# Health Hints -:- Fashions -:- Woman's Work -:- Household Topics

## Facts About Tea

leaves of the tea plant. Thea sinensis, palatability, and is one of the chief far which in its native state is a tree from tors in determining the value of tea. fifteen to thirty feet in height, but which.

although the several varieties are varikinds. Perhaps it will not be out of place here to differentiate between the three

In the case of green tea the leaves, when freshly picked, are subjected to an intense heat, which destroys the oxidizing properties of the lesf and causes the leaves to retain their natural greenish color after they are rolled and dried. In the case of black teas the leaves

are allowed to wither slowly. This promotes exidisation and fermentation. After they are rolled the leaves are again allowed to oxidize before final drying.

range between the greens and the blacks: on copper plates, or colored green by health.

ment by enforcement of the tea law en- the deleterious constituents. acted March 2, 1897. Incidentally it may | As is not generally well known, tea is quality and fitness for consumption

brewing our tea is all disclosed when we study the chemistry of the tea plant. Chemically, tea contains three important constituents; namely, caffeine, tannin. and the aromatic principle which chemints have accredited to a votatile essintial oil. Commercial tea contains on the average about 3 per cent of caffeine, the chief constituent to which ten owes its utility as a stimulant. Tea, owing to the caffeine it contains, produces a marked increase in mental activity and greatly alleviates the effect of mental strain. Perhaps no words can express the affects of tea better than these lines by Lo-Yu, a learned Chinese scholar who lived about D. 618: "It tempers the spirits and harmonizes the mind; dispels lassitude and relieves fatigue; awakens thought and prevents drowsiness; lightens and refreshes the body and clears the perceptive To any one of us who has experienced the effects of a cup of good tes, after a day of mental work, this description of its effects by this famous Chinese scholar seems very appropriate vinegar and linseed oil and then polished

The aromatic quality of tea gives it the

Commercial tea is made from the tender | value from the standpoint of smell and

The tanning, which amounts to about under cultivation, is restricted by prun- 5 per cent in the average commercial ing to a height of from three to six feet. tea, and which gives improperly brewed While there are, generally speaking, ten its astringent taste, is really the only three different kinds of tea; namely, deleterious constituent; but, thanks to green, black and colong, all of them can the difference in solubility between cafmade from any variety of tea plant. feine and tannin and to the fact that caffeine is localized in the epidermis of the leaf, whereas tannin is distributed throughout the leaf, we are able, in brewing a cup of tea, to separate the aroma and caffeine from the undesirable tannin. The best cup of tea-that is, one containing the maximum amount of catfeine and the minimum amount of tannin -should be made in the following man-

Bring freshly drawn water to a boil: pour it on one even teaspoonful of teafor two cups, in an earthenware or china pot which has been previously scalded, and let it remain covered for five min-Ociong teas are only slightly oxidized or utes; then decant or strain into another fermented before drying, and therefore receptacle. The spent leaves should not be used again, because pracedcally all From the foregoing the reader will ob- the atimulating and aromatic conserve that green ten is a natural product. etituents have been removed and that It is not, as is erroneously believed, dried which is left might be deleterious to

It is true that green tons were | Chemistry has shown us that the young once artificially colored and faced with leaves, from which the higher grades of Prussian blue, indigo, scapstone, etc., but tea are made, contain the larger amount this was done to give the tea a greenish- of caffeine and aroma, and the smallest gray color, which is more pleasing to amount of tannin, whereas the coarser the eye, and to conceal inferiority. It is leaves, from which the teas of lower also frue that black teas were at one grade are made, contain a larger amount time faced with plumbago and other like of tannin and a smaller amount of cafsubstances to conceal inferiority, but no feine and aroma. We see from this that teas of this character now enter the it behooves us to purchase the best teas, United Stales, owing to the protection the not only for the higher atimulating qualconsumer now receives from the govern- ities, but because they contain less of

be said that this law not only prohibits extremely sensitive and quickly absorbs the importation of impure teas, but also any foreign odor with which it comes in guarantees to the consumer teas of a fair contact. Only that which is put up in mailty and firmess for consumption airtight packages, therefore, is absolutely the reason why only the tender young free from contamination. In buying tea leaves are used in making commercial for the household it is advisable to purtea, and why we have to be so careful in chase that which is sealed. The housewife who buys her tea put up in this way has good reason to think that her tea la pure-

I am very frequently asked what is the heat kind of ten to use. The best advice is, purchase a good grade of the kind that one likes best. I say a good grade because tea is cheap at any price, since a pound of tea makes about 26 cups. There is no cheaper or better drink when properly made.-George F. Mitchell in Mothers' Magazine.

### Household Helps

Always thoroughly wash figs, prunes, dates and other dried fruits before using them. The sugary stickiness readily collects dust, making the precaution a very necessary one

Leather chairs are cleaned with a raz dipped in a mixture of equal parts of

Memorial

Day Luncheon

large flower

For the Memorial day luncheon,

## Pin Money Frocks of Smart Design

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THE influence of the Second Empire is strongly felt in I this frock of dull blue taffeta. A quilling of cyclamen-colored ribbon trims the net kerchief.

