

## Stuffed Tomatoes Fine Dish



Most Appetizing Vegetable for Serving Stuffed.

(Prepared by the United States Department of Agriculture.)

One of the most successful and appetizing vegetables for serving stuffed is the tomato. Large, unblemished tomatoes should be chosen, firm enough to hold their shape when cooked. After they have been washed remove a thin slice from the stem. Carefully scoop out the pulp so that the tomato shell will not be broken. This pulp is added to the stuffing. Here is the entire recipe, tested by the bureau of home economics of the United States Department of Agriculture:

### Stuffed Tomatoes.

8 large firm tomatoes 1/4 tsp. celery seed  
1 cup diced salt pork 1/4 tsp. salt  
1 cup dry bread crumbs 1/4 tsp. pepper  
1/2 lb. chopped parsley 1/2 cup buttered crumbs  
1/2 onion pulp

Fry the salt pork until crisp and remove it from the pan. Add the parsley and onion to the fat and cook for two or three minutes, then add the cup of dry bread crumbs, the salt,

## HINTS FOR HOUSEKEEPERS

Careful planning cuts down time in preparation of meals.

Salt the fish both inside and out before stuffing to get the best flavor.

The baby's first shoes should have flat, flexible soles, pliable tops and broad toes.

Silk garments last longer if washed frequently. Dust particles and perspiration have a destructive effect on the fibers.

Plan the family menu to include each day an egg yolk for the baby under two years of age and a whole egg for every other member.

To make boiled vegetables popular with the family drop them in boiling water and cook them only until they are tender. This preserves the pleasant flavor, color and texture as well as the food value.

## Good Things for the Table

By NELLIE MAXWELL

Now is the time to get ready for all the good things which add so much to the table during the whole year.

Be sure to try one or two jars of these attractive pickles:

**Cucumber Pickles.**—Select cucumbers one and one-half inches in diameter, pare, cut into halves and remove the seed portion with an apple corer. Now slice into half-inch thick pieces. Simmer for a couple of hours in half vinegar and water, to cover, salting to taste; drain. Make a syrup of one pound of brown sugar, three cupsful of mild vinegar and boil five minutes with a bag of mixed spices; skim and pour over the rings. Stand over night; repeat two days more. On the third day, pack in jars, cover with the boiling syrup and seal. A few large, plump raisins added to this pickle improves the flavor and adds to the appearance.

**Rhubarb and Orange Marmalade.**—Take three pints of good flavored pie

plant, add the grated rind of three oranges and one lemon, add the juice and pulp, and three pounds of sugar; let stand over night and in the morning cook down until thick. Put into small glasses to serve; seal with paraffin when cold.

**Peach Preserve.**—Scald and peel six pounds of ripe peaches, add an equal quantity of sugar, the shredded kernels of six or eight pits, two oranges put through the meat chopper and the juice from a small bottle of maraschino cherries. Cook, stirring frequently until well blended, adding a few minutes before taking up, the cherries cut into fine pieces. Store in jelly glasses or half-pint jars.

**Poverty Pudding.**—The wealthy need not spurn this pudding for it is good; Take six cupsful of milk, one-half cupful of rice, one-half cupful of sugar, one teaspoonful of salt, one-half teaspoonful of nutmeg and one-half cupful of raisins. Put all together in a baking dish and place in a moderate oven. Stir frequently at first, then occasionally. Butter or finely minced suet will add to the richness of the pudding.

When a little meat of any kind is left over, put it through the meat chopper and use it in layers

with scalloped potatoes, adding a little onion, and lacking fat, some butter. Bake until the potatoes are done. Such a dish will be sustaining enough for a main dish and a little meat will season a large dish of potatoes.

**Meat Pie.**—Cut fine or chop any left-over meat, add any cooked vegetables and gravy and mix with a good white sauce, season well with onion, salt and pepper, cover with a blacuit dough or small blacuits, or a layer of left-over mashed potato brushed with egg. Bake in a moderate oven until well heated through.

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## Pineapple Sherbet

In the very warm weather a fruit sherbet is often more appealing than a richer dessert. Lemon is used with most other fruit juices to bring out the flavor and add a cooling acidity, as in this recipe for sherbet made from fresh pineapple. The use of a beaten egg white is customary in sherbets to give a smooth texture and make the mixture seem less cold on the tongue than a plain water ice. The directions are from the bureau of home economics.

