*DAILY MAGAZINE PAGE FOR EVERYBODY

Household Hints

Rice Secrets of Famous Italian Chefs

By Ann Marie Lloyd

Italians are excellent cooks. They are also economical to a degree which would make the average Ameri-

so little and such plain food and Even the Italian feasts are not designed for the delight of gluttons.

When you are invited to dine with a Venetian the literal translation of his invitation is, "Won't you take four grains of rice with me?" Rice does, indeed, form the staple of diet of the average Italian, but the

ways of cooking rice are apparently infinite, and the Italian cooks have a most pleasing way of making it the accompaniment of many of their most For example, those who have never

tasted rice and mushrooms, cooked in the real Italian way, have missed a gastronomic treat. One of the most interesting old characters I have ever !known, an Italian chef, gave me the

Take 15 canned mushrooms or 10 fresh

Rice with Mushrooms.

ones and a third of a cup of rice. The rice is to be washed and then fried with a lump of butter till it is dry, then add some boiling water, very genthe and let it boil easily for 10 minutes. At the end of this time the rice should be about half cooked. Meantime, in another saucepan, take a small onion, some celery, a small carrot and some parsley, all chopped, and put them over the fire with two tablespoonfuls of the best olive oil. After they have cooked a little add two tablespoonfuls of tomato sauce. The Italian cook would use the tomato paste, diluting it with a little het water. Season with salt and pepper and add the mushrooms cut in small pieces and cook for 20 minutes. When the rice is half cooked, combine the contents of the two pans and cook for .10 minutes longer. Serve with Par-

The polenta of the Italians is nothing in the world but our Indian meal mush. Just before it is ready to serve they add grated cheese and a lump of butter. They also make the mush thick and slice it as we do for frying and serve! it with a meat gravy and grated cheese. This is a substantial meal for a family. They also have a most delicious way of serving polenta with sausages. For this the polenta is cooked and sliced. The sausages are removed from the skins, chopped fine and fried in butter. When they are nicely browned, but not erisp, a little beef stock and some tomato sauce is added and they are cooked in it for 15 minutes. Then the sausages are used for the sauce for the polenta and Parmesan cheese is i sprinkled over each layer.

Polenta with chicken is another deli-There is a delicious polenta cake which somewhat replaces our "Johnny

Migliacco di Farina Gialla.

To make it take two cups of Indian meal half a cup of raisins three tablespoonfuls of granulated sugar, half a teaspoonful of salt and three table-

spoonfuls of lard. With a big wooden spoon the Italian raisins in a bowl and pours in boiling water slowly, stirring all the time, till there is a stiff paste which uses ali

the lard and the meal mixture spread over it with the wooden spoon. When baked in a slow oven till it is a golden brown, then eaten hot. The American palate may wish to add syrup to it. but it is delicious broken off and eaten

Advice to Girls

By Annie Laurie -

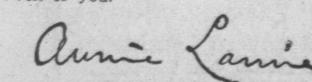
Dear Annie Laurie: I have been chumming with a girl a few months older than I am for about two years, and we have been the best of friends. Since the first of the year I have been going with a boy friend, and now my chum seems to think she is not wanted, although I have repeatedly told her that I want her company now more than ever; but it seems to have no effect

Is there any other way besides giving up my friend to let her know that I mean it, for I do not feel that it would be right for me to turn the boy down just because my chum does not like him? PERPLEXED C. I.

V 7 ELL, Perplexed it seems to me W that you are burdened with a "bossy" friend, and if I were you I'd get from old Castile.

There's nothing mysterious and deep ness, you and I and dark and romantic about her behavior. She's just jealous, that's allgreen-eyed jealous.

you like him and your people like him ! and he likes you, that's all that's neces- the one you'd choose for a companion for a long rainy afternoon? Let the girl friend see that she will either have to come to her senses or say larewell to you.



LIGHT HOUSEKEEPING :: By Michelson



pages, and when I get my chocolates and the fashion news, and settle minutes.

