoonful vanilla
3 cups flour

Cream butter; add sugar, whites of eggs, beaten stiff, yolks of eggs, beaten, flour, cocoa, cream of tartar and soda mixed and sifted together, and vanilla. Bake for one hour in moderate oven. Frost with boiled frosting.

BOILED FROSTING

1 cup sugar
1/2 teaspoonful vanilla
1 egg-white
1/2 cup water

Boil sugar and water until syrup will spin a thread when dropped from spoon. Pour syrup gradually over beaten egg-white, beating constantly with egg-beater. Add vanilla, remove egg-beater and use a spoon in its stead, and beat until of right consistency to spread.

CHOCOLATE CARAMELS

1 cup molasses
1 cup rich milk
2 cups sugar
1/2 cake chocolate

Mix all ingredients and beat slowly until sugar is dissolved. Boil gently until mixture reaches hard-ball stage when dropped in cold water. Pour on buttered plates, and cut into squares when nearly cold.

CHOCOLATE FUDGE

2 cups sugar
1/2 cup milk or water
1 cup grated chocolate
1/2 cup corn syrup
1/2 cup butter
1 teaspoonful vanilla
1 cup chopped nuts

Mix all ingredients together, except the vanilla and nuts. Cook slowly, stirring frequently, until it forms a soft ball when tried in cold water. Remove from fire, add vanilla and nuts, and beat until it begins to granulate. Pour into a buttered pan, and mark in squares when nearly cold.

Summer Salsas.

Originally an Italian dish consisting of chopped meat, eggs, anchovies, onions and oil, the salsas of ancient days has, in the course of time, lost a few of its syllables but none of its unique flavor. The salsas of present day is a mixture of various ingredients possible of many unusual combinations.

The vegetable salsas are especially desirable in the summer time when the appetite for hot soups and when there are so many different kinds of fresh vegetables available.

Fruit salsas are good all the year round, supplying just the pleasant taste that the palate craves after certain hearty, fatty meals.

One may use her own ingenuity in concocting these salsas, guided only by what the family likes and what the garden supplies at the time.

I give some tried recipes that are sure to be liked by most people and that are made from those common vegetables that most home gardens supply.

POTATO BARGAIN

4 slices of bacon
6 onions
3 medium-sized carrots
6 potatoes
Salt and pepper

Chop the bacon and put into the kettle to fry out. Add the onions and cook for five minutes. Add one quart of boiling water and the carrots, cut into pieces fit to cook whole. Season with salt and pepper. Boil until the carrots are half-done. Then add the potatoes, sliced thick, and let cook until they are done. Sprinkle chopped parsley over the top.

LIMA TURE

4 tomatoes
3 onions
1 green pepper
Salt and pepper
1 large tablespoonful butter or fat
1 quart shell lima beans

Prepare the tomatoes and green pepper. Slice into the lima beans and add butter. Season with salt and pepper. Pour this mixture over the lima beans, which have been boiled and salted.

FRASE PLANT

6 potatoes
1 pint or more shelled peas
3 carrots
1 tablespoonful butter or fat
1/2 teaspoonful sugar
Salt

Put the carrots to boil in one quart of water. When half-done, add the potatoes, sliced thick, and the peas. Boil until all are done. Add the butter and season with salt and one-half a teaspoonful of sugar.

Removing Fat. Fat spilled is often rather difficult to remove. In that case make a strong solution of potash and wash the spot, leaving the solution to soak in. In a short time the potash will become soft and can be washed off with soap and water. Then use cold water. Fat which has been left on for some time will yield to this treatment.

If you miss the cheer of balmy spring, make a note to plant some next fall.

SWIFT AND SLOW MOVEMENTS

Some Interesting Comparisons Made of Speed of Travel of Various Familiar Things.

The swiftest speed we know is that of light—186,000 miles a second; the slowest is that of the human thumb-nail, which grows 2-10,000ths of a yard a second.

This from Science and Invention, which makes some more speed comparisons, as follows:

A cannon ball has been fired at a speed of 2,000 miles an hour.

