

THE TIMES DAILY MAGAZINE PAGE

Boston Baked Beans As They Should Be: A Story, An Apology, and a Recipe

Being a Humble Request for Pardon From Mother Brinton, New Englander, for Printing a Scurrilous Article Purporting to Be the Correct Recipe for Boston Baked Beans!

By FLORENCE E. YODER.

BEARING in mind the fact that a pic once caused a war, the Magazine Page wishes to meekly apologize for an error made by one of the employees in this department in a recipe for baked beans—Boston Baked Beans.

If a pic could cause a war, surely a misstatement concerning Boston Baked Beans would at least create complications of a serious enough nature to necessitate the exchange of notes with the governor of Boston. This hypothetical outcome, if published, might perhaps amuse the masses, but it is doubtful that the privilege of obtaining an autograph from the governor of Massachusetts would compensate for the amusements caused by the contents of his note.

Ann Marie Lloyd, perhaps in an unguarded moment when her Southern blood was uppermost, allowed the *Boston Baked Beans* to appear over a misdescribed concoction included under the general heading of "A Few Easy Recipes" printed in this section of the newspaper not long since.

Until the last, the Magazine Page will hold that the error was unintentional. Not for one moment would a sensible newspaper woman, keen to the possibilities of error, dare deliberately to commit such an open breach of discipline as the one in question; never could she wantonly incur the hatred of all of the subscribers on this paper who come from New England.

Indeed, not until Mrs. Emma S. Brinton (formerly of Massachusetts, one of the best Southern nurses in Washington, and at one time foreign correspondent for the *Boston Traveller*) wrote to the editor of this department, and denied the recipe as an impostor, did said department know of the mistake.

The letter follows:

As an old New England woman, who for eighty years has enjoyed a weekly dinner of Boston Baked Beans, I protest most earnestly against the spreading abroad of the recipe of Miss Lloyd in *Friday's Times*.

While this might do for Europe, Asia, or Africa, it would surely be punished by the Boston for which it was named.

I suggest that you give space for preparing real Boston Baked Beans as we

have served them to hundreds of visitors in our great exhibitions.

Take one quart of white beans and parboil them until slightly soft, to the usual regular schedule. Drain the beans, and add a quart of water, three-quarters pound of fat pork, and a small amount of salt. Cook in the pot, open on top, add tablespoonful of dark molasses, cover with water and bake slowly from 8 a. m. until 5 or 6 p. m. (swallowing beans covered with water).

Thus we have a real old time Yankee feast which we fervently hope many may enjoy.

MOTHER BRINTON.
January 10, 1916.

Out of respect to a superior knowledge, of which we have not the slightest doubt, we apologize and hope most humbly that the mistake will never occur again.

And in sheer grief over the whole affair we draw a comparison. How could Miss Lloyd have ever thought that four hours was long enough to bake Boston beans? How dared she desecrate them with onions and cloves, pepper, and even intimate that an old kind of molasses would do for the meat!

"From 8 a. m. until 5 or 6 p. m." No wonder Mother Brinton was insulted with four hours!

We have but one criticism to make of her letter.

In our opinion it seems more than unkind, lacking in the proper spirit which one would assume to be behind such a communication to say that Mrs. Lloyd's recipe might do for Europe, Asia or Africa.

Poor Europe! Why cut her off from the most delicious of dishes, the very recipe of which is enough to make the mouth water and include with her at one fell swoop Asia, with Africa as an alternate!

Without any manifestation to the contrary and not knowing what Europe would do if properly informed, we think that it is quite unjust to assume ignorance that the people, would endure Miss Lloyd's manifestly preposterous recipe, when they knew that real Boston Baked Beans, of two centuries of fame, could be had.

Let the bars down, Mother Brinton, give Europe and Asia a fair trial. Balk on any beans at all, Africa! the benefit of the doubt. We have, at least, done our part to spread this news in a manner befitting its importance. And this is not a jest.

FOR EVER AND EVER - - By Will Nies



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Council of Women Is Cheerful Affair

Smiles and Informal Chats Mark Opening Of Round Table of National Council, With "Industrial Relations" the Recurrent Motif

A CONVENTION of smiles—this should be the by-word of the National Council of Women, now in session in Washington. From the beaming smile with which Lady Aberdeen, international president, greeted all comers, and the welcoming smile of Dr. Kate Waller Barrett, national president, as she introduced the various speakers, to the answering glint of laughter that makes for discussions chummy informal—the whole theme of the convention is good fellowship and happy camaraderie.

