

ability. He was born at Hayesville, Ky., September 2, 1877, and was educated in the schools at Ekron and Garfield, Ky. He began work at the age of 18 as a clerk in a general store, and in 1900, came to the Indian Territory and entered the employ of the Rea Reed flour mill of Tulsa as an engineer.



**J. H. WARFIELD** After two years in this position he entered the employ of Frisco Lines as a machinist's helper at Sapulpa, remaining in Frisco service until his retirement. In 1903 he was promoted from machinist's helper to fireman and in 1907, he became an engineer. He married Miss Myrtle I. Smith at Vinita, Okla., February 24, 1904, and to them two sons were born. Mr. and Mrs. Warfield reside at 1224 Galveston street, Tulsa. Continuous service of twenty-four years and two months entitles him to a monthly pension allowance of \$38.15, effective from March 1.

## In Memoriam

### JAMES SILAS McILVIN

**JAMES SILAS McILVIN**, pensioned engineer, died in St. Johns Hospital at Springfield, Mo., April 25. Mr. McIlvin, who was retired from active service May 31, 1926, after reaching the age limit; was born May 16, 1856, at Rochester, N. Y. He first took up railroad work through a correspondence course and at the age of twenty-one began service with an eastern road as engine wiper. On November 8, 1899, he entered the service of Frisco Lines as an engineer and was assigned a run on the Southern division where he remained during his entire service. On October 23, 1883, he was married to Miss Ida McGrimes and to them were born six daughters, all of whom are now living. He is also survived by Mrs. McIlvin. His pension allowance was \$61.80 a month and during his lifetime he received a total of \$2,904.60.

### BENJAMIN T. JUDEN

**BENJAMIN T. JUDEN**, yard clerk, 42 years of age, Blytheville, died at the Frisco hospital, St. Louis, Mo., May 3. Mr. Juden was born at Cape Girardeau, Mo., and entered the service of Frisco Lines at Blytheville, on March 18, 1918, and served there until the time of his death.

### ELNATHAN WALTER ALLEN

**ELNATHAN WALTER ALLEN**, pensioned operator, died at Mulvane, Kan., on May 5. Mr. Allen, who was retired March 31, 1926, was born March 7, 1856, at Henry, Ill., and attended schools near his home. He entered the service of Frisco Lines as a revising clerk at Oklahoma City in January, 1903, and served later as operator and agent-operator at various places on the Southwestern division until his retirement. He married Miss Mary F. McClung of Winfield, Kan., exact date unknown and to them two sons were born. Mr. Allen was a widower at the time of his death, his two sons surviving him. He was paid a pension allowance of \$24.75 per month and during his lifetime received a total of \$1,236.00.

### JOHN FRANK WINN

**JOHN FRANK WINN**, pensioned engineering inspector, Springfield, Mo., died April 26, 1930. Mr. Winn, who had been retired March 12, 1929, having reached the age limit, was born March 12, 1859, in Lafayette County, Mo., and was educated in the schools of Dover, Mo. He served in various capacities with a queensware company, a mining company and a mercantile company before he entered the service of Missouri Pacific Lines as a rodman, helping with construction work on the Boonville Branch of that road. He served there from 1886 to 1888. He entered the service of Frisco Lines as a rodman May 8, 1888, and in November, 1890, was transferred to Kansas City where he worked in the engineering department. In 1901, he was made a transitman and in 1904, he was appointed roadmaster, serving the Southern division. He was transferred back to the engineering department in November, 1906, and in 1907 was transferred to the steel bridge department as an inspector. He was appointed engineering inspector in 1919. He married Miss Fannie M. Day of Lockwood, Mo., April 19, 1899, and to them two sons were born. Mr. and Mrs. Winn reside at 517 Delmar avenue, Springfield, Mo. His pension allowance was \$77.70 a month and during his lifetime he had received a total of \$1,010.10.

