



Homemakers' Page



MISS LORETTO A. CONNOR, Editor

Dainties for the Convalescent

THE choice of foods for the convalescent diet depends, of course, upon the nature of the illness through which the invalid has just come, as well as upon his personal taste and the whims that may be noticed in his weakened condition. But every effort should be made to provide tempting looking and tasting surprises for the convalescent, just as soon as the doctor recommends solid foods.

Temperature is especially important in making the invalid's tray tempting; hot things should be really hot, and cold things quite cold, served on cold dishes.

Most invalids and convalescents crave the stimulating, mild tartness of the citrus fruits, and these are much more appetizing and delicious to the sick as well as the normally healthy, when kept on the ice until time to serve. A tepid grapefruit or a warmish orange is not appealing at all. A glass of cold lemonade or orangeade, or the clear, undiluted juice of the latter fruit, is always a welcome drink to the invalid or convalescent, and dietitians have proved that the natural salts and minerals of these fruits actually help rebuild the depleted bodily tissues of the patient. Their vitamine content is high, and vitamins are health-builders.

Eggs are usually an important item in the convalescent's diet, but he will get unmercifully sick of soft boiled eggs, and poached eggs on toast, which are the standard home ways of offering them. The eggs can be deftly hidden in delicious omelets, or in nourishing custards and dainty little puddings, such as rice pudding, Brown Betty of several varieties, and in ice cream, which most invalids especially appreciate. Here is a dainty dessert for the convalescent who is just beginning to take light solids:

Fruit Snow

2 egg whites,
 $\frac{1}{4}$ cup orange pulp and juice,
 Powdered sugar.

Beat the eggs until stiff, add the fruit, sweeten to taste and continue

beating until the mixture will hold its shape. A few spoonfuls of whipped cream may be added to the mixture if desired. Pile into individual glasses and chill thoroughly before serving.

Golden Gelatine

2 tablespoons granulated gelatine,
 $\frac{1}{2}$ cup cold water,
 1 pint boiling water,
 Juice 2 lemons,
 Juice 2 large oranges.

Soften gelatine in half cup cold water, then add the boiling water and sugar. Stir until gelatine is thoroughly dissolved. Add the fresh fruit juices, pour into a mold and chill until firm. This is nourishing and delicious, and contains more vitamins than gelatine flavored with fruit extracts or colored tablets. The fresh fruit juices are an actual health-building element.

A slightly heavier dessert for the convalescent is:

Rice Delight

$\frac{1}{4}$ cup cooked rice,
 1 cup scalded milk,
 1 egg,
 3 tablespoons sugar,
 Salt,
 Vanilla,
 $\frac{1}{2}$ cup orange pulp and juice.

Blend rice and milk and soak until soft. Add the sugar and well-beaten egg, and cook until it begins to thicken; better use a double boiler as small amounts scorch easily. Add flavoring, stir in the fruit, pour into small mold, and chill. Serve with cream, plain or whipped. The rice should be thoroughly cooked in a double boiler, before starting the pudding.

A lady brought suit for ten thousand dollars against a party because her thumb had been injured. The attorney, on cross-examination, asked her if ten thousand dollars was not rather an exorbitant price for a thumb. She quickly remarked: "Oh, no, because it was the thumb under which I kept my husband."

"DRESSY" SALAD DRESSINGS

Warm weather noon and evening meals frequently (and very wisely) make salad the chief dish, and nothing is at once more appetizing and wholesome than a cool portion of either fruit or vegetable salad, laid out crisp green. Almost anything that is edible seems to go nicely in a salad, so the housewife has no excuse for throwing away small amounts of left-over vegetables or cold meats.

The salad to be served with a "company dinner", however, should not be particularly nourishing, as the meal usually begins with a fruit cup, or a thin soup either hot or jellied, and is followed by a meat, possibly a fish and a fowl course, with vegetables, so that when the salad course arrives, the diners are fairly well nourished. A crisp and decorative salad, then, piquant rather than filling, is the desirable thing, and whether it be merely lettuce, or romaine, endive or some other green, it may derive its main zest from its dressing. So the successful hostess learns a few really "dressy" dressings. Here are a few, especially designed to serve over a simple green.

