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**RECIPES**

We told Waitstill the other day that we would give you, soon, some recipes from the book produced by the Dorcas Society of Hollis Centre, in Maine, the little community in which Kate Douglas Wiggin and her sister, Nora Archibald Smith, spent their summers, and in which their memory remains a fragrance and an inspiration.

Here are the "Dorcas Dishes":

**Wayside Mixed Pickles**  
Two quarts green tomatoes, 2 quarts ripe tomatoes, 3 green peppers, 1 large ripe cucumber, 2 bunches celery, 3 large onions, 1 small cabbage.

Chop all together. Cover with ½ cup salt and let it stand overnight. Drain off all liquid in the morning. Add 3 pints vinegar, 2 pounds brown sugar, 2 tablespoons mustard. Cook 1 hour and seal.

**Canned Tomatoes**  
Remove the peeling from the tomatoes and place as many as possible in a jar. If required to cut them in two, do it down through instead of across. Put covers on jars, but do not snap them down. Place jars in steamer and cook until the top of the jar is too hot to place your hand upon it. Remove the cover and fill with boiling water. See that all the air is out, and seal. Place jars in an earthen crock and pour enough boiling water in to come up around the neck of the glass jars, and let them stand until cold. A pinch of salt added to each jar improves the flavor.

**Green Tomato Mince-meat**  
Four quarts chopped apples, 3 quarts chopped green tomatoes, 1½ pounds raisins, ½ pound butter, 2 pounds brown sugar, 1 cup molasses, 1 quart cider, 2 tablespoons salt, 2 teaspoons cinnamon, 2 teaspoons all-spice, and cloves. Simmer together until thick, then seal.

**Watermelon Sweet Pickles**  
Five pounds fruit, 3 pounds sugar, 1 pint vinegar. Boil fruit in clear water until tender, drain, put into the vinegar and sugar. Cook until well flavored. Use all kinds of spice tied in a thin cloth.

**Piccaililli**  
One peck of green tomatoes, 4 peppers, 12 onions, chopped fine and drained through cheesecloth. All 1 ten-cent package pickling spices, 1 tablespoon ground mustard, 4 cups sugar, ½ cup salt, and cover with cold vinegar (about 2 quarts). Boil slowly nearly two hours.

**Treasurer's Cucumber Pickles**  
To 1 gallon good vinegar add 1 cup salt, and 1 cup ground mustard. Each day add freshly picked cucumbers and stir with a wooden spoon. This is ready for use in ten days if cucumbers are very young.

"How long are you in prison for, my man?" "Two months." What is the charge? "No charge, everything's free"

... OF ...

**Interest to Women****PINK ELEPHANT OUT OF PLACE IN BLUE ROOM**

"That guest room of Betty's is an awfully sweet room," said one of Betty's ex-guests as we drove home from a bridge party recently. "It has such a nice outlook and is so restful with those soft colors and that maple furniture and the Currier and Ives prints. But you know there was one picture there that didn't look a bit like Betty and wasn't in tune with the room, I thought. I mean that modernistic thing. The color was all right, but the type was way off. Queer, isn't it, how people with awfully good taste do sometimes make a slip like that?"

Queer? Or not so queer? As it chanced, I knew the answer to that one. Not in the least queer in this case. And I suspect in many a similar case. The picture didn't look like Betty for the reason that Betty didn't pick it out, never would have picked it out, and never would have put it in that room if she could have helped herself.

It was there because one of her husband's best customers whom they had entertained, sent it to her. He said it had just the blues and yellows in which the room was done. He saw it and thought of that room and sent it along.

He was right about the colors, but totally wrong as to type. He doesn't know it and never will. Naturally the next time he came he found it in a prominent place in the guest room and will find it whenever he drops in—which is at uncertain times. If it were possible to know when he was coming, that picture would hang in the closet in between times. For none

of her guests notice the off note it strikes so much as Betty herself does

Some Such Elephant

I think there are very few of us who don't have some such violet, indigo, blue, green, yellow, orange or red (remember that list we learned in school) elephant in our homes.

Perhaps a picture someone felt sure we would love, perhaps a vase just off the color of the room it is supposed to go in, maybe a lamp that "I knew would be just perfect on that table."

Something that outrages our taste, that we would never have bought ourselves, and that nevertheless we can't do away with without offending someone whom we cannot afford to offend or hurting the feelings of some one whom we could not bear to hurt.

Of which realization the moral to me is double.

First, if you see a thing in Betty's home and feel that it doesn't look a bit like Betty, don't decide that was the time that Betty slipped up. Suspect that it probably doesn't look like Betty because Betty had nothing to do with choosing it.

