



New York folk have their own St. Moritz for a winter playground. Photograph shows Miss Vida Millholland with her skis and two pets at the Millholland estate, Meadowmount, Essex county, N. Y. This section is ideally beautiful, winter and summer, and contains many handsome estates.



CHAMP OYSTER OPENER. Daddy Jim Farren, past seventy, who has put in over fifty years at the old Union Oyster House, in Boston, separating oysters from their overcoats. He can still "shuck" 100 bivalves in five minutes, and claims a daily average of 10,000. He is ready to challenge any one who thinks he can show a better record at his specialty. *Inter's I.*



Fighting a fire in midwinter is no easy task even in Washington. The blaze pictured here threatened the entire market district of the capital and was controlled only after all apparatus was called. *International.*



THE SAM WHAT AM. Special counsel Undermyer of the Lockwood Committee is interrupted by a photographer while on his way to enjoy a dip in the surf at Palm Beach. The famous millionaire New York lawyer is among the many Gotham notables who are vacationing at this popular Florida resort. *Wide World*

The Perfect Flicah Reducer

Blashe Arral, Noted Sports Doctor, Testifies: "I have used this Flicah Reducer for years. It is the only medicine that I can recommend to my patients. It is a pure vegetable oil—free from waste or when you need only 1/4 the amount of Mazola that you require of butter. This is one of many reasons why Mazola is so economical."

A tasty food laxative in cereal form



UNCLE SAM HEALTH FOOD at your grocer's or write Uncle Sam Health Food Co., Chicago, U.S.A.



A Woman is as Old as Her Hair

Girlish yesterday—mature today—aged tomorrow. Such is the quick transit of woman's charm. Yesterday's glorious tresses of beautiful brown replaced today by faded, streaked gray hair. The unthinking world, never considering her years, pronounces her old. Unfair and unnecessary this judgment.

BROWNTONE

The youth preservative that defies the march of time is Browntone. Thousands of the best women have kept young their appearance by tinting their hair with this guaranteed harmless preparation. With Browntone any woman can tint her hair at home, safely and easily, without fuss or muss, to any shade of golden, brown, or black. Will not rub or wash off. At drug and toilet counters 50c and \$1.50. For trial bottle send 10c to cover postage and packing to THE KENTON PHARMACEUTICAL COMPANY, 676 Coppin Bldg., Covington, Ky. Canada Address: Windsor, Ont.

THE CROWNING TOUCH

By A. Louise Andrea

The Art of Making Perfect Sauces

A WELL made sauce—smooth, velvety and exquisite in flavor—can redeem a mediocre dish; while lumpy, pasty, poorly-seasoned sauce can spoil the best foods.

The members of the sauce family emanate from what is called Mother Sauce. This foundation for one branch is called the white sauce; for the other, brown sauce. Practical knowledge of what can be done with these two, gives varieties that are delectable accompaniments to all sorts of dishes.

Don't guess at the amount

Be very accurate in measurements. A certain amount of Argo Cornstarch or flour will be balanced by a stated quantity of Mazola oil. If either is carelessly measured the sauce will not be perfect.

Mrs. Andrea was awarded the gold medal as lecturer on food and culinary topics, at the Panama-Pacific International Exposition, San Francisco, in 1915; appointed official lecturer on foods and canning for the New York International Exposition in 1918; and is recognized as one of the greatest living authorities on food preparation.

latter is used, less thickening agent is needed, and the cream should be added last, then brought just to boiling point.

Seasoning very important

Do not depend entirely upon salt and pepper; and stale ground pepper is a poor substitute for whole

WHITE SAUCE

2 tablespoons Mazola 2 1/2 tablespoons flour
1 cup milk 1/2 teaspoon salt
1/4 teaspoon white pepper Slight grating of nutmeg

Place Mazola in small saucepan over fire, when hot add flour and stir these over fire two minutes; while bubbling remove spoon and add milk, all at once, then stir until sauce is smooth and thickened. Add seasoning, simmer 10 minutes and serve.

