

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

Tested Recipes

A Pond Lily Table

Place in the center of the table a large round pan of water; conceal the edges with ferns; place upon the water a few blossoms. Green satin ribbons one inch in width are arranged to form a sunburst. Lilies or vases are at the end of each ribbon.

Lemon ice, garnished with mint, is served in slender-stemmed glasses.

Recipes requested by readers are given below. The first one is for potato loaves. To make them you will need one pound mashed potato, two eggs, one ounce dripping, salt and pepper. Melt the clarified dripping and mix it with the potatoes, add one egg beaten and a little pepper and salt; form the mixture into little cottage loaves, brush over with beaten egg, place on a baking tin and bake a golden brown.

Chicken Salad.

Cut cold boiled chicken into small pieces. With two cupsfuls of this meat mix a cup of celery cut into dice. Sprinkle all with salt and pepper. Into three tablespoonfuls of oil stir a tablespoonful of vinegar. Pour this over the chicken and celery and toss until well mixed. Line a chilled bowl with crisp lettuce leaves, fill with chicken salad, and pour mayonnaise dressing over all.

French Dressing.

Put one-half teaspoonful of salt and one-half teaspoonful of white pepper in a bowl and stir in three tablespoonfuls of olive oil, then add one-fourth teaspoonful of onion juice and one tablespoonful of vinegar. Mix well.

Brim-full of Surprises Are the New Autumn Hats



That brims, having come with late summer hats, intend to remain for the winter is indicated in the tailored hat here shown. The brim is gold velours, the crown blue hatter's plush, the trimmings fringe.

The mid-season hat of changeable blue and silver taffeta spreads itself out as far as it can to catch the last rays of the summer sun. Over the summer dress is worn a smart autumn stole of ermine.

A purple velours sailor. Purple and yellow worsted, like that on the white and purple jersey scarf, bands the crown.

Copied from a French turban is this hat with rakish side-shortened brim and crown. The top of the crown and the underbrim are blue velvet, the rest, plaited blue taffeta. The velvet stole rivals fur.

Higher up in the world than most of its kind is the brown velvet Tam-o-Shanter crown of the new autumn hat. The sweeping turned-up brim is brown velours, the trimming black and brown variegated quills.

HOTELS AND RESORTS.



New Kaiserhof
Clark Near Jackson Blvd.

The Hotel Success of Chicago

A comfortable, home-like hotel in the business center of the city offering every convenience and every service.

The best food is served in the New Kaiserhof Restaurant at moderate prices.

480 Rooms \$1.50 up
With Bath \$2.00 up

The Small-Town Woman

By ADA PATTERSON.

"I was afraid you were disappointed in me," she said. "Because I didn't come from a larger place."

By this wistful little speech the woman who uttered it betrayed the small town sensitiveness. The dweller in a small town inclines to apologize to the citizen of a large one. A man from Detroit told me that he always dreaded trying to break into a New York office. He said the office boys had such a superior air that he was sure the lord of the office was a mighty individual indeed. The man was one of parts in his own community. He was a figure of influence in that well-ordered city on the lake. I called him about his identity. But he could not be infused with courage. Small town timidity held him in its grasp.

HOTELS AND RESORTS.

WHITE MTS., N. H.

MAPLEWOOD HOTEL AND COTTAGES

MAPLEWOOD, N. H.

High Altitude. Free from Hay Fever.

MAPLEWOOD INN

Opposite Hotel. Capacity 144.

Terms Moderate.

Superior 18-Hole Golf Course 6000 yards.

Motels' Best Radiating Center in Mts.

Booking Office, 1180 Broadway, New York.

Also Maplewood N. H.

HOTEL PURITAN
Commonwealth Ave., Boston
The Distinctive Boston House
The Puritan is one of the most comfortable hotels in the world.
Send for our Little Book
100 Years from Boston

Fair With Girls

By BEATRICE FAIRFAX.

Men pride themselves on being "good sports." But I think that in their dealings with women they forget what being a "good sport" really means!

Nothing is "sporting" in the best sense unless it is based on principles of honesty and fair play. A man who says any claim to being a gentleman brings the spirit of fair play as a matter of course into his clubs, his athletics, his business life and his amusements of every sort, except those in which women are concerned.

The average man in his relationships with women wants amusement and entertainment. If he can get it for the asking he takes it. But he values what he gets for nothing at all.

My girls write me that the men they know lose interest in them when denied kisses and caresses. All around me in social life I see the same thing—men demanding the privilege of "making love" to women whom they do not even pretend to love in any fine sense.

And ever since the days of the old song, "He loved and rode away," that is just what the men have been doing. They make love lightly when permitted, and tire easily. Worse still, they "kiss and tell."

And this is reprehensible enough, unkind and even dishonorable. But what makes it even less "sporting" is the fact that whenever men are expressing their honest opinion to each other or to an older woman for whose favors they are not striving, they acknowledge that they are looking for an ideal girl who won't permit herself to be kissed and caressed by all and sundry.

