HIONS OF THE HOUR-DAILY HEALTH TALKS BY DR. KELLOGG-OTHER INTERESTS

IN THE MOMENT'S MODES

LITY NOT AN IMPORTANT TRAIT IN CHILD'S CHARACTER

er More Hope for the Youngster Who Disys Independence of Thought and of Action Even if It Borders on the Rebellious

will be boys, and by the same gizis will be girls. And there hope for the type of boy or girl whom this is oftenest said than extremely docile chi'd.

Just been listening, more or less tically, to a distracted mother's woe. Her little girl, it seems, is cocious, but cannot be perto study when she doesn't want nor will she practice her music but, instead, having got the craze, spends every spare moout of doors playing. She has so far to "skin" through her ess, chiefly because her pride wou'd allow her to be "left down"; but her are very poor. Yet, on the other she is an omnivorous reader, if a of twelve spending half her days can be called such. So there any clashes between the older and nger generations in the family.

deStella is called impertinent, disnt-lazy. Knowing the parents it imagine where Stella inherited ndependent streak-they are both ginative, without a spark of originand have lived a cut-and-dried ex-

olla is rather to be congratulated , she has escaped this. Of course, I a child should be taught obediand respect for its e'ders, but not e extent with which it is enforced in where it amounts to an ancestor

don't hold to the theory that bea person is older he must of necesnow more about everything on the of the globe than his child. Little ess would be made if this theory carried into effect. A child has the of his parents, and his parents' suggestion.



A big-brimmed hat-the front of the brim turned and held back in order to restrain it from flapping too joyously in the summer breeze.

parents and their parents' wisdom from which to draw, and he is retrograding if he himself does not make some few strides in the onward march in civilization

Do you not agree with me that Stella holds out more promise for the future than the child who is always good and quiet and plods along accomplishing neither more nor less than is expected of him? Twelve is rather a rebellious

age. A child is constantly receiving new impressions, many of them erroneous, it is true; but they must be put to the test, and mistakes are bound to be made. I should think the mother of this particular child would be so thankful she had acquired the reading and the bockey

habit. Certainly both of them are healthful and normal. And if she evinces a decided firmness of will it augurs well for her future if she is rightly directed. But a child like this cannot be driven; rather governed unconsciously by tactful

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of super only and signed with the name of the writer. Special queries like those given by are invited. It is understood that the editor dues not necessarily indorse the filment expressed. All communications for this department should be addressed follows: THE WOMAN'S EXCHANGE, Evening Ledger. Philadelphia, Pa.

announcement of a young woman's marriage is made by her brother-in-law and sister? e garments should not be starched, yet

s certain body given to them which would king if nothing were used. What is the way to do this?____ serving light refreshments in the evening?

of sweet grass baskets?

ANSWERS TO SATURDAY'S INQUIRIES

water, then with water acidulated with blarie acid, then with water. Boll once for fifteen minutes with caustic soda solu-wash again with acguinted and plain

waterproof paint may be made by dis-in two quarts of water, one pound of shap and then adding all quarts of all and an ounce of vitriol. After removing rom the fire add two quarts of turpentine ich it in des and thin with turpentine

By JUDD MORTIMER LEWIS XX-Enchanted Princess TWO dollars and a half seems a lot of I money for washing clothes, but the woman who took ours after she and Old Maid Tompking cleaned up at our house

said that was what my father owed her when she brought back the things. So I got the money out of his pocket while he was asleep and paid her. Of course, it would not be right to make Old Maid Tompkins pay for washing the clothes.

PATSY KILDARE,

OUTLAW

The day after she cleaned our house my father was much surprised when he saw that the floors were clean and the windows were clean and the dishes were washed and everything was dusted. My father said to me. "Who did it all, partner?" I said, "Old Maid Tompkins and a woman she brought here." Then my father smiled and said. "Hem !" and looked at himself in the looking glass and felt to see if he needed a shave. and he did, so he shaved and then he went to sleep. I sat and looked at him a long time and I remembered what Mr. Carpenter said at my mother's grave to another man. He said that it would not be long before my father would begin to sit up and take notice and now I wondered if that was what he meant. I shall tell my mother, for I think she ought to know about it, and then she

can do as she likes.

