

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

Things Worth Knowing

Add a little boiling water to an omelet if you wish to keep it from being tough.

A range will keep black longer if you wash it with soap and water before applying the blacking.

Keep your spices in little glass jars, and a glance will tell you the contents, even if not labeled.

Sprinkle all your coal with water before using in stove or furnace; it will make a hotter fire and burn longer.

To keep lemons have some nice, dry, clean sawdust in a box and bury them in it, and they will keep for weeks.

A spoonful of whipped cream is a tasty addition to any cream soup. Add it to the top of the cup just before serving.

Baked pigs' feet with brown bread and cold slaw are a favorite dish in one American family. Four feet are washed, scraped and soaked overnight in cold water. Then they are split in two lengthwise, put into a baking tin, skin side down, sprinkled with pepper and salt, given a thin layer of finely-minced onion and barely covered with boiling water. Then the pan is covered and the feet are baked an hour or an hour and a half, with frequent basting. They are served on a platter covered with tomato sauce.

Meatless Dishes for Summer

During the hot summer months it would be better for all of us if we ate less meat, but the problem of providing a satisfying meal without meat is a burden to most cooks. A dinner without meat seems like a wheel without a hub or a circle without a center. Yet such a dinner need not be entirely vegetarian, for fish and eggs will take the place of meat, and nuts and cheese supply the same nutritive elements as meat, and are as beneficial to health.

Sample menus with well-balanced food values, and a few suggestions as to ways of compounding the novel dishes, are given below:

Menu 1:
Egg and Cheese Canapes
Cream of Almond Soup
Fish Cutlets
Cucumbers
Lima Beans
Lettuce Salad
Toasted Watercress
Pimento Cheese
Ice Cream

The canape is made of slices of toast cut in circles, squares or triangles, and spread with chopped hard-boiled egg. The egg is well salted and then spread with grated American cheese. The canapes are then set in a hot oven for a few minutes to melt the cheese.

The soup is made of almonds chopped and pounded, and boiled in milk. Cook about fifteen minutes; thicken with a little butter and flour rubbed together; season to taste.

For the fish cutlets use flaked or canned fish—halibut, haddock or salmon. Add half the quantity of thick white sauce; season with pepper, salt, lemon juice and onion juice; add a small amount of chopped parsley and cook in a double boiler until heated through. Cool; shape into cutlets, roll in crumbs, egg, and crumbs again; fry a golden brown in deep, hot fat. Serve with tartare sauce.

Another good dinner is the following:

Menu 2:
Mushroom Canapes
Cream of Asparagus Soup
Coddled Eggs
Summer Squash with Green Peas
String Bean Salad
Chocolate Parfait

The mushrooms are big ones, and each is served on a small round of bread which has been previously toasted and well buttered. The stem of the mushroom is chopped fine with a bit of onion, a few bread crumbs, pepper, salt, and butter. The cup is stuffed with this, the slice of toast laid over it, and the whole baked for ten minutes. Invert, and serve hot with melted butter poured over them.

Still another nourishing menu is this:

Menu 3:
Sardine Canapes
Pine Soup
Egg and Mushroom Timbales
Scalloped Tomatoes
Celery
Asparagus Salad
Tapioca Cream

The timbales are made of three chopped hard-boiled eggs and half a pound of saute mushrooms, cut up. The eggs are mixed with a little white sauce and the buttered timbale molds are lined with this. Then the mushrooms are mixed with the beaten whites of eggs and well moistened with the cream sauce, and the centers of the timbales are filled with this mixture. The molds are set in a pan of boiling water and cooked in the oven ten minutes.

Try adding to your canned tomatoes, for scalloping, a tablespoonful of grated cheese and a very little

scraped onion. It is a great improvement.

Here is a satisfying menu:
Cream of Celery Soup
Halibut à la Nelson
Baked Artichokes
Scalloped Potatoes
Endive Salad with Russian Dressing
Prune and Nut Souffle with Whipped Cream

To make the halibut à la Nelson, boil together for ten minutes four quarts of water with one-half cupful of vinegar, a sliced onion, parsley, celery, cloves, and salt. Into this put three pounds of halibut and let it simmer for fifteen minutes. When it is cool take out the bones; separate the fish into flakes and mix it with half a pound of boiled rice, three tablespoonfuls of grated cheese, two tablespoonfuls of butter, the yolks of four eggs, a cupful of rich cream, a teaspoonful of salt, and a little red pepper. When the mixture is smooth fold in a cupful of cream, whipped stiff. Pour into buttered individual molds, having a slice of hard-boiled egg in the bottom of each. Set molds in a pan of boiling water to about half the depth of the molds and cook in the oven until set and firm. When ready to serve, unmold and garnish with parsley.

