

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

Good Cold Foods

During the warm weather the average individual has little or no appetite. The very sight of food, especially if it be hot food, makes one actually ill. Cold dishes are the only solution of the difficult problem of what to eat in summer time, but these cold dishes must be nourishing and substantial if they are to be of any value. Below are given several excellent summer recipes from the cook book of a housekeeper noted for her good things to eat.

Tomato Jellied Bouillon.

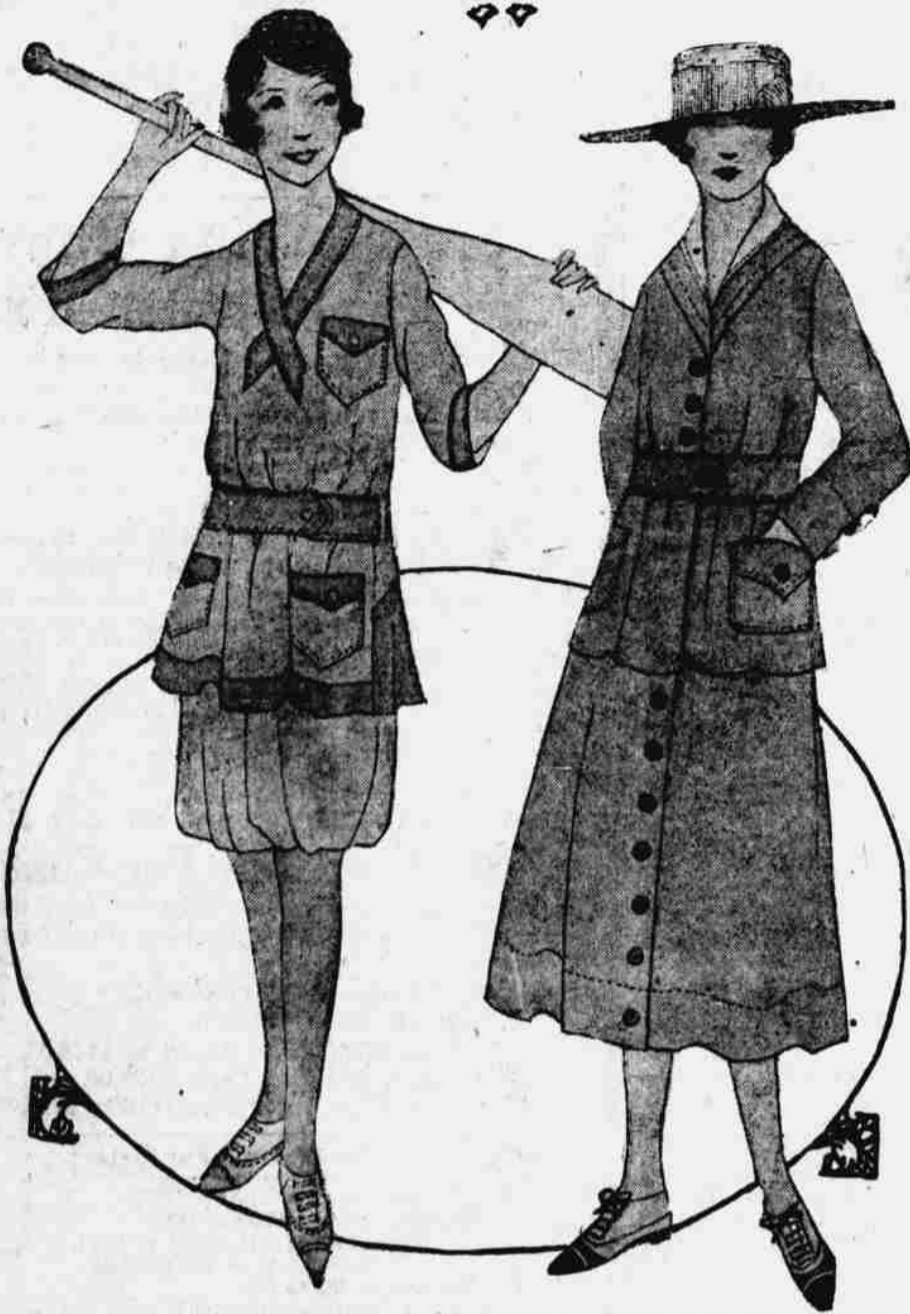
Take two cupfuls of strong stock, such as you use in bouillon, but it must not have wine in it. Add to this half a can of tomatoes. Heat to boiling, strain and add one table-spoonful of granulated gelatine soaked in a little cold water. Pour into cups, cool and set on ice to harden. When

ready to serve break up the jelly with a spoon, pile in pretty bouillon cups, and send to table with cheese straws or thin toasted crackers.

