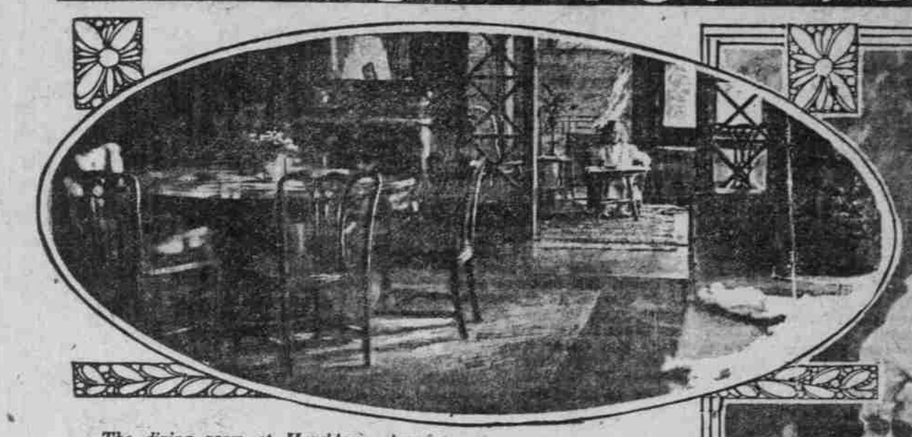
Health, Beauty And Happiness Matters Of Diet, Says Mrs Laidlaw.



The dining room at Hazeldean, showing Louise at her own little tea table, on which white bread never has been served.

Mrs James Lees Laidlaw does her own cooking in camp She is ably assisted by her little daughter Louise Mr Laidlaw cuts the fire wood and catches the fish. The location of the camp is a secret It is far away, deep in the woods, and there Mr. and Mrs. Laidlaw and Louise disappear every summer No other people are near them. They live in camp alone and play like they are pioneers.

Hazeldean the Laidlaws' home at Sands Point, Long Island, where happiness reigns partly because a sane diet prevails.

A GREAT many people have had the pleasure of hearing and seeing Mrs. James Lees Laidlaw, suffragist leader, while they were the audience and she was the speaker at some votes-for-women gathering.

And it is safe to say that a majority of these persons have found their thoughts deflected from the subject in hand for at least a brief instant while they wondered what was the golden secret which keeps Mrs. Laidlaw so beautifully glowing and sparkling through all the rigors of exciting campaigns. A little bird whispered that it was a secret of diet. Armed with this inside information, the interviewer asked Mrs. Laidlaw to explain the magic regimen.

Hazeldean, the country home of the Laidlaws, situated at Sands Point, Long Island, has only twice changed hands since the King James grant. It is a beautiful low-lying house 'way off by itself on a hill top. From most of its windows the Sound can be seen and from its terraces and loggias there is borne the bewitching breath of roses and honeysuckle. The visitor in making the rounds of the grounds is introduced to many shrubs and trees. Whatever the Laidlaws may be in politics, they are individualists in regard to growing things. They know all of their big stretch of out-of-doors pretty well by heart, and one receives a pleasant impression that the garden is part of the family.

"Diet," said Mrs. Laidlaw as she led the way to the vine-shaded terrace at the rear of the house, "is one of the things in which I have been intensely interested for a long time.

"Matthew Arnold has said that conduct is three-fourths of life. When you consider that efficiency, mental balance and much else that enters into the make-up of a human being are largely dependent on the digestion I think it is not too much to say that food is nine-tenths of life.

"I believe that the way to a nation's intelligence is through its stomach. Without proper nutrition no nation will rise to intellectual heights or to any great degree of efficiency. It is woman's part to nourish the race intelligently so as to add to the sum total of efficiency, comfort and happiness.

Diet and Ballot Interdependent.

