



Homemakers' Page



MISS LORETTO A. CONNOR, Editor

Home Care of the Hands

NOT all women can have beautiful hands, but at least all can have clean ones, with well cared for nails. Nor is it necessary to spend a great deal of money on manicures or preparations for the home manicure. Some women who never hire a professional manicure and who do their own housework, still have lovely hands. It is a matter of care.

One of the most important lessons every girl should learn is that feminine charm simply demands absolute cleanliness. It is surprising how many dirty hands one sees even among well dressed people. Clean hands and clean nails are within every woman's reach. Yet frequently the woman who has least work to do has the least dainty hands, because she is too lazy to keep them clean.

The woman who desires pretty hands need not shrink from preparing meals, washing dishes, digging in the garden or painting an old bureau. She may do any kind of work she chooses, or needs to do. But she will take care to wash her hands thoroughly, in warm (not hot) water and soap, the very minute she finishes the dirty job. It is allowing dirt to stay on the hands and get ground deeply into the pores that coarsens the skin and blackens the nails.

A stiff little nail brush is a great aid in cleaning the nails, but as soon as the hands are wiped, the cuticle should be pushed gently back with the towel or orange stick and the nails should be cleaned carefully. If the job has been a wet and soapy one, like washing dishes, clothes, wood-work or the bathroom floor, a little oil or softening hand lotion should be rubbed gently into the skin to take the place of the natural oil which has been soaked out.

The woman who gardens or prepares fruits and vegetables need not go through life with stained fingers if she will keep half a freshly cut lemon on her wash stand and use a little of the clear juice to remove the stains of earth or vegetable coloring matter. Incidentally, the woman smoker will also find lemon juice an aid in keeping her fingers white and free from stain.

Cheap, loose cotton and rubber gloves, such as one can buy at the five-and-ten, should be kept always on hand. Wear the rubber ones for all possible wet jobs, even to bathing the baby, as continuous wetting of the hands coarsens the skin and also makes them chap easily in cold weather.

Wear the clean cotton gloves (which can be washed every week with the regular laundry) for all sorts of jobs, like making beds, dusting, and putting the house in order. Many society women make it a practice to wear loose cotton gloves around their homes, while they are writing letters, handling newspapers and magazines, arranging flowers, etc. Just notice how dirty your hands will get in even one idle day of visiting, when you do no actual work, and you will see the wisdom of the glove method of keeping the hands clean without having to scrub them too often.

If the nails are brittle, avoid all strong bleaches and cuticle removers. Here again, lemon juice is a safe bleach to use. After it is rinsed off, dab a little cold cream or oil on and under each nail and leave on as long as possible. Oil makes the nails strong and also gives them a rich, delicate lustre, infinitely more lovely than the bright red glaze which many women now use on their nails.

ON OVER-EATING

There is no doubt that America is a nation of hearty eaters. The French may be more subtle cooks, with their clever sauces, and the Germans may be more thrifty, but American people revel in more good food than any other nation. The continental breakfast of coffee and rolls makes a very feeble hit with the average American man, who does like his buckwheats and sausages, his bacon and eggs, his waffles and maple syrup, his hot biscuits and honey, to say nothing of several cups of coffee.

Most parts of our country are cold enough, so that such breakfasts are not excessively heavy fuel for the winter diet. Nor are the rich roasts and brown gravies, suet puddings,

mince pies, candied sweet potatoes, corn puddings, escalloped oysters and fruit cakes too heavy, if neutralized and balanced by a generous daily ration of fresh green vegetables (celery, lettuce, raw cabbage, spinach, etc.) and fresh juicy fruits. But the fresh vegetables and fresh fruits are needed to combat acidity, rheumatism, and other ills that always result from a too-concentrated diet.

Fortunately, the fruits most beneficial are always in market; they are oranges, lemons and grapefruit. These are all anti-acid in their effect in the system, slightly laxative, and full of precious vitamins which supply "pep."

