

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

Luncheon Menus

Luncheon during the summer months is something more of a problem than in the winter. In cold weather we find it very easy to use the leftovers, which are of little or no trouble to keep at that season, but in summer we need that quality of freshness in our food to protect us against that indifferent and "too hot to eat" attitude that we are so liable to fall into. With most of us we are likely to go to extremes in the matter of a glass of milk and a cracker one day and the next a lunch closely resembling a dinner. Instead we should plan to serve luncheons that are both nourishing and appetizing. Be sure that they contain some green, serve some cold beverage. Several

seasonable luncheon menus, with recipes used, follow.

Rice With Cheese.
Lettuce Salad.
Iced Coffee. Graham Wafers.

Rice With Cheese.
One-half cupful rice, one-half tablespoonful salt, one and a half tablespoonfuls butter, one-quarter pound milk cheese (grated), milk, two cupfuls bread crumbs and speck paprika.

Wash rice carefully through several waters. Cook in boiling salted water until tender. Turn into strainer, drain and let cold water run through it to remove stickiness. Butter a baking dish and place a layer of the cooked rice in it, dot with butter; sprinkle grated cheese over top, then season with paprika. Repeat until all rice and cheese have been used. Add enough milk to half fill the baking dish. Cover with breadcrumbs and brown in a moderate oven. Serve hot and garnish with sprig of parsley.

Lettuce Salad.
Remove outer wilted leaves, then remove leaves from stalk. Wash in several waters, then let stand in cold water until crisp. When ready for use dry between towels. Serve with French dressing.

Baked Corn Pudding.
Beet Salad. Rolls.

Sliced Peaches.
Two cupfuls corn, one-half cupful milk, one egg, one cup breadcrumbs, one tablespoonful butter, one teaspoonful salt and speck paprika. Use fresh corn. Butter a baking dish. Mix egg, milk and seasoning together, then pour on corn which has been chopped fine. Pour into baking dish, cover with breadcrumbs and bake until brown in a slow oven.

Beet Salad.
Wash beets carefully and remove green tops to within two or three inches of beet. Do not cut off root else they will lose their color in cooking. Cook slowly in boiling water until tender; when done remove skin and cut into one-fourth inch slices crosswise. Place three or four slices on crisp lettuce leaves and a ribbon of fresh green pepper to garnish. Serve with French dressing.

Carrots With Peas.
Carrots with Peas. Tea

Sliced Pineapple.
One bunch carrots, two cupfuls peas, three tablespoonfuls butter, two cupfuls milk, two tablespoonfuls flour, half teaspoonful salt, speck pepper.

Wash and scrape carrots, cut into one-eighth inch slices. Cook carrots and peas separately in boiling salted water until tender, drain and then mix together. Melt butter and remove from fire, stir in flour and seasonings until smooth, then milk. Return to fire and boil for three minutes. Pour over peas and carrots and serve hot.

Graham Muffins.
One cupful graham flour, one cupful white flour, one-eighth cupful sugar, four teaspoonfuls baking powder, one teaspoonful salt, one cupful milk, one egg, three tablespoonfuls butter.

Mix and sift all dry ingredients, then cut the butter until in fine bits. Beat egg slightly and add milk to it. Add liquid to dry ingredients, beat well together. Turn into greased gem pans and bake from twenty-five to thirty-five minutes in a moderate oven.

Oatmeal Cookies.

Half cupful butter or lard, one cupful sugar, two eggs, half cupful milk, two teaspoonfuls baking powder, one cupful oatmeal, two cupfuls flour, one-eighth teaspoonful salt, one teaspoonful cinnamon, one cupful raisins (seedless).

Cream butter and add sugar to it gradually. When all sugar has been creamed in with the butter add the well-beaten eggs. Mix all dry ingredients and mix with raisins, which have been thoroughly washed. Add milk and dry ingredients alternately to the first mixture. Drop from a spoon onto a greased baking sheet and bake until brown and crisp in a slow oven. This quantity will make three dozen. Three-fourths teaspoonful of baking soda and one-half cupful of sour milk or buttermilk may be used in place of the milk and baking powder.

SCHOOLS AND COLLEGES.

