

Woman Dietician To Supervise Employees' Meals Is Solution of Hotel's 'Labor Turnover' Problem

NEW YORK—Here's another occupation for women. Miss Elina Becker is a dietician in a large hotel. She is at the head of the department of dietetics of the Hotel Pennsylvania, the New York hotel which has the reputation of being the largest in the world.

She is not a cook nor a housekeeper—yet she has entire supervision of the meals of all the hotel's employees. These number about 2600 persons, according to recent figures.

Miss Becker is a Cornell graduate. During her college work she specialized in domestic science and dietetics.

TO SOLVE LABOR PROBLEM

Reduction of the "labor turnover" was given as the primary reason for the establishment of this department. To obtain better satisfied employees, and so reduce the number of men and women leaving their jobs, Miss Becker decided to accomplish four things:

- A better selection of food for employees.
- A greater variety and a good variety of "tasteful preparation of employees' food."
- A refinement of service in employees' food.
- There are four employees' dining rooms at the Pennsylvania, a cafeteria for the below stairs, female help, a cafeteria for the below stairs male help, a cafeteria for the maids, and a dining room for the under officers of the hotel.

But Miss Becker looks ahead to another phase of her work.

"In my opinion a dietetic department for hotels may come to be one of the most important features of the future hotel," she says. "It certainly is the most economical and beautiful method for both the hotel and the guests."

FOOD CONSUMED

A few of the figures compiled from the first year's operation of the Hotel Pennsylvania indicate the greatness of this field. In its first year, the figures show, the hotel used 500,000 dozen eggs and 150,000 gallons of milk and cream. The average daily consumption of ice cream was more than 300 gallons. About 200 tons of poultry



Miss Elina Becker, dietician, and the pantry kitchen of the Hotel Pennsylvania

and for tons of other meats were used each week. More than 15,000 rolls were consumed each day, about 500 loaves of French bread, 150 six-pound

Her Daughter and His Son

A Great Married Life Story by IDAH MCGLONE GIBSON

A VISITOR

Mr. Halsey looked at me for a moment, and then I heard him murmur, as if to himself, "Why, of course, Bob Carleton!" And then he turned and held out his hand to me, and said: "Tell your mother, little girl, that I am going to call on her very soon."

"I don't believe I'll go riding on the pony, Kenneth," I said. "I want to see my mother. I want to see her right away, and I did not know why my voice choked as I said this."

"Why mother, you never told me about it. Where are we going?" My mother hesitated and then said, "We are going to see about putting you in school this fall."

"Do you love her so much?" she asked. For the first time I stopped to think about the matter, and I discovered much to my childish surprise that I

MARKIE FEELS BETTER

Markie Muskrat had a close squeak when he choked on his chewing-gum in school, but he coughed pretty hard and got over it all right. But he couldn't tell just what became of the precious stuff he had paid a penny for, whether it had gone all the way down into his tummy, or whether it had jumped right out of his mouth. He looked all around everywhere, but he

didn't see a sign of it. It worried him at first because, you see, it some one had stepped on it and got all stuck up they'd be sure to tell the teacher and then he'd ask where it was, and how he got it, and the teachers from Mr. Owl, Judge Crow, Dr. Mink, Professor Hare and Mr. U. U. Chuck would think he was just awful. It wouldn't be any fun for the little boy in Meadow Grove school. I can tell you.

and after a while Puds sed. This is grate all rite, how much further shall we wawk, mutch? Sure, lets go about 10 times further, coz dont forget we haft to wawk all the way back again, you dont want to start back yet, do you? I sed.

The daughter of a Parisian artist was married recently in a bridal gown of white satin, uniquely painted by artist friends of her father.

ADVENTURES OF THE TWINS

BY OLIVE ROBERTS BARTON

MARKIE FEELS BETTER

Markie Muskrat was feeling much better now, but alas, it was not to be for long!

He belonged and folded his paws. "We shall now have speaking," said Scribble Scratch looking very important. Secretly he was very proud of his pupils and the way they could recite poems. He always left out number problems when company was there, for Sam Snake's boy got his answers wrong, having no fingers nor toes to count on.

and water. Add pears and orange cut in thin slices. Cook until the pears are transparent. Remove from syrup and cook. Cook syrup until it reaches the jelly stage. Fill the cavity of the pears with this jelly and slices of orange. Arrange on hearts of lettuce, pour over boiled dressing and top with a spoonful of stir-fry beaten unweetened cream.

