

# WASHINGTON CITY Sidelights

## "Listen In" on the Radio, but Don't Touch Keys

WASHINGTON.—The wireless amateur has come into his own again and has the official sanction of Uncle Sam to "listen in" as long as and as often as he pleases. But he must not place his finger on the key of his instrument—not if there is the slightest danger of his sending out a spark that will interfere with the operations of the government radio stations, for Uncle Sam has reserved for himself the exclusive right to send, allowing his nephews—and possibly a few nieces—to join him in picking up messages that come through the ether.



When the United States was a neutral and as such took over control of the wireless, thousands of amateurs were debarred from not only sending or receiving messages, but from possessing any instrument by which messages might possibly be picked up. When the country entered the war against Germany the measures became even stricter, for every person with a wireless outfit came under suspicion of being a spy.

The government is going to license amateurs, and radio inspectors will make periodical visits in various cities during which the licensed amateurs are expected to undergo examinations.

Uncle Sam will brook no interference on the part of amateurs who try to send messages or who attempt to test sending equipment. The existing law will be strictly enforced regarding interference.

In New England alone there are over 2,500 active amateur radio operators who are keen to resume their favorite pastime of "listening in" for the mystic codes, as well as the decipherable messages.

Many of these amateurs confused matters at the beginning of the war, before the United States took control of the wireless, by reporting all manner of sensational "spy" plots, mystic code messages and messages, mostly undecipherable, that they believed to emanate from some secret Hun radio tower.

## The Milk Bottle's Life Is but Seventeen Trips

THE average milk bottle makes only 17 trips before it is broken or lost. For every consumer who has a quart of milk delivered at the door each day the dealer in the course of a year has to supply 20 new bottles. This is the report made by dairy experts of the department of agriculture, who have just completed an investigation of the staggering waste of millions of milk bottles annually.

The investigation, conducted in 86 cities, shows that the average milk dealer buys 17,649 new bottles a month and the large dealers buy more than 90,000 a month, which are largely, though not entirely, replace-ment stock.

In 16 of the cities investigated more than 8,000,000 sound milk bottles are collected annually from the city dumps, the specialists report. In some cities the business carried on by junk dealers is one of the most serious sources of milk bottle losses, they say. Not only do they sell the bottles to dealers in the city, but often ship them to other towns. Most states have no laws restricting such traffic.

Only 33 cities had milk bottle exchanges, or places where milk bottles from all sources are sorted out and returned to the owners, provided he is a member of the exchange.

Nineteen states have regulations governing the use of milk bottles, the report concludes, and 72 cities reported the use by dealers of other dealers' bottles.

This is another proof our extravagance as a people, since most stores and delicatessen shops charge one cent for the bottles and redeem them.

One wonders how many of the 8,000,000 bottles on the dumps represent a cent each.

## Thirteen Mascot Number of "Lucky Thirteenth"

THE Thirteenth regiment of engineers which Chicago welcomed home the other day calls itself the "Lucky Thirteenth," and believes that 13 is its lucky number. Certainly the thirteens in its history are many. They include:

- July 13, 1917—Named "Thirteenth engineers."
  - Went East in three trains of 13 cars each.
  - Transported through England on railroad No. 13.
  - Every car and locomotive numbered 13.
  - Arrived in France August 13, 1917.
  - Assigned to headquarters at Fleury-sur-Aisne—13 letters in the name.
  - Published newspaper in France. Windy City Echo—13 letters.
  - First American locomotive assigned to the regiment—"No. 13."
  - First passenger train into Sedan since 1914, in charge of Thirteenth engineers, arrived January 13, 1919.
  - Embarkation order for home—No. 13.
  - Graves in France—13.
- The welcome of the "Lucky Thirteenth" was a warm one. The men of the Thirteenth engineers deserved warm recognition. The regiment was organized in Chicago by Chicago engineers and business men and was sent to France all bound round with the traditions and hopes and ambitions of the city. Though the business of an army engineer is to supply mechanical aid to the military operation the soldiers of the Thirteenth engineers disclosed surprising dexterity in the use of not only tools but arms.



