



Reading for Women and all the Family



“The Insider”

By Virginia Terhune Van de Water

CHAPTER XIX
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In spite of Tom's hopes that Mr. Hugh Parker would make his headquarters in the Norton home, and his father's possible misgivings upon the same point, the tutor declined politely to transfer himself and his belongings from the hotel at which he was staying during his week in New York.

Mr. Norton imparted this information to his son. "I am sorry, my lad," he announced, "that I cannot gratify your wish to have your work as our guest. I managed to get him just now on the telephone, and he was very courteous and thanked me politely for asking him to come to us. He regrets that he cannot do this, but will be glad to call instead."

"I suppose," Tom mused aloud, "that it would have been the proper thing for one of us—your mother or me—to call on him at his hotel and invite him in person—wouldn't it?"

The critical tone irritated the parent. "I could hardly be expected to do that," Tom, he reproved, "you forget that I am much older than your friend. What is he like, anyway?"

"He is a gentleman," the last declared stoutly. "And I am going down to see him myself this evening. I shall not," he added as his father started to speak, "urge him to come here to stay. I am sorry, however, that you will not meet him—and also, of course, that he will not know you."

He uttered the last part of the sentence as if from a sense of duty. If his father was still vexed, he controlled any evidence of it.

"Invite him to come here to dinner some night, why don't you?" he proposed.

"Perhaps I will," Tom agreed indifferently.

I sympathized inwardly with the son of this house. He seemed to feel as if he did not belong in his father's home. At dinner that noon I noticed that Mrs. Gore treated him with little affection, although with perfect politeness. I noticed, also, that Tom addressed her as "Aunt Adelaide," not as "Auntie," Grace's name for her.

At breakfast the following morning Tom, apparently forgetting any coolness that had arisen between his father and himself with regard to his new friend, remarked that he and Mr. Parker were going to the theater that night.

Mrs. Gore Objects

"He wanted me to tell him what show I'd like to see," she went on eagerly, "but I told him that I would rather have him decide. So he will get tickets for something he thinks we'll both enjoy. He is a peach, all right!"

"Why not invite him to dine here this evening, then go to the theater from here?" Mr. Norton asked.

Grace and I were seated at our small table, but I saw Mrs. Gore's face change.

"Are you suggesting Tom's having

some boy here to dinner to-night, Brewster?" she inquired.

The question was innocent enough, yet I was sure that Tom resented it. "My friend is not a boy," he corrected. "He is a grown man, somewhere between twenty-five and thirty, I guess."

"Excuse me—I did not understand," Mrs. Gore said coldly. "Do you want him especially to-night?"

"And why not to-night?" Mr. Norton demanded.

"Oh, that's all right," she assured her brother-in-law, her manner changing swiftly to its accustomed suavity. "I only thought that perhaps Tom would rather wait and have several of his friends here at one time, instead of having some young fellow here almost every night—as he did when he was at home for the Christmas holidays."

She seemed to ignore the smile which she turned to her son with a speech.

"As soon as breakfast is over, Tom," he said, "I want you to call up Mr. Parker at his hotel and give him the invitation I suggested—adding my urgent request that he accept."

"Thank you, sir," the boy returned.

It may have been my fancy that made me think he cast a glance of triumph towards Mrs. Gore, for a moment later his face wore its usual expression.

I had forgotten all about the conversation at the breakfast table that evening when I went down to the library for a book I had meant to take up to my room with me.

Grace was in bed, having had her early supper with me. I had summoned her father for his bed-time chat with her, then slipped quietly down stairs for the desired volume which was to help me spend my solitary evening happily.

I took it for granted that the library was empty. But as I entered I saw my mistake. Two forms, seated in the ruddy light from the open gate stood up.

"Oh, I beg your pardon!" I exclaimed, stopping short. To me, coming in from the lighted hall, the room seemed very dark.

"Please don't go away, Miss Dart!" Tom urged. "I want you to meet my friend, Mr. Parker."

He touched the electric switch and the room was flooded with light. I found myself face to face with a young man in evening clothes. Tom, too, had on a dress suit.

"Miss Dart," may I present Mr. Parker?" Tom said, with the grave courtesy he had been taught both at home and at school.

Without stopping to consider whether it was doing the conventionally correct thing or not, I held out my hand.

"Mr. Parker," I repeated the name. "I am glad to meet you."

(To Be Continued.)