A Hindu physician, Dhanwantari is believed to have given the first inoculation for small pox, about 1,500 B. C.

The lost cities of Ceylon are believed to have been abandoned on account of Malaria.

## A HEALTH CAMPAIGN

### Education of Parents Will Prevent T. B. in Children, Association Believes

**W**ITH comparatively recent studies indicating that in medicine, as in other things, "As the twig is bent so the tree inclines," the National Tuberculosis Association and its affiliated associations throughout the country will make the prevention of tuberculosis among children the keynote of its third annual Early Diagnosis Campaign to be held during April.

The campaign will be entirely an educational effort, seeking to impress upon the public the fact that tuberculosis usually begins in childhood. All literature issued in connection with the campaign—leaflets, pamphlets, posters, etc.—will bear a child's picture and blaze forth the message to parents: "Protect Them From Tuberculosis," together with the specific advice: "Keep them away from sick people," "Insist on plenty of rest," "Train them in health habits," "Consult the doctor regularly."

Two important diagnostic aids are commonly used by doctors to detect the presence of early tuberculosis before it makes itself known by symptoms. One is the well-known X-ray photograph and the second is the tuberculin test. The latter is a simple, harmless, painless skin test, which shows whether or not there are tubercle bacilli in the body. The presence of the bacilli is indicated by a reddish tint on the skin at the point the tuberculin was applied.

Contrary to an opinion that still persists in some quarters, tuberculosis is not inherited, but is caused only by a germ called the tubercle bacillus. Although the disease often begins in early childhood it is unlike many so-called "children's diseases" in that it is lasting, or chronic. In most cases it develops so slowly as to appear to be asleep, or "latent" until the early adult years, when it ripens into activity and becomes an object of public concern. One purpose of the educational campaign is to remind people that the preventive measures should be taken during the period of latency.

Some of the common methods by which healthy persons, especially children, are infected by tuberculous persons are well known to the public but frequently are ignored. Kissing or fondling children is often a cause of infection, while drinking cups, spoons and food may have tubercle bacilli on them, unknowingly placed there by someone suffering from the disease.



# Homemakers' Page



## Facts Versus Fancies in the Homemakers' Food Schedules

*There once was a lady, so I've been told,  
Who would take anybody's advice;  
And any queer notion of young or old,  
She would always adopt in a trice.*

*Fruits contained acids, so they were  
taboo,  
And she wouldn't mix proteins with  
starch;  
But folks who ignored things she  
thought were true,  
Slowly walked to her funeral march.*

*Now there is this moral in her demise,  
When you hear of some inhibition,  
Beware! until you have had the advice  
Of your "doc" or some good dietician.*

**T**HERE are probably as many food fallacies as there are foods. Despite the foolishness of most of the fads, fancies, diets, and fool "notions," the gullible ones who adhere tenaciously to some pet idea are numbered in the hundreds of thousands. It may safely be said that the average "food fallacy" is responsible for infinitely more harm than good.

This article does not purport to criticize or hold up to ridicule the diet or regimen prescribed for any individual by some one competent to know and understand the particular needs of the individual. To abstain from citrus fruits, such as oranges, lemons and grapefruit merely because they contain acid is to withhold from the body invaluable elements which are necessary to your wellbeing. It is true they contain acid, but it is also true that, upon being eaten, they have an alkaline reaction.

One could go on indefinitely pointing out the deficiencies in various "reducing diets" and exploding pet theories and fallacies which have no foundation in fact. The homemaker, if in doubt as to the advisability of feeding certain foods to any of her brood, should consult with a competent physician before experimenting. If her family are all in good health she should endeavor to avoid monotony in her diet. Fruits and fresh vegetables should be served in abund-

ance and the diet should be as perfectly balanced as circumstances will permit.

Throughout the year one should remember that fats and oils are necessary for the production of heat and energy. This may be accomplished by using margarine both as a spread and in the preparation of dishes and the following recipes will be found readily adaptable as well as economical.

