

Fashions



Society

HER PAGE

Household



Problems

NEW KINDS OF FISH TO SERVE ON FRIDAYS

By BIDDY BYE.

One way to save on meat bills is to eat more fish!

For health and economy's sake the food administration has long advised that American housewives put "two Fridays in every week"—that is, serve fish at least twice a week.

Americans eat less fish than any other civilized nation—less fish and more meat. Yet meat is the most expensive form of protein food known; and fish is one of the cheapest. It is also one of the most digestible foods—and there is practically no waste. In two pounds of sirloin steak the bone and trimmings will weigh from 1-3 to 3-4 of a pound, but in two pounds of cod, salmon, or halibut there will not be more than six ounces of waste. It is estimated that the saving of money in substituting fish for meat will range from 10 to 20 cents a pound.

Learn the fish native to your vicinity—then use them freely. The United States government fisheries department has issued this list of the fish easily obtained in different localities. Be sure to ask for each variety and give them all a try in the weekly menus.

In the New England states the fish most easily obtained are alewife, cod, cusk, flounder, gooselish, haddock, hake, halibut, herring, mackerel, mullet, salmon, scup, sea-trout, shad, smelt, swordfish, tilefish, whiting.

Middle Atlantic states can get alewife, bass, bluefish, butterfish, catfish, cod, flounder, gooselish, halibut, mackerel, perch, salmon, shad, smelt, spot, tilefish, weakfish, whiting.

Pacific coast fish markets furnish barracuda, bass, flounder, grayfish, halibut, herring, pike, rockfish, sablefish, salmon, trout, smelt.

Mississippi valley markets have black bass, bowfin, burbot, carp, buffalo, catfish, crappie, drumfish, pike, red snapper, sturgeon, sucker.

Great Lakes water supply bass, bowfin, carp, catfish, drumfish, lake herring, lake trout, perch, pike, sturgeon.

The Gulf of Mexico furnishes barracuda, buffalo, carp, catfish, drumfish, mullet, Spanish mackerel, sturgeon.

In cooking large fish cut into steaks or roasts, which may be boiled, baked, or steamed. If fish is boiled a piece of lemon and a tablespoonful of lemon juice or vinegar added to the water improves the flavor. If strong flavored fish are boiled, good cooks have discovered the flavor is improved by boiling a whole potato with the fish.

BEWARE INFLUENZA INSTEP!

TO READERS:

This is the first of six articles for women on Dressing to Dodge Disease, written especially for The Dispatch by Dr. Martha McGlynn, famous woman's health expert.

Dr. McGlynn will write about the Pneumonia Neck in an early issue of The Dispatch.

Watch for it!

(By DR. MARTHA MCGLYNN)

NEW YORK, Feb. 14.—Until we know something definite about the nature of the germ which causes influenza and the method of its transmission, the best advice that can be given on the avoidance of influenza, and its twin danger, pneumonia, is this:

KEEP THE BODY IN GOOD CONDITION, SO THAT THE RESISTANCE TO ANY AND ALL DISEASE WILL BE HIGH.

To women, young or old, I would say: Dress sensibly and in accordance with the weather. One of the principal things I would warn against is the foolish fashion or habit of young girls who think it is necessary to wear thin-soled, low cut shoes and thin silk stockings in the middle of winter. Most "colds" are caught by exposure of the surface skin to low temperatures. Low shoes and thin hosiery in winter are a positive danger. No girl, for fashion's sake, or because she thinks her ankles are pretty, should wear anything but stout, high shoes in winter and in extreme weather wool stockings. The ankles and feet are one of the main sources of danger in lowering vitality and resistance to disease.



Miss Annie Lee Moore, of Hampstead, is visiting friends and relatives in the city.

Miss Mary Miller Johnson has returned from Burgaw, where she visited friends and relatives.

O. J. Monroe, of Goldsboro, returned home this morning after a short business stay in the city.

Mr. and Mrs. C. L. Thompson, of Burgaw, who have been visiting in the city, have returned to their home.

Miss Louise Mackey, of Tarboro, has returned to her home after a pleasant stay in the city with friends.

Mrs. J. E. Croom, of Maysville, spent yesterday in the city shopping. She returned home in the afternoon.

Miss Minnie Newland, of Folkstone, has returned to her home after a pleasant stay in the city with friends.

Mr. and Mrs. W. R. Walker, of Shallotte, returned to their home yesterday after a pleasant stay here with friends.

Mrs. G. C. Bennett, of Columbia, is visiting in the city with friends. She will go to Southport tomorrow for the week-end.

Dance that was scheduled for tonight at Fort Caswell has been called off because of the demobilizing of the post band.

Mr. and Mrs. B. N. Meredith, of Faison, returned home yesterday evening after a short stay here with friends and relatives.

Meeting of the Lady Maccabees will be held tonight at 8 o'clock in their hall. Officers will be installed and all members are expected to be present.

