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FOR
The Bride

For

The Bride

Published by
AMERICAN ADVERTISING ASSOCIATION
Memphis, Tennessee

*We do not wish as others have done
That your life may be all sunshine;
But that there may be just enough shadow
To temper the rays of the sun.*

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AUG -3 1914



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. . SOUPS . .



CRAB GUMBO—Hard or soft-shelled crabs may be used, though more frequently the former, as they are always procurable and far cheaper than the latter. Crabs are always sold alive. Scald the hard-shell crabs and clean very carefully. Then cut off the claws, crack and cut the body of the crab in quarters. Season with salt and pepper. Put butter into the pot and when hot throw in the bodies and claws. Cover closely, and after five or ten minutes add the skinned tomatoes, chopped onions, thyme and parsley, stirring occasionally to prevent scorching. After five minutes add okras sliced fine, and when well browned add the bay leaf chopped fine and the juice of the tomatoes. Pour over about two quarts of boiling water, set back of stove and let simmer well for almost an hour, having thrown in the pepper pod. When nearly ready to serve season according to taste with cayenne and added salt. Pour into a tureen and serve with boiled rice. This quantity will allow two soft-shell crabs or two bodies of hard-shelled crabs to each person.

CREAM TOMATO SOUP—One pint water, one can tomatoes, one cup hot cream, two tablespoons sugar, one tablespoonful butter, three tablespoons Capicola flour, one small bay leaf, two teaspoons salt, two slices onion. Cook all the ingredients except flour and butter for twenty minutes. Strain through a colander. Rub the flour and butter together. Pour over them the hot liquid, stirring meanwhile. Let boil for five minutes. Add the hot cream and serve at once with star croutons, which are toasts cut in star shape. Two or three slices of lemon in this makes nice acid flavor.

CREAM CHICKEN SOUP—Put on an old hen cut up and well covered with water and let simmer well all day on the back of the stove. Strain stock into a bowl and set away to cool. When cold take off all the grease. The stock should be a jelly and is ready for use. To one quart of stock add one pint of milk; let boil and season with celery salt. Pour in tureen and cover top with whipped cream (should look like white of eggs on custard). Serve with croutons. Delicious and pretty. If you serve it by plate, put spoonful of whipped cream in each plate and have a few croutons on your bread and butter plate.

TOMATO SOUP—Put one can of tomatoes in one quart of boiling water. Let boil hard, then add one level tablespoonful of soda. When this foams up, add immediately one quart of sweet milk, six crackers broken up, one tablespoonful of butter and one of salt. A little celery is an improvement. Let come to a boil and serve at once.

VEGETABLE PEA SOUP—Cook one pint split peas until dissolved. When nearly done, put to cooking one and one-half pints of sliced potato and one medium-sized onion sliced thin. When tender rub all through a colander. Add water to make consistency of thin cream and salt to taste. Reheat and serve.

To the Newlyweds

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ALAMO NUMBER 2

The House With a Clean Policy



SOUPS—Continued

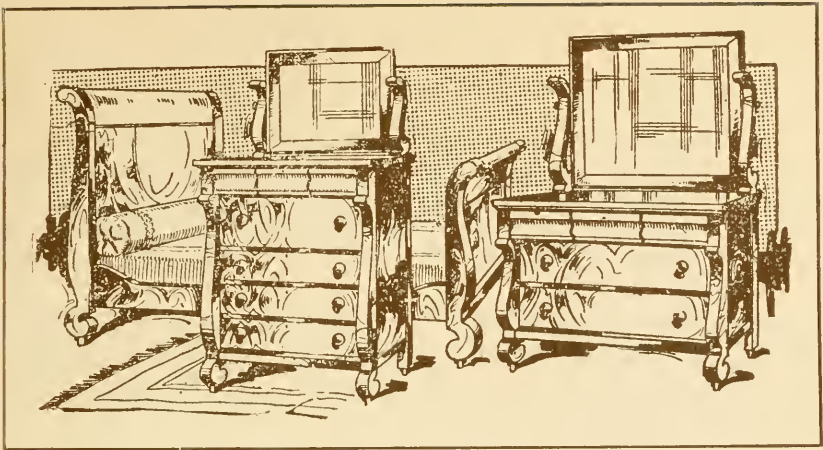
SOUTHERN GUMBO SOUP—Fry very brown a large, tender chicken; take upon a dish and fry in the gravy one quart of sliced okra. Add okra to the chicken, but do not add the grease. Put chicken and okra in porcelain vessel of cold water, add one large onion sliced thin, one pint of peeled tomatoes sliced, a few pieces of ham and salt to taste. Cook for one hour, slowly, then add twelve soda crackers, one large tablespoonful of butter to make it rich and six hard-boiled eggs sliced. The last thing before taking up, add one teaspoonful of black pepper.

BROWN SOUP—Simmer together one quart sliced potato and one-third as much of thin brown shavings (not thicker than a dime) from top of loaf of whole wheat bread, in one quart of water. The crusts must not be burned or blackened and must not include any of the soft portion of loaf. When potato is tender, mash all through colander. Flavor with cup of strained stewed tomatoes, little salt, and return to fire. When hot add cup of cream and boiling water to make proper consistency. Serve at once. This soup will have brown color and fine pungent flavor, exceedingly pleasant to the taste.

SOUPS WITH MILK OR CREAM—Bean and Corn Soup—Cold boiled or stewed corn and cold beans form basis of this soup. Take one pint of each, rub through colander, add slice of onion, three cups of boiling water or milk, and boil for ten minutes. Turn through the colander a second time to remove the onion and any lumps or skins which may remain. Season with salt and half cup cream.

PEANUT AND TOMATO PUREE—Shell the raw peanuts and blanch. Add to a pint of the blanched nuts about two quarts of water. Put them into a beanpot, heat to boiling, then place in a slow oven and cook for nine to ten hours. When done they should be soft and mealy and rich with juices. Rub three cupfuls of cooked peanuts through colander and add one cup of strained stewed tomatoes. Season with salt, heat and serve. One teaspoon of olive oil and lump of butter size of black walnut serves for meat in any bean, nut, lentil or potato soup. Vegetables may be added, as many or few as liked.





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. . MEATS . .



TIMBALES—One chicken; boil until done, grind fine. Cook two sets of brains, mash well, add to chicken. One spoonful onion, juice of two lemons, heaping tablespoon butter, celery salt, pepper, salt to taste. Beat separately two eggs; add to chicken with one-half cup cracker crumbs; grease molds, fill one-half full, place mold in pan of hot oven, put in oven, cook until brown, turn out of molds while hot.

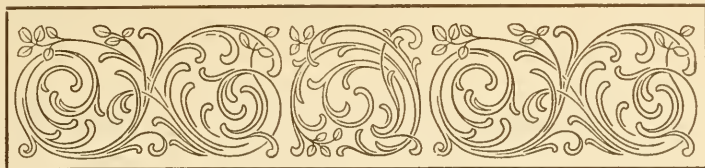
SAUCE FOR CHICKEN—Melt one tablespoon butter, add smoothly one tablespoon of Capitola flour. Put on stove and add slowly one-half cup of hot milk or cream; season salt, pepper, celery salt and teaspoon chopped parsley. Pour over chicken and serve.

HOT TAMALES LOAF—Fifteen-cent soup bone; boil in plenty of water until quite tender. When done, grind fine, also one good-sized onion. Take one sifter of cornmeal and make a soft mush with liquid meat has been cooked in. Cook mush until done. Take one can tomatoes and add half to the mush and half to meat. Take about four tablespoons of Chili powder and mix half with mush and half with meat. Salt to taste. Use a little garlic if desired. Line pan with scalded shucks and put layer of mush and layer of meat alternately. Steam for fully forty-five minutes.

PRESSED CHICKEN—Take a large chicken; boil in very little water. When done take the meat from the bones and put it through the meat grinder. In the meantime put the chicken bones over in cold water and boil down to a good liquor; add to this a tablespoon of gelatine which has first been thoroughly dissolved in a little water; pour this over the chicken and season thoroughly with salt and red pepper. Pour into mold and set on ice to harden. Should be served with tomato catsup or some good relish.

CHICKEN TAMALES—One large, fat hen boiled tender and ground fine, one 3-pound can tomatoes cooked stiff, two large onions fried and ground with chicken. Put chicken, tomatoes and onions on together; make very hot with red pepper, salt to taste. Make a stiff mush of nice, firm meal well salted; put one teaspoon in corn shuck, which has been selected and trimmed even at ends and soaked in hot water. Lay on mush, one teaspoon of mixture, fold over, tie ends around with coarse thread and steam three hours. Take tamales out when they have steamed two hours, untie, put back and steam the last hour. Serve hot. This will make fifty.

COLD BOILED TONGUE—Wash a beef tongue thoroughly in soda water and put over in plenty of boiling water. Add about two pods of garlic, pod of very hot pepper, plenty of salt and two tablespoons of vinegar. Boil about three hours and then let it cool in the liquor. Slice and serve cold with English mustard.



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MEATS—Continued

BONDINES—Two pounds of catfish; boil until done. Mash one-half cup cracker crumbs, juice of one lemon; beat separate two eggs; add teacup of milk to yolks, Capitola flour over fish; add tablespoon Worcester sauce, tablespoon butter, salt, pepper to taste. Bake in shells.

CROQUETTES—One tablespoon of butter melted in a double boiler, one tablespoon of Capitola flour stirred in the butter, one pint of milk. Add three eggs beaten light, one pint of chopped cold fowl or cold meat. Boil until thick. Shape, dip in egg, roll in cracker crumbs and fry brown.

MEAT CROQUETTES—Two cups of any cold meat ground fine, one cup bread crumbs, two large Irish potatoes boiled and mashed, one onion chopped fine, a pinch of sage, salt and pepper to taste. Mix thoroughly. If the mixture will not hold together when moulded flat or in cylinder shapes, mix in a raw egg. Roll in egg and bread crumbs, then brown them in boiling "Simon Pure" lard. Rice or peas may be used instead of the potato.

CREAMED BEEF—Put a cupful of cold steak, roast, or in fact any cold meat through the meat grinder, also one pimento pepper. Make a cream sauce of butter, Capitola flour and milk and add the meat and pepper, also salt to taste, and cook in a double boiler until thoroughly heated. Serve on toast. This makes a nice breakfast dish.



CHEESE AND EGGS



BAKED EGGS—Use a shallow baking pan, cover the bottom with milk thickened with butter and Capitola flour rubber together, seasoned and cooked three minutes. Break in the eggs, season with salt and pepper, dot with butter and put into oven long enough for whites "to set."

COLD EGGS—When boiled hard and shelled, cut the eggs in half lengthwise, take out the yolks and chop fine with cold chicken or any tender meat. Season with salt, pepper and melted butter and add a little catsup if liked. Fill the cavities of eggs with the mixture and press together, roll in beaten egg, then in cracker crumbs and fry in hot lard a nice brown. Drain on blotting paper. This may be served on lettuce leaves as a salad if not fried.

WELSH RABBIT—Two teaspoons Worcester sauce, two drops of tobasco sauce, one small teaspoon mustard, one pinch cayenne. Put lump of butter size of walnut in double boiler, add two pounds of cheese cut in small pieces. Melt, stirring constantly, add above, also one egg well beaten and one wine glass of beer. Have crackers heated and pour hot mixture over them.

NEUFCHATEL CHEESE BALLS—One ten-cent cake cheese, one-half the quantity of butter; add salt and white pepper. Mix thoroughly, form into balls and roll in chopped nuts.

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FISH



CREAMED OYSTERS—One pint oysters, one pint milk, two eggs, four tablespoons Capitola flour, heaping; one tablespoon butter. Beat eggs light, add Capitola flour and mix well. Pour over this gradually and stirring well the scalded milk. Return to fire in double boiler and cook until nearly thick, then add oysters, which have been previously cut. Add mushrooms if you like; also use liquor of oysters. Add salt and pepper. A little cayenne is an improvement.

CREAMED SHRIMP—One and one-half cups of milk or cream, two tablespoonfuls of butter, two of Capitola flour, salt and pepper to taste and a pinch of mustard. When cooked till thick add one pint of shrimps and one cup of mushrooms. Serve hot in papia shells. Garnish with parsley and lemon.

LOBSTER A LA NEWBURG—One can lobster shredded, one egg, one cup of milk, dash of cayenne pepper and salt to taste, one wine glass of sherry. Cook on chafing dish till done, then serve on toast.

CRAB AND MUSHROOM PATTIES—To three tablespoons of melted butter add three tablespoons of Capitola flour and stir till well blended. Then pour in slowly while stirring constantly one cup chicken stock and one-half cup cream. Add one and one-half cups crab meat and half pound mushrooms cut in small pieces and scrambled in butter. As soon as thoroughly heated, add two tablespoons grated Parmesan cheese, three tablespoons sherry wine and salt, pepper and paprika to taste.

SHRIMPS WITH GREEN PEPPERS—Make one-half pint of cream sauce of two tablespoons butter, two of Capitola flour and a cup of rich milk. Season to taste with salt and white pepper. Drop into the sauce a large green pepper previously seeded and cut into shreds. Cook three minutes, then turn in one pint of shrimps which have been tossed for a few minutes in a little hot butter and a few drops of onion juice. Let it thoroughly heat. Serve in ramekins garnished with a whole shrimp and serve with slice of lemon and sprig of parsley.

DEVILED CRAB—Pick to pieces one large can of crab meat. Beat one egg well; add one teacup cream (or milk), butter size of an egg, melted; one sherry glass of sherry, one large spoonful of Worcestershire sauce, mace, allspice and cloves to taste, a good deal of cayenne and a little black pepper and salt. Stir this all together over the fire until it boils, then pour over the crab and mix well. Fill empty shells and sprinkle over the top a layer of crumbs and bits of butter. Brown in oven.

FISH WITH LEMON SAUCE—One and one-half pints of water, one large onion, celery, cayenne pepper and salt to taste, one sliced lemon. Boil a few minutes, add sliced fish (preferably trout or small catfish), about two and one-half pounds, and cook until tender. Remove fish to large platter. Allow broth to cool, then add three or four yolks of eggs well beaten with one tablespoon of Capitola flour to thicken, juice of one and one-half lemons, one package of seedless raisins, and boil until it thickens. Pour over fish in large platter and serve either hot or cold. Garnish with sliced lemon. This may also be served on lettuce leaf individually. Brains with lemon sauce may be prepared the same way.

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FISH—Continued

FRICASSEE LOBSTER—Have your rice cooking in double boiler and have meat of lobsters picked over. Melt good-sized piece of butter, brown Capitola flour, add can of tomatoes after straining, season with salt and drop meat of lobsters in and let boil for few minutes. Season with little cayenne pepper to suit the taste. When ready to serve, lay the rice mound shape in center of platter and pour the sauce around the rice, or, if preferred, serve individually.

LOBSTER A LA NEWBURG—One pound of meat of boiled lobster from the tail and claws; cut them into small pieces, place in shallow saucepan, add hot clarified butter, season with salt and pepper and cook lightly. Then add cream enough to cover lobsters. Reduce on good fire to about two-thirds. Remove and add one gill good sherry wine, let cook to boiling point, remove and thicken with four yolks of eggs and cream. Let cook without boiling and add little cayenne pepper and butter and serve hot. Chafing dish may be used if one likes.

OYSTER AND SHRIMP NEWBURG—Clean and parboil one pint of oysters and drain from liquor. Clean and break in small pieces one can of shrimp. Put oysters and shrimp in stew pan and one-fourth cup of sherry wine. Cover and let stand for one hour. Add one-fourth cup butter and cook five minutes. Sprinkle with one and one-half tablespoons of Capitola flour and cook two minutes. Add one cup of cream and, when thickened, the yolks of two eggs slightly beaten and diluted with two tablespoons of cream. Season with salt, nutmeg, paprika, cayenne and two tablespoons of brandy. Serve in puff paste shells.

SALMON CROQUETTES—One can of salmon from which has been picked all the skin and bones. Take one tablespoon butter and mix on stove with one tablespoon Capitola flour. Pour into this one cup of hot milk and stir until thickened. Into this mixture pour the salmon and stir well. Add one-half cup rolled cracker crumbs and lastly two well-beaten eggs. Stir well for two minutes and when mixed thoroughly remove from stove. Season with salt, also pepper, a little cayenne and juice of one-half a lemon. When cool, shape and roll in cracker crumbs and eggs and fry a light brown.

STUFFED QUAIL WITH OYSTER DRESSING—Allow three oysters and one-half cracker to each quail. Roll crackers fine, season oysters with salt, pepper and Worcester sauce, dip them in the rolled crackers and put three in each quail. Scar and fill the cuts with butter. Bake fifteen or twenty minutes in hot oven.

FRICASSEE OYSTER—Buttered toast should be ready. This only takes few minutes to prepare and should not be allowed to stand; serve hot. Brown a little Capitola flour in hot melted butter, add large quantity of tomato catsup, season with salt and cayenne pepper, let cook short while and drop oysters in (without any of the water), pour over toast and serve individually with potato chips.





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. VEGETABLES .



SPAGHETTI A LA ITALIENNE—Boil half a pound of spaghetti in little salt water. Make a dressing of one large onion chopped fine and fry a light brown in two ounces of butter; then add one tablespoon Capitola flour, one-half pint strained tomatoes, one-fourth teaspoon salt, a dash of cayenne pepper, one-fourth teaspoon nutmeg (grated). Let all come to a boil and just before serving add six ounces of grated cream cheese. When ready to serve, pour over the spaghetti.

CORN ROAST—Two eggs, three-fourths cup of milk, three-fourths cup of cream, two cups toasted bread crumbs, a cup canned or fresh corn, one-half teaspoon grated onion, one teaspoon salt. Mix ingredients in order given. Let stand twenty or thirty minutes. Bake in an oiled bread pan thirty to forty-five minutes.

MINCED EGGPLANT—One cup of bread crumbs, one-half cup of sweet milk, two eggs, one tablespoon butter, one onion chopped fine. Boil the eggplant until thoroughly done, chop fine and mix with it crumbs, milk, eggs, onion and butter. Season highly with salt and pepper. Pour the mixture into a pudding dish, sprinkle with crumbs and bake.

ECONOMICAL MAYONNAISE—Four eggs, one teaspoon each of mustard, salt and Capitola flour, two teaspoons of sugar and a pinch of cayenne pepper. Mix them all together well, then add one full teacup of water and three-fourths of a teacup of vinegar. Beat the eggs very light. Add to the other ingredients, put on stove, stirring constantly till it thickens. Take from the fire and add a heaping tablespoon of butter. When cool, is ready for use. Very nice.

CHARLEVOIX SALAD DRESSING—One quart vinegar, three-fourths cup granulated sugar, two heaping tablespoonfuls mustard, two heaping tablespoonfuls corn starch, two tablespoonfuls salt. Blend sugar, mustard, corn starch and salt with a little of the vinegar and add beaten yolks of twelve eggs. Add to remainder of vinegar and cook until smooth, stirring constantly. Add one cup melted butter and cayenne pepper to taste. When thoroughly blended remove from stove and place in fruit jars. The above dressing will keep indefinitely and only needs the addition of whipped cream for instant use.

TOMATO SAUCE—Put one can best tomatoes into a saucepan, add one pint of water, one onion chopped fine, salt and pepper to taste, also sugar, if preferred. Let this boil fifteen minutes, then mash through a wire sieve. Put back on the fire, add one tablespoon of butter browned a little with half as much Capitola flour. Stir till tomatoes thicken just a little. Instead of black pepper, a dash of cayenne is good, also a small quantity of ground cinnamon. Excellent served hot with meat, fish or game.

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VEGETABLES—Continued

RELISH FOR COLD MEATS—Two cans of tomatoes, large size; two cups of vinegar, one cup sugar, two teaspoons each whole cloves and spice, one onion, salt and pepper to taste, a pinch of cayenne. This should be cooked about three-quarters of an hour until thick and served cold with meats. Will keep indefinitely in cool place.

CREAM SALAD DRESSING—Two eggs beaten light, six tablespoonfuls of lemon juice, two tablespoonfuls of sugar, one teaspoon of salt. Cook in double boiler till thick and creamy. When cool add one-half pint of whipped cream. Serve on fruit salad made of cherries. One can of large white cherries; stuff them with blanched almonds. Serve on lettuce with butter thins.

FOAMING SAUCE—Beat one-half cup of butter to a light cream, add gradually one cup of powdered sugar. When very creamy whip in one by one the unbeaten whites of two eggs. Just before serving, turn in one-half cup of boiling water. Stand the bowl in pan or basin of boiling water on the stove and stir until the sauce froths—no longer. Remove from fire and add one-half teaspoon of vanilla extract.



Hints to Housekeepers



Never boil black pepper in your soup; add when done.

Beans and peas should never be shelled until needed.

A bag of hot sand relieves neuralgia and other pains.

To cure a cold in the head, powdered borax should be snuffed up the nostrils.

If an artery is severed, tie a small cord or handkerchief above it.

To take spots from wash goods rub them with yolks of eggs before washing.

Sweet oil will remove finger marks from varnished furniture and kerosene from oiled furniture.

To make tough meat tender lay it in vinegar for a few minutes.

To remove ink, wine or fruit stains, saturate well in tomato juice. It is also an excellent thing to remove stains from hands.

To set colors in washable goods, soak in a bucket of cold water with a tablespoonful of turpentine.

For Cleaning Carpets: One bar of Ivory soap cut in fine shavings and boiled in one gallon of water until melted. Add four ounces of powdered borax and eight ounces of sal soda. Stir it five minutes and add four gallons of cold water. When this boils add half pint of alcohol.



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. . SALADS . .



GINGER GRAPEFRUIT—Cut the fruit in half, remove the hard, pithy center, the skin between the sections and the seed. Shred the pulp with a silver fork, adding to each half a heaping teaspoonful of sugar, a heaping teaspoonful of grated coconut, one tablespoonful of preserved ginger cut into dice and a tablespoonful of ginger syrup. Cool for several hours before serving. When ready to serve, place in grapefruit dishes, cover with whipped cream and top with a little chopped ginger.

FISH SALAD—Boil a medium-sized red snapper and remove all skin and bones. Pick fish to pieces and add one-third as much chopped celery as fish. Season to taste and mix thoroughly with mayonnaise dressing. Serve on lettuce with spoonful of mayonnaise and whipped cream. Garnish with stuffed olives or sliced lemon.

EVER-READY MAYONNAISE—Mayonnaise is essential to all salads and the following is a good one for general use: Mix well six teaspoonfuls salt, four of mustard and one of cayenne pepper. Bottle this dry and use one teaspoonful whenever you make the dressing. Heat five tablespoonfuls vinegar, then beat in the yolks of five eggs, stirring all the time, until a thick, smooth paste. Add one tablespoonful melted butter and one teaspoonful of the dry seasoning. This will do for salad or sandwiches.

FRUIT SALAD—Alternate bits of grapefruit, white (seeded) cherries and pineapple (though any combination of fruits or fruits and nuts is good), and fill halves of large, nice peaches. Pour over dressing made as follows: Two lemons, two eggs, one-half teaspoon salt, one teaspoon celery salt, one scant tablespoon sugar (or more). Beat eggs thoroughly, add lemon juice and seasoning, stirring well. Cook until thick, then remove from the fire and heat until cold. Some prefer whipped cream added to this, also peppers and mustard. This is a fine dressing for lettuce or any salads, easily and quickly made.

ORANGE AND BANANA SALAD—Peel and slice four bananas; peel, tear in sections, remove seed and white parts of six sweet oranges. Arrange the fruit in layers and cover with orange dressing or sprinkle with sugar and pour over it the juice of a large lemon, or use one-third each of sliced bananas, shredded orange and seeded Malaga grapes. Serve with orange or lemon dressing. Sweet oranges, peeled and shredded, used in the proportion of three oranges to a quart of well-ripened strawberries make a pleasant salad. This will serve six or eight people.

DATE AND WALNUT SALAD—Crack English walnuts so as to have some in halves and some in quarters. Fill dates that have been washed and seeded with the broken pieces and quarter nuts. Reserve the halves for decorating. Fifteen minutes before serving pour over the dates a French dressing made by



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SALADS—Continued

beating together equal parts of lemon juice and sugar. For one-half pound of dates and one-half pound of walnuts use one-half cup of lemon juice and one-half cup of sugar. If desired, the heated lemon juice and sugar may be poured over the beaten white of one egg, beating until the juice is well in, then pour the dressing on and garnish with lettuce leaves and the half nuts.

A DELICIOUS SALAD—Take a bunch of celery, half a pound of stoned dates and half a pound of almost any kind of nuts except almonds. Chop these ingredients into quite small pieces and when they have been well mixed add the pulp of two grapefruit. Arrange on lettuce leaves and dress with mayonnaise.