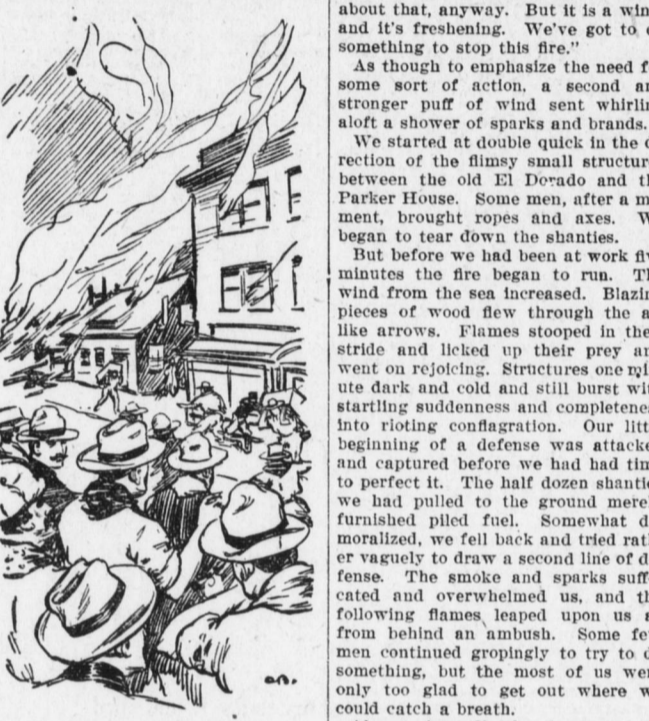


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(Continued.)

CHAPTER XXXI.
The Catastrophe.

So things went along for a month. Christmas drew near. Every joint in town was preparing for a big celebration, and we were fully in the mood to take part in it. The Ward block was finished. From top to bottom it had been swept and cleared. Crowds came every day to admire the varnish, the glass, the fire-



A long drawn "A-ah!" burst from the crowd.

places, the high plastered walls; to sniff the clean new smell of it. Everybody admitted it to be the finest building in the city.

On Christmas eve we went to bed, strangely enough, very early. All the rest of the town was celebrating, but we had been busy moving furniture and fixtures, had worked late in order to finish the job and were very tired.

The first intimation of trouble came to me in my sleep. I dreamed we were back on the Porcupine and that the stream was in flood. I could distinctly hear the roar of it as it swept by and I remember Johnny and myself were trying desperately to climb a big pine tree in order to get above the encroaching waters. A wind sprang up and shook the pine violently. I came slowly to waking consciousness, the dream fading into reality. Yank was standing by my cot, shaking me by the shoulder. He was fully dressed and carried his long rifle.

"Get up!" he told me. "There's a big fire one or two doors away, and it's headed this way."

Then I realized that the roar of the flames had induced my dream.

Fifteen or twenty men were trying to help Warren's place resist the heat. They had blankets and pails of water, and were attempting to interpose these feeble defenses at the points most severely attacked. Each man stood it as long as he could, then rushed out to cool his reddened face.

"Reminds me of the way I used to pop corn when I was a kid," grinned a miner. "I wouldn't care for that job."

"Just the same, they'll save it," observed Talbot judicially.

Almost coincident with his words a long drawn "A-ah!" burst from the crowd. A wandering gust of wind came in from the ocean. For the briefest instant the tall straight column of flame bent gracefully before it, then came upright again as it passed. In that instant it licked across the side wall of Warren's place and immediately Warren's place burst into flame.

"Hard luck!" commented Talbot. The fire fighters swarmed out like bees from a disturbed hive.

"Our hotel next," said Johnny.

"That's safe enough. There's a wide lot between," I observed.

A fresh crew of fire fighters took the place of the others—namely, those personally interested in saving the hotel.

"Lucky the night is so still," said Talbot.

We watched Warren's place burn with all the half guilty joy of those who are sorry, but who are glad to be there if it has to happen. Suddenly Talbot threw up his head.

"Feel that breeze?" he cried.

"Snuction into the fire," suggested Johnny.

But Talbot shook his head impatiently, trying to peer through the glare into the sky.

It was a very gentle breeze from the direction of the ocean. I could barely feel it on my cheek, and it was not strong enough as yet to affect in the slightest the upward roaring column of flame. For a moment I was inclined to agree with Johnny that it was sim-

DAILY DOT PUZZLES

24	25
23	28
22	21
18	20
17	19
14	16
9	11
10	12
3	8
3	7
4	2
1	6
33	30
31	32
33	34
35	

Here is Master Willie Wright. Watch him — his little Draw from one to two and so on to the end.

Harrisburg Is Commended For Jewish Relief Donations

Harrisburg is commended for its part in bringing up the \$10,000,000 American Jewish Relief Fund by the officers of the relief committee, in a dispatch received here to-day from New York.

