

HEADGEAR AS PART OF RECRUITING UNIFORM FOR WOMEN IS DASHING AND BUSINESSLIKE

New Addition to Summer Millinery Is Natty and of Military Design—Motor Veil, Gracefully Draped, Has Deep Hem—Summer Morning Hat Dainty.



Summer Millinery Includes Recruiting Hat.

DASHING and businesslike is this addition to woman's summer millinery. It is the adopted and recognized form of headgear that goes with the new recruiting uniforms for women in America and is correct in every detail, even to the chin-strap of leather—for, of course, no woman in Uncle Sam's uniform is going to rely on a hatpin! Nothing so weakly feminine as that in the new uniform. The recruiting girl in military, and natty, and trim from top to toe. With her soft felt service hat and her belted and pocketed uniform of khaki, she wears high-cut, sensible heeled boots with brass eagle buttons to carry out the soldierly effect.

There is as much art in the careless draping of a veil as there ever was in the manipulation of a fan. This motor veil is exquisitely arranged yet it appears to be very carelessly tossed over her shoulders. It is a well made of heavy quality georgette crepe. In the new, rich gold color, the hem in plain color and the center part having large printed wheels or discs in self-color. The very deep hem is a modern feature; and remember, that the seer is a hom on a chiffon or georgette veil, the more gracefully it may be draped.

For wear with simple frocks of white voile or lawn, or colored frocks of dimity, voile or ginghams, it is a pretty hat of simple style for the Summer girl. The leghorn brim has been bound with black velvet ribbon and velvet ribbon is tied around the base of the crown, two ends falling just over the brim at the back. Rose-colored satin ribbon is pleated around the crown and attached to a top-crown of the same ribbon; and one pink rose with green leaves is tucked against the brim on the right side.

Mining Man Modern Colossus. In the March American Magazine is an account of Daniel C. Macklin, who has doubled the world's copper output and is a giant in the copper field today. He has worked so swiftly and so quietly that the public as yet is not aware of his magnitude.

At 35 he was vice-president and general manager of a struggling mining company predestined, according to the unanimous verdict of expert opinion, to be a speedy, very complete and costly failure. This is not ancient history.

He rounded the Horn in his own steam yacht. He is 47 today and a multimillionaire. He controls the operation of four mines, all less than 12 years old, which annually produce twice as much copper as the famous mines of Michigan put together. He acquired an unprofitable zinc property four years ago, lifted its output until the figures approached the total zinc production of all the mines in Missouri, and made it pay \$15,000,000 in dividends during the last two years.

protein as a cup of whole milk, is far too valuable a food to be overlooked. In soup-making it should not be forgotten that vegetables are necessary for keeping the body in health, because they are relatively rich in mineral matters and mild vegetable acids, and contain recently discovered substances without which the body processes seem not to be carried on properly. Since soups offer an excellent way of utilizing odds and ends of vegetables, especially leftovers, and parts which otherwise would be wasted,

SOUPS THAT NOURISH VITAL TO HOUSEWIVES' MENU Broths and Chowders Compose Meal in Themselves and Are Excellent Use for Left-Overs.

ALTHOUGH clear soups, which are largely water, contain little nourishment, some thick soups, broths and chowders are literally a meal in themselves, according to the dietary specialists of the United States Department of Agriculture. Even a thin soup, taken at the beginning of a meal, by its warmth and pleasant flavor, may stimulate digestion so that the heavier foods are more easily digested. The combination of soup and bread is pleasant and leads to the eating of more bread or crackers than would be consumed ordinarily. Appetizing soups also may be made of materials which otherwise would be wasted. In this way such materials are made to contribute whatever food value they may have for the cost of the labor and fuel needed to prepare them.

One of the purposes which food serves in the body is to furnish energy for its muscular work, and one way of comparing the relative food value of different foods is to compare the amounts of energy which they furnish or, as physiologists call it, their caloric values. A cup (1 c., half pint or a large soup plateful) of milk soup flavored with vegetables yields a little more energy to the body than the same amount of a thick cream soup with pieces of meat and vegetables in it. A fish chowder, or a rich vegetable soup, such as cream of tomato, yields half again as much energy as the milk, while a thin soup, like bouillon, consommé, or clear tomato soup, yields only one-third as much as the milk, and less than half as much as the thick soup or chowder. A generous serving of thick meat soup or fish chowder yields more energy than an ordinary portion of roast beef, and even a moderate helping of vegetable milk soup usually furnishes fully as much body fuel as a moderate-sized rib chop of lamb.

EXTRA BUTTONS AND STUDS IN TRAVELING COLLAR CASE Starched and Ironed Collars Fit Around Button Bag in Center—Place Provided for Soft Collars Also.

