

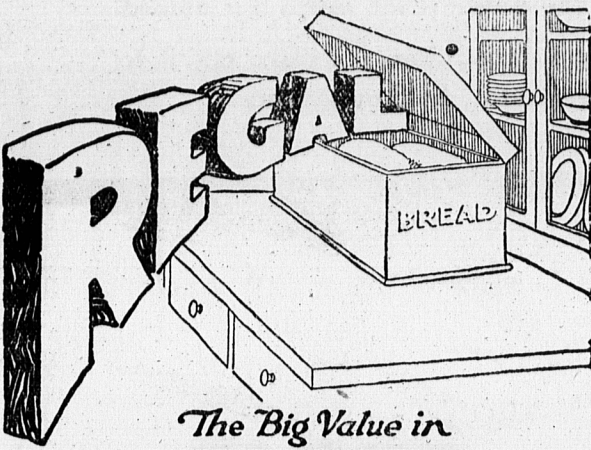
The Stomach Begins

digestion, but the most important work is done by the bowels, liver and kidneys. Failure of these to act efficiently allows the whole body to be poisoned.

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ADMIRAL SIMS GIVES WARNING TO UNITED STATES.

PHILADELPHIA, Feb. 21.—Admiral William S. Sims, orator at the university day exercises of the University of Pennsylvania today to celebrate the birthday of George Washington, criticized the tendency of Americans to resent adverse comment on military unpreparedness of the United States. "The insidious element in Americanism," said the admiral, "is that it does not include adequate solicitude for our safety. The government, to a certain extent our people, resent criticism of anything American. This is a dangerous attitude that has cost us many thousands of lives and many millions in treasure."

After saying his father was a native of Pennsylvania, that his mother was a Canadian and happened to be in Canada when he was born, he added: "Perhaps you may be kind enough to consider me an American, notwithstanding the title that has been given me by certain unfriendly critics, of the 'leading British admiral in the American navy.'" In European countries, Admiral Sims said, national defence is a live issue. "The consequence is that the American people know less about the elements of warfare and less about the actual condition of their military forces than the people of any of the other great powers," he said. "It must be evident that this attitude cannot be maintained in future without serious risks."

WINTER COLOR.

(From the London Advertiser.) "Oh, wind that blusters and winds that blows"

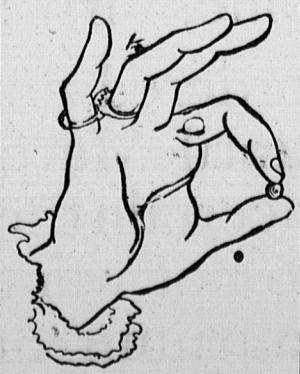
What color under your footsteps glows; Beauty you summon from winter's snows.

And you are the pathway that leads to the rose."

And thus, we perhaps give an occasional thought to the winds and snows of winter. We have come to think of the shut-in season as colorless and uninteresting in the outdoors and pass unheeding the brave little bits of brightness that remain, never dreaming of "waiting ourselves at the coals of the sun's dying fire," which, though lacking its brilliant plumage, still gayly flaunts its flowers of deeper wine. Out in the sleeping gardens and parks on a misty day there is a silvery blue over leafless shrubbery that is beautiful to discover and in long lines on the city streets and in irregular woodland settings there are grey tree trunks, luminous and silver-sheened, lovelier perhaps than their branches and twigs of brown. The beeches and oaks, busily whispering in the sheltered wood places by means of the persistent little leaves that cling to twigs, are set proudly dreaming when the sun falls tenderly on their brave bronze foliage and lights here and there a stiff little fold into golden glints of remembered autumns. Lichen moss, delicate silver work of frosted beauty clings here and there, and in sheltered nooks undiscovered by snow there are vivid green moss patches on old stumps. On the low-set tangled twigs of hawthorns there are occasional crimson gleams of fruit left by the birds for a needy day. The trailing bridal wreath wistfully keeps brown seeds of remembered blossoms close by drooping poplars with beautiful mottled trunks of white and black. The evergreens, so faithful in their beauty, are at their best in the grey months and yea there ever such flash of glory among them as the crimson of the cardinal, or such blue as the touches in the plumage of the bluejay; such delicate shading as the blue-gray of the nut-hatch, and such vivid black as the crown of the chickadee. Perhaps the least noticed, but none the less lovely to discerning eyes are the withered stems and blades of rushes and weeds in marshlands with their delicate tints of pale gold. All these quiet bits of color have new value as we watch for them in unexpected places on days of grey or gold—"So shall our hearts grow tender as we dream, So shall our souls receive God's finger-mark."

