

DAILY MAGAZINE PAGE FOR EVERYBODY

PETER'S ADVENTURES IN MATRIMONY

By LEONA DALRYMPLE

Author of the new novel, "Diane of the Green Van," awarded a prize of \$10,000 by Ida M. Tarbell and S. S. McClure as judges.

Peter's Home-Coming.

RETIRING to the kitchen with my string of fish, found a knife, and made out a list of my friends.

"I'm a philanthropist," I told myself. "Here I'm pretty tired, and still I think of my friends, clean fish for 'em, and generally sacrifice to my comfort. And to have fresh fish like these sent to you—nicely cleaned—is a real privilege."

It was very warm in the kitchen. The light by which I had to work made it even warmer. A mosquito or two had discovered first an entrance through an infinitesimal hole in the screen, and then, knowing well enough that Mary would be inclined to laugh, I set to work again.

Peter Keeps on Moving.

I stopped scaling fish for a while and stared out of the window.

"I simply can't surrender," I told myself, "for the looks of the thing, and I won't. If I should throw any of this catch away it makes me a 'name hog' and I hate 'em. Wonder if Foote took his share. Certainly it doesn't look so."

I thought some of calling Foote up, and then, knowing well enough that Mary would be inclined to laugh, I set to work again.

"I'll get some plates," I decided, "lay two or three of the nice clean fish on them, and that will encourage me."

An Embarrassment of Fishes.

When things became too full of scales I picked up my utensils and moved. I moved from the sink board to the table, then to the table, then to the window shelf, and I never knew fish to have so many scales and fins and heads and tails and things.

"Seems as if I really haven't friends enough to go round," I thought. "Wonder if Mary knows anybody she'd like to give a fish to?"

Mary didn't. She said so with some personal remarks about the fishy odor in the house and my appearance. I never saw a cooler looking person than my wife in her white gown playing the piano and ignoring the desperate straits of her husband. I wanted to say something to that effect, and could think of nothing sufficiently sarcastic to fit the situation.

"I don't see," I decided, "why I ever went fishing. I really don't. This burn feels terrible, and my head aches, and I've begun to hate the smell of fish myself." I banged furiously at a mosquito and upset a pan of fish. The piano sounds in the other room stopped with the clatter, but I vouchsafed no explanation of the catastrophe. I was too indignant.

"I'll have to work all night," I thought unsteadily. "And then I haven't friends enough to go round. Lord, but I have certainly gotten scales around here. I'll move again."

I spread a paper over the gas stove and moved again. It was very warm. I unsteadily, "And then I haven't friends enough to go round. Lord, but I have certainly gotten scales around here. I'll move again."

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"I'll get some plates," I decided, "lay two or three of the nice clean fish on them, and that will encourage me."

It did. I prepared four plates for presentation to my neighbors, and the sight really was encouraging. They looked like the sort of picture some people hang on the dining room walls.

But when I glanced back at the fish still waiting the beautifying process of my knife I had a sinking in the pit of my stomach.

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A Bride's Own Story Of Her Household Adventures

By ISOBEL BRANDS

The Coolest Ways of Serving Vegetables.

YOU can't continually smother vegetables in a hot cream sauce these days, as you do in winter, no matter how much one likes cream sauce dressing on vegetables. I had partly solved the problem of how to get away from the scheme of serving vegetables with the perennial heavy hot sauce by serving them cold. Many of the vegetables that we usually serve hot can be served cold with as good and better results—cauliflower, asparagus, cabbage, oyster plant, etc.—by pouring over a good mayonnaise or French dressing.

But an even more attractive way, I discovered after an exploration of my cooking library, is in aspic or gelatine form. That kills two birds with one stone, too. Because good gelatine is a highly nutritious food as well as being a most attractive basis for vegetable service.

My first experiments with preparing gelatine were disastrous. I'm sorry to record, but one or two failures opened my eyes to my mistake. Now, I stick closely to the following:

Rule 1—Gelatine must always be soaked in cold water first and until it will take up no more water. Usually gelatine takes up four times its weight of cold water. Two ounces of granulated gelatine must be soaked in about eight ounces or one cup of water.