CELERY STICKS—Use the crisp, tender stalks of celery and fill the hollow with the following mixture: One cup cream cheese grated, one onion chopped fine, a pinch of cayenne pepper, one-fourth cup chopped nuts. Mix to a thick paste with salad dressing. This filling makes a fine sandwich.

JAP SALAD—Select even-sized beets, boil until tender, peel and hollow out with a teaspoon. Place in weak vinegar water on ice for two hours. Dice cold boiled potatoes (Irish) and celery until you have the desired quantity. Add chopped nuts, cream cheese cut in small cubes, sweet bell pepper, hard-boiled egg, two small cucumber pickles. Season with chopped onion, paprika and salt. Mix with salad dressing, fill the beet cups and place a spoonful of mayonnaise dressing on top. Serve on lettuce leaf.

SHRIMP SALAD—To one can of shrimp, not too finely chopped, add one stalk celery, one apple, three hard-boiled eggs. Season highly with cayenne, add salt and mix with mayonnaise. Serve on lettuce leaf with dressing.

FAVORITE SALAD—One tomato cut fine, one cucumber cut into rings, one green pepper cut fine. Mix with French dressing made of three tablespoonfuls of olive oil, two of vinegar, salt and pepper to taste. Serve in green peppers.



MISCELLANEOUS



MINCE MEAT—Four pounds of boiled beef chopped fine, twice as much of chopped green tart apples, one pound of suet chopped, three pounds of raisins, two pounds of currants, half pound of citron cut fine, one pound of brown sugar, one quart of molasses, two quarts of sweet cider, one tablespoonful of salt, one tablespoonful pepper, one tablespoonful of mace, one of allspice, four tablespoonfuls of cinnamon, two grated nutmegs, one tablespoonful of cloves. Mix thoroughly and warm it on the range until heated through. Remove from fire and when cool add one pint of good brandy and one pint of wine. Put into jars and cover tightly.

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PICKLES



RAISIN PICKLES—Seven pounds sliced tomatoes, three of sugar, two quarts of vinegar, three pounds raisins. Soak in salt water over night, rinse in alum water. Cook thoroughly; add three pounds raisins and one sliced lemon.

SWEET CHOW CHOW PICKLE—One pint can tomatoes, two large heads of cabbage, forty white onions, one-fourth pint white mustard seed, one-fourth pint black mustard seed. Add some allspice and cloves. Cut tomatoes, onions and cabbage in small pieces; salt them down over night, using one pint table salt. In the morning drain off and add one ounce celery seed, one-half cup tumeric, one-half cup cinnamon. Press all the brine out. Take one quart of vinegar and two quarts of water. Pour over and heat thoroughly; drain this off and press water out. Take one-half gallon vinegar, four pounds brown sugar and the above spices. Put on to boil. Cook till you think it is done, stirring constantly.

SWEET PICKLES—PEAR OR PEACH—Steam the fruit until you can pierce with a straw. Cool and place in a jar. To seven pounds of fruit, three pounds of sugar, one quart of vinegar, one tablespoon each of spice, cloves, cinnamon and one teaspoon nutmeg. Boil the syrup three mornings and pour on the fruit each time. Seal while hot.

DILL PICKLES—Select good, sound cucumbers, wash and cut off stem end. Put a layer of grape leaves in stone jar, a layer of dill, then a layer of cucumbers, salt, black pepper and some pod red pepper, then more dill, grape leaves and dill, then cucumbers until jar is filled, using plenty of salt with each layer. Next fill jar with vinegar and water equally mixed. Place a weight on top and let stand about a week, when they are ready to use.

PICKLED HERRING—Get herring which come put up in brine. Soak and wash thoroughly until free from salt. Skin and remove heads. Slice lemon and onion, as much as desired. Place layer of herring and layer of onion and lemon. Season with whole black pepper, bay leaves and pod of red pepper. Cover with half vinegar and half water. Place in stone jar. Ready to use in a few days.



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IMPORTERS



. . BREAD . .



GOOD LIGHT ROLLS—One quart Capitola flour, teaspoon salt, tablespoon lard, tablespoon sugar, one cup milk, one-half cake compound yeast. Mix all with warm milk; pour over Capitola flour. Set to rise 11 o'clock. Make rolls at 5 o'clock for 7 o'clock supper.

SALT-RISING BREAD—Boil one cup of fresh milk and add enough meal to make a mush. Let stand over night and add one-half pint warm water, one teaspoon of salt, one tablespoon of sugar, enough Capitola flour to make a batter, and set in warm water to rise. Take two quarts of Capitola flour, two teaspoons of salt, one tablespoon of sugar, one tablespoon of lard, and mix with batter. Knead well, make into loaves and set in a warm place to rise.

MRS. STEPHENSON'S BROWN BREAD—Take one (rounded up) cup of corn meal, one cup graham flour (rounded), then fill the same cup half full of corn meal and put in enough graham flour to make the cup rounded full. Put into this one dessertspoonful of soda and sift into a pan. Add two cups of sweet milk and one cup of sour milk and a half cup of molasses. Put into tin cans with covers and place in a covered steamer and steam three hours. Take out of the cans and put into the oven for twenty minutes.

QUICK SALLY LUNN—One cupful of sugar, half cupful of butter, stir well together and then add one or two eggs; put in one good pint of sweet milk and with sufficient Capitola flour to make a batter about as stiff as cake; put in three teaspoonfuls of baking powder. Bake and eat with butter.

COFFEE BREAD—Dissolve one cake compressed yeast in one-fourth cup lukewarm water, mix with one-half cup warm water and add enough Capitola flour to make a batter. Set this sponge in a warm place to rise. When light use about three pints Capitola flour, one tablespoon of butter and one of lard softened in one cup of lukewarm water. Add one-half cup sugar, one egg, some salt. Mix all well and set in a warm place to rise, first moulding it in two loaves. When risen and ready to bake, wet the top with a little melted butter and sweet milk and sprinkle thickly with ground cinnamon and sugar. Make the loaves thin.

DIXIE BISCUIT—Put one pint sweet milk in double boiler, add one tablespoonful of lard and one of butter softened, one teaspoonful each of sugar and salt. Let this all get warm, not boil. Take from stove. Beat in one egg; add one-half cake compressed yeast dissolved in warm water. Beat into this about five cups of sifted Capitola flour. Put in warm place to rise about four hours. When risen, roll thin, cut with biscuit cutter; put one on the other, greasing with melted butter between. Place about two inches apart in pan. Let rise about one and one-half hours. Bake quickly.

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BREAD—Continued

VIRGINIA SPOON BREAD—Scald one cup of sifted corn meal with one and one-half cups of boiling water. Let cool and add one and one-half cups of buttermilk with half teaspoonful of soda dissolved in it. Add to batter also one egg and teaspoonful of salt and one teaspoonful of melted butter. Grease a pan and pour in and bake first at top of oven, then at the bottom, about fifteen minutes. Eat hot with butter as soon as baked and dip out with spoon.

QUICK POCKETBOOK ROLLS—One quart Capitola flour, two teaspoonfuls of yeast powder, one-half cup butter, one egg, one teaspoonful of sugar. Mix with warm sweet milk. Cut with biscuit cutter, spread with melted butter and fold over. Bake quickly.

ENGLISH FRUIT BREAD—Put one quart sifted Capitola flour into a bucket, one teaspoon salt; add warm water to make a stiff batter. Dissolve one-half cake compressed yeast in one-half cup lukewarm water; add to batter, beat thoroughly five minutes, put on cover, wrap in blanket and set away to rise one and one-half hours. Put a quart or more of Capitola flour in a pan; make a hole in the middle; pour in the raised batter, add one cup sugar, two kitchen spoons of butter or lard, one and one-half cups of seeded raisins chopped slightly, one-half cup citron chopped fine, one-half cup currants, tablespoonful ground cinnamon and a pinch of cloves. Work well with the hands and add more Capitola flour, if needed. Put in a pan; spread cloth over top and let rise one and one-half hours. Put in greased pans; let rise again and bake as bread.

NUT BREAD—Two cups of graham flour, two cups of white Capitola flour, one cup of nuts, two cups of sweet milk, one cup of sugar, four teaspoons baking powder, one egg, one teaspoon salt. Sift flour, baking powder, salt and sugar together, add nuts with milk and egg thoroughly beaten. Let rise twenty minutes. Bake from forty-five to sixty minutes.

A FAMOUS KENTUCKY BREAD—One quart of buttermilk, one teaspoon salt, three-fourths spoon of soda, one cup of molasses, two cups of graham flour, four cups of meal, one egg. Add soda, salt, egg and milk together, then molasses, then flour, and lastly meal. Grease vessel to bake in most thoroughly and turn mixture into same and bake in moderate oven several hours.

POPOVERS—Two eggs, two cups Capitola flour, two cups milk, one teaspoon salt. Cook on greased gem pans in hot oven.

SALT-RISING BREAD—Slice two medium-sized potatoes thin, add two tablespoons corn meal, one teaspoon sugar, one scant teaspoon salt. Pour over this one and one-half pints boiling water. Put in a warm place over night. In the morning stir well and strain off the liquid. Add one scant teaspoon soda, one-half teaspoon salt. Thicken to stiff batter with Capitola flour. Put in warm place to rise. When risen, take one pint of milk, one-half pint of water, table-spoon of lard and mix and knead. Make into loaves and bake.

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. SANDWICHES .



FRUIT SANDWICH—Between slices of bread which have been cut about one-fourth inch thick and spread with butter or nut butter put a filling made by chopping fine equal parts of steamed figs and nuts, moistening them with water and lemon juice to form a paste. Dates, prunes, raisins or currants may be used in place of figs.

NUT SANDWICHES—Over ground English walnuts or pecans or any kind of nuts or combination thereof pour the following dressing: Four yolks of eggs well beaten, juice of two lemons in a cup and enough water to fill cup, one teaspoon salt and one of sugar. Let cook till eggs thicken. Spread between slices of bread or wafers, inserting lettuce leaf. A slice of cucumber added gives nice flavor.

RAISIN SANDWICH—Mix together equal quantities of pecan nuts and seedless raisins well pounded. Spread between thin slices of buttered white bread.

HOT POTATO SANDWICH—Form mashed potatoes into patties the thickness of ordinary crackers. Put into an oiled baking dish and bake until the under crust is nice and brown. While the patties are in the oven put one cup of cream into small pan, salt slightly and when at boiling point add two hard-boiled eggs, yolks minced fine; then moisten a level teaspoonful of corn starch in cold water and stir rapidly into the cream. Remove patties from the oven, place on a heated platter, alternately covering with the corresponding patty, putting the brown side up. Garnish with parsley or lettuce leaves. Serve hot.

NUT SANDWICHES—Grind black walnuts, one-half cup pecans and hickory nuts each. Mix all together with enough of following dressing to moisten: Beat two eggs well, add juice of two lemons, one-half teaspoon salt, one tablespoon sugar, one teaspoon celery salt, one-half cup whipped cream. Butter whole-wheat bread slices. Use lettuce leaf between and spread with the filling. A slice of tomato adds to the beauty and taste of this sandwich.

SANDWICHES—Take one cup of butter and cream it. Add a chopped can (small) of pimentos, one cup of grated ham, one cup of cold chopped chicken, season with salt and pepper. Use bread as fresh as can be sliced. Slice very thin, put a crisp lettuce leaf on one side of the bread, add the above, spread on well, put two pieces together and cut the desired shape.

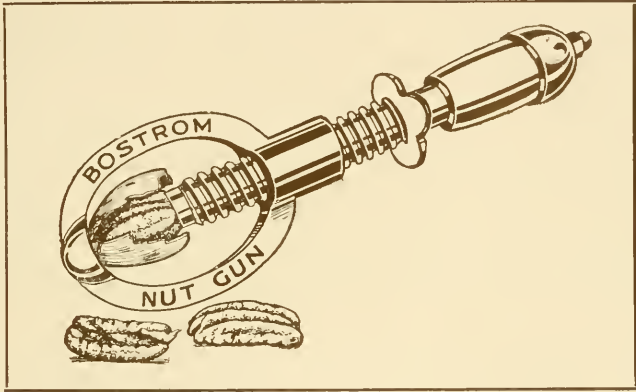


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. . CAKES . .



FRUIT CAKE—One pound sugar, one pound Capitola flour, one pound English walnuts, one pound pecans, one pound preserved cherries, one pound blanched almonds, one pound figs, sixteen eggs, one pound butter, one teacup of molasses with a teaspoonful of soda dissolved in it, one glass fruit jelly, one goblet of wine or whiskey, four pounds of seeded raisins or two pounds of raisins, and two pounds of currants, one pound of citron, one tablespoonful of allspice, one teaspoon of cloves, two tablespoonfuls cinnamon, two nutmegs. Instead of putting the Capitola flour in the batter as for other cake, mix thoroughly with the fruit, then add to the batter. Bake from four to five hours.

ALMOND OR HAZELNUT TART—Six eggs, six kitchenspoons of sugar, eight kitchenspoons of ground-up nuts (skin and all), one kitchen spoon cracker meal, one teaspoon baking powder.

WHITE CAKE—Whites of six eggs beaten until very light. Take three-fourths cup of butter; add two level cups of sugar and three-fourths cup milk. Beat until very light. Add three level cups of flour, with heaping teaspoon of baking powder. Beat well, then add whites of two eggs.

CARAMEL FILLING—Two cups of sugar, one cup sweet milk. Put on to boil. One cup sugar put in skillet; place on stove; stir until it is melted, then add to the boiling sugar. Drop in water. If it holds together it is done. Drop in spoon of butter, Capitola flour, with vanilla. Take off; beat until it sugars; put on cake.

BROWN CARAMEL CAKE—One cup butter, two cups sugar, four cups Capitola flour after it has been sifted four times, one cup sweet milk, one teaspoonful soda, two teaspoonfuls cream of tartar. Cream butter thoroughly. Beat whites to stiff froth. With half the beaten whites beat the sugar thoroughly. Into the butter cream one cupful of Capitola flour. Add some of the sugar mixture, then some of the milk. Repeat this till all the sugar, milk and flour are used. With the last cup of Capitola flour sift in the soda and cream of tartar. Last, add the well-beaten whites. Flavor with vanilla.

PINEAPPLE MOUSSE—One quart cream sweetened to taste, six table-spoons of sherry, one-half pound of crystallized pineapple and one-half pound of crystallized cherries, one-third box of gelatine (scant) dissolved in two cups of milk. Whip cream until stiff and add to milk and gelatine. Put layer of cream and layer of fruit and pack in ice for twelve hours.

SPONGE CAKE—Six eggs, leaving out two whites for icing. Beat yolks very lightly. Add two cups sugar gradually, beating all until it puffs. Add one cup of boiling water, three cups of sifted Capitola flour and two teaspoonfuls baking powder sifted with the Capitola flour. Stir in the four whites lightly at the last. Grease and paper the pans. Bake in either loaf or layer pans.

BUTTERMILK CAKE—Two cups of sugar, one-half cup of butter, two cups of buttermilk, one cup of raisins, one cup of chopped nuts, one teaspoon each cloves, allspice, cinnamon, nutmeg; three cups Capitola flour with one teaspoon of soda.

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CAKES—Continued

WHITE CAKE—Whites of ten eggs, one cup butter, one cup sweet milk, two cup sugar sifted once before measuring, four cups Capitola flour sifted twice before measuring, one teaspoonful of extract, one heaping teaspoonful of Price's baking powder. Use a measuring cup for all. Cream butter and one cup sugar very light. Beat eggs with other cup sugar, then mix about one-half of Capitola flour with creamed butter and sugar, then add one-half milk, then remainder flour, then milk. If too stiff to beat add enough of the whites to soften and beat very light. Add extract and baking powder and stir the remaining whites in very lightly.

ORANGE CAKE—One cup butter, two cups sugar, four cups Capitola flour, after sifting; whites of seven eggs, two spoons of baking powder, one spoon of vanilla. Mix as other white cakes and put this filling between layers: Two large cups of sugar, one-half cup of butter, one-half cup water. Cook until thick or will not cream. Beat until stiff. Add gradually the juice of one orange and one-half a lemon. Grate rind of orange; let soak in juice for nearly an hour; strain before using. Color with orange coloring. When the filling is well beaten it will cream, not sugar. Spread between layers.

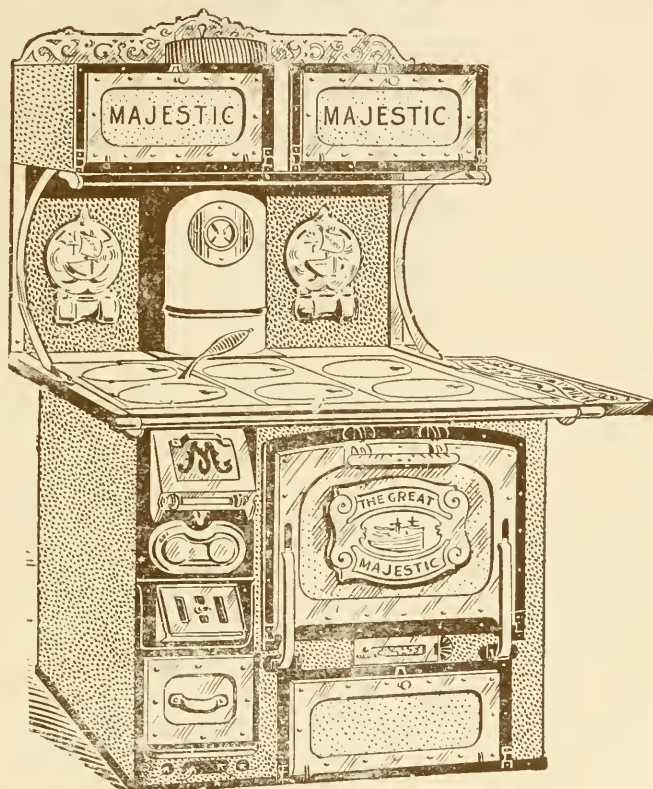
CHOCOLATE NOUGAT CAKE—Quarter cup butter, one and one-half cups powdered sugar, two eggs, one cup milk, two and a quarter cups Capitola flour, two teaspoons baking powder, one-half teaspoon vanilla, two squares baking chocolate, one-third cup powdered sugar, two-thirds cup of almonds blanched and shredded. Cream butter; add gradually sugar, then add eggs, unbeaten. When well mixed add two-thirds of the milk and the Capitola flour sifted with the baking powder; then add vanilla. To the melted chocolate add the remaining milk and one-third cup sugar. Cook and add to the cake mixture. Add almonds and bake in loaf or layers and ice heavily with chocolate.

LADY BALTIMORE CAKE—One cupful of butter, two cupfuls of sugar, three and one-half cupfuls of Capitola flour, the whites of six eggs, two level teaspoonfuls of baking powder, one teaspoonful of rose water, one cupful of sweet milk. Cream the butter; add the sugar gradually, beating continuously; then the milk and flavoring, next the Capitola flour, into which the baking powder has been sifted, and lastly the stiffly-beaten whites of the eggs, which should be folded lightly into the dough. Bake in three-layer cake pans in an oven that is hotter than it would be for loaf cake. To make the filling, dissolve three cupfuls of granulated sugar in one cupful of boiling water. Cook it until it threads, then pour it over the stiffly-beaten whites of three eggs, stirring constantly. To this icing add one cupful of chopped raisins, one cupful of chopped nut meats (pecans preferred), five figs cut into very thin strips. With this ice both the top and sides of the cake, also putting between the layers of the cake.

MAYO DEVIL FOOD CAKE—Six eggs, two cups of sugar, one cup of butter, three cups of Capitola flour, one cup buttermilk, one teaspoonful soda, one square of bitter chocolate. White icing: Three cups of sugar in a little water. Work until it melts, then pour it into the whites of two eggs which have been beaten very stiff.

SPONGE CAKE—Seven eggs, separated and beat very lightly; two large cups of sugar, after sifting; three cups of Capitola flour, after sifting three times; one-half cup of hot water, one light spoon baking powder, one spoon vanilla. Pour hot water on sugar; let stand while beating yolks, then mix sugar and eggs and beat well. Add Capitola flour with yeast powder, and lastly fold in whites, but do not beat.

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CAKES—Continued

PECAN WHISKEY CAKE—One cup butter, two cups sugar, six eggs, well beaten separately, one large tumbler of whiskey, four cups of Capitola flour, two teaspoons of baking powder, one pound of pecans shelled, one-half pound of raisins, one nutmeg grated. Cream butter and sugar together; add yolks of eggs, well beaten. Whiskey and flour alternately. Add baking powder in last cup of flour. Add pecans and nutmeg, and last, add whites of eggs. Place in a moderate oven immediately and bake two hours.

FEATHER CAKE—One cup of butter, two cups of sugar, one cup of sweet milk, four eggs, four cups of Capitola flour, two teaspoonfuls of baking powder. Flavor with lemon. Mix as you would any other cake.

FUDGE FILLING FOR CAKE—One cup of sugar, one cup of sweet milk or cream, two tablespoonfuls of butter, one small cake of sweet chocolate. Cook till thick and creamy, then beat till it hardens enough to spread. Sprinkle with chopped nuts.

MOTHER'S CAKE—Two Layers—Cream one-half cup butter; add one cup of sugar and yolks of three eggs, well beaten. Mix and sift one and three-fourths cups of Capitola flour; add to mixture, alternating with one-half cup of milk. Add beaten whites of two eggs. Add two and one-half teaspoons of baking powder.

ALMOND CAKE—Whites of eleven eggs, two cups of sugar, one cup of sweet milk, one cup butter, two teaspoonfuls baking powder, four cups Capitola flour. Filling: One cup sour milk, one and one-half cups blanched almonds, powdered fine. Thicken with granulated sugar and spread thickly between the layers.

WHITE LAYER CAKE WITH CHOCOLATE FILLING—One cup butter, two cups sifted sugar, three cups of sifted Capitola flour, one-half cup of water, whites of eight eggs, well beaten, one heaping teaspoonful Price's baking powder, one teaspoonful lemon extract. Filling: The yolks of three eggs beaten well, then add three cups of sugar and one cup of sweet milk. Cook this eight minutes, then add one quarter of a cake of Baker's bitter chocolate, melted and beat until thick; then add two teaspoonfuls of lemon extract and put on cake.

WONDER CAKE—One-third cup of melted butter, one cup of sugar, one cup of Capitola flour before sifting, two eggs, one spoon of baking powder, milk. To the melted butter add eggs in same cup and fill it with sweet milk. Add this to sugar, then add Capitola flour and baking powder. A quick dessert. Nice for berries and fruit; also economical.

WHOLE-WHEAT LOAF CAKE—One cup of sugar, whites of three eggs, one and one-half teaspoons baking powder, one teaspoon vanilla, one-third cup butter, one and one-half cups whole-wheat Capitola flour, one-half cup milk, one cup nut meats. Cream butter, add sugar and beat till light. Add one cup of Capitola flour, then milk and vanilla. Beat well. Now add remainder of Capitola flour and baking powder, sifted together. Lastly cut and fold in whites of eggs and nuts.

COCOA CAKE—Four yolks beaten with three-fourths cup of water; one and one-half cups of sugar, one and one-half cups Capitola flour, three tablespoons cocoa sifted, one and one-half teaspoons of yeast powder, vanilla. Whites beaten and put in last.

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CAKES—Continued

PREMIUM CHOCOLATE CAKE—Two cups of sugar, one cup of butter stirred to a cream with the yolks of five eggs added after they have been beaten well. Then stir into that one cup of milk. Beat the whites of two eggs to a stiff froth and add that also. Now put three and one-half cups of sifted Capitola flour, two heaping teaspoons of baking powder having been stirred with it. Bake in jelly cake pans. Mixture for filling: Take the remaining three whites of eggs beaten very stiff, two cups of sugar boiled until it ropes. Take from the stove and pour very slowly over the whites, beating rapidly while pouring. Add one-half cake of grated chocolate, one spoonful of vanilla. Stir until cooked and put between your cake. This is fine.

POUND FRUIT CAKE—One pound butter, one pound sugar, one pound Capitola flour (extra besides flour that goes to flour the fruit), two pounds raisins, two pounds currants, one dozen eggs, one cup molasses into which put a teaspoon of soda, one tumbler of whiskey, one pound of citron, one pound figs, one pound pecan kernels, one pound almonds (blanched), one pound candied pineapple, one pound candied cherries, two teaspoons each of ground cinnamon, cloves, allspice and nutmeg. Cream sugar and butter together, then add beaten yolks, then add whiskey and spices. Stir soda and molasses until foamy, then add next Capitola flour and whites of eggs beaten very lightly. Then add fruits to this. Flour fruit plentifully. Bake four and one-half hours.

