

The Beer Home Magazine Page

Favorite Recipes of Favorite Actresses



Stuffed Potatoes, Mamaroneck Style. By BLANCHE RING,

Select big, firm, unspotted potatoes; wash and brush them theroughly so no sod of Ould Erin will cling and interfere with the joy of the carnest potato eater who partakes of meal and skin alike. Bake them until they are mealy and within about five minutes of absolute doneness. Remove from the oven, cut off the tops and stir into the crumbled inside which you have mashed in a bowl with a silver fork butter pepper, salt and finely minoed ham. Return a generous filling to each shell. Break over the top of each an entire egg (yelk and white); over this grate cheese, and return to the oven until the savory smell of the melted and browned cheese makes it impossible to longer postpone meal time.

A Pugilistic Protector

By BEATRICE FAIRFAX. | intention of proving that the puglilistic "I am engaged to be married to a gen- man, the one who carries a chip on his

tleman some years my senior," writes shoulder, is the one with the makings of Lillian May, "and a short time ago he for the purpose of assuring Lillian May

Lady Constance Stewart Richardson How to Acquire a Beautiful Figure Through Dancing

This is Figure 2, as described in Lady Richardson's article. Practice in this will cause the body to assume the graceful lines in walking normally.

> Figure 1 is shown on

the left. This exercise is especially beneficial for the arms.



most at right angles to it, the instep | with graceful unself-consciousness whe borrowed from takes nature's lift decurve. The body sitting are two real social acquirement sways slightly toward the right heel, with and are a vast step in the general direc the bathrobe the arm sinking in a graceful parallel to tion of grace. The two movements I have the high: foot. Rise and fall on the toes, given you are dancing steps, and yet For this belt changing from foot to foot for the for- they can be made to serve a definite purand bow and ward position, and when right foot is for- pose toward the attainment of bodily ward and right arm parallel to the left grace, without which all the beauty for the trimming foot have the left arm lifted above the form of a Venus would fall short of atof the suit head and twisting forward at the elbow tractiveness of a vital sort. with the first pendant aceve the head. Figure 3 shows a step that will help you hercules braid

A Newport Style Fully Described by Olivette

The Newport craze in bathing suits is for the slit skirt garment, and if you see some excuse for the split skirt of the hobble type, where the cut comes at the ankle in order to enable the wearer to walk, perhaps you can also figure out a cut in a knee-length skirt that the wearer may swim. Here we picture the prottiost. example of the new fashion freak we have Black mohair forms the bloomers that are banded in at the knee and fastened at the side with round white buttons. The same material is used for the one-piece top garment, which is caught around the waist in a fashion

invited me to meet his relatives, who live some distance from my home. On the trolley car a gentleman gave me a seat. while my fiance stood before me talking. It was near the entrance of the car door, and the conductor, coming along, said: "Move up front, there,' to my escort, who paid no attention, but continued his conversation with me. The conductor, returning, and seeing his command unobeyed, gave my friend a shove with his saying, 'Didn't I tell you to move up?" at which my escort, burning with wrath, proceeded, with well-directed blows, to heat the conductor. In an instant the car was in a panic, and I alone sat calm, thinking. "That is the man I am to marry."

Some days later, as I was considering whether or not to break the engagement on this account, I brought the matter to the attention of a friend, who disputed with me, saying that such a man is manly and to be admired, and would protect me through life. I hold that such a man is uncouth and low and common, and I would like to know whether you would advise breaking the engagement?"

The best husband I ever knew WAR B man who, on one occasion, got into a serious fight in a crowd because some one shoved him. This is not told with the

SOMETHING HAD TO BE DONE

SCREAMED WITH JOY

to study the cause of FAT. When 2 ad the cause 1 found the remedy. The Motiand gave me an imagint 1 improved Removed the objectional features, added essant mmes, and then 1 tried my plan on for a work. It wurked like maxio. I

that this little incident is not a keynote to his character, and that if she condemns her lover, and gives him up because of this unfortunate display of temper, she may go through life unwed, or select for her companion a man so unlike her present fiance that his answer to a knockdown blow will be to brush off his clothes and beg the pardon of the one who floored him.