The other moral is, be wary of what you give. I have myself such a fear of giving an elephant that for years I have given no wedding present with out first getting specific instructions from the bride as to what she needs, what color or pattern she wants, and furthermore making arrangements for her to change it if she wishes and making it entirely plain that that can be done without hurting my feelings.

Who wants to be identified with "something we have to have there because?" Not I, I assure you.

**KITCHEN COUNSEL****Cape Cod Chowder Recipes Prove Delicious; Meat Loaf Can Be Extended**

They may be clams in a chowder, but in a Cape Codder's conversation or recipe they are quahaugs (sometimes spelled cohaugs but pronounced cohogs). And one experienced fisherman in Provincetown explained that they are all quahaugs there whether they are little necks or the big grandfathers!

How many Vernon inns there may be on the Cape I don't know; we visited two, and at this one near the tip of the Cape we again started dinner with clam chowder. Search was made for Robbiam and a recipe for clam chowder was the result.

**Cape Cod Clam Chowder**  
(Vernon Inn, Provincetown)  
3 large slices pork, cut and fried.  
2 good-sized onions  
1 quart cubed potatoes  
1 quart clams  
3 quarts water  
1 quart milk  
4 tablespoons flour.

Cube potatoes and boil until tender. Fry pork, brown chopped onion in it, and add potatoes. Mix flour to a paste with a little water and add, stirring until mixture boils. Remove soft round part of clams and leave whole. Grind rest of clams and add to mixture. Cook slowly then, just before serving, add milk and seasonings to taste.

The Dixie Tea Room sounded a little out of place in a country where there were Old Landing, Sea Gull, Cock Horse or White Rabbit tea-rooms, but it looked so attractive we couldn't resist. Mrs. Spooner explained about the name when we questioned it. It seems that some time ago a Southern lady had started the business the success of which was responsible to the delicious chicken and waffles, Southern style.

So here is the other recipe for

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**HEALTH**

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NOISE

One of the greatest curses of modern civilization is noise. There is noise everywhere. Our streets are full of it, day and night—trucks, motor horns, motorcycles, street cars, milkwagons at night. Our houses are full of it—vacuum cleaners, furnace blowers, and, in apartments, elevators and the neighbours above. The modern fireproof construction of large dwellings but amplifies sound transmission through walls and plumbing.

And now, with the blatant radio screeching from every neighbor's window from morning until midnight, the last vestige of peace for the city dwellers has been shattered.

It may be true that we can get used to anything, even hanging, but the effect on the human constitution during the process may be deplorable. Noise is definitely detrimental to health. Science has proven that a passing truck may so disturb a sleeper, even though he be not aroused, that the blood pressure rises twenty millimeters. Noise raises muscular tension and the brain pressure has been found to be increased fourfold. Hearing may be impaired, sleep lost, and efficiency lowered.

What can be done about it? Many cities have set up anti-noise regulations, but final solution rests with the individuals themselves. We are not likely to give up our paved streets, our mechanized transportation or our labor saving devices, therefore the solution lies in controlling their use.

Motor horns are needlessly loud and could be used less; night trucking and through trucking can be regulated—if we demand it; lazy cubs can get out and ring the doorbells rather than disturb the neighbours until her ladyship appears.

All horse-drawn vehicles should be rubber-tired; rubber horse-shoes have been advocated; night delivery of milk is not absolutely essential.

Street cars should be gradually replaced by buses. Street cars should not be permitted to race over track crossings at high speed, particularly at night. Advertising loud speakers should be eliminated.

The radio has an infinite capacity for providing pleasure and education, but in many homes it is automatically turned on when the blinds are raised and never turned off until bedtime. It does save one the trouble of thinking—if it be listened to at all—but it makes the neighbours do a lot of vitriolic thinking.

If we all observed the Golden Rule and considered others, life would be made a lot quieter and happier.

shampoo described above.

Light hair that has become very dry and brittle as a result of frequent bleaching treatments, particularly when white henna is used, may be treated to a combination bleaching treatment and egg shampoo. This treatment as given in some of the finest salons consists of a combination of light, antiseptic mineral oil, peroxide, and ammonia.

The oil actually takes the place of the white henna, the peroxide and ammonia become the bleaching agents. This mixture is warmed in a double boiler, applied to the hair strand by strand, allowed to remain for about a half hour. Then the egg shampoo described above is used, and a lemon or blonde vegetable rinse to finish.

If your hair has been bleached or needs bleaching and the white henna has made it coarse, dry or brittle ask your favorite operator to substitute this oil bleaching treatment or to give you a brightening oil shampoo.

**Professional Notice**

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office will be located  
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Ryan Building Phone 682

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