Nothing could have been more democratic than the luncheon yesterday afternoon, with each delegate chattering away for dear life between courses. No introductions, merely, no no and stiffness because some of the women present were facing a member of foreign aristocracy for the first time. Mrs. Barrett, seated, when she sat at all, between Lady Aberdeen and Mrs. W. L. Sanford of Hamilton, Ontario, the international president, was hospitably busy superintending the service of luncheon. At the table was an assemblage of women of widely varied ideals and motives, such women as Mrs. John Hays Hammond, Mrs. Arthur Dodge, Mrs. Frederick Schöff, Mrs. Ellen Spencer Mussey, Mrs. Archibald Hopkins, and Dr. Emma Howar.

Informal Round Table.

The round table was as thoroughly informal as the luncheon had been. The program was canceled and multiplied to include at least ten speakers got on the original schedule. Mrs. Archibald Hopkins sounded the keynote for the afternoon with a brief survey of housing conditions in Washington.

"The city system in the capital of the United States has been called worse than conditions in London," she said. "As I could drive twenty-three miles in Washington alone, the child out of every three dies before it is one year old."

"The National Civic Federation is planning a model room for colored people, with redwood, a sanding pool, an outdoor bath, a yard, a library, and an emergency hospital. We feel that every woman should do her part to remedy housing conditions here if in no other city of the country."

Lady Aberdeen smiled, her approval. She has been interested in a similar project in Dublin, it appears.

Miss Helen Stomer, substituted for Miss Julia Lathrop of the Children's Bureau, speaking on "Housing Conditions in Affluent and Poor Cities," traced several investigations of her bureau to determine the ratio of wage to housing conditions.

Income of Father.

"Our investigations in Johnston, Pa., and Montclair, N. J., have shown the same result," she said. "When the father's salary was less than \$25 a year, the infant death rate is two and a half times more than when the wages were \$100 or more. The income of the father determines the environment of the baby."

Lady Aberdeen spoke of a model settlement in Rome, which she visited when the council held its annual convention in 1914.

"The plan is much the same as that Mrs. Hopkins has given. There are yards or courts and play spaces for the children, and model tenements," she pronounced it "a child to start out such a place would be an eye- opener for this and a plea for that. I myself have been trying to start just such a place in Washington."

The talk went around to suffrage, as discussion is always bound to do when women are concerned. Mrs. Alonzo Miller, of California, spoke on the political situation in that State, revealing the laws that "our citizens" had passed since equal suffrage became a law.

This led naturally to Mrs. Arthur Dodge, president of the Anti-Suffrage Association.

"I feel like an anomaly," she said, "being here as an anti, when I am pro for everything where women are concerned except politics."

Simpler Philanthropy.

Mrs. Hammond, from her corner of the table, pleaded for simpler philanthropy.

"Just as the general practitioner is returning to his former position in the medical world, so the specialized philanthropist is being pressed. Let's all of us women, link hands and unite hearts to help the world."

Mrs. Frederick Schöff, national

president of the Congress of Mothers, chimed a universal interest, "For everybody likes children and I represent their mothers."

Back again to the supposed theme of the afternoon housing—several of the informal speakers, Mrs. Ellen Spencer Mussey rose to remark:

"If we want to have any pride in our capital at all, it must be a model city. No city can be a model with an alley system like Washington's."

Time was up, but the business sessions upstairs automatically broke up the round table and, still smiling, still talking as if their lives depended upon it, perhaps to women they had never seen before, the members of the women's council dispersed.

Anti-Suffrage Notes.

Suffragists maintain that if women had the vote the Government would spend more on education, sanitation and charitable enterprises. In 1914-15, out of an expenditure of \$1,000,000, the Massachusetts towns and cities spent for education \$1,288,000; for libraries, \$148,000; for pensions, \$124,000; for health and sanitation, \$6,87,962; for charities, \$6,187,332; for recreation, \$2,214,000.

Can the suffragists name a woman who has spent more than 20 per cent of the public money was spent in such ways?—From Cambridge Anti-Suffrage Association.

Hot Tea Biscuits.

