

# "Better Food---Better Homes" Week 3rd Annual Cooking School of the Harrisburg Telegraph

## EXPLAINS INFLUENCE OF FOOD ON PERSONS

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the benefit of mankind, generally, are a degree less important than the Better Foods---Better Homes movement because they are to a large extent dependent upon it. Better homes influence boys and girls more than, perhaps anything else to become good men and women and useful citizens. If they are given the right sort of food to eat along with proper training, they are bound to be healthy and happy and there is not much question about their being good."

### Doors Open at 1.30 o'clock

The doors of Fahnestock Hall at the Y. M. C. A. open each afternoon at 1.30 o'clock. From 2 o'clock until 2.30 a musicale will be given. Mrs. Vaughn starts her lectures and demonstrations promptly afterward.

Mrs. Vaughn's third lecture of the Telegraph Home Economics course dealt exclusively with the subject of food and its influence on the physical, mental and moral welfare.

Before Mrs. Vaughn began her lecture yesterday she showed the members of her class how to prepare a chicken to be roasted in the fireless cooker. She also explained the various parts of the cooker and just how it can be used to the best advantage. The fireless cooker was closed up and set aside, leaving the chicken to roast without any more attention from the cook. This, Mrs. Vaughn said, is what makes fireless cookery a really valuable aid to the housewife. She can put her dinner on to cook and then go to other duties or pleasures without any necessity for worry or thought. Her dinner will be properly cooked when she is ready for it.

### Women Appreciative

Harrisburg women are showing their appreciation of Mrs. Vaughn and her work here in many ways quite pleasing to the lecturer as well as to her assistants. She is a recognized authority all over the country on the culinary art and her every word is interesting and instructive in the extreme. Her menu yesterday was a typically economical one. Mrs. Vaughn's ideas in regard to economy are extremely practical and her hearers were impressed with the high mental and moral tone of her lectures. She believes that the woman, who intelligently and in business-like fashion makes out a budget covering a wise distribution of the family expense will keep out of embarrassing debt and avoid much unhappiness. Having studied the budgets of a great number of families, in various parts of the country she finds that economy does not mean so much the saving of money, as the arranging of resources so as to get the most out of them. She said that some women with large incomes are, because of lack of knowledge of a true valuation of money, not able to provide as well for their families as other women who know how to manage their funds and provide comfort and happiness on small incomes. Showing how to get the most possible for every dollar expended, she convinced her hearers that economy is not a matter of merely doing without, but one of right values.

### Good Homemade Bread

In Thursday's lecture, Mrs. Vaughn will take up the vital subject of "Digestion and Well Balanced Menus." She has studied this matter from every point of view, and offers some very practical, helpful suggestions in regard to planning a properly balanced ration. A lesson in baking good homemade bread is one of the most popular. Winners of the prize cakes yesterday were: Mrs. George Ramsey, 612 North Eighteenth street, and Mrs. Benjamin Eby, of New Cumberland. Important features of to-morrow's lecture of Mrs. Vaughn's receipts follow:

**Rice Croquettes**  
1/2 cupful rice, washed and steamed. When cold add 1 tablespoonful melted crisco, 1/4 cupful grated cheese, salt to taste, 1 egg beaten very light. Form into croquettes, roll in flour and submerge in deep crisco heated



MRS. VAUGHN, TELEGRAPH'S COOKING EXPERT, ROLLING OUT THE DOUGH

until a crumb of bread will turn a golden brown in 40 seconds.

### Combination Salad

Canned string beans, cucumbers, carrots, peppers, radish and lettuce hearts. Marinate with French dressing.

### French Dressing

1/2 teaspoonful salt, 1/4 teaspoonful pepper, 1/4 teaspoonful paprika, 1/4 teaspoonful celery salt, 1 teaspoonful sugar, dash mustard, 6 tablespoonfuls

melted crisco, 6 teaspoonfuls spiced salted vinegar.

Rub bowl with slice of onion and mix and blend, add crisco very slowly and when 4 tablespoonfuls have been added, alternate with vinegar. Add at last 1 tablespoonful of Chili sauce. Beat until an emulsion is formed. Toss vegetables until dressing is absorbed.

## GOVERNOR SHOVELS WITH THOUSANDS

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dangling from his teeth. "There are three tools I like," said the Governor, as he stepped from the machine and grasped the pick and shovel and started in, leaving the workman with only his pipe.

