Useful Recipes

Fifteen-Dollar Pie

Half cup sugar, 2 tablespoons flour 1-2 tablespoon butter, juice 1 lemon 1 egg yolk, 1-2 cup milk, 1 white of egg, few grains salt. Mix sugar and flour and melted butter, lemon juice, egg yolk, slightly beaten; milk, egg white, stiffly beaten, and salt. Bake in one crust, and cover with meringue or not, as desired.

Merinue—Three egg whites, 1 1-2 cups powdered sugar; scant; grated rind orange or lemon; beat egg whites with eggbeater until stiff, gradually add 2-3 of sugar, beating vigorously; fold in remaining sugar; add grated orange or lemon rind in flavor, and bake 8 minutes in a moderate oven.

Lemon Pie

Mix 1 cup sugar and 3 tablespoons cornstarch together, add 1 cup boiling water, stirring constantly. Cook until clear; then add 1 teaspoon of butter and the beaten yolk of 2 eggs, piece and rind of one lemon. Let cool. Line plates with paste. Prick the paste and bake. Fill with lemon mixture and cover with meringue and bake until the meringue is brown.

Meringue—Beat whites until stiff add 1 1-2 tablespoon lemon juice and 2 tablespoons sugar, and 1-4 teaspoon vanilla.

Pumpkin Pie

1 1-4 cups steamed pumpkin, forced through a strainer, 1-2 cup sugar, 1-2 teaspoon cinnamon, 1-4 teaspoon ginger, 1-8 teaspoon cloves, 1-2 teaspoon salt, 1 slightly beaten egg and 7-8 cup milk. Mix ingredients in order given. Make in a pie tin lined with pastry.

Lemon Pie

Juice and grated rind of 3 lemons 3 eggs, 3 tablespoons sugar to each lemon. No top crust.

Rhubarb Pie

Mix together 2 cups of rhubarb cut in small pieces, 1 cup of sugar, 2 tablespoons butter, 2 tablespoons of flour, 1 egg, 1 teaspoon lemon juice and a pinch of salt. Bake with two crusts.

Pineapple Pie

One can of pineapple chopped not too fine, 1 1-2 cups of sugar, 2 eggs, 1 large tablespoon cornstarch, 1 cup hot water, a little salt, stir all together and cook with two crusts.

Baby Sucks It's Thumb

And all the Scientists in the World Can't Stop Him

How is it to be explained that a baby, when still too young to imitate what is going on around it and without being taught, acquires what many doctors and dentists declare to be a very bad habit? Baby mud-wasps which hatch after their mothers and fathers are dead know how to build their complicated mud nests without being taught. In this human habit of thumb-sucking, which has appeared successively generation after generation in very young babies, or a similar instinctive or hereditary character?

"If it is hereditary," writes David Fairchild in the Journal of Heredity, "is it beyond question injurious?

"Does it produce protruding teeth and flattened thumbs, arch the roof of the mouth, or are these changes merely coincidental with the habit?

This is what Dr. Alexander Graham Bell has to say about the thumb-sucking habit:

"The mere act of suction could produce no such effect as protrusion of the teeth. On the contrary, with a partial vacuum in the mouth the atmospheric pressure from outside would tend to push the teeth in, not out. Theory would indicate that the act of suction should actually be beneficial to the plastic growing mouth by bringing atmospheric pressure into play from outside, tending to consolidate the mouth and oppose any tendency to the spreading of the parts.

Any spreading action could only be due to pressure applied from within. A child, for example, might press his tongue against the roof of the mouth or against the back of the front teeth and thus produce a pressure which if constantly applied would result in a spreading action, but there is no evidence that a child ever does this.

"Sucking the thumb is such an instinctive action with very young children that it is probable that most babies, if not all, indulge in the habit during the first year of life. Some people have protruding teeth in adult life and if you examine their past history it is probable that most of them sucked their thumbs in infancy. Hence we are apt to jump to the conclusion that the sucking of the thumb was the cause of the protrusion of the teeth, in spite of the fact that will be at once perceived by those who know onything about atmospheric pressure that the act of suction could not possibly produce any such effect.

"The idea that suction could produce a spreading action in the mouth is as ridiculous as the very common notion that sucking the thumb causes a child to become cross-eyed."

Mr. Fairchild says that the importance of being able to make or break a habit at will was so drilled into him by one of his friends that it has come to seem one of the greatest things in life.

"I determined that my first baby should have a fair start and should not be allowed to form any undesirable habit," says Mr. Fairchild "Almost immediately, or certainly when he was only a week or two old, he got his thumb into his mouth. Everybody admitted that this was the beginning of a bad habit. Some predicted that he would make his front teeth protrude and spoil the shape of his mouth, others knew he would ruin the looks of his thumb, and others said the action would be connected with internal disorders of a serious character.