"Harrisburg is doing its share toward relieving the distress of the war sufferers," the message says, "and the people of your city are continuing to make every effort to get increased contributions."

Ten million dollars is needed to save 3,000,000 Jews from starvation, chiefly along the eastern front extending from Northern Poland to Galicia. The relief committee expects to complete the fund by the end of this year.

Julius Rosenwald, of Chicago, recently made a contribution of \$1,000,000 to the fund. David Kaufman is chairman of the local committee.



Kisses—No. 71

A delightful delicacy for young and old. Of course, I am not referring to that form of osculation quite common among members of the younger set and considered quite a treat for the rather unfortunate spinster; instead, my subject will be entirely upon the making of kisses as applied to the culinary art.

The preparation of kisses according to my recipe is rather tedious, so by all means before starting to make this morsel sit you down in a corner and gather together all of your divergent strings of patience, because you will need them all. However, the result will warrant your special effort.

I prepare these quite often for a number of little affairs, and my many studio friends have heaped sweet little compliments upon me owing to their fondness for this after-dinner delicacy.

The Recipe.—Beat the whites of six eggs to a stiff froth and with a wooden spoon stir in quickly a cupful of fine white sugar. Have some boards placed in the oven thick enough to prevent the bottom of the kisses from becoming too brown. Place strips of paper about two inches wide upon the board and drop a tablespoonful of the mixture upon the paper about an inch apart, taking care to have all of the kisses as near the same size as possible. Strew over the tops of the kisses some sifted white sugar and bake in a moderate oven for one-half hour. As soon as they begin to color remove them from the oven. Remove the kisses from the paper, but be very careful as the least pressure will break them. From the bottom with a small spoon take out the soft part. Just before serving place the shells in the oven upside down just to tinge the bottom brown. Fill the hollow with whipped cream flavored with liquor or vanilla and join two together and serve. If you wish to vary the size and shape, it can be done very easily. Also adding finely chopped raisins or almonds strewn over the top will give them a different appearance.

Great expedition is necessary in making this sweet dish. If the kisses are not put into the oven as soon as the sugar and eggs are mixed, the former melts and the mixture would run all over the paper instead of keeping its egg shape. The sweeter the kisses the crisper they will be, but if there is not sufficient sugar mixed with them they will most likely be tough.

I endeavored to the very best of my ability to get Colin Chase to help me prepare some for a little tea that Helen Eddy was to give the following Sunday afternoon, but he refused, stating that ever since he swallowed that spoon, about which I wrote previously, he was unable to stir, which necessarily placed the "kisses" preparation entirely upon my shoulders.

Explosion in Powder Magazine Sunk Ship

Tokio, March 27.—Naval officers ridicule reports that the explosion on the battleship cruiser Tsukuba on January 14 was the work of German spies. The Tsukuba sank soon after the explosion and the revised estimate shows that 157 seamen were killed and that at least 50 injured.

The cause remains a mystery but is explained by a naval man as probably due to a spontaneous combustion in the powder magazine. That there was not a larger loss of life is due to the fact that about half of the crew were ashore at Yokosuka where the warship was at anchor.

Captain Arima had just arrived on board from shore when a tremendous roar was heard many miles away and the ship was encased in a pillar of smoke and flames. The concussion blew a hole in the hull through which the water rushed and within a few minutes the ship began to sink. There were 340 seamen and a few officers on board at the time. Many were killed outright and others were blown into the sea.

Launches and cutters were dispatched to the rescue. Divers who made an investigation found many dead men seated about the table in the mess-room. A number of sailors who were on deck were blown into the air and

HOW TO SELECT FOODS

Household Grouping of Foods to Effect Economy and Insure Proper Diet—Uncle Sam's Specialists Urge Every Housekeeper to Think of the Food She Serves in Five Simple Groups—Foods Within a Group Are Interchangeable, but Can Not Be Substituted Safely For Foods From Other Groups

Washington, D. C., March 26, 1917.

—If the housewife will group the various foods in her pantry, vegetable bins and refrigerator into five simple groups and will see that foods from each of the groups appear in each day's meals, she can feel sure that she is giving her family the eight different substances which the body needs for well-being. This grouping will help the housekeeper who wishes to save money or time to simplify her meals without making them onerous or incomplete. It will enable her to determine whether the meals supply all the different materials needed and will prevent substituting one food for another which has an entirely different use.

To help the housewife group foods in a simple and effective way, the nutrition specialists of the U. S. department of agriculture have published the following suggestive grouping in *Farmer's Bulletin 808*, on how to select foods.

