

**Hot Water Today's Chief Aid To Beauty, Say Famous Experts**

**Soothing Hot Baths Contribute To Achievement Of Skin Loveliness.**

While giving due credit to the many beneficial skin lotions, powders, rouges, creams and other beauty aids found on the modern woman's dressing table, many of the country's famous beauty experts are pointing to good, old reliable hot water as one of today's chief aids to the achievement of a beautiful and attractive skin. Cleanliness, of course, is the foundation for all beauty, but in addition to providing this much desired and necessary benefit, the luxurious hot bath soothes and refreshes, relieving the tired lines and sagging muscles that detract from a fresh and charming appearance.

As one beauty expert said the other day: "We live so fast in the helter-skelter of this modern world that it becomes increasingly difficult to find time even to relax. We even have to rest in a hurry! Think of it! But since that's the way we've ordered our lives, then I for one am willing to utter a silent prayer of thanksgiving for the hot bath. We haven't given it half enough credit for the part it has played in making successful our ceaseless quest for beauty. I think all women would be old and—yes, ugly—long before their time if they couldn't retire to the sanctuary of their baths and relax luxuriously in soothing, comforting, friendly hot water."

Modern beauty baths require a constant, unflinching supply of hot water and here again women may thank electricity for coming to their aid. After a busy day of shopping, with an evening's engagement ahead, the pleasure and benefits of a refreshing hot bath are largely discounted if it is necessary to light an old-fashioned water heater, make several trips to the basement to pat the tank to see if the water is hot, and then wait impatiently until an adequate supply of water has been heated for the bath. Modern homes throughout the country are turning to the new automatic electric water heater as the solution of this problem. The electric heater requires no attention, it maintains a constant supply of hot water and it does its job economically. It eliminates the necessity of "thinking ahead," for hot water is available at the turn of the faucet.

Hot water does not come encased in colorful jars and tubes, or exotically shaped bottles, nor can it be made a part of the modern woman's dressing table ensemble of beauty helps, yet it plays a star part in today's beauty play.

**While The Party Goes On — The Gingerbread Bakes**

Informal entertaining—such as having the Brown's over for a hand of bridge, or inviting the Jones' in after grand moonlight drive—is one of those "niceties" which stimulates hospitality and strengthens friendship. Of course, the guests will chit-chat and laugh and have a general grand time. And, since they are invited to Nan's and Jack's, there's sure to be some little surprise snack to top off the evening!

Nan is one of those up-to-the-minute, fortunate young wives who realized the freedom, enjoyment and saving of owning a new Automatic Electric Range—so she bought one! This magic servant—the modern Electric Range—has added more success and assurance to cooking than she ever imagined possible.

On this particular evening Nan's "surprise snack" is to be hot gingerbread, whipped cream and coffee. It may sound like many trips to the kitchen would be necessary to prepare this menu, but to Nan it means only a click of a switch. Early in the evening she mixes the gingerbread batter and places it in a cold, electric oven. Then she sets the Temperature Control to 350° F. She turns the oven switch to BAKE, and sets the Timer Clock to start the baking 30-40 minutes before time to serve and to stop the baking just when she is ready to serve.

Snack time rolls around. Nan makes the coffee, whips the cream, and takes from the oven a delicious, magic dessert—baked gingerbread—the genuine symbol of carefree, feel-at-home hospitality!

**Peanut Butter Bread**

- 2 cups bread flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- ½ cup granulated sugar
- 1 ½ cups milk
- 2-3 cup peanut butter

Mix and sift all dry ingredients. Mix milk and peanut butter. Add to dry ingredients and mix thoroughly. Place bread in cold oven. Set Temperature Control to 350° F. Turn switch to Bake. Bake approximately one hour.

**Use Thrift Cooker For Inexpensive Meats**

For cooking inexpensive cuts of meats—meats which require a moist, low cooking temperature—use the Thrift Cooker kettle of the automatic electric range. The heat is evenly and carefully controlled and the cost of operation is very low. Add vegetables to the meat and a delicious blend of flavor is developed in "one dish meal" foods which are cooked in this way.

