



HOUSEHOLD TALKS

Henrietta D. Grauel

Combining Foods

Some dishes are especially adapted to one another and because of their increased palatability when eaten together are generally served at the same meal. Then there are some other foods that are good combinations, because one furnishes certain necessary elements the other one lacks.

When we have some knowledge of the properties of foods we select those that go well with one another, and so secure properly balanced meals. We serve rice or potatoes with roast beef and with mutton, and so secure a perfect muscle-making food that satisfies. These starchy vegetables are not so good with pork unless an acid food, like apples or tomatoes, is also served.

Nations that consume large quantities of potatoes will be found to be heavy drinkers of butter milk. Macaroni is a wholesome food but it requires the addition of other food elements, so we see cheese and tomatoes being added to it, and the Spaniard adds oil to his national dish of beans. The Japanese uses rice in his diet, but certain oils and fish are eaten with it. This is called natural selection and dieticians frequently make no better combinations than are made by ordinary persons with healthy, unclayed appetites.

Good cooks like to remember that clams and oysters have their flavor improved when pickles and cabbage slaws are served with them.

All heavy soups should be accompanied by crisp wafers and grated cheese and celery.

Sliced cucumbers and potatoes in every style are suitable to go with the fish course.

All starchy vegetables may be served with fish.

Beans and peas balance a heavy pork dish and tomatoes should always be served with it.

Lamb and sweetbreads combine with peas, with cauliflower and tomatoes.

Mushrooms are also served with delicate meats.

Mutton is wonderfully good when eaten with kohlrabi and pickled beets are liked with it also. The kohlrabi is boiled with the mutton.

Hot corn bread and fried chicken, or fried chicken waffles and cream gravy make a fine dinner course.

Spinach and other greens are excellent with every meat but lend a specially fine taste to lamb and to mutton. Mustard dressing is liked on roast mutton and mint sauce on roast lamb.

Roast duck, goose, turkey and game need cranberry sauce, plum jelly, baked apples or apple sauce or a tart fruit sauce.

Braised liver should be cooked with bacon and served with it; egg-plant and squash or onions are also served with liver.

Potatoes join nicely with all steaks and breaded meats do not seem so rich when tomato sauce is added.

Oyster plant and parsley fritters are nice with roast veal.

DAILY MENU
Breakfast
Oranges
Steamed Rolled Oats with Cream and Brown Sugar

Broiled Steak Buttered Toast
Eggs Coffee
Luncheon
Mincied Meat Loaf with Tomato Sauce
Baked Potatoes Corn Meal Mullins
Lemon Jelly with Cream
Dinner
Barley Broth
Roast Beef Rare
Mashed Potatoes Peas
New Tomatoes on Lettuce
French Dressing
Wafers Cottage Cheese
Pineapple Bavarian Cream
 Coffee



PEG O' MY HEART

By J. Hartley Manners

A Comedy of Youth Founded by Mr. Manners on His Great Play of the Same Title—Illustrations From Photographs of the Play

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(CONTINUED.)

"Indeed?"
"An' it's about a girl who built a shrine an' she thought she wanted to put Friendship into it. She thought she wanted Friendship. After awhile she found out her mistake. Listen." And Peg said, in a pure, tremulous little voice that vibrated with feeling, the following:
"A temple to Friendship, said Laura enchanted.
"I'll build in this garden—the thought is divine!
Her temple was built, and she now daily wanted
An image of Friendship to place on the shrine
She flew to a sculptor, who set down before her
A Friendship, the fairest his art could invent!
But so cold and so dull that the youthful adorer
Saw plainly this was not the idol she meant.

"Oh, never," she cried, 'could I think of enshrining
An image whose looks are so joyless and dim.
But you little god (Cupid) upon roses reclining,
We'll make, if you please, sir, a Friendship of him."

"So the bargain was struck; with the little god laden
She joyfully flew to her shrine in the grove
Farewell, said the sculptor; 'you're not the first maiden
Who came but for Friendship and took away—Love."

She played the refrain softly after she had finished the song. Gradually the last note died away.
Jerry looked at her in amazement.
"Where in the world did you learn that?"
"My father taught it to me," replied

had one more spurt before I killed it altogether? Would ye?"
"Why, how do you mean?"
"Take me to that dance tonight—even without me aunt's permission, will ye? I'll never forget ye for it if ye will. An' it'll be the last wrong thing I'll ever do. I'm just burnin' all over at the thought of it. My heart's burstin' for it." She suddenly hummed a waltz refrain and whirled around the room, the incarnation of childish abandonment.

