

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

## Individual Garbage Disposal

By WOODS HUTCHINSON, M. D.

We can and ought to accomplish a great saving of food waste in our buying, our marketing, our commission house handling and particularly in our present brainless and deplorable method of shipping foodstuffs. But a considerable degree of rejection and apparent waste will probably always accompany a liberal, varied, civilized diet, such as will furnish the highest grades of both health and efficiency. Already there is a rough parallelism between garbage production and wages, a high food waste and low death rate and high average longevity or length of life. While it seems in one sense little to be proud of to lead the world in garbage production per capita, yet the fact that much was thrown away shows that there was plenty to choose from and that the best was eaten, for humanity does know good food when it smells it, and that's the kind of diet that will produce results in both health and work done.

We may even take a whimsical pride in grading our social standing by such standards, as is illustrated by a story told by the health officer of one of our most prosperous and progressive inland cities. There was rather an exclusive beach colony of prosperous citizens scattered along the shore of a lake about ten miles distant. A new family built a cottage and moved in and were naturally being talked over from every point of view at the little country store. Opinions differed as to their social standard and prestige, but finally the farmer who collected the kitchen waste from the colony to feed his hogs chimed in, in no uncertain tones, with: "Wal, all I kin say is thet they've got the swellest will on the beach!"

The same thing has to be borne in mind as to profit and loss in the actual disposal of garbage after it has been thrown into the bucket or can. There is no more gold in garbage disposal than there is in the famous pot at the foot of the rainbow. One of our great practical difficulties is the feeling, which simply will not down in a community, that just as great packing houses are said to make most of their profit out of their waste and tankage, so there ought to be a profit in garbage disposal if only it is properly managed.

Out in the country, for instance, it can be mixed with meal and given to chickens or fed directly to hogs and a certain amount of return in eggs and

pork got back from it. But if you have to live anywhere near the chicken yards or hog pen you are apt to get other returns in the way of odors and flies which, long before the summer is over, will far overbalance any financial return. Indeed, chickens, when fed upon house scraps and garbage, require an expenditure of so much time and trouble to keep their yards and run not merely inoffensive to neighbors, but healthful to themselves that intelligent, up-to-date poultrymen will not even go to the trouble of collecting kitchen scraps from their neighbors for this purpose.

With hogs the case is still worse, for not only is it impossible to keep the pens of swill-fed and garbage-fed hogs from being a danger and nuisance to the entire neighborhood, but the pens become perfect hotbeds of hog-cholera and other septic diseases. Contractors who have been able to buy large tracts of worthless sand, or brush land, with no neighbors within

several miles, have been able to fatten hogs upon garbage and make a moderate profit. But they have actually found it necessary to gradually immunize the hogs to living exclusively upon garbage, and not a few of them die in the process. Then, when they have got an immunized strain of hogs, able to eat garbage without killing themselves, they breed from these strains and the offspring, either by heredity or by gradual education in youth, also grow up garbage-proof and can be kept alive long enough to be fattened and sold.

Breeders of pedigreed or any other type of civilized pigs, of course, turn up their noses absolutely at swill or garbage for food. They are, however, one of the most unwholesome foods possible for them, and the only reason why the superstition has arisen that pigs like swill is that the poor beasts were never given anything else to eat and had no chance to express a preference in the matter.

## New Danger to Morals

By LOUISE HEILGERS.

Any fool can imagine evil, of course, but it takes a really clever person to see white until black is thoroughly established. So that, when a pretty girl rushed up to me, and, heedless of the few male things about with whom I was exchanging the usual platitude about the weather, gushed breathlessly: "You really must come and see my new pompadour," I merely returned, "I shall be delighted to," and left it at that, although I hadn't the faintest idea what my promise involved, or what I might be letting myself in for.

And, as it happened, virtue presently received its own reward. Nothing really thrilling or immoral was unveiled to me. The pompadour, when displayed to me, was merely a frock—a gathered, hooped, flounced, ruffled, ruffled and pleated frock, composed mostly of pink roses, couchant on a white ground.

"We've simply all got to be pompadour now," the pretty girl said triumphantly, as I stared at her in surprise. "It's the latest out."

The pompadour frock, like its period, is certainly not a cheap one. The eras of brocade and patches and powder was noted for its extravagance as well as for its red heels and blue morals.

And I suppose, if we start the

pompadour frock now, the rest will inevitably follow. There is something about the very atmosphere of a pompadour frock that does not make for virtue.

I know this, because when, at the pretty girl's urgent request, I slipped her on for a moment (the frock, not the virtue), I felt frightfully giddy all of a sudden—no, the room didn't go round—my morals did. It was as if the mere wearing of a frock garlanded with satin roses made one long instinctively to pluck Herrick's or love's blossoms.

So I'm sure I don't know where we shall end if we all wear pompadour frocks.

Whatever else can be said of the present fashions, they certainly do not make for that veneration and respect our great-grandmothers are credited with being treated with by our great-grandfathers.

But then crinolines and mittens and collarbones were one thing; our brief extension of skirt, extended silk ankles and rosy-powdered necks another. And now on top of all this the pompadour!

Ah! well, better a short skirt and a merry one than a dull affair of length and virtue. Anyway, if you do tread the primrose path, you are sure to find some roses there to match your pompadour.

## Birds of Wisdom as Pets

By GARRETT P. SERVISS.

There may be something worth pondering over in the suggestion that the persistent "good luck" which seems to attend some persons is due to their having accidentally become the pets of higher beings, whose existence we do not clearly recognize.

