

KIROPRACTIC, The Key to Health

THE MODERN SCIENCE FOR PROGRESSIVE THINKING PEOPLE WHICH REMOVES THE CAUSE OF DISEASE.

Many of you have been hearing of some of the most wonderful results accomplished by Chiropractic and yet perhaps have never fully understood just how this great science restores our frail bodies to perfect health.

In the beginning we find the first thing formed in foetal life is the nervous system comprising the brain, spinal cord and nerves. Around this is formed the bony structure and soft tissue. The brain covers itself by a number of bones, so formed as to constitute a dome of protection called the skull; the spinal cord is enclosed within hollow bones called vertebrae. Twenty-five of these vertebrae, placed one upon the other, constitute the spinal column. Between every two of the vertebrae are little round openings called foramina from which emanate on both sides bundles of trunk nerves and their filaments which ramify and absolutely control every organ of the chest and every portion of the tissue. Between these vertebrae forming an elastic cushion is the inter-vertebral fibro cartilages which hold the bones apart and prevent them from compressing the nerve filaments that lie between. Each cartilage supports the part of the body that is above it and is therefore subjected to considerable pressure. In a natural normal condition, however, every cartilage is fully sufficient in strength to support its burden. But falls, strains and the numerous violations of the health laws have in many cases, so weakened, debilitated, inflamed or softened one or more of the cartilages, that these cushions are compressed, crushed, sunken together or flattened out by the weight of the body that they permit the vertebrae of the spine to come so close together that they squeeze and irritate the nerves that pass out between them. If the compressed nerve is one that extends to the chest over the heart, then that region is affected. If to the stomach, liver, kidneys or the walls of the trunk over these organs, or to the feet or hands or to the head, then these parts are affected.

You understand how this is when you recall that every part of the body is under the absolute control of the nervous system. There are three kinds of nerves, motor nerves, sensory nerves and vital nerves. When you step on a tack you feel the pain with the nerves of sensation, you raise your foot by aid of the motor nerves and nature repairs the wound through the agency of the vital nerves. All of these nerves are delicate fibres that originate in the brain and pass down through the spine and branch off from the central nerve trunk.

Just what the Divine spark of life is we do not know. We can only conceive a physical origin of vitality or nerve stimuli, but we do know that when operating unobstructed through these properly prepared channels, the brain, spinal cord and nerves, that we have life where would otherwise be clay. You know this to be true, you know you can not touch your body anywhere even with the point of a pin that you do not interfere with numerous minute nerve cells.

Thus, you see that if the nerve force passing between the brain and the various bodily organs is obstructed that it leaves insufficient power for the proper operation of the parts of the body affected. If the compression of the nerves is sufficiently severe, the nerve current will be cut off entirely and any organ dependent upon these nerves will be paralyzed. A partial paralysis from this cause is very common. If several cartilages are weakened upon the same side, the settling of the vertebrae will cause a curvature of the spine, and the spine may be curved to either side or in or out. The facts which we are trying to make plain to you are not well understood by the average practitioner. Many doctors mistake effects for causes. They try to cure the symptoms instead of the disease that produces the symptoms. Symptoms are only the effects of the disease. These doctors treat the heart, stomach, liver, kidneys, hands or feet that may be effected instead of going back to the first and real cause of the trouble.

No part of the human being is more delicately wrought or fraught with more important office than is the spinal column, enclosing as it does, that delicate cord which conveys to the entire body the energy that controls the material to that unsexed thing we call the soul, or life principle.

Your HEALTH, STRENGTH, LONGEVITY, INTELLECT and SANITY depends upon the shape, articulation and strength of your bones. FATHER! MOTHER! See that your BOY, your GIRL, is maturing right. How will you have them look at forty-fifty-sixty-seventy? Will you have them joyful and useful in those years with their family and friends esteeming their companionship? It depends largely upon their SPINAL COLUMNS. For proof, look about you.

No matter what your Abnormality, there is a CAUSE. Remember the Chiropractor locates the CAUSE without asking you a question and removes it without the use of the drugs or the surgeon's knife.

We invite you to investigate this new science which is as correct as mathematics and learn for yourself just how it may relieve you. Are you Optimistic? Then we invite you to come for Free consultation and examination to our adjutory at the N. W. Cor. Pack Square.

Office hours 10 to 12 A. M., 2 to 5 P. M. Lady Attendant. Phone 621.

Yours for Health,

"Kiropractic Doctors"

DRS. WHITMORE & DEAN.

WOMAN'S HOME PAGE

CHARLES DWYER, Editor

A PURITAN THANKSGIVING DINNER AND A TURKEYLESS DINNER

FOR the ambitious hostess on hospitable thoughts intent, who wishes a novel innovation for the time-honored Thanksgiving dinner, a Puritan feast will be found to combine delightful possibilities both in the manner of artistic table decorations as well as an appetizing menu containing the old-fashioned dainties.

In the Puritanism in the quaint phraseology of the seventeenth century, besprinkling them plentifully with unexpected capitals, and in order that everything may be in keeping, decorate the living room and dining room with grains of all varieties, interspersed with bouquets of brilliant autumn leaves in place of the customary chrysanthemums and hothouse blooms. If the dinner is to be given in the evening, although high noon is really the proper hour, use in lighting the lower rooms green glass berry candles that burn with a faint aromatic perfume, reminiscent of the Puritan period.

