

Timely Tips For the Housewife

WAYS TO USE CHEESE

[Prepared by Nellie Maxwell, department of farmers' institutes of the University of Wisconsin.]

Of all our foods, cheese is the most compact and concentrated. It contains no connective tissue, bone or waste matter. It is highly nutritive, containing twice as much food value per pound as beefsteak. This same compactness which gives to a food with no waste makes it also harder of digestion unless it is eaten with care...

Scalloped Cabbage or Cauliflower and Cheese.—Take three cupfuls of cooked cabbage, one cupful of grated cheese, three cupfuls of white sauce, arrange in layers alternating the vegetable with the sauce and cheese and cover with buttered crumbs. Bake about thirty minutes. Potatoes, brussels sprouts and other vegetables may be used in the same way. The smallest bit of cheese should never be thrown away. It keeps best if wrapped in a cloth dampened with vinegar or covered with melted paraffin when this is practical. Grated cheese put into a foil jar and sealed is ready for any number of dishes which will be improved by the addition of a tablespoonful or two, even for flavor.

Cheese Toast.—Mix cream with grated cheese, season with red pepper and spread on rounds of bread, put two together, sandwich fashion, and sear in a little butter. Serve these for Sunday high luncheon with a salad if so desired.

Cheese Omelet.—Cook together a teaspoonful of cornstarch and a half cupful of milk. Beat three eggs and stir slowly into the milk. Add a half cupful of grated cheese and seasoning of salt and pepper. Melt a tablespoonful of butter in an omelet pan, add the egg mixture and cook carefully. Serve very hot.

WHY DOES FEMININITY LIKE FUR IN SUMMER?

THE vagaries of the "inconstant sex" are putting money into the coffers of the fur manufacturers this season in a rather unexpected way. The extension of the mode for white fur coats for evening wear from Palm Beach northward has led to a demand for these furs in the part of the retail trade along the Atlantic coast, but it was first thought that the fur would be used only, or at least principally, for outdoor evening wear at the various mountain and shore resorts.

with a shortage. This has been avoided, however, by the arrival of fresh furs here, but is the disappointment of the manufacturers the dealers in these goods have taken the demand for the finished merchandise as an excuse for sustaining prices at their recent high levels.

CLOSE BUYING.

"COMMENTED me to the average woman shopper for real shrewdness," says the manager of a well known establishment. "We received a visit from one of the other day that bought a quantity of goods. She was considering the purchase of a yard of silk at 80 cents. The woman's purchase left a remnant of a yard and a half, which the salesgirl suggested that she should take. 'What is it cost?' asked the shopper. 'Fifty cents,'

"Very well," promptly replied the woman. "I'll take that yard and a half, and you may keep the yard I first bought."

SPRING STYLES AS THEY PASS. LONG trains of white frocks similar to those now being worn in the city and here are held in a detached way on robes of soft white chiffon or charmeuse.

The new blues for spring are powder blue, artillery and blue gray. Young girls are wearing the modified Coquet costumes, with shorter waists.

Summer Dance Frocks For the Young Girl



HAND embroidery lace, sheer handkercher, linen and equally sheer cottons all enter into the developing of fascinating frocks for the "dapper" girl from ten to fourteen is called in England. Shown here are two beautiful frocks for formal summer children's functions. The one on the left is of sheer tulle. The skirt is box pleated and has rows of insertion with an edging of val. It is attached to the waist by first a row of

insertion, then a band of the lace, ornamented with hand embroidery and again a band of insertion. To the upper band is attached the blouse, richly trimmed with lace and hand embroidery. At the right is a little frock of em-

bedimented net over an apple green silk slip. The skirt is full, and the blouse is in simple effect, the ends finished with ruffles of apple green satin ribbon. The sleeves are short and puffed and are finished with a tiny net ruffle, as is also the neck.

Do Not Sacrifice Your Health

MANY women and girls make the great mistake of sacrificing their physical comfort for the call of fashion. When the styles demand that there be no hips, those who are rather large in that direction try everything short of suicide to force their hips into the narrow space, set by the styles. Stays are often worn so tight that the poor flesh beneath is all creased and ridged when they are removed.

It is always very bad for the health to wear the stays too tight. All kinds of maladies result from a constant pressure around the abdomen, stomach, waist and diaphragm, the space covered by the ordinary stays. Indigestion and other stomach troubles are perhaps the commonest ills coming from tight stays. When the stomach is drawn up and in by means of these cloth and steel contractions the muscles are all thrown out of place. Where the pressure is constant and heavy the organs of the stomach cannot perform their work properly and the consequences is indigestion and other stomach ills.

