

Address "Safety First" Mrs. A. Lincoln
 "A Little Bit of Heaven" (song) . . . Mrs. O. Smith
 Address "Has Safety First
 Improved With Age" A. A. Nowakowsky
 Solo Dance Miss Margaret Harney
 Recitation Miss Lottie Forbes
 "Macushla" (song) George Jehle

At the conclusion of the program luncheon was served during which the ladies all joined in extending a vote of thanks to Mr. Spaulding for the enjoyable time had.

In responding Mr. Spaulding urged the members to have little social meetings rather than the plain business sessions in order to make them both interesting and enjoyable, emphasizing that this would do more than anything else to attract new members.

The next meeting of the chapter will be held in office of Superintendent P. W. Conley, Tower Grove Station, Thursday afternoon, February 17th, and the wives, mothers, sisters, daughters of Frisco employes, as well as women employes, are invited to attend.

Those present were:

Mrs. T. W. Morris, President; Mrs. S. Dumaw, Vice-President; Mrs. Riggs, Treasurer; Mrs. Tanquary, Chaplain; Miss S. F. McGuigan, Secretary; Miss Lincoln, Mrs. A. H. McCormick, Mrs. Coonce, Mrs. Trotter, Mrs. Lincoln, Mrs. Norris, Mrs. Maxwell, Mrs. Coleman, Miss Mountjoy, Mrs. Smith, Mrs. H. M. Robertson, Miss Herlehy, Mrs. Barton, Mrs. Cantilion, Mrs. D. Snyder, Mrs. Jennings, Mrs. T. Bedford, Mrs. Boylan, Mrs. F. Rose, Mrs. Nowakowsky, Miss Tanquary, Miss Good, Mrs. O. Smith, Mrs. E. G. Newland, Miss Jehle, Mrs. M. Howe, Mrs. Ketchum, Miss Looney, Miss A. Maxwell, Miss Freeman, Miss L. Connor, Mrs. McGavic, Miss Richl, Mrs. Lynch, Mrs. Layton, Miss Dennie, Mrs. Mooney, Mrs. F. J. Keiser, Mrs. Metz, Mrs. J. U. Menteer, Mrs. Harney, Miss L. Forbes, Miss Harney.

Mr. Spaulding, Mr. A. A. Nowakowsky, Mr. Geo. Jehle, Mr. R. Hentscher, Mr. John Murphy, Jr.

MEMPHIS LEAGUE.

The Memphis Chapter of the League was entertained by Mrs. C. C. Carey at her home, 1479 Walker Avenue, January 25th.

The rooms were beautifully decorated with carnations and ferns. The early part of the afternoon was devoted to the usual business session and the annual election of officers, which resulted as follows: Mrs. Grace Andrews, president;

Mr. A. F. Foster, vice-president; Mrs. F. Z. Stark, secretary; Mrs. E. L. Magers, treasurer, and Mrs. J. E. Hargen, reporter. Mrs. Hargen was elected as delegate to represent the Memphis Chapter at the meeting at Springfield, February 24th.

At the close of the business session two vocal selections were rendered by Mrs. Charles Birk, accompanied by Mrs. J. W. Patterson. Her numbers were, "Somewhere a Voice is Calling," and "Absent." Later the guests were invited to the dining room where dainty refreshments were served at a table decorated with the Frisco colors, carrying out the idea of a railroad yard.

In the center of the table was a viaduct decorated with ferns, beneath which was a miniature railroad track bearing a tiny engine and a tender filled with coal, while around the sides of the table were flat cars, filled with bright colored cream mints. A prize was offered to the member guessing nearest the number of lumps of coal in the engine tender. Mrs. C. J. Meadows was winner of the first prize, a hand painted plate, and the consolation favor, a toy engine, was won by Mrs. J. W. Patterson.

Mrs. Carey was assisted in entertaining by Mrs. E. G. Newland.

SPRINGFIELD LEAGUE.

The Springfield League met in regular session in office of General Manager E. D. Levy, February 5th.

After the roll call and the minutes of the previous meeting were read and approved, a letter of greeting from Mrs. E. G. Newland was read. Three new members were admitted.

Mrs. John Beckerleg was elected delegate to represent the Springfield League at the reorganization meeting, at Springfield on February 24th.

Plans for the formation of a social club were discussed and met with approval, but action on the matter was deferred until the March meeting.

The next meeting of the chapter will be held Friday afternoon, March 3rd.