BROWN SAUCE

2 tablespoons Mazola 3 tablespoons flour
1 tablespoon minced onion 1 cup beef stock
1/4 teaspoon salt 1/4 teaspoon pepper

Cook onion in Mazola until onion is well colored, strain and add flour to Mazola and stir over fire to brown flour, then add liquid and seasonings and boil 10 minutes.



Timbales (moulded rice) filled with Chicken—Served with Cream sauce garnished with Water Cress

Mazola, a pure vegetable oil, is readily and accurately measured, ideal for the purpose, and no time is lost in melting it.

When your recipe calls for butter, use Mazola. As Mazola is a pure vegetable oil—free from waste or when you need only 1/4 the amount of Mazola that you require of butter. This is one of many reasons why Mazola is so economical.

How you can get a smooth sauce

Place desired amount of Mazola in small saucepan, and when heated add measured flour and stir over fire for two minutes to thoroughly cook the starch; this to prevent any raw taste.

While Mazola and flour are bubbling remove spoon from saucepan, add liquid all at once; stir until smooth and slightly thickened, boil for ten minutes and serve as soon as made.

If steps are followed as given your sauce will never be lumpy.

If sauce has to wait, pour a teaspoon of Mazola on top, to prevent crust forming, and stand over hot but not boiling water. The foundation brown sauce requires more flour to same amount of Mazola than white sauce, as extra cooking, necessary to brown flour, changes starch to dextrine, reducing its thickening property.

Over-cooking a sauce is apt to result in its becoming oily. Another reason for greasy-appearing surface is that the measurement was not accurate. Under-cooking means the sauce will have a raw taste, because the starch has not been thoroughly cooked. Hence the two-minute cooking of Mazola and flour before adding the liquid. And ten minutes more brings out the fine flavors.

When eggs are the thickening medium, all cooking should be done in a double boiler, as uneven cooking causes egg to separate, resulting in a curdled appearance. If this happens the sauce may be brought to smooth consistency by beating with a Dover beater; however, the fact that the sauce curdled, will make it slightly thinner.

Any liquid may be used—milk, soup stock, water in which vegetables were boiled, and cream. When

pepper. Six or eight peppercorns pounded, give a distinctive relish that no lost-flavor product could furnish. These must be removed (strained) before serving. Minced onion, green pepper and celery or diced carrot, sautéed in Mazola until they begin to discolor, give a delicate blending of flavors. To obtain the smoked taste desirable for many dishes, cook in Mazola some finely chopped lean bacon or ham. All these additions impart variety.

The best way to utilize whole spices is to combine them with several sprays of parsley, as explained in recipe for Cook's Bouquet. This imparts a delicate blending of all spices with none predominating. Of course, the bouquet is removed before serving.

It will be of material assistance to make up a quart each of the two fundamental sauces, brown and white, and use as directed in the following recipes:



Whipped Cream Sauce

WHIPPED CREAM SAUCE

1/2 cup White sauce 1/2 cup whipped cream
3/4 teaspoon sugar 1 egg yolk
1/4 teaspoon lemon extract

Heat White sauce, add other ingredients and stir over fire until smooth.

COOK'S BOUQUET

1 whole clove 1 small sprig thyme 1/2 blade of mace
1/2 bay leaf 10 peppercorns 2 sprays parsley

Lay leaf end of parsley in palm of left hand, place spices on leaves, fold over stems and leaves of parsley to enclose spices, tie with clean white cord and use as directed in recipes.

HORSERADISH SAUCE

2 tablespoons horseradish, grated 2 tablespoons cream
1/2 teaspoon vinegar 1 cup White sauce

Add vinegar to horseradish and let stand a half hour. Heat White sauce and when boiling add the horseradish and vinegar. Do not boil longer than two minutes, then add cream and serve immediately.

The greatest sale of any cooking oil

The wonderful economy and high quality of Mazola have given it the greatest sale of any brand of cooking oil.

If you have not yet tried Mazola, get a can from your grocer. Once you try it for cooking you will always prefer it to lard and other animal fats.

Your grocer sells Mazola in pint, quart, half gallon and gallon cans. The large size is the most economical.

FREE Beautifully illustrated Corn Products Cook Book of 64 pages, containing more than a hundred valuable recipes. Write Corn Products Refining Co., Dept. A., Argo, Illinois.