HOTELS AND RESORTS.

THE PLAZA
NEW YORK
World's Famous Hotel
Opposite Central Park
at 59th Street
Close to All Theatres and Shops
SUMMER GARDEN
and Outdoor Terrace
Cool and Refreshing Place to Dine
Write for Reservation Today
FRED STERRY, Managing Director
ROOMS WITH BATH \$3.50 UP

Westgate Hotel
At The Junction
On Main and Delaware at Ninth
Kansas City, Mo.
175 Rooms at \$150
Every Room Has Private Bath
25 Rooms at \$200
Every Room Has Outside Exposure
Absolutely Fireproof
Personally Managed by
JAMES KETNER

Bayfield Inn
Bayfield, Wisconsin
Cool and comfortable. Immunity from hay fever and respiratory troubles. Fishing in Lake Superior; trout streams or inland lakes. Write for information.

SCHOOLS AND COLLEGES.

St. Mary's School
KNOXVILLE, ILLINOIS.
For Girls and Young Women, 4th year. Three years beyond High School. Practical two years' course in Home Economics and Applied Housekeeping. Art school. Exceptional advantages in all branches of MUSIC and in LANGUAGES—49 acres. Tennis, Basketball. Sargent method of Physical Culture, Gymnasium, Bowling, Swimming, Football, Fencing, etc. Students from twenty states and countries.
Miss EMMA PEASE HOWARD, Principal

THE KEARNEY MILITARY ACADEMY
KEARNEY, NEBRASKA. TWENTY-FIFTH YEAR.
AIM: To provide thorough mental, moral and physical training at the lowest terms consistent with efficient work. For boys from 9 to 18. Charges: \$250.00.
LOCATION: Two miles from Kearney, in the Platte Valley. 35 acres of land. Four buildings. Gymnasium, swimming pool. Separate lower school building.
EQUIPMENT: College graduates with business experience. College preparatory; commercial law and business methods; manual training; mechanical drawing; agriculture and animal husbandry.
FACULTY: Football, baseball, basketball, track, tennis, swimming, calisthenics.
CATALOGUE: Address Harry Roberts Drummond, Headmaster.
"EFFICIENCY IS THE TEST OF EDUCATION."

LORETTO COLLEGE
WEBSTER GROVES, ST. LOUIS, MO.
A BOARDING AND DAY SCHOOL FOR YOUNG LADIES AND GIRLS in Webster Groves, the most beautiful suburb of St. Louis. Building absolutely fireproof, provided throughout with the best and most modern sanitary improvements and equipped with the latest school appliances. Well furnished individual rooms and dormitories. Location convenient and ideal.
The Regular Courses offered are the College, the Academic and the Preparatory. Three distinct courses are pursued in the College Department, leading respectively to the degrees of A. B., B. S. and B. L. Four years of High School work prepare the student for College Course in three years. A thorough course in the Preparatory Department fits the student to take up the High School work.
The Special Courses given are those of Music, Art, Oral Expression, the Languages, Household Economics and the Commercial Course. The Conservatory of Music offers courses in Piano, Violin, Harp, Pipe Organ, Voice, Theory, Harmony, Counterpoint, History of Music, Music Terms and Analysis, Choral Singing and ensemble work.
The Institution is under the direction of the Sisters of Loretto of Kentucky. Classes will be organized on Wednesday, September 13th, 1916. Exceptional advantages for a thorough, refined education amid healthful and inspiring surroundings. For Catalogue address:
MOTHER SUPERIOR, Loretto College, Dept. A, Webster Groves, St. Louis, Mo.

"Horrors!"

By Nell Brinkley
Copyright, 1916, International News Service.



DON'T swim too far out, land-maid who dares the biggest toppling breaker that foams in a green mountain! For climbing its side one day, hand over hand to the sunny tip-top, you may lift a triumphant wet head to look over into the green valley below, meaning for all the world to ride down into it as you have done before—and stare straight into the weird face of a mermaid coming up the other side. Her ears will be periwinkle shells, her eyebrows scal-

fers, her hands webbed, her eyes the unwinking, jade-green jewels of a fish's, her hair wet and green and sea-weedy. And you, coming in to shore as fast as your Australian crawl will take you, you pant out your tale in the sand and faint in the end! But remember also that the poor fish-maiden will be as frightened as you, and will tell the tale in an oyster-shell palace that night with the big salt tears swimming down.

