Let Us Take a Page From the Note Book of the Hotel Chef

Favorite Meat Dishes Which May Be Served in Home Meals.

Certain hotels and restaurants through years of service have gained for their foods a reputation which has traveled far and wide. These dishes, many of them, can become favorites at home, if we but take a page from the chef's note book.

Steaks and mixed grills—in fact, broiled dishes of any kind — are hotel favorites, say the chefs.

Choosing Tender Steaks.

The chef usually knows how to choose a tender steak. His best indication of tenderness is the amount of fat which it carries. It should have a generous covering of fat over the outside and a marbling of fat throughout the lean. The steak should be cut thick, at least one inch, and if it has been aged, so much the better. Frequently, the hotel chef buys a whole loin of beef and allows it to hang in his refrigerated room for several days before he cuts it into steaks and in some markets this same practice of aging is followed before the steaks are cut.

The best way to broil a steak is to thoroughly preheat the broiling oven with the regulator set to "high," and then place the steak on a rack far enough from the flame or heating element that by the time it is nicely browned on one side it will be half done. When browned on one side, it is seasoned with salt and pepper, turned and allowed to brown and finish cooking on the second side. The steak should be served without a moment's delay after it is cooked. This, as much as any other factor, makes the steak served in a hotel so thoroughly enjoyed, because it is still sizzling hot and puffy with its own juices when the diner makes the first cut.

For a Delicious Mixed Grill.

The mixed grill means simply a whole meal cooked in the broiler. Usually this includes a lamb chop, perhaps little link sausages, sweetbreads, which have been parboiled in acidulated water and put under the broiler to become browned, and frequently ground meat patties wrapped with bacon. These are broiled in exactly the same way as the steak, except for the length of time needed in broiling. This depends on temperature and the thickness of the meat. Broiling, however, should be done at a moderately low temperature for the best results.

Pork chops, too, can be just as delicious as those baked and served at hotels if you but insist that they are cut thick and cooked slowly. Here is the way one hotel chef prepares them:

Baked Stuffed Pork Chops.

Pork chops, cut thick
½ cup minced ham
½ cup minced mushrooms
1 cup bread crumbs
½ cup rice, uncooked
2 tablespoons minced onion
2 tablespoons minced green pepper
½ cup tomatoes

Brown the ham, mushrooms, onions and green pepper, then add the uncooked rice and tomatoes, together with two cups meat stock. Let cook until the rice is tender. Add the bread crumbs and season to taste. Fill pocket in chops with this. Brown the chops on both sides, cover tightly and bake slowly for twenty-five or thirty minutes.

Filet Crochet Set for the 'Forgotten' Chair

Pattern 1224

Filet crochet in a fresh, new design, is an easy way to bring new life and loveliness to the "forgotten" chair. Scarf ends can also be made this easy way. Use string. Pattern 1224 contains directions and charts for making the set shown; illustrations of stitches; materials needed.

Send 15 cents in stamps or coins (coins preferred) for this pattern to The Sewing Circle Needlecraft Department, 82 Eighth Avenue, New York, N. Y.

Write plainly pattern number, your name and address.

Dangerous Friend

Nothing is more dangerous than a friend without discretion; even a prudent enemy is preferable. —LaFontaine.

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Science Reports New Boons to Man

Chemists Approach Isolation of Life-Substance; Discover Arthritis Cure; New Friendly Virus of Shadow-World Brought to Light.

By WILLIAM C. UTLEY

HOW is your supply of cortin today? What? Never heard of cortin? Well, let's hope you have it, whether you know it or not. For without cortin your skin's pigmentation would change; you would slowly become brown, and then you would contract Addison's disease and die.

Cortin is a strange hormone secreted by your suprarenal glands. These are flat bodies above your kidneys and are important to what is called the "symphony of glands." The cortin which they supply keeps various constituents of your blood—urea, potassium and sodium—in their normal relationships.

