

HOME INTERESTS

Ways and Means in War Time

"YOU cannot put a uniform on a man and make a soldier of him," said a man, recently. "After he goes to camp he must go through many months of careful training before he is really in condition to serve his government effectively."

It was the first part of his statement that set me thinking. It is true that a uniform does not make a soldier in any of the various branches of service, nor does lack of one prevent any one from being a fighter, for the soldier is not the only one called to the firing line in this war for democracy. Every one of us, men, women and children, has a part to do in this great work.

Intelligent Service.

The women of the United States are doing a tremendous amount of work already, but this is just the beginning of what they may be called upon to do. Many women who have never before gone into their kitchens to cook a meal, are giving their households, culinary departments included, their direct supervision.

Some have learned in their own kitchens and other home centres and others have delegated these things to hired help. It behooves those who have not had training to get that training in the quickest and best way.

This city offers many opportunities for study of such problems as confront the housewife. If you do not know how to reach the heads of the proper departments, if you will write to Washington or to the New York city authorities they will gladly put you in touch with the means of acquiring information.

Mentless and wasteful days are now the fashion, but they will not prove at all popular or possible unless the women who undertake to carry out the programme of the government set themselves to work to make them worth while as aids to food conservation.

In the South there are many delectable dishes in which corn is used either as "grits" or meal. They use meal for frying fish and oysters and grits takes the place of wheat as a breakfast dish in many homes. But these foods are most unpalatable unless properly cooked.

The woman who sets herself to save food should do so intelligently. She should see when she uses a substitute that it is served in the most palatable way and that the very best is made of its possibilities.

If she attempts to make sweet potato pie or to bake potatoes in the pan, with butter, sugar and spices, she should know just how to make her pie and just how to season and to bake her other dish.

If she cooks rice to go with meat and gravy, she should learn the secrets that the good old time cooks have handed down from generation to generation. Her rice waffles must be just right, her corn bread properly made and cooked, if they are to be nourishing, to say nothing of being palatable.

The only way to achieve results with mentless and wasteful days is to make a study of the question. If the housewives are to make any real contribution of effective help they must study and practise culinary efficiency.

One of the great benefits which will come out of this war (and there will be many) will be that it will reach the women of this country a frugality that they have never before known.

It has been said that a French family could live on the food that is recklessly thrown away by an American family. In a certain sense this is true. For many years France, fighting for freedom, has faced great economic problems, and the French women have learned not to waste.

Wise Frugality.

The days have passed when it is considered the correct thing for the table to groan under its load of food. There are many reasons for this.

One of these is that women each year are drawn closer into a certain bond of sisterhood, and those of wealth have learned too much of the problems that confront their sisters to show the reckless waste that once prevailed. Now it is not a question of the individual method of the family, but it is the demand of a nation of a world, one might almost say—a nation that food not only shall not be recklessly wasted but that every ounce shall be used in the most effective way.

What the uniform you have been chosen to wear, whether of the outward appearance or the physical aspect (if not actually, at least in imagination), in this war of wars, see that you wear it worthily.

'Maid of the Mountains' Ruling Bulgaria?



Here is Princess Eudoxia, known in Sofia as the "Maid of the Mountains," who is reported to be ruling the Balkan kingdom. The rumor is current among the rank and file of the Bulgarian army that King Ferdinand is dead. Princess Eudoxia is nineteen years old.

JUST A LITTLE OF EVERYTHING

WORTH KNOWING.

To clean brass that has been exposed to the weather make a paste of salt and common vinegar; rub the brass with the mixture and leave for ten minutes. Then clean in the usual way.

Even when there is cream in the coffee, the stains can be removed from the most delicate silk or woolen fabric by brushing the spots with pure glycerine and rinsing in lukewarm water.

Never close a finger with court plaster. It involves the possibility of pus and long inflammation. Wash the cut with warm water, and turpentine should be applied. Then bandage with linen cloths.

When preserving sprinkle some ashes on the stove lid beneath the kettle of boiling fruit. This prevents standing over the stove to stir the fruit. It will not burn or stick if this method is followed.

When whipping cream cover the bowl with a piece of paper with a slit in the top the shape of a maltese cross. Insert the egg beater into the slit, and the cream may be whipped without danger of spattering.

A teaspoonful of warm olive oil or camelliated oil poured into the ear and held there for a few minutes will destroy the bug in the ear, and it will then easily pour out, bringing with it the dead insect.

