# Mome Economics

#### A POSTER EXHIBIT.

There is no doubt that pictures make us realize facts much more clearly than mere words ever can. I learned this fact afresh last week when I saw a very interesting exhibit of posters prepared by a class in dietetics. Each of these posters brought home an important idea of dietaries or food conservation. All of the posters were very simply made and illustrated with pictures cut from the cur-

#### Outing Trip. Camp Fire Supper.

Canned tornato soup. Liberty chips.
Frankfurters (teast-Dill pickles.
ted on the camp. Orange marmalade.
fire). Rolled gain cookies.

Pork and beans. Apple cider. Canned corn. Heat the tomato soup, pork and beans and canned corn around the camp fire before opening the cans. Toast the frankfurters on sticks before the fire and make into sandwiches. Serve the tomato soup and the apple cider from paper drinking

# Picnic Basket.

Stuffed eggs Bean flour drep Tuna salad. Sliced summer cakes Grape juice. Liberty chips

#### PICNIC SANDWICHES. Savory Sandwiches. b lb. sifeed bacon Lettuce Leaves

b) b, special meat loaf Mayonnaise dressing Toast to a light brown slices of Liberty bread. Spread over with oleomargarine. On one slice place lettuce leaf, bacon fried crisp, special meat loaf, and a small amount of mayonnaise dressing. Cover with nother piece of toast.

Cheese and Marmalade Sandwiches. I c. grated American 2 t chopped Eng-cheese, lish walnuts. 1 small jar orange marmalade,

Mix all ingredients and use as a filling between thin slices of buttered

#### Shrimp Sandwiches. 1 c. chopped celery. green pepper c. mayonnaise dressing.

1 bunch water cress. Soak the shrimp in ice water 15 minutes, drain, dry on towel, and break in pieces. Squeeze the juice of lemon over the shrimp, add the seasoning and toss about lightly to : ix well. Mix with mayonnaise dressing in which may be added onions if liked.

#### Use as filling between slices of buttered bread. Bean Flour Drop Cakes.

% c. chopped nuts. Mix and sift the dry ingredients. Mix sour cream, beaten egg, vegetole and syrup. Combine liquid and dry, mix well and drop by spoonfuls on greased tin to bake. Bake in a hot

#### Co-Operation

Mis. Gross will be very glad to receive suggestions for the home economics column or to answer, as far a. she is able, any questions that her readers may ask.

rent magazines. They could be duplicated easily by any amateur. Some of the more unusual ones are described below.

LIFESAVERS. A picture of a baby in a life preserver. The life preserver was divided into sections labeled as follows: Milk, Eggs, Cereals. Fruits, Vegetables

FISHING IS PATRIOTIC. Picture of two kewpies with fishing rods and a huge can of bait. Under

neath the words: CATCH perch, bass, carp USE salmon, tuna fish, grayfish. SALUTE THE VEGETABLES.

Pictures of different vegetables each wearing a military cap. Beside each vegetable, the words, Captain Corn, Colonel Bean, etc.

FRIENDS. Picture of a child with a cow. Words: A quart of milk a day for every child. A pint of milk a day for every adult.

THE A B C OF MILK. Picture of a bottle of milk. The letters "A B C" are on blocks like children's building blocks.

A-gives heat and energy B-is body building. C-mineral salt.

Body regulating.

D-vitamines. A picture of children frolicking under a tree. The words, "These children eat," then pictures of fruits and vegetables. Underneath the words "Do yours?" LESS SUGAR each day.

KEEPS the kaiser away.

The rhyme was printed on the poster and decorated with a border of sugarless desserts, the pictures clipped long Polly sat on her perch in the looked on in astonishment as the auto from a current woman's magazine. TABLE MANNERS FOR PATRI-

OTIC AMERICANS. A picture of a family seated at a dinner table.

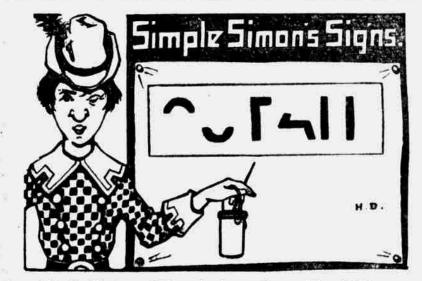
boys across the water. Take the potatoes. Pass the sugar to the boys across and velled.

the water. Take the fruits.