Group 1.—Fruits and Vegetables.

Without these the food would be lacking in mineral substances needed for building the body and keeping it in good working condition; in acids which give flavor, prevent constipation, and serve other useful purposes; and in minute quantities of other substances needed for health. By giving bulk to the diet they make it more satisfying to the appetite.

Foods depended on for mineral matters, vegetable acids and body regulating substances:

Fruits: apples, pears, etc., berries, oranges, lemons, etc., bananas, melons, etc.

Vegetables: salads, lettuce, celery, etc., green peas, beans, etc., tomatoes, squash, etc., potatoes, or "greens" potatoes and root vegetables.

Group 2.—Meat and Meat Substitutes.

These are sources of an important body-building material, protein. In the case of children part of the protein food should always be whole milk.

Foods depended on for protein:

Milk, skim milk, cheese, etc., poultry, eggs, meat, fish, dried peas, beans, cereals, etc., nuts.

Group 3.—Foods Rich in Starch.

Cereals (wheat, rice, rye, barley, oats and corn) and potatoes (white and sweet). Cereals come near to being complete foods and in most diets they supply more of the nourishment than any other kind of food. It is not safe, however, to live only on cereals.

Foods depended on for starch:

Cereal grains, meals, flours, etc., cereal breakfast foods, bread, crackers, macaroni and other pastes, cakes, cookies, starchy puddings, etc., potatoes and other starchy vegetables.

Group 4.—Sugar.

Unless some of the fuel is in this

form the diet is likely to be lacking in flavor.

Foods depended on for sugar:

Sugar, molasses, syrups, honey, candies, sweet cakes and desserts, fruits preserved in sugar, jellies, and dried fruits.

Group 5.—Foods Very Rich in Fat.

These are important sources of body fuel. Without a little of them the food would not be rich enough to taste good.

Foods depended on for fat:

Butter and cream, lard, suet and other cooking fats, salt pork and bacon, tallow and salad oils.

Some food materials really belong in more than one group, cereals for example, supply protein, as well as starch, as well as, in the mineral matters, acids, cellulose, and body-regulating substances, for which they are especially valuable; and most meat supplies fat, as well as, protein. The lists given above show some of the common food materials arranged in these five groups, according to their most important nutrients. Thinking of foods as belonging to these groups should help to prevent two mistakes—that of serving meals that have not sufficient variety, and that of cutting down in the wrong places when economy either of time or money is needed.

The groupings will help the housekeeper who wishes to save money or time to simplify her meals without making them one-sided or incomplete. For example, from these groups the housewife who has been serving bread, potatoes and rice or hominy in one meal will see the advantage two may be left out without omitting any important nutrient. They will show her that a custard which is made of milk and eggs, two foods from group 2 would hardly be needed after a meal in which a liberal supply of meat had been served, and that a child does not need milk at the same meal with an egg or meat. It will suggest that baked beans or other legumes or thick soups made of legumes, are substitutes for meat rather foods to be eaten with meat.

If, by studying these groups, the housewife finds that she has provided tissue-building protein (group 2), and the necessary, though small amount, of tissue-building minerals and body-regulating materials (group 1) she may safely build up the bulk of the diet from whatever materials from the other groups that seem economical, wholesome and appetizing.

This method of planning prevents substituting one food for another which has an entirely different use. In general, economy within each group is safer than using an inexpensive food from one group in place of an expensive one from another group.

The next article of this series deals with How to Tell if the Family is Getting Enough of the proper food.

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It didn't hurt a bit

(To Be Continued.)

BOARDS OF GOVERNORS TO MEET

The Board of Governors of the Dauphin County Medical Society will meet this evening at 8:30 o'clock, at the Harrisburg Academy of Medicine.

VENICE ATTACKED 21 TIMES

By Associated Press

Venice, March 27.—Venice has been attacked from the air 21 times since the beginning of the war. The first bombardment took place the day war was declared. The attack was directed by aeroplanes. The number of visits was eight in 1915 and thirteen in 1916.

MAY DIVIDE BOROUGH

Carlisle, Pa., March 27.—Because of the expense of furnishing light and water, the residents of the borough of Mount Holy Springs may petition the courts to cut the town in two, a considerable part to revert to the township of South Middleton.

ONLY POWERFUL MEDICINE WILL END RHEUMATISM

It matters not whether you have had agonizing pains from rheumatism for 20 years or distressing twittings for 20 weeks. Rheuma is strong enough and mighty and powerful enough to drive rheumatic poisons from your body and abolish all misery or money backache.

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