

# For the Women.

"Western society," says a southern "grand dame" who has observed it at eastern summer resorts and has visited some of the Missouri river towns, "shows to a painful degree the influence of the self-made man. Your women, I refer of course to what we call for lack of a more satisfactory term, the best people, are not faultless in their manners and appearance, at least as good as this country produces. Western girls are sent to eastern schools, they travel abroad, they study and observe and they bring home all the refinement of speech and manner known to the east and south. Their less fortunate sisters adopt their ways so that the result is a society of very charming girls and women contrasting with, for the most part, a lousier class of men. I suppose it will be different when the country grows older but just now it seems as though none of the western men had had the advantages of the western women. Have they been too busy making money—or is it because all your college bred men go away? In the east and south we have a fiction that all the men are out west but they must be on the ranches or in the mines. I don't meet them here.

"I know how distasteful the eastern and southern assumption of superiority is to you loyal westerners but you need for my opinion and I am taking it for granted you want me to be sincere. I'll tell you what I think—I believe your girls and women don't demand enough of your men in the way of the little acts of courtesy and evidences of culture which go to make up what we call a good manner. The girls and women seem to have it whether they have ever been away from home or not. If they move in your highest circles, then there's no excuse for the men and the only explanation is that they don't think those things important. Well, perhaps they're not. I'm very old-fashioned, I know, but I can't overcome my deep-rooted aversion to the ways of some of your men.

"To illustrate what I mean: In a Kansas City home where I visited once there were two young women, sisters, as charming as any girls I ever knew. Their mother was an old school mate of mine. Her girls had been carefully

taught and their breeding was faultless. They had a great deal of company, girls and men, and I fell quite in love with the girls and one or two of the young men. But the other day, it was a constant wonder to me how those well bred, refined, well educated girls could endure the manners and the speech and the appearance of those who appeared interested in them. Some of them did not even know how to dress—which most young men nowadays do seem to know even if they don't know anything else. I remember repeatedly of joining the young people on the veranda and finding the men sitting with their chairs tilted back, their feet on the railing, cigars or cigarettes in their mouths, their hats set rakishly down over their eyes, their trousers pulled up to display an alarming length of gaudy hose. I know it is considered old-fashioned to object to smoking and I don't object to it. My father and brothers always smoked in our presence and so did my husband, but I assure you they never took the liberty or asked for it except with women whom they knew very well indeed and never failed to remove their cigars when some stranger joined the family party unless urged to continue. Do you think these young men I am talking about showed me that courtesy? It never occurred to them. As soon as I appeared the girls would rise, as all well bred persons have been taught to do in the presence of older people, but unless it was necessary in order to give me a chair the men never thought of doing it. I don't see how they could have failed to observe the girls' actions and learn something from them, but they would sit, tilted back with elevated feet busily removing their hats for a minute when approached. It used to make me furious to see sweet young girls wasting their time with such bores but their father spoke well of most of them as 'successful young fellows' and I suppose that covers a multitude of sins. For myself I know I am romantic but I would much rather marry a man of good breeding than a millionaire and no man seems successful to me unless he is a gentleman in manner and speech."

The tub hat in some form or other is a recurring novelty of each season and

always make their appearance at about this time and with the canvas shoes and spotted white hose complete the daytime costume of the all-white summer girl. The new tub hats are especially pretty. New ideas are being introduced and many of the shapes are really quite pretentious for this style of hat. However, the simplest styles are always the prettiest and for that reason the very wide shapes with soft dented crowns like the sombrero the men have been wearing for a year are about the most fetching and becoming thing the average girl can wear.

The all-linen or duck hat is not by any means a new idea but now we have them made of open work embroidery and sometimes they are combined with straw, having, for example, a straw edge and the sides of the crown of the straw and the rest of embroidery, linen or duck. Usually they are all white but a very pretty hat is of white linen with a big blue satin bow in front and a place with a splendid looking buckle.