### Governor Sees "The Girls"

Dr. E. E. Campbell, president of Irving College, was working on the road near Mechanicsburg. He invited the Governor to stop at the college and see the girls. He did. When Mr. Brumbaugh returned across the campus to his machine he had his arms around two girls, while the rest formed in line and followed behind.

The noon stop was made at Carlisle. Two moving picture operators accompanied the party and wound off hundreds of feet of film of Mr. Brumbaugh in action.

## Suffragists Provide Lunch For Thousands of Good Roads Workers

Suffragists all over the State were up bright and early this morning putting the finishing touches on the lunches they have provided for the good roads workers. Sandwiches were wrapped in damp napkins and lemonade and iced tea and coffee were put in the ice boxes so as to have them just right for the men at noon.

The offer of the women to provide lunches and refreshments has delighted the men. It has relieved the road officials of the work of providing for the lunches and it has tickled the men to know that they are to have plenty of homemade good things as a reward for their labors.

It was a mighty big job that the women undertook, but their enthusiasm and their ability to handle big problems by co-operation and organization is shown by the fact that in Allegheny county they have prepared refreshments for 15,000 men. This army of road workers will need wholesale quantities of refreshments. J. Denny O'Neil, chairman of the Good Roads Association of Allegheny County, had expected to have to detail a number of his workers to take care of the food supply, but when the Equal Franchise League, through Mrs. J. O. Miller, its president, offered to handle the matter he gladly turned it over to them. As a reward for his confidence the suffragists decided to supply hot waffles as a dessert.

The story is the same in every county. In Franklin the suffragists will provide 400 lunches; Waynesboro women will provide 200; in Washington county, 300; Franklin county, 400; Lackawanna county, 1,000. Where there are a great number of men to take care of automobile trucks will be used to carry the provisions. In the smaller places lighter autos and wagons will be used.

The local suffrage chairmen have promised State headquarters that the women of Du Bois, Bellefonte, Gettysburg, Milton, Bedford, Sunbury, New Castle, Butler, Elk Lick, South Williamsports, Williamsport, Chambersburg, Media, Monessen and scores of

other places will be on the job and the men on their roads well taken care of.

## Motor Club Makes Dirt Fly in Three Counties

Despite the cloudy weather, hundreds of members and friends of the Motor Club of Harrisburg, turned out today to work on the roads in Dauphin, Cumberland and Perry counties. Many were hired for the heavier work. Contributions totaled a little more than \$1,000, which will be used in the payment of the workmen, and for the material used to-day.

The local organization devoted its time to-day to the Trindle Springs road. Perry county members worked near Newport while another force worked on Cemetery Hill, near Newville. John F. Rely, of Fort Hunter, also had a number of men working on Fishing Creek Valley roads.

### MANY WORK IN RAIN

By Associated Press  
Hazleton, Pa., May 26.—The success of good roads in the Lehigh coal field was marred by an early morning drizzle that threatened to keep up until night. Despite this many volunteer laborers and teams were on the job and it was expected to do considerable work. The coal companies, this city and in the surrounding municipalities and private citizens donated the use of teams, tools, laborers and highway machinery.

### PENNSY HELPS

Officials of the Pennsylvania Railroad Company are taking an active interest in the good roads movement. For some time past, been co-operating with Governor Brumbaugh and the State government in the matter of road improvement.

At Atglen, many tons of cinder were given to the township authorities, while at Thorndale and Middletown, nearly a trainload of dirt was donated for use on roads in adjacent territory.

## ARBITRATORS BEFORE PUBLIC WORKS BOARD

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arbitrators for an itemized statement of some of their findings and of the number of days upon which they sat. They charged \$1,500 apiece for the work. Announcement was made today that Mr. Cox has asked to speak before the Board of Public Works on the subject and he will be granted permission to to-morrow's regular session.

Work on the Paxton creek interceptor is being finished while the concrete work on the plaza wall at the pumping station is under way. Just as soon as the river recedes sufficiently to permit of excavations for the foot-wall the remainder of the steps that will fill in the gap at Market street, will be started. Commissioner Lynch said some repairing of the many places on the steps which have been chipped loose by youthful vandals who roll stones down the bank, are now being made by the contractor. Small

patches of cement are being put on in innumerable places.