### Meat Loaf

2 pounds ground beef  
¾ cup sweet milk  
1 egg  
1 cup bread crumbs  
¼ cup lemon juice  
2 tablespoons melted margarine  
2 teaspoons salt  
¼ teaspoon pepper

Combine the ingredients and shape into a loaf. Place this in a baking pan and add one cup of water. Bake in a medium oven from three-quarters to one hour.

### Creamed Mushrooms

1 pound mushrooms  
5 tablespoons margarine  
½ teaspoon salt  
Few grains pepper  
1½ tablespoons flour  
½ cup cream

Clean mushrooms, remove caps and cut both caps and stems in very thin slices. Next melt the margarine and add the sliced mushrooms. Cook three minutes and add the salt and pepper. Dredge with flour and pour over the cream. Cook five minutes more, stirring constantly.

### Bread Pudding

1 quart scalded milk  
2 cups stale bread crumbs  
4 eggs  
2 tablespoons melted margarine  
Nutmeg  
½ cup sugar  
¼ teaspoon soda  
(dissolved in)  
2 teaspoons hot water

Pour milk over the bread crumbs and cover. Let this stand fifteen minutes. Then add well beaten yolks of eggs, margarine, sugar and soda.

Sprinkle a few gratings of nutmeg over this. Next fold in the whites of egg, which have been beaten stiff and turn into a pudding dish, which has first been prepared with margarine to prevent pudding from adhering to the dish, and bake in a moderate oven for forty-five minutes. This may be served cold with a fruit sauce.

### KITCHEN KINKS

Flour should be kept in a cool, dry place, tightly covered.

\* \* \*

Add a slice of lemon to the water when boiling old potatoes, just to give them a better color.

\* \* \*

A few tablespoons of chopped red and green peppers adds much to the attractiveness of cold slaw.

\* \* \*

After greasing the tins for small cakes, dredge a bit of flour into them. The cakes will come out much easier after baking.

\* \* \*

Cucumbers will keep for a week in the refrigerator.

\* \* \*

French and mayonnaise dressing will keep indefinitely in a cool place if kept tightly covered.

### CLUB STILL UNNAMED

In response to the request for a name and membership in a new club to be formed by the Homemakers' Department of the Frisco Magazine, Mrs. H. I. Munday of Mound Valley, Kan. will receive credit for being the first to join.

In addition to the unique recipe she sent in, she has suggested that the club be called "The L. A. L. Club of Frisco Lines." "L. A. L." means Learn a Lot.

Here is the recipe:

### Lovers' Wedding Cake

½ pound sweet temper  
½ pound good looks  
½ pound of self-forgetfulness  
½ pound powdered wits  
½ ounce of dry humor  
½ pound of buttered youth  
2 tablespoons of gentle argument  
½ pint of rippling laughter

## Milady's Wardrobe For Summerwear

**A**ND now for the summer wardrobe.

Not only are the materials and colors most inviting, but there is the added thrill of getting the hem-line just right.

Evening dresses remain long. The printed georgette is seen for both afternoon and evening wear, and lace gowns, in pastel shades, have found great favor. There is a delightful blending of color this spring, although the pastel shades seem to be most desired.

Both three and two-piece suits have come back. They are made in both heavy and light materials, flannel and knitted cloth and seem to fill a long-felt want in milady's wardrobe. We saw at a sports tournament the other day, a delicately pink jersey two-piece frock, with pink kid shoes to match, a pink felt hat and purse to match, and across the shoulders was thrown two beautifully matched white fox furs, with heads sewed together.

The little frock pictured herewith, is serviceable and most attractive. It is of a navy blue and white printed crepe silk, smart, practical and reveals feminine influence in plain blue shoulder bow and bow-tied sleeves.

The tricky cross-over vestee of white silk pique adds distinction to its simplicity of line.

