Women's Page

SPLIT PEA SOUP

Six hundred thousand plates of split pea soup.

It sounds like the nightmare of a Child's waitress, but it actually is the number of plates of split pea soup served by Anton Anderson in the 10 years he's been proprietor of Andersen's Cafe, Buellton, Cal., 'the original home of split pea soup.'

Jackie Martin, Herald picture editor has just returned from a flying trip to California, and her itinerary included the Anderson Cafe, which is just down the road a piece from Santa Ynez Mission.

Every year, Anderson told Miss Martin, he serves 60,000 plates of his famous split pea soup. Sometimes he serves a dish to William Randolph Hearst, for his cafe is near the San Simeon ranch of the publisher. Sometimes he serves Arthur Brisbane, sometimes Louella Parsons, sometimes Joseph Willicombe.

Distinguished visitors en route to San Simeon stop without fail to call on Anderson and his noted soup. He told Miss Martin:

'The recipe is my wife's. She is French, and it has been in her family for years. In New York years ago, I was with Louis Sherry—Willard Mack and Diamond Jim Brady were among our best patrons in those days—and I was with Marguery Voisson, where I served the wedding breakfast of Gloria Morgan and Reginald Vanderbilt.

'But I didn't serve them split pea soup. That we had at home, cooked by my wife. One day I did serve it to a very special customer, and he was so enthusiastic that I put it on the menu. Now it is the dish for which we are most famous.'

Andersen doesn't guard the recipe with his life, as so many good cooks do. He was generous enough to give it to Miss Martin, who brought it home for the food page. To serve eight:

Use two quarts of soft water, two cupsful of peas, four branches of celary two carrots, one onion, one-fourth teaspoon ful thyme, one pinch of cayenne, one bay leaf, salt, pepper. Boil hard for 20 minutes, then slowly, until the peas are done. Strain through a colander.

It should be popular with your family—it's so very popular in California that Andersen buys 10 tons of split peas every year.

SEVENTY YEARS YOUNG

So many people think that when a person reaches the age of three score years and ten that their work is done.

Life Begins At Seventy

Between the ages of 70 and 83 Commodore Vanderbilt added about 100 millions to his fortune.

Kant at 74 wrote his Anthropology, Metaphysics of Ethics and Strife of the Faculties.

Tintoretto at 74 painted the vast Paradise, a canvas 74 feet by 30.

Verdi at 74 produced his masterpiece Otello; at 80, Falstaff and at 85 the famous Ave Maria, Stabat Mater and Te Deum.

Lamarck at 78 completed his great zoological work, The Natural History of the Invertebrates.

Oliver Wendell Holmes at 79 wrote Over the Teacups.

Cato at 80 began the study of Greek.

Goethe at 80 completed Faust.

Tennyson at 83 wrote Crossing the Bar.

Titian at 98 painted his historic picture of the Battle of Lepanto.—The Golden Book.

WHEN MARK WON

When Clemens (Mark Twain) was in London, he thought he would like to meet Whistler, so one morning he called at his studio. The door was opened by an attendant, who informed him that it would be impossible to see Mr. Whistler that morning, as he was working from a model.

Clemens instructed him to take in his card, and soon the man returned, saying that Mr. Whistler would be very pleased to see him. When Clemens entered the studio the two well-known wits eyed each other like skilled fencers waiting for an opening, each a trifle nervous. Clemens went over to the canvas on which Whistler had been working, and, with both hands uplifted, passing them to and fro in front of the picture, he remarked:

'This is a most charming effect you have produced.'

Whistler cried out: 'For God's sake, Clemens, be careful! I have just been working on it and the paint is still wet.'

'That's all right, old man,' Clemens retored; 'I have my gloves on.'—J. Henry Harper.

GIVE CHILDREN TIME TO RELAX

Of course, all of us need recreation and social life; but we all need relavation very greatly. If we can only plan for fewer crowded activities for ourselves and our children we will find that life will be smoother. There will be time out when the children are tired or our nerves a bit frazzled. There will be time for them for coasting if snow suddenly appears; for skating, if the ice holds; for making candy, if the spirit demands it; for reading some particular book, or for just growing.

Children need time to think and plan as they grow. Let us give them that wonderful gift. We can soothe our consciences by looking about us and discovering that some of the most charming hostesses and most admired men were not, as children, surfeited with social life.

..EXECUTED FOR MAKING UNBREAKABLE CLASS

During the year 50 A. D., an ambitious glass artificer of Rome was beheaded by Emperor Tiberius Claudius for creating vessels of so tenacious a temper that they were as little liable to be broken as those made of lead, silver, or gold.