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DISHERS FROM A SCOTCH MENU

The canny Scot is fond of good eating and Scotch women are good cooks.

Housekeeping with Scotch methods becomes a profession, and high-class cookery an art, and it would be a good idea for American women to get better acquainted with their Scotch cousins and their ways.

Olive Relish—Cut and fry 6 bread rounds in butter, then spread lightly with anchovy paste. Heat 3 tablespoons of cream and beat in the yolks of 3 fresh eggs, and 3 tablespoons of grated cheese. Add a dash of pepper and stir over the fire until the mixture is smooth and thick. Spread on the toast rounds and sprinkle with chopped fresh olives and dust with paprika. Scotch woodcock is made in the same way only omitting the olives. Cockaleekie—Dress and truss a good boiling chicken. Put in the pot with a quart of rich stock, enough water to cover, a large onion and a fagot of celery. Prepare 3 bunches of fresh leeks, cutting in inch lengths. Put half of the leeks with the chicken and boil a half hour, then add the rest of the leeks, and simmer until the fowl is tender, lift it out and season the soup, remove celery and onion, and boil down until thick. Slice the fowl



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drawn butter. Another method is to soak the fish, then warm it so that the skin may be removed, cut in 6 pieces and after dipping each piece in batter fry them. The first way however is more dainty.

Potato and Nut Scallops—Pare, boil and dice 6 potatoes. Add to them 2 ounces of chopped nuts, a heaping tablespoon of grated cheese, a teaspoon of sugar, pepper, salt, and 2 cups of cream sauce. Pour into a buttered baking dish and dot with butter. Bake 15 minutes.

Potato Roll—Boil and mash 4 medium-sized potatoes, adding a generous lump of butter, pepper, salt, 2 beaten eggs and just enough flour to firm for handling. Dust the board lightly with flour and sprinkle it with a few bread crumbs, roll the potato 1/2 inch thick, shaping at the sides with the hand, spread thinly with peanut butter and roll, not too tightly, lay in a buttered pan, pour over a little melted butter seasoned with lemon juice and onion juice, a teaspoon of each, dust with a few grains of sugar and brown lightly in the oven. Lift with a slice so as not to break the roll and serve on a hot dish with a parsley garnish.

Scotch Collops—Take the remains of a cold roast of veal and slice it in medium slices, about 2 inches wide, dust them with pep-

per, salt, and grated nutmeg, and fry them in a heaping tablespoon of butter. Remove to a hot dish, turn a small cup of water into the pan, add a teaspoon of mushroom catsup, a teaspoon of anchovy sauce, a tablespoon of lemon juice and a little grated peel, and a tablespoon of flour, carefully blended in. When thickened and smooth add a little cream and pour over the collops.

Bannocks—Warm 2 cups of sifted flour, add 2 heaping tablespoons of chopped almonds, blanched, 4 of powdered sugar and 1 of ground anise seed. Blend in a cup of soft butter, knead and roll out 1/2 inch thick on a board sprinkled with sugar, and cut in oblongs, cookie fashion, and bake in a slow oven. Potato and Lemon Custard—Slice and boil 2 potatoes, in a gill of milk then beat with a fork. Add a gill of milk, an ounce of soft butter, a desert-spoon of sugar, juice and grated rind of a lemon, and the yolk of 1 egg, beat and fold in the white of the egg, pour in buttered baking dish and bake 35 minutes.