The Russian salad dressing is a French dressing with mayonnaise and chili sauce added in equal parts until it is of a rich creamy consistency.

A fifth good meatless menu is this:

Menu 4:
Tomato Purée with Croustils
Fish and Spinach Baked
Sardines
Buttered Biscuits
Eggs
Egg and Green Pepper Salad
Cheese Wafers
Stuffed Pineapple

Add to the cooked, chopped, and strained spinach a teaspoonful each of flour and butter and two teaspoonfuls of grated cheese. Put a layer of this in a buttered baking dish and on it lay fillets of white fish, covered with cream sauce. Repeat spinach, fish, and sauce until the dish is full, sauce being the top layer, with bread crumbs and bits of butter scattered over it. Bake half an hour. The pineapple should be a large one with the scooped-out center filled with its own fruit, grapefruit, bananas, orange and cherries, the whole sugared and served ice-cold.—*Mothers' Magazine.*

The Little Czar

By Nell Brinkley

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HERE is the only king who rules "by divine right." That small, fat ruler who comes into the world royal, each the finest that ever was, with one small fist clutched round his crown and the

other curled round his sceptre before he can lift an eyelid or such an idle lower lip, the only czar who comes into the world to wear the purple and silver lilies by "divine right!" —NELL BRINKLEY.

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Do You Know That--

Intelligent motherhood conserves the nation's best crop? Heavy eating, like heavy drinking, shortens life? The registration of sickness is even more important than the registration of deaths? The United States Public Health Service co-operates with state and local authorities to improve rural sanitation? Many a severe cold ends in tuberculosis? Sedentary habits shorten life? Neglected adenoids and defective teeth in childhood menace adult health? A low infant mortality rate indicates high community intelligence?

Liberty of the Human Scalp

By WOODS HUTCHINSON, M. D.

Ever since the days of the Pilgrim Fathers and the Pequot war we have been keenly interested in the welfare of our scalps and the best method of raising hair on them. The Indian method of hair raising was a trifle abrupt and radical, not to say heroic, but the experience of its handful of victims, who were left for dead and survived the process, would seem to indicate that the final result in baldness was not as complete as that which comes spontaneously by the slow tooth of time.

We smile at Mr. A. Ward's story of the nearly baldheaded man in the western mining camp, when the Apaches were out and the little settlement in hourly dread of a murderous swoop, who every night before he went to bed threw a skate strap over his few remaining hairs and buckled it tightly under his chin. Death he could face, but not disfigurement. And he has many sympathizers abroad in the land among the

about-to-be bald, especially in the gentler and only ornamental sex. "I'd rather be dead than hairless," has echoed scores of times in every dermatologist's consulting room. And the man who would invent some sure fertilizer for raising a full crop of hair on a bald pate would make a huge fortune in less time than he who would discover a cure for consumption.

In spite, however, of the extraordinary value which we place upon our hair there is no part of the body for whose real welfare and health as such we do less for than the scalp. Usually the only time when we begin to take a real and personal interest in our scalp is when it begins to come through our hair. Almost the entire attention which we give to the native covering of our heads begins in and ends in our hair, its curl, its brilliancy and its arrangement.

If the scalp will simply keep itself out of sight and refrain from shedding scales and dandruff over our shoulders, which don't match the color of our clothes, we are content to take its condition for granted and leave it alone. Yet this is about as rational as combing and parting a field of wheat and neglecting the roots from which it springs and the soil in which it grows.

A scrupulously clean, well-ventilated and above all well-exercised scalp is the real secret of an adequate and enduring crop of hair.

The measures for securing these health rights for the scalp are neither expensive nor elaborate nor difficult. They are, on the contrary, within the reach of all, and one of the reasons which makes us so comparatively indifferent to them is their very simplicity and the ease with which they can be applied. It seems absurd to expect to accomplish anything toward such a high and difficult task as the prevention or even diminution of baldness by such simple everyday means.

