

Household Interests

SOCIETY Personal Notes

Trouble Seeking

BY LILLIAN RUSSELL. Copyright, 1914, by Lillian Russell. When you look around you at the present day and see how much there is to do to occupy the mind and senses it is almost incredible to believe that there are so many people who still take the time to look for trouble. This certain pastime is not confined to pessimists. Of course, there are many people who have suffered so much trouble in their lives they have begun to imagine it can never end. It seems but a few years ago that people, especially children, were always happy to be amused, and it required so little to make them happy. At present it is not uncommon to hear the remark, "Oh, what's the use in going there? There won't be any fun." I suppose if we do start out there will be rain or something will happen to spoil our fun. Young pessimists looking for trouble at all times, instead of preparing for pleasant weather and going ahead to have a good time. Young girls in their teens not infrequently remark, "What's the use of my receiving an invitation to a party? I don't want to go." How does this girl know? Has she asked? No. She just takes it for granted because her mind is looking for trouble. She would not care to read books that would do her good because her heroine's names suggest historical or intellectual characters. She concludes, therefore, that they must be "frightfully dull."

CABLE NEWS OF SAFE ARRIVAL IN LONDON

Richmonders Abroad Send Bulletins to Anxious Friends. Mrs. E. M. Simpson Give House Party. A cable to E. Victor Williams states that Miss Louise Williams, Miss Alice Eager and Mr. and Mrs. Pliner, of Suffolk, are safe in London, where they will remain for the present. Safe and Well. A cablegram, dated August 8, was received yesterday by his father from John Argyle Turner, in Sanson, Turkey-In-Arka, saying, "Safe and well. Much anxiety had been felt by his family, lest he had gone last week to Dresden en route to New York via London. He is with the Liggett & Meyers Tobacco Company. Gardner-Perry. A pretty and quiet wedding took place at 29 South Cherry Street, Thursday night at 8:30 o'clock, when Miss Ida May Perry, the seventeen-year-old daughter of Mrs. George M. Perry, became the bride of Edward J. Gardner. Before an improvised altar of ferns and out-flowers the ceremony was performed by Rev. J. B. Hutson, D. D., pastor of Pine Street Baptist Church. The bride wore a gown of white tulle, trimmed with rhinestones, and Miss Dulcie V. Leighton, groomed in pink messaline, with overdress of white lace. The ring bearer was Miss Helen Goss. The bride wore a beautiful dress of white satin, accented-pleated, with overdress of white lace, and carried a large shower bouquet of bride's roses and ferns. Linwood Dickey acted as the groom's best man. Appropriate music was rendered as the bride party entered. The ceremony was followed by a reception and wedding supper. Mr. and Mrs. Gardner will be at home after August 15 at 29 South Cherry Street. Self-Sacrifice Day. The Epworth League of Virginia has designated Saturday, August 15, as "Self-Sacrifice Day." Postals have been sent to all Richmond members and to those belonging to the out-of-town branches, notifying them of this effect. On this day the members of the league are asked either to make as much money as possible or by some act of self-sacrifice to contribute generously to the fund. The list of all contributions is being arranged. G. Kidd, at the Shenandoah Apartments, this city, who is treasurer of the Richmond branch. Engagement Announced. Her Richmond friends will be interested in the announcement of the approaching marriage of Miss Marie Theodora Kiker to William Ekirking Kander, which will take place in Florence, S. C. the morning of August 29. Miss Kiker will be recalled here as Theodora Dudley, of the Grace Scott Company, having played one of the principal parts in that company's production last season. She was much entertained while in Richmond. The wedding will take place in St. Anthony's Catholic Church in Florence. Miss Kiker is a sister of Mrs. John W. Kiker, who will know her, who is at York, Howell, filled the role of leading lady in Klaw & Erlanger's "Ben Hur" last season. Goodman-Newman. John P. Goodman, of Portsmouth, Va., and Miss Helene E. Newman, of Richmond, were married Wednesday, August 6, in Baltimore. Miss Newman is daughter of E. Newman, of North Sixth Street, and Mr. Goodman is a well-known lawyer of Portsmouth. Home Party. Mrs. Charles M. Stinson, of Whiteville, Va., entertained a delightful home party during the past week. The guests were Misses Harriet Vann, of Abbeville, N. C., Miss Elizabeth Eason, of Gateville, N. C., Mary O. Vann, of Atlantic City, N. J., Ruth and Lucile Barrow, of Blackstone, J. S. Sawyer, of Norfolk, G. C. Manson, of Norfolk, W. H. H. Robertson, of Cambridge, Mass., Jack Cunningham, of Holland, and Horace and Frank Knight, of Pittsburgh, Pa. The guests have been entertained charmingly by many of the Whiteville families, and a number of automobile parties have been given to the neighboring towns. Watermelon feasts, fish fries and many other social features have been given in honor of the guests. IN AND OUT OF TOWN. Miss Leone Coleman, of Ginter Park, left for Florida for a stay of several weeks at Atlantic City. Miss Beas Coleman, of Ginter Park, and Miss Elizabeth Harrison, of New Kent, returned to-day from a delightful visit to the beach. Mrs. J. L. Drumheller and daughter, Misses Jesse and Arline Drumheller, are spending some time at Mt. Elliott Springs. Mrs. W. J. Crank is spending some time at Virginia Beach. Mr. and Mrs. E. Stewart Hume have returned to their home, on West Avenue, after a short stay at Virginia Beach. Mr. and Mrs. Philip P. Lipscomb, of this city, were recent guests of the latter's mother, Mrs. Robert W. Watkins, in Houston. Miss Lizzie Gratton, of this city, is the guest of Judge and Mrs. George G. Gratton, in Harrisonburg. Misses Mildred and Elizabeth Brock, of Edgewood, who have been in friends in Houston, are now the guests of their uncle, Mr. Logan Coleman, at Java, Va. Miss Julia Loran and Miss Mary McGary are spending a week in Atlantic City, after visiting Niagara Falls, Toronto, Canada, Thousand Islands and other places of interest. Mrs. Juliet Chilton Keith, of this city, is the guest of Mrs. J. B. Britton, in Warrenton. Miss Dorothy Fox, who has been visiting Miss Virginia Johnston, at Edgewood, has returned to the city. Misses Inez and Mattie Kellum are returning home to-day, after spending some time at Taku Cottage, Ocean View. Miss Evelyn Saunders, of Memphis, Tenn., Miss Nan Flanagan, Mrs. E. G. Perkins, and Mrs. E. M. Conley, of Huntington, Va., after a two weeks' stay at Virginia Beach, are visiting Mr. and Mrs. John S. Moore, of Ginter Park. Miss Ethel L. Young, of this city, is visiting Miss Fannie Nighthale at her country home, "Pines Groves," in James City county. Before returning she will visit Charles City county. Mrs. Merville L. Van Doren has returned to the city, having concluded her visit to Mr. and Mrs. John W. Nicholas in Scottsville. Miss Jennie Peay is spending some time with friends in Staunton, Va. Mrs. James Hawkins and son, who have been the guests of Mr. Russell Gooch, left this week for her home in Plumer's Point, Va., accompanied by Mrs. E. Beale and daughter. Mrs. Ashton Kendler, of Willoughby

