# HOMENNE BUESTS 'Maid of the Mountains' Ruling Bulgaria? JUST A LITTLE OF EVERYTHING

# Ways and Means in War Time

66 700 cannot put a uniform on at The woman who sets herself to save man and make a soldier of him," food should do so intelligently. She should said a man, recently. "After he see when she uses a substitute that it is goes to camp he must go through many served in the most palatable way and that months of careful training before he is the very most is made of its possibilities. really in condition to serve his govern- If she attempts to make sweet potato

uniform does not make a soldier in any season and to bake her other dish. do in this great work.

### Intelligent Service.

what they may be called upon to Many women who have never before One of the great benefits which will gone into their kitchens to cook a meal, come out

and other home centres and others have could live on the food that is recklessly delegated these things to hired help. It thrown away by an American family. In helicoves those who have not had training a certain sense this is true. For many to fit them for food conservation in the years France, fighting for freedom, has home to get that training in the quickest faced great economic problems, and the

This city offers many opportunities for study of such problems as confront the The days have passed when it is consid-Lousewife. If you do not know how to ered the correct thing for the table to reach the heads of the proper depart- groun under its load of-food. There are ments, if you will write to Washington many reasons for this. or to the New York city authorities they | One of these is that women each year

means of acquiring information. the fashion, but they will not prove at all confront their sisters to show the reckless popular or possible unless the women who waste that once prevailed. Now it is not undertake to carry out the programme of a question of the individual method of the the government set themselves to work family, but it is the demand of a nation-

dishes in which corn is used either as in the most effective way. "grits" or meal. They use meal for frying Whatever uniform you have been chosen fish and oysters and grits takes the place to wear, whether of the outward appearof wheat as a breakfast dish in many ance or the physical aspect (if not actuhomes. But these foods are most un- ally, at least in imagination), in this war palatable unless properly cooked.

It was the first part of his statement butter, sugar and spices, she should know that set me thinking. It is true that a just how to make her pie and just how to

of the various branches of service, nor at she cooks rice to go with meat and does lack of one prevent any one from grayy, she should learn the secrets that being a fighter, for the soldier is not the the good old time cooks have handed down only one called to the firing line in this from generation to generation. Her rice war for democracy. Every one of us, waffles must be just right, her corn bread men, women and children, has a part to properly made and cooked, if they are to be nourishing, to say nothing of being

The only way to achieve results with The women of the United States are do-meatless and wheatless days is to make a ing a tremendous amount of work al- study of the question. If the houseready, but this is just the beginning of wives are to make any real contribution of effective belp they must study and practise culinary efficiency.

are giving their households, culinary de- many) will be that it will teach the women partments included, their direct super- of this country a frugality that they have never before known.

Some have learned in their own kitchens . It has been said that a French family French women have learned not to waste.

Wise Frugality.

will graldly put you in touch with the are drawn closer into a certain bond of sisterhood, and those of wealth have Meatless and wheatless days are now learned too much of the problems that to make them worth while as aids to of a world, one might almost say-that food not only shall not be recklessly In the South there are many delectable wasted but that every ounce shall be used

of wars, see that you wear it worthily.



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

# Hints on Practical Economy

An old song runs "Paddy got gay on pare salt fish of some sort. A luncheon fish and potatoes," and we are inclined to of creamed fish is appetizing and nourishthink that Paddy was a discriminating ing, and for dinner, the heaviest meal of fellow, and when the next line tells us the day, we may have one of the heavier that Paddy got gay in the morning, we are fish, such as mackerel or salmon. inclined to think that he had mackerel For a household where supper is served and boiled potatoes for breakfast and that a good fish salad is delicious. This may he was not gay at all, but only filled with be made of any one of a number of canned exuberance from the god breakfast that fish, or of any remnants of cold fish that

Strange lessons this awful war has may be supplied by a butter or oll sauce.

protein to the pound than beefsteak, and tatoes, boiled fish and fried potatoes, sait charge of them rise not from naughtines. we also find that certain kinds of fish or smoked fish and potato salad, creamed of the children, but from the disgruntle centain all the fat we need. .