Rowdy and I went swimming and I learned to dive. The water looks very brown and blurry on the bottom side. Then we rambled back to Old Maid Tompkins's and got a big slice of bread and butter and she asked me what my father said. I said he said that somebody better keep out of his house or he would sic Rowdy on her. Old Maid Tompkins looked so surprised and so sorry that I said, no, he didn't either, and that I was joking, and that he thought it was fine.

Then Old Maid Tompkins told me that Wilbur's arm was not broke, but dislocated That is a ways the way. Some days every, thing is wrong. I decided to tell God to fling Wilbur over the banister harder next time. Hardly anybody knows how tough that boy is.

After Rowdy and I rambled up to the corner I stood digging my toe into the dirt and wondering if my mother would do anything to my father if he did sit up and take notice. All of a sudden I thought of the young lady in the hammock and I decided that her house would be a good place to visit. So we rambled some more and it got dark before we were half way there. I saw a fire burning in the woods near the

road and I went over and there were three men with whiskers and ragged clothes sit-The man who makes a work-maye of himself from choice should get a revised notion of the purpose of work. Work is not the chief end of man, as most people seem to believe. To study, to learn, to investi-

of them said: "Look who's here. What are you doing out in these woods?". I said, "I .have as much right here as you have." Just then some one grabbed my shoulder and I looked up and saw an ugly man with

got busy on one of his legs and he shook Rowdy loose and yelled and nearly broke down a tree getting away.

wealth was more evenly distributed, two hours a day of labor would suffice to supply of the men said. "Your mother will give it to you." I said. "My mother is dead." An-other man said. "How would you like to be our little girl? We are enchanted princes and are on our way to fairyland. If you go along with us and beg eats from back doors, when we reach fairyland and are reall necessaries.

Play of the right sort will take the form of active out-of-door exercise. Does the world Makes me hear the bells of Dreamland. The remedy for the work mania is play. I said, "All three of you are no good and if you look crosseyed at me I will have my dog cat you up." Then Rowdy growled deep down in his neck and one of the men said, down in his neck and one of the men said, tramp in the woods, a hike over the hills-tramp in the woods, a hike over the hills-

Cotton blouses are always convenient things to possess, and for morning wear the sport blouse on the young lady standing up is the thing. The stripes lend it a jaunty. springy air that few can resist. The price is only \$1.50. The woman seated is wearing a Georgette crepe blouse that seems destined to stay with us. Besides being practical, it has the double charm of being dainty and entirely feminine. The deep plaited collar is new. Such a blouse bore a \$4.50 tag.

Mademoselle These letters from an American ziri serv-ing with the rank of lieutenant in a French army hospital back of the Marne constitute "one of the most intimate and hols things of the which only and the marne comfort on of the which of embattied Europe. I find in these letters some fragment of true stone-ment for the huse sin and blunder of war. The nurse tells with a wonderful polgnant humer the Joss and sorrows of the war hospital." EICHARD C. CABOT. One of the world's greatest critics and humanists.

January 16, 1916.

been the radiant recipient of a thousand

it was so long, and every day for a week or more. I extracted bits of cloth and fragments of metal, sometimes at a terrifying depth. Besides my patient was savage and sullen, all that is ominous in the Arab nature. Gradually, however, the suppura-tion ccased, the fever fell, and suddenly one day Croya smiled.

It was so utteriy surprising and trans. forming that we all rubbed our eyes. From the first I had tried to win his confidence, but I was always repulsed with a kind of grave scorn. The day after he smiled, he said "Thanks, Mama," when I gave him an orange, and when No. 15 asked why BEFORE I touch on my daily doingshe called me that, he explained in his weird French that I was just like a Mama. they show a still white on the screen like the shadow from a spinning rainbow-I will try for once to be definite. I have After that it was all simple enough. When Croya got better he used to help to do his own dressing, and when Mama had a min to do his already written several times that I have own dressing, and when Mama had a min-ute she'd go and sit beside him and he'd lay his check against her arm, and teach her Arab words. As he grew better he was crazy to play some music. So when Karabiche went to Paris on leave, he brought back a flute; then Croya would half sit up in bed with his shaved head yards of gauze. 109 pounds of absorbent cotton, six needles, and six dozen pairs of gloves, made in a practical corner of Paradise, and twenty-five pounds of ether and a box from the Peter Bent Brigham Hospital which I will acknowledge separ-ately, plus such a lot of encouragement as tipped against his temperature chart, and play soft, strange, wild melodies that had will last me for the rest of the war. All this seems opulence enough-and now this morning comes that glorious list of fresh all the inystery of the Algerian plains in them. Every night the last thing I did was blessings from our golden shores. All at once America has become Cathay to meto slip some edible jest into his hand-a cold orange or a sticky bonbon, or cracker crumbs that got lost in the bed unless I a far more luminous discovery than Columhus ever dreamed of-a Promised Land. flowing with ether and cotton and all sorts hit my electric lamp to find them; and we'd stiffe our amusement so as not to wake the others. I explained to the Head Sur-geon that I had tamed my Arab, and I wanted to keep him till he was well enough to go back. But then that heartless Gen-eral B. came and sent away nearly every one, and Croya had to go.

