

PROMINENT PEOPLE

Two Women's Psychic Messages



Psychic messages from a spirit that has never been on earth, received by Mrs. Franklin K. Lane (portrait herewith), wife of the former secretary of the interior, and Mrs. Harriet Blaine Beale, daughter of James G. Blaine, are recorded in a book they have published under the title, "To Walk With God."

Even to the title the book is a record of the first experience of Mrs. Lane and Mrs. Beale in automatic writing during the summer of 1919, when both were engrossed in war relief work and Mrs. Lane was directing the convalescent home established through her efforts as an adjunct to Walter Reed hospital.

With dignity and reverent sincerity the authors have related the results of their experience, which after weeks of constant effort resulted in a series of "lessons."

"We realize," write Mrs. Lane and Mrs. Beale in the preface to their book, "that it will be said there is nothing new in the teaching, and we admit that there is repetition to what seems an unnecessary degree, but we pledge our word that we have put nothing of our own into the text. We have considered it an imperative duty to add this small link to the chain of testimony which is binding our world each day more closely to the next."

After perhaps six weeks the "lessons" began and continued until twenty-four had been received and recorded, the insistent purport of which was that the regeneration of the world and the solutions of earth problems can be found only in love and service, and the desire and will of men to turn to God.

Amundsen Back From the Arctic

Capt. Roald Amundsen, who is world famous as the discoverer of the South pole is in the limelight again. Washington scientists began indulging in a wide range of speculation over the announcement that Amundsen, who has been in the arctic for 19 months, has arrived at Anadyr, which is supposed to be in eastern Siberia on the Anadyr river. The wireless was received at Nome and gave no details.

One speculation was that it is possible Amundsen has attained the North pole with the aid of airplanes, with which his ship, the Maud, was equipped. He has doubtless had opportunity to accomplish the drifting process, which he was confident would take him from Barrow island to within striking distance of the pole, overland.

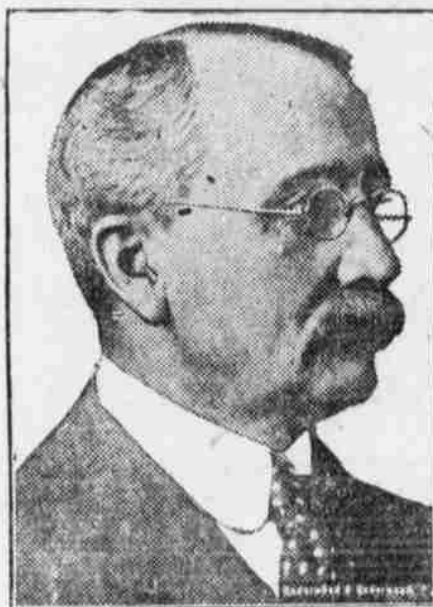
On March 20 last, word reached Christiania that Captain Amundsen, accompanied by two of his men, had left his ship for a dash to the pole.

Captain Amundsen became an expert flyer before leaving Norway, and his original plan for arriving at the pole was to drift to a point between Spitzbergen and Greenland, and about 100 miles from the pole to take to airplane for the final dash.

The return of Amundsen to Anadyr at this time may indicate, in the opinion of explorers, either good luck or the reverse. He had supplies for seven years when he left Dixon island in the White sea, on September 16, 1918, and was convinced he would have accomplished his purpose before three years.



Maryland's Electrical Fame



William LeRoy Emmet was doubtless a proud man the other day when the superdreadnought Maryland was launched at Newport News. For Uncle Sam's newest battleship is supposed to be just about the most formidable fighting machine afloat and Mr. Emmet designed the wonderful electrical machinery which is a large feature of her construction and equipment.

He is an electrical engineer with one of the big electrical companies and has had naval training. He was graduated from the United States Naval academy in 1881. He served two years in the navy and re-entered the service during the Spanish-American war. In 1915 he was a member of the naval consulting board. He has done some very valuable work in steam turbine inventions and improvements. He is an author and a writer for the technical press on electrical and mechanical subjects.