**LATEST HOUSEHOLD HINTS ILLUSTRATED**

Timely pictures and articles for the thousands of women who are following the popular trend to electric servants

**BEAUTY AND THE BATH**



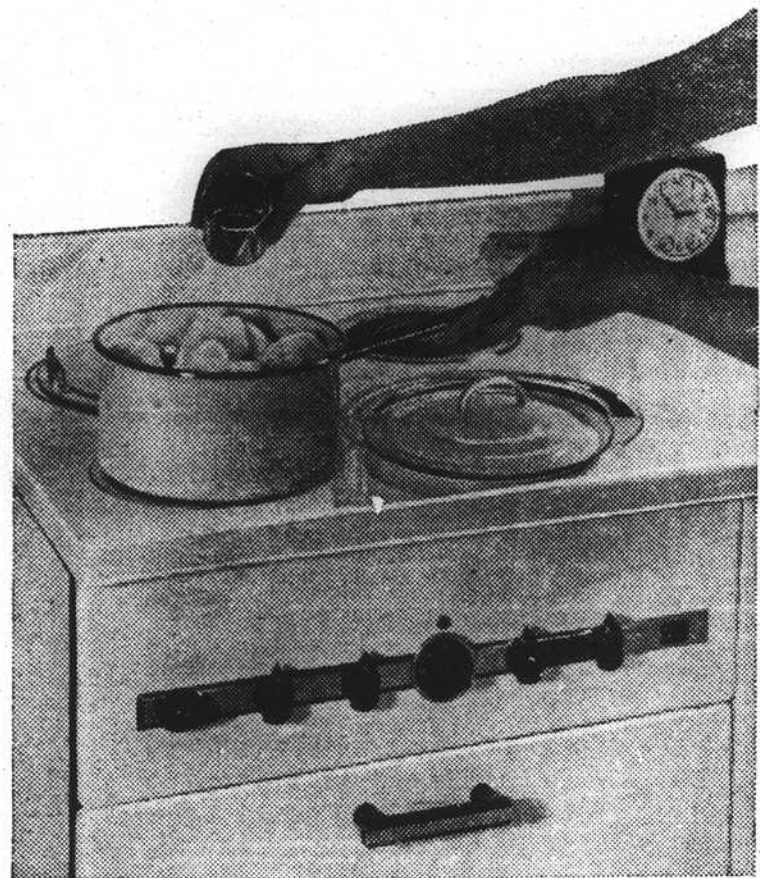
In the achievement of beauty nothing can take the place of cleansing, comforting hot water, say many modern beauty experts. The hot bath, followed by a refreshing cold tub or shower, will give the skin a freshness and texture that will make all the more effective the modern artificial aids to beauty. Frequent hot baths, such as the young woman above is enjoying, require a constant, unflinching supply of hot water instantly available at all times. The electric water heater is today's answer to beauty's demand for hot water at the turn of the faucet, without fail.