The exact chemical nature of cortin has long been unknown, and no one has been able to give it to you if your suprarenal glands atrophied and ceased to produce it. The news about cortin today is that the isolation of a crystalline compound closely resembling it, and perhaps opening up the way to isolation of cortin itself, was reported at the ninety-second meeting of the American Chemical society in Pittsburgh.

Discoveries Are Many.

Only one of many fascinating discoveries reported in one historic week by the chemical society and the Harvard Tercentenary at Cambridge, Mass., was this. Among the hundreds of papers read, there was one telling of a substance which has relieved many test cases of arthritis, one of the most painful a discovery of a new virus which, instead of causing disease and death, actually destroys bacteria which are harmful to man; new revelations in diet which, it is claimed, are capable of building a race of supermen and superwomen; a new substance prepared from the fig free which will destroy worms and parasites in human intestines, and many others.

The crystalline that resemble cortin was isolated by research workers in the famous Mayo Brothers clinic at Rochester, Minn., and was presented to the chemical society by H. L. Mason, C. S. Meyers and E. C. Kendall.

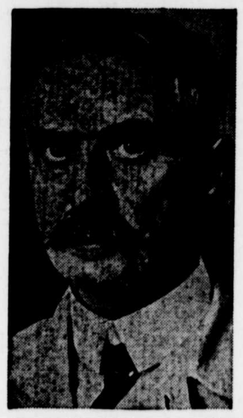
"The substance," said their paper, "is capable of maintaining the life of animals which have had the suprarenal glands removed.

"It is hoped that its study will give an idea as to the action and the chemical nature of cortin itself. . . .

"The concentrates of cortin obtained have very high activity. Exceedingly small amounts are potent. It is impossible to compare the new crystalline compound with these cortin concentrates. Quantitatively it takes more of the crystalline compound to produce the same action, therefore the chemical structure cannot be indentical, but full knowledge of the nature of cortin is brought nearer."

Cure for Arthritis.

Of immediate interest to thousands of sufferers is the new drug for the treatment of arthritis, reported to the chemical society by Dr. Herman Seydel, of Jersey City, N. J. The report opened up some controversy between this society and the American Medical association, which declared through its journal that Dr. Seydel's announcement had been "premature." The latter, however, scoffs at this and cites the success with which he has used the drug on many patients who had suffered from three months to 25 years.



Dr. Karl Landsteiner, once winner of the Nobel Peace prize for medicine, and a figure at the Harvard Tercentenary.

The substance is called a "calcium double salt of benzyl succinic and benzoic acids." Its application of the benzoate group of drugs is said to be entirely new from past uses, in that it "detoxifies" the body fluids or "humors."

"Contrary to the revered belief that arthritis is of infectious origin, we preferred to consider it as caused by intestinal stasis (stagnation), with an accompanying disfunction of the liver and gall bladder which adversely affects the blood stream.

"Thus we proceeded to remedy it by the treatment designed to better the body humors. We believe that our procedure is sound therapeutically as it shows itself successful clinically."

Dr. Seydel's compound has for two years been carefully applied at the Jersey City Medical center. "In many cases," he said, "It was found that the compound gave progressive and definite relief of the three major symptoms of arthritis—pain, fever and swelling. The swelling disappeared; the pain was alleviated or driven away entirely; movement and renewed use of affected parts were greatly improved or restored."

Andrew Mellon (center) accepts the American Chemical society's bronze plaque for "outstanding services in chemistry" from Chester G. Fisher (left). Richard K. Mellon is seen accepting a similar one in the name of his late father, R. B. Mellon.

The drug is a white, crystalline salt "of distinct odor and taste." It is administered without other drugs.

Into the Shadow World.

Evidence of a queer "shadow world" of "creatures" which exist in a sort of twilight zone between living and non-living things was reported at the Harvard Tercentenary by Dr. John Howard Northrop of the Rockefeller Institute for Medical Research. It is a world of viruses, some of which are deadly to man and others, according to Dr. Northrop's discoveries, friendly.

It is a virus which is believed to cause the dread infantile paralysis, as well as the common cold. But the newly found virus is one which has the same power to destroy bacteria as the bacteriophage which saved hundreds of lives during the World war.