So don't fail to balance that hearty American breakfast with a glass of orange juice or half a grapefruit. Don't eat a heavy luncheon unless you include in it a crisp salad. And after a heavy dinner don't munch candy, popcorn or nuts all evening, but eat an orange, an apple, or drink a pint of hot lemonade before you go to bed. Too many people think of hot lemonade as a cold remedy. It is, but it is more effective as a general tonic and cold preventative.

TEA TABLE TIPS

When winter days are here, it is delightful to serve your afternoon callers with a cup of hot tea and some light dainty. Avoid heavy cakes, however, as we Americans dine an hour or two earlier than our English friends across the water, so a light tea is better if we are to have an appetite when we reach the dinner table.

In the smartest homes the question is no longer always "lemon or cream?" but "orange, lemon or cream?" And this is because some clever hostess, in search for a novel flavor, discovered that the flavor of orange juice and rind is very piquant in hot tea. Slice the orange in half-inch thick slices, and if the oranges are quite large, cut each slice into quarters. Get navels, if possible, as they have no seeds and give perfect looking slices. Some hostesses have both lemon and orange slices, some with cloves stuck into them, others without the cloves, so that all tastes can be suited.

Another tea table trick is to take the cut loaf sugar and rub it against an orange or a lemon, so that the loaf will absorb some of the oil and flavor found in the citrus peeling. When dropped into a cup of hot tea this delicate flavor is released.

PUMPKIN PIE

*"What moistens the lips and what brightens the eye
What calls back the past like the rich
pumpkin pie!"*

Rich in reminiscences of our American past, to be sure, for the pumpkin was a staple on the early New England bill of fare.

In the so-called lean season, the pies concocted of it were unpretentious indeed. A greased plate was sprinkled with a little rye meal and then filled with the stewed and seasoned pumpkin, diluted with a little milk—and the latter beverage retailed in those days for about a penny a quart. Only in times of plenty did our economical forefathers add cream and eggs and spices.

The glamor of the past hangs round the pumpkin pie but a comparison of the New England housewife's recipe with that of the 1928 model, we believe, shows the advantage to be entirely with the latter. For a "hum-dinger" of a pumpkin pie, try this:

Pumpkin Pie

2 eggs,
1½ cups milk,
1 2/3 cups cooked pumpkin pulp (forced through a sieve),
½ cup brown sugar,
1 teaspoon cinnamon,
½ teaspoon salt grating of nutmeg,
¼ cup cream.

Beat the eggs till light and mix all the ingredients together. Line a deep pie plate with paste and brush over the surface lightly with egg white. Sprinkle lightly with a very little flour or sifted cracker crumbs. Then pour in the above mixture. Bake in a hot oven for about 8 minutes and then reduce the heat. When filling is firm and brown on top, the pie is done.

Fairy Gingerbread

½ cup butter
1 cup light brown sugar
½ cup milk
1½ cups bread flour
1 teaspoon ginger

Cream the butter, add sugar gradually and milk very slowly. Mix and sift the flour and ginger. Combine mixtures and mix with a knife until smooth. Spread very thinly on a buttered inverted pan or on a baking sheet. Bake in a moderate oven. Cut in squares before removing from pan.

Frisco Fashions for February

Lucile Buron of the machine bureau, has chosen a three-piece sport outfit, in tan colors. The sweater-coat and the skirt are of the same materials, while the sweater-waist is plain tan. The outfit is most appropriate for a late day in winter or an early spring one.



Sally Bonlehsten of the machine bureau, St. Louis, models a two-piece dark red dress of serge cloth, in tailored design. The tie at the throat, hung loosely over the shoulders, is of many hues, and adds a charming bit of color to the outfit.

(Fashions from B. Nugent & Bros. D. G. Co., St. Louis)

Sour Milk Gingerbread

½ cup sour milk
¾ cup molasses
2 cups flour
1 tablespoonful ginger
2 teaspoons cinnamon
1 teaspoon soda
½ teaspoon salt
2 to 4 tablespoonsful melted butter
Mix milk and molasses. Sift dry ingredients. Add butter and beat vigorously. Pour into greased pan and bake 25 minutes in moderate oven.