"With the impression firmly implanted in our minds that the forming of a habit was the worst thing that could happen to a baby, we began to try to cure this one of sucking his thumb. We tried cassia solution, but he enjoyed the bitter taste. We put tiny mittens on his hands and he either sucked them until they were wet through or pulled them off. We tied his arms, but he always struggled loose. We bought those round aluminum handballs which are supposed to be a real cure, but he bumped his head with them and got into almost hysterical fits of temper.

"The weeks stretched into months and we did not give up the fight. As the months became years we tried bribery and corruption. We threatened and we punished.

"The second baby followed in her brother's footsteps, with variations, and the third baby embroidered the thumb sucking habit by twisting her nighdress or sheet around her third finger.

"By this time we began to realize that we were confronted by something which was not so simple as one of the habits of later life and we finally gave up. There seemed to be something almost instinctive in the way this habit resisted our treatment, and we began to suspect a hereditary character in it."

At HOME

A Department for Industrious Housewives

Miss Edith Strauss, in charge of the women's activities in the high cost of living campaign of the Department of Justice, has formulated a set of Do's and Don'ts which she wishes every woman to study, and insofar as each can, to adopt the individual share of reducing expenses. Here are some of the Do's:

Put aside part of your income for future use.

Make every penny buy a penny's worth of something really needed.

Invest wisely.

Use what money buys with care.

Do figure out what each item of the family expenditures require; rent, food, heat, lighting, clothing, school, charity, doctor, pleasure, etc.

Pay as you buy.

Pay bills monthly.

Set your own standards.

Buy only what you have the money to pay for.

Put aside for a rainy day.

A Bed to Banish Insomnia

An insomnia bed that positively is said to be conducive of sound sleep, is the invention of Miss Aimee O Darling, of Tilton, N. H. The mattress is in three sections. The main long section supports the body, the tached to each other by hinge-like members, providing a raised support for the forehead of a person lying face downward.

According to this woman inventor, the prone position relieves blood pressure from the vital organs and from the brain. Lie face downward, with your forehead on a ledge and you will surely go to sleep, says Miss Darling. It has been found that this position eliminates the persistent distressing and sometimes injurious coughing in diseases of the stomach.

The posture which the patient assumes on this mattress relieves from pressure that part of the brain known as the medulla oblongata, situated at the base and back of the head, thereby permitting the person to fall asleep in a short time.

"During the daytime the mattress is stretched out after the fashion of any ordinary mattress," explains the inventor, "but at night the hinged section is doubled over to furnish a ledge on which to rest the forehead. In a little while you become drowsy; whereupon you put back the mattress, pull up your pillow from the bottom of the bed and sleep."

Is Ironing Day a Pleasure to You?

Ironing is one of the cleanest parts of housework and yet it is often the most dreaded task in the week's routine. It ought to be a pleasure to let the iron wander over the surface of snowy piles of linen, but so many women hate it, principally because it is one of those labors which they grin and bear and do not try to make interesting. Ironing, like all those other household bugbears, can be at most fun if you learn to do it well.

Don't stand to iron. It is foolish. have a high stool that brings you exactly to the right height for your ironing board. An old piano stool is ideal. Keep your sprinkled clothes conveniently near on a chair, and and your clothes horse near enough to place the freshly-ironed clothes on without getting up, or castors so that it will wheel easily where you need it most. Then use an electric iron if possible. They are the most wonderful labor-saving devices yet invented for the housewife. Electric heat is clean, even, and easily adjusted. The newer irons can have the heat adjusted at the iron instead of at the bracket. If you have no electricity, the next best thing, of course, is a good gas iron.

The Board Itself

Never start to iron with a soiled or torn cover on the board. Pad your board well with an old blanket, preferably and then with a sheet not too old to last through the day's ironing. It pays to have a sleeve board ready for fine work and sleeves. They are easily made at home or can be bought reasonably. Keep a sponge in a pan of water handy for dampening clothes which might become too dry. Also a wax pad for keeping the irons from sticking and a paper sprinkled with salt to smooth them off.

Many women do not like ironing simply because they are not experts at this very necessary household art. It takes only a little practice and patience to be an artistic ironer. One thing to remember, is the order in which garments should be ironed. Always do the fussy things first and leave flat pieces until last, when you are tired . Iron cuffs, collar band, sleeves, yoke, back and front in this order on a man's shirt or a tailored shirtwaist. For a fancy blouse sleeves back, front and collar should be ironed in this order. Skirts and petticoats should have the ruffles ironed first, then the hem, then the body of the skirt. All trimmings on lingerie laces, embroideries and such should be ironed before the rest of the garment.

