

# PEOPLE TALKED ABOUT

## Mott on Y. M. C. A. Plans Abroad



John R. Mott, general secretary of the International Y. M. C. A., in outlining the organization's plans for helping to reconstruct war-ravaged lands, says "there are too many holidays in Europe."

Poland, according to Mr. Mott, has ninety holidays a year, besides Sundays, and Roumania has probably twice that number. "This means idleness leading to political upheavals," declares the American.

In giving the first details of the Y. M. C. A. and World's Student Christian federation's proposed new efforts to help broken-down Europe, Doctor Mott said: "It isn't by giving bread, but work that reconstruction will be possible."

"One of the tasks on which I am now engaged is to attempt to devise the wisest way to help the schools and universities of Europe from the decadence into which they were plunged by the war. Otherwise education will be lost through the poverty of professors, and also through lack of students."

"The keynote of my talks in Poland, Czechoslovakia and Hungary has been self-help. The students must learn to work their way through colleges as is the case in the United States. From the Y. M. C. A. point of view we are establishing model branches as we hope to show the new nations their way back to work and to self-help."

"It is not by saying 'Thou shalt not' that the world can be bettered; it is by showing the way. The Y. M. C. A. will help men to spend their idleness profitably. It will adapt itself to those nations and give them something permanent."

There will be model Y. M. C. A.'s for universities, for railways, for industrial centers, and also in the country for the peasants."

## Why Cantu Interests Uncle Sam

The clash between the Huerta defacto Mexican government and Gen. de facto Mexican government and Gen. ern district of Lower California, is of direct interest to the United States. The great irrigation project that diverts a part of the flow of the Colorado river and waters the famous Imperial valley of California is partly on Mexican soil—and at the mercy of Cantu or his foes.

Cantu has moved his district capital from Ensenaza on the Pacific coast to Mexicali on the border, which makes him all but inaccessible. To get at him from the north involves moving Huerta troops through American territory. If Huerta should by any possibility get permission to move his troops through American territory, it is believed on the border that Cantu would at once wreck the irrigation works. This would be the death blow of the Imperial valley, one of the most fertile and productive regions of earth—with its regular supply of Colorado river water. Without this supply it would quickly return to its original condition of desert.

Reports from the border suggest that a move to separate Lower California from Mexico has been under way for several years. It is said that Cantu's administration has been such as to make all classes his enthusiastic supporters. He showed an adaptability to work hand in hand with American business men and residents, so that they are his warm partisans.



## Army Would Prevent Pneumonia



Col. Charles Lynch of the medical corps of the United States army, has been appointed head of a board charged with the study of the causes of respiratory diseases in the army, and particularly the transmission of influenza and influenza pneumonia. The importance of this work is self-evident. Smallpox, typhoid, yellow fever and other diseases that used to decimate the populations of the civilized world can now be prevented. Why should influenza and pneumonia present great obstacles to preventive medical science.

Colonel Lynch was born in Syracuse, N. Y., in 1868. He is a graduate of Harvard, and took his medical degree at Syracuse. He was appointed an assistant surgeon in the United States army in 1893. After various promotions he became a major in the medical corps of the regular army in 1906.

He participated in the Philippine campaign and was on the general staff of the United States army from 1904 to 1908. His next service was that of military attache of the American legation at Tokyo, Japan. Service with troops in the field fell to his lot during the Russo-Japanese war.

## Roper's New Taxation Scheme

Daniel C. Roper, United States commissioner of Internal revenue through the war period, makes a new suggestion regarding taxation. He asks the question, "what proportion of the war-tax burden shall this generation be required to carry?" and in answer makes this suggestion:

"It is my contention that with a League of Nations for the encouragement of future peace, we would be able to give thereby to future generations a quid pro quo for the money spent for the war, and we could, with propriety, then extend the tax burden further into the future."

