

SPECIAL FEATURES OF INTEREST TO WOMEN READERS

Three Meals a Day Without a Fire

How mother can feel the family one whole Sunday without standing over a hot stove.

BY MRS. EMILY RIESENBERG

Three meals a day without a fire is inviting to the housewife and it is easy unless you insist upon hot drinks. If you do, try powdered coffee, easily soluble cocoa or make tea; none of which require cooking and it takes but a few minutes to boil water or milk.

To lighten the work in hot weather, use some canned or package goods, or patronize a delicatessen shop for cold meats, etc. Delicious food can be made at home and if paper napkins, dishes and table cloths are used, the "redding up" and dish-washing is reduced to the minimum.

As substantial, cold meats, salads, compotes and cereals and bread and butter offer something for each meal while simple desserts, fruits, wafers or cookies and the drink desired, will complete your menus without using the frying pan or oven.

Potato Salad.
(Boil potatoes in skin on the day before.)

INGREDIENTS: Ten medium sized potatoes, one small green pepper, one small onion, three sweet pickles, one tablespoonful of crisp chopped parsley seasoning and dressing as needed.
METHOD: Remove skins and slice potatoes thin; seed pepper and skin onion, then mince both finely; cut pickles into small slices and place all in a bowl. Add a little salt and pepper, then make the sour cream dressing and add as directed; if not salty enough add a little more to taste.

Cold Meat in Aspic
(Prepare the day before.)

INGREDIENTS: Two cupfuls of cold ground meat, one small onion, one green pepper, one cupful of meat stock, one cupful of strained tomato juice, four tablespoonfuls of gelatin, salt and pepper to taste.

METHOD: Soak the gelatin in the cold tomato juice until dissolved, heat the stock (if none is on hand use a beef cube and cup of boiling water), add stick to



Mrs. Riesenbergs

gelatin and stir until clear; use cold chicken, veal or lean boiled beef. Grind the seeded pepper and onion with the meat in a mull that has been dipped in cold water, pour on the liquid and set in cold place to harden. A little vinegar can be added to the stock or some cloves can be added, making it "spiced beef in aspic."

When ready to serve, unroll and cut into slices, place overlapping on a platter and surround with sliced tomatoes; season the tomatoes with a very little salt, pepper and then place a teaspoonful of horseradish on each slice.

Sour Cream Dressing
INGREDIENTS: One-half a teaspoonful mustard, one teaspoonful of sugar, one-quarter teaspoonful of salt, one teaspoonful of chopped chives (optional) yolk of one egg, three table-

spoonfuls of vinegar, one-half cupful of slightly soured thick cream.

METHOD: Beat yolk until creamy, add dry ingredients and rub smooth, add vinegar gradually, then toss over the salad material; toss up with two forks, pour the cream over all and toss again. Serve at once.

Cucumber Salad
METHOD: Pare and slice crisp green cucumbers, set in gold place, but do not salt, as wilted cucumbers are not nice. When ready to serve add a little thin sliced onion or some minced chives, salt very lightly and dress with sour cream dressing.

Spiced Currants
INGREDIENTS: Three cupfuls of stemmed currants, one tablespoonful of vinegar, two and one-half cupfuls of sugar, one teaspoonful of ground cloves, two teaspoonfuls of cinnamon.

METHOD: Add vinegar to currants and simmer ten minutes; add half of the sugar and cook ten minutes more; add rest of sugar and spices and simmer from ten to twenty minutes, according to how well fruit thickens. If placed in a saucer the fruit must congeal clear and thick, like jelly (add this to your store of winter preserves).

Macaroon Cream
METHOD: Crumble stale macaroons into saucers or sherbet cups, pile whipped cream on top and set aside for half an hour.

Ice Cream Sandwiches
METHOD: Have ready some crushed and sweetened peach pulp; stoned and sugared cherries or a cupful of stale crushed almond macaroons; get plain brick ice cream, cut into thin slices, place some of the prepared fruit or crumbs between slices and on top some whipped cream. Ground nuts can also be used as filling.