Cream of Split Pea Soup

Soak peas overnight in cold water.
½ lb. dried split peas
1 small onion
Small piece salt pork or bacon
Water
Cook together very slowly until peas are very soft. Then rub through a sieve to remove skins, onion and pork. Add to this 2 cups white sauce (thin.)

Human race is becoming so mighty that it resents its inability to control the weather.



The TWILIGHT HOUR

A Page Just for Children

Youthful Engine Builders Meet The "Wava-De-Man!"



This photograph of J. W. "Uncle Bill" Morrill, accident prevention agent; Oswald Groves, and Walter Yeager, was made in the schoolhouse at Webster Groves, where the train built by the boys is on display.

FOR nearly seven years, Walter Yeager of 355 Sylvester Avenue, Webster Groves, Mo., has been waving to Frisco engineers, as the long Frisco trains passed within 150 feet of his house. He knows the Frisco schedules and just when the trains will pass.

Two years ago Oswald Graves moved into a house two doors nearer the railroad. Oswald is ten years of age, and Walter is eleven.

The two boys became well acquainted and together they would stand beside the track at a safe distance and wave to the Frisco engineers.

One day they were waiting for the passing of train No. 3.

"I know what let's do Oswald", said Walter.

"What", answered Oswald.

"Let's make a train", said Walter.

"Make a train? What of?" was Oswald's query.

"Why gee whiz, there's lots of old tin cans and boxes and—an' everything all around near our houses. Course it might take some time to

gather it all up—but I'll betcha we can do it", was Walter's reply.

"Let's start after school, and find all the boxes and cans that we can, and when we get all the stuff together then we will know which will be the engine and which we'll use for the rest of the train", remarked Oswald.

Just the right size cans and boxes were not so easy to find. The neighborhood was scoured. Even the schoolmates of the two industrious lads were asked to bring cans and boxes as contributions to the building program.

And one day enough material had been assembled to start construction. An old wine barrel served beautifully for the boiler of the engine; an oblong box made part of the cab. In the train was another smaller barrel on wheels, represented a tank car of the Texas Oil Company, being shipped via Frisco Lines. The caboose was fitted up with a cupola. And wheels! "That was the hardest part of the whole train to find", sighed Oswald. And on close scrutiny one will find the wheels are not mates. But they are

of corresponding sizes and several coaster wagons and old baby buggies added contributions in the way of wheels. They were reticent as to giving out information as to where they obtained the cow bell and a long tube, extending to the cab and which operated as a whistle. The Frisco insignia appears at various intervals on the equipment, and when they proudly displayed their work to their little friends, a rope tied to the two front wheels, and pulled by the two boys, served as the motive power.

Not long ago "Uncle Billy" Morrill addressed the school children of the particular school where Oswald and Walter are pupils, and the two boys listened intently to his safety message. Through a photograph of the boys which appeared in one of the St. Louis papers, "Uncle Billy" read of the train which they had built and on Saturday, January 7, he made a trip to Webster Groves, got the two boys together and pinned an accident prevention emblem on the overalls of each.

They smiled with delight when

With Our Frisco Children

"Uncle Billy" told them that that accident prevention pin would make them protectors of the other children, and every day they wore the pin it would be their duty to preach safety first to their little classmates. Then "Uncle Billy" talked to Walter's mother.

"We've lived in this house since 1905", she said. "You know your face looks familiar. Did you ever run a Frisco locomotive?" she asked.

"Many long years, and right on this same track", "Uncle Billy" replied.

"Why—we know you", she exclaimed. "We've waved to you for fifteen years. Do you know what we called you? The wava-de-man!"

And "Uncle Billy" chuckled his delight. "Why of course", he said. "I remember that little house and that I used to wave to you."

"Why if we were going out in the evening, and we knew it was train time, we'd always wait for the 'wava-de-man' to go by", she said.

The little train is now on display in the schoolhouse, where Walter's father serves as janitor. It is an example to the rest of the children as to what can be done in the way of building their own toys.



IN THE PICTURES

Top row, left to right: Billie Dee Williamson, seven months old son of R. G. Williamson, machinist helper, north Springfield roundhouse; Anita Morris, age two, daughter of Richard Morris, engine wiper at Pittsburg, Kansas, roundhouse.