## New Dreadnaught California Is an Armed Hotel

WHEN the 58 officers and 1,022 men to be assigned to the battleship California, now in process of construction at the Mare Island navy yard, take up their quarters on the latest and most formidable of the nation's fighting craft of her class, they will find every modern convenience provided for their safety and comfort.

While every known protection will be provided against mine and submarine attack, and naval officers consider the California to be as nearly impregnable against destruction as it is possible to build a ship, the creature comforts of the men will include a dental office, barber shop and a score of conveniences usually associated with hotels. An electric potato peeler, which can handle 1,000 pounds an hour; electric ice cream freezer, electric food and meat grinder, electric cake machine, with 60-quart capacity, and a dish-washing machine, which will handle 1,000 dishes an hour, will be among the conveniences which will both speed up and lighten the work.

Electricity will play an important part on the great battleship, for its use will be extensive. The main engines of the vessel will be electric, the electric generators driven by steam turbines of 28,000 horse power, and steam supplied by oil-burning, water-tube boilers. Electricity will handle the ammunition, fire the guns, raise and lower boats and anchors, steer the ship and regulate the ventilating blowers.

The California's keel was laid on October 25, 1916, and she soon will be ready to leave the ways. Her cost when the award was made to Mare Island three years ago was placed at \$7,413,516.

She is 624 feet long and her displacement is 32,300 tons. She carries 12 14-inch guns.

# The KITCHEN CABINET

Our spectacular opportunities for courage may be few or none at all. Our commonplace opportunities for courage start when we wake and last until we go to sleep. The courage of the commonplace is greater than the courage of the crisis.

### DAINTY DISHES.

Cheese is such well liked food that a variety of ways of serving it are always welcome. Take one cream cheese and mix it with a half a pound of snappy American cheese, season with red pepper and add a bit of cream so as to make a smooth roll. Cut stuffed olives in thin slices and decorate the roll. Serve on a paper doily, passing a cheese knife when serving.

**Cottage Cheese Salad.**—Mix two cupsful of cottage cheese with a half cupful of shredded almonds that have been blanched, a teaspoonful of chopped chives, salt and paprika to taste. Roll in small balls and place two or three in nests of lettuce; serve with a highly seasoned boiled dressing or with a mayonnaise.

**Cheese Pie.**—To a cupful of cream cheese pressed through a sieve, add a tablespoonful of sugar, the juice and rind of a lemon, a tablespoonful of butter melted, the yolks of two well-beaten eggs and lastly the beaten whites folded in; add salt to taste and bake in one crust.

**Apples Baked in Maple Sirup.**—Cut apples in quarters, peel and put into a saucepan, add a cupful of maple sirup and two tablespoonfuls of butter to eight apples. Bake until the sirup is thick. Serve cold as dessert with whipped cream.

**Frozen Custard.**—To a quart of milk add three slightly beaten eggs, a cupful of sugar and a little salt; cook until thick, cool, then freeze to a mush, add one-fourth of a pound each of chopped walnuts and steamed chopped figs. Finish freezing and let stand a few hours to ripen.

**Waffles.**—Mix and sift one and one-fourth of a teaspoonful of salt and half a teaspoonful of soda. Separate the yolks and whites of two eggs, beat well, add a cupful of thick sour milk to the yolks and stir in the dry ingredients; then add three tablespoonfuls of melted butter after folding in the stiffly beaten whites. Bake on a well-greased waffle iron.

**Supper Dish.**—Take ordinary link sausages, prick them and put into a pan to fry out a little of the fat, pour off the fat and pour over the sausages a batter as follows: A cupful of milk, a pint of flour, two well-beaten eggs, and a spoonful of salt. Bake until the pudding is brown. Serve from the dish in which it was baked. This is the Yorkshire pudding batter.

A nice leg of mutton, my Lucie,  
I pray thee have ready for me.  
Have it smoking and tender and juicy,  
For no better meat can there be.  
—Thackeray.

### SHORT CUTS.

The progressive woman is learning to divide her hours of labor and multiply her hours of leisure for outside work in the community and for self-improvement.

Why spend two hours doing a piece of work that one hour should finish?

The woman who spends a half hour ironing a sheet that might be ironed under other things like napkins, handkerchiefs, which we are particularly about, is wasting golden hours that she might be using much more profitably.