A bamboo tree grows 27-10,000,000ths of a yard a second.

The earth speeds around the sun at 65,538 miles an hour.

A small moves 16-10,000ths of a yard a second.

De Romanet flew an airplane on November 4, 1920, 108 miles an hour.

Tommy Milton's motor car traveled one mile in 23 plus seconds, or 180 miles an hour.

An electric train in tests between Berlin and Zossen made 180 miles an hour.

Railroad engines have made 120 miles an hour.

Ice boats glide two miles a minute, or 120 miles an hour.

The motor boat Miss America has made 78.655 miles an hour.

Destroyers make 48 miles an hour.

A man has skated 27 1-3 miles an hour, run 13 1/2 miles an hour, walked 9 1/4 miles an hour.

"TACTILISM" THE LATEST ART

Pictures Can Be "Seen" by Touch, in Declaration Made by Inventor of New Fad.

Among the things that "have their day and come to be," artistic extravaganzas hold a prominent place. The wild vagaries of impressionists, cubists and futurists one by one eclipse what has gone before.

"Tactilism" is the name of a new "art" invented by Signor Marinetti, the Italian futurist, who, recently, to a large audience of painters, art critics and society people in Paris, explained its principles. It is a method of conveying impressions through the sense of touch, "which has hitherto been neglected by the arts."

Marinetti told how he had tried to establish a series of conventions, which could be easily learned, by which different touches would bring forth definite ideas. For instance, something rough, spiky and hot to the touch would give the idea of the Sahara. The seas would be conjured up by something smooth and cold, like silver paper, and Paris by a mixture of silk and velvet. It is an evidence of the readiness of the day to take up anything new that this adventure, our futurist pioneer is now the lion of the season. He intends to be in Paris for some weeks, but has already received so many invitations to attend fashionable receptions and evening parties that he confesses that he hardly knows how to cram in all his appointments.

DESIGNED TO UPHOLD WEIGHT

Elephant's Foot Is Enormous, Even When Compared With the Size of the Beast.

That twice around an elephant's foot equals its height seems almost incredible, yet such is the fact, and it is not so wonderful as it appears to be. Things are large or small comparatively, and if we could see the foot of an elephant by itself, it would present a far different appearance as to size, from what it gives when overshadowed by the mountain of flesh it supports. The elephants in the Indian zoological garden being dissected according to height require to be measured annually to determine the amount of food to which they are entitled. At present this is done by means of the ordinary standard with crossbar on top, but formerly it was done by placing a rope around the animal's forehead close to the ground, and multiplying the length so obtained by two. This measurement generally gives a quarter of an inch or so more, but never less than the exact height.

Use of Peat as Fuel.

Few have realized that peat might replace coal and break to a large extent the dependence of some of the northern states upon distant coal mines.

For several months a Minneapolis company has been engaged in the preparation of peat for fuel, said to be the only enterprise of its kind in the country. A machine has been perfected that slices, macerates and spreads out to dry the peat, processed at the University of Minnesota, was burned with satisfactory results in a Minneapolis office building.

A crusher plant, with a capacity of 500 tons of peat a day, has been built in Minneapolis during the winter to produce powdered peat, and in the spring ten peat-digging machines are to be started on the Minnesota bogs.

Delivering the Goods.

Edmond Bell, the inventor of photography by wire, said at a dinner in New York:

"Of course, the transmission of photographs by wire was thought out before my time. But my predecessors, though their theory was all right, could not put it into practice. So nothing much came of their work, for an inventor's backers insist on the prompt delivery of the goods."

"An inventor can't treat his backers as Whistler, the painter, treated his. One of Whistler's sitters, who knew, was in a hurry to have her portrait. Finally she said:

"Now, Mr. Whistler, you've been at work on this portrait of mine a very long time. When will it be finished and delivered?"

"Perhaps never, ma'am," said Whistler calmly."

Boys Study Reformation.

