



Homemakers' Page



MISS LORETTO A. CONNOR, Editor

Use More Fruits in Daily Diet

MANY of us who have taken to dining scientifically, if not always palatably, cannot but wonder how under heaven our forefathers ever attained the ripe old ages their tombstones indicate in view of the fact that they never stopped to count their calories, gave no thought to balanced menus and had not even a suspicion of the existence of the various vitamins. Yet live they did, withal, and the world went on apace.

However, we may feel about certain exaggerated features of the "Food and Health" craze, there is no doubt that all of us would profit by including fruits more liberally in our diet. This season of the year features the orange and the lemon and the dietary value and manifold uses of the latter are admirably set forth in the following excerpts from an article, "What Is the Most Useful Fruit?" by Richard S. Bond.

"All chefs use lemon juice instead of vinegar in French dressing. The rind of the lemon is essential for what is so universally known as 'epicurean flavoring'. Dozens of excellent deserts owe their flavor to the few drops of lemon that have been used in their preparation. Mayonnaise may be made particularly well with lemon juice; spinach may be garnished until it looks like a real dish rather than a mass of green silage—with lemon slices.

"Nothing will clean soiled, grimy hands, nails or face so quickly and so aromatically as a piece of lemon. Rub it over them and rinse off with water. Even ink and the stains of other fruit may be removed in this way from the skin. A peculiar property of the juice of this fruit is that it does not stain the hands as other fruits do, but rather, helps to remove the stains that these others have produced.

"The juice of a lemon or two in a basin of water twice a day will aid the complexion, and some of the juice in either a hot or cold bath renders the water soft and pleasant to the touch, while its action is to remove all greasy secretions from the pores of the skin. Queen Wilhelmina became noted for her lemon bath, a custom adopted from the Dutch East Indies.

"In the kitchen? Yes, this little fruit is needed there also. A teaspoon of lemon juice added to the water in which a piece of tough meat is being boiled, will work wonders. If you are suspicious of your drinking water and have no time to boil and cool it, use the juice of a lemon to a glass. The strong germicidal action of this juice should purify the water. In addition, you will get the salts, minerals and vitamins that you may not get otherwise in your food for that particular day."

The luscious orange calls for no champion. Its food value is recognized. It is a universal favorite and offers unlimited possibilities from a decorative point of view.

Halved oranges are an old standby and constitute an ever-welcome and wholesome addition to any breakfast. The uncertain appetite of an invalid may be tempted by serving the orange whole with the skin split and turned back petal-wise, and the sections of the orange partially separated. Beginning at the stem end, mark off the orange skin in six or eight sections; loosen these to about the center of the orange and then turn back the skin segments like petals. This may be varied by rolling the skin segments in, instead of turning them out.

Every culinary expert appreciates the fact that the garnishes may make or mar an otherwise tasty dish. Nothing offers a wider field for the creation of unique and individual garnishes than oranges and lemons.

A WORD OF CHEER

"A word of cheer
To herald in another year.
May all its days be free of blame—
A little nobler than your aim;
May all its labors be confest
A little better than your best;
And all the joys within its scope
A little brighter than your hope;
And may each year be found, when
past,
A little dearer than the last."



"Mike" Murphy, the Irish Brown hoist engineer at Kansas City is shown poised on his hoist, pointing downward and telling the photographer that these fine girls are products of Kansas City and the brains of the master mechanic's office. They are, from left to right: Misses Eleanor Forster, Agnes Lynch, Dorothy Johnson, Pauline Hoffman, Kate Waidelick, and H. F. Shivers, Magazine reporter, of the master mechanic's office.

WHAT'S IT ALL ABOUT?

By J. P. McEvoy

Rushin' to th' office, rushin' out to eat,
Rushin' back, an' rushin' home,
Down th' rushin' street.
Rushin' up an' rushin' down, rushin'
in an' out,
Say, what's all th' rushin' fer?
What's it all about?

Rushin' after money, rushin' after
fame,
Climbin', pushin', shovin',
It's a dizzy game.
Steppin' on each other's heels, "Let
me by—look out!"
Say, what's all th' rushin' fer?
What's it all about?

What's the use of rushin'? Let us
loaf awhile,
Watch 'em push an' run an' grab,
We'll just sit and smile.
As they scramble down th' road, gaily
we will shout;
Say, what's all the rushin' fer?
What's it all about?

Mid Season Styles for Miss Frisco



A NEW spring afternoon dress, at right, which brings to mind the recent visit of Queen Marie. The dress is of blue crepe, with black velvet bodice and border. The embroidery work on the small dots and bunches of flowers, stands out in vivid colors. The dress is modeled by Lillian E. Barnes of the office of the general freight agent, St. Louis, Mo. The shoes are black satin with cut steel buckles.

A silk hat of grey and tan combination above, put together with straw braid. The crown is high, and the hat dips becomingly on both sides, with a slightly rolled brim in front. The shoulder flower has become as necessary to milady's attire as her dainty handkerchief. Miss Lillian Boehm of the office of the general freight agent, St. Louis, Mo., posed for the picture.