This skillful artist, having fashioned an artistic vial, a glass masterpiece, which he thought worthy of only such a person as Caesar alone, went and presented it to the emperor in the presence of his court. His gift was accepted and warmly praised by Claudius and all those assembled.

Highly elated over the honor bestowed upon him, the craftsman sought further to increase their admiration for his workmanship. De liberately and swiftly, he snatched the glass from the hands of the emperor, and dashed it with great force to the floor. Stooping quickly, he picked it up undamaged and returned it to the amazed Claudius, who upon examining it found it only slightly bruised.

Becoming somewhat excited, Caeser inquired if any other person besides him had acquired this same art of so tempering glass, upon which he received a ready negative answer. Suddently turning to his attendants, the emperor ordered them to seize this clever artificer and behead him, adding, 'Should this man become known gold and silver would be of as little value as the dirt in the street.'

—Argosy.

The Road To Better Health

HOW TO REVIVE A DROWNED PERSON

By DR. WILLIAM J. SCHOLES

Most persons who have been submerged in water for five minutes are dead when taken out, and all efforts to resuscitate them are usually fruitless.

It occasionally happens, however, that one pronounced dead is revived, and every one should accordingly be familiar with the best method of giving first aid to the drowned.

The first is expulsion of the water from the lungs. Most people start hunting for a barrel under the delusion that rolling the patient on it is the only way to expel the water. Andwhile the search is going on the patient peacefully passes away, for keeps.

The simplest and most effective method of clearing the air passages of water is to hold the patient up by his feet and let the head hang down. This, of course, provided there is someone present strong enough to perform this operation. Otherwise, placing the subject in the prone position and raising him in such a manner that his head will be lower than his feet is the second best procedure.

Having expelled the water the next step is artificial respiration.

The Schafer Method

The best system of reviving the drowned is the one devised by Schafer. He claims several advantages for his method, viz., (1) It is simple and easily mastered. (2) It can be performed by one person without becoming fatigued. (3) The mucus and water are expelled and prevented from blocking the passage of air in and out of the lungs.

The Schafer method, briefly described is as follows:

Place the patient in the prone position ,face down).

Stand astride him and place the hands on either side over the lower ribs. Make firm but not violent pressure, allowing the weight of the body to come on the arms. Maintain this pressure for three seconds, then relax and at the same time bring the patie nt's body upward.

Repeat the entire movement at intervals of five seconds—twelve times a minute.

Accessory Measures

During all this time the patient should be kept warm as possible. He should first be dried thoroughly and then wrapped in warm blankets. Friction of the surface of the body from the extremities toward the center should be kept up simultaneously with the artificial respiration.

After the heart action has definitely stopped there is little use in continuing efforts to restore breathing. However, so long as the heart is beating, artificial respiration should be maintained regularly and systematically. It should be continued for two hours before hope is abandoned.

Hints for the Household

BY BETTY WEBSTER

Even in the best regulated of homes, ants and fleas are almost as bad as flies in the summer. The ants cannot be prevented but if 'sweet things' in the pantry are placed in dishes of water and the bread box is set on 'stilts) —(any small pieces of wood)—in a pan of water the annoyance can be lessened greatly.

The fleas, however, must be done away with before they get into the house, if possible. To do this the breeding places must be eliminated. Sand piles are the most common and most neglected spots. So, if you wish to enjoy a 'flealess' summer be sure to have that old sand pile in the back yard leveled off in time.

RECIPES

I gave you a recipe for fruit salad not long ago but I think we all like variety—so here's another along with a recipe for fruit salad dressing which may be served with either one:

Fruit Salad

Place a slice of Hawaiian pineapple on a lettuce leaf and spread with a thin coating of soft cream cheese.

Cut pimientos into thin strips and place on top of the pineapple, radiating from the center.

Put a large teasoonful of fruit salad dressing in the center of the pineapple.

Fruit Salad Dressing

3 tablespoons of lemon juice
1 whole egg
1 egg yolk
1-2 cup of sugar
1-2 pint of cream

Beat egg stiff; add sugar and beat again, add lemon juice. Cook in double boiler until thick, stirring constantly. Add one-half pint of cream whipped. (More cream may be added if desired.)

Peach Conserve

1 dozen peaches
1-2 dozen oranges, rind grated and pulp sliced.
3 1-2 pounds of granulated sugar.
1-2 pound of chopped almonds.
1 pint of water.

Mix ingredients and boil about twenty-five minutes.

CONFERENCE PROGRAM IS ANNOUNCED

Wilmington M. E. Group Meets At Seaford

OPENS NEXT MONDAY

Appointments, Week Later, Ends Session

SEAFORD, Del.—The official program of the Wilmington Methodist Episcopal Conference which opens here Monday, March 25, as announced by the Rev. L. E. Windsor, pastor of St. John's M. E. Church, where the conference will convene is as follows:

Monday, March 25, 7:30 P. M., examinations.