It's straight and slender to just over the knees, where the circular flounce starts to widen into flattering fullness at hem.

A narrow belt of the plain blue crepe marks the natural waistline.

Style No. 2550 may be had in sizes 16, 18 years, 36, 38, 40 and 42-inch bust.

Blue violet wool crepe with vestee and bow trim of matching faille crepe is chic.

Peach pink shantung, lime green flat crepe silk, daffodil yellow linen with white sheer linen, sailor blue pique dotted in white with plain white pique, coral-red chiffon and printed chiffon, voile in black and white with



plain white are charming suggestions.

The pattern price is 15 cents. When ordering please be sure to fill in size of pattern. Address The Peerless Fashion Service, 261 Fifth Avenue, New York City, N. Y.

worth using in all homes.

And now for some more! That's just a starter. Send in your recipes, and until other names are suggested for the club, we'll hold this one open.

Who'll be the next housewife to send in a recipe and a name for the new club?

"Is this the Weather Bureau?"

"Yes, sir."

"How about a shower tonight?"

"It's all right with me. Take it if you need it."

### RECIPES FOR SUMMER

There is no form of exercise comparable with hiking for body building or for the rejuvenation of jaded appetites. If one is inclined to doubt the latter statement, he needs but to take a good hike in the open air to experience the craving for food which comes as a result of "getting back to nature." Because of this feature anyone contemplating a hike will do well to carry out the following suggestions for preparing luncheon. Energy foods are essential, therefore margarine is used in the recipes given because it is rich in the elements necessary for the refueling of the human machine.

#### Foundation Spread for Sandwiches

Cream one part of margarine with one-half part of rich milk or cream. Mustard, salt, grated horseradish, chopped parsley, chives, ripe olives, pickles or curry-paste or powder may be added to this for use as a foundation in sandwiches of beef, tomato, game, chicken, fish, cheese, or eggs.

#### Rolled Sandwiches

Cut the crusts from a fresh loaf of bread (or if a stale loaf of bread is used, cut off the crusts and wrap for an hour in a cloth wrung from cold water). Spread a thin layer of Foundation Spread on one end of the loaf and then cut from it as thin a slice as possible. If additional filling is used, spread it also on the slice of bread. Roll this slice with the covered side inward and lay it on a napkin, with the edge of the slice downward. When all the sandwiches have been prepared, draw the napkin firmly around the rolls and put them in a cold place until needed. The margarine will harden and hold the rolls together.

In making sandwiches in quantity, route the work so that there will be no waste motions. Allow enough space for cutting the bread, spreading the slices with margarine, and then filling, shaping and wrapping the sandwiches.

Picnic sandwiches should each be wrapped in paraffin paper to retain their freshness.

#### Icebox Cookies

2 cups melted margarine	1 teaspoon cinnamon
1 cup white sugar	4 cups flour
1 cup brown sugar	1 teaspoon soda
3 eggs	Brazil nuts, almonds or almonds
1 teaspoon salt	

Mix and sift dry ingredients and add to melted margarine. Next add eggs, nuts and mold in long rolls or pack in deep pan like a bread pan, lined with waxed paper and pat down carefully. Place in icebox to harden. Slice thin, and bake in a moderate oven until a golden brown. Keep dough cold as it cannot be cut when soft.

¼ of a wine glass of common sense  
Four pounds of flour of love

Put the flour of love, good looks and sweet temper into a well furnished house. Mix together blindness of faults, self-forgetfulness, dry humor and gentle argument and add to above. Pour in gentle rippling laughter and common sense. Work until well mixed, then bake gently in the warm oven of the heart forever.

This is not only a "wedding cake recipe," but one which will be well



# The TWILIGHT HOUR

A Page Just for Children

## INTRODUCING JOAN DILLON

We've left it up to little Joan Dillon, age six months, to introduce the charming and talented children which appear on these two pages.