—NELL BRINKLEY.

When the Animals Speak

By GARRETT P. SERVISS.

There were, in a great zoological park, two herds of elephants, one of the Indian, or Asiatic, and the other of the African species. In the eyes of the ordinary visitors to the park they were all simply elephants—huge, lumbering animals, weighing tons, all having curling trunks, enormous legs and feet, queer little eyes, big floppy ears, while some were provided with wonderful pointed ivory tusks that could pin a tiger to the ground almost as easily as a cat could hold a mouse.

Hardly anybody noticed any difference between the members of the herds, except that, of course, they varied in size, according to age, and the better informed observers could tell at a glance the males from the females.

But, upon the whole, as I have said, they were all merely elephants to the onlooker, just as if the case were reversed and the animals had the upper hand in intelligence, the members of two herds of the curious two-legged creatures called men, kept in a zoological park for the amusement of the onlookers, would seem to their proboscidian visitors to be all alike, simply men, although, in reality, they might belong to different races which hated and despised one another.

But one day a visitor to the park containing the two herds of elephants happened to be gifted with that power possessed only by such persons as the farmer mentioned in the beginning of the "Arabian Nights"—the power of understanding the speech of animals—and he heard something which greatly interested him.

The first thing that awakened his curiosity was an elephantine laugh. (Because you have never heard an elephant laugh is no reason for assuming that those big animals never do, or can, laugh.) This particular laugh was also of the kind that we call "contemptuous." It was something like the titter that ill-bred human creatures give utterance to when they see other human creatures whose manners and appearance are unlike their own.

Two Indian elephants, females, were standing close together in a shady spot, looking at a group of Africans on the other side of a barrier, enjoying the early sunshine, and occasionally spreading out their huge ears like sails on each side of their heads.

"Did you ever see anything so heat that!" said the one that uttered the laugh. "Taking a sun bath! The ideal! What can they be made of, anyway? They must have hides made of iron, like the mahout's prod. I wouldn't stand out in the sun for worlds! No respectable elephant would do such a thing in India. I should think it would kill them."

"Oh, don't you worry; it won't kill them. They're too homely to be hurt, and they're used to it in Africa. Besides, look at their complexions, and their great vulgar ears. They might use them for umbrellas, like the people whose business it is to bring us peanuts. Isn't it amazing what absurd creatures nature will sometimes make? I declare, I could shelter my baby under one of those ears. One ought to be enough for a whole family."

"And then their big, unmanageable tusks," returned the first speaker, "how ridiculous they look. I'm sure they're too long and crooked to fight tigers with. They could only wave them about in the air and a tiger would jump between them and be on their necks in a minute."

"Did you ever see one of our braves kill a tiger? Well, I did, once, and it makes me tremble yet! The striped beast sprang for his head, while I covered behind him in a thicket, and the growl of the leopard froze my blood. But those short, straight, sharp tusks received him, and in an instant he was sprawling on the ground with my defender's feet upon him, and the tusks driven through his body."

"But, don't you see," said the other, "that with those Africans both sexes have tusks? How can there be any gallantry among them? All have to fight alike—if they do any fighting at all except among themselves."

"I guess they do fight for their lives sometimes," replied the first. "I overheard our keeper one day telling about the way the rhinoceroses fight with the horns on their noses, and he said that, though they would run away if they could, yet when they did fight, these rhinoceroses were harder than tigers for an elephant to kill. But of course he was talking about those ridiculous Africans."

"There's another thing," said the second speaker. "Do you notice that the left tusk of all the older ones among those creatures over there is shorter than the right? That's another mark of ugliness."

"It's more than that," responded the first. "It shows what low habits they have. I found this out also from the keeper. Would you believe it—they're root diggers? Yes, their taste is as low as that! They dig their food out of the ground, and they have to work so hard that they shorten one of their tusks. No wonder both sexes are armed with tusks. But tusks! No, it is a disgrace to the name to call them that; they are only diggers. A real tusk is a tiger killer! Isn't it a pity that such beasts should look like us in any way?"