A queer property of the virus is that it multiplies itself after the manner characteristic of life only when it is in the presence of bacteria. With no living bacteria present it "goes dead" again.

Dr. W. M. Stanley, a colleague of Dr. Northrop, last year was the first to isolate in crystalline from a tobacco virus which had the property of seemingly taking life, vampire-like, from living beings with which it was associated, but lapsing back into an inanimate state as soon as the living thing was taken away from it.

Fig Sap Kills Worms.

It was the opinion of the scientists present at the meeting that Dr. Northrop's discovery indicates a possibility that there may be more of these semi-beings in their twilight world who — or which — will further aid man in his battle for life against deadly bacteria.

From the milky sap of the fig tree comes a substance which kills worms and parasites in the intestines of men, as reported to the American Chemical society by Dr. Alphone Walti, from the laboratories of a manufacturer in Rahway, N. J.

Dr. Walti described the product, known as "ficin," as a powerful, protein-cleaving enzyme in crystalline form. He said it was the first ever shown to destroy living cells. Science, heretofore, had believed that enzymes were without effect on living cells. He declared that ficin is the first protein-digesting enzyme to crystallize from plant sources. Its story has a romantic background.

For many years certain native tribes of Central and South America have been known by explorers and others familiar with them to have successfully used a mysterious healing substance, which they called "oje" as a specific for many diseases. They attributed to it, with some justification, extraordinary therapeutic values.

"In 1934," Dr. Walti continued, "Professors Benjamin H. Robbins and Paul D. Lamson of Vanderbilt university showed that the latex from various fig trees contains a potent protein-cleaving enzyme which is capable of digesting live ascaris worms.

Finding Mysterious "Oje"

"They found that such a latex was commonly used in Central and South America as a remedy for worm parasites in the intestinal tract; that is, as an anthelmintic. The efficacy of such a latex against whip worm had been demonstrated in Alabama by Fred C. Caldwell of the Rockefeller foundation in 1929.

"Since none of the known anthelmintics had proved satisfactory against whip worm, an investigation of fig tree latex was undertaken about a year ago. It soon became apparent that this material was identical with the mysterious 'oje' previously obtained with such difficulty from Central America."

Dr. Walti and his staff succeeded in isolating the protein-cleaving agent in its crystalline form.

"Futher investigations of the enzyme are being carried out along various lines," he said. "Crystalline ficin is of the utmost scientific interest as it may help to elucidate the protein metabolism in plants as well as animals."

Diet May Build Super-Race.

New discoveries in the field of diet which, if applied, may result in the production of a race of supermen and superwomen, and may succeed in eliminating idiots altogether were reported to the chemical society by Dr. E. P. Armstrong, president of the Association of British Chemical Manufacturers. He predicted a revolution in the methods of growing foodstuffs.

"There is strong reason to believe," said Dr. Armstrong, "that the finding of biochemistry and medicine will afford conclusive evidence that freshness in food is of paramount importance to a nation, so that there will be a national outcry both for absolute maximum home production and for production of vegetables contiguous to the great cities."

Dr. Armstrong said that science tomorrow must concern itself much more with the concern itself much and food it raises, declaring that the new science of food may even be able to change the mental nature of the people. "A trace of iodine may shift the balance from idiocy to sanity," he said. He added that one of the great problems of tomorrow is to find "what chemical substances in food, if any, can give intelligence, courage and alertness to the inhabitants of a city.

"Can we feed to produce nervous strength and mental agility?" he asked.

"At present it is more than doubtful if chemical factors alone in the food are sufficient to achieve such ends, for we are biological and not physical entities," Dr. Armstrong said.

"All that can be said is that certain chemical elements assume our racial and individual peculiarities; they become truly ourselves, whereas other chemical substances only pass through the body.

"Food is the first of all the weapons of preventive medicine, and it must be the function of the agriculturist in the near future to grow complete foods and not mere market produce. Life is so complex that we have forgotten how entirely food is its foundation.