If you want to serve the biscuits fresh and hot to your guests at an afternoon tea, here is a good way to proceed:

Into one quart flour put one teaspoon salt, three level teaspoons baking powder, and sift all together into a small mixing bowl. Then melt one tablespoon shortening and pour into one cup sweet milk, pouring all into the flour. Lightly mix to the consistency of dough for rolling. Roll out an inch thick, placing in baking pan ready for the oven. Place the pan in a cool place until wanted for baking, about twenty minutes before the afternoon tea. By the time the cloth is laid and the refreshments brought forth, they will be done and found delicious. They can be prepared in the early morning and left all day in Farm and Home.

Use of Fruit In Diet.

In the Woman's Home Companion Cora Farmer Perkins, in charge of the famous school of cookery that was conducted by the late Fannie Merritt Farmer, writes:

"There is no article of diet that has increased so rapidly as fruit. When fresh fruits are expensive and difficult to obtain, dried fruits may well take their place. Apples, figs, and prunes hold a conspicuous place. They combine so admirably with many ingredients that the housekeeper finds them of incalculable value in a great variety of dishes, covering a wide range in cookery. Some recipes follow the use of dried fruits, which are always a valuable addition to the dietary."

Weight Fluctuations Correspond To Changes Of Heat and Activity

If gravity is far from a testing matter, weight is not to be laughed at, for weight is only gravity. Aristotle reasoned that the force of gravitation—the pull of a smaller body by a larger—acted more energetically in the instance of larger masses than in smaller ones when air intervened. Galileo proved experimentally from the top of the Leaning Tower at Pisa that the weights of bodies have very little influence even when they fell through the air.

In a vacuum—if human life could subsist long there—a man weighing 225 pounds, a girl weighing 75 pounds and a fourteen-inch cannon ball would all fall exactly at the same speed.

The weight of a living body, strange as it may sound, is much more elastic than its height.

If any one weighs himself at night, especially after a hearty meal, and then again before breakfast the next morning, he may be amazed to find a difference of from three to five pounds. These variations depend upon what he has had to eat and drink and what work he has done and when he did the work he performed.

Guinea pigs, kept under observation by Major Hiramond de Larouze, at D. during the year 1913, in glazed cages on a balcony at Algiers, were given fixed daily rations of 20 grammes of green meat, which was always consumed, and a ration of oats from day to day. A vessel containing a known quantity of oats was placed inside the cage for this purpose so that the guinea pigs could take as much or as little as they voluntarily consumed. The amount showed the amount consumed day by day. The guinea pigs were all weighed, at first daily, then every fourth day. At no time during the year did they cease to be alert and lively, except on three or four occasions when they seemed to be inconvenienced by the heat, the temperature in the glazed cages exceeding 113 degrees Fahrenheit.

An Amazing Experiment.

Below is given a resume of the figures relating to three guinea pigs under observation taken regularly between October, 1912, and December, 1913. These figures go to show that the quantity of food voluntarily consumed, the weight of the guinea pig, and therefore the intensity and duration of the sunshine, were more or less regular, individual variations from one day to the next between one animal and another, but that the average for the year did, for all the same regularity of this inverse relationship between the external temperature and the amount of food consumed.

Deducting the variations of weight, also apart from the green meat which they ate, the average weight of the guinea pig in winter was four grammes of oats for every 100 grammes of animal, average temperature 50 degrees F.; 3

grammes per cent in the spring and autumn, average temperature 75 degrees F., and 2 grammes per cent in summer, average temperature 86 degrees Fahrenheit.

The body weight of all the guinea pigs followed that of the temperature in winter, summer and autumn, but in summer the relationship was reversed, for their weight diminished after the middle of June, when the average sunshine ratio was above 50 degrees F. It began to increase in October, when the temperature again returned to this average of 50 degrees.

Variations With Temperature.

The increase of weight continued from February to June in spite of the marked diminution of the oat ration, which fell from 4.2 per cent to 2.7 per cent. Evidently the rise of temperature and the sunshine had compensated for the reduction in the regimen.

Similarly in autumn, the body weight diminished with the temperature, in spite of a notable increase in the ration. Lastly, in summer the loss of weight was not in proportion to the reduction in the quantity of oats consumed, which at that time fell to 1.6 per cent on an average. The ration of green meat remained fixed, while the evaporation from the tissues during the hot season reached a high level.

It is also remarkable that the weights most nearly approximated in May and November were most divergent during the period between August 20 and September 10, which was the period of the greatest heat at Algiers.

These facts show that like vegetables and cold-blooded animals, though in less degree and at a different rate, warm-blooded animals undergo fluctuation corresponding to the season and to the variations of temperature.