"I also have the conviction that this could be accomplished by congress authorizing the return annually for five years of bonds to run, say, fifty years in the amount of one-third of the taxes to all individual and corporation taxpayers whose taxes amount to as much as \$150 in a single year. The effect of this would be to reduce immediate taxes by 33 1/2 per cent, foster savings habits, encourage industry, and transfer to the next generation only a fair proportion of the war-tax burden."



# NOW FAD FOR PLAITED SKIRTS



THERE is so much to be said of separate skirts because there are so many of them. The separate skirt—more or less dressy—to be worn with blouses and smocks that correspond with it in character, has won the steadfast allegiance of American women and is taken as a matter of course in every wardrobe. Just as tailored suits and blouses are, together with tailored, one-piece dresses, it gives opportunity for varying our everyday clothes for morning or street wear, and it is the cornerstone of sports apparel. In the richer fabrics, for afternoon and dinner dress, it is the complement of many beautiful blouses and smocks. It is a great convenience to take one skirt with several blouses and ring many changes in the toilette.

A fad for plaited skirts just now has proved an inspiration to designers. They seem to delight in ingenious management of striped or plaid fabrics that can be made to do all sorts of unlooked-for things in conjunction

with plaits. Both wool and silk fabrics are to be reckoned with in the fall styles, and all sorts of plaitings. A new fall model in striped woolen goods has recently made its debut and is shown in the picture above. Many ready-made skirts employ accordion plaits, that are liked because they take less material than other plaits and prove as effective, as may be gathered from the model in the picture. The plaited skirt is easy to make at home. One has only to buy material twice the length of the skirt plus the width of the hem, with sometimes a little additional allowance for matching the stripes or plaids. The goods is cut in two lengths, sewed up and the hem put in. Then it is taken to the professional to plait in a plaiting machine, or one can do this work at home. The plaits must be very thoroughly pressed down.

When stripes running on the diagonal are wanted, the making is less simple, but even then presents no very great difficulties.

## Ready for the School Bell



THE sensible mother does not worry when the time comes to outfit her daughters, big and little, for school days. She knows that she cannot go wrong when middy blouses are determined upon for school wear. They have made an unassailable place for themselves in the minds of those who shape the destinies of the best schools and many of these schools require a middy suit for the everyday wear of their pupils and admit no exception to this rule. Uniform dress for school wear is so good an idea that it ought to spread and it is possible that some day it will be feasible for certain public schools. Mothers can further it if they will.

The successful middy is not quite so simple a proposition to deal with as it looks to be. Its straight lines must be trim lines, its collar well adjusted, its shoulder shapely, its sleeve roomy and neat, its finish above reproach. The middy in the school suit shown above qualifies as a first class example, when put to these tests. It is a trim garment with round-tailored collar, a little vestee, a tie and sleeve that belongs to the United States

navy, and handsome insignia. There is a convenient and inconspicuous pocket on the left side and a tight cuff flushing a roomy sleeve. Rows of white braid are stitched on with irreproachable exactness as a decoration to collar and sleeves, the tie is knotted in the approved fashion and spreads its crisp ends as it should.

Plait skirts appear to have passed into the realm of forgotten things, in plain materials, and plaits reign in their stead. Double-box plaits make straight up-and-down lines in the skirt of the middy suit. We have to concede that they are just the thing for it. For these suits it is worth while to use good materials—French and storm serges, gaberdine, jenn and other durable fabrics of medium weight. For older girls the length of the middy and its hip lines need consideration. These are to be snug. Skirts are usually side plaited.

*Julia Bottomly*

# THE KITCHEN CABINET

Having a purpose in life is essential to right living. Unless a man is now living to a purpose, he has either not yet begun to live, or he has got through living; and in either case he is out of place in the world.

—Anonymous.

## GOLD MEAT COOKERY.

So often a few slices of some choice roast, steak or stew is allowed to waste because the family is tired of it, when a little different way of serving the meat, a new sauce, would make it a most attractive and appetizing dish.