### EFFICIENT SUBSTITUTES.

We find that potatoes contain starch day in the year. and may be taken to advantage in place We can easily have a fish and potato of bread, as they contain mineral salts day in our household and comply with the that are not to be found in the bread,

And so on, for a long list, one might go A fish and potato day is both. when this crisis has passed we will healthier and a happier race.

Our Food Administrator is urging us make as much of our fish supply as pos- small degree. erop of potatoes that is now being har- common sense. When the fish dealer no ritation or actual severity toward them

In order that we be well fed our body to sell at a cheaper price, and when the in my ears I cut shorter my list of erstarch, fars and mineral salts. A meal of dreds of tons that are annually wasted became a matter of paramount imporfish and potatoes supplies all of these, to will be brought to the market. say nothing of the delights of the painte to be derived from a happy combination of

it is of the utmost importance that we Fish is much easier to cook than meat. onserve our wheat supply, and while we once you get the habit, and for a day when have a potato flour that may be used for the maid is off or the housekeeper wants that I could manage it I would order my a number of purposes, plain mashed po- to go shopping, fish cakes that can be tate combined with white flour makes a prepared in the morning make an excelmost delicious biscult for the household lent supper

Arother quality of fish that recommends A can of first grade salmon combin ts use still further is that it may be used with mashed potatoes make delicious ones. wish a light breakfast, one may pre- addition of tomato sauce.

faught us. We have come to know that Fish and potatoes may each be prepared If honest statistics were taken, it would children can escape the influence of them meat is not an absolute necessity, and that in thousands of ways, and the various

> fish and baked potatoes, fish salad and mood of the grown person. potato biscuit, that rival in lightness and One mother frankly confessed that she delicacy the famous scones of Scotland. herself had often been guilty of the cruelty Another recommendation of the fish and she so deplores. potato meal is that it is seasonable every

naming the lessons that we have learned. Of one thing we may be sure, if we in

longer has to figure his profits on one was induced

that has not become accustomed to the Not necessarily are the time honored housekeeping in general It meant a great sound of plain fish and potatoes for sup- codfish cakes meant, for there are many deal of cutting down of unnecessary ac-

t any meal of the day with equal success, and may be rendered extra good by the

# Restoring Crepes and Laces

oppear and would never be restored. | much lessened.

We now discover that fish contains more We may ser/e fried fish and boiled po- by their parents or other grown-ups in

ood administration's request for a meat- "It was a remark made by one less and a wheatless day.

muscle building food; use of fish is more universal, the hun-rands. Keeping myself from over fatigue |

UNIVERSAL THRIFT.

To restore English crepe fold a sheet When the strip is dry wet again and come I would fight against letting my into several thick nesses and lay upon a repeat, going farther on each time, of weariness color my dealings with my chiltable. Place the crepe on this and plit course, until the entire surface has been dren down very closely, pin heads outward all covered. Leave the crepe on the cloth

white rag the length of the vell and eight In restoring small pieces take care they ized the crucity of letting her own feelde wrung out of warm are pinned true and not pulled out of the ings warp, her judgment toward her chilwater. Over this hold a hot iron so close right run of the threads. This is a little that it raises the steam and dries the difficult, because the straight way of crepe be he must keep his head clear to give cloth, but on no account let the iron press appears to be his and vice versa, but once fair Judgment. on the crepe, because the rib would dis- one finds which is which then the task is Why should a mother find a child.

# Be Fair to the Child

dren is getting impatient or cross with child irritates her just If we are serving fish that lacks fat this reason or other we ourselves are down-

impatient remarks meted out to children

THE MOTHER'S PART.

tance. Their happy faces when I returned without the usual weary, nerves-on-edge mood that was invariably mine after of shopping expedition amote my conscience | It was easy and pleasant to be kind and .

HAPPY INVESTMENT.