Jellied Fowl.

Take a small chicken and cut it up as for fricassee. Put it in a saucepan over the fire and pour on enough water to cover it. Stew slowly till the meat is well cooked. Remove and cut the meat neatly from the bones. Return the saucepan to the fire, add a little salt, a half bay leaf, one slice onion, a pinch of summer savory and boil again with the bones till the liquid is reduced to one cupful. Now line a china mould with a little chopped parsley and some slices of hard-boiled egg. Arrange the pieces of chicken in the mould. Take the stock from the fire, strain it, and add one and a half even teaspoonfuls of dissolved granulated gelatine. Place the mould under a heavy weight. Put in the ice box until firm. This is very nice for lunch or tea in summer.

For Tennis and Canoe



THE girl who goes a-camping will be delighted with this "woodcraft suit," which will stand the most strenuous of tramps, and affords a comfort no other woods costume approximates. The bloomers and blouse of khaki, trimmed with brown linen.

BECAUSE the "coat blouse" of this suit does not "pull up" at the waist-line, the suit is excellent for tennis, golf, rowing, or any sport which requires freedom. White, blue or khaki-colored galatea.

Girl Workers Who Win Out

The Sales Woman and Her Progress

By JANE M'LEAN.

Ray sold silk stockings for the Gotham Manufacturing company. Her qualifications for a traveling saleswoman were an amazing confidence in her own powers of discretion, a ready tongue and a seeming amount of what is generally termed sang froid, but is in ordinary terms just bluff. Ray was tall and not too slender. She had quiet brown eyes that were steady and dependable, and a rather stylish manner of dressing. As Ray often said to her friends:

"It's really not what I wear, but the way I wear my clothes. This waist was \$2, but I wear it over a pink slip and get away with it as though it cost \$5."

When Ray went to the Gotham Manufacturing company and asked for a position, she was anything but sure of success. She had had no experience, but she wanted to sell silk stockings and she had made up her mind that she could. She had been asked if she had experience and had replied "no."

"But I can sell things," she had added. "How do you know you can?" the man had asked, wheeling around and regarding her steadily.

"Because I have made up my mind to do it," she had replied. For a long moment Ray's brown eyes had looked into the rather quizzical eyes of the chief buyer.

"Very well," he said finally, "I'll take a chance." And Ray had been given her first commission. "Get ahead of the Iron Heel and Toe," the buyer had admonished, "and your name is made. They have a very slick salesman on the route now, and we want the trade ourselves."

And so Ray had set out to get the trade of the smaller western towns for the Gotham Manufacturing company. As first she had no success at all. Each place she had visited reported the trade already given over to the Iron Heel and Toe, and Ray, who had started out so confidently, was almost ready to report failure. She finally decided to skip her next town and to proceed first to one of the larger cities. Here she began her campaign. Her wardrobe possessed one very handsome costume, which she donned, a taxi and set out for the largest department store in the place.

It took only a small amount of initiative to approach the buyer of Camden Brothers and ask if she could not interest him in Gotham hosiery. "The smart people wear nothing else in New York," she explained. "We have the Iron Heel and Toe, madam; they are recommended as the best."

In vain she argued and at last with a pleasant smile she said goodby, promising to call again. "You may change your mind as well as your brand of stockings," she laughed.

When she left the store she thought hard. Then a brilliant idea struck her. It worked out like this: The next morning Camden Bros. received a telephone call from Mrs. Lefingwell Gordon, the social arbiter of the city, for a dozen pair of silk stockings of the particular brand made by the Gotham Manufacturing company.

And later they received another call and then still another. When Ray called the next morning she was received with more attention. Camden Bros. not only ordered, but complimented her business sense.

Ray smiled, but said nothing. Before she left she wrote a nice note of thanks to Mrs. Gordon and the other ladies who had helped her. She felt that she was now on the road to success.

Conversational Diplomacy
"Who is your favorite composer?"
"Wagner," replied Mr. Curmox.
"You must be a student of music!"
"No, I mention Wagner for the sake of relieving myself of conversational strain. If the other man doesn't like Wagner he won't want to hear me say another word."
"And if he does?"
"He'll want to do all the talking himself!"—Washington Star.