### Roulade de Boeuf.

Take a pound of cold roast beef, free it from skin, bone and gristle, and put it through the meat grinder with a third of a pound or less of ham or bacon, lean fat together. Season highly with salt and pepper, add a teaspoonful of finely minced olives, a few drops of tabasco, a teaspoonful of minced parsley, a little lemon peel and a pinch of nutmeg. Mix all together and add a half cupful of cooked macaroni, cut in one-inch lengths and tossed in butter. Add the well-beaten yolks of two eggs, and the whites beaten to a stiff froth. Mix well, roll and cover with a greased paper and bake in a well-greased baking pan in a moderate oven one-half hour. Serve with the following sauces: Add salt and pepper to a pint of tomatoes which have been put through a sieve. Add a teaspoonful of sugar, a tablespoonful of vinegar, a teaspoonful of onion juice, or a half clove of garlic minced. Cook until reduced slightly in bulk.

**Canneton a la Royale.**—Take a pound of cold roast veal, free it from skin and fat and grind it twice through the meat chopper. Add to it a quarter of a pound of ham also minced. Add salt, pepper, minced parsley, half a teaspoonful of minced shallot, a little grated lemon rind and a pinch of nutmeg. Mix well, add two well-beaten eggs, shape in a roll, cover with buttered paper and bake a half hour.

**Mutton Reheated.**—Underdone mutton can be turned into a very nice dish. Cut a sufficient number of slices from a leg of mutton; cut in rounds or squares. Place a tablespoonful of butter in a plate. Add to it a tablespoonful of Worcestershire sauce and salt to taste. Have ready well-browned toast, place a piece of mutton on each, place in a hot oven and bake ten minutes.

Because in a day of my days to come  
There waiteth a grief to be,  
Shall my heart grow faint, and my  
lips be dumb  
In this day that is bright for me?

Because of a subtle sense of pain,  
Like a pulse-beat threaded through  
The bias of my thought, shall dare  
I refrain  
From delight in the pure and true?

## REFRESHING FROZEN DISHES.

One may have such a variety of frozen dishes with the foundation prepared like the usual vanilla ice cream. Various sauces, fruits, nuts, all add to the attractiveness and lend variety.

**Banana Sherbet.**—Put three cupfuls of water and one and one-half cupfuls of sugar in a saucepan; boil five minutes. Add the juice of one lemon and two oranges, with a little of the grated rind of each and one cupful of banana pulp. Scrape off the stringy portion of the bananas before putting through a sieve. Beat the sirup and fruit mixture till cold, then stir in three cupfuls of whipped cream, measured after whipping, or the whites of three eggs beaten stiff. Freeze until soft like mush. Serve in frappe glasses.

**Banana Jelly.**—Take one pint of banana pulp, the juice of one lemon, one-fourth cupful of orange juice or any good fruit juice, one-half cup of sugar, one-third of a package of gelatin, one-third of a cupful of cold water. Soak the gelatin in cold water, put the bananas through a sieve, add the sugar, the juice and let stand until the gelatin is softened and dissolved over hot water. Mix all together thoroughly and turn into a mold. Let stand in a cold place to become firm. Serve with cream or a custard.

**Honey Taffy.**—Boil (270 degrees Fahrenheit) one cupful of sugar, one cupful of water together until it makes a hard ball when dropped in cold water. Add vanilla or other flavoring, pour into a buttered dish and cool until it can be handled, then pull.

**Honey Hermits.**—Take one cupful of shortening, one and one-half cupfuls of honey, one teaspoonful of soda, three eggs, five cupfuls of sifted flour, one teaspoonful of salt, two teaspoonfuls of cinnamon, two and one-fourth cupfuls of raisins, chopped, two and one-fourth cupfuls of nut meats, chopped. Dissolve the soda in the honey, warmed, add the shortening and cream together. Beat the eggs well, add the flour, salt and cinnamon, and lastly the raisins and nuts. Sift until stiff, and drop from teaspoon on a buttered sheet. Bake in a moderate oven.

**Eggs aux Tomatoes.**—Put a half

pint of tomato pulp well seasoned into a well-buttered baking dish. Add a tablespoonful of butter, set into a hot oven for ten minutes then remove and add four eggs, added carefully to poach. Cook from three to four minutes and serve from the dish.