Mr. and Mrs. Colin Lambie, Jr., of Garland, passed through the city yesterday. They were en route to Swansboro, where they will visit friends.

Ladies of Bladen Street Methodist church will entertain tonight at the parsonage, 815 North Fifth street. Refreshments will be served and the proceeds devoted to the paint fund.

Epworth Leaguers of the city are invited to attend tonight's valentine party to be given at 8 o'clock at Grace Methodist church by the Epworth league of that church. Refreshments will be served.

Dr. J. S. Hood, of King's Mountain, has joined Mrs. Hood here, who came here to be with her father, L. K. Taylor, who was struck and injured by an automobile on Front street several nights ago.

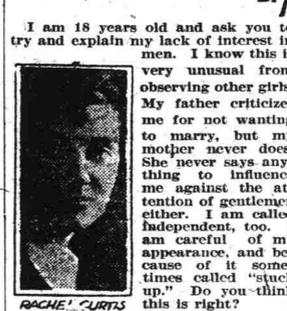
Miss Sophia Beery, who has been doing nursing at Sumter and Florence during the recent influenza epidemic, is now at home with her father, J. W. Beery, 208 North Seventh street. She will go to Richmond later.



NORMA GRAVES

Famous New York beauty posed especially to show how NOT to wear 'em in winter.

TIPS TO THE LONELY GIRL AT HOME



I am 18 years old and ask you to try and explain my lack of interest in men. I know this is very unusual from observing other girls. My father criticizes me for not wanting to marry, but my mother never does. She never says anything to influence me against the attention of gentlemen either. I am called independent, too. I am careful of my appearance, and because of it sometimes called "stuck up." Do you think this is right? C. C. R.

tell me how I can find the name of some ranch out in the west, or the name of some one on a ranch. As I have always wanted to be on a ranch, won't you please try and help me to find the name of some ranch? I love horses and I want to get on a ranch, also my brother, too. There is no one but we two, and we want to stay together. C. M. B.

In answer to your inquiry concerning a ranch, write to the Department of the Interior, Washington, D. C.

I am a girl of 15 years and very much like a boy here in town. He is 19. We meet at shows and such places. I have been properly introduced to him and I want mother to know him. In what way could I bring him in contact with mother? A. L.

I would suggest that you have your mother write the man you like a little note, saying that she has heard you speak of him so often, and she would be delighted if he would come to dinner on a certain evening or drop in to tea. If that does not appeal to you just tell him that you want him to come to the house to call on her on a certain night. Any man who cares for a girl should be willing and glad to meet her mother.

A wish to marry is not necessary to one's life happiness. By all means, keep your spirit of independence so long as you do not infringe upon the rights of others. Evidently you are a person with interests centered in something or other worth while. And by and by, if you are really interesting, you will be sought by others—both by women and men.

I would like to know if you can.

Spring Suits Show Lines and Lines



BY BETTY BROWN.

It is extremely easy "to get a line on the spring suits" because "lines" are their chief reason for being. Coats are finger-tip length, unfitted, but usually belted at the normal waistline or a little above. Skirts are long and very narrow with a remarkable shift in the location of the necessary fullness about the hips. The newest models fit tight across the back and full across the front—but all agree on narrow hems. This is a gray tricot model with smartly cut coat, and silk embroidered arrow points for its tailored ornamentation.

For a moment Dr. Kramer appeared to forget me, so wrapped up was he in a new psychological puzzle. "Oh-h-h-h!" I whispered to myself. "It's a poor day that doesn't bring me some bit of valuable knowledge!" The plan to win my own husband back which had evaded me through days and days of hard thinking, came to me in a flash. Jane Lorimer must remain—dead! That was the first detail of it. I counted the only persons in the world who knew that I was not dead: Chester, the chauffeur, who had found Eloise on the train; he had disappeared, but he might at any time return to tell the truth to the Lorimers. Tommy knew—but I could manage Tommy. And Certeis would know—when he called on his patient, Mlle. Vanderyn. Plainly, I must make my escape from the place before Certeis arrived. And Dr. Kramer should help me!

Confessions of a Bride

I Learn About Brain Cells—and Scheme to Make One Grow!

So I snatched Miss Dennis' admirer away from her, although at first I didn't want to talk with Dr. Kramer at all. But when I found that he intended to make my acquaintance, I decided to get some information from him about shell-shock. I explained the peculiarities of Bob's condition, not mentioning names. "And this soldier seems normal in everything but the memory of his bride. Do you think he ever really loved her?" I concluded. My voice must have trembled for Dr. Kramer looked at me long and hard. "He loved the girl very much. I should say, mademoiselle," he replied. "Perhaps the thought of her hurt him so terribly that it interfered with his soldiering. That was not unusual in the war. Certainly, the man must have a powerful will, he must have formed the habit of erasing the girl from his consciousness. The shock simply locked up the brain cells where she was registered." His theory was like that of other experts. I put my big question to him: "Will anything restore his memory of her?"