Women will go to great lengths to save a penny and too often to equally great lengths to spend a dollar.

MENU FOR TOMORROW

Breakfast—Fresh fruit, broiled bacon, diced potatoes warmed in cream sauce, corn muffins, coffee.

Unless very young chickens are used in the chicken pit, they must be parboiled first. When cooking chicken in a pie, the gash cut in the crust must be large and wide enough that there will be no chance of its closing in the baking. A gas is formed which must escape.

SUCCOTASH. 4 ears sweet corn, 1/2 pint lima beans, 1/2 cup cream, 1 tablespoon butter, 1 teaspoon salt, 1/4 teaspoon pepper.

PEAR SALAD. 2 large pears, 1 orange, 1 cup sugar, 1/2 cup water, 1/2 cup black walnut meats, 1/2 cup seeded grapes, 1/2 cup dressing, 1/2 cup whipped cream.

HICKORY GARTERS

"FOR YOUR CHILDREN'S SAKE"

are made of the same high grade, reliable elastic, non-elastic and metal parts, despite the increased cost of materials. The guarantee label on each pair means absolute satisfaction to you or your money back.

Chicago A. STEIN & COMPANY New York

MADE BY THE MAKERS OF PARIS GARTERS

Sister Mary's Kitchen

To wash the ticking on feather pillows without filling the entire house with fluff is no trick at all if one knows how. Make a bag of old muslin large enough to hold the feathers from one pair of pillows. Shake and work the feathers away from one corner of the pillow. Rip the ticking about four inches in this corner quite free from feathers. Sew the muslin bag all up except for four inches at one corner. The pillow and bag are then sewed together at these four-inch openings and the feathers shaken from the pillow into the bag.

MENU FOR TOMORROW

Breakfast—Fresh fruit, broiled bacon, diced potatoes warmed in cream sauce, corn muffins, coffee.

Luncheon—Succotash, pear salad, hot rolls, tea.

Dinner—Chicken and pork chop pie, mashed potatoes, creamed onions, tomato salad, apple pie, coffee.

MY OWN RECIPES

Unless very young chickens are used in the chicken pit, they must be parboiled first. When cooking chicken in a pie, the gash cut in the crust must be large and wide enough that there will be no chance of its closing in the baking. A gas is formed which must escape.

SUCCOTASH

4 ears sweet corn, 1/2 pint lima beans, 1/2 cup cream, 1 tablespoon butter, 1 teaspoon salt, 1/4 teaspoon pepper.

Cut corn from cob. Cook beans in water to cover for ten minutes. Add corn and cook until vegetables are tender. Add cream, butter, salt and pepper. Cook long enough to melt butter and thoroughly heat cream. The corn and beans should be cooked in as little water as possible to prevent burning, and constant watching is necessary, as corn cut from the cob sticks very sticky.

PEAR SALAD

2 large pears, 1 orange, 1 cup sugar, 1/2 cup water, 1/2 cup black walnut meats, 1/2 cup seeded grapes, 1/2 cup dressing, 1/2 cup whipped cream.

Paré pears and cut in halves. Remove core. Make a syrup of the sugar

HEALTH

BY UNCLE SAM, M. D.

Health Questions Will Be Answered if Sent to Information Bureau, U. S. Public Health Service, Washington, D. C.

THE SCHICK TEST. A few years ago a very simple test was discovered to tell whether a person could or could not catch diphtheria. This is known as the Schick test. It consists in injecting a few drops of a prepared diphtheria toxin into the skin and then watching whether a characteristic red spot appears where the injection was made.

For those in whom the characteristic redness appears, and who are thereby known to be liable to catch diphtheria, doctors now advise a course of protective injections similar to those which have proven so successful against typhoid fever. This protective treatment consists of three small injections, a week apart. There is no sore, as there is in smallpox vaccination, and the injections are harmless. The protection lasts for years, and perhaps even for life.

Why not have the doctor make a Schick test on your child, and if this shows the lack of protective antibodies diphtheria have him give the three protective injections?

SORE THROAT. Q. Please tell me what makes my head and nose stay raw and sore all the time, and what to do for it? What can I do to get rid of the sore throat and bad taste in mouth of mornings, and what to do for them?