"You want me to talk about diet, but irrepressibly, all this matter of obtaining better diet goes back to conditions which must be regulated by governmental action. You ask me not to talk suffrage, but, I submit, how otherwise, except with the ballot, is a woman to be equipped to deal with conditions such as those which affect her right to obtain proper food for herself and her family?"

A smile appeared in the depths of Mrs. Laidlaw's very lovely brown eyes.

"You see, we aren't talking suffrage," she said, innocently; "we're talking causes and effects."

"Women as mothers and as nurses are the people who take care of the health of the other members of the family.

"The man of the house has a headache, one of the sons has a stomach ache or it is discovered that the little children of the household are not being properly nourished.

"Probably some of these ills are due to the fact that the family has been eating fruits treated with arsenic, cream treated with formaldehyde, or wheat with all the strength-giving elements removed.

"But the wife and mother is forced to deal only with results. She must care for her suffering family as best she may, but, as is always the case with women deprived of any part in governmental affairs, she can deal only with effect; she cannot deal with causes; she has had no part in the regulation of causes, and without the power of the ballot she can have none.

Man Ought to Learn Better.

"Everybody, of course, does not agree with me as to diet. From my point of view, being a vegetarian, I consider that the cleanest, most wholesome and most normal food is vegetable food. I use the word in its broader sense to include grains, nuts, fruits, etc. I use also butter, eggs and milk, which is not according to the strict vegetarian code. My regimen is not followed by all the members of our household, and for the others poultry and occasionally roast lamb are provided, but I never have had a piece of roast beef on my table since I have been married. Fish we never use except when we are giving a dinner."

"But you let your little daughter have meat?"

"Yes," confessed Mrs. Laidlaw; "lamb chops and bacon and chicken, just a little of these. I really don't think they do her any good, but I haven't quite the courage to insist on her being brought up without any meat at all. If anything should happen it might be said that it was because she had been brought up without meat.

"But it seems perfectly evident that the strongest animals are those which live on a herbivorous diet. They have the most enduring strength and are less subject to bursts of ferocity. No doubt necessity drove men to eat flesh as the most available life-sustaining thing. But because man always has eaten flesh, so far as our knowledge goes, is no reason that he always should do so. The progress of civilization has been marked by the growth of agriculture, and coincident with the culture of peoples has come the development of exquisite nuts, fruits, vegetables, etc. From the days when the earliest woman tent keeper, with the woman's food preparing instinct, planted a seed which some wandering stranger brought her from a far land down to the days of Burbank there has been marvelous advance in the growing of wonderful viands.

"But meat always has remained the same and it is often brought to my attention when I am dining where a reeking roast or little birds with their toes turned up are brought on the table that there has been little progress along this line since the fleshy feast of Cedric the Saxon and before that from the time when the cave man turned an amorphous bit of meat on a stick. It is significant that the most exquisite thing with which to disguise the near-cannibalism of modern meat eating is to fringe it around with bright-colored vegetables. The only thing we have been able to accomplish with meats is the effete development of tripe, pate-de-foie gras, etc., the parts of the animal which even the savage cave man cast aside."

"Do you think the vegetarian diet much better for the complexion?" Mrs. Laidlaw was asked.

"I hope this isn't going to be a beauty article," she exclaimed; "because I don't think I could pause in the midst of a busy suffrage campaign to talk about the complexion." A little smile curled the corners of Mrs. Laidlaw's mouth.

"Naturally," she admitted, "whatever is good for the health is good for the complexion. There are the wholesome, nourishing grains, for instance.

"A grain of wheat is a perfect food balance. The nice little heart of the grain gives the proteids, the outer part is the heat-producing element and in the husks are the phosphates and the mineral materials.

"But in spite of their great nutritive value and their extreme cheapness grains are too much neglected as a part of the diet. I think it is largely because most people think of the grains as furnishing only an inevitable and unexciting breakfast dish. But grains can be baked and browned, croquetted and souffled, and in combination with other vegetables, with eggs, cheese, etc., will be found to afford an infinite variety of delicious dishes. Green peppers and Spanish peppers, tomatoes, chestnuts, mushrooms and truffles in combination with rice, hominy, cornmeal and samp are extremely palatable, nourishing and not at all difficult to prepare.