For the scrupulous cleanliness of the scalp nothing is better than a judicious combination, applied at regular intervals, of those two untried and most effective antiseptics and disinfectants ever yet discovered—saponis alba and aqua pura, in other words, hot water, which has been sterilized by boiling, and pure white soap made out of sound fats.

Keep the scalp perfectly clean and like the rest of your skin, it will easily shed or take care of itself nine-tenths of the "bugs" which alight upon it. No germicide will produce half the massacre of germs in the

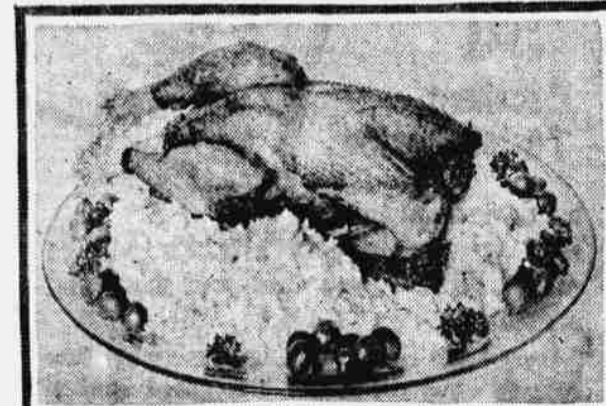
scalp that pure soap and water will. The right intervals of application are in the short hair of children and men once a week, and in the long hair of women twice a month. The only precautions observed are to "lather" thoroughly, using the tips of the fingers vigorously upon the scalp, rinse very thoroughly and rub or brush completely dry afterward as speedily as possible.

Water applied to the head does no

harm at all and much good, both to the hair and scalp, but if small amounts of it are left on the head so as to keep the scalp and deeper parts of the hair moist for hours it is apt to set up a rancid fermentation in the natural oil of the hair, giving rise to the familiar sour or heavy smell of seldom-washed and neglected heads and irritating the delicate surface of the scalp by the (butyric) acid produced.

TODAY'S DAINTEST DISH

'COOKERY IS BECOME A NOBLE SCIENCE'



Chicken with Cheese Sauce

By CONSTANCE CLARKE.

When you wish to serve chicken in a novel way, try boiled chicken with cheese cream sauce.

Take a chicken trussed for boiling; rub it over with lemon juice; place a piece of slitted fat bacon on the breast, tie it on; wrap the chicken in a well-buttered cloth; put it into a stewpan with sufficient boiling water to cover, with three or four sliced onions, a bunch of herbs, about twelve black and white peppercorns, and enough salt to season it; bring to the boil and simmer for forty to sixty minutes, according to the size of the fowl. Then take up, remove

the string and paper and dish up on a bed of steamed rice. Garnish with parsley and button mushrooms; serve the chicken for dinner while hot with cheese cream sauce.

Cheese Cream Sauce—Take four ounces of good Swiss cheese, cut up into very fine slices, put it into a stewpan with half a cup of cream and one-half a cup of bechamel sauce and a dust of paprika pepper; stir these ingredients over the fire until they melt, then use.

Tomorrow—Moulded Rice pudding with cherries.

**** In my opinion nothing is so great a source of annoyance to telephone users, nothing results in so great a loss of temper and time, as the inconvenience of being called to the telephone and then having an office boy or the office telephone girl tell you to "hold the wire" until the calling party is ready to talk. If there's waiting to be done it's the CALLING party's obligation to do it. ****

This extract is typical of many letters we receive asking us to publish suggestions regarding the proper use of the telephone.

Telephone Courtesy Helps Gain Good Will

Would you call on a busy man at his office, send in your card, and then, when he had indicated that he could see you, keep him waiting while you finished reading an article in a magazine in his outer office?

When you finally came in, his welcome might not be as cordial as you would like—and you would be at fault.

It is just as important when you telephone, that you be ready to talk when your party answers.

It shows consideration for the other person's time. It makes a more cordial welcome, and it gives you the advantage of having gained good will by your correct telephone usage.

A prompt and courteous greeting at the telephone helps to smooth the way for a successful conversation.

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