Put a paper in a box for the housewife. She can use it when preparing a chicken of fish. Put a piece of paper on the kitchen table, cut the fowl up and when finished roll up paper and meat and put it in the fire. Your table is clean and fresh, needing no scrubbing.

COOKING KINKS.

Now that flour is so high, dry leftover bread, with brown crust taken off, in a slow oven. Roll it out fine with rolling pin and use it with flour for making pies, cakes and biscuits. It's fine. The brown crusts you take off you can use for a pudding.

Add a teaspoonful of ice water to the white of an egg before beating for frosting pies; it makes twice as much.

GETTING RID OF MICE.

You can easily get rid of mice by putting branches of peppermint or the essence around where the mice have been. They dislike the odor and will not come again. Repeat this process every two or three months and you will find that your troubles from this source are over.

EXTENDING THE FLAVOR OF MEAT.

Stew with Dumplings—Make stew from small pieces of meat and vegetables, cooking it on stove or in fireless cooker. Serve with dumplings made as follows:—For a stew using one pound of meat mix a little more than one-third cupful flour with one teaspoonful of baking powder and a pinch of salt, work in a rounding teaspoonful of butter and mix with enough milk to form a medium stiff dough. Cut into small pieces and cook in a buttered steamer over a kettle of boiling water, or remove enough gravy from the stew to expose the meat and vegetables and place the pieces of dough on these solid materials to cook.

Meat Pie—Meat pies are made most satisfactorily by first cooking the meat and vegetables as for a stew. Line a pan, earthenware dish or casserole with biscuit dough rolled fairly thin, put in the meat, vegetables and gravy, cover with dough and bake in a hot oven.

Meat Turnover—Place any chopped cooked meat available on circles of biscuit dough about the size of a saucer. Fold the dough over the meat, crimp the edges and bake in a hot oven. Vegetables may be combined with the meat filling as desired and the whole may be served with gravy.

PARIS APPROVES FADED COLORS.

Faded colors are in vogue. Usually two or more are combined so that they serve as foils for each other and bring out greater beauty of tone.

There is, for example, a very charming frock made of orchid satin veiled with orchid tulle. A band of faded old rose forms the bodice and there is a silver girdle which seems to unite the orchid and the rose shades. A delightful feature of this model is hand-wrought little baskets done in silver threads and filled with overflowing with French flowers, which, of course, are also hand made.

Old blue and gray are met with in several of the new Paris models, and there is a fancy for beige combined with lavender, mahogany or jade.

THE COLD PLUNGE.

If you have been taking cold plunges or showers all summer, don't stop them now because it is getting fallish and cold. Keep yourself hard, and nothing will help you more than the cold water bath the year around.

But when the very cold weather comes and the water is fairly icy, unless you are a Finn or an Indian, it is almost death for you to try the cold bath.

The way to get around this is to draw the water in the tub the night before. Over night it has a chance to lose the chill and for your white skin and nose too red blood makes the bath invigorating and healthy, whereas the icy water would have just the opposite effect.

TIPS FOR HOUSEWIFE.

Canned pears are good with their cores filled with fine chopped preserved ginger and whipped cream laid over them.

Sweet pickled apples are delicious served with meat. They may be made just as pickled peaches are.

Raw cabbage is said to be much more digestible than cooked, and a delicious salad is simple shaved cabbage with a French dressing.

Vinegar works like a charm when it comes to cleaning dirt and smoke from walls and woodwork. Wet a flannel cloth with it and rub.

A jar of beef extract kept in the refrigerator is useful to add meat flavor to a vegetable dish.

White enameled furniture may be cleaned with turpentine and the glass will be unimpaired. Wet a soft cloth with turpentine, rub the spots off the woodwork and rub dry with another cloth.

A RIOT OF COLOR.

For the sun parlor with the cerise tinted water-pot, the painted flower basket and sassy colored pots of gay flowers use sand colored paper and white chintz curtains, for your little Scotch heather plant or lavender pink in its red pot, and your other blooming color notes will form riot enough to please the most futuristic eye.

WHEN SHOES PINCH.

To prevent new shoes from pinching lay a cloth mottled in hot water across the place where the pressure is felt most, changing the cloth as soon as it becomes cool. This will make the leather shape itself to the foot.