His despair was polgnantly touching. Orientals do not weep; but he wouldn't cat, he developed a temperature, all the at the developed a temperature, all the light left those wide, brown eyes, and he kept repeating all day. "I am not going— I am not going." When he started he had a ticket pinned to his cap on which I had written careful instructions to treat him attentively. I asked him how much money he had: he answered, "I am very rich." That was all the satisfaction I had till I found his pitiful little purse with just five cents inside. I put in two dollars with the rest, midst incoherent protestations from Croya. I tucked him in his blankets in the auto, and the last I heard was "Au the auto, and the last I heard was "Au revoir, Mama" in tones that I can never forget.

He reached Toulouse a week ago and every day since I've had a card written by some comrade and signed "The child who does not forget his Mama." One, illustrated, had a rather too passionate couplet. The next day I got one representing a child who says to its mother, "Little mother, how much I love you." and Croya explains that it was a comrade who played a joke "because I don't know how to read. Forgive me. Mama." Perhaps Croya is the only son I shall ever have, but I thank Heaven for giving me, to nurse and love, this poor wild child of the desert.

But now-to come back to utenzils-I am desperately excited over the future posses-sion of rubber bottles and cushions, and oh! malted milk and oil-cloth! That was the time you were inspired. You ask what is most needed. For the moment, bandages, wider ones and flannel ones and medium ones, seven to ten meters long. We are washing and re-washing our bandages eve

I tell you that here on the front it isn't just a mere nurse that is required; send the finest, most versatile woman that America or any other country can produce. and her fineness and her gifts will not be wasted. To be ideally adapted to the post she should combine a glacial calm with the unfailing gayety of springtime, and a sense of humor always; she should posses law and order and arrangement, the powers of construction and invention, a touch as light as a watch-maker's, and strength to day our faithful priest confessed him-he knew just enough French for that-and it was moonlight when he went, one of us kneeling either side. After Extreme Unc-tion he pressed my hand; and suddenly a marvelous change passed over his face as if it had grown white and luminous, "Mama," he murmured "Louis," then fainter and sweeter-"O mon bon Dieu," and it was over, and nothing remained in the profession, and ready to read the riot-act when called for. (Copyright by W. A. Butterfield.) The next letter will appear in tomorrow's Evening Ledger.

WORK is necessary. Work is honorable petite is to eat sterilized bran enough to make the howeis move three times a day. and never takes a vacation is a slave. Eat nothing but fruit and bran for a couple The country is full of such work-slaves. of days. Sleep out of doors, work and exer-They swarm in the big office buildings and are found in every vocation and profession. cise out of doors and so create a real de-The man who has a mania for work thinks mand for food. Greens and green vegetables time spent in recreation is time and energy wasted. The work-maniac regards play as are the best source of iron for blood building. sinful. His judgment is warped by a one-

THE GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.

geon.

Will you please suggest the cause and treat-ment of calloused places on the balls of the feet? These spots are very tender. They are accompanied by a burning sensation much of the time, and are works in hot weather, B. D.

A callous is usually due to pressure and friction resulting in thickening of the superficial layers of the skin. The thickened skin may be pared off after soaking for some time with hot water. It would be well for you to consult a skilled chiropodist or sur-

know of a boy that's sleepy.

While the good-night prayer is said

And the whispered "Tell a 'tory '

Calloused Feet

(Copyright.)