"In preparing grains it is of the utmost importance to remember that their value does not come out unless they have been properly boiled and cooked so that all the nice, fine little fibers have been separated. They may be washed with cold water and that water poured off, but after they have been put on the fire the water should never be poured off, as part of the value of the grains would be lost. The water in which they are cooked can be added to as it cooks away.

Delicious Food in Camp.

"As such long cooking is necessary I always have found it of great practical use to keep a jellied mould of grain—wheat, cornmeal or hominy, for instance—so that at any time when I want to prepare a meal I can cut off slices for grilling, frying or for a score of other uses. Hominy is the best of all to use in this way, although even rice may be cooked so that it can be kept nicely in these moulds. These jellied moulds of grain may be sliced and the slabs used under fried tomatoes or broiled mushrooms. Dipped in egg and broiled or fried they are very good, or they may be scalloped and take the place on the menu usually reserved to the eternal potato.

"Another thing that we always do when we are in camp is to use these slabs of jellied grain with alternate layers of vegetables. Whatever vegetables are at hand may be used up in this way. A delicious dish is made of a slab of jellied hominy, then a layer of eggplant, then another layer of hominy, and on top of this a layer of tomatoes or lima beans or peas. Season this with a little thyme or a little cheese and steam in the chafing dish or bake in the oven. Before putting in to cook beat up one egg and pour over the whole to lift it a little. Instead of baking powder always use an egg to make the thing puffy.

"The trouble with most cooks is that they are apt to stick too closely to an original recipe. This sort of dish may be varied in almost any way that is convenient. Spinach may be used instead of eggplant and other vegetables added if there are some to be used up.

"A person would huff and puff at being set down to a luncheon at which the principal dish was breakfast food, but with a little clever flavoring and combining as a disguise the breakfast food appears as an extremely appetizing viand. When we go away to our camp we don't take any servants. For three weeks we hide in the woods and do our own cooking. Then I can cook whatever I please in my own way and introduce any number of novelties.

"The use of sauces gives another opportunity for variety in preparing these dishes of grain. Brown mushroom sauce, egg sauce, attractive red tomato sauce and a delicate curry sauce are among those which I have used. A sauce of egg with a little bit of curry and sprinkling of Spanish pepper to make it look pretty poured over fried hominy or cornmeal makes a satisfactory addition to a meal. A plain white sauce with a good deal of finely chopped parsley is also good over grain croquettes. Caper sauce is good if you want something a little more wicked. Of course, caper sauce is out of the class of the perfectly innocuous, but if used sparingly it its not bad for one.

"Our cooks give us Hollandaise sauce always on asparagus or artichoke, so that we forget that it is equally palatable on many other things. It is excellent, for example, on fried or grilled eggplant. Eggplant is better grilled than fried, but if frying is more convenient it is possible to do so delicately, so that it will not come out encased in what appears to be a thick metal coating.

Potatoes Merely Incidental.

"Potatoes should be an incident, not a bulwark, of diet. Potatoes creamed, souffled or used au gratin are all very well, but the ubiquitous and inevitable potato staring one in the face at every meal is a thing to which even comparatively epicurean people have acceded to as an unalterable tradition. Instead there are such wonderful combinations of vegetables and the many grain dishes.

"In selecting vegetables the housewife often overlooks the properties of each one. Often I have sat down to a meal in which corn, rice and potatoes were served, all starchy foods; mashed potatoes and macaroni are also frequently served together, although, except for the little cheese over the macaroni, they have the same food value. Care should be taken in selecting vegetables to get a hydrocarbide and a proteid vegetable paired off at any given meal with a dish of a tonic or mineral-bearing vegetable. For example, potatoes or hominy or spaghetti with green peas or lima beans or mushrooms, and cauliflower or spinach or asparagus; or a salad may be substituted for the third group to preserve nature's balance.