#### Canning Don'ts.

Don't forget time. The length of the sterilization period is important says a bulletin from the National War piece, the word "Cut" rang out. They Garden Commission of Washington. which will send anyone a free canning manual for the asking.

Cedar Rapids, Ia.



Complete the letters of Simon's sign—they will spell the names of kinds of monkeys. (Answer to previous puzzle—OXALS)

#### Thrift Need Not Impose Ugly Modes In Woman's

Dress Says Dr Peixotto Women's dress is becoming more and more discussed in connection with thrift and economy. The grownig popularity of uniforms and the question of the practicability of standardized dress for women in business bring forward the question whether clothing in wartime should be cheerful or austere.

"Woman's dress may be the expression of an instinct for display and variety, but man in his attire is the slave of a standardized past," said Dr. Jessica Peixotto, executive chairman ready voted in favor of having a womof the Woman's Committee, Council of National Defense, "Certainly women's dress should be cheerful. I see no reason why thrift should sound the doom of the decorative. It has been said that in the midst of the most severe torments woman should keep her smile and that her garments and her ornaments are part of her smile. 'It is necessary to laugh in order not to cry,' and clothing can greatly aid in giving the feeling of cheer. It need uot, however, express flippancy.

"Butterfly clothing is very different from fresh, simple, useful dress such as sports clothing represents. Austere garments do not necessarily clothe courage; witness the gay military uniforms of the past. It is perfectly possible to be thrifty and cheerful, to wear clothing of simple lines and inexpensive material, so as to liberate labor now engaged in creating empty superfluities, and thus to add to the general efficiency of the woman power of the country."

#### Girls Making Refugee Garments.

Somewhere in Belgium and France are women and children who will be made happy this winter by clothing from Nebraska school girls. A Junior Red Cross sewing project has been organized by the extension service of the University of Nebraska College of Agriculture, co-operating with the Nebraska Junior Red Cross, and refugee garments are being made for the unfortunate people of the war zones. ach public school may be a lunior Hed Cross auxiliary, with the teacher, er someone appointed in her place chairman. The pupils do the sewing the material being purchased through

the Senior Red Cross. The official Red Cross patterns for refugee garments are used, the directions being simplified to help the girls. The work has educational value, in that Great Love," tells this in August Phogirls may learn how to sew and at toplay of an air raid in England: the same time be of grateful assistance to their stricken sisters across forget, was my visit to the homes of a simplified pattern directions should at midday, flying at the great height write the Extension Service, Junior of 18,000 feet. I saw one woman

promise to become numerous with is a hell I saw it in the depths of her the rapid increase in the number of dry, sunken eyes. If I could reprowomen workers. The Washington duce that look on the screen they State Federation of Labor has al- would call me greater than Bernhardt.

# Prayer of a Soldier

Prayer of a Soldier

My shoulders ache beneath my pack (Lie easier, Cross, upon His back).

I march with feet that bure and smart, (Tread, Holy Feet, upon my heart), Men, shout at me who may not speak, (They scourged Thy back and smote Thy cheek).

I may not lift a band to clear My eyes of salty drops that sear (Then shall my fickle soul forget Thy Agony of Bloody Sweat? My rife hand is stiff and numb (From Thy pierced palm red rivers come.)

Lord, Thou didst suffer more for me Than all the hosts of land and sea, So let me render back again This millionth of Thy giff. Amen,—By Joyce Kilmer, Private 165th Infantry, American Expeditionary Forces, in Good Housekesping.



## My Hat Diary

<del>\*\*\*</del>

-BY-



noon tea yesterday and I 3 went. Oh my! but she had the 3 loveliest eats. You know I think I I would rather eat and talk about hats than anything I know George Kramer's little I bride sat right next to me. I + had never had the pleasure of I meeting her before and I was ... indeed delighted. She is so pretty and has an irresistible charm I of manner. She wore a summery hat built on high lines, topped by a cluster of American Beauties. The leaves form-

#### RIGHT OFF THE REEL }-----

the straw. Very novel idea.

ing a little framework across ?

studio and assimilated the conversation. One day a parrot was needed and Syd offered Polly. Charlie rehearsed his scene and things were suddenly heard the word camera and commenced cranking. Charlie turned

"What's the big idea, cranking in the middle of rehearsal?" 'You said camera," Mr. Chaplin.