However that may be, it is certain that some of the lower animals that we make pets of have fortune thrust upon them without any comprehension on their part of the cause of the smooth-sailing life allotted to them. On the other hand, to be a pet is often to lose freedom, so that the goodness of the luck becomes questionable after all, and this seems particularly true of birds.

The pet-making instinct sometimes takes odd turns, as in the case illustrated by the accompanying pictures,



A Fernando Eagle Owl.

otherwise their digestion is upset. They like rabbits, kittens, mice, sparrows, cockatoos, stag-beetles and other similar things and if they could be kept about a house without being confined they might be superior to cats as destroyers of rats and mice.

## TODAY'S DAINTIEST DISH

'COOKERY IS BECOME A NOBLE SCIENCE'



### Broiled Lamb Chops With Peas

By CONSTANCE CLARKE.

The lamb chops should be cut to the desired thickness, trimmed neatly, removing all unnecessary fat, seasoned with a little salt and pepper, and broiled, turning them every three minutes, allowing eight minutes for chops cut one inch thick. The distinctive touch of this dish is its Bernaise sauce. Once one serves this with lamb chops it will be found an indispensable adjunct to the chops thereafter. Sauce—Reduce two tablespoonfuls of white tarragon vinegar to about half the quantity with twelve crushed peppercorns; half a teaspoon of paprika pepper, two bay leaves, a little thyme, one small onion, then add four

raw yolks of eggs, and work in by degrees a quarter of a pound of butter, then strain. This sauce requires care in making. Take two cups of shelled peas and put them into boiling water with a bunch of mint tied in a piece of muslin; season the water with a little salt, sugar, and a tiny pinch of soda; boil the peas gently for fifteen to twenty minutes, then strain off and mix them with three tablespoonfuls of butter. Serve on the dish with the chops. Arrange chops around a mound of toasted bread and serve the sauce in a sauce boat. (Tomorrow—New Carrots a la Francaise.)



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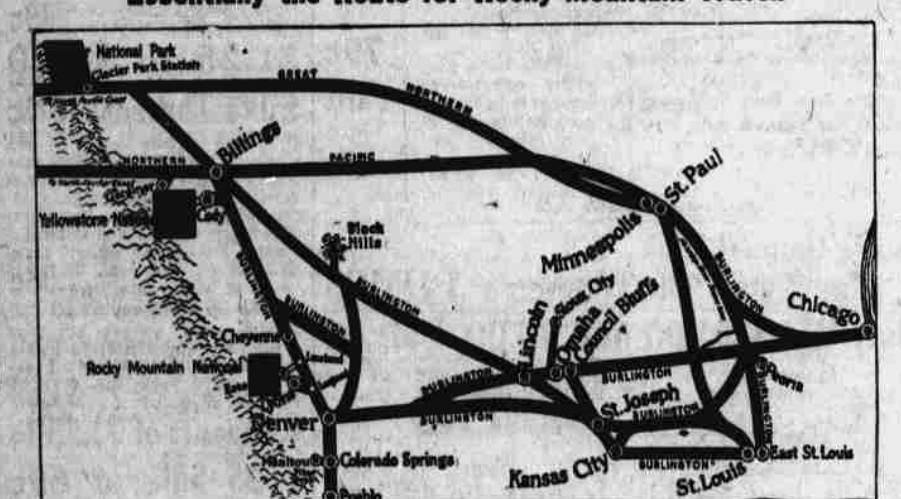
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## An Australian Marbled Owl.

which show pet owl, belonging to an owl-fancier in England. To most people an owl seems a very strange pet, and the bird certainly does not show the intelligence usually expected in a pet animal.

But as a thing to look at, an owl is as "curious" a creature as almost any that the animal world affords. It is a bird with a "face," and its face has an element of terror even for human beings. The huge staring eyes, with the great circular disks of stiff feathers surrounding them, the big fiercely-curved beak, the fluffy feathers covering the whole body, which makes the bird look several times larger than it really is, and the make-believe "horns" which some owls have—all of these things together suggest that nature intended that frightfulness should be an important part of an owl's outfit.

Then, it is a night bird, and the silence which the softness of its feather coat imparts to its flight gives it another element of terror. Its prey, consisting largely of rats, mice and other rodents, is unaware of its approach until too late. Courage grows with desperation, but desperation requires time to develop, and the sudden swoop of the noiseless owl, and the instantaneous apparition of its terrifying countenance, allows no time for the paralysis of fear to pass away.

The English owl-fancier from whose living collection these photographs were obtained makes much of

the "beauty" of his strange pets. Their feathers often are beautiful on account of their exquisite texture and sometimes they possess attractive colors and combinations of colors, such as dark brown, golden brown, gray and deep black, marble white and snowy white.

Yet, upon the whole, the beauty of an owl resembles the quaintness of that odd-faced flower, the pansy, which seems to stare at you out of a countenance whose features were conceived in a spirit of mockery or burlesque.

The owl in captivity cannot be weaned from its love of darkness—as, indeed, could not be expected, in view of the structure of its eyes, which are expressly made for seeing at night, and are almost useless in daylight.

Accordingly an indispensable feature of the aviary in which they are kept is a dark chamber into which they can retire. Still, notwithstanding their natural wildness, some owls get to like being fondled and stroked, and recognize their owners, but they will fight furiously on occasion.

Considerable difficulty has been encountered in enabling some of the owls, such as the magnificent 'eagle-owl, to breed in the aviary. They take cold easily in a draught, but can be fed without much trouble, provided they are furnished frequently with flesh having the fur and feathers on,



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