1 large fresh pineapple 4 lbs. lemon juice  
White of 1 egg.  
Sugar well beaten  
1/2 tsp. salt

Select a well-ripened pineapple, remove skin, eyes and core. Grind the fruit in a food chopper, using the fine knife, and take care to place a bowl underneath to catch the juice. Press the juice from the pulp and add to the juice in the bowl. To each measure of pulp add an equal measure of sugar and heat. When the sugar has dissolved press the mixture through a colander to take out the tougher fibers. Combine the juice and pulp. Add the salt and lemon juice and sufficient water to make 1 quart, and more sugar if desired.

Use a freezing mixture of 1 part salt and 4 to 6 parts of ice. Turn the crank of the freezer slowly and when partially frozen remove the dasher and stir the beaten white of egg into the mixture. Pack the freezer with more ice and salt and let the sherbet stand for 2 or 3 hours to ripen in flavor.

These proportions make about 1 1/2 quarts of sherbet when frozen.

the other birds. But when he knew he was free he forgot all about me, but somehow, somehow I was sure his wings left a thank-you for me as they carried him away to freedom.

"My darling," was all her grandmother said, but Betty knew she understood—understood how sad it was with the empty cage after having so longed for the bird but also how beautiful it was to feel that the bird was now free and happy.

"His wings said thank-you.

"I know they did," and Grandma said she was sure that they had, too!

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## Fairy Tale for the Children

By MARY GRAHAM BONNEK

I want to tell you more about the little girl Betty who longed to own a beautiful red bird who lived in a cage in a shop in the town where Betty was.

She had wanted that red bird more than anything and now Grandma had come to visit her.

Grandma was such a dear. She had not been feeling well lately and she had come for a nice rest.

She knew she would be so happy with Betty, and Betty looked forward to having Grandma come.

Then such a wonderful thing happened to her. It was what Grandma said to her that was so perfect.

"Betty," she said, "I shall be wanting a good deal of help while I am getting better and I shall pay you as my little nurse. I shall pay you ahead of time as I know you would love to have your bird now.

"You can have the five dollars for him and three dollars for a cage."

Betty could hardly believe what she heard. But it was true. As quickly as she could she went to the shop where the bird stayed.

On her way there she felt almost certain that she would find the bird had been sold, but wonder of wonders, when she arrived she saw the bird in his cage just back from the window.

She looked in the window first of all. She wanted to do all this very slowly.

It was going to be such happiness

to say she would pay for the bird and take him along with her.

But as she stood looking in the window some one was speaking to another.

"What a wicked thing to have a scarlet tanager in a cage! A bird which loves the woods and green trees to be kept in a cage!"

Betty turned to the woman who had spoken. "But the man says he doesn't mind any more than a canary does."

"What nonsense," said the woman. "Why, it's as bad as to cage a robin."

"Oh," was all Betty said. Sadly she went into the shop. She told the man she had come to buy the bird and the cage and that she would take him with her.

When she came outside the people had gone. She took a street car but not in the direction of her house.

It was hard carrying the cage but she managed and at the end of the line she got out.

There she walked a little until she came to the edge of some woods, and then she opened the door of the cage.

At first the bird did not stir from his perch. His heart was beating from the ride and the excitement, and then suddenly he seemed to realize his door was open.

He looked out. Ahead of him were green trees—woods—a beautiful wild park.

And then he spread his black wings and off he flew to the nearest tree. For a minute he perched there.

And then with a gorgeous flight of happiness he flew away into the green trees.

All that Betty could see was a flash of scarlet in the green of the leaves. "Dear, dear bird," Betty said, but the bird was too far off to hear her or to pay any attention at all.

She was very late in getting home. Her family had just begun to work.



At First the Bird Did Not Stir.

ry about her, and in she walked carrying the empty cage.

Then she burst out crying.

"Why darling, my darling Betty," her grandmother said, "did the bird get away? You poor little girl."

"Oh, Grandma, I'm so happy—really, Grandma, I am happy."

Her family could not understand it at all. She had lost her bird, she was crying, and she said she was happy.

"Oh, Grandma, the bird was a scarlet tanager, and he belongs with green leaves and in the woods and I let him go—free, so he could be with

## Gay Jacket for Autumn Wear

By JULIA BOTTOMLEY

Short rather than long is the verdict recently rendered for the unlined separate coat. Midseason styles especially place emphasis on the shortened jacket.