Rule 2—After soaking in cold water, it must be melted either over hot water or in the hot liquid in which it is to be used.

Rule 3—Gelatine must never be heated, as this hardens it incurably.

Rule 4—Slices of food, or whatever filling is to go in the gelatine must be carefully added just at the right time when it is beginning to "set" or harden, and must be added a little at a time so that they stay in place attractively; otherwise, they are apt to form an unattractive sticky mass somewhere in the wrong place.

Cucumber Jelly Salad

4 cucumbers.
2 tablespoons of vinegar.
1 tablespoon of onion juice.
1 envelope of gelatine.

Dissolve the gelatine in $\frac{1}{2}$ cup of cold water for about 5 minutes; then dissolve in $\frac{1}{2}$ cup of boiling water. Put peeled and sliced cucumbers in pan containing water and cook until soft. Add gelatine and onion juice, and vinegar, salt and pepper. Strain; place in mold. Serve garnished with slices of cucumbers and tomato with mayonnaise dressing.

Cabbage Gelatine

1 cup of shredded cabbage.
2 cups of chopped celery.
 $\frac{1}{2}$ cup of sugar.
Juice of 1 lemon.

Soak gelatine in $\frac{1}{2}$ cup of cold water for 5 minutes; then add vinegar, 1 pint of boiling water, sugar and salt. Strain and add the cabbage and celery. Then place in mold and chill. This can be served on lettuce, with or without mayonnaise dressing.

Tomato Aspic

$\frac{1}{4}$ cups of tomatoes.
1 stalk of celery.
1 envelope of gelatine.

The gelatine is softened in cold water for 5 minutes; then all the ingredients except the vinegar are cooked together for 10 minutes; then the vinegar and softened gelatine are mixed with these other ingredients and all stirred until dissolved. Then it is strained, poured into the mold, and placed on ice to form. It is better to buy the gelatine and then add a bit of harmless coloring one's self than to buy the colored "Jellies."

The Good-Night Story

The MOUNTAIN HEATHER :: By Vernon Merry

LONG, long time ago when the plants first came to live upon the earth they were told to choose homes where they could live happily.

The rose selected the gardens of the rich, saying: "There I will be seen and admired by every one."

"I shall grow on the pond," said the water lily, "where I can float about in the warm sunlight."

"Let me live in the cool forest, where I can hide away in the soft moss," pleaded the violet, and, of course, Nature consented.

"I choose the broad fields and roadways for my home," said the daisy. "The children will see me and will come to gather me for daisy chains."

Finally every plant had chosen a home but the modest heather, who, because she had no blossoms, was shy and feared that no place would welcome her. Then all the plants went to their homes and the mountain, cold and bare, watched them pass, and said: "Dear plants, I long for some of you to come and spread your brightness and beauty over my rocky sides. The valley has its lovely blanket of grass, and does not need you half so much as I with my barren slopes. Come to me."

But the flowers all refused, making excuses why they should not come to live upon the mountainsides.

At last the heather, who had stood eagerly behind the others waiting for a chance to speak, said: "I have no home, great mountain, may I come to live on your slopes?"

The mountain was very glad that the heather wanted to come. "You are the very best plant to grow over my rocky sides, so cling fast and soon you will spread ever so far."

And the heather grew and grew and soon the whole mountain side was covered with a soft, beautiful green.

One day the heather said: "I wish that I had some flowers so that the children would love me as they do the daisy."

Then a wonderful thing happened. A warm, gentle breeze blew over the mountain and a soft voice murmured: "You shall be covered with purple blossoms, little plant, and all the children will love you."

And when the heather looked at herself she was a mass of dainty, purple bells. From that day on the children came and played among the heather bells and the flower was happy.

BUTTERFLIES

By Will Nies



THE fragile butterfly, fluttering in an apparently aimless zig-zag, always seems to be a fit fellow that is never quite certain where to alight. Probably we misjudge the little flashing creature. Very likely it is guided quite truly by wonderful instincts we know nothing about. In the same way, please notice, the butterfly girl of the summer often appears to be fluttering without aim. Yet all the time she is being TOWED and guided by that little wizard LOVE, who works in mysterious ways. SHE may think she is hovering on her own account, making her own choice of direction. But Cupid knows better. HE holds the silken cord. He is the airman who knows the chart of life, and he knows how to lead without tugging at the line.