Laces and embroideries of all kinds should be ironed on the wrong side over a towel folded to make a soft pad. Table linen should be ironed on both sides, the wrong side first, and the right side as it is folded.

Chiropractic Profession Advancing

The world is conservative and accepts new ideas and methods reluctantly, and ofttimes crucifies the apostles of the new. It can hardly be expected that the conservatism that burned Bruno, poisoned Socrates, and crucified Christ will accept the new science of chiropractic with open and unprejudiced minds. And the same necessity which compelled Jesus to accept His apostles from among ignorant fishermen of Galilee, rather than from among the scribes and pharisees and publicans of His day now compels the chiropractic schools to accept those who present themselves for students, and with this material as the warp and woof, to weave the fabric of the chiropractic profession. But in spite of this fact, and in spite of the additional fact that their patients are recruited from among those upon whom others have failed, the percentage of recoveries is higher than that of any other method.

A mediocre person with the right method is incomparably more efficient than a gifted one with the wrong method. A gang plow in the hands of an ignorant peasant is more efficient than a crooked stick in the hands of a college professor.

The properly trained Chiropractor is a spine specialist and his only claim is that in the analysis of dis-ease and the correction of its cause there is no comparison between his and any other method. His training in spinal mechanics and abnormalities places him in a class by himself.

The International Association of Chiropractic Schools and colleges and the twenty-one State Legislatures that have legally established Chiropractic are in substantial agreement on the necessity of a thorough training of its students in the following subjects: Anatomy, Histology, Physiology, Chemistry, Symptomatology, Orthopedy, Neurology, Analysis, Nerve-tracing, Adjusting, Chiropractic Philosophy, and Jurisprudence.

It will be observed that the subjects leading directly to the degree of M. D. which comprise about one-third of the course, such as Toxicology, Bacteriology, Materia-Medica, Surgery, etc., are omitted. This omission leaves a compact curriculum or fundamental subjects which is thorough in the field it covers and is practically indentical with the ordinary medical curriculum

The addition of subjects peculiar to Chiropractic and upon which special stress is laid, such as Chiropractic Orthopedy, Analysis, nerve-tracing, Palpitation, and Adjusting renders the teaching of Chiropractic in a few weeks or by mail an utter impossibility.

As to the time required to master these subjects sufficiently well to secure a diploma and to enable one to practict Chiropractic successfully, both State Legislature and the Association of Chiropractic Schools and Colleges are tending toward a three school-year resident course in a reputable school, as the standard for the profession.

CINEMA CHUCKLES

One of the cowboys working at Universal City under the direction of Jack Ford was bargaining with that youthful artist for one of his several horses. The price asked by Ford was much more than the bronco buster was willing to pay and he tried to withdraw from the trade without admitting the real reason.

To cinch the sale the director remarked, "George, you can't beat this pony, he'll travel twelve miles without stopping."

"Then I can't use him," answered the cowboy, quite relieved. "My shack is down the canyon, only eight miles from here."

Eddy Polo, who is now working on the final episodess of his serial, "The Vanishing Dagger," at Universal City is thinking of spelling his name E-d-i-e, hereafter. He recently saw an advertisement of an Eddy Refrigetrator. He doesn't want to be associated with a refrigerator, he says, as his pictures are all hot stuff.

Henry McRae, who just returned from an eight months' tour of the Orient with a Universal company, headed by Marie Walcamp, filming a serial, was telling a group of fellow directors about the trip and of the remarkable courtesy with which he had met in the far-off corners of the earth.

"The attitude of everyone with whom we came in contact," remarked McRae, "was so sincere that we never worried about our money or other belongings. Only once, in the interior of China, we met a cross-eyed inn-keeper who did not impress us as being thoroughly on the level."

"Struck you as dishonest, eh?" put in one of the listeners.

"Well," McRae replied, "He might have been straight, but he looked crooked.

A snapshot of a street in a small town in Wyoming is being used at Universal City as a pattern for the construction of a Western street for a Harry Carey production, "Human Stuff." The most pretentious building in the picture is a story-and-a-half wooden structure with a peculiar sign over the door, reading as follows: "Dick's (followed by a crude picture of a cow) A."

The entire company tried in vain to dechipher the sign which was finally explained by a cowboy who hails from the Wyoming range. The cow is supposed to be a calf, and the sign is intended for "Dick's Calf A."