**"CHEF'S BRAIN" OF ELECTRIC RANGE**



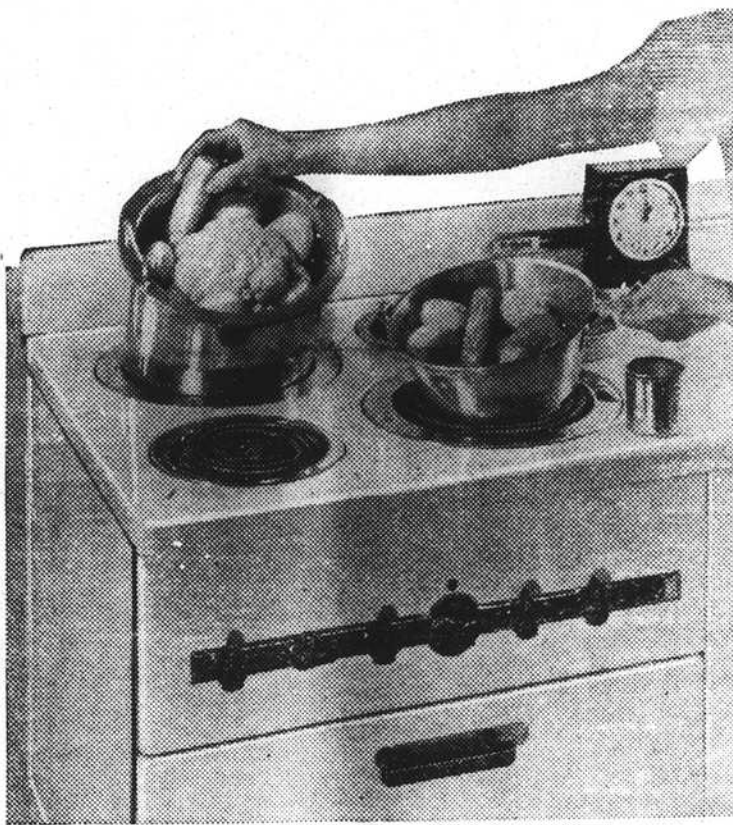
The oven timer-clock of the modern electric range releases time to the busy housewife by automatically turning the oven "on" and "off," thus eliminating all need of watching and waiting while the food is cooking. Above, a modern housewife is setting the timer-clock before leaving her home for an afternoon's excursion free of all worries about the evening meal. Modern homemakers have dubbed the timer-clock their "chef's brain" because of its never-failing dependability and its time-releasing and labor-saving benefits.

**REQUIRES SMALL AMOUNT OF WATER**



The modern electric range requires only small amounts of water in cooking vegetables. Vegetables will steam as fast as food will cook with a small amount of water and this method effects a saving of both time and money. Ten pounds of steamed potatoes, for instance, require only two cold water measures, equal to one and one-third cups. Placed in a covered utensil on the large surface unit of the electric range they are cooked on HIGH heat for 15 minutes, LOW heat 15 minutes and OFF 10 to 15 minutes. Heating useless quantities of water is a waste of both time and money.

**A STEAMED VEGETABLE LUNCHEON**



Cooking of several vegetables in separate utensils complicates the cooking process, increases the number of utensils to be washed and raises the cooking cost. In modern electric cooking on an electric range, the five-quart Thrift Cooker may be used to cook a variety of foods, the steaming process permitting the foods to retain their natural shapes, flavors and color. Above, cauliflower, carrots, potatoes, turnips and beans are being placed in a Thrift Cooker to be cooked at the same time for a delicious steamed vegetable luncheon. This method requires only one cup of water.

**Young Cooks Bow To Electric Cookery**

"You know how hungry a fellow is by the time he gets home from school in the afternoon? Well, here's what I do about that tired empty feeling," says the young school goer. "I make myself a cup of cocoa and, say, is it good!" Does mother object to Johnny making a cup of cocoa? Isn't she afraid that he might get burned, afraid that something might be just wrong? Such queries might be justly asked were it not for the fact that Mother owns a new Automatic Electric Range. Heated by safe, easily controllable electric embers and operated by carefully marked, easy to work switches, the new electric range can be used by everyone.

Here's how Johnny makes his cup of cocoa, and he's proud to say that he doesn't need to use a double boiler!

- Cocoa**  
(Makes 1 cup)  
¼ cup water  
1 tablespoon sugar  
1 tablespoon cocoa  
Few grains of salt  
1 cup milk  
¼ teaspoon vanilla

Mix water, sugar, cocoa and salt in a saucepan. Boil on High Heat of surface unit of electric range for 2 minutes. Scald milk on Low Heat of surface unit. Slowly add cocoa mixture to hot milk. Flavor with vanilla, and serve at once.

**Oven Equipment Is Easy To Clean**

What more could any immaculate homemaker ask than an oven

which always looks clean and new? And what more could any homemaker ask than an oven as easy to clean, as quick to clean as is the Electric Oven found on the Modern Electric Ranges of today? Because of the removable racks, broiler pan, and top and bottom units, because of the smooth, rounded corners of the enameled oven lining, it's no trouble at all to answer positively the "keep me clean" challenge!