CHOCOLATE MUFFIN CAKES—One-half cup butter, melted; one cup of brown sugar, one-half cup of sweet milk, one and one-half cups of Capitola flour, one-half teaspoon soda, one and one-half squares Baker's chocolate (melted), one egg, one-half pound nuts. Icing: One cup pulverized or confectioners' sugar, two squares melted chocolate, one egg broken in; one tablespoon cream. Beat well, but do not cook. If too thick, add little cream.

KISSES—Beat whites of three eggs real light, then gradually add one cup of sugar. Drop in six parts on oiled paper and bake in moderate oven. When cool open top and fill with pecans. Serve with whipped cream flavored with whiskey.

PRUNE SOUFFLE—Fourteen prunes, whites eight eggs, one cup of sugar. Boil prunes till tender, remove seed and mash the remainder very fine; then beat eggs till they strand, and sugar gradually, then prunes. Put in double boiler and steam for two hours. Sauce for prune meringue: One egg, three tablespoonfuls of sugar, well beaten together; one teaspoon of butter, four spoonfuls of water. Set on stove and let come to boil. Flavor with vanilla or nutmeg.

MACAROONS—One pound shelled almonds, two pounds powdered sugar, whites of nine or ten eggs. Flavor with vanilla. Blanch and pound the almonds to fine paste by adding the whites gradually. Bake on paper about two inches apart in a moderate oven.

JELLY ROLL MADE AND BAKED IN TEN MINUTES—Four eggs and one cup sugar beaten very lightly. Sift one level teaspoonful of cream of tartar and half teaspoonful of soda into one large cup of Capitola flour and add to the eggs, beating all five minutes. Bake in a quick oven in a large pan so it will be thin when baked. Turn out on a paper sprinkled with sugar. Spread quickly with jelly and roll.



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CAKES—Continued

OAT MEAL COOKIES—Two eggs, one-half cup butter, one-half cup lard, two cups sugar, three cups of Capitola flour, four cups oat meal, one teaspoon of cinnamon, one teaspoon soda, ten tablespoons of buttermilk, one cup raisins and one cup nuts. Drop from spoon.

LITTLE FELLOWS—Line tiny scalloped tins with pie paste and drop a teaspoonful of lemon filling in each. Bake in moderate oven. Lemon filling: Yolks of four or five eggs, two cups sugar, juice and grated rind of about two lemons, one teaspoonful of Capitola flour, three-fourths cup butter. Flavor with extract of lemon if wished. Delightful for picnics or to add to dessert at Christmas.

FLANNEL CAKES—One pint Capitola flour, two eggs, one teaspoonful sugar, one tablespoonful of yeast, salt. Let rise and half hour before cooking pour into the batter one cup of sweet milk.

WAFERS—One pint Capitola flour, one teacup sugar, two eggs, one tablespoonful butter, a little salt. Mix with sweet milk into a batter as for cake. Flavor with vanilla and bake in wafer irons

CREAM MUFFINS—Beat whites and yolks of three eggs separately, mix them and add one-half pint of sweet milk, one tablespoonful of melted butter; mix in gradually one quart of Capitola flour with one teaspoonful baking powder.

LOVE KNOTS—Five tablespoons white sugar, three eggs, butter the size of walnut, one-half teaspoon soda dissolved in two tablespoons milk, flour to roll them like pie crust. Cut in small strips one-half inch wide. Tie in bow knots. Fry in lard like doughnuts.

CHEESE SAVORY—Cut the crusts from enough slices of stale bread to make two cups when cut in inch squares. Put the bread into a baking dish suitable to send to the table and alternate the layers of bread with shavings of cheese and a little butter. Beat two eggs; add half a teaspoon of salt, a dash of paprika and three cups of milk and pour over the bread and cheese in dish. Let bake in a very moderate oven until the mixture is firm in the center and the bread is slightly browned. Serve hot at luncheon or supper.

ROCKS—One cup dark brown sugar, one cup white sugar, one cup lard, three and one-half cups Capitola flour, three eggs, one teaspoon of soda in little water, one-half cup each of fruit and nuts, two tablespoons hot water, one teaspoon cinnamon, one-half teaspoon cloves.

MARGUERITES—Beat two eggs slightly and add one cup brown sugar, one-half cup Capitola flour, one-fourth teaspoon baking powder, one-third teaspoon salt, one cup pecan nuts, cut in small pieces. Fill small buttered individual tins two-thirds full of the mixture and place a pecan nut in each. Bake in a moderate oven fifteen minutes.

VIRGINIA DOUGHNUTS—Three eggs beaten very lightly; add one and one-fourth cups of sugar continue beating; add three tablespoons of warm lard, one and one-fourth cups of milk. Take one sifter of Capitola flour, one heaping teaspoonful of soda, two heaping teaspoonfuls of cream of tartar, one pinch of salt. Sift three times. Put the above mixture in the Capitola flour with a spoon. Roll out about one-half inch and fry very carefully in boiling lard; turn twice. When cool roll in powdered sugar. Season with cinnamon or nutmeg.

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CAKES—Continued

NUT BUNS—One cup sweet milk, one-half teaspoon salt, one-third cup sugar, one cake Fleischman's yeast, dissolved in one-half cup of lukewarm water; one-half cup cream, one cup chopped nuts, three cups Capitola flour. Have all ingredients warm. Make sponge of milk, salt, dissolved yeast and one and one-half cups Capitola flour. Let rise two hours; add sugar, nuts and cream and knead in Capitola flour sufficient for soft dough. Let rise one hour. Form into small buns, brush with beaten egg and sprinkle with sugar and nuts. Let rise until light and bake slowly.

CORN MUFFINS—One quart of good meal, three eggs beaten very lightly, one tablespoonful butter and lard mixed, one teaspoonful soda and two of cream of tartar, sweet milk to make a moderately stiff batter. Buttermilk and soda may be used instead of the sweet milk.

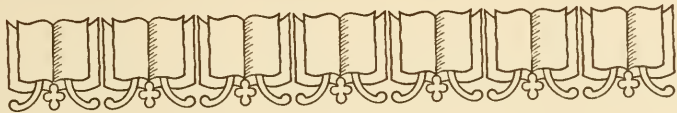
CHEESE STRAWS—Make good pastry and roll out thin, spread on grated cheese, fold over and roll again. Continue until full of cheese. Cut in narrow strips and bake a very light brown.

LARD TARTS—One pound of butter, one pound of sugar, one pound Capitola flour, three eggs beaten separately. Flavor with rose water or brandy. Cream butter and sugar; add yolks of eggs, flour and beaten whites. Make stiff dough to roll very thin; cut with diamond shape cutter; brush the top of the cake with the yellow of egg and a little milk. Add a pinch of sugar and cinnamon and one pecan or peanut. Bake in quick oven.

QUEEN FRITTERS—Put one-half pint of water and two ounces of butter in a saucepan to boil. When boiling, throw in four ounces of Capitola flour, stir rapidly and continually until it sticks together and forms a ball. Take from fire and give a thorough beating and stand aside to cool. When cold add one egg without beating, and beat until the mixture is thoroughly amalgamated, then add another egg, beat again, and so on till you have added four eggs. Then beat the whole for a minute. Have ready a kettle of hot lard and drop in the mixture by spoonfuls, allowing plenty of room, as they swell four times their original size. They will turn themselves and must be cooked until they stop popping. Dust with sugar and cinnamon and serve hot.

APPLE FRITTERS—To four eggs, well beaten, add one and one-half pints of sweet milk, one teaspoonful soda, two teaspoonfuls cream of tartar and Capitola flour enough to make a nice batter. Peel and cut apples into rather thin slices and stir into the batter. Fry in boiling fat and see that apples are well covered with batter. Serve hot with lots of powdered sugar sprinkled on them.





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. . . PIES . . .



TRANSPARENT CUSTARD—A nice way to use yolks of eggs left from white cake: Beat well with half pound crushed sugar the yolks of eight eggs. Set upon the fire the pan containing them and add in small pieces half pound of butter. Stir constantly till butter melts. Remove from fire and stir in a wineglass of thick cream. Flavor and bake in crisp pastes. Place shredded citron on pastry before pouring in butter. (Excellent.)

MOLASSES PIE—Two cups good molasses, boiled until moderately thick and cooled; one cup sugar and three eggs beaten well together, and pour into the molasses and stirred until thoroughly mixed. Then add two tablespoons sweet milk and one nutmeg and pour into crusts and bake.

FLUMMERY—Make a sponge cake with four eggs beaten separately, one cup sugar, one cup Capitola flour. Flavor to taste and bake in two layers. Place in a deep bowl and between layers sprinkle thickly pecan nuts, citron and candied cherries (chopped fine). Make a custard of two eggs, one and a half pints of milk, two tablespoonfuls sugar. While hot pour over cake. When cool whip half pint cream, pour over the top and garnish with cherries. This is a delicious recipe used by many famous cooks before the war.

STRAWBERRY SHORTCAKE—For the pastry: One pint of Capitola flour, three heaping tablespoons of butter, pinch of salt, enough ice water to make a soft dough. Stir the salt in the flour. Mix the flour and butter thoroughly together, then add the water. Knead as little as possible, roll quarter of an inch thick, bake in tins a half hour before wanted. Sweeten the berries, add a layer of the cake, one of berries, after generously buttering the cakes, while hot. Cover the whole with whipped cream, sweetened and flavored with the strawberry juice.

MT. VERNON DESSERT—Two eggs beaten lightly. Beat in gradually one cup of sugar, one cup of Capitola flour sifted with one teaspoon of cream of tartar and half teaspoon of soda and a pinch of salt. Add one teaspoon of vanilla, and at the last half cup of boiling milk, into which stir one tablespoon of butter. Bake in two layers (about fifteen minutes). For the filling scald one cup of milk, beat one egg with a heaping tablespoon of Capitola flour, sugar to taste. Stir in milk and cook until it thickens. Flavor with one teaspoon of vanilla or almond extract and spread between layers when cold. Sweeten and flavor whipped cream and put all over the top of cake.

CHOCOLATE PIE—One pint sweet milk, yolks of five eggs, two cups of sugar, one tablespoonful of butter, four tablespoonfuls sifted Capitola flour, one cake grated chocolate. Cook in double boiler till thick. When cool flavor with vanilla. Have pie crusts ready baked. Fill with this chocolate. Make meringue of the five whites with a tablespoonful of sugar to each egg. Spread on and brown in a slow oven.

LEMON PIE—Juice and grated rind of one lemon, yolks of four eggs well beaten, two cups of sugar, two cups boiling water, one tablespoon melted butter, one tablespoon flour. Mix well together and let it thicken in double boiler or in pan placed over boiling water. The whites of eggs to a stiff froth, add two tablespoons sugar, spread over tops of pies and place in oven for a delicate browning. This is for two pies.

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PIES—Continued

APPLE COMPOTE—Peel and core apples. To every pound of apples put three-fourths of a pound of sugar. Put the sugar, with enough water to cover it, on the stove and let come to a boil. Then put in apples and cook until tender, but do not let come to pieces. As fast as they are done lift out of the syrup and put into the bowl you want to serve them in. Now dissolve one-half box of gelatine in a half cup of hot water and strain into the syrup, first taking off of the stove. Pour this syrup over the apples and set away to cool. Slice a lemon and lay a slice over each apple before it congeals. Serve with boiled custard or whipped cream.

OLD VIRGINIA CHEESE CAKE PIE—Four eggs; beat in sugar until eggs are thick; half cupful butter, one cupful sweet milk, two tablespoonfuls sifted corn meal. Bake on a rich crust.

CREAM MERINGUES—Beat the white of seven eggs to a stiff froth. Beat in gradually one and a half cups of sugar, add one teaspoonful of vanilla, then fold in three-fourths cup of sugar. Drop by the spoonful on a large pan covered with manilla paper. Bake forty or fifty minutes in a very slow oven. Let them cool before taking off the paper. When perfectly fresh break the smooth side in and fill with whipped cream or ice cream and serve two with the smooth sides pressed together.

A DELECTABLE PIE—One cup sour cream, one egg, one cup sugar, one cup raisins, one cup currants (washed thoroughly in warm water), cinnamon to taste. This makes filling for two pies baked either in one or two crusts.

BANANA PIE—Line a pie plate with rich crust and bake. When ready to serve, slice bananas enough to fill crust; add few pecans if liked. Heap with sweetened whipped cream and serve at once.

PIE CRUST WITH HOT WATER—Into one-half cup of lard pour enough boiling water to fill the cup. Mix this with Capitola flour, into which a half teaspoon of salt has been added, until stiff enough to knead. Roll very thin. This dough makes nice patty shells, strawberry shortcake, etc. Can be placed in ice box for days and when warmed a bit becomes very pliable and can be used as fresh. Always keep the dough warm when using it.

PINEAPPLE PIE—Six eggs, two cups sugar, one cup milk, piece of butter size of a walnut, one can grated pineapple, one teaspoon of Capitola flour. Cook in double boiler until thick. Cook two pastries and fill with mixture. Spread whipped cream on top. Serve all very cold.

CHOCOLATE CUSTARD PIE—One and one-half cups of granulated sugar, yolks three eggs, one and one-half tablespoons Capitola flour, one cup sweet milk, butter size of egg, one-third cake chocolate. Cook till thick. Cook crust till done. Pour custard into it, cover with meringue and brown. Serve hot or cold.



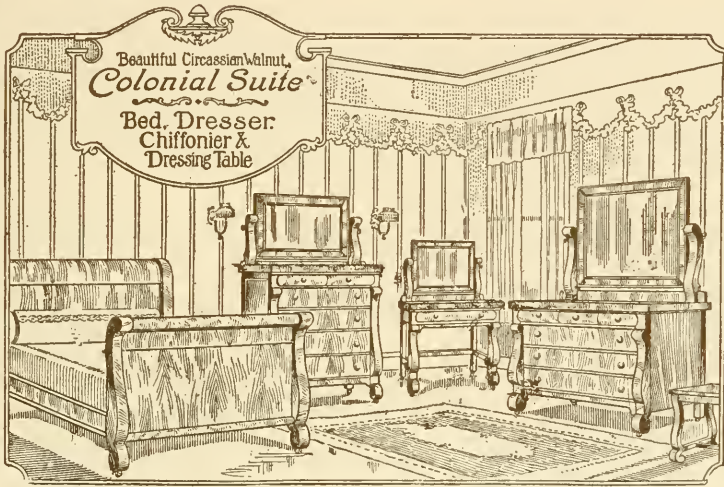
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. . PUDDINGS . .



PRUNE WHIP—Ten cents' worth prunes worked till tender and seeds are easily removed, half cup of sugar, whites of two eggs. Place in stove from six to eight minutes. To be eaten with whipped cream.

CARAMEL PUDDING—One quart milk, four eggs (two whites for meringue), one cup sugar melted until brown; add to milk; beat half cup sugar into eggs, two heaping tablespoons Capitola flour, one tablespoon gelatine dissolved in milk.

MACAROON PUDDING—Half box Cox gelatine dissolved in enough water to cover, yolks of four eggs, one cup sugar; beat well. One pint milk; let come to boil; while hot pour over yolk of eggs; put in gelatine; cook for five minutes; don't let boil. Rinse mould with half glass whiskey, then pour whiskey into pudding. Line mould with macaroons, half cup or more. Beat whites stiff, stir in custard, pour in moulds, place on ice. When ready to serve turn out of mould slice and eat with whipped cream.

CHARLOTTE RUSSE—One quart cream; sweeten to taste and flavor with vanilla; dissolve half box gelatine in a little milk, put on stove to melt; whip cream until stiff; mix gelatine; put on ice to congeal.

DATE LOAF—Two cups sugar, one cup milk. Cook until congeals in cold water. When done put in one pound dates after seed have been removed, one cup nuts; mix well until dates are melted. Pour out on damp cloth; roll. Serve next day in slices.

PLUM PUDDING—One pound of Capitola flour, one pound sugar, one pound butter, one pound currants, two pounds raisins, one dozen eggs, half pound of citron, half pound figs, quarter pound of crystallized cherries, quarter pound crystallized pineapple, one and a half pounds of shelled almonds, one ounce of allspice, cloves, cinnamon and four nutmegs, wineglass of brandy. Steam in bucket for five hours.

QUEEN-OF-ALL PUDDING—To one pint of grated bread crumbs add one quart of sweet milk, one cup of sugar, yolks of four eggs beaten light, grated rind of one lemon, butter size of an egg. Bake this mixture till done, then spread over the top some acid jelly, and then spread over the meringue made of the whites beaten to a stiff froth with one cup of sugar and juice of the lemon. Put into the oven and brown slowly.

POP-CORN PUDDING—Take a scant pint of the pop-corn, which is ground and put in boxes, or, if not available, freshly popped corn rolled fine is just as good. Add to it three cups of new milk, half cup of sugar, two whole eggs and yolk of another, well beaten. Bake in a pudding dish placed inside of another filled with hot water till the custard is set. Cover with a meringue made of the remaining white of eggs, a teaspoon of sugar and a sprinkling of the pop-corn.

MACAROON RUSSE—Three tablespoons corn starch rubbed smooth in cold water; add one cup boiling water and boil until transparent. Pour into the stiffly beaten whites of three eggs and stir constantly. When light add six crushed macaroons and half cup nut meats, also some bitter almond flavoring. Line bowl with lady fingers and pour mixture in. Set aside to harden and serve with whipped cream.

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PUDDINGS—Continued

PLUM PUDDING—One pound Capitola flour, one pound sugar, one pound butter, leaving out half of butter and sugar for sauce; eleven eggs beaten separately, one and a half pounds raisins. Mix all flour and raisins; add to butter, sugar and yolks, which must be mixed in the usual way for pound cake. Flavor with wineglass of whiskey, teaspoonful each of mace and nutmeg. Lastly add two spoonfuls baking powder. Tie in pudding bag, which has been scalded and floured. Boil two and a half hours. Serve with hard sauce, flavored with sherry wine.

WOODFORD PUDDING—Three eggs, one cup sugar, one-half cup butter, one-half cup Capitola flour, one cup of jam, one teaspoonful of soda dissolved in three of sour milk, cinnamon and nutmeg to taste. Mix well together and bake in pudding dish. Serve with sauce.

SUET PUDDING—Three cups of Capitola flour, one cup of sweet milk, one cup molasses, one coffee cup of fruit, one teaspoon of soda, one cup suet, nutmeg, cinnamon, cloves. Season to taste. Steam three hours.

BANANA WHIP—Press the pulp of three bananas through a sieve; cook with one-third a cup of sugar and a tablespoonful of lemon juice until scalded; cool and flavor with a few drops of vanilla or a little wine; add also a few grains of salt, then beat gradually into a cup of doublecream beaten solid with a Dover egg-beater. Set aside to become chilled, then serve piled high in small glasses with a sprinkling of fine chopped pistachio nuts on top. Line the glasses before filling with slices of bananas. This makes a particularly good charlotte russe filling.

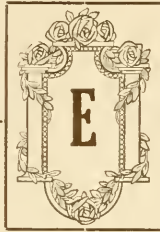
MARSHMALLOW PUDDING—Half pound of marshmallows cut in small pieces, one pint of cream whipped and sweetened to taste, flavored with vanilla. Mix the marshmallows with the cream and beat. Serve in sherbet cup and sprinkle with pecans (rolled) and a maraschino cherry.

PARADISE PUDDING—Three tablespoons of Peter Cooper's gelatine dissolved in a pint of milk for twenty minutes, then put over steam until dissolved (stir); one quart of cream whipped and sweetened, one pound of dates cut in small pieces; add to the cream; mix with above and whip. Serve in sherbet cups and sprinkle with rolled pecans.

CAKE SYLLABUB—Moisten a thin sponge cake with sherry wine, then cut off in pieces of loaf sugar the rind of two lemons. Dissolve this sugar in one pint of rich cream; add the juice of the lemons to a little more sugar, then add gradually to the cream. Whip the cream until solid, then pour it on the cake, which has been put in a glass bowl. Pile this until it is high above the edge of the bowl. Ornament the top with strawberries or bits of solid fruit jelly. This makes a very pretty as well as a delicious dish.

TWENTIETH CENTURY PUDDING—Line a dish with macaroons, one can white cherries poured on macaroons, a thick custard poured on this and served with whipped cream.

NESSERLODE PUDDING—One pint milk, scalded; two yolks of eggs, beaten; half cup sugar added to eggs; put in milk and cook until it thickens. One large tablespoon gelatine dissolved in a little water added to mixture when it is cooling. Not quite half pound macaroons, one-fourth cup chopped raisins, one-fourth cup chopped nuts; add flavoring. Serve with whipped cream.



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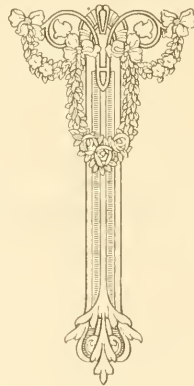
PUDDINGS—Continued

A DAINTY DESSERT—Take marshmallows, cut in quarters; dates, quite fine, and English walnuts chopped rather fine. Mix these ingredients in it for each pint of cream, which has been sweetened and flavored. Serve in sherbet glasses.

CABINET PUDDING—Beat yolks of six eggs thoroughly with tumbler of sugar, then add tumbler of white wine and cook in double boiler until thick like custard. Watch closely; keep from lumping. Whites of eggs should be beaten first and small quantity of Cooper's gelatine dissolved in little cold water; the whites of eggs, after beaten, should be added first little to gelatine and beaten in gradually and carefully so as not to see any of the gelatine separated. After custard is somewhat cool, and having beaten the whites of eggs with gelatine all together, add your flavor and pour either into large pan and cut afterwards, or into small moulds. You should have macaroon cakes rolled out, chopped pecans to sprinkle over the custard, also crystallized cherries (maraschino cherries, if possible), and serve with whipped cream sugared and flavored.

CANDY PUDDING—Three pints sugar, one tablespoon vinegar; wet thoroughly with water. Cook until it balls soft in cold water. Pour on buttered marble slab. As soon as cool enough pull until white. Put back on marble slab and work in one grated cocoanut, one cup pecans and a few raisins. As soon as it begins to cream pour in tin that has been buttered and dusted with cinnamon. Slice when ready to serve.

PINEAPPLE OR ORANGE CREAM—Take a cup of orange or pineapple juice and a cup of sugar; put in a double boiler. Beat the yolks of four eggs with another cup of sugar. Add this to the juice and cook until thick. Dissolve three or four tablespoonfuls of gelatine; add this after removing from the fire. Use sliced pineapple cut into small pieces. Into the whole contents put four cups of cream. Mold in jelly glasses. Serve with whipped cream over top; garnish with pineapple. A cup of nuts may also be added to contents. This amount will serve twelve people.



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ICES



CREOLE PUNCH—Three cups orange juice, three cups water, one cup port wine, one and a half cups brandy, two cups sugar, two lemons. Freeze.

ORANGE PUNCH SHERBET—Use the juice of six lemons and six oranges. Dissolve two tablespoonfuls of gelatine; a cup of raisins, a cup of chopped almonds, six mashed bananas, a pint of cream sweetened; make a syrup of two cups of sugar. Mix all of these in the freezer, except the cream, which add just before the sherbet begins to freeze. Fill the freezer with cold water after the ingredients have been put in. Color with orange coloring and serve in orange cups. Garnish with sunflowers or any other yellow flower.

TORTONI—Beat together six yolks, two ounces of sugar, two tablespoons of maraschino (sherry will answer about as well, but takes nearly a glassful), one tablespoon of Kirsch. Whip slowly, warming over hot water while beating. When thick and light add one teaspoonful of vanilla and one pint of cream that has been whipped. Add dozen finely powdered macaroons. Whip all well and freeze.

STRAWBERRY SURPRISE—Two quarts of ripe berries, crushed; one pint of sugar, one quart of water, juice of two lemons, whites of six eggs. After crushing berries strain through a cloth. Freeze.

NUT CREAM—Make a rich vanilla ice cream and when partly frozen add two cups of finely chopped and pounded peanut brittle. Freeze till solid.

ORANGE SHERBET—Squeeze the juice from one dozen oranges and pick the pulp to pieces; mix the grated yellow rind of one orange with three pounds of sugar and one quart of water and make a rich syrup by boiling a few minutes. Pour this hot syrup over the juice and pulp and let stand two hours. Strain and pour a half gallon of cold water on the pulp and strain again. Mix all and freeze, first adding the juice of three lemons and beaten whites of six eggs.