GOODLY supply of extra collar buttons and studs may be carried along in this attractive traveling collar case for a man. In the center of the box is a small bag to hold buttons and studs, and the starched and ironed collars fit around the bag. Inside the cover of the box is a drawn-up pocket into which may be slipped soft collars folded once. The collar case is covered on the outside with black moire silk and has an edge binding and snap fastened strap of black saffian leather. Inside is a lining of warp printed taffeta.

the use of vegetable soup is often a real economy. The fact that soups can be given so many and so varied flavors, are so easily made, so generally relished, and make such palatable combinations with large quantities of bread and crackers, shows that they are very useful additions to the diet. Some recipes for soups, recommended by the Government specialists, follow:

Recipes for Nourishing Soups. Scotch broth—Three pounds mutton, 2 tablespoons pearl barley, 2 tablespoons minced onion, 2 tablespoons minced turnip, 2 tablespoons minced carrot, 2 tablespoons minced celery, 2 tablespoons salt, 1 teaspoon pepper, tablespoon minced parsley, 3 quarts cold water. Remove the bones and all the fat from the mutton, cut the meat into small pieces and put into a stewpan with the water, chopped vegetables, barley and all the seasoning, excepting the parsley. It will be found convenient to tie the bones in a piece of thin white cloth before adding them to the other ingredients. Bring the stew to a boil, quickly skim it and allow it to simmer for three hours, thickened with the flour and the chopped parsley.

Dried fish chowder—1/2 pound salt fish, 4 cups potatoes, cut into small pieces, 4 cups skim milk, 4 ounces crackers. Salt codfish, smoked haddock, dried fish, or other fish, may be used in this chowder. Pick over and shred the fish, holding it under lukewarm water. Wash the other ingredients of the dish as being prepared. Cut the potatoes into small pieces, the fish being cooked, then remove them, and finally add to the chowder just before serving.

Milk and cheese soup—3 cups milk, or part milk and part stock; 1/2 tablespoon flour, 1 cup grated cheese, salt to taste. Thicken the milk with the flour, cooking thoroughly. This is best done in a double boiler, with the water in the upper part to serve, add the cheese and the seasoning. The protein in this soup is equal in amount to that of a cup of milk. Its fuel value is higher than that of a cup of milk.

Milk and vegetable soup—1 quart skim milk, 1 cup bread crumbs, or 2 large slices buttered toast, 1/2 cup onion, 1/2 cup celery or leaves lettuce (not more than 4 ounces), 1 small slice onion, salt. Cut the vegetables into small pieces and cook with the bread crumbs in the milk in a double boiler. If a large quantity is being prepared for a school, for example, put the vegetables through a meat chopper. In this case slices of bread can be used instead of the vegetables, in order to absorb the juice.

Cowpea soup—1 tablespoon butter or pork fat, 1 stalk celery, finely chopped; 1 cup dried cowpeas, salt. Soak the peas 8 to 10 hours in water enough to cover. Fry the vegetables in the fat, add the peas in the water in which they were soaked and cook rapidly in a double boiler until the peas are tender. Put the mixture through a sieve and add water to bring it to the desired consistency. Reheat. If this soup is thickened with 1 tablespoon of flour mixed with a little water the pea pulp will be prevented from sinking. Dried navy or lima beans may be used instead of the cowpeas.

Split pea soup—1 pint dried peas, 4 quarts water, 1 large onion, minced; 4 tablespoons sweet drippings or butter which gives a better flavor, 3 tablespoons flour, 1/2 teaspoon minced celery, 1/2 teaspoon pepper, 2 teaspoons salt. Wash the peas and add to the water and cold water. In the morning pour off the water and put them in the soup pot with 1/4 quart of boiling water to the peas and when the water comes to the boiling point pour it off (throw this water away). Add 4 quarts of boiling water to the peas and place the soup pot where the contents will simmer for 2 hours. Add the onion and drippings slowly in a steppan for half an hour. Drain the peas and add the onion (save this water) and put them in the steppan with the onions and drippings. Then add the flour and cook half an hour, stirring often. At the end of this time mash fine and gradually add the water. The peas were boiled until the soup is like thick cream. Then rub through a sieve and reheat. Beans can be used in the same way as peas.

Mixed vegetable soup—3 quarts water, 1 quart shredded cabbage, 1/2 pint minced carrot, 1 pint sliced potato, 1/2 pint sliced onion, 1/2 pint sliced tomato, 2 tablespoons minced celery, 2 tablespoons butter or drippings, 2 tablespoons pepper, 3 teaspoons salt, 1/2 teaspoon pepper. Have the water boiling hard in a steppan, and add the vegetables except the potatoes and tomatoes. Boil rapidly for 10 minutes, then drain back to where the water is gently for one hour. At the end of this time add the other ingredients and cook one hour longer. Drain the vegetables and put in the steppan during the entire cooking. This soup may be varied by using different kinds of vegetables.