Somehow, "Indoor Things" and Nature Don't Mix

By Winifred Black

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THIS morning I went for a walk, a nice, fresh, breezy walk by the clean and breezy sea.

And the sand was white and white, and the water was the new green of a green apple, and when the waves broke you could look through them and see the sunlight, and the foam was like lace. And when the bell sounded on the buoy and the waves made a hoarse rumble on the rocky point, it was as if some sturdy merchant came to cry his wares and rang a bell and called "Lace, lace, silvery lace!" and when the foam spread upon the sand it was lace, and silver lace indeed!

Sand piers were out in gay, little, gossiping parties—mama, sand piper in white, and papa, sand piper in blue, and a whole lot of their admiring family. And the gulls made artists' runnings between themselves and the sky, and all the world was clean and fresh.

And I was glad, for, when all is said and done, winter is a sad thing, even when it rains instead of snowing.

But before I had walked a quarter of a mile I met a friend, a nice, chatty friend.

The Wave's Familiar Color.

"Oh!" said my friend, "I saw you from above, and came down to catch you. May I go for a walk with you?" And so she went with me, my friend. And she's a nice friend and a pleasant and a kind friend, but, oh, how I wished she had not seen me from above and had not come to walk with me! For gone was the green sea and the silver sands and the clear piping of the sand pipers. Gone, too, was the old merchant who rang his bell and spread his lace of the sea over the rocks for me to see and admire!

For my friend talked, and always she talked about people and things and places, and about operas and plays, and about everything on earth but what we saw there on the edge of the clean, green water in the morning of the fresh, clean day.

"That wave," I ventured, "do look at the crest of it! How it curves and arches just before it breaks. I wonder—"

"Yes," said my friend quickly, "just the color of Mary's going-away gown. What on earth did Mary see in that chap she married, but, for that matter, what did he see in Mary?"

Then we talked about Mary and Mary's young man and Mary's mother, and wondered why she went on dyeing her hair when, of course, everybody knew, and whether Mary's uncle would really furnish the house for her as

he said he would. And then we talked about John and the way John was managing his family, and how it was so funny that John's eldest boy looked exactly like his Great Uncle George, who was John's special hatred. And so we gossiped, and never got a chance to look at the sea, or at the waves, or the silver sand or to listen to the curlews crying or to watch the sea gulls. And, for all the good we got out of that walk, we might as well have sat in a dark, old-fashioned parlor on a half-cloth sofa and pulled all the blinds down and looked through the family album.

Sunshine and Life's Problems.

The next time I go for a walk I'm going somewhere where my friend who loves to chat cannot join me. She's a nice indoor friend, but she cares as much about the big outdoor and what there is to see there as a cat cares for an Italian opera.

This afternoon I am asked to go out motoring, and oh, the fields are green and the trees are budding, and all along the road the wild flowers nod and beckon, and the meadow larks will call, and the clear river will laugh on its way to the sea, and the hills will be blue in the distance and velvet green when close at hand, and there will be sunshine and shadows and hills and valleys and woods and glades. I do hope the friend who is to take me motoring into the country will not talk about Ibsen or the newer Scandinavian moralists.

I hope she will not want to discuss the cause of giddiness in the modern girl, or the reason for the lack of business principle in what she calls the modern young man.

We can do all that in the house, if we have to.

What's the use of trying up all our old house-worn ideas and taking them along with us out into the green glory of the growing world?

You might as well take a cold biscuit and a slice of dried beef to a well appointed dinner.

The world—the great, big, glorious world—is ours. Let's get a little of the splendor and the glory of it into our hearts once in a while, and let's leave the little, indoor things indoors just for awhile.