Children should be taught to respect a are being employed ways should it feel fairness in her judg- that is thriving at invest in happiness for yourselves,

One of the cruelest injustices to chil- quire into its motives, or so tired that the new privileges by their government.

the Emperor of Women in France

hildren day in and day out at any cost About one hundred women are employed

effort and sacrifice and see if they in the British National Physical Labora-Mademoiselle Lavalliere, a prominer

# EXTENDING THE FLAVOR OF

To clean brass that has been exposed to

WORTH KNOWING.

reserving sprinkle some ashes on the meat and vegetables and place the

whipped without danger of spattering, cuit dough rolled fairly thin, put in the with meats. They may be made just as warm olive oil or cam- meat, vegetables and gravy, cover with pickled peaches are. up paper and mess and put it in the gravy.

### COOKING KINKS.

cakes and biscuits. It's fine. The brown greater beauty of tone.

### GETTING RID OF MICE.

branches of peppermint or the essence of course, are also hand made. Repeat this process every two or three

# MEAT.

Stew with Dumplings.-Make stew from ng it on stove or in fireless cooker. Serve with dumplings made as follows:-For a

Meat Pie.-Meat pies are made most satwith a piece of paper with a slit in the top vegetables as for a stew. Line a pan, and whipped cream laid over them. egg beater into the slit, and the cream may earthenware dish or casserole with bis- Sweet pickled apples are deliclous served

Meat Turnover.-Place any chopped lough about the size of a saucer. Fold Vinegar works like a charm when when preparing a chicken or and bake in a hot oven. Vegetables max walls and woodwork. Wet a flannel cloth Put a piece of paper on the kitchen be combined with the meat filling as decut the fowl up and when finished sired and the whole may be served with ire. Your table is clean and fresh, need-

### APPROVES COLORS.

Faded colors are in vogue. Usually two more are combined so that they serve

Add a teaspoonful of ice water to the orchid tulie. A band of faded old rose and white chints curtains, for your little white of an egg before beating for frost-forms the bodice and there is a silver girthe rose shades. A delightful feature of this model is hand-wrought little baskets done in silver threads and filled to You can easily get rid of mice by putting overflowing with French flowers, which,

months and you will find that your trou- is a fancy for beige combined with laven

## THE COLD PLUNGE

If you have been taking cold plunges or showers all summer, don't stop them now Keep yourself hard, and not sing will help

nore than one-third cupful flour with one and the water is fairly icy, unless you are easpoonful of baking powder and a pinch a Finn or an Indian. it were almost death

refrigerator is useful to add meat flavor to a vegetable dish. White enamelled furniture may be leaned with turpentine and the gloss will be uninjured. Wet a soft cloth with turpentine, rub the spots off the woodwork and rub dry with another cloth,

### A RIOT OF COLOR.

frock made of orchid satin veiled with gayer flowers use sand colored paper Scotch heather plant of lavender pink in iotes will form riot enough to please the

## WHEN SHOES PINCH.

To prevent new shoes from pinchin the place where the pressure is felt most. changing the cloth as soon as it becomes cool. This will make the leath

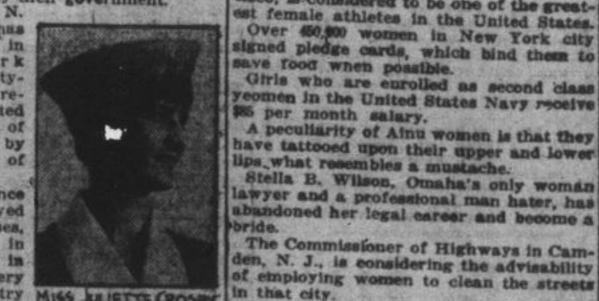
# Capable Women and Their Doings

French women are making harness and When it comes to digging in the fields

the Chinese woman is equal to any man. The National Woman's Army holds reg-Over 7,000,000 women in the United States ticket takers. have signed food pledge cards. Over one million women have directly of the metal workers are strong, able recognition of her work in France. Italian women are rapidly being granted

the Blue Ribbon by

oward it changes with her moods. Al- branch of industry Miss Juliet is CROSE Practically all the harvesting in Illino



The Commissioner of Highways in Cam- been prohibited in den, N. J., is considering the advisability consequence of the many accidents where of employing women to clean the streets women have been killed or injured through Of the 700 students enrolled in the Col-

AN ADDED ATTRACTION.