How to Judge Breadstuffs.

"As to the inevitable accompaniment of eating—the various kinds of breadstuffs—the criterion always should be:

"Is it rough or smooth?

"Is it doughy and wudgy or crisp and puffy?

"Is it close or open?

"Is it brown and delicious or soggy and half baked?

"Are you getting a white bread gold brick or a rich, full-grained product?

"As a nation of breadmakers we are far behind many foreign countries. I forget what physician it was who said that "wads of fresh dough in the stomach have killed as many people as strong drink.' The best bread is a whole-wheat product baked until it is dry and flavorful.

"But, generally speaking, bread is no friend of mine. My little girl never has tasted white bread. We usually use graham or zwieback. The best way to use bread, it seems to me, is to make browned bread crumbs of it. I think most people who cook at all find that it is necessary to have a jar of browned bread crumbs always on hand. They are the making of ever so many dishes. Creamed eggs, for example, sprinkled with these breadcrumbs and browned in the open are ever so much more savory than without this covering.

Make Soup Delicious.

"An epicure would turn with scorn from a nutritious and inexpensive line of soups that I have in mind, such as black bean, split pea or dry green pea, but put a slice of lemon, a round of egg and a little chopped celery in black bean soup, add a bit of tomato, a dash of thyme to split pea soup or perhaps a subtle note of bay leaf and you have what I would characterize as not so much highly flavored as delicious savory. It is appetizing without being irritating to the palate, as other forms of seasoning are. Curry should always be used in the most delicate way, not as an assault upon the palate, but as a faint epicurean flavor. The same is true of bay leaf.

"I had the subject of grain diet called to my attention when I was a student in Barnard College. I was working in one of Professor Giddings' classes in sociology, and we were given a district of the city to visit with a view to studying the socialization of the families. We made friendly visits and I remember feeling green and timid about talking to experienced housewives until one day I happened to call at a house where mother and grandmother were working despairingly over a child very ill with dysentery. What was my horror to see them put the poor child up to the table and give him a potato and a piece of fresh white bread to eat. I made a wild protest and begged them to prepare some barley water and to give the child some zwieback instead of the fresh bread. To my astonishment I found that they did not know the use of barley at all and never toasted or dried a piece of bread.

The Poor Cannot Use the Fire.

"On further questioning I found that they had never any cornmeal, oatmeal or wheatena in the house, and that the use of the nutritious grains was practically a closed book to them. It is easy enough to criticize these families for failing to make use of these economical foods until one realizes that their facilities for cooking are so poor and that the lack of fuel is so widespread that it would be difficult for many of them to use the fire for a number of hours or to do any but the simplest cooking.

"It is easy to talk about proper dietetics when all the means of cooking food properly are at hand, but undoubtedly even taking into consideration the tremendous economic pressure under which the majority of people live it is no doubt true that with proper knowledge the food value of the diet would be very much improved even in the neediest home.

"Dried vegetables and dried fruits are among the staples which are often neglected by the housewife, and yet they afford an excellent opportunity to reduce the expenses of the table without cutting down the food values. Fresh vegetables, fresh fruits, meat and fish are expensive. The dried vegetables and fruits are just as nutritive and much less expensive, and they are often more digestible, especially for children and people with delicate stomachs. For a few cents one can prepare a dish of cornmeal souffle or scalloped rice or hominy and a dish of kidney beans with cooked apricots for dessert. A head of lettuce dressed in oil and lemon is an added luxury, which of course would strain some purses impossibly in Winter, but is not beyond the reach of any one in Summer time.