"I never said a word, "he replied. 'Now we'll start. Right in the midst of an important stopped instantly.

spoiled the scene." says Charlie, "you Mrs. Charles Wilson, who has been watching the parrot and naw Polly, her the watching the parrot and naw Polly, crazy." the guest of Mrs. Frank Simpson for with ruffled feathers and injured air, is banished to the garage.

> Clara Kimball Young's new picture, The Savage Woman," has been completed and as soon as it is assembled will be released,

> James K. Hackett, whose stage career was interrupted two years ago by serious illness, has taken up his profession again and will be seen in Ashes of Love" a Graphic Arts pro-

George Walsh, the athletic young star of the William Fox company, started his professional career on the base ball diamond, playing at second base with Brooklyn. Mike Donlin, who recently joined Walsh's company, has never forgiven George for the day on which he made a one-handed spear and grabbed a hot liner off Donlin's hat, saving the day for his team and defeating the Giants.

Marion Davies is working on her second picture being made by her own company. It is "The Burden of Proof," an adaptation of a well known

Lillian Gish, who has been starring in Griffith's new war production "The "Another thing, that I wish I could the sea. Any chairman of an auxil- lot of poor mothers after a school had iary who is interested in receiving the been bombed by a German squadron Section, University Farm, Lincoln, whose little brood of three had all been torn to pieces by German nitroglycerin. She wasn't crying. Women as "walking delegates" wasn't saying anything. But if there And if I did I should go insane."

Bert Lytell will appear in two new plays as soon as "Boston Blackie's Little Pal" on which he is working now is completed. Frank R. Adams' "Unexpected Places" in the April Blue Book is the first and "Faith" by Richard Washburn Child in Every Week of last December have

"Dreamland Adventures"

### 

The Auto That Ran Away.

disappeared from view. "He may get serve "jitney" that raff itself. other soldiers to desert."

What dunderheads we are not to the camp she had all she could do to

"Who's right?" he demanded of Ben Whom are you talking to?" "To the invisible fairy - the one ing grenades, some labbing with bayothat got the Giant to take our places," nets at bags hanging from posts, and

Peggy gave him a sharp pinch. "Please stop in from "Wow!" he yelled "I've been stung ing ahead," said Ben. "Hadn't you better "No, I'm only showing you I'm not laughed Peggy,

"It was she who told me that the and the auto obediently stopped, much spy was not speaking the truth about to the surprise of soldiers who were father and his crops," explained Ben, working across the street. "Can't you stop him from getting away " asked Peggy, turning back to spy and be back in a minute," said

swamp by this time," replied Bill, rue- with the stirring activity of the camp fully rubbing his pinched arm. "What and with the eager alertness with a chump I was to let my temper get which the soldiers were going through away from me. Instead of throwing their training stunts. him into the river we should have turned him over to the authorities at the camp to be tried as a spy.

"Wish we could run this auto," said a soldier at the wheel. In the rear "We haven't any time to waste." seat was an imposing-looking officer. "I'll run it for you," wolunteered who seemed much vexed because the Peggy, who had been given lessons by entrance to the building was blocked. her father. She climbed into the machine and started the engine. "Hurry parrot a short time ago and all day up," she cried to Ben and Bill, who dered the officer. apparently jumped into life of its own accord. After a moment's hesitation

Peggy was just a little doubtful the machine apparently started itself about running the car all by herself. The words. Fass the wheat to the moving nicely when the camera men as her father had always been with and moved along. her when she was receiving her lessons. Nevertheless, she very carefully officer. did just as she had been told to do, pushing out the clutch, adjusting the gears and then letting in the clutch. The car started away with a little jerk to her, put on all power and scurried "Say, this is queer," exclaimed Lill. 'riding in a car that seems to be steer-

> tell any one about the invisible fairy," remarked Ben. "We know she is here, Syd came to the rescue, he had been her they will think we have gone

Peggy this way, but she felt that the suggestion was wise. It certainly would be a lot of trouble to explain to all the soldiers at camp about how she was hidden by Camouflage Perfume. And besides, if they knew she was there they might not let her in at all.

the seemingly empty driver's seat.

"Where's your driver," demanded for a swim."

"Who's driving your car then?" asked the corporal, while the other sentries drew closer.