There is a new craze for striped shoes and stockings—black and white. Could anything be more bizarre? Colored shoes and hose to match the costume are very correct for street as well as house wear this summer.

As to hair dressing, they say in New York that the drag and the pompadour that droops over the forehead are doomed. You must brush the hair off the forehead if you want to be up to date. The English style which the children have been following is the correct thing for the big girls now—smooth and plain and parted on the side. Also the part in the middle is more in evidence and the hair is rolled back and puffed on the sides but worn flat on top.

The soft white kid belt demands a slender figure, but consorts well with many costumes and stretches to fit the figure as a broad ribbon might. Scarlet leather belts in the same soft form are also favored, and in connection with scarlet parasols and hats give an audacious touch of color to many French morning costumes in white or neutral tints.

The girls who go to the seashore or the lakes or even to Eureka Lake and the other local resorts must pay some attention to their bathing suits. A pretty girl is said to be never so captivating as in a swimming suit. But it is not enough to look fascinating and tumble into the water in any fashion. There is a graceful way of getting into the water—the only way to look the mermaid—and that is to dive. Every woman should know how to swim and

diving and how to dress properly for the occasion.

Young women who value comfort go into the water bare-necked and armed. Those who think more of complexion wear high necks and long sleeves and have a maid or duenna waiting on the beach with a wrap to don as soon as they come out. The water does not injure the skin but the sun soon burns it when it is wet. But there is no reason to fear sunburn because it will come off if treated properly. Make a wash of two tablespoonfuls of lemon juice, twice as much glycerine and half a pint of elder-flower water. Wash the face and neck and arms with this twice a night and scarcely a sign of sunburn will be showing in the morning. For the face when you first come in from the beach first clear cold water is to be applied then orange-flower water that has been mixed with tincture of benzoin. Flannel is unadvisable for the bathing suit for it shrinks. Cashmere clings. Mohair is excellent, nothing better for the bathing suit and some kinds of silk. Serge is also good if it has first been carefully shrunken. Black, dark blue and red are the best colors for the bathing suit and especially in red. White and pale blue look well on the beach but they will never stain more than one dipping, especially in muddy grimy Kansas water.

In dressing for the water first put on a thin under vest and a soft elastic bathing suit. Then draw on long black woolen stockings with elastic at the top. Woolen stockings look better than either cotton, lisle or silk when wet. Then comes the underpart of the suit, the waist and knee trousers, in one piece, and finally the short, full flaring skirt, knee length and the beach shoes are of white or linen colored canvas tied with cords to match the suit. There is a new fad for bathing sandals with straps extending half way up the calf of the leg in the back and with only the laces in front. They support the ankles, yet allow the freedom of the feet in swimming.

### Table and Kitchen.

Conducted by Lida Ames Willis, Marquette building, Chicago, to whom all inquiries should be addressed. All rights reserved by Banning Co., Chicago.

### Tomatoes.

All lovers of tomatoes rejoice when they appear in ripe abundance in the markets,

for they succulent, tender and fleshy seeds and furnish both meat and drink—appetizing and refreshing.

It is rather surprising to hear our English cousins, the home-made, great tomato eating people, as we assume that prerogative. Without reason, however, our English quite recently years ago have adopted them for food purposes and at first they were regarded with as much suspicion as the mushroom. The modern varieties, the perfect results of experiment and culture, have not been in general use more than a quarter of a century.

Tomatoes have always been classed as vegetables and used as such by most people, although at first they were eaten as a fruit and called love-apple or edible wolf apple. In some cases we still find them served in the manner of fruits only—skinned, cut or sliced and served with sugar or sugar and cream, stewed like apple sauce and served in same manner, or made into preserves or jams. The small yellow and red tomatoes are still used for preserving more than for any other purpose. A small variety of tomato is cultivated chiefly for ornamental purposes. The fruit or berries are small, not larger than cherries, and some kinds are larger than peas. These are used to garnish. The brilliant color of the tomato when quite ripe is very attractive and the seed and the succulent pulp chilled thoroughly, each tomato slashed partially through in quarters, and partially open and set in cups of crisp, tender green lettuce leaves, served with a French dressing, is one of the most refreshing and peace and refreshment to the victim of the overheated atmosphere, and will cause him to rise up from such regimentation and call the man blessed who was brave enough to first experiment with the tomato as a vegetable.