Thousand Island Dressing

$\frac{1}{2}$ cup oil,
 Juice $\frac{1}{2}$ lemon,
 Juice $\frac{1}{2}$ orange,
 1 teaspoon grated onion,
 3 teaspoons chopped parsley,
 $\frac{1}{4}$ teaspoon mustard,
 8 olives, sliced,
 1 teaspoon Worcestershire sauce,
 $\frac{1}{2}$ cup mayonnaise,
 $\frac{1}{4}$ teaspoon salt,
 $\frac{1}{4}$ teaspoon paprika.

Mix dry ingredients, dissolve them in fruit juices, put all together into a jar. Adjust cover with rubber (two rubbers may be needed) and shake until the mixture is smooth. Set in ice box to keep cold until time to serve. Another shaking may be needed then.

French dressing can be varied every night in the month, by a woman with a bit of imagination. The basic recipe for French dressing calls for two measures of oil to one of lemon

juice or vinegar, and the real epicure always insists on the fresh lemon juice for delicacy of flavor. Those who like a sour dressing, omit sugar, but most folks like a bit of sugar along with the salt, paprika and dry mustard. French dressing may be first made hours ahead of serving time, but it should be briskly stirred or shaken in a bottle immediately before serving.

East Indian Dressing

Add ¼ teaspoon curry powder and 1/3 cup drained chutney or chopped pickle to 1 cup mayonnaise or French dressing.

Roquefort Cheese Dressing

Grate or crumble a 2-inch square of Roquefort cheese into a cupful of French dressing. This dressing is especially delicious with endive or the fine inner leaves of romaine.

Pimento Cheese Dressing

Add two tablespoons of pimento cream cheese to each cupful of French dressing and beat until thoroughly mixed.

Russian Dressing

Add two tablespoons catsup or chili sauce to one cupful French dressing and beat or shake until well mixed.

Sweet Pepper Dressing

Cut into small pieces one sweet green pepper for each cup of French dressing. This is inexpensive, but rather decorative.

Peanuts, salted or fresh shelled nut meats, bits of candied cherry or preserved ginger, disks of hard boiled egg, sliced olives, pearl onions or chopped cold boiled beets that have stood in vinegar and brown sugar for several hours are all toothsome and decorative additions to a plain French dressing—but not all at one time!

