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## SOUTHERN PACIFIC



*Madam—*

When the problem of "what shall we have for dinner" again presents itself—just remember what a zest

### Ghirardelli's Ground Chocolate

adds to any meal. It is ready at a moment's notice, it is liked by every member of the family, it is easily digested—it is, on the whole, a perfect home beverage. Yet it is as inexpensive as anything of its kind you can buy. Thirty cups to every pound.

You're SURE of the quality if you insist upon getting  
**GHIRARDELLI'S**

**D. GHIRARDELLI CO.**  
San Francisco

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*A sample can, mailed free, will prove why it is so popular.*

## THE HOUSEHOLD DEPARTMENT

### RICE REDUCES COST OF LIVING.

This Cheapest and Most Nutritious of All Foods Has Been Neglected.

**T**HE STEADY increase of the high rate of living in America may be attributed partly to the fact that too many of our housewives buy expensive foods to tickle the palates or please the eyes of their lords and masters, instead of considering the needs of their stomachs. They do not give enough thought to the nutritive value, digestibility or adaptation to the requirements of the human body when making purchases. By a wiser selection of food materials, based upon a knowledge of actual nutritive value, a satisfactory diet, adapted to the physical needs of the individual, and at the same time more economical than the ordinary menu, can be secured.

While still complaining of the high cost of living, the average housekeeper overlooks rice, the cheapest and most nutritious of all foods, as an economic factor in reducing grocery bills. While other staple food-stuffs have advanced from 50 to 200 per cent in the last few years, this staple may still be purchased at the same price our fathers paid for it.

A pound of unpolished rice that costs ten cents will furnish as much fuel to keep the human machine in motion as a pound of beefsteak, costing twice as much. In nutritive value this cereal is ranked higher than wheat, rye, buckwheat, potatoes, corn or beans, and is much more easily digested than any of them, and may be made as palatable.

### PROPER DIET IMPORTANT.

Simple Food and Smaller Variety Better for Health.

**O**VEREATING and too frequent eating, as well as taking of rich complicated and indigestible foods, are by far the most common causes of heartburn and flatulence. A large number of people fail to realize that the stomach is an organ that is capable of abuse and that these and other similar symptoms and disturbances are due directly to maltreatment of the organ. The majority of people who can afford it eat too much, and many people would be far better healthwise and fitter for the duties of life if they would cut their ration in half, and not take food more than three times a day. Taking sweets, cakes, pastries, or even fruits or nuts between meals is a pernicious practice which invariably brings punishment sooner or later. Some people even go so far as to think that they must eat if they happen to wake up in the middle of the night. The simpler the cookery and the smaller the variety of foods taken at any one meal, the better chance there is for comfortable and efficient digestion.

After clearing the stomach and bowels cleansing the system by free waterdrinking, it is a good thing to begin with fruit juices, or such stewed fruit as apples, pears or prunes, or even fresh fruit, including oranges, tangerines, grape fruit, grapes, apples, pears, peaches, apricots, pineapples, green gages, victorias, bananas and indeed almost any ripe, sound fruit that is available. Freshly prepared salads of watercress, celery, lettuce and tomatoes are also in order. Nuts may be taken providing they are thoroughly masticated. Sour milk properly prepared and lactic cheese are always preferable to sweet milk and most milk foods. Indeed, persons suffering from heartburn and flatulence do well to avoid all forms of milk and milk preparations, with the exception of buttermilk, soured milk, and the freshly-prepared lactic cheese. Another article of diet which should also be tabooed is sugar. The same is true of sugary foods, such as sweets, chocolates, jams, marmalades, cakes and pastries. Rich and complicated dishes and all highly seasoned food should be rigidly avoided by those who are seeking to escape from heartburn and flatulence.—Good Health.

To cleanse a washable veil, fold it neatly and hold the folds in place with a thread. Wash the veil carefully in soapy water and rinse it in salt water to set the color. Do not wring the veil, but fold it in a soft bath towel. Press out as much water as possible. Take out the bastings and with a moderately hot iron press the veil dry. Pass the iron over the edges first and then press the middle. This will keep the veil in better shape than pressing otherwise.

