

Herald Home Corner

Housewives may mail requests for recipes or ask any questions concerning recipes published. A Herald subscriber, a woman versed in cookery, who desires to remain anonymous, will be delighted to publish requested recipes or answer questions.
—The Editor.

Apple Custard Pie

Three cups of milk, four eggs, one cup sugar, two cups of thick stewed apples strained through a colander; beat the whites and yolks of the eggs lightly and mix the yolks well with the apples, flavoring with nutmeg; then beat into this the milk and lastly the whites; let the crust partly bake before turning in this filling. To be baked with only one crust like all custard pies.

Steamed Graham Bread

Sift one cup of white flour, two teaspoons of soda and one teaspoon of salt. Add two cups of graham flour unsifted; then add one-half cup molasses, two cups milk which has been soured and is thick. Mix all together well, strain into a buttered mold and steam or boil in a kettle for 3 1/2 hours.

Clam Bouillon

Boil clams in their own liquor for 20 minutes. Let the liquid settle before pouring it off. Season it with pepper and salt and serve very hot or very cold in cups with a teaspoon of whipped cream on top of each cupful. About two dozen clams will give a quart of liquor.

Celery Soup

Boil one cupful chopped celery in one pint salted water until it is tender, add one tablespoon butter and one tablespoon flour or corn starch (thinned smooth with cold water). Boil five minutes, season with salt and pepper and scald in one pint of milk. One can use the celery leaves by straining before adding the other ingredients.

Beet Relish

One quart of boiled young beets, one quart of raw cabbage, chopped; two cups sugar, one-half cup grated horseradish, one teaspoon black pepper, one teaspoon salt. Chop beets, add other ingredients, cover with vinegar, put in glass jars and seal. Very nice and may be made at any time.

Scalloped Tomatoes

Arrange one can of tomatoes in alternate layers with one and one-half cup bread crumbs, in a baking dish. Season with salt and pepper. Dot with bits of butter and bake 45 minutes.

Bread Pudding With Onions

Mix one-half a pound of bread crumbs with a teaspoon of sage, two ounces of onions, and pepper and salt, with 1/4 of a pint of milk; add two eggs, well beaten, and bake in a quick oven. Good.

Pickled Carrots

Boil carrots until tender, cut into fancy shapes and put them into strong vinegar; spice or flavor to suit taste.

HOUSING PROBLEM ACUTE IN GERMANY

Cologne.—(By N. C. W. C.)—A conference of ecclesiastical authorities and representatives of the legal department of the government is to be held in the near future, for the purpose of trying to arrive at a settlement of the status of rectories and parsonages under the law permitting the seizure of residences and buildings to provide homes. Because of the great shortage of houses in Germany, legal steps have been taken whereby anyone having any room in excess of the requirements of his own family, can be compelled to take in tenants. As a result many of the richest people of Germany now have lodgers in their castles and villas. Under the law, however, public buildings were exempt from seizure for this purpose, unless the consent of the local authorities had been given, and this immunity was extended to the residences of pastors and rectors on the ground that their houses were for the service of the parish. Recently the Prussian Minister of Public Welfare, acting with the support of the Minister of Labor, declared that this immunity should no longer be continued. In several instances judicial decisions have been handed down in support of this declaration. The Prussian Minister of Religion and representatives of all denominations have protested, and in an interpellation in the Reichstag Dr. Everling, a deputy of the German People's Party, has put the question squarely up to the government for decision. The housing shortage is becoming more acute all the time in Germany. During the war, practically no building was done and since the war the costs of materials has made building prohibitive. It is authoritatively stated that many hundreds of marriages have had to be put off because the young couples are absolutely unable to find places in which to live. The shortage is particularly acute in the Rhur and Rhineland just now, because of the additional demands for housing facilities imposed by the French forces of occupation.

CAUSES OF HEADACHES

Probably the most common cause of headaches is auto-intoxication, or poisoning of one's self by waste products that are not properly thrown off by the body. This is a condition met with so frequently that we are prone to overlook its importance.

