

PROBLEM OF FRESH MEAT PUZZLES VACATIONISTS

Ham and Chicken Become Old Stand-Bys in Country Cottages.

MANY RECIPES IN OUTLINE

Boiling, Baking Methods for Preparation of Cured Meats by Famous Culinary Artist—Planning That Helps Being Away Tolerable.

By LORETTA C. LEVICH.

Those who have left the city and taken their vacation in the country or at the shore for the heated season, are often at a loss to know just what to do with the fresh meat of the city butcher shop. Often too, the fresh meat is not fit to eat.

Who can think of anything more tempting than a delicious slice of steaming hot ham and a generous forkful of cool green garden cabbage accompanied by a shy brown potato? Yet, many women do not know how to cook a ham so as to get the best in it. Here is a good recipe for

Boiled Ham.

Scrape and scrub a ham thoroughly. Soak in cold water overnight. Next morning put the ham in a large pot, cover it with cold water and bring about ten minutes to a boil. Then reduce the heat so the ham simmers for several hours. Thoroughly estimate a ham should weigh about 12 to 15 pounds. A ten-pound ham should simmer about five hours.

When tender, set aside and let the ham cool in the liquid for an hour or so. Then remove, draw off the skin, brush over with salt and pepper, and with a little milk. Sprinkle with sugar and cracker or bread crumbs mixed together, and set in the oven to brown. Serve hot.

Ham Baked With Cider.

Make ready with the ham as if for boiling. Spread over it a thick paste of four and water completely encasing it. Place on rack in a roasting pan in a hot oven. When the paste is cooked reduce the heat and bake about two hours. When the ham has been cooking over three hours make a small hole in the paste and pour in a cup of hot water. Repeat this several times if necessary.

When tender, remove the skin, brush over with salt and pepper, and with a little milk. Sprinkle with sugar and cracker or bread crumbs mixed together, and set in the oven to brown. Serve hot.

Chicken Croquettes.

One-half cup butter or oil, 1 cup flour, 1 1/2 cup milk or cream, 1 cup water, to which chicken was cooked, 1/2 small onion grated, 1/2 teaspoon ground nutmeg, 1 teaspoon lemon juice, 2 eggs, 3 cups chopped cooked chicken and 1 teaspoon salt, paprika to taste.

In a saucepan, rub together butter and flour. Add milk and chicken water and seasonings. Cook, stirring constantly until the sauce boils. Add chicken and slightly beaten egg yolks. Mix thoroughly and set aside in a shallow dish to cool. Shape into desired forms. Dip into slightly beaten whites of the eggs, then into the crumbs and fry a few at a time in deep, smoking hot fat. Drain on soft paper and serve with nicely seasoned garden peas.

CLIFTON FORGE

[Special to The Times-Dispatch.] CLIFTON, Va., Aug. 2.—Mrs. M. B. Lewis and son are visiting relatives in Portsmouth, Va.

Mrs. R. H. Markel is spending a week in Washington, visiting her daughter, Miss Dorothy Marshall, of Richmond, and the guest of Mrs. J. A. Francis, on West Street.

CLIFTON FORGE

Mrs. Helen Chancellor, of Washington, is the guest of friends in this city. Professor and Mrs. H. J. Miller, accompanied by Mrs. R. L. Glover and Miss Maxine Glover, are on an extended visit to Michigan and Wisconsin.

CLIFTON FORGE

Miss Margaret Burr, of Fairfax County, who has been visiting relatives here, has gone to Waynesboro, Va.

CLIFTON FORGE

Mr. and Mrs. R. H. Cabell are visiting Mrs. Cabell's sister, Mrs. W. W. Zimmerman. Misses Annie and Cornelia Sites, who have been here as the guests of relatives, are now visiting in Lewisburg, W. Va. Their home is in Harrisonburg, Va.

CLIFTON FORGE

Mrs. W. P. Huntley, after a visit here to relatives, has returned to her home in Ashland, Ky.

CLIFTON FORGE

Mr. and Mrs. John R. Payne are on a motor trip to Gettysburg.

CLIFTON FORGE

Mrs. Howard Bowman, of Baltimore, is visiting Mrs. W. B. Ryan. Mr. and Mrs. R. H. Horner have gone to Charleston, W. Va., where Mr. Horner becomes a member of the staff of the Mall.