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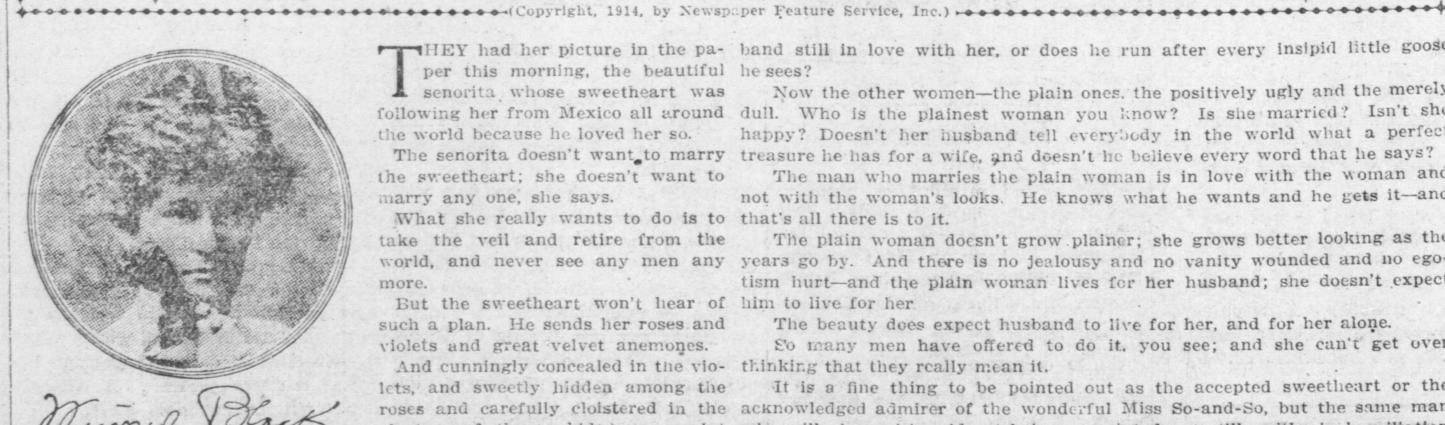
ND so," writes home Mrs. Newbride, "we are settled in our little matter whether it's that cottage they thought of, or a four-room flat. polish the teeth every three or four convelope is enclosed. Address all innest, and SO happy! When Jack gets into his slippers and It's the nest. He hasn't a "den"--yet. That comes later-when he has house coat, lights his pipe and settles down to the sporting learned to stay away from her for a sufficient number of consecutive

cook mixes the meal, salt, sugar and down somewhere near him, you'd just grin to see how COMFORTABLE

If you're a sour person—of either sex—don't give a second glance at this picture. It will annoy you. But if you rather like birds "Our little NEST!"—that's the word. How charmingly suggestive and nests and brides—if you have FAITH in life, give it another look. A cake tin is greased well with half of two starlings in the Spring! No matter how little the nest is. No Even faith can smile, you know.

Beauty's Chance for Real Happiness By WINIFRED BLACK





per this morning, the beautiful he sees? marry any one, she says.

What she really wants to do is to that's all there is to it.

But the sweetheart won't hear of him to live for her And cunningly concealed in the vio- thinking that they really mean it.

rude, disagreeable, overbearing, the sweetheart says, from grandmother to grand-daughter, in his family Why? Why isn't it just as fine to be married to a woman who is cleverer Rabbit. Why shouldn't you have a boy for a haps-maybe-if the sweetheart is very, very good, and if she can accustom glory himself. friend, if you want to, and why should her mind to the idea of marriage at all-some day-!

Who is the prettiest woman you know? Is she married? Is she happy? and not for how you look, marries you and makes you happy for life.

HEY had her picture in the pa- band still in love with her, or does he run after every insipid little goose

senorita whose sweetheart was Now the other women—the plain ones, the positively ugly and the merely following her from Mexico all around dull. Who is the plainest woman you know? Is she married? Isn't she the world because he loved her so. happy? Doesn't her husband tell everybody in the world what a perfect The senorita doesn't want to marry treasure he has for a wife, and doesn't he believe every word that he says? the sweetheart; she doesn't want to The man who marries the plain woman is in love with the woman and not with the woman's looks. He knows what he wants and he gets it-and

take the veil and retire from the The plain woman doesn't grow plainer; she grows better looking as the world, and never see any men any years go by. And there is no jealousy and no vanity wounded and no egotism hurt—and the plain woman lives for her husband; she doesn't expect

such a plan. He sends her roses and The beauty does expect husband to live for her, and for her alone. violets and great velvet anemones. So many men have offered to do it, you see; and she can't get over

lets, and sweetly hidden among the It is a fine thing to be pointed out as the accepted sweetheart or the roses and carefully cloistered in the acknowledged admirer of the wonderful Miss So-and-So, but the same man clusters of the orchids, are quaint who will glow with pride at being so pointed out will writhe in humiliation gifts of ancient jewelry, handed down, when somebody calls him the clever Mrs. Somebody's husband.