## AMERICAN STEAMER TORPEDOED OFF IRELAND

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with details of the attack was expected soon. The German submarine campaign is continuing actively. Dispatches from Norway say the people of that country have been aroused by the sinking last week of the Norwegian steamer Minerva and the attempt to torpedo the Iris, which went to her assistance. The steamer Cromer, loaded with passengers had a narrow escape from being torpedoed while bound for Rotterdam yesterday. A submarine fired a torpedo without warning. It missed the ship by only fifteen yards.

According to the captain's story to Rotterdam correspondents the periscope was seen 500 yards distant and then the wash of the torpedo which was moving so rapidly that nothing could be done to avoid it. The attack occurred at a point four miles north of North Hinderlightship.

## German Submarines Are Continuing to Torpedo the Ships of Neutrals

London, May 26.—The torpedoing of the Nebraska was a surprise to American officials here. Apparently it occurred before 9 o'clock last night. All foreign vessels leaving Liverpool recently have had their names and nationalities painted in large letters on their sides and have flown large flags. Yesterday evening was clear, and the period between 8 and 9 o'clock is the twilight hour in the British Islands at this season.

A message to Lloyds says that an armed traveler went to the assistance of the Nebraska and stood by her all night.

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## News Creates Stir Among Washington Officials

Washington, May 26.—Coming close

on the Lusitania disaster, the news that another American ship had been endangered aroused more than ordinary attention, but all officials were disposed to hear details before making comment.

## Some officials could not understand why a ship bound for the United States, in ballast and, therefore, carrying no contraband, should have been endangered by a torpedo and they considered it among the possibilities that the Nebraska had struck a drifting mine.

Owners Get News  
New York, May 26.—The American Hawaiian Steamship Company, owners of the Nebraska, received a wireless message to-day from the Nebraska's captain, relayed by cable, in which the captain said the vessel had been struck either by a mine or a torpedo and that he had turned back and was proceeding with a convoy to Liverpool.

Washington, May 26.—Const. General Skinner at London cabled to-day: "The British Admiralty reports the American steamer Nebraska torpedoed."

He gave the same location as mentioned in the London dispatches and added that he had received no direct report.

## GERMANY WILLING TO PAY IN SUCH CASES

By Associated Press

Washington, May 26.—The damage to the Nebraska recalled at once in official quarters the German government's assurances presented by Count Bernstorff to Secretary Bryan on May 11 that submarine commanders had been specifically instructed not to harm neutral vessels not engaged in hostile acts and that Germany would pay for the damage to such ships in the war zone. The German government's communication added that in such a case it would express its regrets and pay damages without resort to prize court. In case of dispute of facts Germany offered to arbitrate claims at the Hague.

## STOCKS WEAKEN

By Associated Press

New York, May 26.—Stocks weakened to-day on the report of the torpedoing of the American steamer Nebraska. Prices fell one to three points from their early rally. War shares were most affected. Supporting orders checked the decline but the market remained feverish.

## PRESIDENT MAKES NO COMMENT

Washington, May 26.—The official and news dispatches on the Nebraska was communicated to President Wilson but no comment was forthcoming from the White House. It was indicated that a full investigation would be made as promptly as possible.

## LEADER OF NEW YORK SOCIAL SET DEAD

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band was with her when she died, but her three children, Stuyvesant, Snyder and Mrs. Albert Gray, did not reach the house till a short time after she had died.

Mrs. Fish was about 60 years old. She was born in New York. Her maiden name was Marion Grayes Anthon. On June 1, 1876, she was married to Stuyvesant Fish, a well-known railroad man and financier, and a son of Hamilton Fish, Secretary of State in the Cabinet of President Grant. With her husband she was interested in many charities and entertained liberally. Her list of personal charities, too, it was said, was large.

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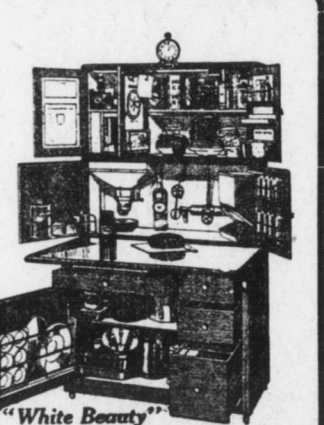
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