PITTSBURG LEAGUE.

The Pittsburg League met at the home of Mrs. D. McGuire, 404 W. Park St., Friday afternoon, February 4th.

The meeting was called to order by Mrs. G. W. Beezley, president, and after the minutes of the previous session were read and approved, a general discussion of the topics of particular interest to the chapter followed.

Miss Lena King, secretary, was elected delegate to represent the Pittsburg League at the general meeting at Springfield, February 24th.

After the regular business was disposed of a luncheon was served by Mrs. McGuire.

As stated in a previous issue, The Frisco-Man proposes to publish in the Women's Department from time to time, bulletins issued by the College of Agriculture and Department of Home Economics of the University of Missouri, which should prove not only interesting but beneficial to Frisco women. Below are those recently received:

Meat Substitutes.

Health and High Cost of Living Demand Use of Less Meat.

Many of us are eating entirely too much meat according to Miss Bah Boll of the Missouri College of Agriculture. Meat furnishes protein, which is an important muscle builder and source of energy but it has two great objections: (1) it costs more and more each year, and (2) it is very likely to putrefy in the process of digestion and form objectionable acids and other products which are injurious to the health. Muscle-building foods of other kinds can be substituted for that furnished by meat if we will use eggs, nuts, peas, beans and similar things instead of meat for one or two of the three daily meals. Fish is not a good substitute for meat from this standpoint as it has the same kind of protein which forms objectionable acids.

The extent to which other foods can be substituted for meat depends in part upon the character of the work being done. Less meat and a greater proportion of meat substitutes should be used by those who work indoors than by those who are in the open air most of the time, but even those who are working hard in the open air often get along well with little meat after they have been accustomed to the substitutes if the better half

has learned how to prepare them in the most appetizing way. For the benefit of those who wish to use meat substitutes, the Missouri College of Agriculture has carefully tested a number of dishes and finds that these directions give good results:

Pecan Nut Loaf.—Mix together one cup of bread crumbs, one cup of pecans, one cup of milk, one cup of boiled rice, two eggs, two tablespoons of butter. Season with salt and paprika and bake in a buttered baking dish. Serve with a cream sauce.

Omelette.—Beat the yolks and whites of four eggs separately. Add to the yolks a thick cream sauce made of 1 cup of milk, 3 tablespoons flour, 2 tablespoons butter, pepper and salt. Fold in the whites and cook in a buttered frying pan. Omelettes may be cooked on top of the stove or in the oven. Small pieces of ham, bacon or green pepper added to an omelette give an excellent flavor. Cheese is used extensively in omelettes. It should be melted in the cream sauce and then added to the yolks.

Macaroni and Cheese.—Break macaroni into uniform pieces (one cup of macaroni). Drop into boiling water, boil until tender. Drain and rinse in cold water. Place in a buttered baking dish. Make a cream sauce using 2 tablespoons flour, 2 tablespoons butter, one cup of milk, salt and pepper. Melt one cup of grated cheese in the cream sauce. Pour over the macaroni. Sprinkle with bread crumbs and bake.

Buttonholes That Last.

"If well made, a buttonhole should wear as long as the garment," says Miss Addie D. Root of the Missouri College of Agriculture. "There is no excuse for the buttonhole that soon breaks through at the end and leaves a slit twice as great as the diameter of the button."

To make a good buttonhole, begin the slit about a quarter of an inch in from the edge. Cut on a thread through both or all thicknesses of the cloth, making the slit the length of the diameter of the button to be used. Use a thread a little heavier than the cloth in which the buttonhole is worked and of sufficient length to complete it. The needle should be as fine as will carry the thread.

In working a buttonhole, first put in two or more stitches across the lower end of the slit to keep it from stretching. Then take two or more stitches down the side, across the end and up the other side, a sixteenth of an inch from the edge, bringing the needle out at the starting point. This will strengthen the buttonhole. In overcasting the edges, sink the stitch a thread beyond this stranding. Four or five overcasting stitches on each side are sufficient to prevent raveling and to keep the strands in place. The last stitch in overcasting should bring the needle out at the end of the slit ready to begin working the buttonhole.