WAR CREATES MARKET FOR HOME-MADE GOODS

Local Merchants May Not Be Able to Import Stock of French Clothes. BHOADS EXPLAINS SITUATION. Santa Claus Faces Shortage in German-Made Toys - Buyers Are Scouring America to Find Goods to Replace Imported Stuff. There is, indeed, balm for every wound, and this fall may see Richmond women accustomed to flaunting Parisian gowns and imported lingerie in the faces of their less fortunate sisters, compelled by force of circumstance to content themselves with American-made goods, no matter whether or not they can afford to pay for the foreign articles. Many local merchants fear that a continuance of the general European war will deeply affect the department stores here in the matter of imported stock. Lines of millinery, silks, hosiery, underwear, dress goods, linens and novelties will be hit hard by a prolonged struggle, and will soon be depleted, while an embargo on foreign goods will cut off a new supply. Only by good luck will the local stores be able to obtain their usual assortments, if they receive the goods at all. W. S. Rhoads, of Miller & Rhoads, said last night that his company had placed the larger part of its fall orders in the spring. Some of the goods, he thought, are already in New York, but it is more than probable that the larger part are held up by the war. WAR MAY PREVENT SHIPMENT OF GOODS. "I fear business in foreign lines will be greatly inconvenienced," Mr. Rhoads stated. "With the larger part of the merchant marine of the world tied up by the belligerents, there will be a lack of facilities to bring the goods to America. The war broke out just as our ships were being loaded, and it is more than probable that most of the shipments are unable to move. In the present state of excitement, it is almost impossible to tell exactly where the goods are." Mr. Rhoads said that his firm had sent its buyers on to New York to see what they could do in getting a substitute, but that even foreign orders had failed to come through. No report has yet been received, but he is expecting to hear from the buyers in a few days. As many of the smaller stores depend on big houses in New York for their imported goods, Mr. Rhoads is of the opinion that he will be able fully to supply the needs of his patrons during the summer trading season. Other local department stores have also taken the same precautions, and there is a great scurrying around to get complete stocks before the supply is cut off. All the stores are getting in the winter and spring stocks if the war continues, although England's success in keeping the Atlantic open may be of some material benefit to American merchants. The larger part of the imports, however, come from Germany and France, and with many of the factories closed there, and a scarcity of labor, the output will be greatly cut down. Importations of Irish linens and Swiss embroideries may not be affected by the war, but millinery, kid gloves, hosiery and undergarments, many of which is made to order, will naturally advance in price as the shortage grows. Santa Claus may be faced next December with an active shortage of German-made toys. One of the greatest advantages to America of the big war will be the chance given manufacturers of this country to prove that their goods are equal to, if not better than, the imported article, while a long continuance may practically kill the inclination for foreign-made clothes. Richmond will not be the only city affected by the war conditions. Local merchants are particularly fortunate that their buyers can get to the big importers before the great rush begins, and will therefore get a pick of the goods already here. The result of the war will certainly be a banner market for American-made goods.