"Oh, yes, men confess it. Their 'dream girl'—the girl they mean to love and marry is a girl who holds herself too high to permit any light and facile lovemaking. As for the rest they say, 'Oh, I'm just amusing myself. She ought to know that.'"

She ought to—but she doesn't! Too many girls fancy that the way to hold a man is by letting him have what he wants. Girl after girl has confessed to me sadly when it was too late, "Oh, I was afraid to say no. There was Molly Green waiting. And if I didn't give in to him, I was afraid he'd go after her."

Too late the girl learned that after she had given in to him, the man gets tired of what his for the asking and goes off for new worlds to conquer.

The spirit of the chase makes men like hunters; but it is "good hunting" to blind the quarry first and then to hunt it down?

Where is the masculine instinct of fair play? How can any self-respecting man reconcile the statements he makes to the girl he wants to win, without the responsibility of marrying and supporting her, with the statement he makes to outsiders for whom he has enough respect to cause him to tell them the truth?

To Susie, John says, "Oh, I've got to kiss you. You know I'm fond of you. Don't torture me by refusing. You couldn't be so selfish and unkind." And Susie, either because she is a loving, self-sacrificing little thing, or because she is emotional and easily moved, lets John kiss her.

Then John tells his men friends or some older woman for whose mentality he has plenty of respect that he's going to marry a girl who is dignified and who holds herself above idle lovemaking—the sort of girl, in fact, who is fit to be a good man's wife. And he feels very noble and righteous as he says it.

Is that honorable sport? Is that "fair play?" I leave it to you, boys—to you and your own consciences.

Thorough or Nothing

By FORTUNE FREE.

"A great number of people must be thorough or nothing," said Moody. The words sound quite nice, don't they, as if a big compliment were coming? But he went on. And most of these people are nothing.

There is nothing that sounds better than the person who declares he must do a thing thoroughly or leave it alone. We feel that we ought to know where we are with him. The worst of it is, however, that he so often prefers to leave the job alone. He might have done something—something small, perhaps, but still something. But no! If he cannot do the thing thoroughly he's not going to put a finger to it. The finger sticks.

Some time since I lived in a road where the house had a little bit of a garden in front of them. It was quite a prim little road. We were not millionaires, equal to calling in the best horticultural skill or buying the most extensive displays in floriculture. Still we kept up to a certain respectable level. There was one house, however, that was scandalous. It was the fly in the pot of ointment. The bit of front garden was simply a disgrace to the whole of us—more than that, it was a regular hotbed of weed viciousness.

The weeds in that garden infected all around, and people in the road studied the direction of the wind anxiously. If it was in the east, it blew dandelion and thistle seed to the people up the road; if it was in the west the "down" people got them. We used to expostulate with the owner of the crop. He was a most fervent admirer of gardens, he assured us. He loved them. Providence, he pointed out, placed Adam in the garden. Nothing would please him more than to "go in" for gardening, he declared, but he hadn't time and being a thorough person, if he could not do gardening as it ought to be done, he wasn't going to touch it.

You meet these thorough people very often. Terry, the actor, knew of them—a lady who was "thorough" on the subject of dress. Her husband's fortune—or want of fortune,

How to Treat Varicose Veins

By ROBERT WATSON.

"Life," said Emerson in the essay, "is a series of surprises. The simplest words—we do not know what they mean, except when we love and aspire."

And what he said of life might be applied to our weekly batch of letters. It is a series of surprises. My measure of love and aspiration, also must be inadequate, or the simplest words in some of these epistles—I do not know what they mean.

Here, for instance, is a letter. Appropriately the writer signs it "Folle Farine."

"My muscles," she says, "are behaving badly; can you give me a cure, please? I have a varicose on the right, but it seems the ankle and foot bones sore and burn inwardly; no breaks of any kind or marks other than the varicose. I prefer troy weight to avordupois. Troy is lighter. Can I rub the ankles with anything? I have been walking eighteen miles weekly. I take a walk every night of three miles."

Now, what is one to make of that scree? A measure of significance may be apprehended, but only by allowing words an unwarranted range of meaning. The picture dimly holds a woman, debilitated and weary, fighting through days of housework, all the time conscious of weight and discomfort about her legs and feet.

The veins feel full. They show up as swelling cords, which meander erratically, look perilously overfull, and bulge painfully at odd spots when she tries to do much. And she is always doing too much. At the end of each day, when her whole system cries for rest and relaxation, a sense of duty drives her out along the lane for three miles of physical culture—sheer agony—before she goes to bed. And bed disappoints her. She is so tired that sleep will not come, and the strained vessels and overwrought muscles ache and burn.

But her letter—its medley of muscles and bones and "the varicose," the occult advice about weight—its simply "darkeneth counsel by words without knowledge."