Pretty much everything on the Maryland is done by electricity, even the dishwashing. She is an electrical marvel, as well as first-class fighting machine.

The Maryland is the first of four ships of her class to be launched.

Canada's Industrial Congress

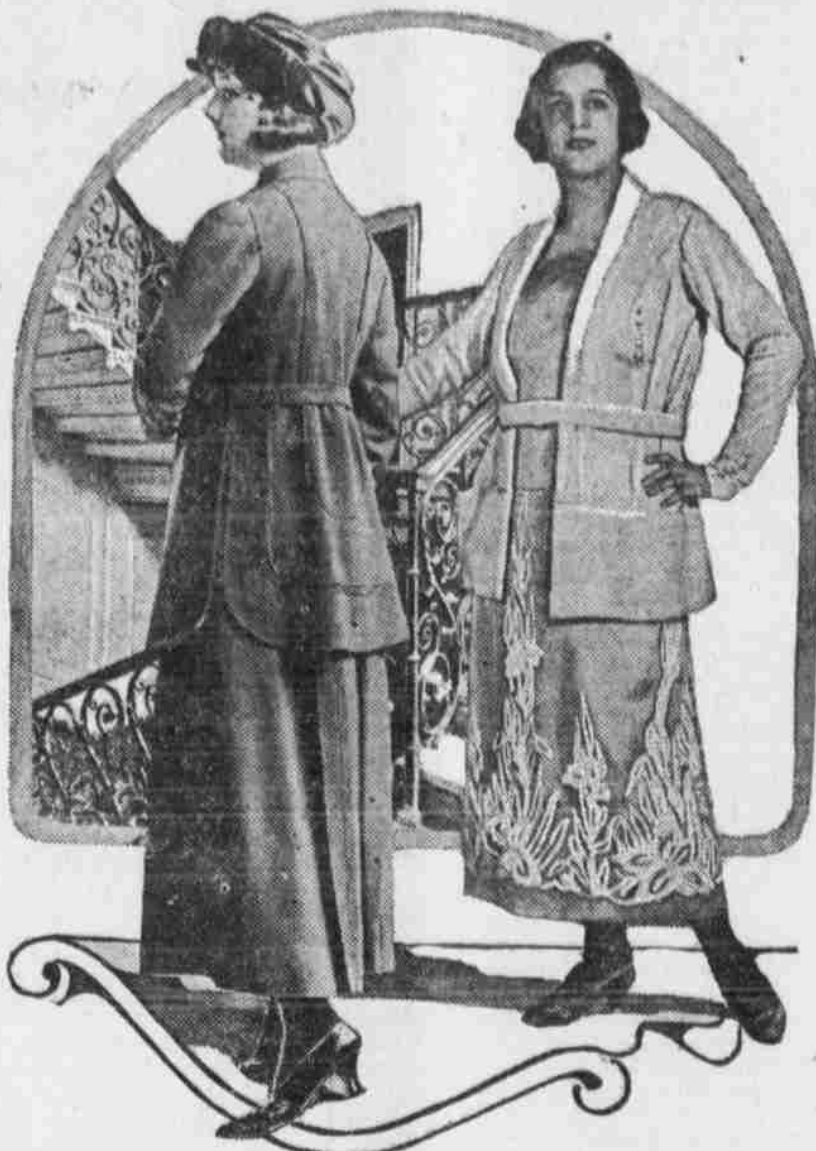
Mayor M. A. Brown of Medicine Hat, a hustling young Albertan, is president of the Canadian Industrial congress which will be held June 2-10 in Alberta and British Columbia, the cities to be visited being Medicine Hat, Lethbridge, Calgary and Edmonton in Alberta and Vancouver and Victoria, the "Twin Cities of the Pacific" in British Columbia. Mayor Brown, who is only thirty-six, was the originator of the Alberta Industrial congress, held last year, and it was such a success that this organization, a similar one in British Columbia, and the Canadian Manufacturers' association decided to join in a greater congress this year.