WAR CREATES MARKET FOR HOME-MADE GOODS

Local Merchants May Not Be Able to Import Stock of French Clothes. BHOADS EXPLAINS SITUATION. Santa Claus Faces Shortage in German-Made Toys - Buyers Are Scouring America to Find Goods to Replace Imported Stuff. There is, indeed, balm for every wound, and this fall may see Richmond women accustomed to flaunting Parisian gowns and imported lingerie in the faces of their less fortunate sisters, compelled by force of circumstance to content themselves with American-made goods, no matter whether or not they can afford to pay for the foreign articles. Many local merchants fear that a continuance of the general European war will deeply affect the department stores here in the matter of imported stock. Lines of millinery, silks, hosiery, underwear, dress goods, linens and novelties will be hit hard by a prolonged struggle, and will soon be depleted, while an embargo on foreign goods will cut off a new supply. Only by good luck will the local stores be able to obtain their usual assortments, if they receive the goods at all. W. S. Rhoads, of Miller & Rhoads, said last night that his company had placed the larger part of its fall orders in the spring. Some of the goods, he thought, are already in New York, but it is more than probable that the larger part are held up by the war. WAR MAY PREVENT SHIPMENT OF GOODS. "I fear business in foreign lines will be greatly inconvenienced," Mr. Rhoads stated. "With the larger part of the merchant marine of the world tied up by the belligerents, there will be a lack of facilities to bring the goods to America. The war broke out just as our ships were being loaded, and it is more than probable that most of the shipments are unable to move. In the present state of excitement, it is almost impossible to tell exactly where the goods are." Mr. Rhoads said that his firm had sent its buyers on to New York to see what they could do in getting a substitute, but that even foreign orders had failed to come through. No report has yet been received, but he is expecting to hear from the buyers in a few days. As many of the smaller stores depend on big houses in New York for their imported goods, Mr. Rhoads is of the opinion that he will be able fully to supply the needs of his patrons during the summer trading season. Other local department stores have also taken the same precautions, and there is a great scurrying around to get complete stocks before the supply is cut off. All the stores are getting in the winter and spring stocks if the war continues, although England's success in keeping the Atlantic open may be of some material benefit to American merchants. The larger part of the imports, however, come from Germany and France, and with many of the factories closed there, and a scarcity of labor, the output will be greatly cut down. Importations of Irish linens and Swiss embroideries may not be affected by the war, but millinery, kid gloves, hosiery and undergarments, many of which is made to order, will naturally advance in price as the shortage grows. Santa Claus may be faced next December with an active shortage of German-made toys. One of the greatest advantages to America of the big war will be the chance given manufacturers of this country to prove that their goods are equal to, if not better than, the imported article, while a long continuance may practically kill the inclination for foreign-made clothes. Richmond will not be the only city affected by the war conditions. Local merchants are particularly fortunate that their buyers can get to the big importers before the great rush begins, and will therefore get a pick of the goods already here. The result of the war will certainly be a banner market for American-made goods.

THE KAUFMANN STORE

More Moyan Age Gowns. Important events happening thick and fast in the French Grey Room. LONG lines—welcome news for nine out of ten women. There are serges, crepe de chins and satins, in deep lovely shades of plum, Russian green and blue, besides black and white. Some with accordeon-pleated skirts and satin overskirts; others perfectly plain with tight-fitting basque. Embroidered pique vest and cuffs; others of organdy. Deep, wide girdles fastening at back with big bow. A serge model which seems to "catch on" famously in its coat effect, with long satin sleeves and organdy vest—deep, wide girdle. Ideas from the masters, Premet, Paquin and Jenny, adapted to the uses of her majesty the WOMAN OF VIRGINIA. Prices, \$18.50 to \$45.00.