Telling Story I can tell by the nodding head. And the eyes that cannot stay open

of surgical delights. All of a sudden I find myself growing patriotic to a degree I never knew in former days. It's quite true that whenever I turn my eyes toward the end of my ward, where hangs the bright trophy I told you about, the little American banner below with the light shining through gives me a wee thrill that is quite peculiar, and makes me think that some day I may be a better American. quite

January 19, 1916. All sorts of changes, visits of Generals, discharges, etc., have kept me too busy to write. It's a thousand pitles that I can't give you so much as a penny glimpse of this weird and wonderful theatre, where I play the role now of scene-shifter, now of leading lady, and anything between except, let's hope, the villain, and where such dramas and comedies are enacted as no stage ever saw. Let me try to tell you at least something about one or two of my

Gaston is of the stuff that will make France victorious. He's a little fish dealer of Paris, stanch and same of soul and limb, the kind that goes out alone on patrol,

wounded. In answer to health questions, Doctor Kellogg in this space will daily give advice on preventive medicine, but in no case will be take the risk of making diagnoses of or prescribing for ailments requiring surgical treatment or drugs.

and brings down his Boche every time, and wears the cross at nineteen without bragging-the kind that is equal to anything from writing patriotic verse that brings tears to your eyes, to outwitting his nurse and always getting his way. He was only slightly wounded and got into my service mistake; but that wretched little wound in his thigh would never heal despite my most intelligent efforts. At last he was well enough to get up and suddenly, with-out any suggestion or instruction. Gaston

became my chief assistant. He cut my cottons, folded compresses, helped with bandages, polished my instruments, did a thousand little fine things that I could never trust to my orderliez, and when we were alone at work after "lights out" we

talked philosophy. We didn't cry when we separated only because we're good soldiers. A pearl fisher-a good Catholic and a brave fighter-had come from the sunny shores of Guadeloupe, to die for France. When they amputated his leg they didn't discover that there was a ball in his back. I found it when I took Denill in his back. discover that there was a ball in his back. I found it when I took Pavilion V. But then it was too late. Every day his black cheeks grew thinner; but he always kept saying "It is going well." in the sweet caressing tones that recalled early lullables. Never a murmur, always a smile! The last day our faithful priest confessed him-he knew just enough French for that and

ting in a shed with a fire out in front. One

a red nose and ye'low teeth. Then Rowdy 1. At a miscellaneous shower for a bride the gifts are not confined to one particular va-riety, as in a linen or silk-stocking shower, but anything which may be of use to the bride may

I whistled and Rowdy came back and one

This is not a mere theory. It is a demonstrated fact.

We wear out our lives to supply our-selves with harmful luxuries, then boast of overwork as though it were a virtue and pose as martyrs to duty. What is the remedy? stored to our kingdoms one of us will marry

vate it.

ments daily.

I said, "All three of you are no good and

sided education.

Diet for Nervous Breakdown

What diet would you prescribe for a business man of fifty who has had a nervous breal down? F. M. B.

A diet consisting chiefly of fruits and

A diet consisting chiefly of fruits and vegetables. Eat bread rather sparingly, substituting potatoes. A moderate amount of cream and breakfast cereals in modera-tion may also be used. Bran should be freely used. It furnishes phosphates and iron in abundance and besides aids in keep-ing the bowels active. The diet should be so regulated as to secure three bowel move-ments daily.

The Eyes Do you advise the wearing of glasses? MRS, J. S. N.

An oculist should be consulted. If there

are any optical defects or defects of ac-commodation these should be corrected by means of proper glasses.

Bitters

Are bitters such as dandelion and sarsa-parilia helpful to give one appetite and to make

Summer

Boots

No. The best means of getting an ap-

Dainty, turn-sole boots in delicate

shades of Pearl Gray, New Ivory and White were

never more striking nor more desir-able.

The new cloth top-

pings of the same

shade as the kid

vamps are particu-

All-White Linen are priced as low as \$5. Colors up to

\$10. A Gray suede,

with cloth top, spe-

larly smart.

cial at \$7.

The man who makes a work-slave of

gate, to discover, to enjoy existence, to make

others happy, to be glad one is alive, these are the things that make life worth while.

To make the body a work machine, to wear it out with toil, is to abuse and mistreat it.

If we were content to live the simple life,

to be satisfied with the essentials, and if

2. Should butter be served with rolls when

cessional is begun.