But, unknown to these scornful children of proud India, one of the African elephants, on the other side of the park, was at the same time saying to a companion:

"Those pigmy-eared Asiatics over there are not only barbarians, but contemptible slaves. They let one of these little two-legged insects crawl up on our side on their heads and beat them about with a stick and carry children about in a box on their backs! Wouldn't I like to see them try such tricks on a king of the Congo? Why should a creature bearing the form of an elephant kneel to anything?"

Household Suggestions

Do not throw away the vinegar left over from pickles; it is better than ordinary vinegar for salad dressing.
Don't slam the oven door after cakes have once started to rise. A rush of cool air will cause them to sink and make the mixture heavy.

Thus Far Shalt Thou Go, Mother

BY ADA PATTERSON.

A mother earns many rights. Earns them, not by the gift of life, for that is unsought by the child, unconsidered, too often, by the parent, but by tender, thoughtful, wise guardianship of the little one before its power of reason is mature enough to take her place. That mother who has done her best is entitled to the child's love, respect and thoughtfulness. But there is a limit to even a mother's rights. A young woman has set up a stone that marked the boundary line, in an eastern city.

It is an interesting story. I commend it particularly to those who believe that we are living in a practical age in a practical country and that romance is dead.

The girl had a boy friend. There



Use This Clear Soap For a Clearer Skin

JAP ROSE SOAP
The wonderful "Sunday Morning Bath" SOAP

Is wonderfully pure. The lather absorbs that "dirty" feeling and instills a delightful freshness.

Unexcelled for Shampoo, Bath and General Toilet Use.
Best For Your Oily Skin

For Free Sample Write James S. Kirk & Co., Dept. 353, Chicago, U. S. A.

Bee Want Ads produce best results.

Things Worth Knowing

Combs will soon warp and break if washed with water. They should be cleaned with a good stiff, dry tooth-brush or nailbrush.

Washing soda should not be used on china, as it will take off the gilt. Try clear hot water, but not hot enough to crack the china.

To cure catarrhal troubles in a slow but sure way: Keep the feet exceedingly clean and sprinkle a teaspoonful of refined sulphur in each shoe three times a week.

When beating white of egg for sponge cake, when it becomes dry and light test its stiffness by turning

the dish containing it upside down. If it is beaten to the proper point not a particle will become detached.

To make a tough steak tender rub it on both sides with vinegar and olive oil, thoroughly mixed, and allow it to stand for two hours before cooking.

Pork tenderloins roasted in the oven are improved by a sprinkling of powdered sage with the salt and pepper. The meat should be browned first in a quick oven, and after it is sprinkled it should be basted every quarter of an hour until it is done. Some persons cook sweet potatoes in the pan with the tenderloin. The potatoes are boiled half tender and then are put into the pan with the meat and basted with it until they are soft.

TODAY'S DAINTIEST DISH

COOKERY IS BECOME A NOBLE SCIENCE



Chocolate Cream Pie

By CONSTANCE CLARKE.

To make good pastry requires practice and care, good flour and the best shortening thoroughly chilled; it should be touched as lightly as possible, made with cool hands, and in a cool place. Puff paste requires a brisk oven, but not too hot. French puff paste used for this pie is made as follows: Take equal quantities of flour and butter—one-half pound of each; put the flour on the paste board, work lightly into it half a cup of butter, and then make a hole in the center. Into this well put the yolk of an egg, a little salt, then make it into a paste with cold water; knead up the paste quickly and lightly and roll it

out. Line a pie pan with the paste, and bake in a quick oven. When cold fill this pie crust shell with the chocolate custard.

Chocolate Custard—Bring two cupfuls of milk to the boil in a double boiler; then take from the fire and add a half cup of sugar, yolks of two eggs which have been beaten together to a cream, two squares of chocolate—melted; replace on the stove and stir until smooth and creamy, add one-fourth cup of cornstarch dissolved in a little milk, stir all the time; add one tablespoonful of vanilla and pour into the baked pie crust shell; when cold cover with a thick layer of whipped cream.