Obesity Diets

BY JANE EDDINGTON. "There is wrong and mischief in all waste of life. A man should live so as to keep himself at his best, and with a true economy. To eat more food or more costly food than he needs, is worse for the individual than to drop money into the sea. It is a waste of labor and a waste of life. The way to a healthy body is to eat and drink only what is needed, and especially to eat and drink beyond the requirements of health is utter waste, and the amount of this waste, which can be counted in money, is a prodigious one. It is great that it affects the national prosperity. "Eating to live," by L. T. Nichols, M. D., 1881. A person who has recently paid a doctor \$150 for a diet prescription for obesity says this is about it. The collection of such prescriptions is growing. This particular list contains less than 150 words strung together under the four headings of breakfast, lunch, dinner, and "avoid." Such words as "a slice of roast beef," "frankfurter sausages" (the only sort allowed and probably because of the patient's predilection), "a thin slice of toast without butter," "dill pickles" (warranted by all dietitians not themselves to make fat, but to be a contributing force nevertheless), "green beans," "lettuce," "cucumbers in menus, are evidently nicely valuable at more than \$1 per word, when in the tight man's vocabulary. "What is such a list really worth? In the hands of a woman who knows and enforces the hydrating agent, and enough about food and eating and physical behavior in the first place to keep her from taking on gross fat, it is not worth as much as bread pills, which are the hydrating agent, and studying some real one, and consulting some scores of books on the subject, one may reasonably conclude that it is not half of the time at least, what let people eat that makes them obese, but it is their behavior in connection with their eating. They wash their food on as far as they can by drinking, stimulate appetite with many different things, make combinations that ferment and produce toxic fat, take no exercise to hasten digestion by full oxygenation of the blood. "First, to dilute the digestive juices (enzymes), the hydrating agent, must reduce all food to liquor form, something as an apple is reduced to cider, is to weaken their power when it has already been weakened by age and abuse. Second, the eating muscle in all its segments is the most exercised in the body, yet eaters expect it to have all the elasticity and vigor of youth, even when it is loaded with fat, and fat, though all the other muscles give anything but ready responses, and even give out when crowded. Let a fat person eat only one food at a meal and all of it the appetite will be satisfied, and will add less to his frame in most cases than by eating several, each with its stimulus, and have the least likelihood of feeling hungry after eating. If he nearly dies, make combinations that will lose desire. Let the one food have as great bulk as possible, compared with the nutriment, and be something not likely to ferment before cared for by the weakened digestive juices. "Absorption is constant along the 'prima via.' Plenty of water between meals will help to make blood better, when if used to sluice food along it can do great harm. The condition it helps to produce yields an unhealthy, destructive, clogging sort of fat which works insidiously and ceaselessly to stuff up the depurating organs and to deprive them of air to wait just a little. They then crowd and press on the more vital ones above, since this is the only direction in which they can move, until breathing becomes difficult, the heart is affected, and death is a matter of time, just as sudden as the breaking of the last strand of a cable, the first of which broke long before, happens. "Brown Bettey. Butter the inner surface of an earthen baking-dish and place in it a thick layer of peeled, cored, quartered and sliced apples. Sprinkle quite liberally with sugar, and a little grated nutmeg, dab with bits of butter and then cover with a layer of crumbs that have been very slightly soaked in milk or even water, unless the apples are extremely juicy. Alternate apples and crumbs until the dish is three-quarters full, having buttered crumbs on top. Cover closely until the pudding is done, which will be about three-quarters of an hour, then remove the cover and brown. Serve with cream or sweet sauce in the dish in which it was baked. This is almost as good cold as hot.

Obesity Diets

BY JANE EDDINGTON. "There is wrong and mischief in all waste of life. A man should live so as to keep himself at his best, and with a true economy. To eat more food or more costly food than he needs, is worse for the individual than to drop money into the sea. It is a waste of labor and a waste of life. The way to a healthy body is to eat and drink only what is needed, and especially to eat and drink beyond the requirements of health is utter waste, and the amount of this waste, which can be counted in money, is a prodigious one. It is great that it affects the national prosperity. "Eating to live," by L. T. Nichols, M. D., 1881. A person who has recently paid a doctor \$150 for a diet prescription for obesity says this is about it. The collection of such prescriptions is growing. This particular list contains less than 150 words strung together under the four headings of breakfast, lunch, dinner, and "avoid." Such words as "a slice of roast beef," "frankfurter sausages" (the only sort allowed and probably because of the patient's predilection), "a thin slice of toast without butter," "dill pickles" (warranted by all dietitians not themselves to make fat, but to be a contributing force nevertheless), "green beans," "lettuce," "cucumbers in menus, are evidently nicely valuable at more than \$1 per word, when in the tight man's vocabulary. "What is such a list really worth? In the hands of a woman who knows and enforces the hydrating agent, and enough about food and eating and physical behavior in the first place to keep her from taking on gross fat, it is not worth as much as bread pills, which are the hydrating agent, and studying some real one, and consulting some scores of books on the subject, one may reasonably conclude that it is not half of the time at least, what let people eat that makes them obese, but it is their behavior in connection with their eating. They wash their food on as far as they can by drinking, stimulate appetite with many different things, make combinations that ferment and produce toxic fat, take no exercise to hasten digestion by full oxygenation of the blood. "First, to dilute the digestive juices (enzymes), the hydrating agent, must reduce all food to liquor form, something as an apple is reduced to cider, is to weaken their power when it has already been weakened by age and abuse. Second, the eating muscle in all its segments is the most exercised in the body, yet eaters expect it to have all the elasticity and vigor of youth, even when it is loaded with fat, and fat, though all the other muscles give anything but ready responses, and even give out when crowded. Let a fat person eat only one food at a meal and all of it the appetite will be satisfied, and will add less to his frame in most cases than by eating several, each with its stimulus, and have the least likelihood of feeling hungry after eating. If he nearly dies, make combinations that will lose desire. Let the one food have as great bulk as possible, compared with the nutriment, and be something not likely to ferment before cared for by the weakened digestive juices. "Absorption is constant along the 'prima via.' Plenty of water between meals will help to make blood better, when if used to sluice food along it can do great harm. The condition it helps to produce yields an unhealthy, destructive, clogging sort of fat which works insidiously and ceaselessly to stuff up the depurating organs and to deprive them of air to wait just a little. They then crowd and press on the more vital ones above, since this is the only direction in which they can move, until breathing becomes difficult, the heart is affected, and death is a matter of time, just as sudden as the breaking of the last strand of a cable, the first of which broke long before, happens. "Brown Bettey. Butter the inner surface of an earthen baking-dish and place in it a thick layer of peeled, cored, quartered and sliced apples. Sprinkle quite liberally with sugar, and a little grated nutmeg, dab with bits of butter and then cover with a layer of crumbs that have been very slightly soaked in milk or even water, unless the apples are extremely juicy. Alternate apples and crumbs until the dish is three-quarters full, having buttered crumbs on top. Cover closely until the pudding is done, which will be about three-quarters of an hour, then remove the cover and brown. Serve with cream or sweet sauce in the dish in which it was baked. This is almost as good cold as hot.