TODAY'S INQUIRIES

low can white slik blouses be prevented | 1. What is the proper form to use when the

3. Is there any way to renew the fragrance

ow can rugs be prevented from slipping polished floor?

make absorbent cotton, boll the best of cotton with a five per cent solution

the soda or potes i for one-half hour. mreughly, press out all water as much ble and immerse in a five per cent solu-chloride of lime (bleaching powder) and or twenty minutes; wash with a

2. A bride may carry a white leather prayer book instead of the usual bouquet if she pre-fers to do so. a. It is the duty of the main of nonor at a wedding to stand just to the left and rear of the bride, to hold her bouquet during the cere-mony and after the ceremony to remove the bride's face vell, should she wear any, or to otherwise adjust it and the train before the re-

sewing machine oil consists is elive oll, two parts aim ond oil and oil treated with alcoh ficant is fairly fluid and admirably fine sewing machine parts.

Growing Potatoes in Barrel or of Woman's Page

Madam—This idea is that of a woman of a farm, but it may appeal to those are little space in which to plant. Pota-se little space in which to plant. Pota-is be grown in a Barrel. Fill the barrel and be grown in a Barrel. Fill the barrel and of good dirt and plant your potatore radually as the plants grow. until the is filled. Tou will be mirprised at the r of potators you will have at the end of agon from one or two potatose planted and given a little care. RURAL. m sure many readers will take advan-of your suggestion and be grateful of your suggestion and be grateful u for it, Mrs. Rural.

To the Editor of Woman's Page: Dear Madam-I am a girl fourteen years of age. Not long ago I met a boy seventeen years old at a dance given by a school friend of mine. I know this boy's cousin very well and she had been taking to him about me all the time, so when I met him I feit I knew him. I danced with this boy a great deal and he was very nice to me. I also met him the next day at his cousin's. About three weeks later I met him. If read: "Thanks for your picture. So-and-So gave it to me." I did not give him the picture and his cousin says she didn't. Do you think I should answer his note? Please tell me what I should he nuite within your I think your would be nuite within your Cakes Made With One Egg Beitor of Woman's Page: Madam-When eggs are so high it meany for many to economize when mak-me. Here are two recipes, each of which yet calls for only one egg:

rights in writing to the boy and asking an explanation. It is unwise for a young girl

every casual male acquaintance, and, as you are perfectly innocent in the matter, you certainly ought to know just how the youth came into possession of the picture.

Here are two recipes, each of which to calls for only one ess: Muffins.-One-fourth cupful sugar, cupful butter, one-half teaspoonful teaspoonfuls baking powder. Cream add the sugar, then the well-beaten be dry ingredients and add them, al-well, turn into buttered gem pans well, turn into buttered gem pans for twenty-five minates. This amount be baked in a square pan, then turnes and served with lemon sauce it as cottage pudding. To make the c. make a prue by boiling three-it as cottage pudding. To make the cottage of sugar and one-fourth af for five minutes. Remove from nd add two teaspoontuis butter and bot.ful lemon fulce. Corn Cake - One cupful cornmeal, he cupful four, three teaspoonfuls der, one-fourth cupful molasses, one sait, three fourths cupful milk, one bisepoonful melted butter. Mis and bisepoonful metted butter, this amount ingredients, mis together the milk the well-beaten ess. then the butter, and bake in a well-grease and low pan for twenty minutes, here recipes will prove useful. (Mrs.) Cr. M.

thanks, Mrs. M. I am sure they e useful to many readers of these

Recipe for Cheese Pie

Woman's Page: Mrs. J. R. asked for a r. Here is one: Four eggs. beene, one ismon and one

cheese, one lemon and one and sugar. maring - Beat the whites and sugar sparately. To the beaten sugar, heating thoroughly, then rind and juice of the jemon. thorough a colander and then again thoroughly. Lastly silr in the mixture atd bake in a moder-amail raising used. I think best for cleaning mink (Mrs.) W. A. M.

the fur try rubbing in bran ened with warm water, rub then apply dry bran. The puld be applied with fiannel bran with a piece of book

for Sponge Cake

Five o'Clock Tea

To Become a Red Cross Nurse It was so dark that we went said to my mother that I wished there was fairyland and I would be very glad if here was and if she would lead me to it. I

vou.