You may not be aware of a constipated condition. There may be bowel action daily, but it may be the waste material of food taken several days ago. Unless the intestinal function is active there is fermentation and absorption of body poisons. Headaches are sure to follow.

Victims of headaches in countless numbers have found temporary relief through salts or cathartics or have resorted to one of the many "headache tablets" or "wafers." Some even have sought relief in opium and morphine.

Let me sound a solemn note of warning against such a practice. Drugs or medicines should never be taken without the advice of a physician. The continued employment of any drug results in addiction to its use. An addict is a slave, and when a human being once yields to the clutch of a habit he is on his way to hopeless ill health and to a materially shortened life. The newspapers have accounts almost every day about the practices of the drug addicts. Certainly no one should take the chance of acquiring this terrible habit.

No one cause is more prolific of headaches than eyestrain. When one passes 45 or 50 he should visit the oculist at least once a year or at least once in two years. Simply because you can see to read does not prove there is perfect vision. It may be an unconscious effort, but any effort to see clearly means a drain of nerve energy. No matter how small the leak, the great reservoir of energy, the brain, will be called upon ultimately, and then comes trouble.

The presence of chronic headache should lead to an examination of the urine. Failure of perfect kidney elimination has this as a symptom. It is a good thing to make sure at regular intervals that these important organs are functioning as they should, but persistent headache makes it imperative.

Headache is a danger signal. Do not disregard the red light. Stop at once to find out what is wrong.—Royal S. Copeland, M. D.

PLACE NAMES

Eugene, Or.—(To the Editor.)—For many years I have been preparing a work on place names of the United States, their origin and significance. It is in the form of a card index and contains nearly 40,000 names, carefully classified. Credit is given to every contributor, for every name submitted with information as to its origin or significance. It covers every part of every state in the Union, and probably there is not a county but that is in some way represented. Except that of the United States government, it is the only work of the sort in existence, covering the entire country, and has many thousands more names than the government possesses. My entire time is being devoted to extending it, in the hope that before my passing the government will possess it, in which case the greatest good will be accomplished.

I want names of cities, counties, townships, settlements, villages, hamlets, streams, lakes, ponds, mountains, hills, springs, valleys, hollows, sections and any other names of places, together with when, by whom and why they were so named. If possible, every name should be located within a county, so that it may be exactly located.

I want every locality in the country as fully represented as possible, and must depend on the residents therein to help me. Will you do so by sending me a few names of which you have knowledge?

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SPENDING MONEY

In order to teach children to save it is wise to give a very little sum at first; the child will value it quite as much as a large one; even with 5 cents, very little people can learn to plan and save for special things.

One mother that we know has her little girl pay for all her lost handkerchiefs, says an exchange. Her allowance is small, but so are the handkerchiefs, and they cost very little. It is astonishing how that child keeps watch for the little bills of squares in her possession and how few she loses! She will not be one of those fascinating creatures we see who go through life dropping their handkerchiefs here and there for attentive men to pick up.

That child's parents planned out her allowance as carefully as they did her education. Next year she is to have a bit larger allowance and buy her hair ribbons. Later will be added gloves or stockings, and so on, till the girl is managing all the expenses of her living. To be sure, in this case it is her father's money, but how much better it is than for her to just take the money and spend it without thought.

Her mother was brought up in this way and the management of her household expenses shows the same principle and the same efficiency.

Children should be taught how to value and handle money. They should never be allowed to "charge" things at the stores; that is schooling for extravagance and debt. They should be required invariably to pay for all purchases in cash.

Telephone Facts

There are more telephones in the Pacific coast states of California, Oregon and Washington than there are in the whole of Great Britain.

Telephonically speaking Washington is by far the best developed capital city in the world. In propor-

Daily Fashion Hint



1273

FAVORED FOR GIRLS

An old chalis that rather gains in distinction by its simplicity, is this model for girls. The front, back and sleeves are joined to a yoke having an oval-shaped neck, and the closing is at the back. Attached to the lower edge of the waist is the two-piece gathered skirt. The sleeves may be made long or short. Medium size requires 2 1/4 yards 32- or 36-inch material.