Reformation clubs for boys are being formed in the public schools of Louisiana. Seeds and trees are supplied by the state department of conservation and prizes are offered for the best results. The work is timely in view of the assertion, made recently by the forest service, that timber is cut and burned in the United States four times as fast as it is growing.

Not Wanted.

Miss Sue Brett—So you courted that girl for six years, did you?

Footlights—Yes, I did.

"And you didn't marry her?"

"No."

"Then all of love's labor is lost?"

"Oh, no, I can't say that. You see, she's a film star now; and by the great eyebrows of Venus! you just ought to see her make love!"

Glass-Covered Electric Meters.

The use of the glass-covered meter is increasing, and many central station men and manufacturers believe that they will be ordered in greater numbers when deliveries become regular. Companies which are using these meters find that they facilitate the settlement of complaints, especially when a meter is suspected of creeping. Customers prefer a meter that can be seen working. The objections to glass covers have for the most part been overcome. Unweariness of the edge of the cover which might cause a poor fit has been taken care of by a felt gasket, consequently no trouble from this source has been experienced. Condensation, which sometimes appears on the outside of the glass could be present on the inside of metal covers without being noticed upon inspection of the outside.—Electrical World.

Lightning Can Strike First Shinn Gets There First

Over 200,000 owners of buildings in America already know that Lightning Can Strike First. Remember, unless your buildings are protected, your property and the lives of your family are in real danger from every Lightning storm, night or day. Fifteen million dollars worth of farm buildings—like yours—are destroyed every year by Lightning and fire caused by Lightning.

Shinn-Flat

Prevents Lightning Losses

Shinn-Flat conductors are distinctive in design—woven in a flat, continuous cable—with greater carrying capacity than old-fashioned round rods. All authorities agree that Shinn-Flat is the safest form of rod. Shinn's Cash Bond, guaranteeing the return of your money in case of failure, is given to the owner of every building protected by Shinn-Flat. Estimate of cost cheerfully furnished.

A. L. MORSE,
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FOR SALE.

House of 13 rooms, with all modern improvements, suitable for two families. Pleasant verandas, large stable and lot, fine location, corner Western and Hillside Ave., South Paris, Me. Inquire of G. W. COOK, or Mrs. L. C. Smiley's Millinery and Store.

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Don't spoil your driveways and walks by digging weeds.

Use the

DOLGE WEED KILLER

We furnish a machine to apply it.

Are the Furnishings Complete for Your Summer Home?

We have a good variety of COTTAGE RUGS woven from grass and washable. Good sellers. Prices 98c, \$1.39, 1.50, 2.00, 2.75. Much lower than formerly.

GRASS RUGS, all sizes from a 27 inch to a 9 x 12 Floor Rug. Suitable for living room, dining room or porch. Prices range from \$1.00 to \$9.00.

A bale of 27-inch VELVET RUGS just received. Special price \$1.75.

CONGOLEUM RUGS, large and small sizes. Easy to clean and decorative. A very popular rug. Prices 80c to \$17.00.

Linos, Linoleums and Congolectums by the yard.

If you are eligible, join the Alumni Association. Attend the banquet June 10. Membership dues 25c. Banquet \$1.00 per plate.

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Health, sanitation, labor-saving and pride—these all come with a modern bathroom of snowy-white cleanliness.

Don't go on without any bathroom or even an old one that is out-of-date. It doesn't pay when a new modern outfit costs so little.