The object of the congress is to show business men of the United States, eastern Canada and Great Britain the vast natural resources of western Canada in minerals, farm lands and the raw materials for varied manufacturing enterprises, and to cultivate closer business relations between the United States and Canada.

"We have sent 2,000,000 of our young men to you during years past and they have helped to develop the United States. Now we ask you to help us develop our great coal, natural gas, lumber and other resources and bring under cultivation the 20,000,000 acres of vacant farm lands in western Canada."



TWO EXTREMES IN ATTRACTIVE SUITS



FROM the very plain tailored suits of wool to the handsomely embroidered sport suit of silk is quite a "far piece," but the interval is filled with suits that gradually progress from the plain model to its smart rival. Street clothes nowadays have a considerable flavor of sports styles, although there remains, and probably always will remain, the trim, strictly tailored, business-like utility suit that holds the allegiance of American women. This they must have, others they may have, and, if circumstances allow, several in varying styles they do have. One of them will be as simple and, we hope, as well tailored as the mannish suit pictured, another as definitely a sports style as the suit at the right, and others formal or sportish.

Blue serge, it almost goes without saying, is used for the first suit. Its plain skirt has a little flare and is made with box plaits down the front and back. It doesn't take long to describe this very simple affair but it is worth while adding that it is perfectly fitted and tailored.

The clever and unusual coat has slashes at each side in its skirt round-

ed at the bottom and it is bound with a group of three tucks or cords, stitched in the material and running parallel with the edge of the coat reveals a difficult piece of work done with precision. A panel at the back is simulated by a fold or cord stitched in the material that extends downward from the shoulders and terminates in a rounded end. There are plain coat sleeves and a small collar.

A heavy fiber silk makes the sport suit and a square-necked one-piece dress takes the place of a blouse and skirt to be worn under the coat. The bodice is extended to form a short yoke for the skirt, which is stitched on to it. In this suit it is the skirt that claims most attention for it is heavily embroidered in wool yarn. In the sweater coat a narrow shawl collar diminishes in width on its downward way to the hem, where it terminates. The very wide hem turns up on the right side providing place for deep pockets and the coat has no decoration other than four pearl buttons that finish off the long sleeves. The narrow belt is made of the goods.

Blouses Ready for Summer



THERE are so many delightfully pretty and chic blouses, made ready for summer time, that it is not easy to choose among them. About the most noticeable thing in many of the new ones, is their front fastening, or occasional back fastening, negotiated with very obvious buttons and buttonholes. After following devious ways, leading to concealed buttons or snaps and leaving us to guess how they were got into, they have come back to a matter of fact mood and simply button up as in days of old. But there are still plenty of slip-overs and other styles with concealed fastenings.

Beginning at the beginning of blouse styles we have the plain tailored models in linen, wash silk or satin, crepe-de-chine and other suitable fabrics, followed by many blouses of sheer cottons with voile and batiste at the head of this quaint company. Made up with handsome laces and fine needlework, these may reach any degree of elegance. Finally there comes the georgette blouse—the flower of the flock—and apparently the greatest favorite.

A blouse and a short smock, both of dark-colored georgette among those ready for summer, are pictured here. In the blouse a piping of narrow satin is used to finish the edges. This model is provided with link buttons, satin-covered and joined by a small silk cord. Two colors in silk are used for the embroidery that embellishes it and

it is made with the narrow shoulder yoke which is generally becoming.

Smocks have grown shorter and shorter until the model pictured may be classed among those that are moderately long. Except for being short this is a true smock, hanging straight from the shoulders and with long sleeves that flare. Its belt of georgette is tacked to the body of the smock at intervals to insure a neat adjustment at the back and sides. Embroidery done in French knots, outline and other stitches employs several colors. The selection of color for blouse or smock and in the embroidery silk, is a matter of individual taste and gives the capable needlewoman a chance to have something exclusively her own.

Julia Bottomly

Hat That Should Please.