It is a short-rather-than-long coat which gives the final touch of chic to the costume in the picture. If one is the happy possessor of a sleeveless print frock (most women own not one but several), the addition of a little jacket similar to this one will tune it admirably to midseason wear. Which is exactly what many are doing this very minute—buying or making cunning jackets such as will extend the wearableness of their frocks of gay print into the cool fall days.

Color is a very important consideration when choosing the right jacket for the right gown. Either white or high colors are most successfully mated with the more summery frocks in light print for immediate wear. It is a little jacket of heavy white crepe which imparts a flattering finesse to the print gown illustrated. The jacket which fastens with a softly tied bow as does this one is a favored type.

Many women are taking advantage of the short-jacket vogue to sound a startling color note in an ensemble way. For instance, a tangerine and brown silk print dress topped with an orange-colored flannel or crepe jacket, the same surmounted with a matching felt hat, becomes an exponent of midseason chic. If there is one color more than another which is being featured at this writing it is orange, or carrying it tangerine if you will, the vogue even into bright pumpkin shades.

Coming back to the short-jacket phase of the mode, the popularity for immediate wear of the sleeveless pique frock with jacket accompaniment should be mentioned. The smartest are self-colored. That is, a pale yellow pique which companions with a jacket of flat crepe silk in perfectly matched color bespeaks that which is fashionable. In the same matching spirit, a delicate pink crepe coat is posed over a silk or cotton pique, the



one equally as fashionable as the other.

Contrasting the white and vivid-toned little jackets are those in navy, these same being very popularly worn with white and printed frocks.

The subject of jacketed and frock costumes suggests a very interesting theme—that of the new interests for fall which feature a print weave with a plain in choice, related colors. The newest types, which are simply too beautiful for words, are called plumage silks, so named because of their realistic bird colorings. Watch for these!

If madam asks to be shown plumage silks in pheasant colorings, or peacock tones, or parrot shades, the salesperson will bring out the most intriguing combinations, perhaps a mar-

velous print all in yellows and ruddy browns which looks as if it had captured all the glorious tints of the pheasant. With it will be shown the same silk weave in a beguiling pheasant brown in solid tone. The idea is to use the print for, say, the frock and the plain for the coat, or vice versa if you prefer.

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### Won Fame in America

April 21, 1881, was the birthday of John Muir, who was one of the famous American naturalists, despite the fact that he was born in Scotland. He lived for many years in the Yosemite valley, and wrote extensively of the geological and botanical features of the Sierra Nevada.

## Bib That Child Can Manage

(Prepared by the United States Department of Agriculture.)

Everything a little child wears may be made to play a part in its development if thought is given to the way the garment will be used and what the child itself will have to do to manage it without adult assistance.

Being interested in children's clothing from the standpoint of self-help in dressing as well as in practicality and simplicity of design and attractive appearance, the bureau of home economics of the United States Department of Agriculture has scrutinized a good many commonly used children's garments and found them lacking in some important feature.

One of the humblest, smallest, and yet most universally necessary articles is the bib worn at every meal from the time the first solid food is fed from a spoon. Attention has been given rather to protection of the clothing than to ease of manipulation, so that even a child of three or four is usually obliged to ask some one else to tie the strings of his bib at the back of his neck. Bibs of rubber and other water-proof fabrics are widely sold, and while these have the merit of preventing damage to the garments they are not comfortable.

Clothing specialists of the bureau have several suggestions to make about the fabric used in bibs and its attractiveness to the child, and they recommend improved styles of bibs which train the child in self-help. Ratine and Japanese cotton crepe are favored because they are soft and semi-absorbent, easily washed and require no ironing. These materials prevent the food which the child spills from dropping to the floor, and can be used as napkins. Children love pretty colors, and interest can be added to the wearing of the bibs by making them of different colors bound with white or of white bound with color. One successful bib developed by the



Note the Strings Which the Little Girl Can Adjust Herself.

bureau is of white ratine, bound with bias tape in color. This binding is extended at the neck line into 18-inch strings which are put through eyelets on opposite sides of the neck and then fastened to small brass or bone rings. The bib has no right or wrong side, and the child has only to get both strings over his head and pull on the rings as in the illustration, and the bib is adjusted snugly around the neck. If the strings are thrown back over his shoulders they form a loop which holds the bib securely in place throughout the meal. To get it off, the child takes hold of it at each side of the neck and pulls it out and down. Even a two-year-old may be taught to manage this bib without help. Anyone can easily cut a pattern for this bib. The United States bureau of home economics in Washington will furnish a diagram if needed, but it does not have patterns of this or any other garments for sale.