They also seem to provide a further proof of the theoretical conception of nutrition by absorbed heat and direct utilization by animals as by plants of the radiant energy of the sun. This conception of the absorption of the solar rays, and not merely a lessened loss of body heat, which was advanced some time since by certain physicists in connection with light baths, corresponds to numerous biological observations, especially those bearing on the extraordinarily reduced food rations of certain natives in southern Algeria who pass their days lying half-naked in the sun. Their daily food consists of flour or three hundred grammes of flour or three hundred grammes of oats, or more or less, or say, 1,200 to 1,500 calories in lieu of the 2,000 calories of the normal average ration in Europe.

Sleep and death, two twins of winged and matchless swiftness, of silent pace, are somewhat alike in causing a lightning of the organs of avoidance. There is an exception to this. Daylight inactivity and overabundance of sleep reduces the oxidizing properties of the body and thus causes a loss of weight. This, however, is not the rule in health and a normal amount of activity.

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Caring for That Sweater Set

By MRS. CHRISTINE FREDERICK.

"EVERYBODY'S WEARING EM!" is what they say about those sweater sets—those skating caps and those long, light, gay scarfs borrowed from regions of perennial snows. The revival of ice skating this year has had a marked effect on feminine sport clothes, and wool and near-wool have come into their own.

If these things are to be always black and blue like the bumps their wearers receive in practicing the new ice steps all would be well, but alas! for the white and rose, the dainty blue, and other delicate mixtures which soil most easily and whose long, hairy surface cements spot and stain.

How can the woolen sport clothes be cleaned after they become spotted? He said and say them on a clean surface or box when they are not in use, as much of the dirt is picked up indoors when they are carelessly laid down. Give them dry cleaning in order to preserve as long as possible their newness, purchase a small quantity of Fuller's earth or powdered magnesium or use good cornstarch. Lay the article on a clean white cloth and sprinkle liberally with any of these preparations. Turn the garment so that all parts may be dried and allow it to remain in the sun the following day. Hit up and shake the garment thoroughly, using a stiff brush. If there are distinct green spots, place a clean white blotting paper above and below the spot and press with a warm iron. Change to fresh blotting paper and repeat the process. This should be done previous to the all-over cleaning.

But if the sweater cap or scarf be extremely soiled, a water wash will be necessary. Here the chief point is to avoid shrinkage and pulling out of shape. Therefore, bear this dialogue in mind:

1. Prepare water of tepid or 100 F. temperature.
2. Make a white soap solution as follows: a large bar ivory soap 2 tablespoonfuls powdered borax, 1/2 cup wood alcohol and 3 quarts cold water. Shave the soap into the cold water and heat slowly until dissolved, add borax and alcohol when soap water is cold. Mix well and stir a small quantity into the washing water.
3. Lay in the garment quickly, keeping it in a heap and moving it with the two hands up and down, taking care that no part drags or weighs down the whole mass.
4. Remove from soap water and put into rinsing water of the same temperature, repeating above process.
5. Squeeze, but do not wring out.

or rinse water.

6. Stretch garment carefully, especially bottom edge, pockets, cap bands, etc., getting it back into normal shape.
7. Never hang up to dry. But lay on a board or table covered with a white cloth and in a warm location—about 70 F.
8. Pin the garment in shape either with thumb tacks or large pins.
9. Turn the coat or garment over at least once while drying.
10. Do not hurry the drying as it is better to take two days to dry slowly and thoroughly than to subject it to more heat and dry in a short time, for this will toughen the wool and make the article stiff.

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Daily Fashion Suggestion



AN UNUSUAL dance frock is constructed from gray-blue ribbon and flesh-colored taffeta. Three bolts of taffeta ribbon in gray-blue, the flesh which is draped over a foundation of chiffon with a softly draped corsage and accordion-pleated skirt. The ribbon is draped about the décolletage to suggest a graceful feather, falling low over the shoulders. Two bands of the ribbon are wound slightly about the bodice, crossed in front with the ends tucked under the lower edge of the bodice.

A full overskirt, arranged from tips of ribbon drawn from the waist to the hem of the skirt. The lower edge of each strip is fringed to the depth of about two inches.

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The Baby.

The sweetest little darling that the world has ever seen.

Of tranquil disposition with no yearning to be mean.

Its face shows great intelligence and beauty that is rare.

The latest little infant in the country and there's no one who can compare.

Its voice shows splendid quality. It's music to the ear.