**Sugar Cookies**

- ¾ cup butter
- ½ cup granulated sugar
- 1 egg (well beaten)
- 1 ½ cups cake flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon vanilla extract

Cream butter and add sugar and egg. Mix and sift all dry ingredients and add. Add vanilla extract. Flour and sugar the board, and roll the cookies on it. Dust heavily with sugar, cut, and place on greased baking sheet. Turn oven switch of electric range to PREHEAT. Set Temperature Control to 375° and when correct temperature is reached, turn switch to BAKE. Place cookies in the oven, and bake approximately 12-15 minutes.

**Angel Cake**

- 1 ½ cups granulated sugar
- 1 cup cake flour
- 1 ½ cups egg white
- 2 tablespoons cream of tartar
- ¼ teaspoon salt
- 1 teaspoon vanilla extract

Sift sugar once. Add ½ cup of it to the flour and sift together three times. Beat egg whites with Dover beater until frothy. Add cream of tartar and salt and continue beating until eggs are stiff enough to hold their shape. Add the remain-

ing sugar gradually, beating thoroughly after each addition.

Then, fold in the flour, adding about ¼ of the entire quantity at one time. Pour into large, ungreased angel food pan. Place cake in cold electric oven. Turn the switch to BAKE. Set Temperature Control to 350° and bake approximately one hour.

**Date Bars**

- 3 eggs
- 1 cup granulated sugar
- 1 cup bread flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup nut meats (broken)
- 1 cup dates (chopped)
- 1 teaspoon vanilla extract

Beat eggs until light and slowly add sugar, beating constantly with Dover beater.

Mix and sift all dry ingredients and add. Fold in the nut meats, dates and vanilla extract. Turn into well greased shallow baking pan. Preheat the oven of the electric range. Set the Temperature Control to 350° and when correct temperature is reached, turn the switch to BAKE. Place date bar mixture in the oven and bake 20-25 minutes, approximately. Remove from pan, cut in bars, and roll in powdered sugar.

**ROAST BOSTON**

- 1 tablespoon onion, minced
- 2 tablespoons fat
- 2 cups baked beans, mashed
- 1 egg slightly beaten
- Salt, pepper, paprika
- 2 cups cracker or dry bread crumbs
- ½ cup cooked tomatoes
- ¼ cup mustard pickle, finely chopped

Cook onion in fat until tender.

**PoeMeals**

By BETTY BARCLAY

A little cooked meat, Some butter and salt, A few mustard pickles. Enough! You may halt. Although very simple, You now have at hand An icebox loaf recipe. Try it. It's grand.

Guests coming! The day is hot! You are in a flurry of excitement. If you have some left-over meat and an emergency shelf containing mustard pickles (every woman should have such a shelf), you need not worry. Follow the recipe below and prepare a pleasing meat dish for your guests. It is but one of many unusual meat dainties that may be prepared if your emergency shelf is kept stocked with pickles of various kinds.

- Icebox Loaf**
- 2 cups cooked meat
  - ½ cup mustard pickles
  - ½ teaspoon salt
  - 2 tablespoons melted butter
  - 2 tablespoons mustard sauce
  - from pickles

Put through a meat grinder the meat and mustard pickles. Add remaining ingredients and blend thoroughly. Pack firmly into a wet mold, baking powder tin or loaf pan. Cover tightly. Chill thoroughly. Serve cold, cut in slices, garnished with watercress, mint or parsley.

Add remaining ingredients. Season to taste. Blend thoroughly. Turn into greased loaf pan. Bake in moderate oven (350° F.) 40 minutes.

The Courier Want Ads bring results.

**Future Homemakers Learn Cookery In Modern Schools**

New Automatic Electric Ranges Are Now Used In Cooking Classes

**GREATER EFFICIENCY**

The first toll of the early September school bell brings some happy, some reluctant, and some indifferent footsteps wending their ways into the freshly painted class rooms. Amid the hustle of "seeing teacher," of deciding "what courses to take, and of saying "hello" to fellow students, everyone soon gets into the swing of things and finally resolves that "school is great fun!"

Especially is this true of girls who find themselves starting their cooking courses in a beautiful, fully equipped foods laboratory, (or school kitchen) where there is a great deal of excitement and keen anticipation. These girls are taking a course in Home Economics, and are going to learn to cook.