"We have only recently learned that life depends upon the concurrent balanced interactions of a considerable number of material agents in the food, some of them substances directly derived from the soil, others formed in the plant, all indispensable in some as yet unknown way to health and some of them required only in the most minute proportions.

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William (left) and Charles Mayo, the two famed doctors of Rochester, Minn. In their research laboratories was isolated the substance resembling cortin, which medical men and chemists tried to isolate for many years.

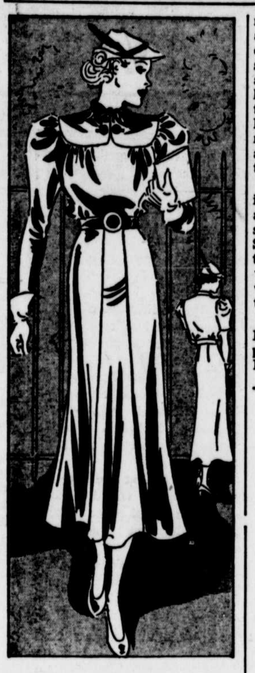
Joint Deed to Property

A joint deed to property is where property is in the name of two persons as joint tenants and not tenants in common, which means in effect that, upon the death of either of the joint owners, the title to the entire property will immediately vest in the survivor.

First Professor of Geography

The first professor of geography in a college in the United States was Arnold Henry Guyot, appointed by Princeton university in 1854.

Charming Autumn Frock



Introducing Autumn's smartest frock. Snug at the waistline and flared below, a youthful interpretation with snap and dash. It's grand for business, school, socials, and a winning number at bunco or bingo!

The blouse has a clever feminine touch in its soft gathers that peep cunningly from beneath the yoke, which is topped by a narrow standing collar that ties in a dainty knot. To please your whim, omit the necktie and substitute a neckerchief, or ascot tie; then again forget about the buttons, open the yoke, press down the sides forming a V and trim it with a bright bouttonaire. You may have your way about the sleeves, too, for the pattern offers both, long and short. A graduated gore reduces the sweep at the hipline and gives the much desired flare to the hem.

Barbara Bell Pattern No. 1949-B is available in sizes 12, 14, 16, 18 and 20. Corresponding bust measurements 30, 32, 34, 36 and 38. Size 14 (32) requires four and three-eighths yards of 39-inch material, four and one-fourth yards with short sleeves. Price of Pattern, 15 cents.

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This Is to Identify the Forgotten Man

Speaking of vice presidents, how many readers can recall under what President Garett A. Hobart was Vice President or Wm. A. Wheeler, or Henry Wilson. On what tickets did Henry G. Davis and Arthur Sewall stand for Vice Presidency?

Few prominent candidates for President ever consented to accept a nomination for Vice President. Among those declining were Charles E. Hughes in 1908, Hiram Johnson in 1920, and Senator Borah in 1924 and 1928. Frank O. Lowden declined the nomination after it was voted him in 1924.—Louisville Courier-Journal.

The Spoken Word

SPEECH is but broken light
upon the depth
Of the unspoken; even your
loved words
Float in the larger meaning
of your voice
As something dimmer.
—George Elliot.

Friendship

"FRIENDSHIP, mysterious
cement of the soul,
Sweetener of life, and solder
of society,
I owe thee much; thou hast
deserv'd from me.
Far, far beyond what I can
ever pay."—Blair

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DEXTER SCORES A VICTORY!

OF COURSE, children should never drink coffee. And many grown-ups, too, find that the caffein in coffee disagrees with them. If you have headaches or indigestion or can't sleep soundly...try Postum. It contains no caffein. It is simply whole wheat and bran, roasted and slightly sweetened.

You may miss coffee at first, but after 30 days you'll love Postum for its own rich, satisfying flavor. Postum comes in two forms—Postum Cereal, the kind you boil, and Instant Postum, made instantly in the cup. Either way it is easy to make, delicious, economical, and may prove a real help. A product of General Foods.

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