CHOCOLATE SAUCE FOR ICE CREAM—One quarter pound of chocolate, one cup of boiling water, one cup of sugar, one tablespoon of Capitola flour, butter size of a walnut. Boil all together until thick and serve cold over the plain cream.

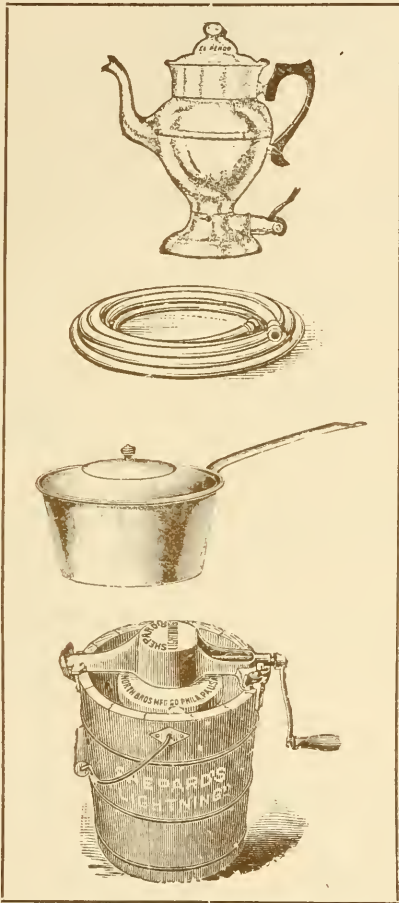
PEPPERMINT ICE CREAM—Dissolve five small sticks of peppermint candy in a quart of cream. Break candy in small pieces and let it stand several hours. Freeze. When frozen it is a lovely color of rose-pink.

BURNT ALMOND ICE—One quart cream, four ounces shelled almonds, one-half pound sugar, one teaspoon caramel, one teaspoon vanilla. Blanch and roast almonds. Pound them to a smooth paste.

SHERRY TABBLER—One quart of sherry wine, one quart of water, six lemons, some of the peel cut very thin in fine rings. Sweeten to taste and freeze.

VEGETABLE ICE—Juice from two cans of tomatoes; strain and add chopped pulp from one-half can and two tablespoons of sugar, one-half dozen good-sized cucumbers, one-half dozen bell peppers chopped fine. Salt and pepper to taste. Freeze and serve in punch cups with any meat course.

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ICES—Continued

TAPIOCA CREAM—Cook in a double boiler for fifteen minutes one quart of sweet milk and two heaping tablespoonfuls minute tapioca and a little salt, stirring frequently. Beat yolks of two eggs and one-half cup sugar and at the end of the fifteen minutes stir into the tapioca the eggs and sugar. Cook till it begins to thicken. Remove from fire and beat in the beaten whites of eggs until no white is seen. Flavor.

CREAMED APPLE TAPIOCA—Cook two level tablespoonfuls tapioca in one and a half pints of milk fifteen minutes. Remove from fire, add two well-beaten eggs, one-half cup sugar, a little salt. Pare and quarter six apples and sprinkle with sugar and nutmeg. Pour over them the tapioca custard and bake until the apples are soft.

CHOCOLATE CREAM—One and one-half quarts of cream, one quart of sugar, two blocks of sweet chocolate, two teaspoons of gelatine dissolved in one cup of cold milk. Scald milk and add sugar and pinch of salt while heating. Have the chocolate in separate pan with a little of the hot milk and let boil until it thickens. Then mix with the hot sweet milk and pour over the gelatine, stirring until gelatine is dissolved. Put on ice until cool; add the cream, well whipped; flavor with vanilla and freeze. This makes a smooth, delicious cream.

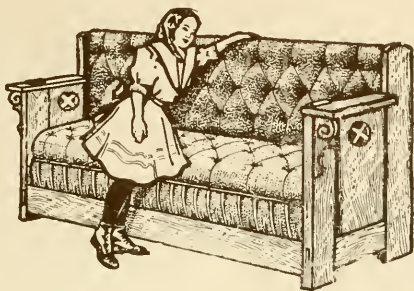
. . C A N D Y . .

NUT CARAMEL—Two cups of sugar, one cup milk; boil. Put one cup sugar in vessel, melt, pour together, drop in water. If it holds together it is done. Add piece of butter, vanilla to taste, add cup of pecans, beat until creams, pour in buttered dish.

FRUIT BALLS—One pound seeded raisins, one pound figs, one-half pint nuts, one cup sugar, one-half cup water. Grate cocoanut, cut figs fine and boil sugar and water to good syrup. Mix well; form into balls size English walnuts; roll in granulated sugar; lay in pans to harden. Pack in box or bucket with tight lid.

SEA FOAM FUDGE (NUT)—Put into a saucepan three cupfuls of light brown sugar, a cupful of cold water and a tablespoonful of vinegar. Bring this to a boil gradually and do not stir after it is once heated. Boil steadily, and when a little of it dropped into cold water forms a hard ball take it from the fire. Beat stiff the whites of two eggs, and when the syrup has stopped bubbling pour it on these and beat well. When it begins to stiffen flavor with one teaspoonful of vanilla and add a cupful of chopped nut kernels, hickory, pecan or English walnuts. Drop on paper or turn into a greased pan and mark off in squares or triangles.

NOUGAT—One and one-fourth pints of sugar, three tablespoons of glucose, water to dissolve. In another vessel put three-fourths pint of sugar with water to dissolve. Let cook until it ropes from spoon, then pour over the whites of three eggs well beaten, just as you make icing. When the glucose mixture cooks to the hard crack pour into the icing all at once and beat vigorously. Pour one and one-half teacups of nuts in and keep beating until creamy, then pour on a buttered dish to cool. Cut in squares when cool.



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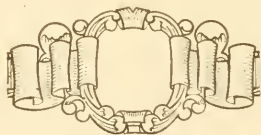
CANDY—Continued

DIVINITY CANDY—Two and one-half glasses of sugar, one-half glass of corn syrup, one-half glass of water, cooked until the consistency of a thick syrup. Take half of the syrup and beat into the well-beaten whites of three eggs. The other half of the syrup is cooked several minutes longer, so that it will form a hard ball in cold water, then it is beaten into the icing, and lastly beat into that a glass of chopped English walnuts.

FRENCH CANDY—Fondant is the foundation of all the different varieties of French candy. Never use over two cups of sugar at a time. Take two cups of granulated sugar, piece of butter the size of a hickory nut and sweet milk enough to moisten thoroughly. Place on back of stove and stir until sugar is dissolved and melted to a syrup, then bring forward and let boil, removing the spoon and not stirring at all while cooking. Let it boil all over about five minutes, when try by beating a little on a saucer. If it creams the candy is done. Pour into a china dish, not buttered, and do not scrape the vessel. When cool enough to bear the finger add one-half teaspoon of vanilla and beat until stiff enough to handle. Knead as you would bread to get it smooth and pliable. A delicious fruit roll is made by cutting fine cherries, pineapple and any kind of nuts. Work this mixture into the fondant. Then make in a roll and wrap in a damp napkin. When the napkin is dry cut the roll into slices.

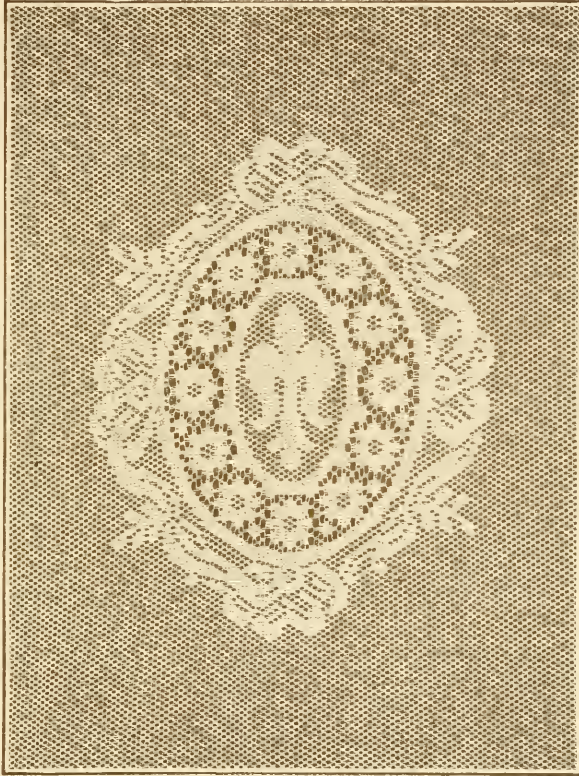
TURKISH DELIGHT—One box gelatine in one cup of cold water, one quart of granulated sugar, half cup cold water, juice of one lemon, juice and grated rind of one orange, half pound almonds blanched and chopped fine, two tablespoonfuls of whiskey. Let water come to a boil, add gelatine and let boil ten minutes, then add juice of lemon and orange and boil ten minutes longer. Add whiskey and nuts. Pour into a dish which has been wet with cold water and let cool on ice. Cut in squares and dip in powdered sugar.

DIVINITY CANDY—One-half cup of granulated sugar, enough boiling water to dissolve it. Cook it until you can form a little into a ball (after dropping it into cold water). Pour this over whites of three eggs well beaten. Pour very slowly, beating all the while, and continue to beat until Part B is ready to pour in. Part B: Three cups of granulated sugar, one teacup boiling water. Stir until dissolved. Add one teacup of thick corn syrup. Cook until right consistency (like Part A). Pour over Part A and beat until it stands alone. Then put in one-half or three-fourths pound of nuts. Flavor with vanilla. Have ready greased pans to put candy in. It is very nice to melt chocolate and put in part of it.



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For the Entertainer



ABSINTHE FRAPPE—Fill mixing glass with crushed ice, one pony of anaset, one-half jigger of absinthe. Shake well until outside of shaker is frosted; strain into sour glass and serve.

ABSINTHE DRIP—Use pony glass of absinthe set in a 7-oz. glass. Fill dripper with crushed ice and water; let the contents drip into glass containing the absinthe until the cooler shows a sufficiency, then take pony glass out, add dash of syphon seltzer and serve.

BEEF TEA (HOT)—Use Tom and Jerry mug; one teaspoonful of beef extract, one dash of celery bitters. Fill with hot water and stir well. Hand guest salt and pepper so that he may season to his own taste.

APPLE BLOW FIZZ—Use mixing glass half full of crushed ice, three dashes of lemon juice, one tablespoonful of sugar, white of an egg, one drink of apple-jack. Shake well; strain into fizz glass; add a dash of syphon seltzer and serve.

ABSINTHE COCKTAIL—Use mixing glass full of crushed ice, one dash of Peychaud bitters, one pony of absinthe, one dash of rock candy syrup. Stir well and strain into cocktail glass and serve.

ABSINTHE SWISS ESSE—Use mixing glass half full crushed ice, one white of an egg, one pony of absinthe, dash of rock candy syrup, dash of pure milk or cream. Shake well and strain into a 4-oz. stem glass; if necessary, add a dash of syphon seltzer and serve.

BLACKBERRY WINE—Measure the height of the berries in a vessel, then mash them and fill the vessel with water as high as the berries were before they were mashed. Cover the vessel with a cloth and let it stand thirty-six hours, then strain the berries through a thin cloth and to every gallon of juice add two pounds and a half of sugar and set it away from three to six weeks to ferment; then strain, bottle, seal and set away for a year or more in a cool place.

BRANDY COCKTAIL—Use mixing glass half full of crushed ice, three dashes of rock candy syrup, one dash of Peychaud bitters, one drink of brandy. Stir well, strain into cocktail glass and serve.

BRANDY DAISY—Use mixing glass half full of crushed ice, three or four dashes of lemon juice, teaspoonful of sugar, two dashes of curacao, one jigger of brandy. Shake well, strain into whiskey-sour glass with slice of pineapple and serve.

BRANDY FLIP—Use mixing glass half full of crushed ice, one teaspoonful of sugar, one fresh egg, jigger of brandy with a dash of milk or cream. Shake well, strain into 6-oz. glass with nutmeg on top and serve.

BRANDY SANGAREE—Use mixing glass half full of crushed ice, one table-spoonful of sugar dissolved in a little carbonated water, one drink of brandy. Stir well, strain into stem glass, float little claret on top and serve.

BRANDY SMASH—Use long toddy glass, one lump of cut-loaf sugar, one dash of seltzer, enough to dissolve sugar; four or five sprigs of fresh mint, press slightly with muddler; one lump of ice. Place bottle of brandy in front of guest, allowing him to pour his own brandy.

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FOR THE ENTERTAINER—Continued

BURNT BRANDY—Use regular-size saucer with one cut-loaf sugar in center of saucer, pouring one drink of brandy over sugar, then light the brandy and let it burn out, then pour into whiskey glass with little nutmeg on top and serve.

CLOVER LEAF—Use mixing glass half full of crushed ice, squeeze juice of one-half lime, two dashes of abricotine, white of an egg, one-half jigger of Gordon dry gin, one-half jigger of Italian vermuth. Shake well, strain into cocktail glass and serve.

CLOVER LEAF COCKTAIL—Made same as Clover Leaf.

CATAWBA COBBLER—Use 8-oz. thin goblet, tablespoonful of sugar dissolved in a little carbonated water, one drink of catawba; fill remaining part of glass with crushed ice. Stir well, dress with fruit in season and serve with straws.

CHAMPAGNE JULEP—Use 8-oz. thin goblet; use teaspoonful of sugar, dissolved in carbonated water; five or six sprigs of fresh mint; fill remaining part of glass with crushed ice; pour champagne over ice; stir slowly; dress with fruit with few sprigs of mint in top and serve with straws.

CHAMPAGNE COBBLER—Use 8-oz. thin goblet; dissolve teaspoonful of sugar in carbonated water; fill remaining part of glass with crushed ice; pour balance with champagne; stir with spoon slowly; dress with fruit and serve with straws.

CHAMPAGNE COCKTAIL—Take champagne goblet; place one lump of loaf sugar with dash of angostura bitters on sugar; drop into champagne goblet with a twist of lemon peel in each goblet; fill glass with champagne and serve.

CHAMPAGNE FRAPPE—Place champagne in wine cooler; place crushed ice around the bottle, then twirl the bottle until the wine becomes almost of freezing temperature, then serve.

CHAMPAGNE—HOW TO SERVE—Place as many glasses on the table as required, take the wine carefully from ice, remove the cork from the wine, use damp towel in wiping the neck of the bottle off; while doing this do not move the bottle from the table; draw the cork slowly; fill each glass the same; never run the glass over; always leave the bottle on the table after empty, until the party has finished his wine.

CHAMPAGNE VELVET—Use 12-oz. thin goblet; nip of porter, the balance with champagne; stir slowly and serve.

CHOCOLATE PUNCH—Use mixing glass half full of crushed ice, one fresh egg, tablespoonful of sugar, dash of brandy, one drink of port wine, one dash of milk or cream. Shake well, strain into 6-oz. thin glass and serve.

CREOLE COCKTAIL—Use mixing glass half full of crushed ice, two dashes pecan bitters, one-third jigger of vermuth (Italian), two-thirds jigger of whiskey. Stir well, strain into cocktail glass and serve.

ELK FIZZ—Use mixing glass half full of crushed ice, four or five dashes of lemon juice, tablespoonful of sugar, white of an egg, one drink of Gordon gin, one or two dashes of orange flower water, one dash of milk or cream. Shake well, strain into fizz glass with dash of syphon seltzer and serve.

ANY BRIDE

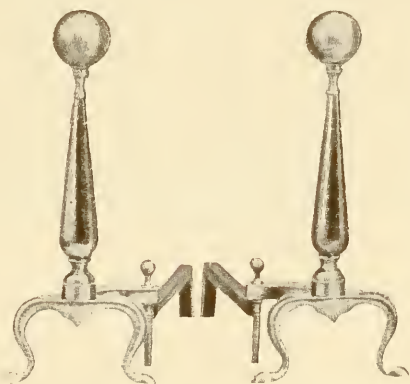


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FOR THE ENTERTAINER—Continued

CLOVER CLUB COCKTAIL—Made same as Clover Leaf.

EGGNOG—One egg, one tablespoonful sugar, three tablespoonfuls of good whiskey, six tablespoonfuls of thick cream (beaten stiff). Beat yellow and sugar until light. Add whiskey, then cream, lastly beaten white. Some like a little grated nutmeg.

GIN FIZZ (GOLDEN)—Use mixing glass half full of crushed ice, four or five dashes of lemon juice, one drink of dry gin, one yolk of an egg; add dash of syphon seltzer, one dash of milk or cream. Shake well, strain into regular-size fizz glass and serve.

GIN FIZZ (SILVER)—Use mixing glass half full of crushed ice, four or five dashes of lemon juice, tablespoonful of sugar, white of one egg, one drink of dry gin; add dash of milk or cream. Shake well, strain into regular-size fizz glass, add dash of syphon seltzer and serve.

GIN FIZZ (GRAND ROYAL)—Use mixing glass half full of crushed ice, four or five dashes of lemon juice, one drink of dry gin, one egg, one dash of milk or cream. Shake well, strain into regular-size fizz glass, float a little claret on top and serve.

GIN SMASH—Use long toddy glass, one lump of cut loaf sugar, one dash of syphon seltzer, three or four sprigs of fresh mint; press muddler slightly together so as to crush the mint and sugar together; one lump of ice. Give guest bottle of gin, allowing him to pour his own gin.

GRAPE JUICE—Extract the juice from the grapes by scalding them in water that just covers the fruit, pressing out all the juice. To each pint of juice add one-half pint of sugar. Put on stove and boil two or three minutes after the sugar has dissolved. Bottle while hot and seal tightly.

HOLLAND GIN COCKTAIL—Use mixing glass half full of crushed ice, one or two dashes rock candy syrup, one dash of orange bitters, one drink of Holland gin. Stir well, strain into cocktail glass and serve.

HOT APPLEJACK—Use stem glass; place spoon in glass, one lump of loaf sugar, two-thirds glass of boiling water, dissolve the sugar, one drink of applejack. Grate a little nutmeg on top and serve.

HOT TODDY—Use toddy glass, one loaf of sugar, place small spoon in glass, one-half glass of boiling water, dissolve sugar, one drink of apple brandy. Stir well; little nutmeg on top and serve.

MANHATTAN COCKTAIL (SWEET)—Use mixing glass half full of crushed ice, one dash Peychaud bitters, two-thirds jigger of whiskey, one-third jigger Italian vermouth. Stir, strain into cocktail glass with cherry or olive, as desired, and serve.

MARTINI (DRY)—Use mixing glass half full of crushed ice, one or two dashes of orange bitters, two-thirds drink of Gordon gin, one-third drink of French vermouth. Stir, strain into cocktail glass with olive and serve.

MILK PUNCH—Use mixing glass one-third full crushed ice, one tablespoonful of sugar, one drink of Bourbon whiskey, one or two dashes of Jamaica rum. Fill remaining part of glass with milk, shake well, strain into long, thin glass with a little nutmeg on top and serve with straws.



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FOR THE ENTERTAINER—Continued

MINT JULEP—Use 7-oz. thin glass, one tablespoonful of sugar dissolved in syphon seltzer, four or five sprigs of fresh mint; press mint slightly in bottom of glass; one drink of Bourbon whiskey. Fill remaining part of glass with crushed ice, decorate with fruit, take four or five sprigs of mint with long stems with stems inside of glass, run your straws directly behind mint, allowing straws to extend a little above mint, and serve.

MONTE CARLO PUNCH—Use 7-oz. thin glass; use juice of one-half orange, one tablespoonful of sugar, one drink of brandy. Fill remaining part of glass with crushed ice, allowing a little space to float a little claret on top, dress with fruit and serve with straws.

MORNING AFTER—Use mixing glass half full of crushed ice, two or three dashes of lemon juice, tablespoonful of sugar, three or four dashes of absinthe, one drink of Tom gin. Shake well, fill fizz glass two-thirds full of carbonated water, strain above mixture in the seltzer water, stir slowly and serve.

NUT FRENCH SOUP—One-eighth cup nut meat stock (get in cans), three and one-half cups water, five-eighths cup tomato juice, one-quarter of a large onion, one-fourth teaspoon brown Capitola flour, one-half bay leaf, one-eighth teaspoon sage, one-eighth teaspoon thyme, one-half tablespoon salt. Braid flour in cold water and add to ingredients.

OLD-FASHIONED WHISKEY COCKTAIL—Use long toddy glass, one lump of loaf sugar, one dash of Peychaud bitters or angostura bitters, one dash of seltzer to muddle sugar, one lump of ice, one drink of Bourbon whiskey, one twist of lemon peel on top. Stir and serve.

ORANGEADE—Peel three oranges thin; boil the peel with three-fourths of a pound or cup sugar in a pint of water; add the juice of fifteen oranges and three pints of cold water. Strain all and set on ice for an hour. Serve as lemonade.

POUSSE CAFE—SIX COLORS—Use pousse cafe glass. Float carefully upon each other the following cordials: One-sixth glass of raspberry syrup, one-sixth glass of maraschino, one-sixth glass of vanilla (green), one-sixth glass of curacao (red), one-sixth glass of chartreuse (yellow), one-sixth glass of French brandy on top and serve.

ROY ROY COCKTAIL—Use mixing glass half full of crushed ice, one or two dashes of lemon juice, one dash of orange bitters, one dash rock candy syrup, two-thirds drink of Scotch whiskey, one-third drink of French vermouth. Stir, strain into cocktail glass and serve.

SARATOGA SOUR—Use stem glass, one teaspoonful of sugar, three or four dashes lemon juice, one or two lumps of ice. Hand guest whiskey, allowing him to help himself; fill remaining part of glass with carbonated water and serve with spoon.

SAZERAC COCKTAIL—Use two long toddy glasses; bury one in ice, using other one to mix in; muddle one loaf of lump sugar, one dash of Peychaud bitters, one dash of absinthe, one dash of Italian vermouth, one drink of Bourbon whiskey, one lump of ice. Stir until contents are very cold. Use other glass that has been buried in the ice, one dash of aniset, one dash of absinthe; run it around inside of glass. Strain cocktail into glass; serve with chaser.

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FOR THE ENTERTAINER—Continued

SHERRY COBBLER—Use 7-oz. thin glass, tablespoonful of sugar, dissolve in seltzer water, one drink of sherry wine. Fill remaining part of glass with crushed ice, dress with fruit, serve with straws.

SHERRY WINE COCKTAIL—Use mixing glass half full of crushed ice, one dash of angostura bitters, one drink of sherry wine. Stir, strain into cocktail glass and serve.

SHERRY WINE FLIP—Use mixing glass half full of crushed ice, tablespoonful of sugar, one fresh egg, one drink of sherry wine, one dash of milk or cream. Shake well, strain into 6-oz. glass, nutmeg on top, and serve.

SHERRY PUNCH—Use 7-oz. thin goblet, tablespoonful of sugar, dissolve in seltzer water, three or four dashes of lemon juice, one drink of sherry. Fill the remaining part of glass with crushed ice, dress with fruit and serve with straws.

SLOE GIN RICKEY—Made same as highball, squeezing one-half lime in glass, allowing guest to pour his own gin. Fill remaining part with seltzer and serve.

SODA NECTAR—Use mixing glass half full of crushed ice, teaspoonful of sugar, three or four dashes of lemon juice. Fill remaining part of glass with soda water, using one-half teaspoonful of bicarbonate of soda, stir slowly and serve.

STRAWBERRY LEMONADE—Made same as plain lemonade, using one or two dashes of strawberry syrup and one or two strawberries on top and serve.

STRAWBERRY NECTAR—Eight pounds of fruit mashed and put in jar with one quart of vinegar. Set aside for four days to ferment, then strain through a bag. To every pint of juice add one pound of granulated sugar. Boil for half an hour. When cold, bottle.

THE REMINDER—Use mixing glass half full of crushed ice, one-third jigger of Italian vermouth, one-third jigger of port wine, one-third jigger of sherry wine, one dash of abricotine. Stir, strain into cocktail glass and serve.

ITALIAN VERMUTH COCKTAIL—Use mixing glass half full of crushed ice, one dash of Peychaud bitters, one jigger of Italian vermouth. Stir and strain into cocktail glass and serve.

FRENCH VERMUTH COCKTAIL—Made same as Italian vermouth cocktail, using French vermouth instead of Italian.

WHISKEY COCKTAIL (DRY)—Use mixing glass half full of crushed ice, one dash of angostura bitters, one drink of whiskey, one twist of lemon peel. Stir, strain into cocktail glass and serve with olive.

WHISKEY COCKTAIL WITH ABSINTHE—Use mixing glass half full of crushed ice, one or two dashes of angostura bitters, one or two dashes of absinthe, one jigger of whiskey. Stir well, strain into cocktail glass and serve.