If thou hast friends give them thy best endeavor,  
Thy warmest impulse and thy purest thought,  
Keeping in mind and word and action ever—  
The time is short.

—Elizabeth Prentiss.

## GOOD DISHES FOR THE FAMILY.

If there is one article of our diet which more than another needs careful cooking it is vegetables. The vegetables prepared by the ordinary cook are a byword for all that is tasteless and unappetizing. The mineral salts

which we need to keep up the body functions are largely thrown down the kitchen sink when draining the vegetables. Boiling any vegetable in water is not the best method, for its nutriment is largely wasted in the water in which it is cooked. Steaming, cooking in casserole or paper bag does away with this waste.

**Irish Stew.**—Cut up two or three pounds of mutton into serving-sized pieces, leaving very little fat. Season well with salt and pepper and add six good-sized onions peeled and finely chopped, two pounds of potatoes peeled and sliced thin. Add a bunch of herbs, parsley, savory or any combination liked. Add a cupful of hot water and bake in a covered casserole for an hour or longer.

**Eggs a la Bechamel.**—Cook four eggs in the shell until hard. Drop them into cold water, shell and cut them in halves. Butter a baking dish, add the eggs with a half cupful of cream, pepper and salt to taste with a tiny dust of powdered mace. Bake in a hot oven ten minutes.

**Chicken a la Reine.**—Clean, dress and truss a fowl as for roasting. Rub it well with a cut onion. Place it in a baking pan with a half cupful of good stock, add a sprig of parsley, a bay leaf, a blade of mace and three spring onions tied together. Add a half cupful of cooked rice and let it cook slowly in a moderate oven until the fowl is cooked. Remove the herbs and onions and serve with the broth slightly thickened.

Days for deeds are few, my brother,  
Then today fulfill your vow;  
If you mean to help another,  
Do not dream it—do it now.

## A FEW VEGETABLE DISHES.

A steam cooker, or, lacking that, an old-fashioned steamer which fits the top of a kettle is an invaluable utensil for cooking. Vegetables which are steamed contain all the valuable mineral salts, the soluble nutritive materials which are thrown away when the vegetables are boiled and the water thrown away. It takes about a third longer to steam vegetables, but it takes little fuel to keep the steamer in operation when once started. A whole dinner from vegetables to meat, fish and dessert, may be cooked together.

**Summer Squash en Casserole.**—Take two and one-half cupfuls of cooked squash, add three-fourths of a cupful of thick, stewed tomatoes, two tablespoonfuls of butter, one and one-half teaspoonfuls of salt, one tablespoonful of grated onion, one-half cupful of chopped meat, fish, or nuts, mix well and cover with three-fourths cupful of buttered crumbs. Bake in a hot oven until well browned. Egg plant or carrots may be served in this dish in place of squash.

**Roast Beef With Mexican Sauce.**—Reheat cold roast beef cut in thin slices in the following sauce: Cook one onion finely chopped in two tablespoonfuls of butter, five minutes. Add one red and one green pepper chopped, one clove of garlic also chopped, and two tomatoes cut in pieces. Cook fifteen minutes. Add one teaspoonful of Worcestershire sauce, one-fourth teaspoonful of celery salt and salt to taste.

**Banana Ice Cream.**—Scald one quart of thin cream, dissolve in this one and one-half cupfuls of sugar; when cold add a pint of chilled cream and freeze. When the cream is partly frozen add one and one-half cupfuls of banana pulp put through a ricer, mixed with the juice of one and one-half lemons. Finish freezing and let stand a few hours to ripen.

**Tomatoes and Onions.**—Take one quart of tomatoes and one quart of onions sliced. Stew the onions until about half done in as little water as possible, then add the tomatoes. Cook until tender. Add a liberal amount of olive oil or butter, season to taste with salt, and thicken with a little flour stirred with cream.

*Nellie Maxwell.*