An advance spring model in shoes is shown below, in black patent leather with imported paisley kid trimming, in cutwork design. The model is appropriate for afternoon and street wear.



Fashions through courtesy of
B. Nugent and Bros. Dry Goods
Company, St. Louis, Mo.



The TWILIGHT HOUR

A Page Just for Children



**LETTERS
TO THE TWILIGHT
LADY**

320 Wright Avenue
Chaffee, Missouri.

Dear Twilight Lady:

I am in the fifth grade at school and I love to go to school. Our subjects are, arithmetic, language, history, English, hygiene, geography and spelling. I love them all.

I have a little curly-headed brother I am going to send you his picture in some of my letters.

I have three brothers and one sister and my daddy has worked for the Frisco several years. Dear Twilight Lady, I enjoy reading your Twilight story page, so please write a sleepy-time story.

As this is my first letter, I will say goodbye.

Sincerely yours,
Gladys M. Greene.

Springfield, Missouri.

Hello Twilight Lady:

I will say I would like the western story on the Twilight Page best of the three. I am a lover of the boy scouts and animals, but I love western stories.

I am going to write stories when I get a little older. I am going to school every schoolday, and on Sunday I go to Sunday school and just love to go, and I love my teachers.

I visited my grandmother at Dixon and spent a few days in the country. Boys like outings in the country. Santa did not miss me just because I went to grandmother's, and I hope each and every one of the little folks had a Merry Christmas and that they all have a Happy New Year. I enjoy reading the Twilight Page.

Your little reader,
Millard Morrow,
1215 N. Main St.

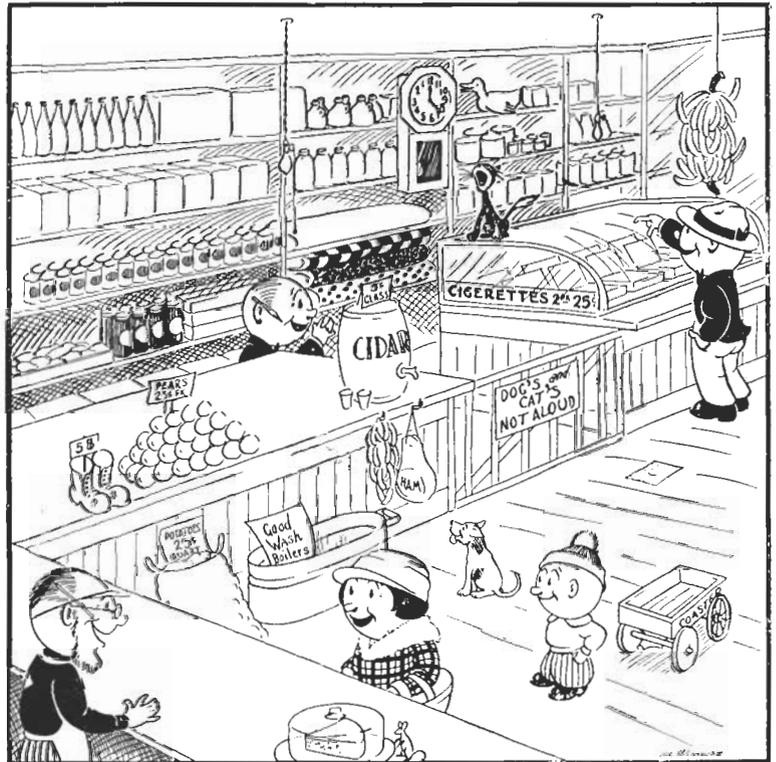
The Twilight Lady answers every letter that is sent her and she is sure that by this time, Gladys and Millard and the others have their replies.

So you want sleepy-time stories and a western story on the Twilight Page!

You shall have them, so just be real patient and give the Twilight Lady time to think up a real plot!

Your own
Twilight Lady

A Puzzle for Frisco Kiddies



Now that the holidays are over—Santa has come and gone until another year—mother is cleaning up the Christmas tree mess (and there always is one, isn't there?), and because it's snowing or raining or too cold to go outside and play, let's work puzzles!

The Twilight Lady has one here which she wants you to work out for her. Look at this picture: the inside of a store. At first glance it looks lovely, but, whoa!

I just wish you'd look at that bunch of bananas! Whoever heard of bananas growing up and down, all on one stalk! And—how in the world does that little boy pull his wagon around without a tongue on it, or a string or sumpin'?

Now—I've given you two really good hints: There are sixteen things in the picture which are wrong, and the sixteen include the two I told you about.

Let's have some answers on this puzzle and see who can find misspelled words (I almost gave you another hint) and a lot of things which are pictured incorrectly.

Who can find them all?

Address your answers to The Twilight Lady, care *Frisco Magazine*, Frisco Building, St. Louis, Mo., and she'll announce the winners next month.

A Chinese named Ting Ling
Fell off a street car
Bing Bing!
The Con turned his head,
To the passengers said:
"The car's lost a washer,
Ding Ding!"