The over-particular woman has no right to waste time on trifles, for her community and country need her. All the reconstruction work will not be done abroad, for we are learning to reconstruct many of our old, worn out handed down from grandmother ideas, and it is high time.

All housekeepers are greatly assisted by a schedule which is carefully followed as possible, though anybody who has tried it knows that no household can be run on an iron-clad rule, for things are always occurring to upset plans which are really good for us to avoid monotony. Monotony is the rust that eats out many lives.

A slate or tablet hanging on the wall with an outline of the week's meals and the daily arrangement of work will prove a wonderful time saver.

The pauses between tasks due to lack of forethought and planning will sum up into many minutes in a day's work.

A list of extras to be done will be much happier done if we have a plan written out by which to work. Cross off each task as it is accomplished and keep the slips on file, for it is most satisfying to know the amount or number of things done in a month or a year.

When you go to the cellar for vegetables for dinner, do you carry a basket and bring up everything needed or do you make three trips which might have been used in other work?

He that by the plow would thrive,  
Himself must either hold or drive.  
Buy what thou hast no need of, and  
As long thou shalt see thy necessities.  
—Poor Richard.

### WHAT TO FEED THE CHILD.

Milk is the child's first food and the one of most importance through his growing years. It behooves every mother to see that she has clean milk, free from disease and of the standard richness.

As the child grows older he needs food that has bulk on which to exercise the teeth as well as to excite the digestive juices, given in plentiful supply.

An ideal food which comes next to milk and eggs in importance is whole wheat. It may be ground, to crush the kernels, which is an advantage, or it may be cooked long and slowly making a gelatinous mass which is especially good for a breakfast and supper food for a small child. Give it top milk or cream with no sugar. There is something about the food that is so appetizing that the child rarely tires of it. In many homes where the family like the whole grains in food they use a small hand mill, grinding their own breakfast foods and cereals for breads.

Cocoa is a good drink for children, but if given too often they become too tired of it. Hot milk for drink is well liked; malted milk for a change, and different cereal coffees, when one is sure there are no coffee beans put in for flavor. Coffee and tea, no matter how much diluted with hot water, should never be given to children.

Custards, baked, steamed or boiled, of various flavors, combined with chocolate or caramel are valuable foods. Baked apple, potatoes, scraped beef, milk toast, and cooked cereals of different kinds, if cooked for hours to soften the cellulose, are other foods of high value.

There is no dessert which is more wholesome for the child than a well baked apple. Wash and core it and bake, filling the cavity with sugar; a bit of lemon juice and butter added will improve a flavorless apple.

**Coddled Eggs.**—Place eggs in boiling water a pint to an egg, cover closely and let stand on the back of the stove six or eight minutes if desired soft, 10 to 15 minutes if medium, and a half hour for a hard cooked egg. A hard cooked egg cooked this way is easily digested by the most delicate stomach.

Kindly words, sympathizing attentions, watchfulness against wounding others, watchfulness—these cost very little, but they are priceless in their value.

### PLANNING THE MEALS.

Let us begin at the beginning, which is breakfast. We need follow no law except that of the tastes of our family. In these days of good food habits everybody eats everything and enjoys it, with the exception, of course, of the few unfortunates who have some personal idiosyncrasy which prohibits some well-liked food. Fruit in the morning is usually enjoyed, a dish of cereal of some kind, to be followed by a piece of toast and an egg, with a cup of coffee, a cookie or a doughnut, will be satisfactory for the average man or woman who works at light labor. For the child a cup of milk takes the place of the coffee, and a large dish of cereal with toast and egg, or simply the cereal will make a sustaining breakfast. The American breakfast, compared to the English meal, is quite a kindergarten affair. Here is a breakfast menu taken from an English cook book, for an August morning: "Bloaters on toast, collared tongue (whatever that is), hot buttered toast, marmalade, white bread and butter, brown bread, and bread and milk."

A dainty breakfast, well served, is of more value to the individual than the mere food properties served.

The midday meal, or luncheon, if the heavy meals comes at night, should be light and nourishing and easily digested, for a hearty meal at noon causes sluggishness and inactivity. A simple soup, or a dish of escalloped vegetable for a hot dish, a cup of tea, cocoa or milk, a little fruit and cake will be found sufficiently sustaining for that meal.