Even the highly cultivated tomato retains, more or less, the acidulous and peculiarly acidulous wild, unimproved fruit. While the acid is agreeable the "acidness" is very generally disliked by the masses, and the acid is modified, if not overcome, by the use of the salad dressings, or sugar when serving them as preserves. Both acid flavor is still further developed in cooking, and for this reason most people add a very little sugar to them, the quantity being determined by the acidity of the tomato, which varies very considerably. The acidity and acid effects of the weather and climate.

The forced tomato is never satisfactory, as it is taken from the vine while still green and forced by exposure to the sunlight to change its color and while its seeds are immature. Its journey to markets where it is still far out of season. There are flat in taste, and when eaten, have tough, tough, unprincipally seeds and juice.

The acids of the tomato are malle and oxidize, and the acid of the tomato, which people much better if the seeds were removed before eating.

The results of different analyses are not the same—some give as high as 26 per cent. of water, but 20 per cent. of water, and quite an amount of waste matter. Their acids and seeds make them slightly laxative and the acids also aid in the digestion of protein either by direct contact or through their quality as an appetizer. While they should be served with insulating foods, they should not be used too freely or with other acid foods for obvious reasons.

Acid conditions of the stomach and rheumatic tendencies preclude the use of tomatoes. Many cooks are not careful about the utensils used in cooking tomatoes, and their flavor is spoiled if they are rendered unwholesome by coming in contact with metal stoppans, spoons, etc. Earthenware, better still, porcelain, are the only kind to use, and hardwood spoons or paddles used for stirring them.

**BAKED TOMATOES A LA ROMA.**  
Cook together the centers of six large tomatoes, two tablespoonfuls of olive oil, and a small piece of butter, chopped fine, half a teaspoonful of chopped parsley, salt, pepper, and one clove of garlic, and one tablespoonful of sherry or white wine, cook together five minutes, add half a cup of bread crumbs, the tomatoes from which the centers have been taken, dust with bread crumbs and grated cheese, and bake half an hour. Serve with a white sauce.

**FLORENTINE BAKED TOMATOES.**  
Wipe carefully six large tomatoes and cut in pieces from the stem end, scoop out the centers. Rub a cut clove of garlic across an agate or pewee pan, and add the centers, chopped fine in spoonful of butter. Add six mushrooms, two large chicken livers both minced finely, one tablespoonful of lemon juice. Cook together for a few moments and then add yolks of two eggs and sufficient bread crumbs to fill the tomatoes. Place the tomatoes in a dripping pan, add a very small quantity of hot water, and bake half an hour in a moderate oven.

**TOMATO TOAST WITH MUSHROOMS.**  
Stew a quart of fresh mushrooms, season with salt, pepper and butter. Lay thin sliced slices of white bread on a warm platter, butter and cover each slice with the sliced mushrooms, and on each piece lay a peeled mushroom. Butter the mushrooms and give a dash of pepper. If desired, canned mushrooms may be used if fresh are not in market.

**SCRAMBLED TOMATOES.**  
Put the yolks of three hard boiled eggs through the ricer and mix with one teaspoonful of mixed mustard, one teaspoonful of powdered sugar, a dash of cayenne, and a little salt. Melt three ounces of butter and mix in, then stir in gradually three tablespoonfuls of vinegar. Stir all over the fire until scalding hot. Take up the fire and add two well beaten eggs, return to the fire and stir carefully until the mixture thickens. Place the sauce in a double boiler to keep hot while you slice one quart of firm ripe tomatoes in half-inch slices, broil carefully on a hot dish, pour the sauce around them and serve at once garnished with parsley.