(Any of these light desserts can be easily made and are not expensive, especially if you consider that little or no fuel is used in the preparation.)

Real Princess Comes to Amuse Blase Set With Oriental Dance



Back from Europe, to amuse society at Newport and New York with her dancing, has come the Princess Ishtar. She had a great vogue last season among the wealthy and ultra-fashionable set which likes its pastimes highly seasoned. She encumbers herself only slightly with clothing, and her dancing portrays the sensuousness of the orient. What she lacks in clothes she makes up in pearls, having a wonderful collection.

Cynthia Grey's Answers

Dear Miss Grey: I read in your column an account of a girl of 15. I am very nearly in the same circumstances. I have a mother, and a father, too; but my mother has never told me anything I ought to know about myself. I am 13 and have learned what I know from girls. I do not know whether to tell mother what has happened or not, and my father is not any good to me. I am sure if it hadn't been for my girl friend I might be as bad off as the girl who wrote you. I wish other mothers would read this letter and open their eyes and help their daughters. Now, Miss Grey, would you tell your mother, or let her find out for herself. I hope to see this in print with your answer, for I will try to do as you say. I remain as ever,
One who knows what it means to have a mother.
C. H.

will write to the National Museum, Washington, D. C., and send stamped, self-addressed envelope you can find out.

Dear Miss Grey: Will you please tell me of whom I may inquire concerning Indian service?
WALTER D. A.—Write to the Civil Service Bureau, Federal Building, Seattle, Wash.

Dear Miss Grey: Is it right for a girl to take off her engagement ring to do her housework? I do not like it, and don't know if I am right, or wrong. Please answer, and thank you.
W. E. A.—If the ring contains a set she would be very foolish to do housework with it on. It is an old superstition that it is bad luck to take off an engagement ring. It belongs to the dark ages, and we are living in the 20th century.

Dear Miss Grey: What answer should I give a young man who asks to call and I don't want him to? Thank you.
A READER. A.—Say, "I can't see you that evening," or, "I will be otherwise engaged."

Dear Miss Grey: I am a young girl 22 years old. My folks were cruel to me, and so I thought it best to leave home. I made a man's acquaintance and he seemed as though he cared for me, so I wandered away from home and lived with him. But he is far from me now, and I am working for my living and to earn honest dollars. He writes me not to go with others while he is away, but I have met a nice young man who wants to make me his wife. He thinks lots of me. I am all alone without any folks, and far away from friends, so please advise me what to do. Shall I settle down, or what?
FROM A DOWN-HEARTED GIRL.

A.—You are doing your reaping now according to the way you sowed. It always works out that way. If you marry this young man, and settle down, without telling of your former life, and the man comes back, things are apt to be very unsettled. I do not always advise telling the past, but in this particular one I think you should if you marry the young man. At any rate, keep on being honest, and don't make the mistake of sowing wrong again.

Dear Miss Grey: Can you tell me what will take rust out of linen, and what will bleach linen? Mine has been laid away and is yellow. Thanking you.
A HOUSEKEEPER.

A.—Place some salt on the rust spots, and squeeze lemon juice on it, and lay in the sun. As it dries, dampen with more lemon juice, until the stain disappears.

There is no better way to bleach linen than what our grandmothers used. Dampen and lay on the grass, and as it dries, redampen by sprinkling, or wringing out of water. Keep up the process until it is snow white.

Dear Miss Grey: Can you tell me if a copy of Irving's Sketchbook, 6th edition, year 1828, under title, "Sketch-book of Geoffrey Crayon, Gent." has any value?
SCHOLA. A.—I should think it might be considered very valuable. If you

THEATERS

To Be Charming—Not Beautiful—Ought To Be Woman's Goal

BY MARGARET ILLINGTON.