Mrs. Chichester came slowly down the stairs, gazing in horror at the little bouncing figure. As Peg whirled past the newest post she caught sight of her aunt. She stopped dead.
"What does this mean?" asked Mrs. Chichester angrily.
Peg sank into a chair.
Jerry shook hands with Mrs. Chichester and said:
"I want you to do something that will make the child very happy. Will you allow her to go to a dance at the Assembly rooms tonight?"
"Certainly not," replied Mrs. Chichester severely.
"I could have told ye what she'd say wurd (or wurd) muttered Peg.
"I beg your pardon," said Jerry, straightening up, but at the old lady's tone. "The invitation was also extended to your daughter, but she declined. I thought you might be pleased to give your niece a little pleasure."
"Go to a dance—unhappier?"
"My mother and sisters will be there."
"A child of her age?" said Mrs. Chichester.
"Child is it?" cried Peg vehemently.
"Margaret" and the old lady attempted to silence Peg with a gesture.
"Please let me go. I'll study me head off tomorrow if ye'll only let me dance me feet off a bit tonight. Please let me!"
The old lady raised her hand commanding Peg to stop.
"It was most kind of you to trouble to come over, Jerry, but it is quite out of the question."
Peg sprang up.
Jerry looked at her as if imploring her not to anger her aunt any further. He shook Mrs. Chichester's hand and said:
"I'm sorry. Good night."
He turned and saw Peg deliberately pointing to the pathway and indicating that he was to meet her there.
Peg, left alone, hurried over to the windows and looked out into the night. The moonlight was streaming full down the path through the trees. In a few moments Peg went to the foot of the stairs and listened. Not hearing anything, she crept upstairs into her own little nook, found a cloak and some slippers and a hat and just as quietly crept down again into the living room.
She just had time to hide the cloak and hat and slippers on the immense window seat when the door opened and Ethel came into the room. She walked straight to the staircase without looking at Peg and began to mount the stairs.
"Hello, Ethel!" called out Peg, all remembrance of the violent discussion gone in the excitement of the present.
"I'm studyin' for an hour. Are ye still angry with me? Won't ye say Good night? Well, then, I will. Good night, Ethel, an' God bless you."
Peg's little heart beat excitedly.
The one thought that beat through her quick brain was:
"Will Jerry come back for me?"

CHAPTER XXIII.
The Dance and its Sequel.
JERRY met Peg at the foot of the path when he saw all the lights disappear in the house.
They walked across the lawn and meadows on that beautiful July night, with the moon shining down on them.
Once at the great hall his mother put the gauche little Peg at her ease, introduced her to the most charming of partners and saw that everything was done to minister to her enjoyment.
It was a wonderful night for Peg.
She danced every dance, she had the supper one with Jerry, she laughed and sang and romped and was the center of all the attention. What might have appeared boldness in another with Peg was just her innocent, willful, child-like nature. She made a wonderful impression that night and became a general favorite. She wanted it to go on and on and never to stop. When the last waltz was played and en-ored and the ball was really ended Peg felt a pang of regret such as she had not felt for a long, long time.
"Oh, I am so happy, so happy!" she cried as Jerry led her back to her seat at the conclusion of the last dance.
"I wish I could make the world one great ballroom for you," said Jerry earnestly.
"Do ye?" asked Peg triumphantly.
"I do."
"With you as me partner, dancin' livery dance with me?"
"Every one."
"Wouldn't that be beautiful? An' no creepin' back after it all like a thief in the night?"
"No," replied Jerry. "Your own mistress, free to do whatever you wished."
"Oh," she cried impulsively, "wouldn't that be wonderful!"
His mother had come across to say "Good night" to Peg. In a few moments his sisters joined them. They all pressed invitations on Peg to call

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"Don't say that," Jerry interrupted.

Peg simply. "Tom Moore's one of me father's prayer books."
Jerry repeated as though to himself:
"Who came but for Friendship and took away Love?"
"Isn't that beautiful?" And Peg's face had a capt expression as she looked up at Jerry.
"Do you believe it?" he asked.
"Didn't Tom Moore write it?" she answered.
"Is there anything better than friendship between man and woman?"
She nodded.
"Indeed there is. Me father felt it for me mother or I wouldn't be here now. Me father loved me mother with all his strength an' all his soul."
"Could you ever feel it?" he asked, and there was an anxious look in his eyes as he waited for her to answer.
She nodded.
"Have you ever felt it?" he went on.
"All me life," answered Peg in a whisper.
"As a child, perhaps," remarked Jerry.
"Some day it will come to you as a woman, and then the whole world will change for you."
"I know," replied Peg softly. "I've felt it comin'."
"Since when?" and once again suspense was in his voice.
"Ever since—ever since"— Suddenly she broke off breathlessly, and, throwing her arms above her head as though in appeal, she cried:
"Oh, I do want to improve meself. Now I wish I had been born a lady. I'd be more worthy of—"
"What? Whom?" asked Jerry urgently and waiting anxiously for her answer.
Peg regained control of herself, and, covering down again on to the piano stool, she went on hurriedly:
"I want knowledge now. I know what you mean by betn' at a disadvantage. I used to despise learnin'. I've laughed at it. I never will again. I'm no one's equal. I'm just a little Irish nothin'!"
"Don't say that," Jerry interrupted.
"Thank ye for promisn' to help me. Mither Jerry. But would ye mind very much if the bad little somethin'