**TOMATO FARCI.**  
Take six small, firm, ripe tomatoes, take off the peel by pouring boiling water over them and then dipping tomatoes into cold water, scoop out the inside and set in the ice box to cool and harden. Cook two cups of cut-up sweet peas, put through the meat chopper, cut half a dozen small butter, mushrooms fine and mix with the sweet peas. Make a sauce of one tablespoonful of butter and one of flour and one cupful of white stock; put the butter in a saucepan and when melted add the flour and cook two minutes, then add the stock, gradually stirring all the time, when all the stock is in add the inside of the tomatoes and cook ten minutes, add half a teaspoonful of chopped parsley, and season with salt and pepper to taste. Mix all together and stuff the tomatoes. Bake until the centers are tender, serve on rings of golden brown toast garnished with curled parsley.

**SPANISH TOMATOES.**  
One cup of tomatoes, half a dozen green peppers, two medium sized onions and two tablespoonfuls of butter. Chop the onions rather fine and brown in the butter, add the peppers to the Spanish peppers which have been chopped fine. Mix all together carefully and cook over slow fire for five minutes, adding salt and a very little white pepper to taste. Pour into a baking dish and bake in moderate oven for forty-five minutes. Serve in dish in which they were baked.

**FRIED TOMATOES.**  
Wash and dry thoroughly large, firm, ripe tomatoes and place in the ice box to harden, and when thoroughly chilled cut in inch thick slices, dip in beaten egg, then in bread crumbs, again in the egg and repeat the breading, place in a frying basket and dip into hot, deep fat. If the fat is sufficiently hot, they will brown in a very few moments and be thoroughly cooked. Drain on brown paper and serve on hot platter garnished with cream. Serve a cream or brown sauce with these. They will be found a delicious substitute for meat at breakfast during the warm weather.

**ROASTED TOMATOES.**  
Dip the tomatoes into hot water and remove the skins, cut a piece from the stem end and scoop out a little of the pulp and place a small piece of butter into this cavity, dust with salt and a little cayenne pepper, replace the top, sprinkle with crumbs, pepper and salt. Place a little piece of butter on each, and place on a slice of bread cut out with a biscuit cutter. Place in a baking pan and bake in moderate oven from 15 to 20 minutes.

**INQUIRIES ANSWERED.**  
A Constant Reader writes: "Will you please publish a recipe for making bread, also one for an English plum pudding?"

**MIL BREAD.**  
Our correspondent does not state what kind of bread, white or entire wheat. We give a recipe for white flour bread, which can be used instead of milk if more convenient. Place in your bread raiser a



## Young Mothers

Young married women must remember that the experience of maternity should not be approached without careful physical preparation.

A capable mother must be a healthy mother; the birth of the first child is an especially trying experience, and nature needs all the help it can get. Correct and practical counsel is of the most vital importance to the would-be mother. Mrs. Pinkham's advice at such times, together with Lydia E. Pinkham's Vegetable Compound, have guided many a young woman through this trying experience with the happiest possible results. Her advice is that of a mother with an experience with thousands of such cases, and given entirely free.

By special permission we publish the following three letters, showing the absolute necessity of proper care and advice at the time of maternity. That of Mrs. Sexton illustrates the dangers of maternity. That of Mrs. Hanson the suffering during the period; and that of Mrs. Massey the troubles that may beset a young mother after child-birth; and they all illustrate the wonderful value of Lydia E. Pinkham's Vegetable Compound in such cases.

**Mrs. Lillie Sexton, Ashland, Ky., Boyd Co., says:**  
"DEAR MRS. PINKHAM:—I wrote to you in Sept., 1900. I had been married two years and had two miscarriages, one at six months and one at seven. My organs were very weak. You advised me to use Lydia E. Pinkham's Vegetable Compound, and I began at once and used 13 bottles.

"In June, 1901, I again expected to become a mother, and now I have a fine baby girl, two months old. I took the Compound all the time during pregnancy. I cannot praise your remedies enough."