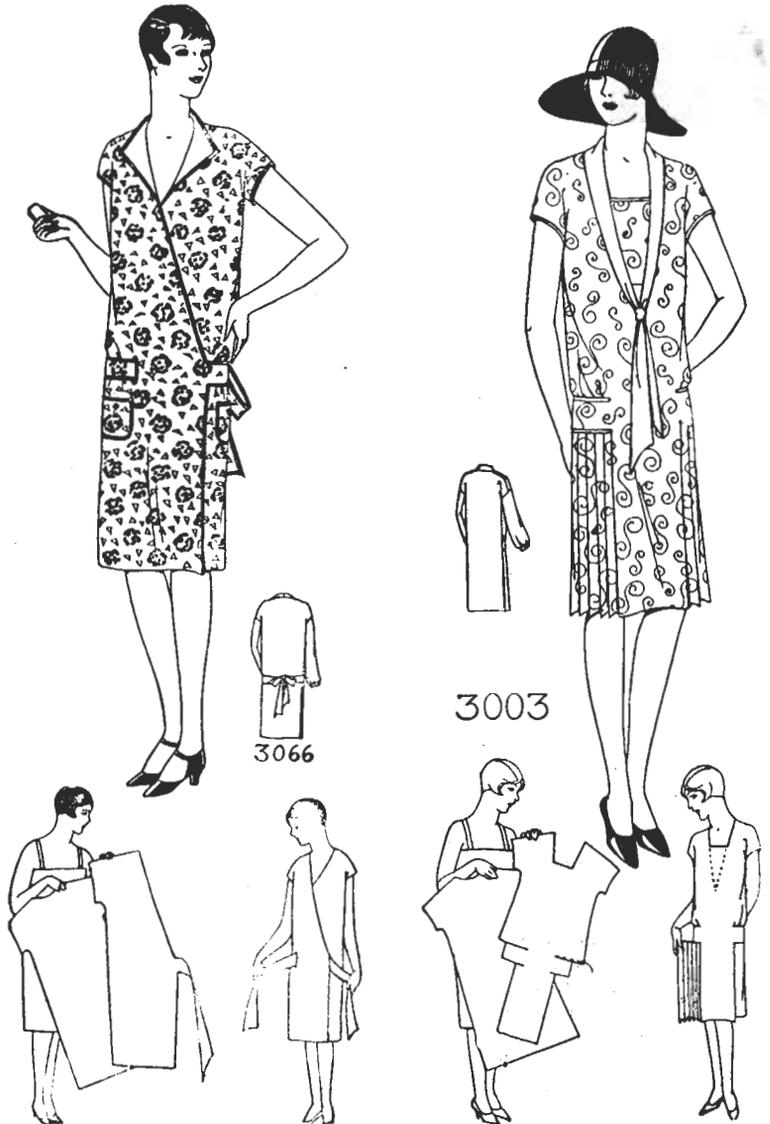
Try This In Your Coffee

Did you ever taste a cup of coffee with cream floating on top?

If not, try this method of putting cream in your next cup? First pour a cup of coffee and put in the amount of sugar you wish and stir thoroughly. Then barely submerge the spoon in the coffee near one side of the cup. Hold the spoon steady and pour the cream slowly over the spoonful of coffee, letting it run out over the spoon.

The cream will float on top, if the sugar has been well dissolved. Remove the spoon slowly and carefully. Do not stir the cream. The cream will not float on top of a cup of coffee, when sugar is not used.

Cool Summer Frocks



DESCRIPTIONS

White linen printed in soft red tones, decidedly attractive, is the medium chosen for a slenderizing model for the busy housewife. The fronts have attached tiestrings that slip through slashed openings and tie in youthful bow at back. It can also be made with long sleeves. Printed sateen, cotton broadcloth in pastel shades, pongee silk, raven crepe in jacquard design, printed linen, flowered dimity, men's cotton shirting, fabric, silk pique, challis print and tub silks are effective fabrics for design No. 3066. Pattern comes in sizes 16, 18 years, 36, 38, 40, 42, 44, 46 and 48 inches bust measure. The 36 inch size requires 2¾ yards of 40 inch material with ½ yard of 20 inch contrasting.

pressed plaits as each side of center-front. Design No. 3003 features the flattering square neckline, completed with attached collar that terminates in a scarf tie. Printed silk crepe, navy blue georgette crepe, printed linen, printed Celanese voile, buttercup yellow flat silk crepe, striped shantung, silk pique in pale blue, crepe satin in yellow beige and men's silk shirting are interesting suggestions. Pattern in sizes 36, 38, 40, 42, 44 and 46 inches bust measure. The 36 inch size requires 3½ yards of 36 inch material with 2¼ yards of 5 inch ribbon.

These patterns may be obtained by sending fifteen cents in coin or stamps (coin preferred) to The Fashion Department, Frisco Magazine, No. 18 East 18th Street, New York City, N. Y. All patterns are seam-allowing and guaranteed to fit, and safe delivery of every order is insured.

Popular sports dress with a snug fit through the hips and youthful



The TWILIGHT HOUR

A Page Just for Children

A TALE OF FIVE MICE ~ A STORY OF MOUSE EDUCATION

(By the Twilight Lady)

"WASH your face Nubby", said old Mother Mouse, as she glanced around at her five beautiful sleek looking little mice children.

Nubby, Tubby, Frisky, Dottie and Betsy, were their names.