"It's pretty bad when you have to pay $16 a quart for Bourbon," remarked a certain film actor to Harry Franklin, the Universal director.

"It's much worse when you pay ten," replied Franklin. "I know, I've tried it."

CANNING-HOUSE TOMATO SEED ARE DANGEROUS FOR PLANTING

Canning house run tomato seed should be avoided as it is usually made up of a mixture of strains and varieties and is likely to carry disease germs and produce an inferior yield and quality of fruit.

Whenever possible, seed should be bought from selected stock of the variety best adapted to the locality in which the crop is to be grown Few canning companies have given sufficient attention to this phase of the work to be able to supply such seed. United States Department of Agriculture specialists say it would be wise for the canners to make a specialty of the saving of high-grade seed.

The commercial production of high-grade seed requires the supervision of a man trained in the principles and skilled in the methods of breeding and of seed saving. As careful work of this kind is done chiefly by reputable seedmen their seed is much better than that saved and offered for sale at canning houses.

Crossing the tomatoes, such as naturally occurs in fields or plants grown from the mixed seed from canneries, brings out the crop in many qualities that do not usually appear in the parent varieties.

These are chiefly small and rough fruit, pale flesh and pulp, thin walls and partitions, and low percentage of solids. Although not all these characters occur as a rule, in the same fruit, some of them occur in so many fruits that they reduce the yield and quality of the crop.

Land adjoining some canning houses where refuse from wilt-infected tomatoes has been dumped has become so full of the wilt-producing fungus that a crop of tomatoes cannot be grown on it. Seed saved from such tomatoes would not only carry disease but it would also mix with seed from good tomatoes. Moreover, disease-bearing particles from the wilt-infected tomatoes would adhere to good seed. Both the diseased seed and the seed carrying disease germs on its surface would carry disease into the seed bed and field.

This method of distributing disease organisms to seed in the canning house is not limited to the wiit disease.

Auto is King

America makes nine-tenths of all the automobiles used in the world today. It is only a few years since the best cars were made in Europe, but now we send our cars to 183 different countries, including Iceland. It is no wonder that you can scarcely cross a street or road in the country without dodging an automobile, for last year nearly two million cars were turned out in the United States, which makes about seven million cars regularly registered in this country. In a few years it is believed there will be nearly twice as many. There are more cars to the population in Nebraska and Iowa than any other place in the world, or one for every six and a half persons.

FASHION NOTES

Interesting Items for the Fair Sex

Taffeta is in the lead for summer wear.

Parisian styles are most adorable in frocks of tafeta, black, blue, brown, gray, besides some of the brighter lines, with novel little bodices and attractive flounced skirts, set off by large turn-over frilled collars of white or organdie.

If black is becoming to you, by all means wear it this summer. Summer sweaters and sport coats are also in black.

Leading designers are laying much stress on the long-waisted bodice, worn with and without the narrow string belt, or an ornamental sash worn Oriental fashion.

GAY COLORED SASHES

Vividly colored sashes are now sold for wear with dark colored suits or dresses. Some of the designs for silk has been printed. One of the latest designs shows a pattern in orange and black against a flame-colored background.

Chinese Laundrymen Have Unique System

It appears that Chinese laundrymen have a system of ticketing a bundle of soiled clothes based on the many gods and goddesses of China. Though it is complicated, the washerman seldom delivers a bundle of washed clothes to the wrong person.

Moreover, if the ticket is lost the chances are that one will not get his linen unless he is a particular friend of the proprietor. Instances are on record where an American has gone to court to force the Chinaman to yield up the linen, but the judge was not convinced that the case of the white man was a good one.

The Chinese laundryman at the beginning of each week makes out a batch of checks in duplicate to be used as wash tickets. He selects the name of some god or goddess or of some object, as the sun, the moon or the stars. To this name he prefixes a number, as "Moon No. 1," "Moon No. 2" and so on. In the space between the two legends—for the signs are repeated twice—he has his own name, as, for instance, Kong Loo.

When a customer takes a bundle of washing to the laundry the Chinaman, first tearing a ticket in two in a ragged fashion, puts one-half on the packet for reference, the other half he gives as a receipt.

The Salvation Army now has branches in 66 countries.

What is CHIROPRACTIC

It is the most modern, efficient, and scientific, drugless method of removing the cause of any acute or chronic dis-ease, instead of treating the effect.

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This is DIS-EASE

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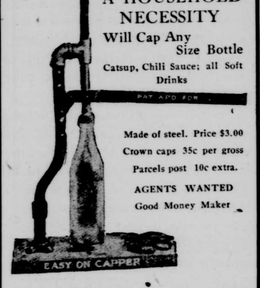
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