Obesity Diets

BY JANE EDDINGTON. "There is wrong and mischief in all waste of life. A man should live so as to keep himself at his best, and with a true economy. To eat more food or more costly food than he needs, is worse for the individual than to drop money into the sea. It is a waste of labor and a waste of life. The way to a healthy body is to eat and drink only what is needed, and especially to eat and drink beyond the requirements of health is utter waste, and the amount of this waste, which can be counted in money, is a prodigious one. It is great that it affects the national prosperity. "Eating to live," by L. T. Nichols, M. D., 1881. A person who has recently paid a doctor \$150 for a diet prescription for obesity says this is about it. The collection of such prescriptions is growing. This particular list contains less than 150 words strung together under the four headings of breakfast, lunch, dinner, and "avoid." Such words as "a slice of roast beef," "frankfurter sausages" (the only sort allowed and probably because of the patient's predilection), "a thin slice of toast without butter," "dill pickles" (warranted by all dietitians not themselves to make fat, but to be a contributing force nevertheless), "green beans," "lettuce," "cucumbers in menus, are evidently nicely valuable at more than \$1 per word, when in the tight man's vocabulary. "What is such a list really worth? In the hands of a woman who knows and enforces the hydrating agent, and enough about food and eating and physical behavior in the first place to keep her from taking on gross fat, it is not worth as much as bread pills, which are the hydrating agent, and studying some real one, and consulting some scores of books on the subject, one may reasonably conclude that it is not half of the time at least, what let people eat that makes them obese, but it is their behavior in connection with their eating. They wash their food on as far as they can by drinking, stimulate appetite with many different things, make combinations that ferment and produce toxic fat, take no exercise to hasten digestion by full oxygenation of the blood. "First, to dilute the digestive juices (enzymes), the hydrating agent, must reduce all food to liquor form, something as an apple is reduced to cider, is to weaken their power when it has already been weakened by age and abuse. Second, the eating muscle in all its segments is the most exercised in the body, yet eaters expect it to have all the elasticity and vigor of youth, even when it is loaded with fat, and fat, though all the other muscles give anything but ready responses, and even give out when crowded. Let a fat person eat only one food at a meal and all of it the appetite will be satisfied, and will add less to his frame in most cases than by eating several, each with its stimulus, and have the least likelihood of feeling hungry after eating. If he nearly dies, make combinations that will lose desire. Let the one food have as great bulk as possible, compared with the nutriment, and be something not likely to ferment before cared for by the weakened digestive juices. "Absorption is constant along the 'prima via.' Plenty of water between meals will help to make blood better, when if used to sluice food along it can do great harm. The condition it helps to produce yields an unhealthy, destructive, clogging sort of fat which works insidiously and ceaselessly to stuff up the depurating organs and to deprive them of air to wait just a little. They then crowd and press on the more vital ones above, since this is the only direction in which they can move, until breathing becomes difficult, the heart is affected, and death is a matter of time, just as sudden as the breaking of the last strand of a cable, the first of which broke long before, happens. "Brown Bettey. Butter the inner surface of an earthen baking-dish and place in it a thick layer of peeled, cored, quartered and sliced apples. Sprinkle quite liberally with sugar, and a little grated nutmeg, dab with bits of butter and then cover with a layer of crumbs that have been very slightly soaked in milk or even water, unless the apples are extremely juicy. Alternate apples and crumbs until the dish is three-quarters full, having buttered crumbs on top. Cover closely until the pudding is done, which will be about three-quarters of an hour, then remove the cover and brown. Serve with cream or sweet sauce in the dish in which it was baked. This is almost as good cold as hot.