In some form, everyone may wear the rounded or pouched crown and brim hat that turns upward at side, back or front, with flowers massed on the upturned under brim.

Long Black Silk Gloves.

Long black silk gloves are shown to be worn with thin-sleeved black gowns.

THE KITCHEN CABINET

All common things, each day's events. That with the hour begin and end. Our pleasures and our discontents. Are rounds by which we may ascend. —H. W. Longfellow.

QUICK BREADS.

Hot muffins, gems, biscuits or griddle cakes are enjoyed at almost any meal.

Corn and Rice Muffins.—Take two cups of buttermilk, one cup of white cornmeal, one teaspoonful of soda, a half teaspoonful of salt, one egg, one-half cup of each of cream and cold boiled rice. Mash the rice, add salt, egg, cream, then the buttermilk mixed with the soda, then the meal. Bake in buttered muffin pans in a hot oven.

Fruit Corn Muffins.—Take two cups of yellow cornmeal, one cup of flour, two tablespoonfuls of sugar, a pinch of salt, two teaspoonfuls of baking powder, one tablespoonful of melted butter, two eggs well beaten, one and one-half cups of milk, and one cup of fruit. Dates, prunes, figs or other fruits may be used. The fruit should be cut fine. Bake in well-greased muffin pans twenty minutes.

Batter Bread.—Take two cups of sweet milk and buttermilk, one cup of white cornmeal, half a teaspoonful of soda, one teaspoonful of salt and one tablespoonful of melted butter and three beaten eggs. Boil the milk, add the meal very slowly, then the salt and butter and cool. Add the eggs and a tablespoonful of milk in which the soda is dissolved. Bake in buttered pan in a moderate oven.

Popovers.—Take one cup of flour, one egg unbeaten, one cup of milk and a pinch of salt. Butter the gem pans and place in a hot oven. Mix all the ingredients together, stirring hard with a wooden spoon. When the pans are hissing hot pour in the batter. Fill each half full. Bake in a hot oven until well puffed and golden brown. Cover with a paper and finish baking. This recipe makes a dozen popovers. These may be made for dessert by dropping a piece of banana, a few blue berries, fruit or jam into each cup of batter, which will rise and cover the fruit in baking. Serve with syrup or fruit sauce.

Charleston Muffins.—Beat together one cup of sugar and one tablespoonful of melted butter. Add two eggs beaten very light, a half teaspoonful of salt, a grating of nutmeg, and one cup of milk. Sift in two cups of flour and three teaspoonfuls of baking powder. Bake in hot buttered muffin tins in a hot oven.

A Half-Pound Cake.—As a pound cake is large for the small family here is one which cuts the quantity in half: Take one scant cup of butter, one and three-fourths cups of sugar, two cups of flour sifted three times with one-half teaspoonful of baking powder. Cream the butter, add the sugar and a whole egg unbeaten, beating well; then add four more in the same manner. Beat well and bake in a slow oven. Use care in measuring the butter. It should not be packed in the cup.

Peanut Butter Biscuit.—Sift three cups of flour with six teaspoonfuls of baking powder and one teaspoonful of salt; add half a cup of butter substitute, one cup of peanut butter and one cup of evaporated milk. Sift the flour with the dry ingredients and cut in the fat, then add the milk slowly until the dough is ready to handle. More milk may be needed, depending upon the flour. Roll and cut with a small biscuit cutter. Brush the top with milk and bake in a hot oven fifteen to eighteen minutes.

"Say did you ever hear Nightingales sing. Hear them at twilight make wood and glades ring; Hear them as high in some treetop they swing; Say, did you ever hear Nightingales sing?"

WHAT TO HAVE FOR BREAKFAST.

Medical authorities recommend a glass of water taken the first thing on rising and if the alimentary canal needs extra flushing a pint of hot water with half a teaspoonful of salt will be found especially beneficial.

A normal salt solution is not absorbed and passes through the body in an hour or less, removing impurities in its wake.