And when it has the colic it's a symptom to be feared.

It has got a brilliant future, there is no doubt of it.

And there's not a thing to wash for to improve the kid a bit—

At it is yours.

—Brooklyn Daily Eagle.

Answers To Health Questions

Q. S. What will reduce the weight?

A. Avoid all starch, oily, fatty, rich, highly seasoned foods, candies, pastries, and the like. Banning, swimming, and vigorous exercises will help you. Diabetic suggestions are not meant through the columns.

Q. M. D. Your question cannot be answered in these columns. If you will send an address, self-addressed envelope with the question repeated, I will be glad to answer.

Q. G. Will you please tell me the cause and remedy for pimples and skin blemishes?

A. They are sometimes caused by irritation of the city streets and smoke soot.

times by improper food, sometimes by internal disorders, made better by washing with hot water, which opens the pores, to invite all kinds of germs. Cleanse your face with a mild soap. Do not use any skin ointments. Do not use any face cream, but use a solution of the following: Glycerine 1 ounce, salicylic acid 1/2 ounce, rose water 1 ounce. Take 2 drops of Fowler's arsenic solution in water after meals. The arsenic may be taken out with benzoin and glycerine, 1 teaspoonful of each to a cupful of rosewater. Apply to the marked spots of sulphur, 1/2 gram; simple cerate, 1 ounce.

"Atypical Mother." I have a boy eight years old about whom I am worried, as he always has a cold. He is unusually tall for his age. Nothing seems to help him; he eats very little and drinks milk. His room is well ventilated at night. What shall I do?

Take him to a hospital for a thorough physical examination as soon as possible.

Q. O. P.—Kindly advise me of something harmless to use on the eyebrows to make them grow.

Massage the following into the eyebrows each night: Capsicum vaseline, 1 dram, white vaseline, 1 ounce.

PERSONAL ADVICE.

Readers desiring advice should remember:

1. To address inquiries to Dr. L. K. Hirsberg, care of The Washington Times.
2. To enclose a stamped and addressed envelope if a personal reply is desired.

To Put On Flesh and Increase Weight

Good Advice To Thin People

I'd certainly give most anything to be able to gain a few pounds and stay that way. I can explain many thin men and women. Such a result is usually impossible despite past failures. Most thin people are victims of malnutrition, a condition which prevents the fatty elements of food from being taken up by the blood as they are when the powers of nutrition are normal. Instead of getting into the blood much of the fat and flesh producing elements from the body, instead until they pass to correct this condition and to produce a healthy, normal amount of fat the flesh making food elements must be so prepared in the digestive process that the blood will accept and distribute them throughout the body. There is a preparation called Sargol which works on this basis and which is sold by nearly every druggist on a positive guarantee of weight increase or money back. Hundreds have testified to weight increase from its use.

Sargol does not of itself make fat but it simply makes the body ready to accept the fattening elements of the food and to prepare them in a form which the blood can readily absorb. Sargol comes in tablet form, is pleasant and easy to take and its action is perfectly natural and harmless. Sargol is sold by druggists of Donnell's Drug Store and druggists everywhere who are authorized to refund the full purchase price if weight increase is not obtained.

Sargol is a recommended only as a flesh builder and while it has produced a better result in cases of nervous exhaustion and general stomach disorders, it should be taken by those using it who do not want to increase weight.—Adv.

ELY'S CREAM BALM OPENS CLOGGED

NOSTRILS AND HEAD-CATARRH GOES

Instantly Clears Air Passages; You Breathe Freely, Nasty Discharge Stops, Head Colds and Dull Headache Vanish.

End such misery now! Get the small bottle of "Ely's Cream Balm" at once. Apply a little in the nostrils and instantly your clogged nose and congested air passages of the head will open and you will breathe freely, all nasty discharges and dull headache disappear. By morning the catarrh, cold-head or catarrh sore throat will be gone.

Get a small bottle anyway, just to try it. Apply a little in the nostrils and instantly your clogged nose and congested air passages of the head will open and you will breathe freely, all nasty discharges and dull headache disappear. By morning the catarrh, cold-head or catarrh sore throat will be gone.

Don't be awake to-night struggling for breath, with head stuffed, nostrils closed, hawking and blowing catarrh or a cold, with its running nose, hot mucous dripping into the throat, and yawning distressing but fruitless. Put your faith just once in "Ely's Cream Balm" and your cold or catarrh will surely disappear.—Adv.