on them at Noel's Folly and, with Mrs. Chichester's permission, to stay some days.

Back across the meadows and through the lanes, under that marvelous moon and with the wild beat of the "Continental Waltz" echoing from the ballroom, walked Peg and Jerry, side by side, in silence. After a little while Peg whispered:
"Jerry, what were you goin' to say to me when yer mother came up to us?"
"Something it would be better to say in the daylight, Peg."
"Sure, why the daylight? Look at the moon so high in the heavens!"
"Wait until tomorrow."
"I'll not asipe a wink thinkin' of an the wonderfull things that happened this night. Tell me—Jerry—yer mother and yer sisters—they weren't ashamed of me, were they?"
"Why, of course not. They were charmed with you."
"Shall I ever see them again?"
"I hope some day you'll see a great deal of them."

To Be Continued.

HEROES OF MEDICINE

Many an Obscure Physician Has Died for Humanity's Sake

The physicians who have met death from diphtheria, from smallpox, from tuberculosis in the heroic discharge of duties so common as to seem trivial cannot be computed. Time has failed to keep a record of the noble dead. A roster of their honored names is out of power. Obscure heroes who have fallen in the strife for humanity fill our churchyards, where they sleep in unacknowledged graves.

St. Paul boasted he was a citizen of no mean city. We may boast in the same spirit that we belong to no mean profession, to no ignoble calling, and, while ungrateful beneficiaries may accuse us of practicing medicine for money, we may be sure that alike in city and in country, alike among the homes of wealth and the hovels of destitution, there exists a great body of men who by unselfishness, by fortitude, by kindness and charity, sustain amply the traditions and fulfill worthily the scope of our noble calling.

To those men what is a money fee? It is not time and study and care alone that they offer to the afflicted. It is their own strength, their sleep, their very lives that they lavish upon them, and what is a fee in exchange? Do men sell their blood for gold?—"Reveries of a Physician," by A. Stuart M. Chisholm, M. D.

Histrionic Requirements
"There is no reason for mentioning your name," said the eminent player.
"You are a press agent, not an actor."
"Believe me," replied Mr. Boostington, "a press agent has to be some actor to convince a star that he believes all the things he hammers out on the typewriter."—Washington Star.

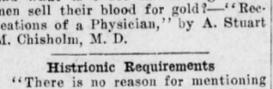
Distressing
"And so you were held up abroad by the war. You suffered many inconveniences no doubt."
"Yes, indeed. Why, for weeks before I could get out there wasn't a tango parlor open."—Pittsburgh Press.

When You Wash Your Hair Don't Use Soap
Most soaps and prepared shampoos contain too much alkali, which is very injurious, as it dries the scalp and makes the hair brittle.
The best thing to use is just plain mulsified coconut oil, for this is pure and entirely greaseless. It's very cheap, and beats soaps or anything else all to pieces. You can get this at any drug store, and a few ounces will last the whole family for months.
Simply moisten the hair with water and rub it in, about a teaspoonful is all that is required. It makes an abundance of rich, creamy lather, cleanses thoroughly, and rinses out easily. The hair dries quickly and evenly, and is soft, fresh looking, bright, fluffy, wavy and easy to handle. Besides, it loosens and takes out every particle of dust, dirt and dandruff.

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The Majestic will have as its attraction all of next week beginning with Monday afternoon, Chas. K. Champlin and his Metropolitan Stock Company. Mr. Champlin is well remembered by local theatregoers as it was his misfortune to playing with his company at the Grand Opera House when it was destroyed by fire several years ago. Mr. Champlin will present for the opening play on Monday afternoon "The Reformers," and in the evening Wm. Hodge's farce success, "The Man From Home." Other plays for the week include "The Ghost Breaker," "The Stranger," "The Man of the House," "The Littlest Rebel," "The Heart of Maryland," and "He Fell in Love With His Wife." Matin will be given daily.—Adv.

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