Uselessness of Worrying

By LILLIAN BELL.

It brings the question of where continual worry will drive one rather close to home when the only reason her friends can give for the recent suicide of a well-known actress is that she worried herself into a fit of temporary insanity.

What kind of worry? you ask. Vaguely come the answers. Possible failure of a starring tour. Worry over money matters. Worry over this and that. Yet, if you say, "Had any one of these disasters actually occurred?" you hear the hesitating "No, but then she was so nervous and she worried so!"

A man who was dying left this message for his family: "My sons, I have spent much of my life worrying over troubles which never happened!"

I have often wondered if these sons were clever enough to understand what a marvelously comprehensive legacy and life policy were contained in that one sentence.

Even a fool can often give good advice, but only a wise man is ever guided by it.

Distinguished foreigners often make observations in regard to our national characteristics, which are so painfully true that we resent them. One recently said that as a nation we all look worried.

Well, we do. The first lines to come to a woman's face are not the dreaded crow's feet. They are lines of worry in the forehead. Of course, at first, these smooth out when she smiles. But soon they become furrows.

If you don't believe this, put the light as high as you can and sit under it. A ceiling light throws all the lines in the human face into prominence. (N. B.—Beauties, please take notice.) Avoid sitting beneath a light if you care to retain the look of youth.)

The deepest lines thus brought out will be in the forehead. Next comes one from the nose to the lip.

Now most lines come either from ill health or discontent. Foreigners delight in saying that we are a race of dyspeptics. From that it is an easy jump to land on our poor cooks. But I don't admit this. We may have poor cooks. In fact, I have eaten a lot of their stuff. We also admit dyspepsia as our national ailment, along with the eagle as our national emblem, the Stars and Stripes as our flag, and Uncle Sam as our coat-of-arms—the Yankee rampart.

Then, along with this, we say that we worry because we have dyspepsia. I don't believe it. We have dyspepsia because we worry.

Who could digest even a Mellon's food tablet with the ordinary conversation we get at the table? People will relate the horrors of a railway accident with never routes. Discontent needs something positive.

For example, to start your mind in a new groove, I would suggest the formation of a club to promote the saying of diverting things. A club to dispense laughter. An hour set apart wherein everything said must needs be your best attempt at being funny. Of course, in some people this would drive you to tears. But there are others who know how to make people laugh. And, oh, the bliss of meeting them now and then along life's way!

If you once make up your mind that worry not only destroys your health but robs you of your good looks, and if you determine to say at least one thing to make each person you meet laugh you will have solved not only the problem of your nervous and dyspeptic ailments, but you will have started to stem the tide of opinion that Americans are a race who love to worry.

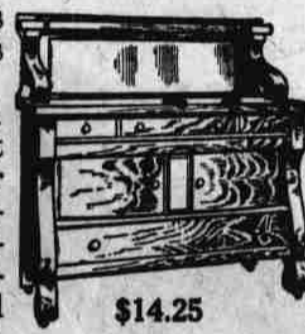
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Proper Thing to Do When She Says: "Ask Papa"

Perhaps there's no more awful moment in a man's career than when he has to face another man and ask him for his daughter.

It ought, of course, to be a time of unmitigated joy, for darling Jane has just promised to be his; but that promise is not valid without the sign manual of papa's consent, and that consent has yet to be obtained.

Talk of a visit to the dentist, even to the benevolent gentleman who advances us money at a murderous rate of interest—either is a more pleasant

HEADACHES

Thousands of men and women suffer from headaches every day, other thousands have headaches every week or every month, and still others have headaches occasionally, but not at regular intervals. The best Doctor is often unable to find the cause of many of these headaches, and in most other cases, know what the cause, he does not know what will remove it, so as to give a permanent cure. All he can do is to prescribe the usual pain reliever, which give temporary relief, but the headache returns as usual, and treatment is again necessary. If you suffer from headaches, no matter what their nature, take anti-kamula tablets, and the results will be satisfactory in the highest degree. You can obtain them at all drug stores in any quantity, 50c worth, 25c worth or more. Ask for A-K Tablets.