Tuesday, March 26, 9 A. M., examinations; 1:30 P. M., examinations; 7:50 P. M., Fellowship Hour. Greetings by E. J. Winder, president of the board of trustees; musicale by Seaford Community Chorus, Paul H. Weil, director.

Wednesday, March 27, 9 A. M., the conference convenes in the church auditorium, the sacrament of the Lord's Supper, in charge of Bishop Edwin Holt Hughes, resident bishop of the Washington area, Washington; the benediction, the reconvening of the conference, the call to order; the roll call; the organization; the business sessions; 11:30 A. M., address by Bishop Hughes; 12:30 P. M. adjournment. Dinner will be served immediately in the church dining room; 2:30 P. M., conference session. The conference memorial service, the Rev. V. S. Collins, D. D., presiding; adjournment. 3:45 P. M., speaker to be announced; 5:30 P. M., supper will be served in the church dining rooms; 8 P. M., lecture, the speaker to be announced later.

Thursday, March 28, 9 A. M., devotions; conference session; 11 A. M., address by Bishop Hughes; 12 noon, corporate session for the election of ministerial trustees of Wesley Collegiate Institute; conference session; 12:30 P. M., adjournment. Dinner will be served in the dining rooms. 2:15 P. M., the anniversary of the Woman's Foreign Missionary Society in the Methodist Protestant Church, Miss Katharine Truex, presiding; speaker, Miss Elsie Ross, of Nadiad, India. 2:30 P. M., conference session; adjournment; 3:45 P. M., speaker to be announced; 5:30 P. M., supper in the church dining rooms. 7 P. M., motion pictures of Strawbridge Home for Boys; 8 P. M., anniversary of the Board of Home Missions, speaker, the Rev. C. A. Richardson, D. D.

Friday, March 29, 9 A. M., the lay conference will assemble in the Methodist Protestant Church; the call to order by the president; organization; business. 9 A. M., devotions; conference session; 11 A. M., united session; 11:30 A. M., address by Bishop Hughes; 12:30 P. M., adjournment; dinner will be served in the church dining rooms. 2:15 P. M., anniversary of the Women's Missionary Society in Mount Olivet M. P. Church, Mrs. Irene B. Flinn, presiding; 2:30 P. M., united session; conference business; adjournment. 3:45 P. M., speaker to be announced. 5:30 P. M., supper, 8 P. M., anniversary of the Board of Foreign Missions. speaker, the Rev. R. E. Diffendorfer, D. D.

Saturday, March 30, 9 A. M., devotions; united session; conference business; 11:30 A. M., address by Bishop Hughes; 12:30 P. M., adjournment, dinner. 1 P. M., luncheon of the Association of Ministers' Wives in the dining room of Mount Olivet Methodist Protestant Church. 2:30 P. M., united session; conference business; adjournment. 3:45 P. M., speaker to be announced. 5:30 P. M., supper. 8 P. M., anniversary of the Board of Temperance, Prohibition and Public Morals, speakers, Dr. Clarence True Wilson and Col. F. A. Ebberts.

Sunday, March 31, 9 A. M., conference love feast. 10:30 A. M., divine worship with sermon by bishop Hughes. 12:30 P. M., dinner. 3 P. M., ordination of deacons and elders by Bishop Hughes, assisted by several of the ministers. 8 P. M., divine worship with sermon by Dr. J. M. M. Gray, chancellor of the American University, Washington.

Monday, April 1, 9 A. M., devotions; conference session; reading of the appointments by Bishop Hughes; devotions; adjournment.

NOW AND THEN

There's beauty
In a storm
That shakes the trees
And twists their boughs
And strips them
Of their leaves—
But there's little beauty
In the storms
Of grief and fear
That shake
The human heart—
Beauty lies then,
Not in the storm,
But in the strength
With which our weakness
Bends,
And bears the weight.

—Doris Caesar

The River Thames in England has always borne the pronunciation temz; in fact, in the earliest literature, the spelling is shown as Temes. The 'h' was not inserted until about the year 1500, but this insertion did not affect the pronunciation.

One of the most interesting spots in old Virginia is the ancient town of Williamsburg which has been restored to its pristine beauty by John D. Rockfeller, Jr. Among the interesting things seen there is Old Bruton Church. It was first built in 1674. There one finds many quaint things, old alms basns, communon services and books chained to their places, because of their value.

In the old gallery one finds places where the slaves used to sit and on the opposite side were placed the college students.

'Ordered that liberty shall be given the College to take that part of ye galery for the use of the college youth, as far from the pillar on the south side of the Isle of the Church, to the north side of the Church, also that farther leave be given them to put a door, with a lock and key to it, to the stairs of said, galery, and the Sexton keep key.' Here they must sit through the service and sermons said to continue for two hours or longer 'and like it.' Here many of them carved their names on the seats and remain to this day.