I am inclined to dip beneath the surface of her writing, and seize the word she failed to write, and make it the key to her complaint and my answer. There is no such thing as a "varicose" any more than there can be a "beautiful" or "a purple" or "an urgent," for "varicose" is an adjective. You may have varicose ulcers, varicose eczema, varicose veins, even varicose formation upon shells. Her varicosity evidently disfigures a vein or veins.

If that reading be correct, and the muscular inability purely a result of defects in her circulation, the conduct of "Folle Farine" needs reform and her idea of rubbing with something is full of risk.

Her day's work should be lightened. The less she stumps about on her weary legs (over and above the measure demanded by inevitable duties) the better for her distended veins. Always when she sits down she should if possible extend her legs upon a couch or high stool or chair.

This eases the circulation, helps the return of blood from her extremities, diminishes the wearing, tearing tension upon vein walls. Three miles, performed six nights out of seven, is gratuitous cruelty, mischievous meddling. And to rub the irritable veins with anything or nothing is to invite disaster. Inflammation would almost certainly follow. It might already be present, and inflammation in a vein means that a clot is to be expected inside the tube—a plug of congealed blood, held by nothing but its own cohesion from journeying off with the blood stream which soaks its edges—and that journey involves death, paralysis, or a fearful fight for life.

Therefore, there must be no rubbing.

The best "Folle Farine" can do is to live simply, quietly and pay particular attention to the avoidance of constipation, which notably aggravates congested and varicose veins. To sponge her legs and feet, night and morning, with cold water would tone up the walls of these poor veins and improve her condition. And she may also gain by wearing upon the right leg (or each leg) a crepe bandage or elastic web bandage from the foot to just below the knee—putting it on before she dresses in the morning and taking it off at bedtime.

Tomorrow—Filets of Flounders with Green Peas.

Bird's Nest

By CONSTANCE CLARKE.

Rolls of hot bread are indispensable for the breakfast menu. With many the question is abruptly settled with the word "toast," but for those who exclaim with "Heine," "Oh, what lovely, beautiful eating there is in this world," something else must be prepared. This is an excellent hot bread, light, yet sufficiently adequate to satisfy at the breakfast.

To make: Take four cups of fine flour and rub into it until smooth half a cup of butter, three-quarters cup of sugar, half a teaspoonful of powdered cinnamon, three whole, well-beaten-up eggs and half a cup of water; add to it an ounce of yeast mixed with three-quarters of a cup

of warm milk and a pinch of salt, and make into a light dough; cover it over with a cloth and set it aside till the next morning. Then roll out the dough on a board with a little flour into a sheet about a quarter of an inch thick; cut into strips half an inch wide, leaving a strip on the top edge to hold them together; twist these in and out to form a nest, leaving the strips separated. Put the nest in a frying basket and fry in deep boiling lard until a light brown, dust over with powdered sugar and serve with coffee for breakfast.

Horlick's Malted Milk

Rich milk, malted grain extract in powder. For infants, invalids and growing children. Pure nutrition, upbuilding the whole body. Invigorates nursing mothers and the aged.

The Food-Drink for all Ages. More nutritious than tea, coffee, etc. Substitutes cost YOU Same Price

THE ORIGINAL Malted Milk

For infants, invalids and growing children. Pure nutrition, upbuilding the whole body. Invigorates nursing mothers and the aged.

The Food-Drink for all Ages. More nutritious than tea, coffee, etc. Substitutes cost YOU Same Price

THE ORIGINAL Malted Milk

For infants, invalids and growing children. Pure nutrition, upbuilding the whole body. Invigorates nursing mothers and the aged.

The Food-Drink for all Ages. More nutritious than tea, coffee, etc. Substitutes cost YOU Same Price



THE ORIGINAL Malted Milk

Rich milk, malted grain extract in powder. For infants, invalids and growing children. Pure nutrition, upbuilding the whole body. Invigorates nursing mothers and the aged.

The Food-Drink for all Ages. More nutritious than tea, coffee, etc. Substitutes cost YOU Same Price

"I Hear the East a Calling"



LOW FARE EXCURSIONS TO NEW YORK - BOSTON BIRMGHAM - NIAGARA FALLS ATLANTIC CITY - TORONTO MONTREAL - PORTLAND



FOR CHICAGO MAKING DIRECT CONNECTIONS WITH TRAINS FOR ALL POINTS EAST

Chicago, Milwaukee & St. Paul Ry.
The Sherry Line—Double Track—Automatic Block Signal—Speed Guaranteed
Tickets and reservations at 1117 Farman St., Omaha
EUGENE DUVAL, General Agent

Drop business for a while and with the family enjoy a few weeks of recreation at one of the delightful ocean resorts of the East. For your convenience three trains for Chicago leave Omaha every day making direct connections with trains for all points East.