"FIGHTING FIFTEENTH" HAS ENVIABLE RECORD

WHAT'S in a name? "Forces not to be measured; life, death, divine courage, a rampant spirit of reckless abandon; these are in a name," comes the living, pulsating answer to this trite question—an answer which reverberates around the world to the accompaniment of cannon music from the plains of Flanders, where fighting British regiments are once more inscribing in blood on the scroll of Fame their nicknames won on many a shell-ploughed, shot-down field.

Because of its simple eloquence, the "Fighting Fifteenth" is one of the most striking of nicknames of British regiments now at the front. The name is an intense concentration of the regiment's history. It is fighting now; it has always fought when there was a cause, and it has never questioned the cause—that it was Britain's was enough.

This was the first regiment of light cavalry organized in the British army, and dates from 1795, when it was officially the Fifteenth Light Dragoons and popularly known as Elliot's Light Horse, from Colonel Elliot, whose defense of Gibraltar is one of the epics of history.

The Earl of Pembroke, Sir William Erskine and David Dundas were among the distinguished men who held commissions in the "Fighting Fifteenth" at the first. At Emsdorf, July 16, 1759, under Prince Ferdinand of Brunswick, the Fifteenth Hussars began to earn their nickname of the "Fighting Fifteenth."

The regiment performed notable achievements at Groebenstein, and at Friedburg it made the first of a series of famous rescues when it saved Prince Ferdinand, who had been surrounded by the enemy's cavalry.

Later they were to rescue the Prince of Schwarzenburg. It was near Le Cateau and Landrecies that a squadron of the "Fighting Fifteenth," under Captain Pocklington, advanced to support a reconnaissance made by the Prince of Schwarzenburg and a regiment of Uhlans.

The most famous exploit of the "Fighting Fifteenth" was the rescue of the Emperor of Austria at Villiers-en-Couche in 1794. The regiment was then serving with the Austrians against the French revolutionary forces in Flanders, where some of the fiercest fighting is in progress today.

The "Black Watch" is another name famous throughout the United Kingdom and the colonies. The Forty-second Highlanders, the oldest Highland regiment, does not get this name from the performance of any particularly gallant action, but the name has come to stand for all that is glorious, dashing and courageous in battle. The "Blacn Watch" has an enviable reputation as a righting regiment.

It was organized by combining several Highland companies raised in Scotland in 1725 to 1729, recruited first for the purpose of maintaining order in Edinburgh, and its members were for the most part from the clans of Campbell, Grant and Munro.

These clansmen wore their own tartan, but when John, Earl of Crawford and Lindsay, welded them into one regiment, known as "The Highland Regiment," a new tartan was devised by abolishing the color from those worn by the men in the ranks. Crawford, being a lowlander, had no family tartan, and it was from their black garments that the regiment got the name of the "Black Watch."

The "Gunners" means to the Briton the Royal Regiment of Artillery, whose record is the record of British arms in every quarter of the world.

It was not cavalry alone which attained immortality at Balaklava. The second battalion of the Ninety-third Regiment of Foot was there, and against it the Russians hurled the flower of their cavalry, a body of men in gallantry and dash rivals of the Light Brigade. In a "thin red line," only two men deep, the Ninety-third, with bayonets fixed, sprang to their feet and charged the Russian horse, not waiting for the enemy to reach them. It is hard to ride horses onto cold steel, and the Czar's cavalry wavered, but only for a second. Urged by spur and voice, the horses plunged forward again.

There was a furious clashing of steel, plunging horses, stabbing, slashing and shooting men.

The thin red line swept onward, the wave of Russian cavalry rolled back.

That British regiment is still the Ninety-third Foot in the files of the War Office, but to Britons throughout the world it is simply the "Thin Red Line."

The Royal Welsh Fusiliers is a pretentious and elegant sounding name, but the men and officers of the regiment prefer the title which has been conferred upon them by admiring thousands, the "Nanny Goats."