"It is like this," Kramer explained. "A brain cell is like a grape, mademoiselle—it has a skin and a pulp. The pulp may dwindle from overwork, or perhaps fright, or worry, or shell-shock, and the cell may wither up and dry like a grape. But if a little pulp is left in the skin of the cell, it may increase under the right conditions, and the brain may become normal again. But if the pulp is all destroyed—well, the cell will stay dead forever."

This new theory about brain cells fascinated me. "Oh!" I gasped. "You mean that if I—if the wife could stir a single thought of love once more in the man the cells might swell and grow, and all the old love might come back sometime?"

"That's one way of putting it, certainly," Dr. Kramer answered with a laugh of genuine enjoyment. "But of course, this man's condition is most unusual. The desire to love and be loved is about the last thing which could be shocked out of a human being, I should say. But nothing was impossible in the war. Under pressure of exploding T. N. T. almost anything might happen to even a normal brain. You understand, mademoiselle, that insanity isn't the same thing as shell shock. But if I were treating the case—I'd try to wake up the need to be loved in that man. Why, I'd place temptation in his path—show girls! Yes, honestly, I'd get right down to the primitive instinct—"

NUXATED IRON

"I believe my own great physical activity is largely due to my personal use of Nuxated Iron," says Former Health Commissioner Wm. K. Kerr, of the City of Chicago. "From my own experience with Nuxated Iron I feel it is such a valuable blood and body building preparation that it ought to be used in every hospital and prescribed by every physician in the country. Nuxated Iron helps to make healthier women and stronger, sturdier men. Satisfaction guaranteed or money refunded. At all good druggists."

Mrs. Louise Grimmer, of Roanoke Rapids, reached the city yesterday to present this afternoon at the wedding of her son, Charles L. Grimmer, who is to be married to Miss Mildred Wadham, the ceremony to take place at the home of Bishop Thomas C. Darst.

SECOND TERM OPENS.
Schedule for the second term of Y. W. C. A. gym classes will open Monday and all are invited to enroll for this work. The schedule is: High school girls—Mondays and Thursdays, 4 to 5 o'clock. Grade school boys—Tuesdays and Fridays, 4 to 5. Business women—Mondays and Thursdays, 6:30 to 7:30 and 8 to 9 o'clock. Morning class—Tuesdays and Fridays, 10 to 11 o'clock. Children—Saturday 10 to 11.

Free tuition is given to any girl securing 10 members. Doctors' certificate is required showing condition of heart and lungs. Further information may be had from the Y. W. C. A., phone 201.

HAS BEEN TRANSFERRED.
John DeVine, Jr., U. S. N., who has been stationed at Charleston, has been transferred to Seattle, Wash. and will do duty aboard submarine chaser No. 29-B. He will leave Charleston tomorrow, according to advices received by his mother, James DeVine, a brother, is still overseas, being stationed at Plymouth, England.

Miss Edith Compton, of New Bern, has returned to her home after a pleasant stay in the city with friends.

Mint Jell

Try Mint Jiffy-Jell with roast lamb or cold meats. It is vastly better than mint sauce. Try Jiffy-Jell desserts with their real fruit flavors in essence form, in vials. Each is so rich in condensed fruit juice that it makes a real fruit dainty. Yet they cost no more than old-style gelatine desserts.

Jiffy-Jell

10 Flavors, at Your Grocer's
2 Packages for 25 Cents

FEBRUARY CLEAN-UP

of Men's Suits and Coats

The time has come for a final clean-up of all remaining winter clothing. Stocks must be brought down to the lowest level before the new goods arrive, so that for this

Week-end Special

We offer our entire stock of men's winter weight Suits and Coats at

at 1-3 off

We believe this price is lower than they will be again for many seasons, and we think it wise for you to buy not only for your present need, but for next season. Also—come in today.

Belk-Williams Company

Old Folk's Best Friend

That's what many call it, for it puts vim and vigor into old stomachs; rich, red blood into old veins; sound flesh on old bones. Drink a glass of this delicious, digestant with each meal.

Shivar Ale

PURE DIGESTIVE AROMATICS WITH SHIVAR MINERAL WATER AND GINGER. Your grocer or druggist will refund your money on first dozen if you are not pleased with results. Bottled and guaranteed by the celebrated Shivar Mineral Spring, Shelton, S. C. If your regular dealer cannot supply you telephone

CRESCENT CANDY CO., Distributors for Wilmington.

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Nadinola CREAM

The Unequaled Beautifier USED AND ENDORSED BY THOUSANDS. Guaranteed to remove tan, freckles, pimples, liver-spots, etc. Extreme cases twenty days.

Rids pores and tissues of impurities. Leaves the skin clear, soft, healthy. Two sizes. Sold by leading toilet counters or mail.

NATIONAL TOILET COMPANY, Paris, France

New Crepe de Chine Handkerchiefs
New Collars for Spring
Still Getting New Hats
Miss Alma Brown
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FLAT SILVER For Home Use

New and Staple Patterns. A Number of New Pieces Recently Added.

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