**Mrs. Karianna Hanson, Box 343, Worthington, Minn., says:**  
"DEAR MRS. PINKHAM:—I feel it my duty to send you my sincere thanks for your kind advice and for the good Lydia E. Pinkham's Vegetable Compound and your letter of advice have done me.

"When I wrote you I did not see a well day. I was to become a mother, and had headache, dizziness, poor appetite, had pains and cramps in abdomen and swollen feet.

"After following your advice I soon began to feel better. When I had taken four bottles of Lydia E. Pinkham's Vegetable Compound I felt real well. My baby when three months old weighed over twenty pounds.

"I cannot praise your wonderful medicine enough, and would advise all suffering women to write to you and use Lydia E. Pinkham's Vegetable Compound."

**Mrs. M. M. Massey, Sulphur Springs, Texas, says:**  
"DEAR MRS. PINKHAM:—I will tell you what I think about Lydia E. Pinkham's Vegetable Compound. I think it is a wonderful medicine. I believe it saved my life.

"When one of my children was just five weeks old I took a set-back and came near dying. I was in bed two weeks. The doctor attended me about a week and I got no better. My bowels would nearly kill me at times, only easy when under the influence of opiate. It seemed it times there were knots in my bowels as large as my fist. I had such pain in my left side. I suffered as much as I did when my baby was born.

"I got a bottle of Lydia E. Pinkham's Vegetable Compound one evening, and by the next day I was nearly easy. I will always praise your medicine."

Surely such endorsement should dispel doubt from the minds of all hesitating women. After reading such letters, if any woman is willing to remain sick, we can only say it is her own fault and she deserves to suffer; for the medicine that has benefited these women and a hundred thousand others will surely help you.

**\$5000 FORFEIT** if we cannot forthwith produce the original letters and signatures of Lydia E. Pinkham's Vegetable Compound, which will prove their absolute genuineness. Lydia E. Pinkham Medicine Co., Lynn, Mass.

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For a Christmas plum pudding take one pound of raisins, one of currants, quarter pound of nutmeg, a pint of milk, six eggs, milk scalded in a double boiler. When milk is lukewarm stir in half a cup of good yeast or half a yeast cake dissolved in lukewarm water. Then stir in enough sifted flour to make a thick batter. Beat until full of air bubbles. Cover and set in a warm place, keeping the sponge about lukewarm until it increases twice its original size. Work in sufficient flour to make a soft dough. Turn out on a molding board and knead quickly and lightly until it becomes smooth and elastic under pressure of the fingers. Return to mixing bowl, cover and again let rise until double its bulk. Form into loaves, place in pans and repeat the process of raising, then bake in a moderately quick oven until nicely browned, light when handled and sounding hollow when tapped with the fingers. Small loaves baked separately will require less time, an hour.

**ENGLISH PLUM PUDDING.**  
For a Christmas plum pudding take one pound of raisins, one of currants, quarter pound of nutmeg, a pint of milk, six eggs, milk scalded in a double boiler. When milk is lukewarm stir in half a cup of good yeast or half a yeast cake dissolved in lukewarm water. Then stir in enough sifted flour to make a thick batter. Beat until full of air bubbles. Cover and set in a warm place, keeping the sponge about lukewarm until it increases twice its original size. Work in sufficient flour to make a soft dough. Turn out on a molding board and knead quickly and lightly until it becomes smooth and elastic under pressure of the fingers. Return to mixing bowl, cover and again let rise until double its bulk. Form into loaves, place in pans and repeat the process of raising, then bake in a moderately quick oven until nicely browned, light when handled and sounding hollow when tapped with the fingers. Small loaves baked separately will require less time, an hour.

Names are as lasting as eternity, whether they stand for nobility of purpose and truth or evil. Therefore how essential it is for men to seek to make

a name for truth, honesty and purity! The name of Jesus should be our pattern.—Rev. Dr. J. W. Lee, Presbyterian, Philadelphia.

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## To Women Who Think

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