In taking the buttonhole stitch, the needle should be brought through towards the worker deep enough to cover all stitches that have been made before and prevent pulling out. Before pulling through, make the buttonhole purl by taking the thread over the eye of the needle and carrying it around the point of the needle in the direction in which you are sewing. When the end is reached take seven or nine spreading stitches, making a fan, if a rounded end is desired. Continue down the other side. If a bar is used, put the needle into the opposite purl at the end of the slit, draw the two sides together and make several long stitches the length of the width that the buttonhole is cut. Work the bar across the end, working from left to right with the blanket stitch. Finish by taking a few tiny stitches on the wrong side.

Honey Breads.

New Uses of Honey Taught by Missouri College of Agriculture.

Brown bread.—One-half cup of honey, one and a half cups of sour milk or buttermilk, three cups of graham flour, one teaspoon of soda. Nuts and raisins may be added if desired.

Soft Gingerbread.—Half a cup of sugar, one cup of extracted honey (or sorghum), half a cup of butter, one teaspoon each of cloves, ginger and cinnamon, two teaspoons of soda dissolved in one cup of boiling water, two and a half cups of flour. Add two well-beaten eggs the last thing before baking.

Honey Muffins.—One pint of flour, two teaspoons of baking powder, one-half teaspoon of salt, sifted four times; yolks of two eggs beaten lightly, one and a fourth cups of cream. Beat thoroughly, then fold in lightly the beaten whites of two eggs and two tablespoons of extracted honey. Bake in muffin pans and serve while hot.

Promotions and Appointments.

B. S. Shirk is appointed assistant superintendent of the Oklahoma and Chickasha Subdivisions, with headquarters at Oklahoma City, succeeding J. M. Chandler, promoted, effective February 6th.

A. Lewis is appointed roadmaster of the Sherman Subdivision, with headquarters at Francis, Okla., succeeding F. Hinkle, transferred, effective February 5th.

Which Coppage?

Considerable comment has been going on recently among officials of this and other lines having headquarters in a large southern city, regarding a certain train order sent out many years ago which read something like this:

"No. 17 at Emory Gap.

Train No. two will wait at Roddy until 7.22 for No. 17.

(Signed) J. E. W."

It is believed that T. B. Coppage, superintendent transportation, can come across with some valuable information as to this particular order, especially as to who the chief dispatcher was, the occasion for the message, and how long ago and to whom it was sent.

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Fame.

The heights by great men reached and kept,

Were not attained by sudden flight;

But they while their companions slept,

Were toiling upward in the night.

—Longfellow.

Men with shaking nerves are easily rattled.

A lot of men expect the bread they throw upon the water to come back to them in the form of cake.

Changed His Mind.

A NOW high official was agent at a small station many years ago. One cold day the general manager happened along the line and finding no fire in the waiting room, called the young agent's attention to it and suggested that he build a fire for the comfort of the traveling public.

The young agent, not knowing the general manager from "Adams Off Ox" carelessly informed him that he was too busy.

The general manager waited around for a short while and again suggested that there be a fire made in the waiting room, but the agent again airily informed him that he hadn't time.

By this time the high official was thoroughly riled up and hastily writing a telegram that another agent be sent to take charge of the station, to which he signed his name with the official abbreviation, he took it to the ticket window and asked the agent if he had time to send that.

The agent looked up and glancing over the message said, "No, I'm too busy, I've got to build a fire."

Two tramps, sitting by the roadside at dusk, were indulging in an imaginary game of poker, in which pebbles played the part of lucre. One of them was a downfall college graduate; the other just an ordinary tramp, named Pat.

Said the latter: "I'll just bet you a thousand dollars as an opener."

The college graduate replied: "I'll raise you a million."

"Make it billion," said Pat.

"Raise you a hundred billion."

"Two hundred billion," said Pat.

"Seventeen quadrillion."

Pat searched his head for a minute. Then—"take the pot, you educated son-of-a-gun."

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A Frisco Trio.

On the Southern Division, between Springfield and Memphis, are three brothers who have been in active service on the Frisco more than twenty years. They are J. H. Livingston, agent, Mountain Grove; Lou Livingston, agent, Cabool; and "Bob" Livingston, agent, Willow Springs.

J. H. Livingston has a record of thirty-two years active railroad work, and has been in charge of the station at Mountain Grove for the last twenty-four years.

Lou Livingston of Cabool began work for the old Memphis line twenty-nine years ago. He has been in charge of the station at Cabool for twenty years. "Bob" Livingston has been agent at Willow Springs for two years, but has been engaged in railroad work for 21 years.

"Will you have anything on your face, sir, when I am through?" asked the barber.

"You might leave my nose there," answered the man in the chair.

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