WHISKEY PUNCH—Use 7-oz. thin goblet, tablespoonful of sugar, dissolve in seltzer water, three or four dashes of lemon juice, one drink of Bourbon whiskey. Fill remaining part of glass with crushed ice, stir, dress with fruit and serve with straws.



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FOR THE ENTERTAINER—Continued

WHISKEY SANGAREE—Use mixing glass half full of crushed ice, dissolve tablespoonful of sugar in a little seltzer water, one drink of Bourbon whiskey. Stir well, strain into fancy-stem glass, float a little claret or port wine on top and serve.

WHISKEY SOUR—Use mixing glass half full of crushed ice, tablespoonful of sugar, three or four dashes of lemon juice, one drink of Bourbon whiskey. Shake well, strain into sour glass, top with seltzer and serve.

WHISKEY TODDY—Use whiskey glass, small bar spoon full of sugar, dissolve in seltzer water, allowing guest to pour his own whiskey. Serve with chaser.

BOTTLED COCKTAIL WHISKEY (1 QUART)—Use quart measure to mix in; five or six dashes of angostura bitters, one tablespoonful of rock candy syrup, one or two lumps of ice, fill balance with whiskey, one or two cuts of lemon peel. Stir well, put into quart bottle and cork tightly.

BOTTLE OF MANHATTAN COCKTAIL (1 QUART)—Use quart measure to mix in; seven or eight dashes of Peychaud bitters, two-thirds measure of whiskey, one-third Italian vermouth. Stir, strain into bottle and cork tightly.

BOTTLE OF MARTINI COCKTAIL (1 QUART)—Use quart measure to mix in; six or seven dashes orange bitters, two-thirds measure of dry gin, one-third measure of French vermouth. Stir into quart bottle and cork.

BOTTLE OF RHINE WINE CUP (1 QUART)—Use one-quart glass pitcher, with pint of carbonated water, six or seven lumps of sugar, dissolve well, two ounces curacao (red), two ounces French brandy, one square piece of ice cut just to fit pitcher, one pint of Rhine wine. Stir well, dress with fruit, with a few cucumber rinds around inside edge of glass. This may be served in champagne glasses.

BOTTLE OF SAUTERNE CUP (1 QUART)—Use one-quart glass pitcher to mix in; two-thirds pint of carbonated water, two ounces abricotine, two ounces brandy, two ounces rock candy syrup, one pint of Sauterne wine, three or four slices of lemon, orange and pineapple. Mix above mixture well, adding a nice square piece of ice and cucumber rinds around pitcher. Serve in stem glasses.

BOTTLE OF MOSELLE CUP (1 QUART)—Use one-quart glass pitcher to mix in; six or seven lumps of loaf sugar, dissolve in two-thirds pint of carbonated water, two ounces abricotine, two ounces brandy, one ounce curacao, six or seven slices of orange and lemon, square piece of ice to fit pitcher. Stir: serve in hollow-stem glasses.

CLARET CUP BOTTLE (1 QUART)—Use one-quart pitcher to mix in; six or seven lumps of loaf sugar, dissolve in two-thirds pint of carbonated water, 2 ounces abricotine, one ounce benedictine, one ounce curacao, six or seven slices of orange and pineapple, six or seven cherries, one square piece of ice to fit pitcher. Serve in stem glasses.

BOTTLE OF CHAMPAGNE PUNCH (1 QUART)—Use quart glass pitcher to mix in; two-thirds pint of carbonated water, six or seven lumps of loaf sugar, dissolve well, two ounces benedictine, two ounces curacao, five or six slices of lemon, orange and pineapple, one square piece of ice to fit pitcher, one-half dozen cherries, one pint of champagne. Stir and serve in champagne glasses.

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FOR THE ENTERTAINER—Continued

BOTTLE OF CHAMPAGNE CUP (1 QUART)—Use one-quart pitcher to mix in; six or seven lumps of sugar, dissolve well in two-thirds pint of carbonated water, five or six slices of lemon, orange and pineapple, two ounces brandy, two ounces abricotine, one square piece of ice to fit pitcher, one pint of champagne. Stir slowly; dress with fruit; use two or three slices of cucumber rind inside of pitcher. Use stem glasses to serve in.

CLARET PUNCH (1 GALLON)—Use one-gallon vessel to mix in; one pound of loaf sugar, dissolve in one and one-half quarts of carbonated water, two quarts claret wine, one or two lemons and oranges sliced, one dozen slices of pineapple. Stir well; use punch bowl with square piece of ice in center; pour above mixture around ice and serve with punch glasses.

WHISKEY COCKTAIL (SWEET)—Made same as whiskey cocktail, dry, using two or three dashes of rock candy syrup and cherry instead of olive.

UNFERMENTED GRAPE JUICE (1 GALLON)—Use one-gallon vessel to mix in; juice of seven or eight lemons, strained; two oranges, sliced; two lemons, sliced; three ounces rock candy syrup, three quarts unfermented grape juice, one quart carbonated water. Mix well; put into punch bowl with square piece of ice in center; serve in punch cups.

JERSEY LILY PUNCH (1 GALLON)—Use one-gallon vessel to mix in; seven ounces lemon juice, strained; seven ounces orange juice, strained; one pound of granulated sugar, dissolved in the orange and lemon juice; six ounces abricotine, three quarts sweet Catawba wine, one pint of apple brandy. Mix well with one piece of ice cut square in center of punch bowl, using sliced fruit in season. Serve in punch glasses.

CHAMPAGNE BOWL (1 GALLON)—Use one-gallon vessel to mix in; one dozen lumps loaf sugar, two quarts of Moselle wine, one pint of sparkling Burgundy wine, one quart and one pint of champagne. Place above ingredients in ice box covered for a couple of hours. Three lemons, three oranges and one pineapple sliced into a punch bowl with a square piece of ice in center when ready to serve. Pour into punch bowl and serve with punch cups.

LADIES' PUNCH (1 GALLON)—Use one-gallon vessel to mix in; one pound of sugar, dissolved in one-half gallon of carbonated water; two quarts of claret wine, three or four lemons sliced; one pint of lemon juice, strained. Mix above thoroughly; place into punch bowl with square piece of ice in center and serve in punch cups.

CLARET PUNCH (1 GALLON)—Use one-gallon vessel to mix in; two ounces curacao (red), two ounces abricotine, one quart carbonated water, three quarts claret wine, two or three lemons, two or three oranges, sliced, and half can sliced pineapple. Mix above ingredients well; let stand in ice box for a couple of hours; pour into punch bowl with square piece of ice in center, adding one pint of champagne, and serve in punch cups

SHERRY PUNCH (1 GALLON)—Use one-gallon vessel to mix in; six ounces lemon juice, one pound of sugar dissolved in juice, two ounces abricotine, two ounces Jamaica rum, three quarts sherry wine, one quart of Bourbon whiskey, one or two lemons, one or two oranges, sliced, and half can of pineapple, sliced. Put into punch bowl with square piece of ice in center. Serve in stem glasses.

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FOR THE ENTERTAINER—Continued

CLUB PUNCH (1 GALLON)—Use one-gallon vessel to mix in; seven ounces peach juice, seven ounces lemon juice, seven ounces rock candy syrup, two ounces abricotine, six ounces brandy, two quarts sweet Catawba wine, one quart claret wine. Mix well; put into punch bowl with square piece of ice in center, one or two lemons, one or two oranges, sliced, and half can sliced pineapple, and serve in punch glasses.

BRANDY PUNCH (1 GALLON)—Use one-gallon vessel to mix in; one pound of sugar, dissolved in seven ounces lemon juice; four ounces orange juice, two ounces curacao, one quart of distilled water, two quarts French brandy, two or three lemons, two or three oranges, sliced, and half can sliced pineapple. Pour into punch bowl with square piece of ice in center. Serve in stem glasses.

WEDDING BOWL (1 GALLON)—Use one-gallon vessel to mix in; four ounces lemon juice, four ounces orange juice, one pint of seltzer water, one-half pint Jamaica rum, one-half pint French brandy, two ounces curacao, two ounces Maraschino, one quart sparkling Burgundy, one quart champagne, two or three lemons, two or three sliced oranges, half can sliced pineapple. Put into punch bowl with square piece of ice in center of bowl. Serve in punch cups.

ROMAN PUNCH (1 GALLON)—Use one-gallon vessel to mix in; one-half pint of orange and lemon juice, dissolve three pounds of sugar in juice, six ounces Maraschino, six ounces Jamaica rum, one pint of Rhine wine, two quarts of champagne, twelve fresh eggs, separate; beat the yolks in with the mixture and the whites into a stiff froth so as to place in bowl when ready to serve; grate the peeling of two oranges and two lemons in with the mixture. Serve very cold; serve in punch glasses.

SAUTERNE PUNCH (1 GALLON)—Use one-gallon vessel to mix in; four ounces lemon juice, four ounces orange juice, strained; dissolve one pound of sugar in juice of same; four ounces abricotine, two or three lemons, two or three sliced oranges, half can of sliced pineapple, two quarts Sauterne wine, one quart carbonated water. Mix above well; put into bowl with square piece of ice in center; serve in punch cups.

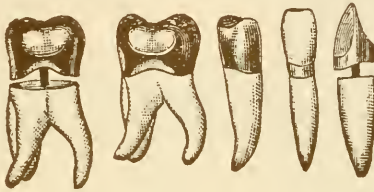
CLARET CUP (1 GALLON)—Use one-gallon vessel to mix in; dissolve one-half pound of sugar in one quart of seltzer water, two ounces curacao, two ounces brandy, two or three lemons, two or three sliced oranges, half can sliced pineapple, three quarts claret wine. Mix above well; place in punch bowl with square piece of ice in center; serve in punch cups.

CHAMPAGNE PUNCH (1 GALLON)—Use one-gallon vessel to mix in; one pound of sugar dissolved in little seltzer water, four ounces lemon juice, strained; one ounce abricotine, one ounce French brandy, two or three lemons, two or three sliced oranges, three quarts champagne, one quart dry Catawba wine. Mix above well; put into punch bowl with square piece of ice in center; serve in punch cups.

NEW YEAR'S PUNCH (1 GALLON)—Use one-gallon vessel to mix in; one-half pound of sugar, one quart sweet Catawba wine, one quart Rhine wine, one quart brandy, two or three lemons, two or three sliced oranges, half can sliced pineapple. Mix above well; let stand a few hours; put into punch bowl with large piece of ice in center of bowl and serve with punch cups.

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What a Mother Should Know and Do.

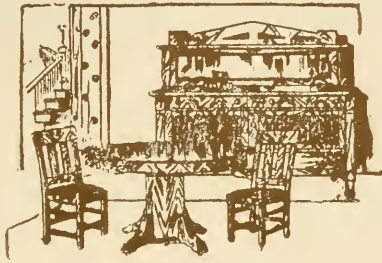
The Proper Foods and Drinks for Invalids—Hot Weather Care and the Proper Nourishment for Infants and Children.

When a rubber hot-water bag is not at hand, a very good substitute is a stone bottle with a perfectly tight cork. The hottest water can be put into it without fear of cracking, and it will retain heat the greater part of the night. Even a glass bottle can be used in an extremity, for occasionally, during a severe chill, a doctor orders hot applications put all around the body and it is impossible always to find enough hot-water bags to supply the demand. The greatest care must be exercised in seeing that the corks are perfectly tight. If the bottles are too hot, slip them into stocking legs, tying them at an end.

Simple as the task of making poultices is, a certain knack is needed. Mix flaxseed with boiling water, stirring constantly with a palette knife. When the mixture is thick enough to drop from the knife, lift it from the fire, heat well to make it light, and spread, a quarter of an inch thick, between old soft muslin or surgeon's gauze. Turn over the edges, lay it on a hot plate, cover with another plate, and carry it to the sick room as hot as possible. Before laying it on the patient, test its temperature by holding it against your own cheek. If it is too hot for you, it requires cooling before applying. When put on by degrees, as it were, letting down one small piece at a time, it will not feel as hot as if put on all at once. No poultice should remain on longer than an hour; by that time it is not as warm as the body. After removing, wipe the skin dry and rub the sore place with oil or vaseline.

Fomentations are not easily applied, unless one knows exactly how to handle them. In every household which has due care for emergencies there ought to be a set of fomentation cloths—three large ones of heavy blanket flannel about three-quarters of a yard square. These are necessary in cases of pain in the stomach or abdomen or in any extended ache in the body. Smaller fomentation cloths of a thinner flannel are necessary in an attack of neuralgia, pain in the muscles of the neck, toothache, or pains about the head. These cloths should be about eight or ten inches square. Some a few inches smaller are handy for pain in the ears or eyes. The way to use a large fomentation cloth is to carry into the sick room on a tray a kettle of water which has been taken off at the boiling point. Fold the large cloth four times. Hold the ends, dipping the center of the cloth into the hot water, but keeping the ends dry. Then twist the flannel into a rope-like roll until every drop of moisture is squeezed out. It will be very hot, still almost dry. Lay this on the aching part of the body, folding it quite smooth and applying it gradually, keeping the hand beneath to save from a sudden shock of intense heat. Over the fomentation cloth lay a second square of flannel, dry and warm, to keep in the heat. If this is bandaged loosely around the body, a fomentation cloth will retain its heat for ten or fifteen minutes. Pain may sometimes be relieved with one application. If it continues, take the other flannel square and wring from the water in the same fashion. An easy way to wring the smaller cloths used about the head is to fold them into a square and lay in a potato ricer. Dip the ricer into boiling water and squeeze the cloth dry, covering it with another flannel to keep in the heat. After these squares have been used launder them and lay away, ready for another emergency.

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WHAT A MOTHER SHOULD KNOW AND DO.

Continued.

A very handy thing to have in the sickroom is a small nursery refrigerator, but when it cannot be obtained you can keep ice with small amount of waste by a simple, home-made contrivance. Get a large flowerpot with a saucer a size or two bigger than the pot. On the saucer set a wire trivet. Put the ice on this and over it turn the flowerpot upside down, stopping up the hole in the bottom with a wad of absorbent cotton. Cover with a piece of flannel and uncover only when ice is needed. The quietest thing to use for an ice pick is a strong hatpin. Stick it in the ice, pick with a small hammer, and break off a piece as large as you want.

In the summer when the range fire is allowed to go down and there is no gas stove, or where the sickroom is some distance from the kitchen, it is a good plan to have some way of heating water in the sickroom. Do not use a stove which burns kerosene or gasoline; in spite of utmost care it will exude odors. The use of gas is no better, as it consumes oxygen, and it is seldom that a pipe can be attached tightly enough to prevent all odor from the gas. The best arrangement is an alcohol lamp. If that is not in the house you can manage with a five-o'clock teakettle or a chafing dish, which over a hot alcohol flame will boil a pint of water in a very few minutes.

The instructions that a doctor lays down about medicine, feeding, or any sort of treatment, must be carried out to the letter. The best plan is to write his instructions every visit. If he orders medicine to be given every two hours, do not trust to memory, but reckon the time ahead and write it down—medicine at 6, 8, 10, 12, or whatever the case may be. Be perfectly accurate in measuring, using a medicine dropper for drugs and the average-sized teaspoon for a teaspoonful.

Occasionally a doctor orders an application of hot spirits. This is a process which must be very carefully carried out, as the alcohol is liable to take fire. The best way to heat it is to set the whiskey into a cup, put in a chafing dish, pour hot water around it, then put on the lid. Afterwards light the flame of the lamp and let the water boil gently for a few minutes. Fold old muslin or gauze into the shape required, dip it in boiling water and press dry in a potato ricer. Dip it again in hot whiskey, squeeze as dry as possible, apply it as hot as can be borne and cover with a piece of dry flannel. Keep the whiskey hot as long as it is needed, and have two bits of muslin, so one can be changed while the other is on the patient.

When it is necessary to change a nightshirt or nightgown, and the patient is too sick to sit up in bed, draw it well up under the arms, slip off a sleeve at a time, and push it up toward the neck, getting it over the head as deftly as possible. Roll the skirt of the fresh nightdress into a coil till it reaches the sleeve, slip the patient's arm into the sleeve before lifting the head from the pillow, and the nightdress can then be pulled down over the neck very quickly, afterwards straightening the skirt. The easiest plan in severe sickness is to have a nightdress which is open all the way down the front. It can be easily changed by turning the patient on one side and adjusting the nightdress from head to foot, then doing the same on the other side.

The patient's hair should be combed twice a day at least. If it is a woman's, part it in the middle and back, brush and comb one side at a time, and make it into two neat braids.

When a patient is allowed to sit up for the first time, it is a good idea to make it half an hour at meal time. It is much easier to eat when in a com-

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WHAT A MOTHER SHOULD KNOW AND DO.

Continued.

fortable, upright position, as the food tray can then be put in a more convenient place. Besides, the novelty of being able to sit up and eat is apt to create a new relish for food. If it can be obtained, a handy thing to have in a sickroom is a one-leg adjustable table, which can be set high or low, as needed, and be used for various needs—to serve a meal on, to place the basin on, for the patient to wash his face and hands, or, during convalescence, to hold a book on, or for a game of solitaire. Although it is not quite as handy, a good substitute for this useful bit of furniture is an ordinary sewing table. Unfold two legs, set it on the floor beside the bed, leaving the other legs tucked under. To prevent the weight of the table from resting upon the patient's body, put a couple of props under it on the bed. If nothing else is handy, a few books or wooden blocks will serve to keep it steady.

Occasionally the doctor orders an ice compress for the head. To make it, fold two large handkerchiefs (to be used alternately) so they will not be so wide as to come over the eyes or wet the hair or pillows, and turn in the edges. Put a block of ice with a little water about it in a basin, wring out a handkerchief and lay it on the ice till very cold; then apply, keeping one on ice, the other on the patient's head.

Occasionally a room is situated so that it is almost impossible to let the air sweep through it as it ought without blowing on the patient. Arrange a little tent by placing around the invalid a low clotheshorse, with three panels. Over this spread a sheet or blanket. If the air is very cold, put a hot bottle at the feet and cover the lower part of the body with extra clothing. In this way there will be no danger of the patient catching cold.

THE MEDICINE CLOSET.

Even in the household where every member is strong and healthy there ought to be in reserve all sorts of simple medicines and emergency requirements which are ready at the moment needed. The medicine closet should be high enough to be out of the reach of children's hands. If made of wood, enamel it white inside and out, thus making it very easy to keep clean. Put a secure lock on the door and keep the key where it can be found instantly by anyone in the household. Divide the shelves into different departments for all sorts of needs. In one side store everything that is poisonous or in any way dangerous. In another keep rolls of antiseptic gauze, absorbent cotton, sterilized linen, bags for poultices, lint and court-plaster. Reserve one shelf for such common, everyday remedies as calomel, camphor, castor oil, cascara, Epsom salts, Jamaica ginger, glycerin, paregoric, limewater, magnesia, sweet spirits of niter, oil of peppermint, quinine, rhubarb, flowers of sulphur. Upon another keep such drugs as are used for cleansing wounds or bruises and healing burns, also things to be used in cases of emergency, as alcohol, boracic acid, carbolic acid, borax, charcoal, collodion, witch-hazel, iodoform, turpentine, dioxygen, listerine and peroxide. There ought to be a corner for poultice and plaster necessities. There one would find mustard, flaxseed, oil silk, linseed meal and antiphlogistine. Here, too, have small supplies kept together of such things as might have to be looked for in different parts of the house—carbonate of soda, ammonia, whiskey and brandy, olive oil, sweet oil, camphorated oil, limewater and oil liniment.

Save every morsel of old linen, as it comes from the laundry, for emergencies. Cut it into strips two to three inches wide and join them, laying one end upon

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WHAT A MOTHER SHOULD KNOW AND DO.

Continued.

the other and sewing around the edge. Cut off ravelings, then begin at one end and roll up. Make as many of these rolls as will go into a wide-mouthed fruit jar. Fill the top with absorbent cotton, set the jar upon a trivet in a kettle of cold water deep enough to have the water come nearly to the neck, and allow it to come almost to the boiling point. The jar will need a weight laid across the top to hold it steady. Keep the water about 180 degrees F. for three hours. Lift off the kettle and let stand until water becomes cold. Then take the jar out, screw on the top tightly, wipe and put away. The linen will then be so perfectly sterilized that in using it there will be no possible danger of infecting a fresh wound. Save old pocket handkerchiefs and bits of soft linen and lawn for poultice bags, making them of different sizes, some as large as an eight-inch square, others just big enough to poultice a boil. Stitch them around three sides on the machine, then they can be tied tightly at the neck. When they are wanted, fill the bag half full of whatever the poultice is made of and press it into shape between the palms. When poulticing a boil, lay over it first a scrap of thin sterilized linen moistened with olive oil and on top of that place the hot poultice. When poultices must be applied very hot, fill three bags and keep them in the oven, where two can be kept as hot as possible. After putting the poultice on, cover with several folds of old flannel, which helps to retain the heat. In making mustard plasters, mix with the white of an egg instead of water, as it has all the drawing power necessary, yet it never blisters the skin. Use half mustard and half flour, then cover the top of the plaster with thin old linen.

THE SICKROOM.

Perfect ventilation, a sunny exposure and, if possible, a fireplace, which has much to do with keeping the air pure, are necessary for the sick room, which should be kept perfectly neat and clean in every detail. A bare floor with a few small rugs, which can be taken up and shaken, is very much better than a carpet, or even matting. A string mop, used noiselessly about the floor, carries away all the dirt without raising dust. The bed should be placed so the patient can be shut off from any draughts, also in a position that will not allow the sun or a gas light to glare in his eyes. A single bed is far better than a double one, for various reasons. The best frame is of iron or brass with a woven-wire or national spring, both of which can readily be kept clean and free from dust. It ought to be set on strong, noiseless casters, so it can be moved quietly and easily whenever necessary. The higher the bed the better, as it is much easier for a nurse to lift a helpless patient when not obliged to bend very low. If obliged to use a double bed, try to have the patient sleep on one side during the day, leaving the other side comfortable for night. A good hair or felt mattress is a necessity, and it ought to be in one piece, as steady use of a divided mattress is liable to make it slip around and become very uncomfortable. Cotton sheets are superior to linen, even in summer, when coolness is desired, because cotton is not a quick producer of heat, and it does not absorb perspiration, as linen does, afterwards chilling the body. Wool blankets, light or warm, according to the season of the year, are much better than comfortables. A dimity covering or linen sheet is more comfortable than a heavy Marseilles counterpane. The pillows are better thin and narrow than thick and square.

The furniture of a sickroom should be as simple as possible, all heavy draperies and upholstered chairs being removed. Thin muslin curtains add to

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ATLANTA

WHAT A MOTHER SHOULD KNOW AND DO.

Continued.

the cheerfulness, and a dark shade, if there are no outside shutters, is almost a necessity during long summer days, when the chamber has to be darkened during sleeping hours. A small table that is steady on its legs and light enough to be easily lifted is a necessary article of furniture. Do not allow it, however, to get piled up with all sorts of useless things. Keep it covered with a clean towel and reserve it for the necessary articles which should be found there—the thermometer in its glass of borax water, a pad and pencil, which may be needed during the doctor's visit, and a movable hand-screen, to use on occasions when the patient wishes to be shaded from the light. A small night lamp which burns with a dull glow is frequently a necessity. If sick nursing has to be done during cold weather, when artificial heat is necessary, try to alleviate the dryness of the atmosphere. This can be done by keeping a basin of water upon the radiator, or setting before the register a three-fold screen of cheese cloth, which should be kept constantly wet.

A light screen is another sickroom necessity. The best is one of plain bamboo, which does not hold dust, the panels made of some washable stuff run on rods, so they can be quickly changed for laundering. If possible, have no plumbing fixtures in a sickroom, and when it opens into a bathroom keep the adjoining door closed as much as possible.

An excellent way to admit fresh air to a sickroom in winter, when a window is near the bed, is to open it the desired height, then stretch a piece of cheesecloth over the opening and tack it fast. A still more convenient way is to put the cheesecloth on a small frame that will fit into this opening. It can then be removed at any time.

A handy way to fumigate the sickroom is to place a brick in a large wash basin and on this set a baking tin containing sulphur. If the sulphur is burned directly in the basin you are liable to crack or break it.

A valuable remedy for proud flesh, an obstinate outgrowth of the flesh from small sores, consists of alum. A lump of alum is placed upon a stove just hot enough to enable it to turn to dry powder. The powder, placed on the affected part repeatedly and covered with a bandage, can be relied upon to effect a speedy and inexpensive cure. It has never failed to cure when even the services of a physician were vainly resorted to.