Are You

Satisfied?

Q UAINT and charming is a pale pink taffeta afternoon dress with the skirt trimmed in old rose. The kerchief and flaring cuffs are of cream organdie.

## Memorium of Short Cake

By BEATRICE FAIRFAX tea or dinner there is a host of apself-satisfied person? Do you march propriate favors from which to make through life with an air that suga selection, the prices ranging from gests that whatever you do is bound to be right? Do you refuse to brook criticism or accept suggestions from your friends? Have you figured out gods feasted on Mount Olympus- a masterpiece? all sorts of devices and emblems that your own little scheme for the conare in tune with the wave of "pre- duct of life, and do you compla-

unications of foreign chefs, which

it claims, have corrupted our good American cooking. We fear, though,

the layers, between and on top of

which the strawberries were packed

paredness" that has swept over this cently abide thereby?
"If you do any or all of these things, which are the hallmarks of collection pictured is the Jack Hor- self-satisfaction, rest assured ner pie, fashioned in the form of a satisfy nobody but yourself! There overcome by emotion to do more fortress from black crepe paper and is absolutely nothing that is more irritating, annoying and even repelthan bid a sad and hopeless farewell decked with red, white and blue lent to most people than complacent to the shortcake of our boyhood, but the Providence Journal is bitter in its streamers. This device is quite realis- self-satisfaction on the part of somesorrow and rails out at the evil com-

tic and according to the size of the one else. Conceit is pretty natural to human party and the number of favors or souvenirs to be concealed the fortress may be large or small. In equally patriotic colors, but less militant, is the fan—rather a huge wind raiser—which fits in admirably with all sorts. of schemes for decorative effects in the thing that goes a long way tored, white and blue and likewise the ward making them charming and dainty silk parasol decked with a lovable.

Ice bon bon and nut cases come in nothing to learn from you or the nothing to learn from you or the world annoys you. How do you would annoys you. How do you know that you aren't annoying some-Sam's hat, gaily banded in the na-tional colors. A feminine design in headgear also does duty as a candy consideration.

Self-satisfaction is unpleasant and repellent-but it is even worse than that, for it interferes with your own progress as well as with your lov-ableness. The minute you think you have arrived, you stop trying to arrive. And the minute you stop try ing to arrive you stagnate or worse. In Lewis Carrolly

In Lewis Carroll's charming classic, Through a Looking Glass, the Red Queen is discovered by Alice madly running in a treadmill. And she informs the astonished little girl that you have to run awfully fast to stay where you are. There is a great deal of deep philosophy in that! If you are side to be swept backward.

You do have to "run very fast to atay where you are and still faster to get ahead in the world. And the minute you permit yourself sming satisfaction, you shut yourself off from the knowledge or even from consciousness that you must

make an effort.
Conceit will interfere with your making friends of individuals or of opportunity. The minute you are self-satisfied you are latting your. and get into a rut where you can have very little about which to be satisfied.

In-Shoots

Flattery often lands personments that could not be knowled down with

Man who can be generous with his tour hard-earned miner in the real philanthemport.

The cheapest kind of atool pignon is the man who becomes a candidate to the allow management of a pound of mineral that the mag never inches up to see who is through our the second of the management of a pound of mineral ham. Put these into a stewnam over with a york of an egg and of mineral ham. Put these into a stewnam over with a york of an egg and of mineral ham. Fut these into a stewnam over with a york of an egg and of mineral ham a training drum the mental property of a break over to about a control in the managemental of grave one half teaspoonful and papers in the pattern out the break and it the pattern with the pattern of the pattern

Atlantic coast to Seattle on the Pa- sugar and butter to taste and served cific rises the wail over the passing hot as soon as the berries were put the strawberry shortcake. With into it. And plain thick cream-no good reason, too, does the wail arise whipped or imitation whipped stuff— Real strawberry shortcake has be-come as strange and rare a delicacy as day of tawdry make-believe who the nectar and ambrosia whereon the would take the trouble to create such

and well might Zeus and his com-panions have abandoned their celes-tial diet could they only have partak-pile up merely by establishing a repuen once of a feast of real shortcake tation for serving real, old-fashioned transported from some southern din-shortcake. And how many suitors er table

The Seattle Post-Inelligencer is too would beset the twentieth century maiden who could make such a dish.

New York Sun.

#### Advice to Lovelorn By Beatrice Fairfax.

A Case for Generosity.