Mother Mouse was a fine house-keeper and she saw that each morning her five children arose at the hour of six, washed their faces and got ready for the day's foraging.

Mother Mouse, of course, laid in her supplies during the night, but the children slept like all good children.

The five little mice washed their long whiskers, and stood at attention while Mother Mouse went to her dainty little pantry and broke off cheese for each one. They took it in their little front paws and with their sharp teeth, nibbled hungrily.

Mother Mouse watched her offspring admiringly.

"Now before I take a little snooze in our dark room, I want to give you another lesson on safety first", she said. "You know Tommy the cat and I had another battle last night. Tommy is a wicked cat and he knows that I have a large family and he sleeps with one eye on our hole. You know of course that he is deceitful and wiry, and you must keep both eyes open and your legs ready to run.

"Now Tubby and Frisky, I am going to trust you out today. I will expect you to bring back a nice sweet carrot and a large piece of apple. Remember how you get out of our house and to the garden. Be sure and look to the right and left. Run for the tall grass and hide in it. Never take any chances. You are both too young and do not know the strength of your little legs yet. Now run along. Betsy, you and Nubby, and Dottie brush the cheese crumbs off the floor and keep the door open so your brothers can run in when they return home."

Tubby and Frisky crawled carefully to the door. Tubby stuck his head out and wagged his long tail. Frisky followed. They made a dash for the long grass and reached it safely. Then

it was only a hop or two to the garden.

Frisky and Tubby loved that garden. Big red tomatoes hung from the vines. Long green beans and peas in fat pods looked inviting, and it

was lifted up—up and up, and he found himself staring with his beady little eyes nearly popping out of his head, into the face of a little blue eyed boy not more than 12 years of age.

Frisky backed into the hand as far as he could, his little heart thumping hard.

"He's only a little baby, Bobby. Be careful of him", said another voice.

"Oh mother, let me put him in a cage and tame him", said the first voice.

"All right", said the second one.

And Frisky found himself sailing through air, away up off the ground, held tight in the little hand. In a few moments he was deposited in a cage. He crawled over in one corner and sat very still. What would his mother say? Would they give him to Tommy the cat? Why did he leave Tubby, and where did Tubby go? He sat very still, and most of all the boy who was leaning over his cage, gazing intently at his sleek little body.

In the meantime Tubby was frantically searching for his little brother. Unable to find him and hearing footsteps on the walk he hurried back to the home where he aroused Mother Mouse, and told her he had lost his little brother.

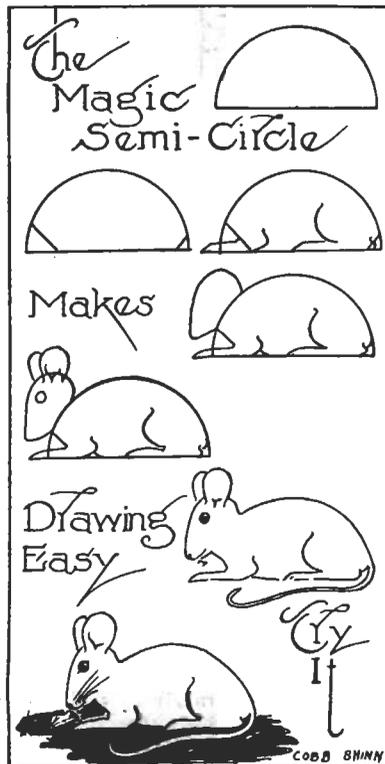
"Oh dear—oh dear!" she cried. "Why didn't you watch the walk and stop, look and listen before you crossed the path? Now my darling child is gone—perhaps he's in Tommy's stomach by now, oh dear, oh dear! I'm going out to look and don't a one of you children leave this house until I get back."

But a long search failed to bring Frisky to light and Mother Mouse went home, brokenhearted.

No more was seen of Frisky and Mother Mouse did most of the foraging for many weeks. Then one day, while the little family were eating their dinner, a mouse poked his head in the door.