Hints on Practical Economy

An old song runs "Paddy got gay on fish and potatoes," and we are inclined to think that Paddy was a discriminating fellow, and when the next line tells us that Paddy got gay in the morning, we are inclined to think that he had mackerel and boiled potatoes for breakfast and that he was not gay at all, but only filled with exuberance from the good breakfast that he had which was filled with so much body building material.

Strange lessons this awful war has taught us. We have come to know that meat is not an absolute necessity, and that white bread may also be left out of our dietary with no ill effects.

We now discover that fish contains more protein to the pound than beefsteak, and we also find that certain kinds of fish contain all the fat we need.

pare salt fish of some sort. A luncheon of creamed fish is appetizing and nourishing, and for dinner, the heaviest meal of the day, we may have one of the heavier fish, such as mackerel or salmon.

For a household where supper is served a good fish salad is delicious. This may be made of any one of a number of canned fish, or of any remnants of cold fish that have been left from a previous meal.

If we are serving fish that lacks fat it may be supplied by a butter or oil sauce.

Fish and potatoes may each be prepared in thousands of ways, and the various combinations of the two need never become monotonous.

We may serve fried fish and boiled potatoes, boiled fish and fried potatoes, salt or smoked fish and potato salad, creamed fish and baked potatoes, fish salad and potato biscuit, that rival in lightness and delicacy the famous scones of Scotland.

Another recommendation of the fish and potato meal is that it is reasonable every day of the year.

We can easily have a fish and potato day in our household and comply with the food administration's request for a meatless and a wheatless day.

A fish and potato day is both.

Of one thing we may be sure, if we institute a fish and potato day of our own accord we will not have to repeat the same combination by compulsion many times in the future.

The housekeeper who will set some day in the week other than Friday as a fish and potato day will aid conservation in no small degree.

The universal use of fish is the only thing that will lower its cost and at the same time cause a material saving of the meat supply.

This sounds like a paradox, but it is only common sense. When the fish dealer no longer has to figure his profits on one day's business in the week he can afford to sell at a cheaper price, and when the use of fish is more universal, the hundreds of tons that are annually wasted will be brought to the market.

EFFICIENT SUBSTITUTES.

We find that potatoes contain starch and may be taken to advantage in place of bread, as they contain mineral salts that are not to be found in the bread.

And so on, for a long list, one might go naming the lessons that we have learned and the lessons still to do us as much good as time of peace as in time of war, and when this crisis has passed we will be a healthier and a happier race.

Our Food Administrator is urging us to make as much of our fish supply as possible, and we are wondering why we did not discover its many possibilities for ourselves long ago. At this time, too, it is our duty to the farmers to make use of the crop of potatoes that is now being harvested.

In order that we be well fed our body needs protein, of muscle building food, starch, fat and mineral salts. A meal of fish and potatoes supplies all of these, to say nothing of the delights of the palate to be derived from a happy combination of the two.

It is of the utmost importance that we conserve our wheat supply, and while we have a potato flour that may be used for a number of purposes, plain mashed potato combined with white flour makes a most delicious biscuit for the household that has not become accustomed to the sound of plain fish and potatoes for supper.

Another quality of fish that recommends its use still further is that it may be used at any meal of the day with equal success. If with a light breakfast, one may pre-

pare salt fish of some sort. A luncheon of creamed fish is appetizing and nourishing, and for dinner, the heaviest meal of the day, we may have one of the heavier fish, such as mackerel or salmon.

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UNIVERSAL THRIFT.

Fish is much easier to cook than meat, once you get the habit, and for a day when the maid is off or the housekeeper wants to go shopping, fish cakes that can be prepared in the morning make an excellent snapper.

Not necessarily are the fine honored codfish cakes meant, for there are many other kinds.

A can of first grade salmon combined with mashed potatoes make delicious omelets, and may be rendered extra good by the addition of tomato sauce.

With all my planning there still came times when I felt fatigue keenly. No matter and housekeeper can escape such times however much she may lessen them through wise management of things and of herself. But when such a period would come I would fight against letting my weariness color my dealings with my children.

This fight can be carried through with flying colors if a mother be determined upon winning out. And how can she fail in the determination once she has realized the cruelty of letting her own feelings warp her judgment toward her children?

However true the judge in court may be he must keep his head clear to give fair judgment.