Dear Miss Fairfax, Two young men, who always have been going to places of amusement together met a young lady to whom they been made to place of amusement together met a young lady to whom they been men together met a young lady to whom they been men together met a young lady to whom they been men young lady to whom they been men together met a young lady to whom they been going to place of amusement places. But they have been going to place of amusement places. But they have been going to place of amusement places. But they have been going to place to place of amusement places. But they have been going to place to place t demanded hot and painstaking appli-cation. There was no cake about it,

There should be no ill-feeling between two friends. If you are both in love with the seemingly intelligent and sane beings young lady, it remains for her to make as close as they could lie, were rolled out of pastry dough, "shortened" to a nicety and baked to a turn. This all happiness

COOKERY IS BECOME A NOBLE SCIENCE

Creamed Chicken in Patty Shells

By CONSTANCE CLARKE.

juice, one ounce of butter rolled in flour. Stir over the fire for ten min-

By CONSTANCE CLARKE. Juice, one ounce of butter rolled in There are no dishes more tempting flour. hije over the fire for ten min than those made from chicken. The uter, taking care that the maximum

#### Brilliant Pessimists Commit Unpardonable Sin

By ELLA WHEELER WILCOX.

Copyright, 1916, Star Company. Once upon a time I read the follow-Once upon a time I read the following gloomy bit of pessimism from the pen of a man bright enough to know better than to add to the mental malaria of the world. He said:

"Life is a hopeless battle, in which we are foredoomed to defeat. And

the prize for which we strive "to have and to hold"—what is it? A thing that is neither enjoyed while had nor missed when lost. So worthless it is, so unsatisfying, so inadequate to purpose, so false to hope and at its beat so brief, that for consolation and compensation we set up fantastic faiths of an aftertime in a better world from which no confirming whisper has ever reached us out of the void. Heaven is a prophecy ut-tered by the lips of despair, but hell is an inference from history."

This is morbid and unwholesome

talk which can only harm the speaker and the listener.

It can depress and discourage the weak and struggling souls who are striving to make the best of circumstances, and it can nerve to suicide the hand of some half-crazed being who needed only a word of encouragement and cheer to brace up and win the race.
This is the unpardonable sin-to

talk discouragingly to human souls hungering for hope. When the man without brains does

it, he can be pardoned for knowing no better. When the man with brains does it, he should be ashamed to look his fel-

low-mortals in the eyes. It is a sin ten times deeper dyed than giving a stone to those who ask for bread. It is giving poison to those who plead for a cup of cold water. Fortunately, the remarks above quoted contain not one atom of truth! The writer may speak for himself, but he has no right to speak for oth-

It is all very well for a man who is marked with smallpox to say his face has not one unscarred inch on the surface of it. But he has no premises to stand upon when he says there is not a face in the world which is free from smallpox scars.

Life is not "a hopeless battle in which we are doomed to defeat." Life is a glorious privilege, and we can make anything we choose out of it if we begin early and are in deep earnest and realize our own divine

powers.

Nothing can hinder us or stay us.

We can do and be whatsoever we

The prize of life is not "a thing which is neither enjoyed while had nor missed when lost." It is enjoyed nor missed when lost." It is enjoyed by millions of souls today—this great prize of life. I for one declare that for every day of misery in my experience I have had a week of joy and happiness. For every hour of pain I have had a day of pleasure. For every moment of worry, an hour of content.

I cannot be the only soul so en-dowed with the appreciation of life. I know scores of happy people who enjoy the many delights of earth, and All the way from Providence on the marvel of cookery was dressed with there are thousands whom I do not know

Of course, "Life is not missed when lost!"-because it is never lost. It is indestructible Life ever was and ever will be. It is a continuous per-formance. It is not "worthless" to the wholesome, normal mind. It is full of interest and rich with opportunities for usefulness.

When any man says his life is worthless it is because he has eyes and sees not, and ears and hears not. It is his own fault, not the fault of

God, fate or accident.

If every life seems at times 'unsatisfactory" and "inadequate," it is only due to the cry of the immortal soul longing for larger opportunities and fewer limitations.

Neither is life "false to hope" He who trusts the divine Source of Life shall find his hopes more than realized here upon earth. I voice only the knowledge of thousands of souls when I make this assertion. I know whereof I speak

All that our dearest hopes desire will come to us if we believe in ourselves as rightful heirs to Divine Opulence, and work and think always on those lines.

If "no whisper has ever reached us out of the void" confirming our faith in immortality, then one-third of the of our acquaintance must be fools or liars; for we have the assertion of fully this number that such whispers have come, besides the biblical statistics of numerous messages from the other realm.

"As it was in the beginning, is now and ever more shall be, world with-out end. Amen."

### Do You Know That

The Nile gradualty gets narrower Coal burns out faster on a frosty

night than upon any other The Arc de Triomphe in Paris is the largest triumphal arch in the

## Do You Know That-

Life is a constant struggle against death?

Dirty refrigerators may make sickness?

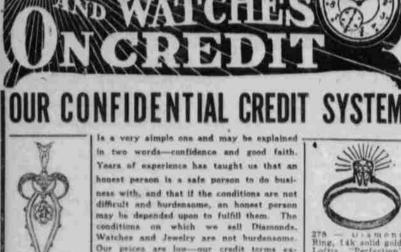
The United States public health service issues free bullsting on rural sentiation? The defective citizen of today is officers the unhastrhy child of

yesterday? Every man is the architect of his own health?

It's the baby that lives that

Tuberculosia is contaginus, pre-

The full dinner pail-the open window the clean wall-make for health?



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