## NEARBY AND YONDER

By T. T. MAXEY

### Churchill Downs

CHURCHILL DOWNS, that celebrated mile-and-a-quarter-long race track near Louisville, founded in 1874, annually has been the scene of a famous horse race. It is the home of the Kentucky derby which, to the United States, is what the Epsom derby is to England and is laid out on ground formerly owned by the Churchill family. Downs is an English term often applied to a race track—hence the somewhat peculiar name.

The Kentucky derby is more than a horse race. It has become an institution, where the horse is king for a day, the crowds gay and the experience thrilling. This outstanding annual sport event is the culmination of the love of horsemanship by an aggregation of humanity which has come from practically every nook and corner of this country—as many as a hundred thousand on one occasion, to witness a single contest between aristocratic thoroughbreds of the horse world.

Horse racing and the fondness therefor is an English pastime which gained a foothold in America some 300 years ago. It broke out in Virginia, worked its way over the mountains and lodged in the Bluegrass state when interest in horses and racing ran high about 150 years ago.

The history of the Kentucky derby and that of the turf in America are largely one and the same thing. Obviously, the derby is the goal of horse and horseman alike, because to win it is an honor extraordinary.

Strange as it may seem, it seldom has been won by a favorite. The number of nominations for a single derby have varied from 3 to 193. Odds as high as \$184 to \$2 have been won.

### The American Obelisk

ABOUT forty years ago the then khedive of Egypt, Ismail Pasha, presented one of the forty-two known obelisks in the world to the city of New York. The city of New York caused it to be erected upon a prominent spot in its great Central park and, just as the pasha probably surmised, it since has proved to be an object of marked curiosity to the millions of Americans who have seen it.

This is the only Egyptian obelisk in America. Only five of the other forty-one are larger. It is composed of syenite—a stone which greatly resembles granite, 66 feet high, 7 feet 9 inches square at the base, tapering to 5 feet 3 inches at the top, is mounted on a 2-foot base and weighs 214 tons.

Its surface is covered with historic inscriptions cut in Egyptian hieroglyphics, which are somewhat obliterated on one side, due to sand, to exposure to the sand storms of the desert. Experts declare that it has aged and been injured more since it has been in America than in all the centuries of its previous existence, owing to the changeableness of our climate compared to that of Egypt. Accordingly, it has been coated with a preservative material to stop further damage by the weather.

History records that this obelisk was originally erected at Heliopolis, but was moved to Alexandria about the Twelfth century by Augustus Caesar—presumably as a spoil of war, and dates back fifteen centuries before the coming of Christ or to the reign of Thotmes III.

### The Hall of Fame

THE Hall of Fame was founded by a gift of \$250,000 by Mrs. F. J. Shepard (the former Miss Helen Gould) and the acceptance thereof by the New York university, for a building on Washington Heights in New York city to be called "The Hall of Fame for Great Americans."

A structure in the shape of a terrace with a colonnade effect was built—the first floor to house a museum, the 600-foot-long colonnade above containing 150 panels, each of which is to hold a tablet carrying the name of a great American who is represented by a bust on a pedestal.

Fifty names were to be chosen in 1900 and additional names added at intervals until the year 2000, when the full quota shall have been chosen.

A college of electors, consisting of approximately 100 distinguished men and women of America, was set up to determine who were the 150 greatest Americans. Nominations by the public were invited—only those great Americans who had been dead 25 or more years being eligible. A two-thirds vote was necessary for a name to gain admission to the hall.

Twenty-nine names received the required vote in 1900, and a number have been added at each five-year period since that time—a total of 65 to date, 59 of men and 7 of women, and 57 busts have been placed in position.

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### International Scholarships

The three undergraduates from Oxford and three from Cambridge university (England) to attend the universities of Harvard, Yale and Princeton in the United States were founded in 1923 by Mrs. Henry P. Davison of New York.