Another good remedy: Use powdered resin. Apply as above; do not heat the resin, however.

If there is an invalid in the family who must be fanned, have your "handy man" make wooden handles for several large palm-leaf fans. These should be longer than the stem handles, nicely polished, and nearly as large as that of a broom. The center of the stick is hollowed, then the stem of the fan is inserted and fastened firmly with glue. These handles may be made at home by using the hollow end of a window-shade roller. The wooden handle, on account of its size, does not cramp the hand as does the small stem.

All winter keep in the medicine closet a small jar of turpentine and lard, melted together in equal quantities. If one shows signs of hoarseness, give the neck and chest a vigorous rubbing with this home-made liniment.

For jammed fingers, immerse the hand in water as hot as can be borne and rub vigorously. Do up in sweet oil or vaseline. If the bruise is on the face, apply a cloth wrung from hot water, to prevent the blood from settling; afterwards apply the oil.

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WHAT A MOTHER SHOULD KNOW AND DO.

Continued.

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FOOD FOR INVALIDS.

Sickroom diets are classified as liquid, light and convalescent. The first consists wholly of liquid food and is given in cases of typhoid fever and other severe illnesses. In typhoid nothing is allowed for some time except milk, but during the run of other diseases, gruels, beef tea and broths are prescribed to keep up the strength. In fevers a large number of cooling drinks, characterized as acid, starchy or albuminous, are frequently ordered. Cocoa, hot milk and various malt preparations are given at night to produce sleep, while occasionally doctors prescribe drinks containing rum, sherry or brandy, when the patient is in need of such stimulation.

A "light diet" is the term used for the food that is given when a patient who has been very sick is beginning to improve. It includes almost everything that is found in the liquid diet and, in addition, soft-boiled eggs, soups, broths, raw oysters, toast, delicate cream soups, chicken broth, soft custard, fruit, gelatines, light puddings and a small amount of poultry, game or tender meat.

Convalescent diet includes all the dishes which have been already spoken of, only as the patient grows stronger the amount grows a little larger day by day and includes more nourishing foods, with a larger variety. Baked potatoes begin to appear on the tray, beefsteak, broiled mutton chops, sweetbreads, broiled chicken, sponge cake, boiled rice, small pieces of broiled fresh fish, a slice of tender, rare roast beef and ice cream.

The utmost daintiness is a necessity when a tray for the sickroom is being set. Food that is tempting in appearance will often create an appetite where none existed. You must remember that an invalid's recovery depends as much upon the diet as upon medicine. Therefore, everything that is taken to the sickroom must be of the best quality—eggs that are really fresh laid, the best of butter, the tenderest chicken and meats and milk that is perfectly sweet. If the physician orders food served every three hours, carry the tray into the room on the stroke of the hour. He knows when the stomach requires nutrition, and unless you have been sick you can never understand what a terrible sinking sensation the patient experiences when the lunch hour is forgotten for even fifteen minutes. By making each menu just a little different from the one before you can keep your invalid guessing. Anticipation creates appetite. If the tiny meal is delicately cooked and daintily served, it will probably be eaten with a relish. Never offer a sick person as much as is required by a healthy appetite.

For the most nourishing kind of beef tea, choose a piece of meat from the lower part of the round. There is more juice in a piece of the animal which has been toughened by steady exercise than in a very tender cut. If we wish to keep in the juices, the meat should be seared on the outside by exposing it to a strong heat, as in roasting, broiling or boiling, but in this case the fiber should be rejected.

Free from fat, put through the finest knife of the meat chopper and cover with a pint of cold water. Heat slowly in a double boiler. In two hours the juices will be drawn out and the fiber left bleached white. A square of wet



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WHAT A MOTHER SHOULD KNOW AND DO.

Continued.

cheesecloth may be doubled and spread over a strainer, and through this the chopped meat be wrung perfectly dry. The juice ought to be red. If it cooks long it will turn brown; then the albumen, which we wish to preserve in liquid form, would coagulate, taking from the beef tea most of its nutrition. If the patient objects to the uncooked look of beef tea, serve in a red tumbler which is well heated, because the liquid cannot be brought to the boiling point.

Occasionally a patient is found who has such an aversion to milk that he will not take it as a liquid. Then try to include it in the menu in every possible form; that is, if the doctor prescribes it. It can be prepared as junket and clabbered milk; in custards, oyster and cream soups, eggnog, gruels, milk toast, cocoa and blancmange; in the shape of cream served with cereals and soft puddings, and if chilled foods are allowed, give ice cream.

SCRAPED BEEF—Tack down to a meat board with a couple of skewers one-half pound of steak cut from the top of the round. With a sharp knife scrape it and lift off all the meaty substance, laying it on a platter. When one side is scraped bare, turn over and get all that is possible off the other side. When finished, there will be nothing left but tough fiber. Mould the scraped meat with a knife into a little cake and broil it over the coals for a few minutes. Season with pepper and salt and serve on buttered toast.

CHICKEN BROTH—Cut up a small fowl, wash thoroughly and skin it; also cut away all the fat possible. Pour over it a quart of cold water. Set it back far enough on the stove to take at least half an hour to come to a boil; simmer very gently. When the meat begins to get tender, lift it out, strip it off the bones and put the carcass back to simmer until all the good is out of it. Allow the soup to cool and skim off the fat. Reheat, when needed, with a little rice, and serve quite hot. A nourishing veal soup may be made from a shank of veal in the same way.

CREAMED TOAST—Two slices of bread, three-fourths cupful of rice milk, one-half tablespoonful of butter, one teaspoonful of cornstarch, dash of salt. Toast the bread a delicate brown and butter lightly. Scald the milk, thicken slightly with cornstarch, season with salt and pour over the toast. A very tasty dish of toast may be made from one-half cupful of clam juice, taken fresh from steamed clams and poured without thickening over toast.

BROILED OYSTERS—Choose the largest oysters possible, pour a little water over them and rinse in the liquor before lifting out, then drain in a napkin till dry. Dip into melted butter, then into cracker crumbs which have been seasoned with pepper and salt and lay them between the wires of an oyster broiler. Move gently over a clear, hot fire until the juice begins to run out. Lay them on toast and serve hot.

CREAMED OYSTERS—One-half pint of oysters, one tablespoonful of butter, one and one-half tablespoonfuls of cornstarch, pepper and salt, one cupful of thin cream. Put the oysters in a bowl, add a little water and rinse carefully, lifting each one out separately. Dry in a napkin. Make the cream, butter and cornstarch into a smooth sauce, season with pepper and salt and drop in the oysters. Cook until they begin to curl up at the edges, then pour over buttered toast.

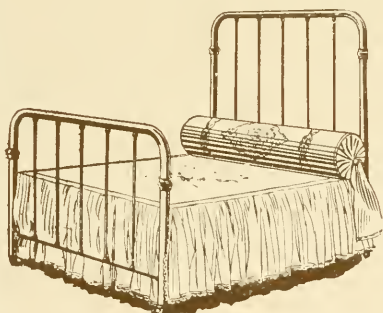
GOLDEN-ROD EGGS—Perpare a white sauce as given in the recipe for creamed chicken. Add to it the white of a hard-boiled egg, chopped. Pour this mixture over a slice of toast and on top scatter the hard-boiled yolk rubbed into tiny strings through a sieve. Serve very hot.

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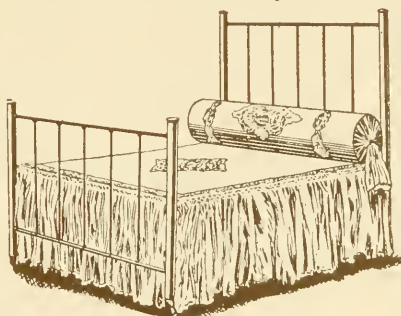
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WHAT A MOTHER SHOULD KNOW AND DO.

Continued.

SCALLOPED OYSTERS (individual portion)—One-half cupful of oysters, one-half cupful of cracker and bread crumbs mixed, one tablespoonful of butter, pepper and salt, one tablespoonful of cream, one tablespoon of strained oyster liquor. Wash the oysters and lift them from the liquor. Mix the crumbs with the melted butter. Scatter a layer of crumbs over a deep saucer, then a layer of oysters; sprinkle with salt and pepper and cover with the rest of the crumbs. Pour over the cream and oyster liquor. Bake until the top is delicately browned. Serve hot.

BROILED SQUAB—Singe a squab, wash and wipe dry; then with a sharp knife split it down the back from the neck to the tail. Lay it open and clean the inside. Cut through at the joints, releasing the tendons. Brush over inside and out with melted butter, season with pepper and salt and dust with flour. Broil over a hot fire ten minutes. Serve on hot buttered toast and garnish the little dish prettily with parsley. Quail or any small bird may be cooked in the same way.

CREAMED ASPARAGUS—Wash a few stalks of asparagus and cut off the white part. Divide the tender green portion into pieces an inch long. Cook in boiling salted water until tender. Arrange on a piece of buttered toast, seasoning with pepper and salt, and pour a little melted butter over it. If the invalid desires, a few tablespoonfuls of white sauce may be used instead of the butter.

CREAMED CHICKEN—One-half cupful of thin cream, one-half tablespoonful of cornstarch, one tablespoonful of butter, pepper and salt, three-fourths cupful of cold chicken breast. Make a white sauce from the cream, cornstarch, butter and seasoning. Cut the chicken into cubes and heat in the sauce. Serve on buttered toast with a baked potato. The meat which is taken from the bones when preparing chicken broth may be utilized for this dish; or, if desired, and if the patient can digest it, it can be made into a chicken salad.

BROILED SWEETBREADS—Before sweetbreads are prepared in any way they have to be parboiled. When they come from the market put them into ice water and let them stand an hour, then drop in boiling salted water to which a tablespoonful of lemon juice has been added. This preserves the white color of the sweetbread and keeps the flesh firm. After cooking slowly for twenty minutes, drop them in ice water and pull off the skin, fiber and all waste scraps, divide into pieces and they are ready to serve as desired. They make a very savory dish for the invalid's tray when broiled. Do not separate them when cooking this way, but cut in slices, sprinkle with salt and pepper, brush with melted butter and broil a delicate brown. Season with pepper, salt and lemon juice and, if the doctor allows, a tablespoonful of tomato sauce.

Sweetbreads are delicious when creamed. When served in this way they are simply reheated in a white sauce, as directed for creamed chicken, and poured over buttered toast. If you have a small portion left of both chicken and sweetbread, it makes a delicious dish blended with cream sauce. They are also nice reheated in a cup of strong chicken stock with a dash of lemon juice for seasoning.

EGG SANDWICHES—Boil an egg hard and chop fine; add salt, mustard, a few drops of vinegar and a dash of pepper for seasoning. Soften one-half tablespoonful of butter, beat to a cream and mix the egg with it till it is a paste. Butter slices of bread, spread on the mixture and make into a sandwich.



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WHAT A MOTHER SHOULD KNOW AND DO.

Continued.

FRENCH CHOPS—Trim from the bones of tender little lamb chops all the fat and skin, leaving nothing but the tiny round of meat at the end. Brush with butter, dust with pepper and salt and broil over a hot fire. Slip little paper frills on the bones and serve with a spoon of green peas. A delicious way to cook chops for an invalid is to broil them inside paper cases. Make an envelope of thick glazed notepaper and rub it with butter. Slip the chop inside. Fold the paper so there are two sheets covering the meat, put the little case between the wires of the broiler and move about over a clear, hot fire. If it is turned quickly and often, there will be no danger of the paper taking fire. A chop ought to cook in this fashion in five or eight minutes. It is constantly basted in the butter and its own juices, and is very sweet and tender. Turn out onto a hot plate, being careful that all the gravy is saved. Chicken or birds may be cooked in the same fashion.

BROILED CHICKEN—Prepare a tender chicken in the same fashion as directed for squab. Unless it is exceedingly small, half a portion will be enough to cook for an invalid, and if the appetite is only equal to very dainty meals the tender little breast may be sufficient. Season with pepper and salt, brush with melted butter, put in a greased broiler and cook for twenty minutes, turning the broiler frequently. Keep the flesh side longer over the coals than the bony portion. When the chicken is delicately browned, put it in a pan and set in a hot oven for ten or twelve minutes. Serve hot with toast.

LEMON ICE—One-half cupful of water, one-fourth cupful of sugar, one lemon. Boil sugar and water together with a thick piece of lemon rind for three minutes. Cool, add lemon juice and freeze like ice cream.

GUM GLUTEN BISCUITS—One cupful of self-raising gum gluten, dash of salt, one tablespoonful of butter, milk. Sift the dry ingredients, rub the butter into the flour and add enough milk to make a soft dough. Roll it out, cut into little biscuits and bake quickly.

RAW-BEEF SANDWICHES—Meat is often served in this fashion to a patient whose stomach will not retain it when cooked. Take about two tablespoonfuls of the raw meat prepared as described in scraped beef, season lightly with pepper and salt, spread it between two slices of buttered bread and toast the outside delicately. Be careful not to allow the meat to reach the edges of the bread or it may nauseate the patient.

OYSTER BROTH—One pint of oysters, one cupful of cold water. Mince the oysters fine, put in cold water and let simmer for fifteen minutes over a slow fire, skim, strain and season.

CLAM BROTH—Six clams, one cupful of boiling water, one teaspoonful of powdered cracker, one teaspoonful of butter. Let clams stand in boiling water until the shells open; drain off the liquor, add cracker, butter and seasoning.

TAPIOCA—Two tablespoonfuls of minute tapioca, one and one-half cupfuls of boiling water, one cupful of cold water. Cover tapioca with cold water and let soak ten minutes; put into boiling water and boil until clear; sweeten and add nutmeg or wine, if desired.

JUNKET—One-half cupful of milk, a few drops of McIlhenny's vanilla, one-half tablespoonful of sugar, one-half junket tablet, grating of nutmeg. Heat the milk till lukewarm; add vanilla, sugar and tablet, which has been dissolved in a teaspoonful of water. Mix well, pour into a sherbet cup, cover and stand in a warm place till the mixture jellies. Grate nutmeg over the top and keep in a cold place till ready to use.

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WHAT A MOTHER SHOULD KNOW AND DO.

Continued.

INVALID'S ICE CREAM—One-half cupful of cream, one-fourth cupful of milk, one and one-half tablespoonfuls of sugar, one-half teaspoonful of McIlhenny's vanilla. Mix ingredients in a baking powder tin; put on cover, set can in a pail or dish and surround with crushed ice and salt. Turn the can around often; occasionally take off the cover, scrape the cream from the sides as it freezes, and beat it well. When frozen, pour off the brine, beat cream with a spoon, pack it evenly in the can and put on the cover. Let stand till ready to serve. Put more ice around the can if needed.

BRAN MUFFINS—One cupful of flour, two cupfuls of bran, one teaspoonful of soda, three tablespoonfuls of molasses, four tablespoonfuls of butter, one and one-half cupfuls of sour milk, dash of salt. Mix the dry ingredients, rub the butter between the fingers, add the molasses and sour milk. Beat hard for five minutes. Pour into greased, hot pop-over irons and bake in a quick oven.

ORANGE ICE—One-half cupful of water, two small oranges, three tablespoonfuls of sugar. Make and freeze like lemon ice.

PRUNE JELLY—One cupful of prunes, one and one-half tablespoonfuls of gelatin, three tablespoonfuls of sugar. Stew prunes in sufficient water to cover them well. When tender, press through a potato ricer, add gelatin previously soaked for half an hour in a little water, return to the fire, add sugar, reheat and pour in molds to cool.

APPLE AND CUSTARD—One large apple, one tablespoonful of sugar, one teaspoonful of cornstarch, yolk of one egg. Pare and core apple, fill the cavity with sugar, put a little water in the bottom of a dish, and bake. Make a custard of a cupful of milk, sugar, cornstarch and egg. Flavor to taste after boiling thick and pour around the baked apple. Use the white for a meringue. Eat cold.

SLIP—One tablespoonful of cornstarch, two cupfuls of boiling water, one-fourth cupful of sugar, juice and rind of one lemon, white of one egg. Boil the cornstarch till thick in water, add sugar and lemon and pour into a baking dish. Beat the white of egg with a tablespoonful of powdered sugar, spread on top, brown slightly and serve cold with cold boiled custard.

EGG CREAM—Two eggs, two tablespoonfuls of sugar, juice and rind of one-half lemon. Separate yolks from whites of eggs and beat the yolks with sugar in bowl until well mixed, then add lemon and place bowl in a dish on the stove. Stir slowly until the mixture begins to thicken, add the beaten whites of eggs and stir until it is like thick cream.

WHAT AN INVALID MAY DRINK.

IRISH MOSS LEMONADE—Two cupfuls of boiling water, one-fourth cupful of Irish moss, one-fourth cupful of lemon juice, three tablespoonfuls of sugar. Soak the Irish moss over night, then pick it over very carefully. It is generally full of sand and all sorts of foreign matter and can never be made palatable unless it has been through a number of waters. When clean put it in a double boiler, pour boiling water over it and let it steep until dissolved. Strain through a square of cheesecloth, then add the lemon juice and sugar. Serve very hot. This is one of the most soothing drinks to give a patient who is suffering from a sore throat or lung trouble.

APPLE WATER—Six sour apples, two tablespoonfuls of sugar, one quart of boiling water. Slice apples, add sugar and boiling water. Cover closely and cool; strain.

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WHAT A MOTHER SHOULD KNOW AND DO.

Continued.

GRAPE WATER—One-half cupful of boiling water, four tablespoonfuls of grape jelly, one-half cupful of cold water, one teaspoonful of lemon juice, one tablespoonful of sugar. Pour boiling water over the jelly and stir until dissolved. Then add the cold water, sugar and lemon juice and a piece of ice sufficient to chill it thoroughly. Another delicious drink may be made in the same way from red currant jelly. Blackberry, barberry and black currant jelly are also excellent for this refreshing drink.

CINNAMON PUNCH—One stick of cinnamon, one cupful of rich milk, two teaspoonfuls of sugar, one teaspoonful of brandy. Put the cinnamon with the milk in a double boiler and steep till the flavor is all soaked out. Add the sugar and brandy. It may be used hot or ice cold, as desired.

BARLEY WATER—Two tablespoonfuls of barley, four cupfuls of cold water, one-half teaspoonful of salt. Wash the barley thoroughly and let it soak over night in cold water. In the morning set on the back of the stove where it will merely simmer and cook for three hours. It ought to be reduced one-half and be as thick as cream. Season with salt and, if the patient likes it, a little sugar. Pour through a fine strainer and drink hot.

OATMEAL GRUEL—One-fourth cupful of oatmeal, one quart of cold water, one teaspoonful of salt. Cook in double boiler two hours. Press through a strainer, dilute with cream, reheat and serve. The well-beaten white of one egg or a few tablespoonfuls of thick cream stirred into the gruel adds nutrition.

CORNMEAL GRUEL—Two tablespoonfuls of cornmeal, one tablespoonful of flour, one teaspoonful of salt, one-fourth cupful of cold water, three cupfuls of boiling hot water or milk. Mix meal, flour and salt; stir into the mixture enough cold milk or water to make a thick paste and pour this into the hot milk or water. If water is used, cook one hour in a saucepan; if milk, three hours in a double boiler. Serve hot, diluted with cream.

EGG GRUEL—One egg, one teaspoonful of sugar, one cupful of hot milk (not scalded), nutmeg or lemon juice to flavor. While the milk heats, beat the yolk of the egg till thick and light colored, the white till stiff. Stir into the yolk the other ingredients in the following order: Sugar, milk, beaten white and flavoring.

EGGNOG—One egg, two teaspoonfuls of sugar, one and one-half tablespoonfuls of lemon juice, one or two tablespoonfuls of wine, nutmeg. Beat the yolk till thoroughly foamy; stir in the other ingredients. Nutmeg may be omitted.

LEMON WHEY—One pint of hot milk (not scalded), juice of two lemons. Add the lemon juice to the milk; when the latter has curdled strain it through a cloth. Serve the whey hot or cold in a glass.

TOAST WATER—One slice of stale bread, two cupfuls of boiling water, one slice of lemon. Have bread one-half inch thick, toast brown; pour upon it boiling water, cover closely and cool; strain it. A slice of lemon may be added.

BARLEY WATER—Two ounces of pearl barley, three cupfuls of water. Wash barley in cold water; boil twenty minutes in a covered dish; strain, sweeten and add lemon, if permitted.

LEMONADE—One lemon, one tablespoonful of sugar. Squeeze lemon, add sugar, mix with ice water and strain; rub the rim of the glass with a slice of lemon peel and allow it to float.

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WHAT A MOTHER SHOULD KNOW AND DO.

Continued.

EGG LEMONADE—Two tablespoonfuls of sugar, one egg, three tablespoonfuls of cold water, one lemon. Beat sugar and egg thoroughly, then mix cold water and the lemon juice, put chipped ice in the glass and fill with ice water.

EGG AND COFFEE—One egg, one tablespoonful of sugar, one-fourth cupful of boiling coffee. Beat egg and sugar together and add the boiling coffee gradually; stir and add hot cream.

PICK-ME-UP—One tablespoonful of powdered sugar, one egg, dash of salt, one tablespoonful of brandy. Separate the egg and beat the yolk until thick and lemon-colored; add the powdered sugar and brandy, beat again, then blend with white of the egg whipped to a stiff froth. This is so thick that it may be eaten with a spoon.

RUM AND MILK—One cupful of rich milk, one egg, one tablespoonful of powdered sugar, dash of salt, one tablespoonful of rum, scraping of nutmeg. Separate the egg, beat the yolk until quite thick, add the powdered sugar, then the nutmeg, salt, rum and, last of all, the white of the egg beaten thick. Put in a shaker with a few pieces of ice and shake till cold, then strain into a glass.

MULLED WINE—One cupful of port wine, two tablespoonfuls of powdered sugar, one egg, one stick of cinnamon, one-half cupful of water. Pour the water over the cinnamon and let it steep in a double boiler for ten minutes, add the sugar, beat the egg stiff, pour over it the flavored water, lifting out the cinnamon, add the wine, pour it all into a shaker and shake hard till the drink is thoroughly blended. If liked cold, add a bit of ice to it; if hot, set the shaker in boiling water for a few minutes.

FLAXSEED LEMONADE—Two cupfuls of cold water, one tablespoonful of whole flaxseed, two tablespoonfuls of sugar, juice of one lemon. Wash the flaxseed, put in a double boiler, pour water over it and steep for an hour. Sweeten, add the lemon juice and strain. This is a valuable remedy in a case of hoarseness or inflamed throat.

SLIPPERY-ELM TEA—Four teaspoonfuls of slippery-elm powder, two cupfuls of boiling water, two tablespoonfuls of sugar, juice of one lemon. Pour the boiling water over the slippery-elm; when cool, strain, sweeten and flavor with the lemon juice.

ICE CHOCOLATE—One-half cupful of milk, one-fourth cupful of Apollinaris, two tablespoonfuls of chipped ice, two tablespoonfuls of chocolate syrup, one-third cupful of whipped cream. Put these ingredients into a shaker and shake till frothy. Strain into a tumbler.

RICE MILK—Two tablespoonfuls of rice, two cupfuls of scalded milk, one teaspoonful of sugar, dash of salt. Soak the rice over night in cold water. Next morning put in a double boiler with the milk and seasoning; stir occasionally and let it steam for an hour and a half. Rub through a sieve, grate a scraping of nutmeg over it and, if desired, put a tablespoonful of whipped cream on top. Serve hot or cold.

HOME REMEDIES.

Gruels are more tempting to the sick if whipped to a froth with an egg beater before serving in a pretty cup.

Beef tea is wanted frequently when there is little time to prepare it. It can be made quickly in the following manner: Take a lean piece of beef, run it through a food cutter, using the finest cutter, cover with cold water and set at the back part of the range to heat. Do not let it boil, as that coagulates the



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WHAT A MOTHER SHOULD KNOW AND DO.

Continued.

albumen. Stir thoroughly, strain and squeeze dry in a potato masher. This will extract all the juice of the beef quickly and easily.

As a "pick-me-up," nothing is more nourishing than the white of a fresh egg beaten to a froth, slightly sweetened and blended with the juice of a sweet orange.

HOT WEATHER CARE AND THE PROPER NOURISHMENT FOR INFANTS AND CHILDREN.

One-third of the total yearly deaths of infants and young children in this country occur in the two hottest months of the year—July and August.