(Miss Margaret Illington, known as the Tacoma actress since her marriage to Mr. E. J. Bowes of this city, and who is now starring in her latest success, "Within the Law," has written the following article in defense of womankind, and in defiance of the "beauty lectures" published day by day as written from the pens of popular actresses. The article, coming from the pen of a Tacoma woman of international fame should receive added interest in Tacoma.—Dramatic Editor.)

Whenever you pick up a newspaper nowadays and turn to the woman's page you are very apt to get the idea that every woman is seeking physical beauty—and nothing else.

So many pretty actresses in the country are telling all the other women the means by which they were made beautiful, the means by which they stay beautiful, and the means by which they hope to keep their beauty until death does them part.

Some times I think that men are more interested in these "beauty chats" than are the women, for the editors are so anxious to print all this beauty talk. My women friends tell me THEY do not have time to read it, as WOMEN who have some work of the world to do cannot selfishly spend long hours daily in making themselves beautiful to the eye alone.

Least of all, I am sure, does the actress have time or inclination to be trying always to improve her pulchritude.

Few successful actresses have been beauties, but they have all been women of great force of character and splendid health.

Here is the truth — actresses have no open sesame to the vaults where beauty is stored. They are much like other women and they often do things in regard to their health which they ought not to do and do not do things which they ought to do.

Clever actresses, like other clever women, find out what kind of food, exercise and how much sleep, work and play is good for them and then plan their daily regime upon this.

Personally, I do not think that physical beauty is as much to be desired as many other things.



Two views of Margaret Illington's face, showing how it is charm, rather than beauty, which makes her lovely.

Beauty is the most ephemeral of all the qualities that enhance the charm of femininity and I think it most women would avoid the silly trying to make themselves over into something they are not and strive to become interesting, they would retain popularity longer.

Beauty blanches and make those about you love and admire you so much that they will consider the flesh, the freckle and the cast among your greatest attractions.

If you make yourself interesting you can snap your fingers at

Society

The French club of Tacoma, which opened its season of monthly salons today with a gathering for tea and French dialogue at the home of Miss Ava Jane Raze, 501 North Yakima avenue, is making detailed preparations for giving a little French play, "Up Caprice," at St. Leo's theater, September 12. The playlet will be given entirely in French by amateur actors, all members of the club. A general invitation is being extended by club members to their friends who happen to be interested in French.

Corydon Wagner, son of Dr. and Mrs. George C. Wagner, will leave the middle of September for the east, to take up his freshman studies at Yale.

Fifth Ward Prohibition club meets this evening at the home of Brooks Wilson, 1421 South 56th street.

Miss Maudie James and Charles Hatterbaugh of Seattle were quietly married in Tacoma yesterday morning. They were attended by intimate friends, and a delightful little wedding breakfast was served at Rhodes Bros.' tea room following the ceremony.

Miss Frances Barrill is preparing to return this fall to the Westover school for girls, near Baltimore. It will be her second year at the school.

Miss Janet Mitchell, daughter of Mr. and Mrs. James Mitchell, and Jesse W. Conrad were married yesterday with a quiet ceremony at the home of the bride's parents, 516 East 28th street. Rev. C. K. Staudt of the Calvary Presbyterian church read the service. Only relatives and intimates of the bride and groom were present.

The Ladies' Guild of the Church of the Holy Communion is holding a social this afternoon and evening at the home of Mrs. Healy, 714 South J street. Proceeds of the little entertainment will be placed in the guild house fund.

In honor of Mrs. W. R. Chattfield, a recent bride of Seattle, Miss Grace Chidister has cards out for a tea Friday afternoon. Mrs. Chattfield has come to Tacoma to make her home here.

Following a two-months' trip through the East, including visits at all of the large cities, Prof. and Mrs. H. F. Wegener have returned to their home in Tacoma. Prof. Wegener is a member of the Stadium High school faculty.

Owing to the rain the Ladies' Aid of St. John's English Lutheran church will hold their basket picnic at the church parlors instead of Point Defiance park tomorrow. Luncheon will be served at 1 o'clock. Friends invited.