ARGENTINA MAY BRING AUSTRIAN IMMIGRANTS. BUENOS AIRES, Oct. 11.—Immigration of Austrian workers to Argentina, is being promoted by Dr. M. Fuchs, former consul general of Austria-Hungary here, who has been sent back to this country by the minister of the interior of the Argentine Republic to establish credits to be used in aiding workmen to emigrate and in building up Austrian industry.

Sweden has civil service retirement legislation which provides means for old employees after they have retired.

Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, imitations and "Just-as-good" are but experiments, and endanger the health of children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It contains neither Opium, Morphine nor other narcotic substance. For more than thirty years it has been in constant use for the relief of Constipation, Flatulence, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

The Kind You Have Always Bought Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years

THE CANTON COMPANY, NEW YORK CITY.

DR. VANCE'S DAILY ARTICLE

Slowly and with great effort he dragged himself across the street to where I was waiting for a car. He was the most misshapen piece of humanity I had ever seen.

He was 62 years old, he said, and looked the part. His deformities dated from his birth. His mother had been scared by a bull, and the prenatal penalty had landed on the body of her unfortunating offspring, and smashed it beyond repair; and for 60 years and more he had dragged the thing along the earth, watching the straight and stilted forms of his fellows function with ease and grace.

I helped him aboard the car to and seat, and then it was that he flung his question in my face: "Preacher, why is it that more people do not get victory?"

Victory? The question all but took away my breath. Who was he to talk of victory? From the hour of his birth his life had been one long, crushing, deadening defeat. If he had spoken of pain, of anguish, of disappointment, of bitter resentment, of faded ambition, of despair, I could have understood him; but the thin lips, pallid with pain, were speaking of victory.

He had victory. He had won a bigger victory than was ever won by arms on the field of battle. He was not speaking of victory in war, or victory in business, or victory in conflicts where he was matched against his fellows.

He was speaking of victory, of conquering in a conflict where the dauntless soul of a man matches itself against fear and hate and unrest and all the foes that would destroy it. I saw the poor wretch straighten up and fling off his handicap, for I saw that he was not his body.

Victory is on the inside. It is a spiritual glory. It is not merely what you win over things, it is what you win over self.

NO STUNTING OVER COLUMBUS. COLUMBUS, O.—If Uncle Sam wants to carry mail through Columbus air he's gotta behave himself. The least bit of sportive conduct on the part of the postoffice mail planes while above Columbus will result in the pinching of the pilots, if the city chads have their way. They're drafting an ordinance to forbid all stunt flying over the city.

About 4,000,000 children of the United States belong to the Modern Health Crusade, a competitive system of every day hygiene.



The Housewives Burden

When a woman is almost distracted from overwork, her home is in disorder, crying children, and on top of all is suffering from backache, bearing down pains, or some other form of feminine ills, then she should remember that hundreds of women in just her condition have been restored to health and regained their youthful strength by taking Lydia E. Pinkham's Vegetable Compound and not rest until she has given it a fair trial.

Proof that it Restored the Health of These Two Women

Cairo, Ill.—"Some time ago I got so bad with female trouble that I thought I would have to be operated on. I had a bad displacement. My right side would pain me and I was so nervous I could not hold a glass of water. Many times I would have to stop my work and sit down or I would fall on the floor in a faint. I consulted several doctors and every one told me the same but I kept fighting to keep from having the operation. I had read so many times of Lydia E. Pinkham's Vegetable Compound and it helped my sister so I began taking it. I have never felt better than I have since then and I keep house and am able to do all my work. The Vegetable Compound is certainly one grand medicine."—Mrs. J. R. MATTHEWS, 3311 Sycamore Street, Cairo, Ill.

Chattanooga, Tenn.—"I used Lydia E. Pinkham's Vegetable Compound before my baby came when I could no longer keep up. It strengthened my back and relieved me of the ill effect which so often develops at such times. That was my first experience with the Vegetable Compound. Years afterwards I took it during the change of life and got along so well I scarcely ever had to lie down during the day and seldom had dizzy, fainting spells. I am now well and strong and can do all my housework with perfect ease and it is a comfort to me to be able to say to other suffering women 'take Lydia E. Pinkham's medicine and be strong.' I will be glad to have you use my name if it will be the means of helping any one."—Mrs. R. A. FAIRBURN, 603 Orchard Knob Ave., Chattanooga, Tenn.

Ailing, Overworked Housewives Should Rely Upon

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.