ADVICE TO GIRLS

By ANNIE LAURIE

DEAR ANNIE LAURIE: I am a young man going with a girl who is two years older than myself. I think a great lot of her, and sometimes I think that she thinks a lot of me. I have been keeping company with her for quite a while, and was always treated fine, and had the best of times, but she often gets angry with me, and then she goes with another fellow until she gets over the spell, and then things will run smooth for quite a while until I start to kiss her, and she gets angry again. She often teases me, and I makes me angry, but I soon get over it.

Will you kindly tell me whether I had better stop teasing her or try to start to kiss her and get her angry one else?

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Secrets of Health and Happiness

Good Digestion Waits on Chewing Your Food Well

By DR. LEONARD KEENE HIRSHBERG

A. B. M. A., M. D. (Johns Hopkins University)

RARELY, indeed, do honest sons of toll suffer any of the maze of medical mysteries mislabeled "indigestion." Simple fare, outdoor work, sunlight, early to bed and early to rise prevent disordered stomachs of the benighted as well as the wise.

The saliva flows freely in vigorous people. It is preferable, therefore, to use it to moisten cereals, instead of cooking them with water. Manufacturers of advertised cereals take advantage of this physiologic fact and advise that their particular product be taken dry or with cream in lieu of milk and water. Intestinal disabilities come at times from cooked cereals.

Chew all cereals. This converts the starches into sugars by means of the saliva and into soft material by mastication. By all means shun starches and cereal foods if the day is hot and clammy. Profuse perspiration deprives the mouth of saliva, and explains why we are without desire for food, even when tired and faint on a hot day. A cold shower often restores the flow of saliva and the appetite simultaneously.

No Food Is Tasteless.

The facts emphasized by me in these articles that hot foods and hot fluids should never enter the stomach means excommunication for the supposedly civilized habit of drinking hot soups, hot tea, hot coffee, hot chocolate and other hot beverages. Dr. William J. Mayo of St. Mary's Hospital, Rochester, Minn., even suspects that some instances of cancer of the tongue, oesophagus and digestive tube may be blamed upon these volcanic temperatures.

Recent researches go even further than this with respect to mustard, pepper, tobacco, horseshoe, vinegar and other spices, condiments and seasonings. In the equity courts of the pure food laboratories it has been discovered that ulcers of the stomach, the overflow of muriatic acid from the stomach walls, "hyperchlorhydria" or excess of gastric acids are induced and maintained by these whips of digestion.

There is no such thing as a tasteless food. It is, you surfeited, overfed and underexercised that is without appetite or zest. No hungry creature needs highly seasoned food. There is a native tang in all victuals if you are hungry. Indeed, the very act of chewing a raw, unseasoned vegetable or nut will present you with an honest appetite which is far more real than any created by the greatest French chef. In a word, the housewife should never season to the point of concealing the natural flavor of the food served.

One of the abominations unto human digestion is the pie and some cakes. In fact, each grain of wheat—alone a perfect food—is snugly tucked into a layer of butter fat. Intermixed now amidst crystals of sugar with milk, flavors and fruits, you have a concoction verily to dig trenches into Purgatory's copper-lined stomach.

Avoid the Frying Pan.

One of the greatest aids of any army I know is the frying pan. A litigant told his lawyer he had sent the judge before whom his suit was pending.

A—To have this bone removed will improve the shape of the nose, and it ought to be removed.

C. W. A.—Q—For the last two months I have been troubled with a pain just above the small of my back. Please advise me what to do.

A—Eat baked apples, figs, prunes, dates, currants, carrots, boiled spinach, stewed pears, watercress, cereals, mush, cornbread, gingerbread, fresh meats, game, hominy, vegetables with salad oils, cabbage, clear soups, clam soup, beef, mutton and chicken broth, good bread of all sorts, melons, grapes, oranges on rising in the morning, plain pudding, ice cream. Drink two glasses of distilled water, one-half hour before meals. Take one teaspoonful of milk of magnesia before meals. Exercise several hours in the open air, get more sunlight, and sleep in a well ventilated room. Use a small electric battery every three hours on the painful parts.

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Answers to Health Questions

G. A.—Q—I was examined by the best nose and throat specialist in the state, and he advised me to have the turbinates and several small bones of the nose removed, as it was crooked. Do you think it necessary to remove the bone, and would it ruin the shape of the nose?

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