This is just one of the many ailments coming as a direct result of tight stays. When one considers the various parts of the body covered by the ordinary corset, it is not to be wondered at that much harm can come in consequence of tight stayings.

One of the worst results of this year's present ill is anæmia. This is especially apt to attack young girls who are growing and their bodies should be perfectly free all over their surfaces. Until they are eighteen it is wise not to wear corsets at all, but one of the so-called corset waists which have celluloid bones instead of the steel ones.

Tight lacing prevents the free circulation of the blood, which is an important factor for young girls. Good circulation is necessary for sound health, and when it is stopped by tight stays anæmia is the result.

It is bad enough for her physical health when a grown woman chooses to squeeze her figure into a space too narrow for it, but girls should not be allowed to do so.

HOW ABOUT YOUR VACATION?

IN the first place, decide what you can afford to spend and make your plans accord with that most important item. Then try to take the sort of rest and change that will do you individually the most good. If you are in a position that takes a lot of vital energy and keeps you pretty much on the jump all the year don't go to some fashionable, lively place but try to find a congenial companion and go with her to a quiet farm of small country inn where you will get heaps of peaceful laziness, where a mildly and a short sleep will lower all requirements of costume, where you won't be expected to do anything social and worldly. The girl who lives in the heart of a city's life, who is in the swim of the business current for eleven months and maybe more out of the twelve, needs nature unadulterated more than anything else.

It doesn't matter whether you travel away to sea or mountain or lake. If you are kept on the alert mentally and nervously most of your time you must try to rest completely for your vacation. But if you have rather a dull time of it at your work, if that is monotonous and takes little of your energy and if you are not in the run of town life, then choose a vacation that will give you variety and rest that will throw you in with new people and points of view, give you a chance to wear your pretty clothes and show your new scenes. You want all the vacation you can get, and you must plan to take it as a rest cure, just as the overworked girl needs to take the opposite regimen. Above all, don't decide at the last moment and all in a rush, but begin right now to pick and choose and plan.

NOVEL WING TRIMMING

WINGS have flown into favor this spring and have settled down upon my lady's summer hat with the intention of a good long stay. They affect many poses, that which looks as if poised on top of the crown for immediate flight being perhaps the most popular. The advent of sailor hats is bringing in a host of new tailored trimmings, and wings, too, are taking on a more tailored finish. A particularly striking one is a hat with a rather long narrow white wings trimmed very evenly on the edges and backed with a piece of stiffened blue tulle following the outline of the wings and slightly larger. Another white bangkok straw hat has a simple

trimming of black wings backed in the same manner with white tulle. The wings are trimmed very closely about the edge and with a band of black velvet give the appearance of patent leather.

4 VOTES FOR WOMEN.

THE advocates of votes for women have a new way of exploiting their cause. They have manufactured a series of veils, each of which incorporates a wide slit mesh for the upper part of the face covering and a border of fine silk, upon the latter being distinctly inscribed the legend, "Votes For Women." It may be that these veils will become temporarily popular in the course of time.

door Circle and the chairman of the various circles will meet for luncheon at the Country Club at 1 o'clock tomorrow afternoon. The meeting will be an important and interesting one, and the president requests that there be as large an attendance as possible. On a warrant sworn to by U. S. Com-

missioner George S. Curry, John Blicke was arrested on Kauai Saturday charged with having committed a statutory offense. Deputy Marshal O. To Heine returned to Honolulu with the defendant this morning. Blicke is being held without bond, pending action by the special federal grand jury.

CLAIMS PILOTS SHOULD APPLY FOR RENEWALS

Inspector Says it is Not His Business to Chase Those Whose Licenses Expire

"If Capt. John Lorenzen has any one to blame for not getting his license renewed during the last 24 years," says Thomas J. Heene, federal inspector of steamboats, "it must be himself and none other." Inspector Heene refers in his statement to the incident of Capt. Lorenzen, who last May was refused a license after failing to pass an examination given by the inspectors. Lorenzen had served as pilot for the port of Honolulu for 24 years, and during that time had not had his pilot's license renewed. "The harbor commissioners have written me," says Mr. Heene, "asking

me to state why the license was refused to Capt. Lorenzen. I have answered them saying that the captain could best inform them himself. Consider it a personal business, and through courtesy to Capt. Lorenzen advised them to refer the question to him.