Chloroform is said to be excellent for removing ink stains, especially from delicate laces, centerpieces, or from silk of any shade, as it does not injure the color in the least.

### RELIABLE RICE RECIPES.

Rice Prepared in Attractive Ways Is Wholesome and Cheap.

**T**HERE are many attractive, nourishing dishes that may be made with rice besides the ancient and honorable boiled rice pudding or floating island. A bit of it need never be thrown away. It improves any soup. Cold-boiled rice may be substituted to advantage whenever bread is used as a stuffing. Spoonfuls of rice arranged as border makes a pretty garnish for meats or vegetables.

The following inviting southern dishes may be prepared entirely from leftovers, those in which the legumes are used need no meat served with them to make a well-balanced meal.

#### Jambalaya.

Take cooked schrimp, oysters, fresh or salt fish, cold ham, fowl, roast beef, sausage, mutton, ham, liver, any scraps of meat you have on hand, brown in a tablespoonful of sweet lard, with an onion and sweet or red pepper (remove seeds). Add a tomato, clove or garlic, minced parsley, ground cloves, thyme, bay leaf, or any other seasoning desired. When all are nicely browned, add two quarts of hot soup stock, or water, if the rice is raw, or much less if cooked. Let this boil for ten minutes, then add a cup of rice. Cook until the rice is tender, stir with a fork to keep from burning.

#### Japanese Enshi.

May be made of cooked fish, not usually considered wholesome or palatable, warmed over. Bring a cup of cooked rice to a boil, when boiling add the cooked fish or salt fish, turn out on a platter, pour over it a mayonnaise, and serve.

#### Beans and Rice.

Use red or any bean. When quite soft, add a teaspoonful of salt, butter, a small onion, half of a sweet or red pepper, simmer until the seasoning is soaked in. Served with boiled rice this is a complete meal.

#### Okra Pillau.

Slice a pound of bacon, cut up a quart of okra, slice half an onion, fry together until a light brown. Put in a little over one quart of water, add a pint of washed rice, boil or steam all together until the rice is done.

#### Rice—Invalid Dish.

Butter a common glass (previously warmed), and line with warm, boiled rice; into it pour the stiffly beaten white of an egg, to which a pinch of salt has been added; on the top lay the unbroken yolk. Set the glass in warm water, let come to a boil, and cook just long enough to set the white. Serve with a piece of dry toast.

#### Rice Water for Babies or Invalids.

Boil one cup of rice in three-fourths gallon of water, until the quantity is reduced about three cups, strain. May be used in the proportion of two-thirds rice water to one of cow's milk.

### SUGGESTIONS FOR THE FARMER'S WIFE.

Linen rags should be carefully saved, as they are extremely useful in sickness. It is well to have a bag for clean pieces of old linen, where they can be readily reached in emergency cases.

Both ashes and suds are good fertilizers for bushes, vines and plants.

Pulverized alum possesses the quality of purifying the water. A large spoonful stirred into a hoghead of water will purify it so that in a few hours the dirt will all sink to the bottom, making the water clear and fresh. Four gallons may be purified by a teaspoonful.

If hot fat is spilled upon the floor pour cold water upon it immediately, and it can then be taken up with a knife, thus preventing the grease from sinking into the floor.

If a new broom is dipped into scalding suds it will toughen the broom, making it last far longer than if used with the toughening process omitted.

**Walnuts as Food**—A London medical journal recently published some interesting facts concerning walnuts as food. According to this authority, "30 large walnut kernels contain as much food value as two and three-quarters pounds of lean beef." With beef worth approximately 20 cents a pound this means that each walnut is worth about 2 cents as food product as compared with beef. That these facts will greatly encourage the production and consumption of walnuts is hardly to be expected. There is some consolation, however, in the thought that when meat has become a luxury to be indulged only by the rich, the general consumer can keep his dinner very well—somewhat like Peter Pumpkin-eater's wife—in a walnut shell.