The display of temper was unfortunate and ill-advised, but it does not prove that the man is "uncouth, low and com-There is some justification for mon.' his behavior, and every man who has been addressed by a street car employe as if he were one of a number of dumb cattle, being prodded and driven into a pen, will be quick to see it.

The conductor's intentions were within his rights. His manner wasn't. This man resented it. We all resent such treatment every hour of the day, but remain silent. It is part of the price we pay for the privilege of living in a large city where we are crowded and pushed and shoved till all dignity and individuality are crowded and shoved out of us.

"As a man thinketh, so he is." and this makes a pugilist of every man, and the longing occasionally to be one, of every woman, for every self-respecting man and woman, with a backbone and a regard for his or her rights, as well as

Are You for the rights of others, pocasionally ongs to take a punch at some one whose manner is insulting, or who digs with a sharp elbow, or jabs with an umbrella. Self-respect has saved the skin of many an offender, and, unfortunately, his skin is saved so often by those who I Was refuse to be mixed up in a brawl that he grows more and more offensive, and ONCE. does not know when he has passed the dividing line between his rights and the rights of others until some quick-tem-

I Reduced pered individual like Lillian May's lover shows him. MYSELF. We are all so many children with our

standing of one another. text books before us. The conductor The more we can do to refute that old needs to learn that a gracious manner I was Fat, Uncomfortable, Looked Gid, Fult Miserable, Buffered with Rheumatiam, Asthma, Nouralaia. When I worked or walked. I puffed like a Ferpisse. I took over advertised mediates could find. I Starved, Swented, Exercised, Do-fored and changed elimate but I ruined my di-gestion, fait like an invalid but staadily gained weight. There was not a single plan or drug that heard of that I did not try. I failed to rofince my weight. I droped society, as I did not care to be the but of all the jokes. It was sumbarrosing o have my friends tail was juried but staated to have my friends tail the star myself. statement that will do more than one that is offensive. 'one-half the and that firmness is not the twin of rudeworld

The quick-tempered lover has neglected the lesson on self-control. The blow is a the better for the poor argument. The man who pushes his way through life with his fists never gets veery far with his brains.

queen" is a plirase And even Lillian May, a shy, dignified often used. little maid, with a commendable shrink-But those who ing from publicity, is among those who. know the intimate having left their school days behind lives of queens and them, are taking in the painful school of kings know how experience a post-graduate course. far

from happy She is too quick to condemn; too harsh they are. to a man whose saving grace is his love Study their porfor her; she is too uncharitable. She has traits and it will yet to learn that the way to make a reveal much of the man better is to think he is better than melancholy. he is. No man was ever made honest by discontent, the selfishness or the dissat-

being called a thief. To tell this man he is "low, uncouth. marks their features. and common" will lose Lillian May a lover, and make him what she describes

I hope she will tell him that she doesn' upon a throng. like his display of temper. He needs a reprimand, but he is not guilty of a

If the messenger of love has a savey independent manner, and is quick to take offense, and resent it, it should be remembered in his favor that the impetuous heart is often the warmest. Quick to fight for himself, he would be quicker to protect the woman he loves. robust human beings can endure the con-

<text><text><text> There is a dividing line between ruffianism and chivalry, and time, which so soon cools the blood, will teach him.

By LADY CONSTANCE STEWART RICHARDSON.