Pictorial Review Girls' Dress No. 1273. Sizes, 6 to 14. Price, 35 cents.

Daily Fashion Hint



1339

CHIC, SIMPLE AND DIGNIFIED

The striking effect of the fancy satin in the narrow vest and the deep band of fur about the lower edge of the skirt, make this dress of midnight blue kasha cloth outstandingly smart. The neck may be in either round or square effect and the sleeves long and flowing or short, with turn-back cuffs. The design is exquisite in its styling and is favored alike by women of fastidious and conservative tastes. Medium size requires 3 yards 54-inch material, with 1 1/4 yards fur banding and 3/4 yard fancy ribbon for the vest.

Pictorial Review Dress No. 1339. Sizes, 34 to 44 inches bust. Price, 45 cents.

tion to population, it has four times as many telephones as London or Paris.

"In matters of illumination, communication and transportation," says the Boston Transcript, "the United States has become a country transformed. In all three directions, the practical common sense of the American people has made possible progress undreamed of in other countries. Two-thirds of all the telephones in the world are in the Bell system. It adds each year more telephones than there are in all France. America is the only country in the world in which the farm telephone is accepted as a matter of course and a valuable aid in agricultural operation."

Short Stories

In the early days of western Texas, land was sometimes more of a liability than an asset.

Jim Luke was the possessor of two such sections; cactus had no convertible value and the rattlesnake market was bearish. He had a trade in process with a fellow native—one section for a yearling.

Coming out of the office of the notary, his face was wreathed in a satisfied smile.

"Make yer trade all right, Jim?" asked a friend.

"Make the swap? Well I reckon I did! Say, you know that dern fool can't read or write." His voice dropped to a confidential whisper, "I just put both sections in the deed and he didn't know the difference!"—Judge.

"So you go to school, do you, Bobby?" asked the clergyman of the 10-year-old hopeful, of the Brigly household.

"Yes, sir," answered Bobby.

"Let me hear you spell 'bread.'"

"B-r-e-d-e."

"The dictionary spells it with an 'a,' Bobby."

"Yes, sir; but you didn't ask me how the dictionary spells it. You ask me how I spell it."

Affliction is the good man's shining scenes; Prosperity conceals his brightest ray; As night to stars, woe luster gives to man.

—Young: Night Thoughts.

Devote each day to the object then in time, and every evening will find something done.—Goethe.

Excess of wealth is cause of covetousness.—Marlowe.

Sweet are the uses of adversity. Which, like the toad, ugly and venomous, Wears yet a precious jewel in his head.

—Shakespeare.

It is better to be nobly remembered than nobly born.—Ruskin.

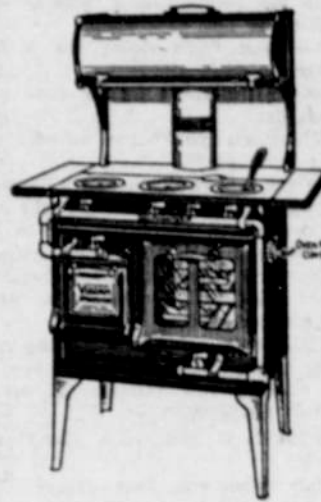
Why grieve that Time has brought so soon

The sober age of manhood on? As idly should I weep at noon To see the blush of morning gone.

—Bryant.

Just before the adjournment of congress the senate committee on immigration was told that "immigrant radicalism and immigrant ignorance had been greatly exaggerated." Detailed statistics were presented, covering every state in the union, purporting to show that "the leading states in foreign-born showed a low socialist vote." The material was presented by the Railway Business association and other large industrial organizations which are seeking to suspend the 3 per cent limitation of the immigration law. The industrial prosperity of this count, they declared, depends upon foreign-born labor both for unskilled work and as material for skilled labor.

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All that time is lost that might be better employed.—Rousseau.

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