Perhaps Joan can't talk much, but she can laugh! Can't you just hear her gurgle? She's telling you right



JOAN DILLON

now that it's no trouble at all to sit down and grab both toes. "Bet you can't do it," she says, to those who are quite a bit older than Joan.

Joan is another 100 per cent Frisco baby. If she could talk she'd tell you that her father, Elmer L. Dillon is a first-class machinist at the Springfield North Shops. She knows he's awfully busy, because he leaves early in the morning and she stays at home with mother all day and then daddy returns in the evening, and she shows him how she can grab both toes. The trick never grows old!

Then Joan has four uncles: Uncle George Jury, assistant superintendent; Uncle Alvin Canary, engineer; Uncle Frank Dillon, fireman and Uncle Millard Dillon, fireman.

"It's just too bad I'm not a boy," Joan seems to say, "because if I was, then I know I'd grow up to be a 'sistant superintendent, or an engineer, or a fireman, or work in the big Frisco shops."

But whatever Joan does when she grows to womanhood, she'll always be proud of her father and her four uncles, all Frisco employees.

And now that she has shown you how she can grab hold of both toes, at once, she wants you to go on and look at the other children on these pages.

"There's a whole page of Newburg babies," she says. "Look at them all, because they're darling."

And now that Joan has asked you to look, we're going to tell you about all of them.

## A DANCING DAUGHTER

This dainty little miss, in her flimsy dancing frock is Miss Elizabeth Marie Hansen, age 5 years, the daughter of Mr. E. M. Hansen, clerk in master mechanic's office at Mem-



ELIZABETH MARIE HANSEN

phis. Elizabeth is a student of the Louise Mivelaz School of Dancing, and is one of the schools most accomplished pupils, this is her second year of study, and she is well on her way to the title of one of the best dancing pupils of her age in the school.

## A PERFECT BABY

Vern Edward is just a little shy, but nevertheless, he's got a tiny little smile on his face and he's holding in his chubby little hand the cup which he won for being a 99.2 per cent per-



VERN EDWARD

fect baby at a contest held in Kingston, N. Y., recently.

Vern Edward's mother, Mrs. C. E. Jones of Enid, Okla., was visiting her mother in New York and was urged to enter Vern in the baby contest. This she did and Vern Edward placed third out of 300 entrants in his group.

He's a 99.2 per cent perfect baby, according to New York doctors, but he's a 100 per cent Frisco baby. His mother was Agnes Reynolds, formerly employed by Fred Harvey and his father is C. E. Jones, a Frisco freight conductor on the Western division with twenty years service to his credit.

Spring starts three months earlier for those in Florida and two months later for those in rumble seats.



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11



12

### A Page of Newburg, Mo. Children

1—Betty Jane Staggs, eight-year-old daughter of Thomas Staggs, engineer. 2—Jo Ann Hudson, four-year-old granddaughter of S. J. Gorman, yardmaster. 3—Helen, age 9, Raymond, age 10, and Beaufetta, age 6, children of Fred Wilson, car inspector. 4—Robert LeRoy Robinson, year-old son of Buck Robinson, car repairer. 5—Doris Lee McNerney, six-year-old daughter of Wm. McNerney, switchman. 6—Mary Magdalen Hutcheson, eight-year-old daughter of H. M. Hutcheson, brakeman. 7—Jeannine Cotham, fourteen-month-old daughter of Mack J. Cotham, clerk. 8—Jack Fellows, ten-year-old grandson of Charles Fulton, engineer, and Ronald Fuller, nine-year-old son of Ed. Fuller, machinist. 9—John Errol Fuller, eight-year-old son of Harry Fuller, machinist. 10—Ralph, age nine, Hugh, Jr., age 4, and Anna May Coursen, age 7, children of Hugh Coursen, machinist. 11—Barbara Davis, eight-year-old daughter of Chas. Davis, fireman. 12—Sharon Rinck, 4-year-old daughter of Walter Rinck, car repairer.