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Miss Patty Braxton has returned to Washington after spending her vacation in the home of John Thompson Brown, near Evingson.

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Says Color of Eye May Be Heightened

Famous Beauty Gives Advice in Their Treatment and Daily Care.

By LINA CAVALIERI.

The Most Famous Living Beauty.

You cannot change the color of your eyes no matter how much you would like to do so, but you can accentuate their color by taking special care of your eyebrows and eyelashes. This will make them grow longer and thicker and lend their shadows to the eyes. Brush them every night and morning with an eyebrow brush to keep them free from dust. The brush may be dipped into lanolin or olive oil at night.

Since I advise against hair dyes I cannot conscientiously advocate dyeing the eyebrows and eyelashes. To massage the eyebrows carefully before retiring with lanolin will, after a while, cause a fine new growth of hair. When it comes the color may be a trifle darker. This is the only experiment I advise.

However, eyebrows that look uneven and "straggly" should be treated every night with an eyebrow brush dipped into this mixture: Olive oil, 1 ounce; tincture of cantharides, 1-2 drops; oil of nutmeg, 1-4 ounce; oil of rosemary, 1-4 ounce. This is good to stimulate the growth of the eyelashes, also, but you must exercise every precaution that none of it enters the eye itself. The eyeball is a sign of inflammation and indicates some strain of the eye. First find out what is the matter with the strain. Give the eyes all the rest possible. Sleep more than usual. Give up all sewing and any unnecessary reading for a time.

Ordinary heat prostration may be treated by removal to a cool place, loosening of the clothing, spraying of the face and body with cool water and administering thirty-drop doses of aromatic spirits of ammonia, well diluted with water. Coffee or strong tea may serve the purpose.

WINCHESTER

WINCHESTER, Va., Aug. 2.—Mr. and Mrs. Nathan Bundy, Norfolk, Va., who have been visiting the latter's grandmother, Mrs. S. L. Conrad, have gone to Massachusetts.

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Miss Mabel K. Hayes has returned from a week's stay in Augusta county. Miss Pearl Haldeeman is visiting Mrs. Willey in Calpepper county, Va.

Misses Bertha and Ruth Poston are visiting relatives at Elkins, W. Va. Mrs. N. D. Cool and her son and two daughters, of Bridgewater, Va., have been visiting Mr. and Mrs. N. W. Stoenburger.

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Mrs. Minnie H. Taylor and her son have returned from a stay at Pen Mar, Md., and Mrs. George Pope and Mrs. Clarence Wisecare have returned from a visit to Mrs. Clarence Gibney, of Hagerstown, Md.

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Mrs. H. E. Guyer has been visiting Mrs. Richard S. Stimmel at Greenspring, Va. Mr. and Mrs. J. T. Unverzagt and son, of Falls Church, Va., are visiting Mr. and Mrs. W. S. White.

Miss Jessie Bishop, of Harrisburg, Pa., is visiting Mrs. Ralph W. Moore. Mrs. E. J. Johnson, of Berkeley Springs, W. Va., has been visiting friends in town.

Several Boy scouts who have been in Camp Kent, Va., have returned home. Mr. and Mrs. James L. Moore and daughter, Pearl, of Baltimore, have been visiting Mr. and Mrs. Jacob L. Shany at their home in Madison Heights.

LYNCHBURG

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TREATMENT TO USE ON HEAT VICTIMS

Persons Working Under Sun More Liable to Prostration in Hot Season.

By BRUCE BELDEN, M. D. Sunstroke is most apt to occur when an individual works under the direct rays of the sun, in an atmosphere that is hot, humid, still and sultry. Outdoor laborers are most frequently sunstruck—masons, bricklayers, hod carriers, roofers, drivers and farmers.

Heatstroke is a term applied to a condition similar to sunstroke, but occurring among workers in foundries, glass works, ocean steamers, stock exchanges, boiler rooms, steam laundries, sugar refineries, kitchens, etc. While not the result of direct exposure to the sun, it is practically the same sort of prostration, which occasionally is fatal, due to work in close, confined and hot places.

Heat prostration or heat exhaustion is another form of collapse due to high temperature, but not attended by fever (frequently subnormal). Cases of heat prostration, which occasionally are fatal, are usually of less seriousness than sunstroke or heatstroke.