Second row: "Bobbie" Robinson, age 1, son of R. M. Robinson, Monett, Mo.; Wilma May, age three, and Norma Lee, age seven months, children of Floyd Courson, hostler helper Newburg, Mo.

Third row: Dorothy Lee Crews, eight and a half months' old granddaughter of H. P. Dutton, engineer, Muskogee, Okla.; Thelma, 15, Carla 6, Michael 5, Patsey June 4, Joseph 1, and James 6 months, children of Carl McKinney, chief inspector, Western Weighing and Inspection Bureau, Springfield; Mildred Barbara Stark, age 1 year, daughter of Ed. Stark, Monett, Mo.

Fourth row: Doris Ann Neergaard, fourteen months old daughter of J. R. Neergaard, weighmaster, West Tulsa, Okla.; Betty Jo Hendrix, daughter of F. L. Hendrix, night clerk Niangua, Mo.; James V. Mitchell, age 3, son of Mr. E. W. Mitchell, section foreman, Yale, Tenn.



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**An Idea That "Caught On"**

WHEN, on January 6, Frisco Lines announced the appointment of Mr. Don B. Fellows to the position of Frisco Florist, with the responsibility of beautifying Frisco station properties with floral plots and gardens, it was expected at the general offices that the idea would "catch on" with the public. But only the most optimistic of our people expected as enthusiastic a reception of the announcement as it has received.

Not only was the story carried to the four corners of America by the Associated Press and the United Press. Through news releases from the Frisco's publicity department, hundreds of papers not served by these news agencies received and printed the stories. Nor did the story end there. More than thirty papers, large and small, in the Frisco's territory published editorials praising the forward-looking policy of this railroad as reflected in its announced plan to beautify its station properties.

Down in Columbus, Miss., where Mr. Fellows is beginning on his interesting work, the city fathers voted an appropriation of \$500 to aid the Frisco Florist in beautifying the property around the new station now nearing completion at Columbus, and then escorted him before the microphone of Station WCCO at Columbus, where he broadcast the Frisco's station beautification program to hundreds of thousands of listeners over the only radio broadcasting station in Mississippi.

Mr. Fellows has made a most auspicious beginning in a highly commendable activity.

And when through passenger service from St. Louis and Kansas City to Pensacola's beautiful gulf port is established this summer, passengers who view the beautiful flower gardens around Frisco stations in Mississippi, Alabama and Florida, will recall the work which was begun in the bleak, cold days of January.

A Photographer-at-Large

PROCEEDING upon the time-honored newspaper theory that "Names Is News", but elaborating it to read, "If Names Is News—Pictures Is More News", the editor has appointed a photographer-at-large to work toward the goal of photographing every group of employes on the Frisco Lines.

Beginning at Birmingham, Ala., January 1, Photographer F. M. Cotterman is working toward St. Louis, taking pictures of groups of employes at all large stations enroute. In this *Magazine* the Birmingham shop, office and yard employes are pictured, and next month pictures of the forces at Amory will be published. Memphis is next, and then Photographer Cotterman will start up the River division.

We suggest that employes clip the center spread pages of each *Magazine* on which these pictures will appear each month for some time to come.

A Noble Deed

ON page 12 of this issue appears a story that every employe of the Frisco Lines should read. It tells the story of how 265 members of the Frisco Girls' Club of St. Louis, provided Christmas baskets to 36 needy families in St. Louis who otherwise would have had a cheerless, foodless, unremembered Christmas.

There is something infinitely fine and noble in the knowledge that busy business women of America will give their spare time, and their money, to provide a bit of needed cheer for their destitute fellow humans. The \$121.90, which purchased the food to fill the baskets was given voluntarily by the members of the club. Several Frisco officers "chipped" in to swell the pot. The baskets were packed, arranged and delivered by the girls themselves on Christmas eve.

If this splendid deed reflects the spirit of all our Frisco Employe Clubs the good to be accomplished by these organizations is unlimited indeed.