"Capt. Lorenzen is certainly mistaken, however, in saying that it was the inspector's fault that he was not told to renew his license. As far as I can see, it is the fault of no one but himself. Had he kept the renewals up he would not have had to take an examination, but failing to keep them up, and especially failing for so many years, the examination had to be given. That is part of the law, and holds good with everybody.

"Of course," says the inspector, "if someone comes into this office with a complaint that a vessel is being navigated without a licensed officer or by one whose license has expired, we start an investigation, but we do not make it a part of our business to go around from ship to ship, trying to find whether officers have or have not licenses."

Heene says that he considers the questions asked as very reasonable. "They start easy," he says, "and gradually become more technical." "Most of the pilots watch for the date of the expiration of their li-

enses," says the inspector, "and come to us for renewals. Ask some of them and see if they have to be told to come."

SEVEN MEN BACK NOTE AND RAISE CHARTER FUNDS

Bank of Hawaii Advances the Money; Hawaiians Will Have Research Plan Explained

Money enough to float through the work of the Charter Convention was at last definitely raised through the efforts of the finance committee of the convention when the Bank of Hawaii agreed to advance \$700 on the surety of seven well known men of Honolulu. The original estimate of the finance committee was \$1200 for the running expenses of the convention, but this estimate was later lowered by the offer of the Advertiser to do the printing of the convention free. Chairman M. C. Pacheco of the convention stated this morning that with careful management the convention would be able to just pull through on the \$700, but that if any unforeseen circumstances should arise, more money would have to be raised at once.

The seven men who signed their names in warranty of \$100 each to the bank of Hawaii, have assumed the responsibility of paying over the money in case the legislature at the next session does not provide funds to pay these expenses.

At 7:30 tonight the committee of 15 will meet in the supervisors' assembly hall. The meeting is to be held to discuss in more detail the charter plans which were proposed at the last meeting, Friday, and to decide where the two charter plans, especially the plan of the Research Club and of Harry Murray, can be given publicity in a series of addresses before a crowd of Hawaiians.

Since W. C. Achl came forward and, addressing them in the Hawaiian language, explained the features of the commission plan for which he stands, they have been waiting for someone to do the same thing for the plan of the Research club. The public is invited to attend this and all other meetings of the committee of 15 so that committee members may gather the consensus of public opinion upon the questions considered.

KINNEY'S BILL STOPS PAYMENT TO MRS. KNIGHT

Late Thelma Parker's Mother Sues for \$1000 a Month Allowance

San Francisco papers reaching here by mail yesterday brought news that Mrs. Elizabeth Knight, mother of the late Thelma Parker Smart, has brought suit in the superior court of San Francisco to compel the payment of \$1000 a month to her.

The suit is said to involve the settlement under the will of Mrs. Smart. The fight over this will and the custody of the 19-month-old child, Richard Smart, furnished a sensational chapter in the territory's legal and social circles a few months ago.

The San Francisco Chronicle of September 3 says: "Mrs. Elizabeth J. Knight, mother of the late Anne T. K. Parker, who was well known as a society girl of this city and Honolulu, brought suit in the superior court yesterday to enforce the payment of \$1000 from the trustee of the Parker estate in Hawaii.

"The sum sued for is the monthly allowance granted Mrs. Knight under the terms of a deed of trust executed in 1912 by Miss Parker. The allowance has been paid regularly until this month, but the complainant says that Alfred W. Carter, trustee of the estate, refuses to make the September payment on the ground that a garnishee summons, served on him by a Honolulu creditor of the estate, prevents him from paying out any funds under his care. The garnishee was secured by W. A. Kinney, an attorney of Honolulu, who has a \$13,500 bill for legal services."

The German undersea fleet at present comprises fifty-eight submarines. The Assay officers received \$175,000 in American gold here from Canada.

OPEN A CHARGE ACCOUNT AT THE MODEL GOLFERS FORT ST.

OUTDOOR CIRCLE WILL MAKE PLANS FOR YEAR

To discuss the work to be done during the coming fiscal year, and to listen to new plans and suggestions, the members of the executive committee and board of directors of the Out-

New Goods After the Sale Japanese Bazaar Fort St., opp. Catholic Church

Electric Reading Lamps W. W. Dimond & Co., Ltd., The House of Housewares

Jas. F. Morgan Co., Ltd. AUCTION Tomorrow at 2:30 p. m. --- Wednesday at 10:30 a. m. and 2:30 p. m. Honolulu Auction Rooms ALAKEA STREET, OPP. BAILEY'S FURNITURE STORE Oriental Rugs and Carpets Unique and Valuable Animal Skin Rugs