Cabbage and potato soup—1/2 pint boiled cabbage, finely minced; 3 medium-sized potatoes, 1/2 level teaspoonful butter, drip-pings, or other fat; 1 teaspoon salt, 1/2 teaspoonful pepper, 1 1/2 pints milk, whole or skim or milk and water, boiling hot. Peel the potatoes, cover with boiling water and cook until tender—usually 30 minutes. Drain off the water and mash until fine and light. Add the cabbage, butter or other fat, and seasonings, then slowly add the milk or milk and water and boil up well. If a thick soup is required the amount of milk or milk and water can be increased. If liked, an onion cut up fine and cooked in a little oil may be added. The soup may give additional flavor, or grated cheese may be served with it. Kale, turnips, or a mixture of vegetables can be substituted for the cabbage, if desired, and this is a good way to use up left-over vegetables.

Onion soup—2 large onions, except the tops, 3 level tablespoonful fat, butter, or a mixture of the two; 3 pints boiling water or water and skim milk (half and half); 1/2 teaspoonful salt, 1/4 level teaspoonful pepper, 2 tablespoonful flour for thickening, the onions, which have been cut up fine; 1/2 level teaspoonful salt, 1/4 level teaspoonful pepper. Melt the fat and when hot put in the onion soup, stir well and cook for 10 minutes. Add the water and milk, thickened with the flour stirred up in a little cold water, if it is desired to make the soup a little more "body"; boil up well and serve. It is a common custom to pour the soup over pieces of browned bread before serving. Mild cheese, grated, is a good addition to the soup, particularly if it is made with water.

Mocked Poached Egg Dessert. Mix boiled rice with a little sweetened whipped cream and shape into round, flat patties. Cover with a layer of stiffly beaten egg whites, sweetened and flavored. On top of each place half of a canned peach.

Watch Your Kitchen Waste, Is Plea. A LARGE part of the \$700,000,000 estimated food waste in this country is good food allowed to get into garbage pails and kitchen sinks. Don't throw out any leftovers that can be reheated or combined with other foods to make palatable and nourishing dishes. Do you know— That every bit of uneaten cereal can be used to thicken soups, stews or gravies. That stale bread can be used as the basis for many attractive meat dishes, hot breads and desserts? That every ounce of skimmed milk or whole milk contains valuable nourishment? Use every drop of milk to drink or to add nourishment to cereals, soups, sauces and other foods. If you do not want milk to sour keep it cool, clean and covered continually. Remember, too, that sour milk, buttermilk and sour cream are valuable in cookery so do not waste any. Sour milk and buttermilk can be used with soda in making hot breads, or sour milk can be turned easily into cottage cheese, cream cheese or clabber. Sour cream is a good shortening in making cakes and cookies and useful for salad dressings and gravies for meat.

Do you know— That every bit of clean fat trimmed from meat and every spoonful of drippings and every bit of grease that is left when meat is boiled can be clarified, if need be, and is valuable in cookery? Don't throw away your garbage pail at the expense of your bank account. That when meat is boiled the water dissolves out some valuable food and flavoring material? Save such water for soup or for use in stews or gravies or for cooking vegetables. Save and keep soup stock. Every professional cook knows that keeping a soup or stock pot is an essential economy. Do you know that valuable food and flavoring get into the water in which rice and many vegetables are cooked? Use such water for soup making if it has an agreeable flavor. Don't pour nourishment down the sewer. That careless paring of potatoes or fruits often wastes as much as 20 per cent of their food material? That the outside leaves of lettuce and the tops of many vegetables make de-

Famed For Their FIT The one hundred distinctively different models of Bon Ton CORSETS Back Lace or Front Lace cover thoroughly the whole range of Corset Requirements. For every woman, regardless of natural figure, there is one particular BON TON Model that will absolutely and accurately fit her form. Assuring that authentic style, exquisite comfort, and matchless service for which the BON TON Line is famed. 56 years' experience makes possible this comprehensive line of BON TON CORSETS for every need. Sold by the Leading Stores at \$3.50, \$5, \$6.50, \$8, \$10 and up From the HOUSE of ROYAL WORCESTER at Worcester, Mass. Makers of BON TON, ROYAL WORCESTER and ADJUSTO Corsets.