Why should a mother find a child naughty because she is too tired to be

There's no more growling in the street, the details come and go, And even kitchen ranging doesn't raise a howl of woe; He sees a line of troopers full of steam at 6 A. M., And "Two Gun" Dimond, who was ill, is up and out for beer— (The boys are on the line in France; they're in it "over there"), O'Shea is shoeing horses as he never shooed before, And Sergeant Ryan sports a grin that's like to stretch his jaw; Gilbooy's shined his rifle up till you can't find a stain, And Pinnerty rides out to guard a smiling in the rain. The lurch whose favorite hue is green are holding holiday— (A red head Irish gunner turned the first shot loose, they say).

Though autumn nights are Arctic-like in Alabama's pine groves, Nobody gives a good hurrah if ice forms on the stoves; The spirits of the khaki crowd are on the upward climb, And everything around the place is going double time. Fatigue and drill, patrol and post, we hit 'em with a song— (The boys are hammering the Huns; our turn'll be along).

Company A, 104th Military Police, Camp McClellan, Ala.

STUART M. EMERY.

Be Fair to the Child

One of the cruellest injustices to children is getting impatient or cross with them, not because of any real waywardness on their part, but because for some reason or other we ourselves are downhearted or out of spirits.

If honest statistics were taken, it would be found that a simply incredible proportion of the scoldings, punishments and impatient remarks meted out to children by their parents or other grown-ups in charge of their rise not from naughtiness of the children, but from the disgruntled mood of the grown person.

One mother frankly confessed that she herself had often been guilty of the cruelty she so deplores.

HAPPY INVESTMENT.

Children should be taught to respect a mother's privacy, to treat her with consideration if she tells them she is tired or does not feel well. But never should a child feel that his mother's attitude toward it changes with her moods. Always should it feel fairness in her judgments, her reproaches.

Invest in happiness for yourselves, mothers, by fair dealing with your children. Children are not really naughty till you think they are.

Preserve a fair attitude toward your children day in and day out at any cost of effort and sacrifice and see if they are not for the most time as good as you could wish them to be.

THE MOTHER'S PART.

"It was a remark made by one of my little boys that woke me up. When I kissed him goodby a certain morning before starting forth down town to do some shopping, he begged me not to shop too much. I asked him why. He said—

"Cause you get so tired when you go into many shops, and when you are tired you always think we are bad. 'Tisn't fair."

"Tisn't fair! That little sentence hit me hard. I realized my injustice to the children. My little boy's arrangement was absolutely justifiable.

"I reviewed my attitude toward my little ones and I found that all too often my irritation or prudish severity toward them was induced by my own mood.

"With my boy's 'Tisn't fair,' ringing in my ears, I cut shorter my list of errands. Keeping myself from over fatigue became a matter of paramount importance. Their happy faces when I returned without the usual weary, nerve-on-edge mood that was invariably mine after a shopping expedition smote my conscience. It was easy and pleasant to be kind and fair to them.

"I resolved that in every possible way that I could manage if I would order my life so as to keep from getting tired. This meant a great deal of readjustment. It meant a vastly improved system in housekeeping in general. It meant a great deal of cutting down of unnecessary activities.

"I was simply amazed at the quick results that came with the new order. I had much more control over the kiddies and I was much happier with them and they were with me.

"With all my planning there still came times when I felt fatigue keenly. No matter and housekeeper can escape such times however much she may lessen them through wise management of things and of herself. But when such a period would come I would fight against letting my weariness color my dealings with my children.

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AN ADDED ATTRACTION.

To form a seal properly be sure, first of all, that the wax does not ignite. Hold it above the candle so that it will melt without flaming and tilt the stick at an upward angle so that the wax runs down rather than drops or drips, and as the melting begins, revolve the stick with enough speed to allow it to soften evenly. This turning will also help to keep the wax from dripping.

When a sufficient amount of the stick is softened to seal one's note, apply it to the envelope without pressure. If a seal is used on the wax, fashion the wax with a twist of the stick as it flows onto the envelope into the approximate shape desired, whether round or oval or square, and of a little larger size than the measure of the seal; keep the thicker part of the wax mass in the center.

Apply the seal without moistening it, and after firm pressure lift it gently without jerking.

If one wishes to form a two-lane seal, the seal base is rubbed with oil and a little colored powder is dusted on before it is applied to the wax.