than you are as it is to be in love with her? rid of her-just as quickly and just as | Across the continent the sweetheart has followed her, and over the Ask the great actress's husband-perhaps he can tell you the answer. neatly and just as considerately as I mountains and upon wild seas; and now they say, the senorita says-per- A woman loves to shine by reflected glory; the average man wants all the

Don't be discouraged, little Miss Plain-you haven't so many admirers the house." your girl chum act like a goose about it? Come now, let's talk about it—the beauty business and the love busi- as your sister, Miss Beauty—but you stand ten chances to her one for being happy when the man with sense enough to choose you for what you are,

just plain, old-fashioned, small-minded, Is her husband dead in love with her, or has he shown distinct signs of Here's looking at you, senorita. I hope you'll wear the violets and the quite a positive interest in the latest beauty in the latest theatrical success? amethysts and the garnets and the pearls- little piece right through. 'Twinkle, twinkle, little star-'" If your boy friend is a nice chap and Who is the cleverest woman you know, the wittiest, the most sparkling, and wear with them in your heart of hearts the love and devotion of a true; man who knows what he wants and how to take care of it when he has Rabbit again. Is she married? To whom? A man or a mere imitation? Is her hus- got it.

> Partially Arranged. Pleasure Gone. Different Speeds. "Have you planned your suburban | "How fast can your auto travel?" "No, but I have the furniture. It will policeman; 10 miles an hour after I am | "Not a bit. There would be no fun

"I wouldn't want to be a king."

Obviously. Gobang-What is the plural of brandy and soda? Brandles and soda or brandy and sodas? Ukerdek-Neither. Plain drunk

Secrets of Health and Happiness

Why Care of Your Teeth Will Insure Your Health

By Dr. LEONARD KEENE HIRSHBERG

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

MOWEVER cherry-ripe in show the prettiest of lips may be, they are the more tempting and enchanting if lustrous white teeth glint and dazzle their

moistened dew are like the lovable pallor of the lily. No snow or frost can be fairer. Each breath renews the feathery gloss on the enamel. Why do teeth decay? For the same reason that Car-

thage and Tyre, Athens and Rome, Memphis and Nineveh decayed and because Paris and New York are now de-

"Westward the course of empire takes its way; The four first acts already past,

A fifth shall close the drama with the day; Time's noblest offspring is the last."

That is to say, the decay comes more from the inside than from without, though external influences are gigantic and only exceeded by those within. Before decay's effacing fingers have one side only, omission of cleaning the swept the lines of the ivory mouth- teeth with some gritty paste, perfuncguards, the little dark speckled and tory or remiss attention to children's temporary teeth, anemia or other illpolka-dotted areas must be vigilantly ness, and mushy, pasty foods, all alter

span of human endeavor that all bright nant maladies may develop, which, if things must fail. Nor is all that was not taken to task early, lead on to ruin made sweet to be lost when sweetest. | and death. A sane discretion in physical play and work, with a medicum of care for the Answers to Health Question enamel hedge-row of your inner meads!

throughout five score and ten. Where Germs Abide.

anticipated.

Even though "all human things are If you will drink two quarts of creamy subject to decay," and "when fate sum- and massage your bust carefully with mons monarchs must obey," the double goose grease that has been boiled and horseshoe of oral ivories may remain, caked your whole torso will develop. like the dragon's teeth of Cadmus. decay of teeth has its source within the coffee, tea or liquors. body, "dental caries," as dentists are prone to call it, seems eternally to begin on the outer parts of the enamel.

the pneumonia microbe is always loafing them? They claim to make flesh. around the mouth looking for odd jobs.

scores and scores of different kinds- the various rich fats. live and have their happy being in meats fibres and other particles of victuals which lodge in your teeth crevices and: diet for acidity of the stomach? The saliva is like soap or ammonia.

just so long will you have no trouble of acid, or "hyperacidity."

as you are always told) from candies, acid, sugars, preserves, pastries, jellies and stauchy foods.

Causes of Illness.