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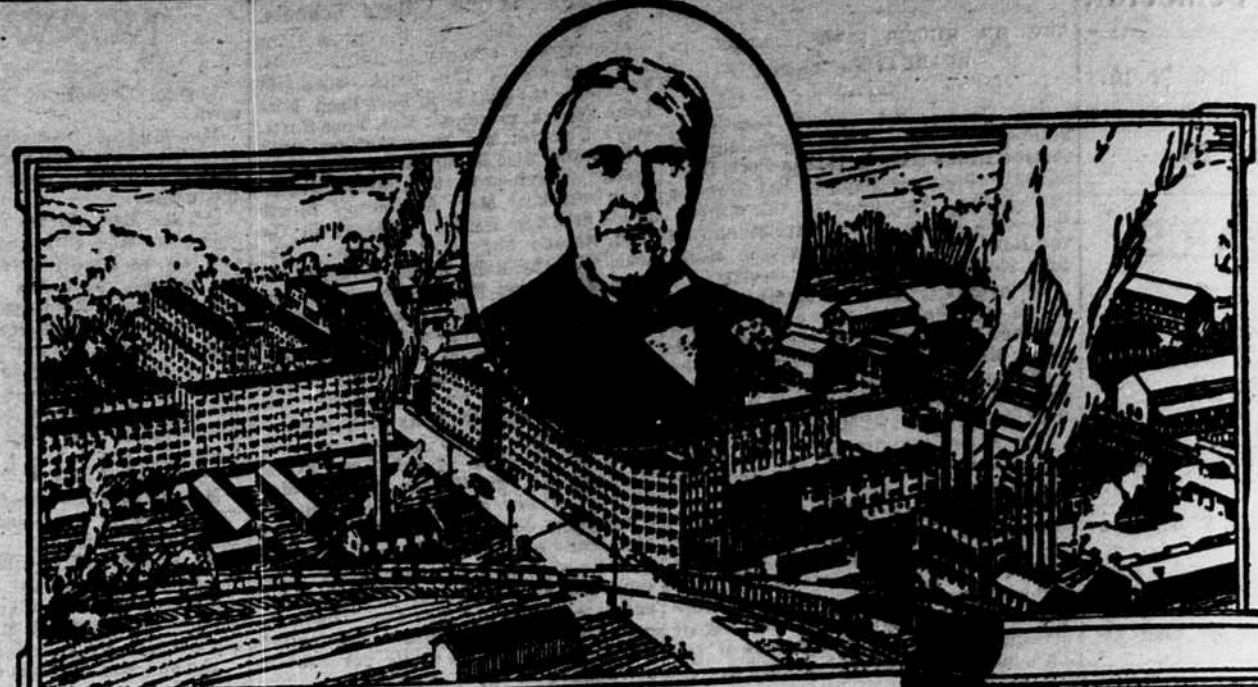
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Mr. Edison spent three millions of dollars in research work to perfect the New Edison. Then, to prove its perfect realism, he stood the New Edison side by side with the living artist and

matched its voice with the actual performance of the living artist. No one was able to detect any difference between the two. The New Edison has stood this amazing test over five thousand times before more than five million people.

Again we ask you to think a moment. What other photograph or talking machine can sustain this test of direct comparison with living artists?

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☐ Booth setting of Edison, 12x10, for framing.

☐ Edison and Music—the Story of the New Edison.

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It's easy to bake in a cool, clean kitchen!

YOU don't heat up the whole kitchen when you bake with a New Perfection Oil Cook Stove. It furnishes all the heat you need just where you want it—there is none lost. You can regulate it!

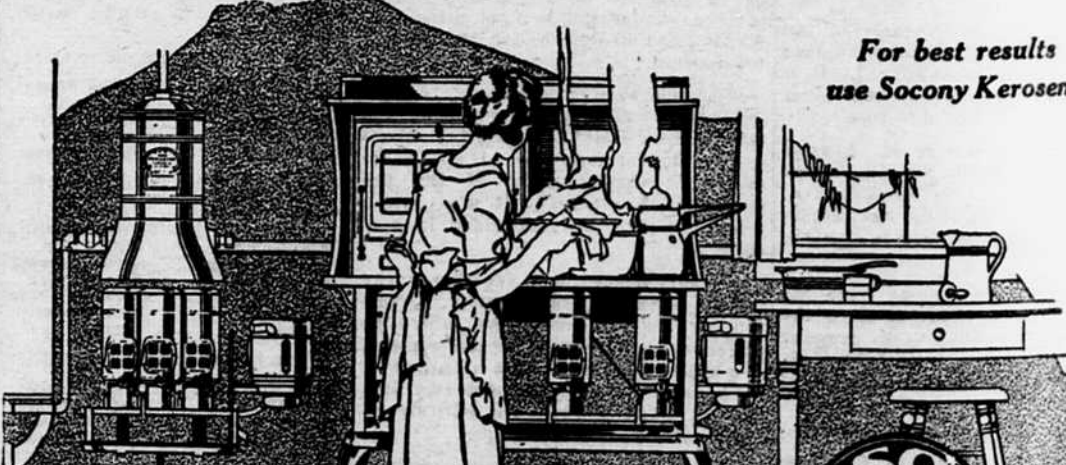
That's why it's so easy to make fluffy cakes, nicely browned pies and crisp, toothsome cookies! You can control the heat by merely turning the wick a trifle up or down, and you don't have to stoop over the oven. It is up where you can reach it and look into it—quickly, easily.