"Hello", he said.

Mother Mouse looked up. "Frisky!" she gasped and nearly choked on a



This is the way to draw a picture of Frisky. Get a pencil and paper, draw Frisky's picture and mail it to The Twilight Lady, Frisco Magazine, Frisco Building, St. Louis.

didn't take long to hunt for a nice big apple that had fallen off the tree.

Frisky and Tubby were reveling in the lovely garden, and each was rooting around for some dainty morsel and became separated from each other. Frisky, who was nearest the garden walk, suddenly stopped very still. He heard human footsteps.

Then all at once a voice said, "Oh mother, look at the little mouse", and a little hand reached down and Frisky

Summer Poses of Frisco Children



Top Row, from left to right: Dwight Orton Moore, age 2 years, 4 months, son of T. C. Moore, fireman, Chaffee; Edward C. Heard, Jr., age 6, and Richard A. Heard, age 2, sons of Mr. E. C. Heard, completion report clerk, Chaffee; Betty Jane Ringo, age 3½ years, daughter of J. F. Ringo, car inspector, Birmingham; Evelyn Ferguson, 4-year-old daughter of Mr. James Ferguson, engineering department, Chaffee; Roy Allen Nuttall, age 6, and Frances Merle Nuttall, age 4, children of R. P. Nuttall, locomotive painter, Enid.

Bottom Row, left to right: Robert, Jr., age 7, Frank, age 5, and Ann Louis, age 3, children of Mr. R. E. Breedlove, chief clerk to Master Mechanic, Chaffee; Jean Acker, 5-month old daughter of S. H. Acker, assistant test engineer, mechanical department, Springfield; (Insert above) Mary Ann and Buddie Bisplinghoff, children of Brakeman Fred Bisplinghoff, of Chaffee; Jimmie and Beverley Ann Morgan, son and daughter of Mr. G. A. Morgan, ticket agent, Chaffee.

piece of bread crumb. "Why Frisky, where have you been—how you have grown? We thought you were dead."

All his little brothers and sisters crowded around him and after greetings were over, he said:

"I'm just fine Mother Mouse and all my little brothers and sisters. I'm happy and well, and I've had a funny experience. You remember, Tubby, when we got lost in the garden? Well, the little master of the house picked me up. He put me in a cage and I was, oh, so frightened. Tommy the cat walked up and I thought my heart would jump out, but the little master shut her up in the house and I saw that I wasn't going to be eaten alive.

"Then he started holding me in his hand for minutes at a time. I began to like it and I would walk over his arm and up on his head and neck. Now we are good friends and the minute he lets the cage open I run out and jump up without his asking me to."

"Oh!" gasped Mother Mouse, "but where is Tommy the cat all this time?"

"Just rest easy Mother dear. When-

ever the little master and I play, he shuts Tommy up in the house first. We're quite good friends now, and he lets me run about almost as I please. He watches me though for I don't believe he trusts me altogether yet. This is my first chance to run away to my old home and I wanted to let you know I am safe and happy. I heard the little master say he was going to leave the cage open more often now and you know what that means! I'll keep the coast clear of Tommy the cat and you and the family can come and visit me."

"Hooray," said all the little mice, "Hooray!"

And so it was that Frisky would go to the little door and give the signal and the whole little family would trail out into the garden, with absolute confidence, knowing that Tommy the cat was shut up. There they would play and eat little bits of green stuff.