Obesity Diets

BY JANE EDDINGTON. "There is wrong and mischief in all waste of life. A man should live so as to keep himself at his best, and with a true economy. To eat more food or more costly food than he needs, is worse for the individual than to drop money into the sea. It is a waste of labor and a waste of life. The way to a healthy body is to eat and drink only what is needed, and especially to eat and drink beyond the requirements of health is utter waste, and the amount of this waste, which can be counted in money, is a prodigious one. It is great that it affects the national prosperity. "Eating to live," by L. T. Nichols, M. D., 1881. A person who has recently paid a doctor \$150 for a diet prescription for obesity says this is about it. The collection of such prescriptions is growing. This particular list contains less than 150 words strung together under the four headings of breakfast, lunch, dinner, and "avoid." Such words as "a slice of roast beef," "frankfurter sausages" (the only sort allowed and probably because of the patient's predilection), "a thin slice of toast without butter," "dill pickles" (warranted by all dietitians not themselves to make fat, but to be a contributing force nevertheless), "green beans," "lettuce," "cucumbers in menus, are evidently nicely valuable at more than \$1 per word, when in the tight man's vocabulary. "What is such a list really worth? In the hands of a woman who knows and enforces the hydrating agent, and enough about food and eating and physical behavior in the first place to keep her from taking on gross fat, it is not worth as much as bread pills, which are the hydrating agent, and studying some real one, and consulting some scores of books on the subject, one may reasonably conclude that it is not half of the time at least, what let people eat that makes them obese, but it is their behavior in connection with their eating. They wash their food on as far as they can by drinking, stimulate appetite with many different things, make combinations that ferment and produce toxic fat, take no exercise to hasten digestion by full oxygenation of the blood. "First, to dilute the digestive juices (enzymes), the hydrating agent, must reduce all food to liquor form, something as an apple is reduced to cider, is to weaken their power when it has already been weakened by age and abuse. Second, the eating muscle in all its segments is the most exercised in the body, yet eaters expect it to have all the elasticity and vigor of youth, even when it is loaded with fat, and fat, though all the other muscles give anything but ready responses, and even give out when crowded. Let a fat person eat only one food at a meal and all of it the appetite will be satisfied, and will add less to his frame in most cases than by eating several, each with its stimulus, and have the least likelihood of feeling hungry after eating. If he nearly dies, make combinations that will lose desire. Let the one food have as great bulk as possible, compared with the nutriment, and be something not likely to ferment before cared for by the weakened digestive juices. "Absorption is constant along the 'prima via.' Plenty of water between meals will help to make blood better, when if used to sluice food along it can do great harm. The condition it helps to produce yields an unhealthy, destructive, clogging sort of fat which works insidiously and ceaselessly to stuff up the depurating organs and to deprive them of air to wait just a little. They then crowd and press on the more vital ones above, since this is the only direction in which they can move, until breathing becomes difficult, the heart is affected, and death is a matter of time, just as sudden as the breaking of the last strand of a cable, the first of which broke long before, happens. "Brown Bettey. Butter the inner surface of an earthen baking-dish and place in it a thick layer of peeled, cored, quartered and sliced apples. Sprinkle quite liberally with sugar, and a little grated nutmeg, dab with bits of butter and then cover with a layer of crumbs that have been very slightly soaked in milk or even water, unless the apples are extremely juicy. Alternate apples and crumbs until the dish is three-quarters full, having buttered crumbs on top. Cover closely until the pudding is done, which will be about three-quarters of an hour, then remove the cover and brown. Serve with cream or sweet sauce in the dish in which it was baked. This is almost as good cold as hot.

Obesity Diets

BY JANE EDDINGTON. "There is wrong and mischief in all waste of life. A man should live so as to keep himself at his best, and with a true economy. To eat more food or more costly food than he needs, is worse for the individual than to drop money into the sea. It is a waste of labor and a waste of life. The way to a healthy body is to eat and drink only what is needed, and especially to eat and drink beyond the requirements of health is utter waste, and the amount of this waste, which can be counted in money, is a prodigious one. It is great that it affects the national prosperity. "Eating to live," by L. T. Nichols, M. D., 1881. A person who has recently paid a doctor \$150 for a diet prescription for obesity says this is about it. The collection of such prescriptions is growing. This particular list contains less than 150 words strung together under the four headings of breakfast, lunch, dinner, and "avoid." Such words as "a slice of roast beef," "frankfurter sausages" (the only sort allowed and probably because of the patient's predilection), "a thin slice of toast without butter," "dill pickles" (warranted by all dietitians not themselves to make fat, but to be a contributing force nevertheless), "green beans," "lettuce," "cucumbers in menus, are evidently nicely valuable at more than \$1 per word, when in the tight man's vocabulary. "What is such a list really worth? In the hands of a woman who knows and enforces the hydrating agent, and enough about food and eating and physical behavior in the first place to keep her from taking on gross fat, it is not worth as much as bread pills, which are the hydrating agent, and studying some real one, and consulting some scores of books on the subject, one may reasonably conclude that it is not half of the time at least, what let people eat that makes them obese, but it is their behavior in connection with their eating. They wash their food on as far as they can by drinking, stimulate appetite with many different things, make combinations that ferment and produce toxic fat, take no exercise to hasten digestion by full oxygenation of the blood. "First, to dilute the digestive juices (enzymes), the hydrating agent, must reduce all food to liquor form, something as an apple is reduced to cider, is to weaken their power when it has already been weakened by age and abuse. Second, the eating muscle in all its segments is the most exercised in the body, yet eaters expect it to have all the elasticity and vigor of youth, even when it is loaded with fat, and fat, though all the other muscles give anything but ready responses, and even give out when crowded. Let a fat person eat only one food at a meal and all of it the appetite will be satisfied, and will add less to his frame in most cases than by eating several, each with its stimulus, and have the least likelihood of feeling hungry after eating. If he nearly dies, make combinations that will lose desire. Let the one food have as great bulk as possible, compared with the nutriment, and be something not likely to ferment before cared for by the weakened digestive juices. "Absorption is constant along the 'prima via.' Plenty of water between meals will help to make blood better, when if used to sluice food along it can do great harm. The condition it helps to produce yields an unhealthy, destructive, clogging sort of fat which works insidiously and ceaselessly to stuff up the depurating organs and to deprive them of air to wait just a little. They then crowd and press on the more vital ones above, since this is the only direction in which they can move, until breathing becomes difficult, the heart is affected, and death is a matter of time, just as sudden as the breaking of the last strand of a cable, the first of which broke long before, happens. "Brown Bettey. Butter the inner surface of an earthen baking-dish and place in it a thick layer of peeled, cored, quartered and sliced apples. Sprinkle quite liberally with sugar, and a little grated nutmeg, dab with bits of butter and then cover with a layer of crumbs that have been very slightly soaked in milk or even water, unless the apples are extremely juicy. Alternate apples and crumbs until the dish is three-quarters full, having buttered crumbs on top. Cover closely until the pudding is done, which will be about three-quarters of an hour, then remove the cover and brown. Serve with cream or sweet sauce in the dish in which it was baked. This is almost as good cold as hot.