MYSELF

I have to live with myself, and so
I want to be fit for myself to know;
I want to be able as days go by
Always to look myself straight in the eye.
I don't want to stand with the setting sun
And hate myself for the things I have done;
But I want to go out with my head erect;
I want to deserve all men's respect;
And here in the struggle for fame and pelf
I want to be able to like myself.
I don't want to look at myself and know
That I am bluster and bluff and empty show.
I never can hide myself from me;
I see what others may never see,
I know what others may never know—
I never can fool myself, and so
Whatever happens, I want to be
Self-respecting and conscience-free.

Laughed Ourselves Into Slump

F. P. A. in New York Herald Tribune

Mr. Frank Morgan says that the best way to bring about prosperity is to start wearing a smile and indulging once a day in a good hearty laugh. It is possible tht too many of us did that, and with greater frequency than Mr. Morgan suggests, when we brought about the end of prosperity. Some of us laughed so loud that we couldn't hear the storm warnings.

From twice-cooked food,
From an ignorant doctor,
From a friendly enemy,
From a wicked woman,
Lord, deliver us.

—Old Monkish Litany.

STILL POND

The Philathia Class met Thursday evening with Mr. and Mrs. Howard Toulson. They are planning to hold a chicken and waffle supper, March 28th, in I. O. O. F. Hall. Don't forget the date.

B. R. Fellows, Edward Fellows, and Howard Toulson spent Saturday in Vineland, N. J.

Mrs. J. B. Robinson is spending sometime in Baltimore with her daughter, Mr. and Mrs. John Davis.

Miss Marion Pennington, of Kennedyville is spending some time with Mrs. Ella Pennington.

Mr. and Mrs. Arthur Bacon, of Chestertown, Mr. and Mrs. Howard Rasin were entertained Sunday by Mr. and Mrs. Harrison Cornelius of near Lynch.

Mr. and Mrs. William Medders, and Mr. J. L. Price attended the funeral of Mrs. Jane Janvier Ewing wife of Rev. Harvey Finfield Ewing, of Elkton, last Friday. Mrs. Ewing was formerly of this town.

Mr. and Mrs. Aubrey Hogans and family of Sudlersville, Mr. Frank Hogans, of Chestertown, were entertained by Mr. and Mrs. L. P. Atwell on Thursday evening.

Miss Anna Walters, of Baltimore, is spending sometime with her sister, Mrs. William Ford.

Mrs. Lillian Fogwell and son visited with Mr. and Mrs. Nick Walters, of Turner's Creek on Sunday.

Mr. Julian Loller, of South Hampton, spent the week end with Mrs. Gertie Bradley.

Louis Atwell is suffering with the mumps.

Mr. and Mrs. Carroll Everett and son, of Sassafras, visited with her daughter, Mr. and Mrs. Arthur Price on Sunday.

Mr. and Mrs. L. P. Atwell and Miss Ellen Hogans spent Friday in Wilmington.

Mrs. Mary C. Johnston, of Hadden Height, Mr. and Mrs. George Crowding, of Media, Mrs. Erring of Norwood, Mr. Jack Jones, of Norwood, Mrs. Kiske and son, Robert, of Norristown, were guests of Mr. and Mrs. William Clark on Saturday.

Miss Louise Pennington, Mrs. Mary Harris, Miss Kathryn Hepburn, and Mrs. Elmer Atwell attended the Garden Activity Day last Friday which was held in Chestertown.

Miss Edna Wroth entertained Rev. Garriet of Norwood, Pa., Mrs. Sue Crowding, of Upper Darby, Mr. and Mrs. Spellman, of White Sulphur Springs, West Va., last Saturday.

Mr. and Mrs. Thomas Mann and family visited with her parents, Mr. and Mrs. Crossley, near Sudlersville on Sunday.

Mr. and Mrs. Eugene Massey visited with her parents, Mr. and Mrs. Thomas Williams, of Barclay on Sunday.

Mrs. Howard Stayton and daughter, Louise, of Wilmington, visited with Mrs. Angie Rasin and Mrs. Florence Watson over the week end.

Mrs. L. P. Atwell was taken to the hospital in Wilmington on Sunday. She was operated on Monday and is doing nicely at this time.

Mrs. Elmer Atwell, Mrs. Carson Greenwood, Mrs. E. K. Jones and Mrs. Clarence Ford attended the Singing School in Fairlee on Monday afternoon.

Mrs. William Medders, Mr. and Mrs. Edward Fellows, Rev. Moore are among those attending the Recreation School in Chestertown.

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