A fourth condition, due to high temperature, is known as heat cramps. There are painful spasms in the calves and forearms, lasting from one-half to one minute and recurring at frequent intervals. Muscular soreness and exhaustion follow. This condition is encountered among very hard workers exposed to high artificial heat, especially stockers and those who labor in iron foundries.

The majority of heat cases occur between 2 and 4 P. M. Preventive treatment of all these conditions is highly imperative in hot weather. Extra precautions must be taken to keep in good condition. Working and sleeping rooms should be well ventilated, oatmeal water should be drunk, hours of rest must be regular and sufficient, alcohol and over-heating must be avoided, lightweight and light-colored clothing should be worn, and sweating encouraged.

If sweating stops, shelter and rest must be sought. Hours of labor should be shortened during the hottest part of the day if need be. The severer heat cases require special facilities for successful treatment. Ordinary heat prostration may be treated by removal to a cool place, loosening of the clothing, spraying of the face and body with cool water and administering thirty-drop doses of aromatic spirits of ammonia, well diluted with water. Coffee or strong tea may serve the purpose.

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Mrs. J. T. Harrell and daughter, Mrs. Randolph Davis, of Savannah, Ga., are guests of Mrs. Harrell's daughter, Mrs. Herbert F. Miley. Mr. and Mrs. Harry S. Hirsch, of Danville, spent a part of the week here. Raymond S. Sowers, of Huntington, W. Va., is visiting his parents here.

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Going One Better. An American and a Highlander were walking one day on the top of a Scotch mountain when the Scotchman, wishing to impress the boastful "cousin," produced a famous echo to be heard in that place. When the echo returned clearly after nearly four minutes, the proud Scotsman, turning to the Yankee, exclaimed, "There, mon, ye canna' show anything like that in your own country!" To which the other replied, "I guess ye can better that some, stranger. Why, when I go to bed, I just lean out of the window and call out, 'Time to get up!' and eight hours afterwards the echo comes back and wakes me!"

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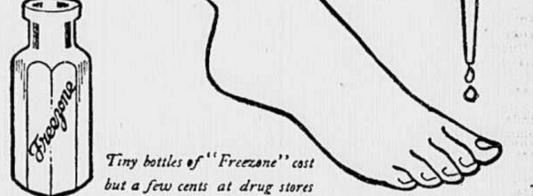
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Lift Off Corns!

Doesn't hurt! Lift touchy corns and calluses right off with fingers

Apply a few drops of "Freezone" upon that old, bothersome corn. Instantly that corn stops hurting. Then shortly you lift it right off, root and all, without pain or soreness.

Hard corns, soft corns, corns between the toes, and the hard skin calluses on bottom of feet lift right off—no humbug!



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Enough Wool for a

RIPPLETAIL SWEATER, with sleeves and collar \$2.80

100 Shades to Choose From. Instruction Sheet Free.

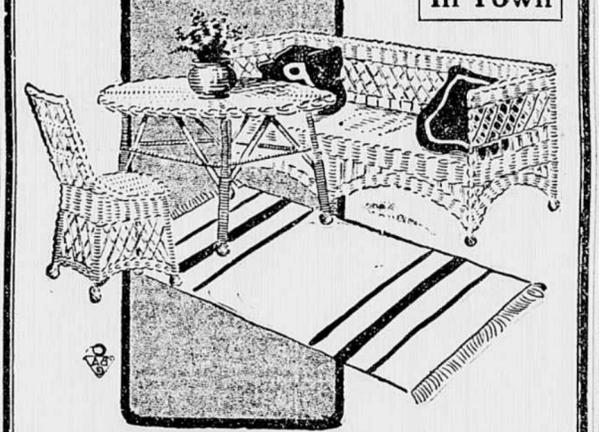
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Porch Rocker Good size, comfortable. Made of maple, finished natural; wide runners and arms. Only \$3.29

Porch Swing Large slat porch swing, with chains and hooks, ready to hang. Good size, comfortable. Only \$6.00.

Strong Rocker for Porch or Lawn

Strong, yet very light. Made of maple, finished natural with wicker seat. Only \$1.59.

Leonard Cleanable Refrigerator

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Five genuine Porcelain-Lined Leonards to go at this low price. Made "like a clean China dish," with one piece, snowy white porcelain lining extending around edges and with rounded inside corners. Ten distinct walls of insulation make it a wonderful ice saver. Get here early to avoid disappointment.

Foster Ideal Crib

\$12.50 Value, \$9.75