Obesity Diets

BY JANE EDDINGTON. "There is wrong and mischief in all waste of life. A man should live so as to keep himself at his best, and with a true economy. To eat more food or more costly food than he needs, is worse for the individual than to drop money into the sea. It is a waste of labor and a waste of life. The way to a healthy body is to eat and drink only what is needed, and especially to eat and drink beyond the requirements of health is utter waste, and the amount of this waste, which can be counted in money, is a prodigious one. It is great that it affects the national prosperity. "Eating to live," by L. T. Nichols, M. D., 1881. A person who has recently paid a doctor \$150 for a diet prescription for obesity says this is about it. The collection of such prescriptions is growing. This particular list contains less than 150 words strung together under the four headings of breakfast, lunch, dinner, and "avoid." Such words as "a slice of roast beef," "frankfurter sausages" (the only sort allowed and probably because of the patient's predilection), "a thin slice of toast without butter," "dill pickles" (warranted by all dietitians not themselves to make fat, but to be a contributing force nevertheless), "green beans," "lettuce," "cucumbers in menus, are evidently nicely valuable at more than \$1 per word, when in the tight man's vocabulary. "What is such a list really worth? In the hands of a woman who knows and enforces the hydrating agent, and enough about food and eating and physical behavior in the first place to keep her from taking on gross fat, it is not worth as much as bread pills, which are the hydrating agent, and studying some real one, and consulting some scores of books on the subject, one may reasonably conclude that it is not half of the time at least, what let people eat that makes them obese, but it is their behavior in connection with their eating. They wash their food on as far as they can by drinking, stimulate appetite with many different things, make combinations that ferment and produce toxic fat, take no exercise to hasten digestion by full oxygenation of the blood. "First, to dilute the digestive juices (enzymes), the hydrating agent, must reduce all food to liquor form, something as an apple is reduced to cider, is to weaken their power when it has already been weakened by age and abuse. Second, the eating muscle in all its segments is the most exercised in the body, yet eaters expect it to have all the elasticity and vigor of youth, even when it is loaded with fat, and fat, though all the other muscles give anything but ready responses, and even give out when crowded. Let a fat person eat only one food at a meal and all of it the appetite will be satisfied, and will add less to his frame in most cases than by eating several, each with its stimulus, and have the least likelihood of feeling hungry after eating. If he nearly dies, make combinations that will lose desire. Let the one food have as great bulk as possible, compared with the nutriment, and be something not likely to ferment before cared for by the weakened digestive juices. "Absorption is constant along the 'prima via.' Plenty of water between meals will help to make blood better, when if used to sluice food along it can do great harm. The condition it helps to produce yields an unhealthy, destructive, clogging sort of fat which works insidiously and ceaselessly to stuff up the depurating organs and to deprive them of air to wait just a little. They then crowd and press on the more vital ones above, since this is the only direction in which they can move, until breathing becomes difficult, the heart is affected, and death is a matter of time, just as sudden as the breaking of the last strand of a cable, the first of which broke long before, happens. "Brown Bettey. Butter the inner surface of an earthen baking-dish and place in it a thick layer of peeled, cored, quartered and sliced apples. Sprinkle quite liberally with sugar, and a little grated nutmeg, dab with bits of butter and then cover with a layer of crumbs that have been very slightly soaked in milk or even water, unless the apples are extremely juicy. Alternate apples and crumbs until the dish is three-quarters full, having buttered crumbs on top. Cover closely until the pudding is done, which will be about three-quarters of an hour, then remove the cover and brown. Serve with cream or sweet sauce in the dish in which it was baked. This is almost as good cold as hot.

Dr. Brady's Health Talks

ORAL HOUSEKEEPING. A clean mouth is one of the rarest virtues a dentist has to contend with. Although the oral cavity in health possesses certain germicidal powers of its own, under civilized conditions a perfectly healthful mouth seems to be unattainable. That from the cutting of the "stomach" teeth, "Carious or decaying teeth, inflamed and abscessed, diseased or enlarged tonsils furnish the breeding places for the swarms of harmless and painful germs that find sanctuary in human mouth. Food, warmth, moisture and moisture are essential conditions for microbial culture, and in a clean mouth these luxuries are never wanting. Watch Your Teeth. First, our old friend, the pneumococcus, or all-round "cold" microbe, is found present in the mouth of every fifth person, and in virulent, disease-producing form. The neglect of a cavity in a wisdom tooth, or perhaps the presence of enlarged tonsils, or perhaps the propagation and perpetuation of a wicked horde of pneumococci in the mouth. And under temporary clogging conditions, such as a cold, such as living in badly ventilated rooms, insufficient nourishment, over-crowding and the like, those tenderly trained brigands are just as great a menace to the host himself as they could be to his associates if he were careless expectorator. Tonsillitis and chronic tonsil trouble is notorious as a port of entry for acute and chronic joint inflammation, particularly inflammatory "rheumatism." Many throat specialists believe enlarged and abscessed tonsils in children are a direct cause of infectious or decayed molar teeth. When the molar is closed the back teeth are almost, if not quite, in contact with the molar, so the idea is reasonable enough. Outside of toothache and "ulcerated" teeth, and the bad effects upon digestion from insufficient mastication of food, the septic or unclean state of the mouth is clearly prejudicial to general health by reason of