(Exchange.)

Mother: "Jessie, the next time you hurt that kitty I'm going to do the same thing to you. If you slap it, I'll slap you. If you pull its ears, I'll pull yours. If you pinch it, I'll pinch you."
Jessie (after a moment's thought);
"Mamma, I'll pull its tail."

(Exchange.)



1



2



3



4



5



6



7



8



9



10

FRISCO BABIES

1—Gladys May, Birmingham, Ala.
 2—Lola M. Parks, Wichita, Kan.
 3—Robert J. Jarboe, Ft. Scott, Kan.
 4—Charlotte Berry, Kansas City, Mo.
 5—Clifford Cannon, St. Louis.
 6—Kathryn May and Myldred Louise Mills, Monett, Mo.
 7—David Lloyd Campbell, Atlanta, Ga.
 8—Virginia Lee Mills, Monett, Mo.
 9—May Virginia, Jack Ryan, Jr., St. Louis.
 10—Levi Emery Mercer, Enid, Okla.
 11—Ralph Blanke, Jr., Kansas City, Mo.
 12—Jimmie Sandifer, Newburg, Mo.
 13—Billie Ray Neal, Monett, Mo.
 14—Eva and Stephens Provense, Neodesha, Kan.
 15—Pauline, Vevia and Virginia Wilkinson, Wichita, Kan.
 16—Roland and Mateline Ezell, Monett.



11



12



13



14



15



16

The FRISCO EMPLOYEES' MAGAZINE

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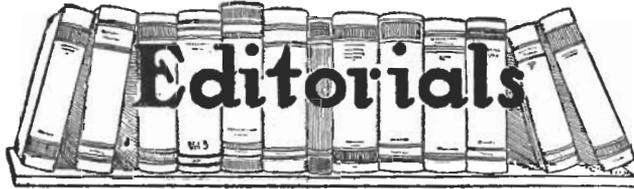
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**A NEW YEAR'S RESOLUTION**

BY the time this editorial is read the New Year will be several days old, and in all probabilities 99 per cent of the New Year resolutions will have been broken by the 30,000 Frisco employes who made them. We haven't any quarrel with that. Our experience has been that most New Year resolves don't last until January 7.

But we want to suggest a resolution that every employe should and will greet with enthusiasm, and that is:

RESOLVED: THAT I AM THANKFUL I AM RAILROADING WITH FRISCO LINES AND IN THE MOST EFFICIENT ERA EVER KNOWN IN RAILROAD HISTORY.

It may be hard for some of us younger generation railroad workers to put the proper amount of fervency in that resolution, but never fear, the oldsters who grace the Veterans' Association membership lists will almost shout it!

They can remember the old tempestuous days when passenger engines and coaches only were equipped with airbrakes, and when the diminutive oil head lamps would, on clear nights, allow the engineer to see a bare fifty feet in front of him. They can remember those old time cast-iron drawbars that had an eerie way of sticking their rusty necks from the car ends like a sleepy turtle. The old time engineers will put an extra hearty shout into that resolution when they think of the wheezy old diamond stack locomotives that were "hand-me-downs"

from Eastern railroads, and the firemen will smile broadly when they compare their present jobs with the old one which covered them with a smudge of grease and soot that fairly soaked into their hides and defied all manner of soaps and scrubblings.

It wasn't necessary for trainmen to wear railway brotherhood emblems to tell observers their branch of the service in the old days, and they will give the resolution hearty approbation. Passenger brakemen were recognized by being short a digit on one hand which was lost when they failed to attain proper speed in the removal of their hands from between the two drawheads; brakemen on freight trains were usually minus two fingers, conductors three, and switchmen anywhere from three to five.

Out on the section the grizzled Frisco section foremen will take the resolution gladly when they remember the sixty-pound steel that was used—and used again. And the telegraph operators—well. Some of the old time "brass-pounders" will tell you, (if you promise to keep still about it), how they used to awaken from a nap on the third trick and run out in front of the little depot and look at the weeds between the rails. If those weeds were bent down they noted carefully which way they lay, and then concluded which way that train had gone by while they were in the arms of Morpheus. There were no Semaphore signals and operators were equipped with lanterns and flags, and the lanterns swung in the breeze before the station at night and got their shades so thoroughly blackened that the "hog head" had to bring his train to a lightning stop many a time and polish the shade with a piece of waste to see what color light burned within.

And now look at us! Equipment on a par with any other railroad in America, physical condition of the property better than ever before, earning money and paying dividends, 30,000 contented employes on the payroll, on time freight and passenger trains and a road-bed that rides like velvet; and the old days sketched briefly above are just a fading memory among some of the oldest of the old-timers.

Once again now: **"RESOLVED: THAT I AM THANKFUL I AM RAILROADING WITH FRISCO LINES AND IN THE MOST EFFICIENT ERA EVER KNOWN IN RAILROAD HISTORY."**

A happy New Year to everyone!

—W. L. H., Jr.