It was in 1685 at Ludlow that the "Nanny Goats" first became a regiment, being developed from 13 companies of foot recruited three years earlier in the Welsh marshes by Henry, fourth Lord Herbert. Among the battles where the "Nanny Goats" earned distinction are the Boyne, Namur, Schellenberg, Blenheim, Ramillies, Wynandale, Oudenarde, Malplaquet, the siege of Lille, Douai, Dettingen, Minden, Fontenoy, Bunker Hill, Corunna, Gibraltar, Copenhagen, Martinique, Torres Vedras, Badajos, Salamanca, Burgos, Vittoria, San Sebastian, Alma, Inkerman and Sebastopol. It also served in Egypt, Spain, Nova Scotia, Hanover, the Indian Mutiny, Ashantee, Burma and South Africa.

Quite a warlike record for a "Nanny Goat," which name was given to the regiment because of its mascot. In the officers' mess on St. David's day the goat, escorted by drum and fife, is marched round the table while each officer and guest who has not done so before must stand on his chair and eat a leek while a drummer beats a long roll behind him.

The "First Tangerines" are officially the Queen's Royal West Surrey regiment, but they won their nickname by their defense of Tangier in 1662, which fortress had become a British possession as part of the dowry of Catherine of Braganza.

The "Devil's Own" was a name given to the Connaught Rangers, or Eighty-eighth Foot, because of their notorious rascality. General Picton had described them as the greatest blackguards in the army, but after their terrific fighting at Fuentes d'Onoro he was obliged to admit they had redeemed their honor. At the taking of Badajos the "Devil's Own" rivalled their feats performed at Fuentes d'Onoro, and since then they have been continually bettering their reputation as fighters.

George II was the last British monarch to appear on the field of battle actually under fire. At the Battle of Dettingen he witnessed the remarkable bravery and excellent work of the East Surrey Regiment, then known as the Thirty-first Foot, originally a marine regiment. As the survivors went swinging past him in the midst of the battle he cried out:

"Well done, Old Buffs!" mistaking them for the Third Buffs.

When his error was pointed out to the King he exclaimed, "Well done, Young Buffs, then." The name has stuck.

The "Carabiniers" were originally the Ninth Horse and the Queen Dowager's Cuirassiers, so called in honor of Catherine of Braganza, whose master of horse was their first Colonel. The regiment dates from 1685 and won its nickname at the Battle of the Boyne, where it fought in the cause of William III so effectively that he termed it Carabiniers" as a distinguishing compliment. The present official title of the regiment is Sixth Dragoon Guards.

At Albuera Colonel Inglias commended the Fifty-seventh Foot, who were defending an artillery battered wall. As the enemy pressed home their last charge Colonel Inglias shouted above the din of battle:

"Die hard, my men; die hard."

That the Fifty-seventh Foot did die hard was attested by the heaps of the enemy's dead. That was in 1811. Since then the "Die Hards" have been dying according to their reputation.

When General Monk marched to London in 1660 to insure a free Parliament and the restoration of the Stuarts he took with him from Coldstream, in Berwickshire, his own regiment of foot, who were known thereafter as Monk's Coldstreamers. There is an unauthenticated story that when the escorting force met Charles II at Blackheath this regiment kept the still disloyal troops from mutiny, and the King, on learning whence they had come, dubbed them "My Coldstream Guards." To this day they are known as the Coldstream Guards.

There are several traditions concerning the origin of the name "Scots Greys." The most generally accepted one is as follows: When the Royal North British Dragoons, as the regiment was styled up to the time of the Crimean War, landed in the Low Countries in 1742 the Stadtholder noticed that me men were without mounts. He immediately ordered his own guard to turn over their gray horses to the Scottish corps.

HELPING HIM OUT.

"Sometimes I think," remarked the timid young man in the parlor scene, "that if I—er—had money I would—er—get married." "Well," suggested the dear girl who was occupying the other end of the sofa, "why don't you try and—er—borrow some?"—Philadelphia Ledger.