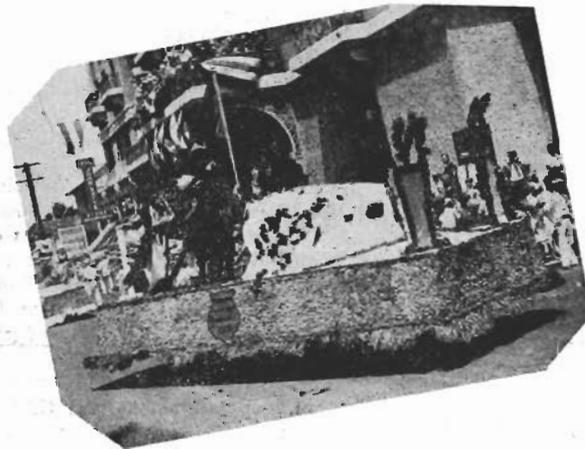
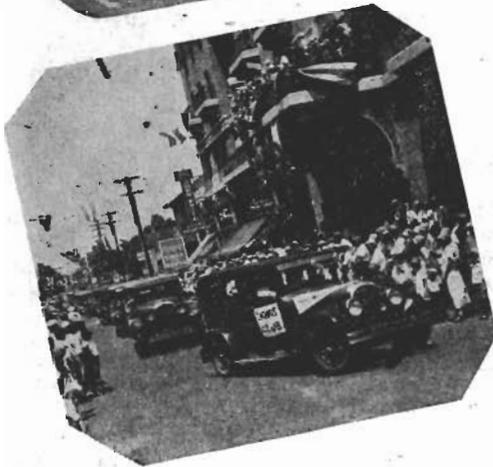
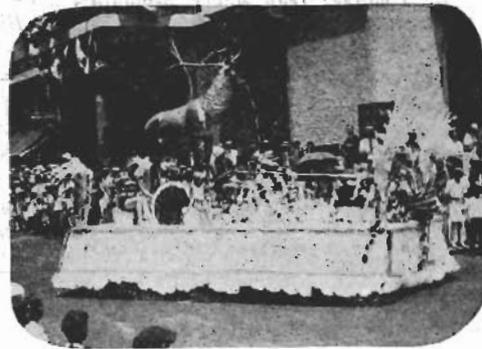
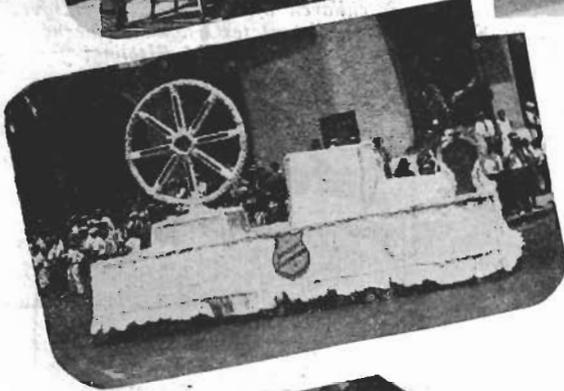
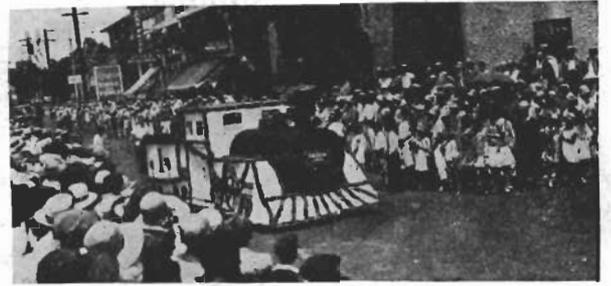
And not even Frisky knew that the little master often watched this procedure, and never once let Frisky know that he was in on the secret of the mouse family.



Mr. Macdonald (arranging with clergyman for his second marriage): And I should like the ceremony in my yard this time, sir.

Clergyman: Good gracious! Why?

Mr. Macdonald: Then the fowls can pick up the rice; we wasted a deal last time.—London Opinion.



Views of Enthusiasts Frisco

(On left side of page from left to right): The San Carlos Hotel decorated for the occasion. The women's club float which attracted great comment and was prize winner. Chairman Brown and President Kurn in the reviewing stand as the parade passes. Three beautiful Pensacola maidens invite you to motor boat Pensacola. Another float depicting the transportation industry. The Elk's Club float, winner of first prize. Dozens of automobiles carried the visitors in the procession. An historical float depicting Pensacola in 1528, when discovered by the Spaniards.