Priceless, pearly, pretty teeth over-washel with the

the saliva so that bacteria ear away the It is not altogether true in the brief teeth and cause "caries" or decay. Once this begins, all sorts of malig-

and forests, will insure you sound teeth MISS E. K., Bridesburg, Pa.-What will develop the bust? Deep breatling and exercise have done no good.

milk daily, get 10 hours sleep at night Three hours a day in the fresh air and Oddly enough, though much of the sunshine are also desirable. Drink no

MRS. R., Collingswood, N. J.-I am Your mouth swarms with a Saragossa thin and anaemic. I have been taking sea of bacteria and other germs. Even "fat making" tablets. Do you advise

such as to cause ulcers, tonsilitis, caries! The safest fashion by which you may of the teeth, and a host of similar baby gain weight as well as good blood is to eat liberally of eggs, cream, butter, These demons of disease-there are sweets, gravies, rich meats, olive cil and

Constant Reader-What is a good

In brief, it is an "alkali." As long as Since even the robust, well stomach you are in health, if your tissues are makes two-tenths per cent. of muriation sound, and all your internal machinery acid and the digesting victuals also beis well lubricated, carbureted and ignited, come acid, you evidently mean an excess

Cabbage, cheeses, sauerkraut, soups. On the other hand, the instant too steaks, potatoes and other bulky as well much fuel chokes up the engine, or some as acid pabulum will neutralize your stomach, liver, kidney or other derange- superacidity. When the stomach makes ment interferes with combustion, then an overabundance of acid-due to past the saliva loses its anti-acid-"alkaline" excesses in highly seasoned foods, too -power, and the germs, which thrive on | much meat eating and nervousness-it is the bits of food in your mouth, form all necessary to take acids by the mouth sorts of acids and salts (not "uric acid" and heavy foods as well to consume the

Dr. Hirshberg will answer questions for readers of this paper on Meats are the least guilty felons and medical, hygienic and sanitation subcriminals of all the dietary accom- jects that are of general interest. He plices. Cakes, candies, sugary foods, will not undertake to prescribe or bread, potatoes and other starchy pabu- offer advice for individual cases lum cause more teeth decay than other Where the subject is not of general Adencids, tonsil enlargements, mouth interest letters will be answered perbreathing, neglect to have the dentist senally if a stamped and addressed months, gums that recede, overeating, quiries to Dr. L. K. Hirshberg, carel poor mastication of food, chewing on this office.

With the Bark on

Time brings changes. Coal will be: Money will not make the automobile cheaper next summer.

"Thunder," remarked the nailkeg

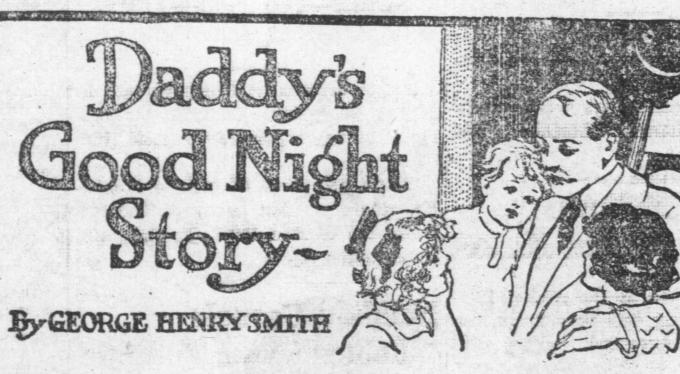
philosopher, "is one weather report that is always believed."

should be correct.

go. That requires skill and luck. It is a crime to conceal a crime, espe- The prophet might have more honor cially when it is not entirely concealed. if he prophesied less.

> Every dog has his day, but it does not come among the dog days.

It is easy to answer questions when A chain may be no stronger than its it is not required that the answers weakest link, but sometimes the strain does not come on the weak spot.



WINKLE, twinkle, little star-'" began Brer Rabbit one night, when he was interrupted by his good wife. "What are you saying those silly little things for?" asked Mrs.

"They are not silly," replied Brer Rabbit. "I like little poems just as

"You must remember that you are grown up now," said Mrs. Rabbit. "Never expect to grow up," replied Peer Rabbit. "You just go and tend to

"'Twinkle, twinkle, little star. How I wonder what-'" "Wait a minute," interrupted Mrs. Rabbit. "Those stars are twinkling "Never mind about that," said Brer Rabbit. "I am going to say that

"That's six twinkles and you haven't finished yet," interrupted Mrs.

"Your onions are burning!" exclaimed Brer Rabbit. Mrs. Rabbit ran out in the kitchen as fast as she could, and when Brer Rabbit was left alone he laughed softly to himself. "We are children grown up," he kept saying.

When Mrs. Rabbit returned she said to her husband: "How are the stars getting on?"

"They are still twinkling," said Brer Rabbit with a laugh.