Heat kills off babies and young children largely because it spoils their milk and other food quickly. Even breast milk, when the mother is overheated, may give the baby colic or "summer complaint." If a mother is very hot she should draw a teaspoonful or so from the breast before nursing her baby. If the breast has not been given for two hours or more, it should be drawn off in the same way. And if the mother has been badly frightened or very angry or excited, it is not safe to give the breast at all; it should be drawn and the milk thrown away.

The proper food for babies is mothers' milk. No sensible mother needs advice on this point. If she is fairly healthy her breast will give all the nourishment the child should have until it begins to cut its teeth—the sixth or eighth month. Up to this time it is a sin to give an infant one morsel of solid food of any kind, or anything but breast milk (if the mother is healthy), except water in moderate quantity occasionally, *but never soon after nursing.*

Many infants are killed every year by bringing them to the table with the family and giving them a little bit of this, that and the other—meat, vegetables, pie, pickles, etc., which the little stomach is not fitted for. They are killed just as surely, though not so quickly, as if they had been fed poison out of a drug store.

When the baby that is fed this way sickens and dies it is said that the baby died of "diarrhea," or "dysentery," or "cholera infantum," or "summer complaint," or "teething," or "convulsions," or "brain fever." But these are only names for the result of poisoning with unfit food.

Wait until the baby gets its teeth before you put food into its mouth that needs to be chewed.

If the breast milk gives out, or becomes thin or watery, or if the mother has consumption or any other long-standing sickness, the baby must be put on the bottle and fed with cows' milk.

As soon as the milk is received, take what is to be used for the baby and "scald" it. *Don't let it boil.*

A good way is to set a pan of cold water on the stove and put the vessel containing baby's milk into this pan. Just as soon as the water comes to a boil, take it off. This amounts to what is called "sterilizing" or "pasteurizing" the milk. Add a pinch of baking soda to the hot milk, a little less than half a teaspoonful to a quart.

If the milk was sweet and hadn't begun to "turn" when it was received, it will keep for twenty-four hours or more after being treated this way, even in

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WHAT A MOTHER SHOULD KNOW AND DO.

Continued.

hot weather. But, of course, it should be kept in a close-covered vessel or fruit jar or stoppered bottle. Whatever it is kept in should be thoroughly scalded—cover, stopper and all—just before the milk is put in.

If you have an ice box or refrigerator to put the milk in, or can in any other way keep it from "turning," it is better to let it stand for about six hours and then pour off the upper half for the baby's milk. This should then be "scalded" and soda added, as before described. If you can't do this, a little cream should be added to the baby's milk, say one tablespoonful of cream to two or three of the milk.

To make this nearly like breast milk, add two cupfuls of water that has been boiled to each cupful of milk and enough white sugar to make it as sweet as breast milk.

(Milk sugar, if perfectly pure, is better than white or cane sugar.)

If this mixture is too rich, the baby will vomit it in curds or lumps, or it will pass through the bowels in white flakes and shreds. If this happens, add more boiled water to the mixture until you find just what strength the baby's stomach will stand—what it can digest.

When the baby is about a month old barley water should be used instead of plain water. Put two tablespoonfuls of pearl barley in four cupfuls of cold water. Boil an hour or more—down to two cupfuls—strain through a close cloth, add a pinch of salt and sweeten to breast-milk taste. Add this to a cupful of "scalded" cow's milk treated as before described and begin feeding this strength.

Gradually use more milk and less barley water, until at about six months of age the child is getting two-thirds milk and one-third barley water.

Next to healthy breast milk, this will make as good food as the infant can get during teething and weaning. Then comes the pure milk—always "scalded"—bread and milk, baked potato and milk, oatmeal porridge—which can't be boiled too long, *never less than two hours*, and always eaten with milk, and the milk always "scalded," not boiled.

Don't overfeed the baby. Once in two or three hours is often enough to suckle or feed a baby until it is four or five weeks old; after that do not feed so often.

When a baby is about six months old it will generally thrive best if fed only once during the night and four or five times regularly during the day. It is bad for a baby's stomach and bowels to feed it too often or too much at a time, especially in hot weather.

A new-born baby's stomach will hold from two to three tablespoonfuls, and not more than this amount—rather less—should be given at a time during the first week or so of a bottle-fed baby's life.

As the baby grows the quantity should be gradually increased, so that at the end of the first month it may be taking about four tablespoonfuls at a meal. Some children will require more and others will not stand so much; but there is more danger of giving too much at a time than too little.

Don't stick the nipple in the baby's mouth every time it cries.

If the baby is properly fed at regular times it won't get hungry enough to make it cry, and it is foolish to feed it whenever it cries instead of trying to find out the trouble. It may be thirsty, and a swallow or two of cold water—

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WHAT A MOTHER SHOULD KNOW AND DO.

Continued.

not a big drink—will stop it; or its clothes may be uncomfortable, or its napkin need changing.

Try to find out what makes it cry, and then use “mother wit.” And don’t be afraid of giving the baby a drink of water. It needs water as much as milk. It needs more water, in proportion to its size and weight, and oftener, than its mother does. Thirst causes more needless suffering to babies than anything else. *Give the baby a drink*, but be sure the water is pure by having been either boiled or filtered.

Don’t feed the baby with a spoon. Sucking is the natural way that a baby takes its food. It needs the sucking action of the lips and mouth and tongue to mix its food with the fluids of the mouth and to keep it from getting into the stomach too fast.

Use a plain, common bottle for feeding, with a rubber nipple.

Fancy nursing bottles, with long rubber tubes and patent contrivances, besides costing money, can’t be cleaned easily, and babies don’t do well with them in other ways. The more simple the bottle and the nipple, the better for the baby. The rubber-tube bottle is a device of the Evil One for lazy mothers. It is bad enough when a mother can’t suckle her own infant at her own breast; let her at least take it in her arms and hold the bottle and “mother” it while it feeds.

Take the nipple off after each feeding and at once boil both bottle and nipple for at least ten minutes. Before using again, rinse the bottle and nipple in water that has been boiled—about a quart of water with half a teaspoonful of soda in it—or keep them in a pan of soda and water when not in use.

More babies get “sore mouth” and “wind colic” and “summer complaint” for want of care of the nursing bottle than from any other one cause. A little stale milk around the neck of the bottle or in the nipple will set up a ferment which is poison to the delicate lining of a baby’s mouth and throat and stomach.

Of course the baby’s bottle food should be warm—about the same as breast milk, or “blood heat;” that is, as warm as the inside of the mouth.

Keep the baby clean and it will stand the heat better. When the thermometer is at eighty or ninety in the shade it isn’t easy to keep the baby cool. But it can always be kept clean and will then be more comfortable and have a better chance of living through the hot weather. It should have at least one full bath every day, and oftener during extreme heat. Never bathe within one hour after feeding it. Bathe first; feed afterwards.

Dress as lightly as possible. It will be better stark naked, except for a napkin and binder, some hours a day during the hot weather when indoors. But keep it in the open air, out of the hot sun, as much as you can between sunrise and sunset. The outdoor air, even of a dirty street, is fresher and better than the air in the house.

Fresh air is the breath of life in a baby’s nostrils. Take it or send it to the parks, or open squares, or the lake shore as often as you can.

In the changeable summer climate of the East, care must be taken against sudden chilling. A thin, soft flannel binder, wound two or three times around the body, will do more to guard against this chilling than the ordinary full dress of frock, vest, skirts, drawers, socks, etc.

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WHAT A MOTHER SHOULD KNOW AND DO.

Continued.

This binder should be only wide enough to cover the belly an inch or so above the navel and a couple of inches below. It should be wound smooth and free from creases or folds and fitted with a few stitches of soft darning cotton—not pins.

This binder and a napkin are all the dress a baby needs during the heat of the day in the house in summer.

Do not let the baby sleep in the same bed with any other person. If there is no crib the mother should put a couple of chairs at her bedside, with any sort of soft covering on them—not feather pillows or hot woolen stuffs—and let the baby sleep there. It will be more comfortable on a summer night than lying against the hot body of its mother, and will not be so apt to disturb or be disturbed.

The backs of the chairs will keep the baby from falling, and the mother can readily reach over to care for it when necessary.

Do not drug the baby. If after all your care the baby should fall sick, do not “pour drugs of which you know nothing into a body of which you know less.”

There is no mother that cannot get the best of medical treatment for her sick baby without money and without price, if she is unable to pay. Call a doctor instead of spending money for patent medicines, “soothing syrups,” or “cure-alls,” which will probably do your baby more harm than good.

Although this advice is more directly for babies during the first year of life, the sense of it applies quite as well to older children.

Don't overfeed them, and don't let them overfeed themselves.

Don't give them rich food, meats, gravies, pastries, cake, etc., nor a great variety. The simpler and plainer the better—plenty of milk, whole-wheat bread, oatmeal, baked potatoes, baked apples and fresh fruit of all kinds in season, but be sure the fruit is ripe and fresh. Roast and stews and made dishes and *pie* will come soon enough, and so will dyspepsia.

Keep up the daily full bath until it becomes a fixed habit.

Keep them out in the open air as much as possible the whole year round, and send them into the country whenever you can do so, *but only to places where the water is pure.*

If a baby or child is worth having, it is worth saving, and more than half of the babies and young children that die every year could be saved by following the advice here given.



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General Health Hints.

What to Do in Time of Accident—First Aid in Time of Injury—How to Treat Poisonous and Special Parts.

HEALTH HINTS—It is much better to prevent disease than to cure it. Health depends upon strict adherence to a few simple rules. Most of the sickness of today is preventable and is due primarily to carelessness in living habits. It is not enough, however, simply not to be ill. Many people who are not sick still are not well. To really enjoy life one should be at his best and know the thrill of abounding health and the joy of well-being. Many people never experience this and the slightest change in their environment makes them uncomfortable; yet they would not say they were ill.

Plenty of fresh air, a sane and simple diet and regular exercise, combined with a care-free state of mind, are the secrets of a normal, healthy life. They are so simple that people overlook them.

FRESH AIR—Sleep with the windows open, but be protected from direct wind. Night air is not only not harmful, but absolutely healthful. See to it also that you work under conditions of fresh air; it will prove a tonic. Bad air depresses all the organs of the body. Houses, working places, offices, hotels, trains are abominably ventilated; keep on the lookout or you will be constantly poisoned. Tenting out in the summer time or sleeping on a screened porch or roof will prove to the tired worker who is run down a wonderful restorer. *Make friends with the fresh air.*

EXERCISE—Just this simple but important suggestion: Each person must have during each day a fair amount of rather vigorous exercise of the large muscles of the body. By this I mean the muscles of the trunk. These muscles are closely related to the most important organs of the body and the latter depend upon the muscles for their vitality. Bending the body forward and backward at the hips and sideways and twisting at the waist are very valuable exercises.

Walking and slow running are exceedingly important, especially if indulged in until they cause deep breathing and perspiration. Of course, outdoor exercise is best. Hill-climbing is splendid, especially for a weak heart, if done with frequent intervals of rest. Everyone should have a favorite outdoor recreation aside from and different from his daily work. Baseball and tennis for the vigorous, golf and horseback riding and wheeling for the more mature are excellent.

BATHING—The day's work should be followed by a short, refreshing bath. Nothing will prove so cheering as this. When depressed or irritable, a bath will oftentimes drive dull care away. People with weak hearts must be cautioned in using very cold water, as it is quite a shock to the nervous system. The average person, however, will find a quick, cool sponge bath decidedly stimulating. Many prefer it on arising in the morning. If one's work causes the skin to be moist during the day, it will be more refreshing to take it at the close of the day's work, possibly, and best before the evening meal, allowing some time between.

Returning for the moment to the subject of exercise, may I hold out one word of warning? Housewives and men on farms are particularly liable when alone without help nearby to often lift an object or move it which in the act demands great effort. This is exceedingly dangerous, as in efforts of strain the blood pressure increases and harm may result. Don't attempt to lift or move any object requiring great effort.

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General Health Hints—Continued.

FATIGUE—This is a day when men and women are constantly overworking. Some housewives and many business men never know when to stop. Consequently they constantly overwork and never get fully rested. They are tired and often don't know it. They wonder why they are peevish and irritable. The truth is their blood is filled with fatigue products, their nerves are tired and insensible. Nothing but complete rest will help. Under such physical conditions a housewife cannot be a good mother nor a man a good father. Working habits must be adjusted so as to permit of rest, or living becomes miserable. The housewife should learn to regulate her working hours just as workmen do, or health will pay the penalty.

GENERAL HINTS IN TIME OF ACCIDENT.

Keep cool. Try and keep others cool. This is the great need. In time of accident, panic or fire, serious results may be avoided if some person is calm enough to take charge of things and inspire confidence. It is well for one to get accustomed to the sight of blood. Many cannot control themselves under such circumstances. It is a good practice to witness an operation occasionally, or to assist in dressing a wound for the purpose of schooling oneself. Always send for a surgeon immediately in time of accident. In doing so, explain as fully as possible what the difficulty is, or probably may be, so that the physician can come prepared. Always see that the patient is made comfortable in a quiet place. Keep curious people away. Loosen collars and corset, especially all clothing about the neck and chest. If the face of the injured or unconscious person is pale, lower the head. In sunstroke, or where the individual's face is flushed, have the head high. Do not do too much. Do not touch affected parts with the hands. Moisten clothing in removing from wounds. In many instances it will be best to cut off the clothing to prevent further injury.

HOW TO DRESS WOUNDS—The first essential is to thoroughly cleanse the wound and remove all foreign material. This can be done with clean water which has been boiled for at least ten minutes. The hands and arms to the elbow should be cleansed. The water can be applied with sterilized absorbent cotton. After the wound is thus cleansed, use a mild antiseptic wash. A saturated solution of boric acid (not borax) may be used. By saturated solution is meant as much boric acid as water will contain in solution.

If the wound is a smooth cut, it will bleed profusely, as the blood has difficulty in securing a hold in order to clot. After the wound is cleansed, the edges of it can be brought together by means of adhesive plaster. Where this cannot be done, a surgeon will be required to sitch the edges together.

If the head be injured, the patient should lie down with the head resting upon a pillow or cushion covered with a clean towel, taking care that the injured part be kept from contact with surrounding articles.

If the arm be injured it should, as a rule, be brought across in front of the chest and supported in a sling.

If the lower limb be wounded it may be supported in a comfortable position by resting upon a cushion or blanket.

In wounds of the chest, the head and shoulders should be raised by one or more pillows until the patient is able to breathe comfortably.

If the abdomen be wounded, the patient should be made to lie down, with his knees drawn up, and turned over toward the uninjured side, or upon the back if the wound be in front.

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General Health Hints—Continued.

Before dressing the wound the nails should be thoroughly cleansed with a brush and rings removed from the fingers. After cleansing the hands, do not touch anything not absolutely clean. All vessels used should be cleansed with boiling water before using.

If the wound is jagged, the dead pieces of tissue must be removed and extra precaution taken to remove all foreign particles; the latter can be removed with pincers. Never close up a wound until the bleeding has been stopped, as a small artery may be ruptured and this must be controlled first. If the wound is covered with grease or soot or dirt, it can be removed by using gauze moistened in turpentine or benzine.

A punctured wound, such as an injury produced by stepping on a nail or from the penetration of an ice pick, is dangerous, because the wound closes and excludes the air, thus making the wound favorable to the development of lockjaw germ. This is all the more likely to occur if one steps on a rusty nail in the vicinity of a stable, as the lockjaw germ, or tetanus germ, is a dirt germ and thrives in such localities.

The best treatment for a closed wound is to open it and let the air in, and keep it thus exposed, as the lockjaw germ cannot thrive in the presence of air. Of course the wound when thus opened should be cleansed the same as any other wound.

If a needle or splinter has been the cause of the wound, see that not a particle remains.

In removing a splinter, see that a fair amount of the splinter is exposed so that a good hold can be got on it by inserting the blade of a penknife under it and press down upon the flesh around the top of the splinter with the thumb nail and draw it out gently. Sometimes it is necessary to enlarge the wound some to get at the splinter or other object. If the splinter is under a finger nail, it may be necessary to pare away much of the nail in order to expose the splinter.

After the wounds are ready for final dressing, cover the wound with felted cotton, then apply bandages. Fish-hooks usually have to be pushed through the tissues, as they cannot be withdrawn. The eyelet of the hook will have to be filed or cut off to allow it to pass through.

FIRST AID IN TIME OF ACCIDENT.

WHISKEY—Whiskey of a good quality is valuable for many conditions, especially in case of snake bite, when it is a specific. Care should be used in giving it to children.

TINCTURE OF PEPPERMINT is splendid for relieving colic, bowel troubles, and is a remedy for vomiting. The dose is ten to twenty drops on sugar.

TINCTURE OF GINGER is also good for similar conditions, and the dose is ten to forty drops in sweetened water.

AROMATIC SPIRITS OF AMMONIA is an indispensable remedy to have about. It is a strong stimulant as an inhalant and can also be administered internally, the dose being ten to thirty drops in sweetened water. It is efficient in restoring people in a fainting condition by letting them use it as a smelling bottle.

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General Health Hints—Continued.

TINCTURE OF ARNICA is used for bruises, wounds and cuts. Cloths wet with it and applied to bruises are valuable helps.

WITCH-HAZEL likewise is helpful as a lotion for sprains, wounds and contusions.

SPIRITS OF CAMPHOR is also valuable for smelling purposes and for inflammations. The internal dose is one to twenty drops on sugar. It is good to overcome gas in the bowels.

BICARBONATE OF SODA, namely baking soda—not washing soda—is a good powder for burns and is an antidote for acid poisoning of any kind.

VASELINE is a salve which can be put to many uses in treating burns, wounds, chafing and scalds.

ANTISEPTIC SOLUTION—In addition to the above, it is very important to have a good antiseptic wash with which to cleanse wounds of all kinds.

CARBOLIC ACID SOLUTION is good in the strength of one part of carbolic acid to twenty-five of water.

In addition to the above, a few roll bandages of various sizes should be secured, as well as adhesive plaster and a good-sized package of sterilized absorbent cotton. In a camp, or in places where accidents occur frequently, this should be supplemented by some splints of pliable wood. Good, complete first-aid outfits, containing most of the above, can be secured from such firms as Johnson & Johnson, of New Brunswick, N. J., or from the National First Aid to the Injured Society of Boston, or the New York First Aid Society, of New York City.

POISONS AND THEIR ANTIDOTES.

In treating this important subject much could be said, but as it might prove confusing, I shall try and condense the information in the smallest possible space and make my suggestions very simple and clear.

In cases of poisoning one must act quickly and keep cool. If the person affected is unconscious an empty bottle or burns upon the mouth may reveal the cause of poisoning.

There are several things to be done in the treatment of poisoning: (1) Eliminate the poison from the stomach; (2) neutralize the poison by giving an antidote; (3) treat the general symptoms produced by the poisoning. Get these three things clear in the mind in acting.

The material is eliminated by being vomited. Vomiting can be induced in the following ways: Use mustard and warm water, beginning with a glassful and repeating if necessary. If ipecac is in the house—and it is a good thing to have it about—give about a teaspoonful of syrup of ipecac to a child or a tablespoonful to a grown person every few minutes until vomiting is induced. Tickling the throat by inserting the forefinger in it usually brings quick results. In irritating poisons, like carbolic or mercury, it is wise not to produce vomiting owing to the lacerated condition of the walls of the stomach. In most instances, however, it is wise to induce vomiting. Frequently the poison itself produces it.

ANTIDOTES—In nearly all cases of poisoning, olive oil, if available, can be given in large doses, namely, a pint or more, as it neutralizes most poisons except phosphorus. This can be followed by the whites of two eggs. When in doubt, use the oil followed by the eggs.

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General Health Hints—Continued.

In giving antidotes two general principles should be observed, namely, that acids tend to neutralize alkalies and alkalies neutralize acids.

For poisoning from acids, such as muriatic, oxalic, acetic, sulphuric (oil of vitriol), nitric, or tartaric, use soapsuds, magnesia, limewater, whiting, plaster scraped from the wall, milk, oil and baking soda. Also by vomiting. In feeding the patient, do so by rectum, as the stomach will be sore.

For poisoning from alkalies, such as ammonia, potash or soda, use acids as an antidote, such as vinegar, lemon juice and orange juice, followed by large doses of olive oil, castor oil and emetics.

Another group of poisons are the narcotics. In this class are chloroform, chloral, ether and the opium preparations, such as opium, morphine, laudanum, paregoric and soothing syrups. Provide plenty of fresh air, induce artificial breathing, apply ammonia to nostrils, give cathartics and stimulants, such as coffee, brandy and strychnine. Compel the patient to move about. If unconscious, keep head low.

The following poisons are mentioned specifically with their treatment:

CARBOLIC ACID AND CREOSOTE—Use powdered chalk, Epsom salts, white of egg, milk, glycerin and oil. Empty the stomach.

ALCOHOL (Treatment)—Keep the patient active by pinching, slapping with wet towel or hot and cold douches to head and spine; give plenty of strong coffee; inhale ammonia cautiously and use artificial respiration if unconscious.

BELLADONNA (Deadly Nightshade)—This drug is contained in cough mixtures, liniments, ointments and plasters. Its active principle, atropine, is used in eye ointments and washes. Treatment: Give emetics, stimulants, apply warmth to extremities and mustard plaster to feet. If insensible, use artificial respiration.

FOXGLOVE (Digitalis)—Give emetics, strong tea, apply mustard plaster over the heart and calves of the legs and give stimulants.

PHOSPHORUS—Poisoning frequently occurs as the result of sucking or swallowing the heads of matches. Treatment: Give emetics, followed by magnesia, white of egg and olive oil.

ZINC—Bicarbonate of soda (baking powder) in water, milk, eggs, strong tea or warm drinks.

TARTAR EMETIC (Antimony or Stibium)—Give warm water freely and stimulants, strong tea or coffee. Apply heat.

LEAD (Red Lead, Sugar Lead, White Lead, Paints)—These poisons cause cramps, paralysis, convulsions, giddiness, stupor. Cause vomiting, give large doses of Epsom or Glauber salts, apply mustard plaster to extremities and give stimulating drinks. In acute attacks of lead colic the same treatment may be pursued, except to omit the vomiting.

PRUSSIC ACID, a violent poison, is sometimes taken by children in eating the pits of stone fruits or bitter almonds, which contain it. The antidote is to empty the stomach by an emetic and give water of ammonia. Apply cold water all over the body, followed by warm-hand friction. Apply a bottle of smelling salts to the nose, dash cold water on the face and give stimulants, as whiskey, etc.

VEGETABLE POISONS—Known or unknown herbs such as hellebore, bitersweet, pokeberries, hemlock, Jamestown weed, tobacco, etc. The most of these cause vomiting, intoxication, stupor, etc. It is a safe rule to cause vomiting, give warm drinks and stimulants.

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General Health Hints—Continued.

IODINE OR IODOFORM—Give freely starch or flour mixed in water, chalk, magnesia and stimulants, if necessary.

BLUE VITRIOL, BLUE STONE (Sulphate of Copper)—Copper poisoning, due to substances which have been cooked in copper vessels. Give large drinks of warm water, emetic, raw eggs, milk, stimulants.

NUX VOMICA (Strychnine)—Strong tea, animal charcoal, inhalations of chloroform or ether, artificial respiration.

ACONITE—This drug is commonly found in liniments and ointments. Give emetics; use stimulants, ammonia and brandy; apply warmth to extremities, mustard plaster over heart and calves of legs. If unconscious, use artificial respiration.

ARSENIC—This is a frequent cause of poisoning. It is found in insect powders, rat poison and Paris green, and is also used in coloring wall paper and artificial flowers. Give emetics promptly, large amounts of magnesia, lime scraped from the walls or ceilings, castor oil, sweet oil, or equal parts of sweet oil and limewater, or limewater alone, raw eggs, milk, stimulants. Dialyzed iron may be obtained at nearly every drug store. This is a prompt and perfect antidote to arsenic.

Another class of poisons is known as the irritating gases—carbonic acid, chlorine, nitrous acid and hydrochloric acid. To overcome the effect from these gases provide plenty of fresh air, inhalations of ammonia, ether, the vapor of hot water, or, if handy, inhale amyl nitrite or nitro-glycerine. Produce artificial respiration if unconscious.

Note—Poison ivy, snake bite, etc., are treated under "Poisonous Wounds." (See page —.)

FAINTING—Loss of consciousness often causes considerable alarm, and, in fact, should not be treated as a light matter, because it may be a preliminary to a grave illness.