Copyright, 1913, by International News Service. Have you ever stopped to consider how rou all down? Some women who have a graceful carriage, who have even mastered the art of standing gracefully, relax -slump into an awkward heap of arms,

egs and stooping shoulders when they sit. In order to guard against this great awkwardness in posture when ready to indulge in conversation or any of the conventional social intercourse for which

one inevitably sits, I would suggest that waist muscles that they inevitably fall into long, curving lines of gracefulness instead of tangling and withering into awkward abandon and ungainly posture. My muscles are so trained that I no. longer have to hold them firmly in position, but they fall naturally into sweeping continuous lines, which are the true

By ELLA WHEELER WILCOX

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all classes come into an intimate under-

does not

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many things, and under a continual ner-

vous tension to keep his duties to the

reads an account of their doings for a

stant mental and physical strain to which

they are subjected

single month wonders how two not over

how

"Happy as a

other half lives"

know

race.

The great need of the world in to have

you know not what to do. Of course, you will not alt with one arm "draped" above your head, but you will learn to have flowing movement from this picture. and your arms will then fall into natural lines of grace. Figure 2 will help you acquire a graceful walk. With arms swaying gracefully

at the sides, much as the tight-rope we learn so to control our arm, leg and walker uses his balance pole, move forward with bent knees and out-pointing toon. Cross the leas in front of one another, keeping the knees close all through | til the unused back muscles have acthe exercise. Throw the head up and customed themselves to the unusual tension. walk on the balls of the feet. This exercise more nearly approaches dancing

than walking, and yet through the prac- seen excuse for the dance, concede that tise of this exaggerated walking-step, the if it can teach you to sit well, to walk beauty of natural pose and posture. Consider figure 1. The left foot is daint- in walking normally. body will come to assume graceful lines gracefully and to have a strong, bealthy and pretty back there is some good in the

ily placed forward, the right foot is al. I To walk well and to arrange yourself art of Terpsichore?

Character, Not Riches, Brings Happiness

No Poverty of the Purse Can Ever Make You Poor While You Have Love, Sympathy

and Kindness in Your Heart.

nee the occupants whissing by in motor

But when we come to know the intimate

facts of their lives we realize that hap-

aces and homes of millionaires, when we gods.

Sway from foot to foot the you are sure to acquire a pretty back. So many wome of the exercise. Then practise sinking are attractive as long as they face you, two inches wide into a sitting posture while nolding arms but the lines of the back are graceless is used, and and legs in the positions shown in this and heavy. Do not fall into this category,

picture. Practise this exercise faithfully, but teach yourself this little dance step to outline neck, and seen you will be able to sit without for it will make your back graceful and folling or feeling an ungainty self-cons- pretty. Stand firmly on the right foot sleeves and skirt clousness of arms and legs with which and point the lifted right toes well to the back, taking cars to keep the line of the cut high at the leg from knee to too.

Figure 8.

step that

will help to

acquire a

pretty back.

Many women

are attrac-

tive as long

but the lines

of their backs

are graceless

and heavy.

as they

face you.

This shows a

sides a half-inch Raise the arms to just below shoulder height and twist the head until you are braid is used. oking across the finger tips of the right Bands of this

hand. Now all this while the back has narrow braid been slowly and gently inclining backward. When the back muscles feel tenne hold the two

shift the weight to the other foot and go through the movement again. Five apron-like parts times on each foot will be found suffiof the skirt ciently often to practice this exercise untogether and strap the sleeves,

which are cut Will not even those who have neve in a bishop's mitre line to match the skirt.

The home dress maker may copy this suit for

about two dollars

For late bathing days

2.15

The Cavalier Parliament

No woman is favored by the gods uncars, or when we read of their smart less she has cultivated cheerfulness, ap- leave their parishes functions, and jewels and fine linen, we preciation, kindness and good will and as non-conformists. imagine they live the life of fairy princes sets forth each day determined to be The evicted cleraryhappy and to make happiness for others. men, thus reduced Many a working sirl could teach her to dire poverty and wealthies sister how to enjoy life. distross, were the In no home of poverty did I ever see most learned and nhappiness so marked on the faces of active of their oran entire family as on one I saw at a der. They sloud at hotel not many moons ago. the head of the The mother's eyes were full of jeal- London clergy, as

ousy and ill temper; the father's face the London clergy was defiant and bitter with disappointstood in general repute at the head ment; the sor was a dissipated wreck of manhood, the daughter a restlons, irrita- of their class throughout England. This outrageous

ble, fault-finding child of misfortune. business was followed by the law by Yet there were millions of dollars which any person above the age of 16 being spent yearly for the "enjoyment" who was present at any religious service of this family.