**Modern Equipment Necessary**

Only too well do schools and teachers realize that in order to adequately prepare students for the big task of homemaking, the newest and the best time and energy-saving equipment must be used. The equipment which is used in many modern homes, and which will be used in the homes of these students later on is the equipment which best fits the student's needs—now, and in the future. It is the new automatic Electric Range—often called the Miracle Range. What an inspiration it is to work with this clean, smooth, handsome electric servant!

The very first lesson which the curious homemakers of the future are given is a "get acquainted" party with the new Miracle Range. The beautiful porcelain enamel surface, sturdy and easy-to-clean, speaks for itself as far as attractiveness and practicality are concerned. Then, pausing a moment over the combined surface cooking and working top, the teacher introduces her students to a whole text book of cooking miracles. She explains that the calrod cooking units give off such energetic, yet controllable, electric heat, that foods may be cooked the electric way with a very small amount of water, without burning, or without being watched. She explains that double boilers won't even be necessary for cooking foods below the boiling temperature; she demonstrates how "low" and "off" heat will do a great deal of the cooking.

**The Thrift Cooker**

The Thrift Cooker, a next-door neighbor to the Surface Cooking Units, is a large aluminum kettle with a rack and an insulated, ventilated cover. It's just the thing for steaming and cooking the "long time" way. Incidentally, that becomes the economy way, too, because inexpensive cuts of meats and dried vegetables can be cooked on Low Heat until they are delicious and tender. Whole meals, almost from "soup to nuts," may also be cooked to a turn in the Thrift Cooker.

The gadgets at the right prove to be the temperature and the Oven Timer Clock. On opening the door of the well-insulated, enameled oven, the teacher explains how by setting the Timer Clock, by turning the oven switch to Bake, and by setting the Oven Temperature Control, a pie or a whole meal may be started baking and completed without any further attention, whatever.

She explains, also, that due to the moist atmosphere and to the carefully measured and controlled heat of the Electric Oven, cakes and other such products may be started baking in a cold, unpreheated oven. In this way the bother of preheating the oven is saved and, surprising to say, the result is a much lighter, larger, more delicious product.

Among other miracles the Electric Oven presents a broiling miracle—the Smokeless Broiler Pan. Imagine it, no smoke, no hard-to-clean-broiler pans and plenty of appetizing, sizzling steaks! Best of all, no burns can result from using this Broiler because it slides out easily, yet firmly, on a lock-stop rack.

After a look at the handy warmer and Utility Drawer, a deluge of questions and comments follows. With a promise of "there will be many more details later," and "bring your white aprons tomorrow" the happy, eager students are dismissed with high hopes of "getting better acquainted" with the new Automatic Electric Range!

**Surprise Muffins**

- 1 egg (well beaten)
- 1 cup milk
- 2 tablespoons melted butter
- 2 cups cake flour
- 3 tablespoons sugar
- 3 tablespoons baking powder
- ½ teaspoon salt
- Candied cherries

Beat eggs and add milk and melted butter. Mix and sift the flour, sugar, baking powder, and salt. Pour liquid ingredients into the dry ingredients, and mix lightly.

Pour into well greased muffin tins and place a candied cherry or one-half teaspoon of preserves on top of each muffin. The cherry or preserves should be partially covered with the muffin batter. Turn oven switch of electric range to PREHEAT. Set Temperature Control to 400° and when correct temperature is reached, turn switch to BAKE. Place muffins in oven and bake approximately 20 minutes.

**ELECTRIC COOKERY**

is Economical!

The "No-Extra-Cost" Electricity Plan and the low bargain rate assures Carolina homemakers every day she uses electric cookery... this in addition to all the delights of modern, clean, fast, healthful and convenient cooking methods. Electrical equipment dealers or a representative of this company will gladly bring you the details and tell you how easy it is to own an electric range, water heater and refrigerator on the Federal Housing Administration plan of financing.

**\$10 DOWN**  
**Delivers An Electric Range**

Liberal Trade-in Allowance for your old range and two whole years to pay the balance.

**\$5 DOWN**  
**Delivers An Electric Water Heater**

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**\$1.85** 25c DOWN 25c MONTHLY

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