A cheap, wholesome and especially nutritious dish for growing children is whole wheat. Take it fresh from the granary, wash and soak over night then cook until it is reduced to a gelatinous mass. Serve with top milk and sugar. Enough of the wheat may be cooked for several days if kept in a cool place. There is something very appetizing about this dish; young and old ask for it again and again.

Griddle cakes, muffins, gems and hot breads of various kinds are all popular breakfast breads.

"Little by little the time goes by— Short if you sing through it, long if you sigh. Little by little—an hour, a day. Gone with the years that have vanished away: Little by little the race is run, Trouble and waiting and toil are done."

TWENTIETH CENTURY HASH.

Have six medium-sized potatoes baked. With a spoon carefully remove the potato, leaving the rest of the skin unbroken. Season the potato with one tablespoonful of butter, one tablespoonful of cream; salt, pepper to taste, stirring lightly with a fork; do not mash the potato. Add one cupful of any kind of chopped beef that has been moistened with gravy, stock and Worcestershire sauce. Fill the skins with this mixture, letting it rise a little above the top. Put a piece of butter on each and heat in the oven. Grated cheese may be used instead of the meat.

Surprise Biscuits.—Make a biscuit dough as soft as can be handled, pat it lightly, roll into a thin sheet, and cut with a biscuit cutter. Have ready one cupful of well-seasoned meat that has been moistened with gravy, stock or Worcestershire sauce. Form into sandwiches by spreading the meat lightly on half of the biscuits and cover with the other half, pressing them together at the edges. Bake twenty minutes in a hot oven. This recipe will make nine sandwiches. Pour over a brown gravy and serve hot.

Minced Beef With Potato Border.—To two cups of well seasoned mashed potato add the yolks of two eggs. Beat until light and creamy. Form this mixture into a border on a chop plate or flat baking dish. Score the top. Season two cups of any kind of cold chopped beef with a teaspoonful of onion juice, one teaspoonful of minced parsley and salt and pepper to taste. Add enough stock to moisten well, place the meat inside the border and brown lightly in a hot oven.

Roast Beef, Mexican Sauce.—Reheat slices of cold roast beef, cut very thin, in the following: Cook one onion finely chopped in two tablespoonfuls of butter five minutes. Add one red pepper, one green pepper and one clove of garlic, each finely chopped; add two tomatoes or the same bulk canned. Cook fifteen minutes, add one teaspoonful of Worcestershire sauce, celery salt and salt to taste.

Hot Cheese Sandwiches.—With a biscuit cutter cut circles from very thin slices of close-textured bread. Lay very thinly sliced pieces of cheese between the bread to form sandwiches. Brown lightly in hot butter in a frying-pan. Serve hot.

Luncheon Biscuits.—Have ready some very thin slices of cheese. Bake a pan of baking powder biscuits and, immediately on taking them from the oven, break open and spread lightly with butter and lay a slice of cheese between each. Cover with a warm napkin and serve promptly. It is necessary to have everything ready and work quickly so that the heat in the biscuit will melt the cheese.

Cottage Cheese Salad.—Take any quantity of cheese needed, season well with onion juice, salt, cayenne and paprika; add a finely shredded or minced green pepper and serve on lettuce with a thick boiled dressing.

Cheese With Brussels Sprouts.—Make a cupful of white sauce; add one cupful of cooked sprouts and, when well heated, add one-half cupful of grated cheese. Remove from the fire as soon as the cheese is melted. Serve on squares of buttered toast.

Tomato Rabbit.—Strain the seeds from a cupful of stewed tomatoes, pressing through all the pulp, and simmer until reduced to half a cupful. Melt a tablespoonful of butter; add one-half cupful of grated cheese and stir until the cheese is melted. Add salt and cayenne to the tomato and blend this mixture with the egg before adding the hot cheese. Remove from the heat as soon as the egg is stirred in and serve on slices of toasted rye bread.

Cheese and Celery Salad.—Cut crisp, white bits of celery into small pieces, sprinkle with Parmesan cheese and serve on lettuce with French dressing.

Nellie Maxwell