To the Editor of Woman's Page: Dear Madam—Will you kindly tell me hou I can become a Red Cross nurse? I have n experience, but would like te learn Ess Harbor, N.J. AMELLA R. In order to become a Red Cross nurse i asked her to please ask God to slam Wilbur a little harder because he is tougher than most boys and that I am getting darn tired waiting for that haby sister and I would like woman must be a graduate nurse from a hospital. She then takes the Red Cross examination. For further information something done about it if it wasn't too much trouble. Amen." write to the Red Cross headquarters in this city, 221 South Eighteenth street.

3. It is the duty of the maid of honor at

He Secured Her Picture

I think you would be quite within your

to allow her picture to be handed around to

To the Editor of Woman's Page

(Copyright.) The next adventure of Patas Kildare will ap-sear in tomorrow's Evening Ledger.

> THE CHEERFUL CHERUB want to help my country now. Although Im small I'll never shirk. I'll drill myself in our back yard And train my dog for Red Cross work.

Speech on Introduction To the Editor of Wonan's Page: Dear Madam—When Introduced to a person is it proper to say "Pleased to meet you." or "Glad to know you"? Would both of these expressions he in good form. ANVIOUS

A Home-Made Floor Polish ANXIOUS. "Pleased to meet you" has been so mis An excellent polish for hardwood floors An excellent polish for hardwood floors may be made at home by putting one pint of turpentine into a jar and adding to it one-half pound of beeswax, out into as small pieces as possible. This should be put into a warm place where it will melt slowly and may be stirred frequently with a slender stick. When thoroughly dissolved rub a little on the floor with a flannel cloth and then polish with the usual floor polisher used that it is now considered rather pro vincial to use the phrase. Upon being intro-

duced it is sufficient to merely repeat the name of the person to whom you are pre-sented, reserving any expressions of happiness over the acquaintance until leaving.

When Should One Attend?

and then polish with the usual floor polisher or pad. This may be used also for pol-ishing tables. Care must be taken not to To the Editor of Woman's Page: Dear Madam—When one is invited to a lunch-on, breakfast or dinner and the hour is def-initely atted, at what time should one arive-on the hour or before? TILLIE.

For luncheon, breakfast or dinner a guest is supposed to be on time or not later than five minutes after the hour designated. Only for a tea, where the hours are from 4 until 7, say, one is supposed not to go until after half-after 4, or at a ball, when the hour is designated as 19 the guests

mually arrive at any hour from 11 on. These are simply local customs and are likely to change at any time, especially in these war times, when most affairs, if any are given, will be expected to be early be-gun and early ended.

use too much of the polish or the wood will become sticky and it will be difficult to get the desired result of a smooth, even

So you want a story, darling! botanizing, geologizing, hunting with a camera, golfing, boating—anything that combines diversion of mind with exercise and vigor enough to make the heart jump

What shall the story be? Of Little Boy Blue in the haystack, And the sheep he fails to see, As they nibble the meadow clover

and the lungs puff and the warm blood leap through the veins. Fresh-air play is needed to overcome the While the cows are in the corn? evil effects of the work obsession. Get out of the business grind. Shake off the work mania. Get the play spirit. Culti-Little Boy Blue, wake up, wake up, For the farmer blows his horn

> Or shall it be the story Of Little Bo Peep I tell, And the sheep she lost and mourned for As if awful fate befell?

Oh. the pigs that went to market-That's the tale for me to tell! The great big pig, and the little pigs, And the wee, wee pig as wel

The little rogue's fast asleep. might have stopped telling stories When I got to Little Bo Peep. -Eben E. Rexford.

ust look at the baby, bless him-

and it was over, and nothing remained but a radiating smile. I went to lay him away among the herces; and if ever I doubted how to die, my black pearl fisher from Guadeloupe has shown me the way. They brought Croya in half-unconscious, with seven suppurating wounds.

with seven suppurating wounds. It was late, and I did the first examination and The next day, they dressing unassisted. overhauled him in the operating room, decided he was hopeless, and handed him over to me. It is one of the few dressings I have had that really frightened me; for

Date Sandwiches

Dates can be made into many savory pastes for sandwich filling. Make the foundation by stoning the dates and running them through the meat chopper To a poun of this paste add the juice of an orange and the pulp that squeezes out with it, rub it smooth and spread between buttered bread slices.



ISTA ILL ALL DE