Keep the Public Schools Open In Order to Control Epidemic

BY A PHYSICIAN

There was a time when the public schools were closed to stop epidemics. Now we have adopted just the opposite method and keep the schools open in order to control an epidemic!

This is done through medical inspection!

We have learned that we must watch PERSONS, not things!

Under the old system we closed up the school building and fumigated after having found that there was a scarlet fever case in the place.

By that method we killed some lonely bacillus which may have been lingering around. But we took no heed of, or afforded no protection against the one scarlet fever sealer who returned to school, bringing with him a million contagious germs in his mouth!

So you see there is a reason for the new way of stopping epidemics. And there is a reason for careful medical inspection and the constant work of trustworthy school nurses.

Every school should have both. If the community hopes to protect its children in the sanest way against epidemics of contagious diseases.

Medical inspection of each child entering school at the beginning of the year, insures the discovery of cases of contagious disease.

Quite often this inspection will reveal incipient cases, which if treated immediately in the right way, can be cured without serious danger to the patient. It also prevents the disease being passed on to one or several others.

The constant attention of school nurses keeps up the good work, through the year. Sore throats, snuffles, rough skin, fevers, headaches, absence from school and stories of sickness are carefully

watched and followed up. And so there is a double check on disease, and it is eventually cornered!

If there is not any medical inspection and the school nurse does not exist, the whole problem of keeping the epidemic away is left to the teacher. Though the hardest worked person in the school system, she can still do much if she will take the added burden upon her.

But it is up to the community of this generation to see that its schools have both medical inspection and school nurses.

What is more important to the public than the sane way of checking disease and insuring health to the children while they are growing up?

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John Drew Resting At His Country Home

John Drew, one of the best known and most popular actors on the American stage, has just closed a long and most successful tour in "The Perplexed Husband." He is spending his vacation at his country place at East Hampton, N. Y., where his chief recreation is horseback riding.

TACOMA THEATER
Friday and Saturday, Sept. 5-6
Popular Matinee Saturday.
Henry W. Savage Offer

EVERYWOMAN
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Prices—Evening: Floor, \$2.50; Boxes, \$5 to \$15.00; Orchestra, \$1.50; Gallery, 50c. Matinee: Floor, \$1.50; Gallery, 50c. Seats, \$1.00; 4 rows, 75c. Gallery, 50c. Mail orders now. Regular sale Thursday. Curtain, 8:15, 2:15.

AT THE TACOMA
Fresh from triumphs in San Francisco, where it played to the capacity of the Cort theater for three weeks, and Los Angeles, where at the Majestic theater all records for attendance were broken, the dramatic spectacle, "Everywoman," with all the vast scenic effects and array of people will be offered at the Tacoma theater Friday night and Saturday matinee and night by Henry W.

AT THE PRINCESS
"Kindling," the play that Margaret Illington, the Tacoma actress, made famous, is being ably presented at the Princess theater

Savage. Everywhere this great spectacle has been presented it has created a sensation. It represents all that is great, all that is lofty in spectacle, opera and drama. It is really three productions merged into one.

PANTAGES
Carter the Great with mystical illusions that baffle every person in his audience, is attracting much attention at Pantages theater this week. His trunk trick, in which a girl vanishes from the stage to immediately reappear in a trunk suspended from the ceiling, is one of the best ever produced in Tacoma. There are several other good acts.

MELBOURNE
The new bill at the Melbourne, opening yesterday, with the great feature film, "The Mysterles of Paris," made good its advance notices. The movie show a long series in the gay excitement and inner life of famous Paris, making the film a rare kaleidoscope of human interest.

PRINCESS
THEATER THIS WEEK
"KINDLING"

Bargain Matinee Wednesday and Saturday, 10c and 25c. Evening Prices—50c, 75c and 1.00.

PANTAGES
BIG HOLIDAY BILL
CARTER THE GREAT
FRANK MILLS' FREAKS
FOUR BALLOON ACTRESS
ROBERTS
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