Quite thoughtfully should one select the color of the wax one uses, as good taste, mode and even symbolism plays therein a part. Red, for instance, is usually for the use of men and denotes courage and valor. Dark blue, standing for patriotism and

French actress, has left the stage to take the veil.

When it comes to digging in the fields the Chinese woman is equal to any man.

Trains running between St. Louis and Memphis will hereafter have women as ticket takers.

In certain French cities nearly one-third of the metal workers are strong, able bodied women.

Miss Mayne McDonald, of San Francisco, is considered to be one of the greatest female athletes in the United States.

Over 60,000 women in New York city have signed pledge cards, which bind them to save food when possible.

Girls who are enrolled as second class yeomen in the United States Navy receive \$5 per month salary.

A peculiarity of Alina women is that they have tattooed upon their upper and lower lips, what resembles a mustache.

Stella E. Wilson, Omaha's only woman lawyer and a professional man hater, has abandoned her legal career and become a bride.

The Commissioner of Highways in Camden, N. J., is considering the advisability of employing women to clean the streets in that city, which has the largest number of the 76 students enrolled in the College of Literature of the Imperial University of Tokio, Japan, fifty of them are women.

Women are at present for the first time being allowed by the government to compete as mechanical draughtsmen in the examinations now being held.

Mr. Edmund Lincoln Bailey, of New York, has been decorated by the French government with the Legion of Honor in recognition of her work in France.

Miss Signe Lund, a naturalized American of Norwegian birth, has been awarded the national arts prize of \$50 for the best musical setting for Daniel M. Henderson's prize poem, "The Road to France."

The wearing of high heeled shoes by the many accidents where women have been killed or injured through being tripped as a result of wearing high heels.

Italian women are rapidly being granted new privileges by their government.

Miss Juliette N. Crosby, who has been engaged in missionary work for the last forty-six years, was rewarded with the Blue Ribbon by the Emperor of Japan.

Women in France are being employed in the gas houses, storage houses, in tanneries, and in fact almost every branch of industry that is thriving at this time.

Practically all the harvesting in Illinois is being done by women and girls.

Miss Ennis Short is employed as a lead grinder in a large Indianapolis paint factory.

About one hundred women are employed in the British National Physical Laboratory.

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After the Big News.

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Capable Women and Their Doings

It is easier to get married in Scotland than in England.

French women are making harness and saddles for the army.

The National Woman's Army holds regular drills in New York city.

Over 7,000,000 women in the United States have signed food pledge cards.

Over one million women have directly replaced men in British industries.

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Women in France are being employed in the gas houses, storage houses, in tanneries, and in fact almost every branch of industry that is thriving at this time.

Practically all the harvesting in Illinois is being done by women and girls.

Miss Ennis Short is employed as a lead grinder in a large Indianapolis paint factory.

About one hundred women are employed in the British National Physical Laboratory.

Mademoiselle Lavalliere, a prominent

French actress, has left the stage to take the veil.

When it comes to digging in the fields the Chinese woman is equal to any man.

Trains running between St. Louis and Memphis will hereafter have women as ticket takers.

In certain French cities nearly one-third of the metal workers are strong, able bodied women.

Miss Mayne McDonald, of San Francisco, is considered to be one of the greatest female athletes in the United States.

Over 60,000 women in New York city have signed pledge cards, which bind them to save food when possible.

Girls who are enrolled as second class yeomen in the United States Navy receive \$5 per month salary.

A peculiarity of Alina women is that they have tattooed upon their upper and lower lips, what resembles a mustache.

Stella E. Wilson, Omaha's only woman lawyer and a professional man hater, has abandoned her legal career and become a bride.

The Commissioner of Highways in Camden, N. J., is considering the advisability of employing women to clean the streets in that city, which has the largest number of the 76 students enrolled in the Col-

lege of Literature of the Imperial University of Tokio, Japan, fifty of them are women.

Women are at present for the first time being allowed by the government to compete as mechanical draughtsmen in the examinations now being held.

Mr. Edmund Lincoln Bailey, of New York, has been decorated by the French government with the Legion of Honor in recognition of her work in France.

Miss Signe Lund, a naturalized American of Norwegian birth, has been awarded the national arts prize of \$50 for the best musical setting for Daniel M. Henderson's prize poem, "The Road to France."

The wearing of high heeled shoes by the many accidents where women have been killed or injured through being tripped as a result of wearing high heels.

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