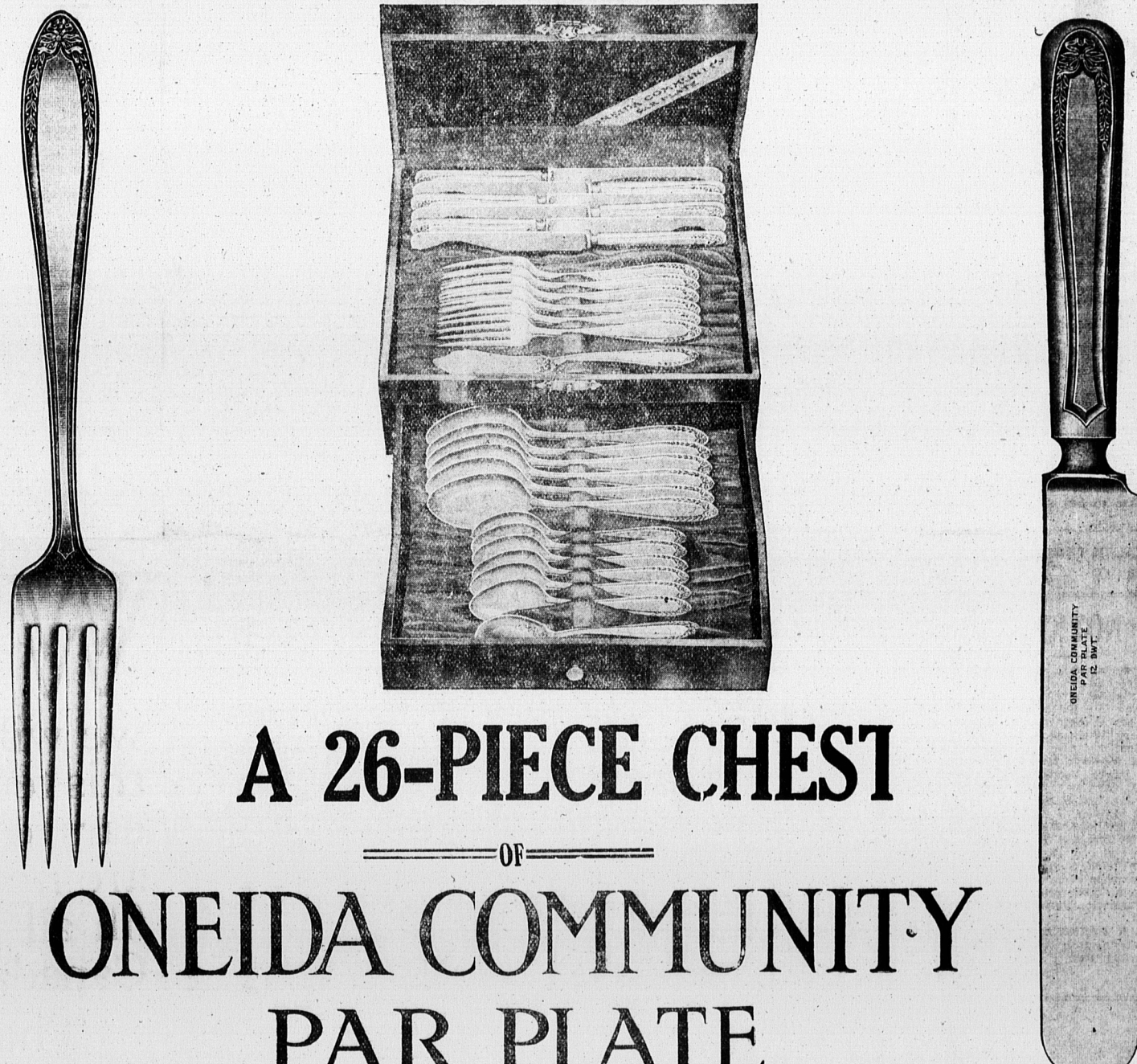
Scotch Shortbread—Sift 3 tablespoons each of flour and rice flour together adding 1/2 cup of soft butter and 4 tablespoons of sugar. Knead and blend well, then roll out 1 inch thick and cut in rounds, pinch a border on the edge, prick with a fork in the centers and place on a buttered pan, far en-

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