For dinner there is a wide range depending upon the taste and the amount one may expend of energy as well as money in its preparation. Usually the people who have the most money to spend enjoy the simplest fare, for they know often at great cost what too rich and too heavy food will do to one's digestion.

In these days of simple living we have cut down the dinner to three and four courses, often cutting out the soup and serving the meat dish, salad or entree in one course, then the dessert, following with the after-dinner coffee.

Some men drop all their money trying to pick up more.



A cream sauce poured over tender, uniformly water-like slices of Libby's Dried Beef makes a delightful luncheon at little cost. Ask your grocer today for Libby's Dried Beef.

Libby, McNeill & Libby  
Chicago

## FELT SOLDIER SPOKE TRUTH

No Doubt Colonel Blank, in His Heart, Realized Just How Tough He Did Look.

Colonel Blank, who had been such a tartar at all inspections that his name was a byword in his regiment, was in the thick of the Argonne fighting and for six days was unable to shave. For six days he was unable to pry the mud from his clothes or take it from his hair. And in this unfamiliar state he was hailed at the end of the sixth day by a doughboy who seized a moment of leisure to shove by a mirror hung on a knife stuck in a tree.

"Hey, there, Buddle!" the doughboy shouted. "Do you know you look like a—? Better come up and get a shave or Colonel Blank will land on you like a ton of bricks!"

Colonel Blank accepted the invitation.—Stars and Stripes.

### Real Cause for Complaint.

"Eh-yah!" admitted Gap Johnson of Rumpus Ridge. "In the good old days it was nothing uncommon to have as high as seven fights to every dance. But since this yer infernal bone dry law has cracked down on us we often have seven dances to one fight, which strikes me as spreading the fighting out mighty thin."—Kansas City Star.

### Compulsory Education.

A new government ruling in Burma requires all Burman girls twelve years of age and over to attend a girls' school, if one exists in the town, rather than the mixed school, as heretofore.

### Lobsters Served Promptly.

"A lobster in a hurry, waiter."  
"Yes, sir; I'll attend to you right away."—Boston Transcript.

If you are afraid to ask for what you want the chances are that some one will hand you a lemon.

If the tongue could kill, good people would no longer have a monopoly of dying young.

In some of the villages in Siberia few of the inhabitants can read or write.

The average man normally consumes about one ton of liquid and solid food in a year.

It is difficult for some men to mean what they say.

Don't stand around barefooted waiting for dead men's shoes.

Some men drop all their money trying to pick up more.

## SWAMP-ROOT FOR KIDNEY AILMENTS

His Crime. I saw a baseball player arrested in the very net. "What was he doing?" "Stealing a base."

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large. However, if you wish to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

### King's Stuart Portrait.

It is interesting to bear of the king buying an old portrait of James II, for it suggests that the romantic interest in the house of Stuart which Queen Victoria felt very strongly is hereditary. She made collections of Stuart souvenirs, hated Queen Elizabeth, shared Scot affection for Mary Stuart, and reproached Macaulay with having been hard on the memory of my ancestor James II. "Not your majesty's ancestor," said Macaulay, "your majesty's predecessor!"—and was very proud of his reply.—London Mail.

### Revenge.

"You can get a seat pretty soon," said Claudine of the rapid fire restaurant, to a customer who was unable to find a vacant stool. "That gent will be through right away."

"Don't you believe it!" was the reply. "This skiny guy here is spending his money and eating himself sick just to keep me out of my lunch, because I took his girl away from him at the dance last night. I can stand it as long as he can."—Kansas City Star.

Some men try to make light of their troubles by burning their unaccepted bills.

It isn't pride that makes the gallery gods look down upon the rest of the audience.

Many agree as to the goal—truth; but never as to the road, the method and the criterion.—Amiel.

A fraction takes up as much room as a full-sized figure.

## Why Complain of Poor Coffee Or The High Price of Coffee

when you can have a superior beverage of rich flavor and health value by drinking the original

# POSTUM CEREAL

It's an American drink whose high quality never varies. Its price doesn't change and it's economical.

Two sizes, usually sold at 15c and 25c.

Everywhere at Grocers.

Nellie Maxwell