Dr. Brady's Health Talks

ORAL HOUSEKEEPING. A clean mouth is one of the rarest virtues a dentist has to contend with. Although the oral cavity in health possesses certain germicidal powers of its own, under civilized conditions a perfectly healthful mouth seems to be unattainable. That from the cutting of the "stomach" teeth, "Carious or decaying teeth, inflamed and abscessed, diseased or enlarged tonsils furnish the breeding places for the swarms of harmless and painful germs that find sanctuary in human mouth. Food, warmth, moisture and moisture are essential conditions for microbial culture, and in a clean mouth these luxuries are never wanting. Watch Your Teeth. First, our old friend, the pneumococcus, or all-round "cold" microbe, is found present in the mouth of every fifth person, and in virulent, disease-producing form. The neglect of a cavity in a wisdom tooth, or perhaps the presence of enlarged tonsils, or perhaps the propagation and perpetuation of a wicked horde of pneumococci in the mouth. And under temporary clogging conditions, such as a cold, such as living in badly ventilated rooms, insufficient nourishment, over-crowding and the like, those tenderly trained brigands are just as great a menace to the host himself as they could be to his associates if he were careless expectorator. Tonsillitis and chronic tonsil trouble is notorious as a port of entry for acute and chronic joint inflammation, particularly inflammatory "rheumatism." Many throat specialists believe enlarged and abscessed tonsils in children are a direct cause of infectious or decayed molar teeth. When the molar is closed the back teeth are almost, if not quite, in contact with the molar, so the idea is reasonable enough. Outside of toothache and "ulcerated" teeth, and the bad effects upon digestion from insufficient mastication of food, the septic or unclean state of the mouth is clearly prejudicial to general health by reason of

Dr. Brady's Health Talks

ORAL HOUSEKEEPING. A clean mouth is one of the rarest virtues a dentist has to contend with. Although the oral cavity in health possesses certain germicidal powers of its own, under civilized conditions a perfectly healthful mouth seems to be unattainable. That from the cutting of the "stomach" teeth, "Carious or decaying teeth, inflamed and abscessed, diseased or enlarged tonsils furnish the breeding places for the swarms of harmless and painful germs that find sanctuary in human mouth. Food, warmth, moisture and moisture are essential conditions for microbial culture, and in a clean mouth these luxuries are never wanting. Watch Your Teeth. First, our old friend, the pneumococcus, or all-round "cold" microbe, is found present in the mouth of every fifth person, and in virulent, disease-producing form. The neglect of a cavity in a wisdom tooth, or perhaps the presence of enlarged tonsils, or perhaps the propagation and perpetuation of a wicked horde of pneumococci in the mouth. And under temporary clogging conditions, such as a cold, such as living in badly ventilated rooms, insufficient nourishment, over-crowding and the like, those tenderly trained brigands are just as great a menace to the host himself as they could be to his associates if he were careless expectorator. Tonsillitis and chronic tonsil trouble is notorious as a port of entry for acute and chronic joint inflammation, particularly inflammatory "rheumatism." Many throat specialists believe enlarged and abscessed tonsils in children are a direct cause of infectious or decayed molar teeth. When the molar is closed the back teeth are almost, if not quite, in contact with the molar, so the idea is reasonable enough. Outside of toothache and "ulcerated" teeth, and the bad effects upon digestion from insufficient mastication of food, the septic or unclean state of the mouth is clearly prejudicial to general health by reason of

Dr. Brady's Health Talks

ORAL HOUSEKEEPING. A clean mouth is one of the rarest virtues a dentist has to contend with. Although the oral cavity in health possesses certain germicidal powers of its own, under civilized conditions a perfectly healthful mouth seems to be unattainable. That from the cutting of the "stomach" teeth, "Carious or decaying teeth, inflamed and abscessed, diseased or enlarged tonsils furnish the breeding places for the swarms of harmless and painful germs that find sanctuary in human mouth. Food, warmth, moisture and moisture are essential conditions for microbial culture, and in a clean mouth these luxuries are never wanting. Watch Your Teeth. First, our old friend, the pneumococcus, or all-round "cold" microbe, is found present in the mouth of every fifth person, and in virulent, disease-producing form. The neglect of a cavity in a wisdom tooth, or perhaps the presence of enlarged tonsils, or perhaps the propagation and perpetuation of a wicked horde of pneumococci in the mouth. And under temporary clogging conditions, such as a cold, such as living in badly ventilated rooms, insufficient nourishment, over-crowding and the like, those tenderly trained brigands are just as great a menace to the host himself as they could be to his associates if he were careless expectorator. Tonsillitis and chronic tonsil trouble is notorious as a port of entry for acute and chronic joint inflammation, particularly inflammatory "rheumatism." Many throat specialists believe enlarged and abscessed tonsils in children are a direct cause of infectious or decayed