SICK-HEADACHES

Sick-headache, the most miserable of all sicknesses, loses its terrors when A-K Tablets are taken. When you feel an attack coming on take two tablets, and in many cases, the attack will be warded off. During an attack take one A-K Tablet every two hours. The rest and comfort which follow, can be obtained in no other way. Genuine A-K Tablets bear the K monogram. At all druggists.

To Keep Your Baby Perfectly Well This Summer

1. Keep the baby cool.
2. Keep him outdoors as much as possible.
3. Give him plenty of boiled water.
4. Consult your doctor at the first sign of illness.
5. Make his food light. Don't give him raw cow's milk with its heavy, indigestible curd—and its germs of summer complaint, that kills more babies than any other cause in the world. Nurse your baby if you can. If you can't, give him the food that's as safe from germs—and as light—as mother's milk itself—

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Don't go into the awful presence looking like a whipped hound. Remember that you are presenting yourself as a would-be relation of the man you are interviewing, and he is not likely to yearn after a son-in-law who fills him with contempt.

After all, even if you are asking a favor, it is one most men have to beg some time in their lives. You have not lost your own respect, nor that of anyone else, because you want to get married to the girl of your choice.

Don't, on the other hand, fall into the error of being over bold. That is fatal and calculated to do you harm with any proud papa. He naturally thinks his girl rather superior to the general run and is prepared for a certain becoming sense of that fact on the part of any young man who comes to claim her and carry her off. Don't let him think you are too sure of being accepted as a son-in-law, or a mere natural perversity may incline him to prove to you how entirely you are mistaken.

The shorter and the more to the point you make your request the better for both parties. You will save yourself those agonies of beating about the bush which a young lover thinks the correct thing, and you will incline your hearer more favorably toward you.

On the other hand, you will spare your future father-in-law considerable weariness of spirit; and by a direct attack upon the battery spike his guns, so to speak, before he can get them into range.

There is scope for a certain amount of tact in choosing that interview. Don't attack papa when he is waiting for his dinner and is cross and hungry, or when his last speculation on change has turned out a failure, and he is smarting under his losses. Take him in his softer moods, if it can be done. Perhaps, darling Jane can help you by a hint when those are to be found.

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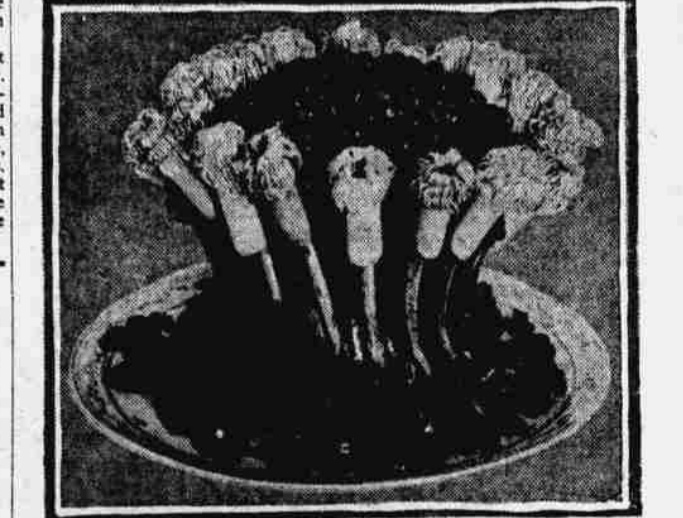
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TODAY'S DAINTIEST DISH

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Crown Roast of Lamb

By CONSTANCE CLARKE

Take four or five pounds of French chops cut in one piece, separate all the ribs without detaching them; roll the piece into a crown shape, leaving the space in the center, skewer up or tie with a string to keep the meat in good shape; place it in a baking pan with three tablespoonfuls of butter, one sliced carrot, one or two onions, a little celery, and a bunch of herbs; place the pan on the stove and let the contents fry ten minutes; then add a cup of brown stock and put the pan in the oven to roast, during which time add some more stock as that in the pan reduces, and take care that the meat is kept basted well during the cooking. When cooked, take up the meat and put it on a hot flat dish, fill the center with cooked green peas; serve with this salad: Cut turnips and potatoes into rounds with a small vegetable cutter, put each separately in cold water with a little salt, bring to the boil, then strain and rinse in cold water, and put in boiling water to cook till tender. Strain, and when cold season with olive oil, white tarragon vinegar; cut tomatoes in small squares and season, then use.

Tomorrow—Hamburger Loaf.

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