The first thing to discover in the case of insensibility is the cause. Notice the surroundings. The condition may be due to a fall, fright, loss of blood, drunkenness, or poisoning. Convulsions would suggest epileptic fits, hysteria, or kidney disease. If, however, the cause of the injury is unknown, then a systematic examination of the body should be made. The presence of a wound or bruise or bleeding would throw light upon the cause. Examine the eyes. If they are sensitive to the touch, brain injuries may be eliminated. If the pupils are contracted, it is indicative of opium poisoning, while unequal contraction is a sign of brain lesions. If face be drawn to one side, it would suggest paralysis. A bloated face or the odor of liquor would be the sign of intoxication.

Treatment: Lay the patient on his back. If the face is white and bloodless, have his head lower than his body. Let him have plenty of fresh air. Loosen the clothing. Apply cold water to the face. This in most cases will bring a return to consciousness. Aromatic spirits of ammonia is a good thing to use as a smelling salts and to give internally when consciousness returns.

The above treatment is applicable in all cases of simple fainting due to weakness, mental emotions and close, warm atmosphere of crowds.

In the event of fainting from shock following an accident, there may be more marked symptoms, such as coldness of the skin, dilation of the pupils and weak heart action.

In addition to the above treatment the skin should be rubbed briskly,

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General Health Hints—Continued.

bleeding, if any, controlled, wounds dressed and broken bones wound up. Hot water bottles, flatirons or plates should be applied to the extremities. Hot coffee is a good stimulant.

The temperament of the injured person is an important factor in determining the amount of shock. Some people go into hysterics over a very simple thing. I have known people to faint at the very sight of blood. One experience comes to my mind of a young lady who was the sweetheart of a member of a volunteer regiment. He had violated some rule of the regiment and was placed in the guardhouse for twenty-four hours as a penalty. The young lady was told of the circumstance and was so overcome that she fell in a dead faint. She was picked up from the street and carried into a store. Seizing a glass of water from the counter in the store, I soaked a handkerchief in it and applied it to her face. She immediately revived. She seemed composed for a time, but suddenly she seemed overwhelmed with the terrible thought that her lover was imprisoned behind iron bars unjustly and that she would not be able to see him nor hear his familiar voice for twenty-four long hours. She ran down the street toward the armory, but fell in a dead faint in the middle of the car tracks. I rushed out and dragged her from in front of a rapidly approaching car. Again I applied the wet cloth, and she immediately revived. This time I held on to her wrist and gave her a good talking to. This proved a very effective means of treatment.

STUNNING—A condition of the mind extending from bewilderment to insensibility, due to shaking of the brain by sudden violence. Concussion of the brain. Pilcher mentions three varieties:

(1) Slight Stunning—After a blow or fall the patient is confused and pale and the pulse weak for a few moments. Treatment: Rest, lying down, and apply wet cloth to head.

(2) Moderate Stunning—Patient insensible and immovable, skin cold, pulse weak, eyes closed, pupils contracted. May be aroused, but returns to unconsciousness. Then comes a period of returning consciousness and restlessness; vomiting often occurs on return to consciousness. Treatment: Rest, lying down, quiet of body. Apply heat to feet and lower part of body and cold to head.

(3) Severe Stunning—Serious. Patient cannot be aroused. Pulse very weak and irregular. Skin cold and clammy. Recovery is very slow and death often occurs. Liability to excessive reaction and complication of congestion of the brain. No stimulants of any kind are to be given where the brain is affected.

In all cases of complete shock, such as may come from those cases mentioned in this and other articles, and in cases of apoplexy and compression of brain, the treatment outlined above should be pursued. The patient must be kept quiet, placed in a comfortable position, the head kept cool and the extremities warm. This to be done until the physician arrives, who should be called immediately.

INSENSIBILITY FROM SUNSTROKE—The attack is usually preceded by giddiness, weakness and nausea, eyes bloodshot and contracted, skin hot and dry, subject unconscious, breathing quick and loud, heart rapid and tumultuous.

Treatment: Place patient on back in a cool place with head raised. The chief object is to reduce his excessive heat. Remove clothing; pour cold water all over the body. Pilcher says to hold the vessel four or five feet above the patient and pour first on the head, then on the chest and abdomen, and then on

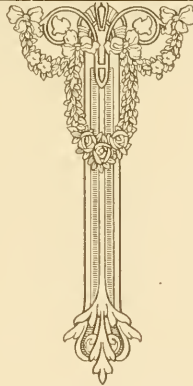


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General Health Hints—Continued.

the extremities, and to repeat until conscious. Bags of cracked ice may be applied to the head and under armpits. The patient should be wrapped in cold sheets or placed in a tub containing cold water. Continue until patient is conscious or the heat greatly diminished. Repeat if symptoms return.

In prostration from excessive heat—not sunstroke—place the patient on his back, with his head on a level with his body, and loosen clothing. Apply heat to the surface of the body and extremities. Bathe the face with warm water into which a little alcohol or whiskey has been poured. In prostration from drinking too much ice water when overheated, loosen clothing, place on back with head slightly elevated, give hot drinks, apply heat to the spine and the extremities. Don't give any alcoholic stimulants. Tea, coffee or warm milk may be used.

In exhaustion from heat due to hard work and confinement in close, hot atmosphere, cover the body with blankets and apply heat to the extremities. Send for a physician.

ELECTRICITY ACCIDENTS—Proceed as follows: (1) Shut off the current or release the injured person from contact with it. (2) Don't touch the person affected or the live wire with the bare hands.

If rubber shoes and gloves can be secured, well and good. Stand on a dry board and cover the hands with woolen cloths or paper. If a tool of any kind is used, it should have a wooden handle.

After shutting off the current, lay the patient down, keep him warm and apply artificial respiration.

LIGHTNING ACCIDENTS—To prevent accident: (1) Avoid standing under trees to escape from the rain during a thunder storm, but boldly expose yourself to the wet; it will preserve you from the lightning. (2) Avoid standing close to any metallic bodies, as lead pipes or iron railings, etc. (3) When indoors during a thunder storm, sit or stand as near to the middle of the room as convenient. Avoid standing at the window or sitting near the wall.

TREATMENT OF SPECIAL PARTS.

RUPTURE OF VARICOSE VEINS—Elevate the limb, loosen garters and apply bandage below the wound and also over it. Blood clots help to stop the bleeding and should not be removed.

BLEEDING OF HAND, WRIST OR ARM—Elevate the arm. In arterial bleeding, make pressure on the inner side of the arm, midway between the elbow and the armpit.

FOREARM—Raise the forearm above the head. In addition to the pressure on the wound or above it, place a hard pad, such as a small bottle or stick, in the front of the elbow, then bend the forearm of the elbow and bandage firmly to the upper arm.

FINGERS—Pressure may be made at the wrist by using a rubber band. If a single finger is affected, a band on the finger close to the hand will suffice.

PALM OF HAND—A hard, round object like a billiard ball or a hard apple, covered with gauze, grasped tightly in the hand will prove effective in stopping the hemorrhage. The hand can be bound down upon the ball.

ARMPIT—Pack the armpit with a hard substance, such as a rolled or knotted towel, and then press the arm upon it; or, if the latter is severed, bind the material tight to parts by running a bandage about the body or shoul-

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General Health Hints—Continued.

der. Pressure should be made upon the artery which lies back of the collar bone.

THIGH AND LEGS—In bleeding of the lower limb, pressure should be made on the inner side of the thigh near the groin, over the femoral artery. This can easily be found. Pressure can be made by the fingers, elastic bands or tourniquet. Remember always that such pressure must not be kept on too long.

Bleeding below the knee can also be arrested by placing a stick back of the knee and doubling the leg back upon it tightly, binding it with a bandage.

Elevation of the leg assists in overcoming the blood flow in all wounds of the lower leg.

NOSEBLEED—Packing the nose with gauze usually is effective in severe cases. If bleeding continues, summon a surgeon.

INTERNAL BLEEDING—Apply iced cloths to abdomen. Have the patient lie quietly. If faint, lower head. If bleeding is from lungs or stomach, give lumps of ice and apply iced cloths to chest or stomach. In accidents, bleeding from tongue or cut lips may sometimes deceive one, and it may be thought to come from the lungs or stomach. The mouth should be examined carefully. It seems needless to remind one that in internal bleeding a surgeon should be sent for at once.

BLEEDING OF NECK AND FACE—Bleeding of the neck is very dangerous, as it is near the large trunk blood vessels. Pressure with the thumb should be made at the base of the neck, outside the windpipe and near the collar bone. Make the pressure against the spine. For bleeding of the face, pressure can be made underneath the lower jawbone. A little notch can be found about midway between the chin and back part of the jaw, on its lower portion, through which this artery passes and which supplies the face. Pressure on it shuts off the supply.

BLEEDING OF THE TEMPLE can be readily suppressed by pressure on the temporal artery, which can readily be seen on the outer side of the forehead.

SCALP—Bleeding of the scalp can easily be stopped, usually by direct pressure upon the bleeding point.

CHEST AND ABDOMEN—All that can be done is to apply direct pressure by means of a large supply of gauze, holding it there with the hand until surgical help comes, or possibly binding it on the wound by running the bandage about the body.

POISONED WOUNDS.

INSECT BITES—For mosquito bites, stings from gnats, wasps, bees and spiders, ammonia is the best treatment. Oil may follow, or the parts washed in salt water. Baking soda dissolved in warm water is also good. The sting should be removed. Benzine is said to be good for bites of harvest bugs. Camphor is a good preventive of bug and gnat bites.

SNAKE BITE—Act quickly. When bitten by a snake the first thing to do is to prevent the poison from getting into the general circulation. This can be done by immediately sucking the wound. Precaution must be used in seeing that the mouth is not sore or the poison swallowed. Shut off the circulation from the part by bandaging the limb—if such it be—tightly, or, if in another part, by pressure over the vein. Open the wound with a knife blade and let the blood flow freely and squeeze the poison out. Some advise use of a cup-

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General Health Hints—Continued.

ping glass. Wash the wound with an antiseptic. If a caustic can be had, burn out the wound with it. This can be done also with a hot iron. Keep the bandage on several hours, and when releasing it do so gradually. Whiskey is recommended as a stimulant.

DOG BITE—The same treatment as used for snake bite can be used for dog bite. People frequently get very much excited over a bite from a dog. Hydrophobia is rare. I would advise, if the dog shows no sign of being mad, that it be not killed, but penned up and watched. This will, if the dog is normal, relieve the patient and his friends from anxiety. Later, when the patient's condition is absolutely known, such measures may be taken with the dog as may assure the protection of society. In cities where antihydrophobia serum is provided this may be used as a preventive measure.

All animal and rodent bites should receive the same attention as has been recommended for dog bites.

POISON IVY AND POISON OAK, SUMAC, ETC.—When poisoned from these plants an irritating rash appears and is frequently accompanied by a painful swelling of the parts affected. A strong solution of baking soda is good. Zinc ointment is also recommended, or, in the absence of these, plain vaseline is good. Several authorities recommend bathing the parts two or three times a day with sweet spirits of niter.

FOREIGN BODIES IN THE NOSE—Blow the nose hard while holding the opposite nostril closed. Excite sneezing by tickling the nose or by giving snuff. Instruct the patient to take a full breath and close the mouth, then give a sharp blow on the back between the shoulders. The best way to remove a foreign body is with a syringe, but this should be done by an experienced physician.

FOREIGN BODIES IN THE THROAT—An obstruction can generally be carried down by swallowing pieces of bread or potato slightly masticated, or, better still, a raw egg, fresh from the shell and with its original consistency broken as little as possible. Slapping on the back sometimes helps. Sometimes the obstruction will go down too far to be reached by the fingers. In such cases copious draughts of water should be swallowed rapidly, and if this fails to remove it, give mustard water or any other emetic. Should vomiting fail to bring up the obstruction, then mechanical means must be tried. Take a long spoon, bend it slightly, make the patient throw his head well back and push the handle boldly down the throat. If it is kept well to the back of the throat no harm can be done. The same operation may more conveniently be performed by a bit of sponge attached to a piece of whalebone. Occasionally substances will get into such a position in the throat as to necessitate a surgical operation.

BURNS—Burns are caused by contact with fire, the rays of the sun, very hot bodies or chemicals. Pilcher divides them into three classes, according to their degree of severity: (1) Mere painful redness, (2) formation of blisters, (3) charring. In severe burns there may be considerable destruction of tissue and great shock.

To treat a burn, first remove the clothing by cutting it away with a pair of scissors. If it sticks, do not pull it off, but flood it with oil.

If blisters are present, let the water out by pricking them with a needle after passing it through a flame to sterilize it. Take care not to break the blisters so as to avoid exposing the tender surface to the air.

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General Health Hints—Continued.

Promptly exclude the air by applying a compress wet with water in which is dissolved a liberal amount of baking soda. Apply any oil, such as olive oil, sweet oil, fresh lard, unsalted butter, vaseline, etc. One of the best oils to use is a solution of equal parts of linseed oil and limewater.

In the absence of oil, dust boric acid over it or apply clay. Cover the wound in cotton or some soft material. If the wound is wet, always see to it that oil has been used freely before using cotton, as when dry the latter will stick and reopen the burned surface when an attempt is made to remove it.

Burns caused by acids should be thoroughly washed with water, then with a solution of baking soda and water, and then treated like an ordinary burn.

Burns caused by alkalis, such as caustic potash, caustic soda or ammonia, should be washed with vinegar or some other dilute acid.

Treat shock as explained under "Fainting."

Cover severe burns as quickly as possible, so as to exclude the air. An application should be ready to apply immediately. Do not expose the wound, as it may prove fatal. If burn is extensive, dress but a small portion at a time.

The bicarbonate of soda and oils are best applied by dipping cloths into them, ointments by spreading on cloths and then applying.

In burns of the mouth or throat, apply the oil or white of an egg by drinking them. If caused by chemicals, the mouth and throat should be rinsed by the proper antidote—vinegar or dilute acid in case of caustic soda; potash, ammonia or lye, and a solution of baking soda for acid burns.

In severe burns, summon physician at once, as there may be considerable destruction of tissue and danger of great shock. Burns often heal slowly and are frequently attended by fearful scars and deformity.

Sunburn is a burn of the first degree and should be treated as such.

A person whose clothing is burning should be made to lie down—if necessary, thrown down—as the tendency of the flames is to rise upward. When the patient is lying down the flames have less to feed on and there is not so much danger of their reaching the face or inhaling the fumes. The person should be quickly wrapped in a shawl or blanket of wool—not cotton—and the fire smothered by pressing on the burning part.

BLEEDING—To be efficient in stopping a hemorrhage it is necessary to know that blood comes from two sources, namely, arteries and veins. It must also be remembered that blood in an artery comes from the heart, and that blood in a vein is on its way to the heart. Thus, in stopping the bleeding from an artery pressure must be made between the heart and the wound, while in bleeding from a vein pressure must be made on the distant side of the wound.

It is not difficult to determine whether the bleeding is from an artery or a vein, as in an artery the blood spurts and pulsates, while blood from a vein oozes and flows without pulsation in a steady stream.

Bleeding from an artery, especially one of considerable size, is very serious, and prompt efforts must be made to stop it.

GENERAL RULES FOR TREATMENT—Send for a physician immediately. Have the injured person lie down and elevate the wounded part. This can be done readily if an arm or leg is affected. Remove clothing from the affected part—it may be necessary to cut it off. Keep the patient as quiet as possible. Apply pressure direct upon the bleeding point by pressing the finger, covered with gauze, upon it. If the bleeding is from an artery, make the pres-

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General Health Hints—Continued.

sure above the wound; that is, between it and the heart. This can be done with an elastic band, a pair of elastic suspenders or tightly wound bandages. In severe cases a tourniquet must be used. This can be made by first strapping the limb with a bandage, making a knot in it, which should be placed at a point above the wound directly over the artery supplying the bleeding point. The artery can be located with the index finger, as its pulsations can be detected. When the knot is made, a loop should be made also directly over it, through which a small stick can be placed. This can be twisted and thus pressure is brought to bear upon the artery until the bleeding ceases. The bleeding point must be watched in the event that the flow may recur. Such a tourniquet must not be left on the arm or leg for too long a time. In minor wounds the bleeding will be arrested in fifteen to twenty minutes, when the pressure can be reduced. In severe cases of bleeding, apply cold by means of ice bandages; in ordinary bleeding, pressure by means of gauze upon the wound is sufficient to stop it.

In excessive bleeding, general treatment of the patient is needful. The patient may faint or become very weak. In the latter case heat should be applied to the extremities and blankets secured. To overcome the fainting, see directions for this purpose.

After the bleeding has stopped, treat as a wound. Apply gauze which has been saturated in a mild antiseptic solution, then apply absorbent cotton and dress with bandages. Absolute cleanliness must be observed. There are some popular ideas that cobwebs, tobacco and salves are good to stop bleeding. They should never be used, as they may cause blood poisoning.

DISLOCATIONS—In dislocations the patient cannot move the limb; there is deformity, shortening and pain. It is usually an easy matter to diagnose a dislocation, whereas it is often very difficult to detect a fracture.

Treatments: Send for a physician immediately, and while awaiting his arrival place the patient in as comfortable position as possible. Support the injured part with pillows or bandages and apply hot towels to the part to reduce the pain and inflammation. Dislocations are not so serious if reduced immediately before inflammation has begun seriously.

Long delay makes the work of adjustment very hard, and in severe cases the swelling must be reduced before the dislocation can be treated. Yet, while this is true, unskilled handling may prove very serious, and where it is possible to secure a surgeon the dislocation had better remain untouched until his arrival. Where, however, a surgeon cannot be secured for several hours, an attempt may be made to correct the dislocation and a few hints are given how to act.

The most common dislocation, no doubt, is that of the fingers. This occurs very frequently in games of baseball. Often the first joint of the finger is thrown out of place and is turned upward and backward. The first act in the treatment is to grasp the tip of the finger firmly. Then increase slightly the deformity in order to loosen the impaction; at the same time press the dislocated end into place and pull forward firmly but not roughly. When reduced, it would be wise to use a small stick as a splint and bandage the finger, making it absolutely immovable. Frequent baths in water as hot as can be borne will help to soothe and heal.

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BOILING

Eggs, Soft	3 or 4 Minutes
Eggs, Medium	5 or 6 Minutes
Eggs, Hard	Half an hour
Rice, in Double Boiler	1 Hour
Rice, in Boiling Water	20 Minutes
Hominy	2 to 4 Hours
Corn Meal, in Double Boiler	4 Hours
Green Corn	10 Minutes
Asparagus	20 to 40 Minutes
Spinach	15 to 30 Minutes
Chicken	2 Hours, Simmering
Corned Beef	5 or 6 Hours, Simmering
Ham, Medium Size	5 Hours
Tongue, Smoked	4 Hours
Cod	6 Minutes for Each Pound
Salmon	15 Minutes for Each Pound
Halibut	15 Minutes for Each Pound

BROILING

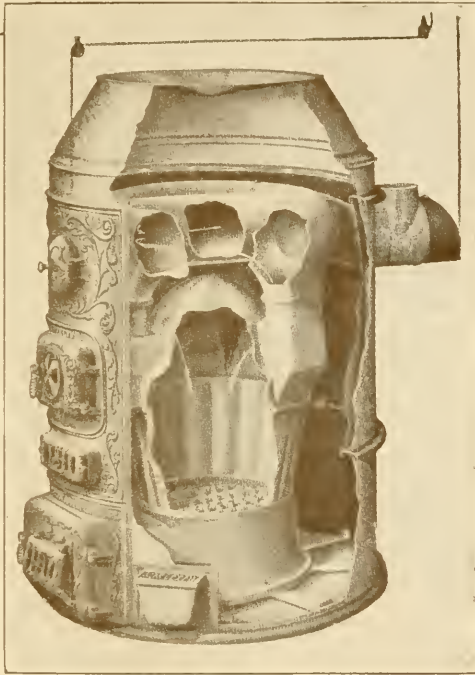
Thin Fish	5 to 8 Minutes
Thick Fish	12 to 15 Minutes
Thin Steak, Rare	5 Minutes
Thin Steak, Well Done	8 Minutes, Turning Often
Thick Steak, Rare	1 to 12 Minutes
Thick Steak, Well Done	15 to 20 Minutes, Turning Often
Lamp Chops	8 to 15 Minutes
Spring Chicken	20 Minutes

BAKING

Loaf Cake	20 to 40 Minutes
Sponge Cake	50 to 60 Minutes
Gingerbread, in 2-inch Sheet	20 Minutes
Gingerbread, in 3-inch Cake	30 Minutes
Rolls	15 Minutes
Bread Muffins	30 Minutes
Pie Crust	30 to 40 Minutes
Biscuits	15 to 20 Minutes
Cookies	8 to 15 Minutes
Lamb or Mutton	15 Minutes for Each Pound
Roast Beef, Well Done	15 Minutes for Each Pound
Roast Beef, Rare	12 Minutes for Each Pound
Chicken	25 Minutes for Each Pound
Small Birds	15 Minutes
Tame Duck	45 Minutes to 1 Hour
Wild Duck	30 to 45 Minutes

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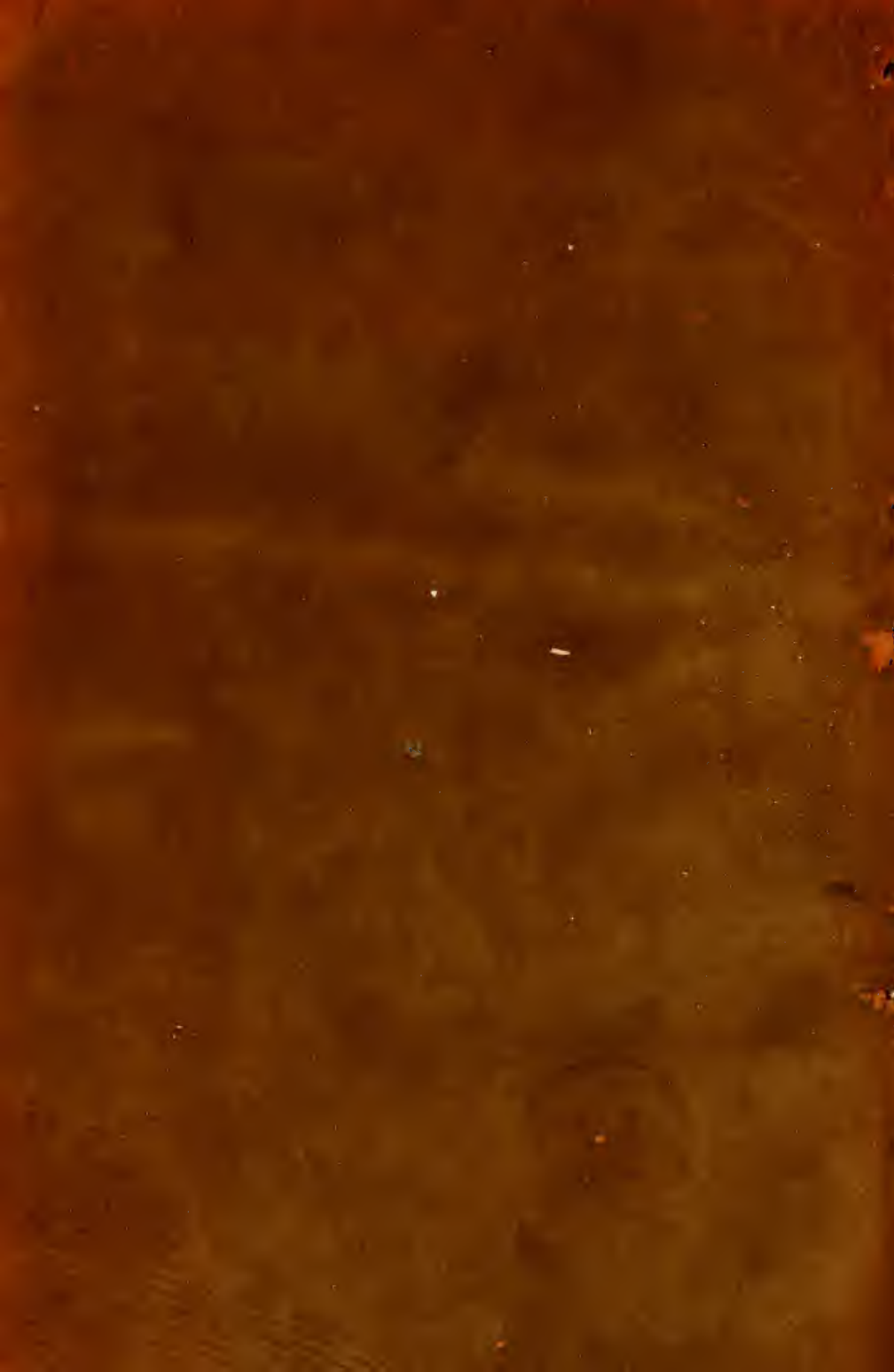
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