"It's a very well-trained car," joked "You just say 'Geddap' and it goes. You say 'Whoa' and it stops." "Quit your kidding," said the corporal slangily. "Where are your

# MOOZ WOH

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lunged forward as Peggy let in the soldiers went after her. Peggy sped

and Bill looked back and laughed at scrambling madly for safety. As she

kind of a joke or actually a queer self- regiment took up the pursuit. It was

The sentries jumped back in around a corner, and there was a

like a comedy chase in a moving pic-

"My, if they catch me, they'll do

(Tomorrow the outcome of Peggy's wild

didler a bad scare t

something awful to me," thought

By Daddy-In Uncle Sam's Service & complete, new adventure each week, beginning Monday and ending Saturday.

thous. I ds of them, some drilling,

some digging trenches, some throw-

"Please stop in front of that build

"Hadn't you better say 'Whoa?"

"Whoa!" said Ben and Bill together

"We'll tell the captain about the

Peggy was tremendously delighted

"They'll show Kaiser Bill's army a

"What confounded idiot left that

thing or two," she thought to herself.

auto there?" shouted a gruff voice

Peggy looked back. A big gray auto-

mobile had drawn up behind her with

"I'll have the driver thrown out of

"Gracious, I didn't know I was in

The officer and his chauffeur looked

"Here, stop that auto!" shouted the

soldiers across the road sprang to-

ward it. Peggy, scared and afraid

that something dreadful would happen

down the road, With loud cries the

"It's running away." The

surprised at hearing her voice. Then

their surprise turned to amazement, as

camp for not obeying the rules," thun-

the way," cried Peggy.

CHAPTER III Peggy, hidden by Camouflage Perfume, alarm, the corporal retreating so whole regiment marching back from starts on a visit to an army camp, in the quickly that he caught his heel on a a hike. The regiment saw the auto way a German spy tries to persuade her stake at the side of the pavement and coming, apparently running wild, and sert, and to thrown by them into the river) went tumbling into the ditch. Ben the men scattered right and left. YOU shouldn't let him escape!" the dumfounded soldiers, who didn't roared past them she heard officers know whether this was some new cry, "Stop it! Stop it!" and the whole

Peggy didn't have time to laugh. "You're right!" exclaimed Ben. She was so amazed at the sights of keep the auto in the road. She hadn't imagined that it was so large-a reg-Bill opened his mouth in astonishular army city, with soldiers here, ride will be told and how she gives a negro ment when he heard Peggy's voice. there and everywhere; thousands upon

"Go on, you're dreaming," said Bill others doing all kinds of things.

a dream," giggled Peggy.

the main subject.

"He has hidden himself in the

"Maybe we can do something yet," cried Ben. "Let's hustle to camp and tell the captain.

they piled into the rear seat. and soon was running smoothly.

ing itself!"
"I'm thinking that we hadn't better

Sentries guarded the entrance to the camp. Peggy ran the car up to them and skillfully brought it to a stop. The sentries gaped in wonderment at

the corporal in charge of the guard. "Oh, we lost him back here a way," truthfully answered Ben. "He went

"Here," promptly responded both Ben and Bill, showing the necessary 'All right," answered the corporal.

"Now say 'Geddap' and get out of "Geddap!" shouted Bill, and the car

#### "Before the war, a distinguished French Officer, General Maitrot, wrote a series of articles in the 'Echo de Paris' to warn France, that in case of war, the French meat industry would be unable to supply the French army in the field with fresh meat,-owing especially to the lack of modern refrigerating plants and of refrigerating transportation,-and

national herd."

"Since the war began, the French army has never been short of fresh meat. thanks mainly to the prosperous condition of the American meat industry, and too, to the American live stock breeders."

too, owing to the deficiency in the

The foregoing statement was made by a representative of the Allies now in the United States.

Another representative of the Allies said recently:

> "that the American packers have been of the greatest possible assistance to the Allies and have, by their efficient cooperation, contributed in the utmost degree to the successful prosecution of the war."

Swift & Company, U. S. A.

#### War

- A blasted land that once was green
- broken valley and a river Running deep with blood.
- Moon, moon, what of the men Where rivers thus run red? I saw them fall and fall again; I could not count the dead.
- Climb the sky's dark blue bill Oh, all in vain the other war
- Since men are fighting still! Moon, moon, why is your look So pitiful and white? It is because of one who took
- Who fought like Valor's favorite child. Who burned the foe like flame, And went with Death, unreconciled, Crying his country's name.

  By Grace Hazard Conkling in Goed Housekeeping.

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> From a letter to Dr. Caldwell written by Mr. Charles Fenske, 5005 N.5th Street, Philadelphia, Pa.

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How France Has

Been Fed