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 de

stred, whether round or oval or square

and of a little larger size than the measure

married in Scotland French actress, has left the stage to take lege of Literature of the Imperial University of Tokio, Japan, fifty of them are Women are at present for the first time being allowed by the government to com-

Trains running between St. Louis and pete as mechanical draughtsmen in the ex-Memphis will hereafter have women as aminations now being held. Mrs. Edmund Lincoln Balles, of New York, has been decorated by the French In certain brench cities nearly one-third government with the Legion of Honor is

Miss Mayme McDonald, of San Fran a naturalized cisco, is considered to be one of the great-Over 450,500 women in New York city signed pleage cards, which bind them to Girls who are enrolled as second class yeomen in the United States Navy receive Daniel M. Henderson's prize poem, A peculiarity of Ainu women is that they

Stella B. Wilson, Omaha's only woman high heeled shoes awyer and a professional man hater, has by the women ned her legal career and become a street car conduc-

# nothers, by fair dealing with your chillis being done by women and girls dren. Children are not really naughty miss Ennis Short is employed as a lead grinder in a large Indianapolis paint face. Correct Use of Sealing Wax

Every woman desires that her letters devotion to duty, is also frequently used sall be charming, and this applies not by men, though occasionally women will only to their messages but to their gen- select this color for business notes. ral appearance. One of the prettiest ways Letters of purely social tendency and fits incorrect with seals of palest tints, the pastel colors.

t is a dainty interruption to all pry- blends easily with a tinted note paper, ag and inquisitive fingers, and an assur- Pale violet indicates fond memories. ents of the There are in all eighteen shades made, reading so that one should very perfectly be able of the one to whom the letter is addressed, to match the wax with one's note paper or

The seal bases on which the monograms To form a seal property be sure, first of shapes round, square, diamond shape, all, that the wax does not ignite. Hold it oval, octagon and hexagon. It is possible above the candle so that it will melt with, to possess all these shapes at slight cost by purchasing one handle on which the

arious shapes are to be screwed. is cut, for either monogram or initial or coat of arms can be used. Some few people like the address as an impress, but this is not distinctly practical, as it is not al-

### ways clearly discerned in the wax.

FASHION OF THE HOUR. No rule of etiquette binds in the selection of the design cut beyond the slight one that the die mark shall be identical with that on the paper. Not in size, necessarily,

The seal of the ancient Greeks and Romans was made of a substance composed of clay and beeswax, and it was not until the teenth century that anything approach ng the modern wax came into usage. This and a out of China a material of clay, resin an ceived the name of Spanish wax but had no actual wax in its mixture.

color of the wax one uses, as good taste, vides a great variety of accessories for mode and even symbolism plays therein a the desk of woman, so that in seal making part. Red, for instance, is usually for the she has a large assortment of articles

on winning out. And how can she fall

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# After the Big News.

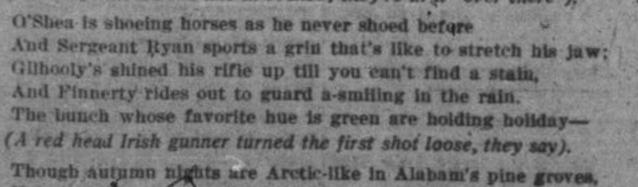
There's no more grousing in the street, the details come and go. And even kitchen ranging doesn't raise a howl of woe; Top Sergeant Adams finds no weeps at revellle to stem, He sees a line of troopers full of steam at 6 A. M .: And "Two Gun" Dimond, who was ill, is up and out for bear-(The boys are on the line in France; they're in it "over there"),

Glihooly's shined his rifle up till you can't find a stain, And Pinnerty rides out to guard a-smiling in the rain. (A red head Irish gunner turned the first shot loose, they say). Nobody gives a good hurral if ice forms on the stoves;

The spirits of the khaki crowd are on the upward climb,

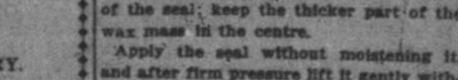
And everything around the place is going double time. Fatigue and drill, patrol and post, we hit 'em with a song-(The boys are hammering the Huns; our turn'll be along).











wax from dripping.