"SAVE YOUR BOTTLES" IS PLEA OF SPECIALISTS Serious Shortage of Preserving Jars and Cans Is Threatened, Is Warning Sent Out by Federal Government.

A serious shortage of preserving jars and cans is threatened, especially wide-necked ones—are useful for putting up fruit jellies and preserves. Put up fruit juices in ordinary bottles. Reserve regular preserving jars and cans for canning vegetables, soups and meats—United States Department of Agriculture. Juices should be packed in ordinary members of canning clubs and others who do not only to can products, but to dry and evaporate all such products as apples, pumpkin and squash. They advise strongly that if containers are scarce locally, those in stock should be used to preserve perishable products which have the highest nutritive value. Nothing should be packed in jars or cans which can be conserved effectively in other ways. Candy containers or other glass jars with screw tops or glass stoppers, and in fact any receptacle of glass, crockery or porcelain, can be sealed with cork or paper and paraffin. Large tin canisters or tin cans with removable covers, provided the body of the container is airtight and water tight, will be found useful in canning certain fruit products. Such containers can be sterilized and their covers hermetically sealed in place with solder or wax. The home-canning specialists of the United States Department of Agriculture urge every housekeeper to save bottles—especially wide-necked ones—for putting up fruits, preserves, jellies, jams and fruit juices. Saving of bottles is highly important, they say, as there threatens to be a serious shortage of regular jars and preserving cans this season. The fruit products named, if sealed with corks and paraffin, can be kept perfectly in these makeshift containers. Jellies, jams and preserves can be kept even in ordinary drinking glasses, by the use of paraffin and paper. Fruit

What Makes for Success? "There is always a premium in business on the man who does his work painstakingly," says J. O. Armour in the March American Magazine. "With completeness and finality; he is the man who will be trusted with more and more responsibility, up to the limit of his capacity. The man who informs himself adequately about his firm, its methods, its policies and its products, who does his work so well that no one needs follow him up to patch the ragged edges, is on the safest, surest and shortest road to achievement." An Observing Man. The lady lecturer had got her second wind. She was going strong. "Yes," she cried, waving her arms, "women have been wronged for ages. They have suffered in a thousand ways." She paused a moment to let this momentous statement sink in. "There's one way which they have never suffered," breathed a meek little man. The lady lecturer fixed him with a baleful eye. "And what way is that?" she hissed. "They have never suffered in silence."—Chicago Journal. English Muffins. A small piece of butter, softened; one-quarter cup sugar, one egg beaten with sugar and butter; three-quarters cup milk, one cup flour, two teaspoons baking powder. Quick oven. Bake in round muffin tins. This makes about nine muffins. A Sure Way to End Dandruff. There is one sure way that has never failed to remove dandruff at once, and that is to dissolve it, then you destroy it entirely. To do this, just get about four ounces of plain, common liquid arvon from any drugstore (this is all you will need), apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the tips of your fingers. By morning, most, if not all, of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single hair and trace of it, no matter how much dandruff you may have. You will find all itching and digging of the scalp will stop instantly, and your hair will be lustrous, glossy, silky and soft, and look and feel a hundred times better.—Adv.

Absorption Process Makes Faces Young Success has at last come to scientists who for years have sought some method of removing the outer veil of facial skin in cases of unsightly complexion, which would be both painless and harmless. The new process is so simple, so inexpensive, the wonder is no one had discovered it long ago. It has been simply demonstrated that ordinary mercerized wax sold by druggists in ounce packages, entirely removes by gentle absorption the withered, lifeless surface skin, showing the youthful, roselike skin beneath. The wax is applied at night, like cold cream, and washed off in the morning with soap. It also cleanses clogged pores, increasing the skin's breathing, and thus restores its own color and natural beauty of the new skin. A simple and harmless wrinkle remover which has also proved quite successful can easily be made at home in a jiffy. All one needs do is to dissolve an ounce of powdered exaltol in a half pint of witch hazel and bathe the face in the solution once a day for a while. After the very first application the fine lines disappear and the deeper ones soon follow.—Adv. How You Can Remove Every Trace of Hair (Toilet Talks) A stiff paste made with some powdered delatone and water and spread on a hairy surface about 2 minutes will, when removed, take every trace of hair with it. The skin should then be washed with soap and water. The delatone will have no harm can result from this treatment, but will be sure it is delatone you get and you will not be disappointed.—Adv. To Preserve, Purify and Beautify the Skin, Scalp, Hair and Hands Cuticura Soap and Ointment are supreme. You can find no others more effective no matter what you pay than these fragrant, super-creamy emollients. For Trial Free by Return Mail address post-card: "Cuticura, Dept. 22F, Boston." Sold throughout the world.