not according to the Prayer Book was to There was no love, nor harmony, no be imprisoned three months for the first good will, no gratitude to God or man offense, six for the second, and to be transported for the third. in the hearts of these people. Better a crust of bread and a cup

It was a gain time for the Cavallors! milk after a day of hard isbor, and love Things were coming their way! The acin the household and hope in the heart, cursed Puritans were at last down and than such splendid misery. out for good and for all. The poverty of the heart is the worst

man on the planet.

Hence it came about that in turning

out the Puritana the Cavallers in the

But the trouble with the Puritan is he poverty on earth. Remember that as will not remain down and out. He is the you toll and pray for wealth. toughest human proposition on earth, or

If you can keep your heart rich with that ever was on earth. You cannot anlove, sympathy and kindness, hope and nibilate him. Crush him today and he faith, then whatever you acquire of will rise up tomorrow stronger and mora worldly wealth will increase your opdefiant than ever. He has the most

portunities for enjoyment. women who emerge from shops and fac- of the purse can make you poor while

you have these qualities. A good disposition is the only thing Yet the majority of these tollers re- worth coveting, and that can be ac-

By REV. THOMAS B. GREGORY. | the church for the first time in its his-Two hundred and fifty-one years ago, tory found litself confronted with an August 23, 1662, the Cavaller Parliament When we look upon the outside of pal- wear fine garments as favored by the of Charles Second forced 2,000 rectors and Itale. The impossibility of crushing such vicars, constituting about a fifth of the a body as this wrested from English English clersy, to

organized body of dissenters without its statesman the first legal recognition of

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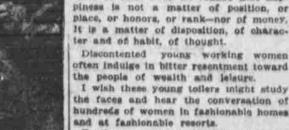
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freedom of worship in the toleration act. their rapid growth in later times has by degrees stripped the church of almost all the exclusive privileges which it enjoyed as a religious body, and now threatens what remains of its official connection with the state."

He laughs best who laughs last, and the present day laughter of the Puritan is heard round the world. Conqueror and master. It is a laugh that is backed by the strongest possible argument, the argument of deeds and of possession. The men inheriting the language and ideas of the Puritan held all the grand strategic points on the planet, and by their political genius they practically rule the world-very much to the world's advantage.

STOP THAT ACHING TOOTH INSTANTLY INSIST virile brain, the most powerful will, the UPON most unconquering individuality of any end got the worst of the bargain. As Green put it: "The persecution soon blended the nonconformists into one, and ALL DRUGGISTS 154



and princesses.

ingratitude distort many a lovely face and render beautiful costumes but a mockery.

As many people in the humble walks of life, toiling for their daily bread, find enjoy-King George of England is doubtless ment as in the ranks of wealth and one of the best men, one of the most fashion. kindly and unselfish kings who ever sat

But he does not look like a really happy man; he looks like a man conscious of his great obligations, troubled about olusion.

tion to be read in the faces of women in a hotel dining room at a seashore or nation performed. Queen Mary has the same serious expression, and one who

tories at \$ o'clock in any of our large cities.

kard the woman who can travel and quired.

often indulge in bitter resentment toward the people of wealth and jelsure. I wish these young toilers might study the faces and hear the conversation of hundreds of women in fashionable homes and at fashionable resorts. Restlessness, ennui, dissatisfaction and I do not mean to say that this is true

of all women of wealth. What I mean to say is just this: lafaction which pervades their minds and

It is a matter of character and disposition, not of money. One who travels to any extent is sure to arrive at this con-

There is, indeed, greater dissatisfac-

mountain resort than in the faces of

But wealth alone can never give you enjoyment or happiness, and no poverty