Tidy housekeepers like the New Perfection Oil Cook Stove. There's no wood

or coal to be bothered with and no ashes or litter to clean up. The clear, white tips of the New Perfection flame produce the most heat and don't soot up the bottoms of your utensils.

The New Perfection Water Heater is indispensable in the thousands of homes where it is in use. Furnishes hot water quickly and at a very slight cost.

New Perfection Oil Cook Stoves are made in two, three and four-burner sizes, with or without warming cabinet; also one-burner stove with no cabinet. New Perfection ovens are scientifically constructed so as to roast and bake evenly on all sides. Sold by leading dealers everywhere.



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"I had not been able to use one of my horses for several weeks, owing to a sore neck. I applied Petro-Tan to the sore and in a few days began to use her. It entirely healed the sore while she was being worked."

W. E. BRYANT.

"I burnt my arm on the stove. The burn was big over as a teacup and very painful. I covered it with Petro-Tan and bandaged with a cloth. It removed the smart almost at once and in two days I would not have known there had been any burn except for the large scar."

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Undesired Honor. A British lord has a lion named Laury. None of the verminous young animals to be the great king of the lions.

Needed a Taxi. Officer—"Why are you rushing about with that bundle?" "It's my wife's hat and I'm afraid the tax will change."—Women's Wear (24)

Why Pick On Your SHOE DEALER

It is a well known fact that tanners and most shoe manufacturers have taken enormous losses. One tanner alone lost \$6,000,000.00 last year. Shoe retailers all over the country are marking down their shoes to replace lost cost. Nevertheless, the woods are full of amateur economists WHO CLAIM PRICES OF SHOES WILL SHORTLY RETURN TO PRE-WAR LEVELS, BUT WILL THEY? YES, THEY SURE WILL:—

- When hard coal is back at \$9.00 per ton;
- When railroad fares are back at 2c per mile.
- When house rent is back at \$10 per month.
- When gasoline is back at 10c per gallon;
- When telephones are back at \$1.00 per month;
- When a square meal is back at a quarter;
- When farm labor is back at \$15 per month;
- When gas is back at 90c;
- When shaves are back at 10c;
- When the freight from N. Y., now \$1.84, is back at 97c;
- When street car fares are back at a nickel;
- When money is back at 5 per cent;
- When cooks are back at \$5 per week;
- When hair cuts are back at a quarter;
- When movies are back at a nickel;
- When a car-wash is back at a dollar;
- When ice cream is back at a dime;
- When a doctor's call is back at one buck;
- When a newspaper is back at a penny.

For the love of Mike, why expect the manufacturer, wholesaler and retailer of shoes to go the route alone? Aren't we Americans all in on this proposition together? Haven't we got to work it out together? Well, then, haven't the manufacturers, wholesalers and retailers of shoes gone much faster and much farther than the average in reducing prices and making readjustments? WELL SAY THEY HAVE. We've ahead—way ahead of the procession. Now let the barbers and the movie houses, and the Standard Oil, and the soft drink parlors, and the landlords, and the hotels and restaurants, and the draymen, and the bankers cut THEIR prices and catch up with the shoe men.

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