Table Decorations
In arranging the table, cover the polished board with a perfectly plain damask cloth laid over a heavy felt, setting for the center a miniature Mass flower with white sails spread and heaped high with delicious home-made "sweets," comprising maple sugar nuts, candied sweet-flag and honey bars; while should the day prove "dark and dreary," the candles already mentioned may be utilized without shades, fitted into colonial candlesticks of silver or brass and placed at the corners of the table.
In addition to the flat silver necessitated by the menu, place at each cover

in the bottom of a soup-kettle a layer of chopped clams, covering with successive layers of corned potatoes, minced onion, finely-chopped potatoes and corned corn; continue alternating the layers until the kettle is nearly full, allowing two layers of clams to each one of the vegetables. Add only sufficient water to well cover, and simmer slowly for about two hours, then strain and season highly with celery salt, salt and paprika; meanwhile prepare a quart of rich milk by heating to the scalding point and thickening with a heaping tablespoonful of white roux, pouring the soup into a heated tureen in which has been placed. Serve immediately, accompanied by toasted pilot biscuit.

Massachusetts Wild Turkey
As genuine wild turkeys are sometimes difficult to procure, an ordinary fowl dressed after this recipe is hardly to be distinguished from the real article. Procure the turkey at least three days before Thanksgiving, and after cleaning and washing it, stuff it with the following dressing: Grate finely a small loaf of stale graham bread, adding two finely minced onions, three peeled and chopped tart apples, a heaping teaspoonful of poultry seasoning, half a teaspoonful of paprika, one teaspoonful of salt, three tablespoonfuls of melted butter, a pinch of sweet herbs

Colonial Pie
Pare the pumpkin, cut into small pieces and steam until tender, pressing through a purée sieve to remove any lumps. Add white hot, to each quart of pulp, a tablespoonful each of flour and half a cupful of cold water. Now take from the fire and allow the mixture to cool, but not harden, and with a cream-whisk beat to a stiff froth, adding gradually as the mixture thickens a pint of cream beaten solid and the stiffly-

corn pulp, salt, pepper and the beaten yolks of three eggs. Bake, surrounded by boiling water, until the center is firm. Whip the whites, lightly sprinkled with salt, to a stiff froth, spread roughly over the top, sprinkle with chopped red pep-

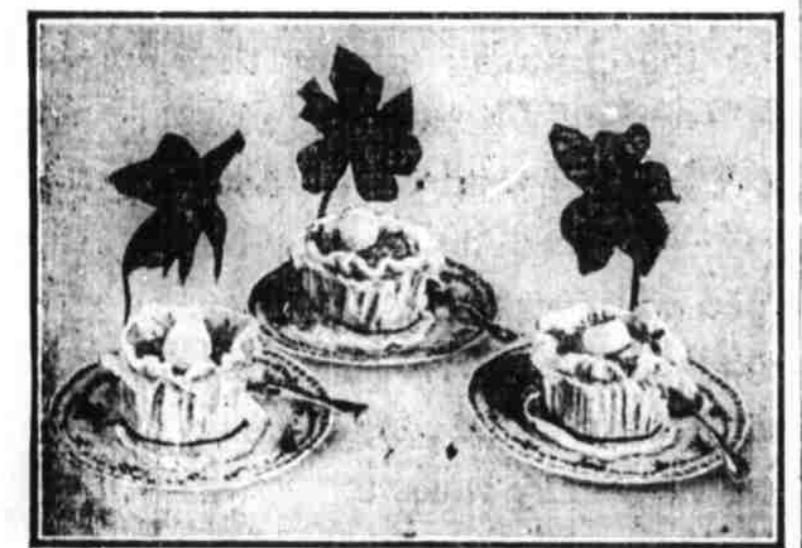
per and set in a cool oven until the meringue is set. Serve as a vegetable.
Colonial Pumpkin Tartslets
To one quart of sifted boiled pumpkin add one tablespoonful each of butter and flour, six well-beaten eggs, a cupful of sugar, quarter teaspoonful each of nutmeg and mace, four teaspoonfuls of ginger and one gill of brandy. Bake in a tin lined with rich flaky crust. Remove from the pans for serving. A touch of novelty is given by topping each tartlet with a generous portion of maple syrup or strained honey. Milk, of course, can be substituted for the brandy.

Mince Pie with Apple Meringue
This is a delicious novelty. Cover a pie plate with flaky pie crust, fill with mince meat and cover with puff paste rolled to paperlike thinness and bake. When ready to serve cover with a thick apple meringue, sprinkle it with chopped nuts and place in a cool oven until the meringue is faintly browned.
Apple Meringue
Peel and grate one large tart apple, sprinkling over it one cupful of powdered sugar as it is grated to keep it from turning dark. Break into thirty two egg whites and beat continuously in thirty minutes.

a sentiment regarding the latter as a truly Colonial dish, and more fitting to commemorate the day, it is for the housewife to determine which is to be used.
Old-fashioned ice-cream should find a place at this meal, and the Colonial cream pudding, baked to a creamy custard, plentifully sprinkled with large plump raisins, is also a delicious dish. A surfeit of desserts is not healthy, and she is wise who will serve either pudding and ice-cream, or pie and a frozen dessert, winding up with nuts and raisins.
Boned Fresh Ham
Scrub the meat well in lukewarm water and singe off any bristles. If the marketman cannot bone it, take the longest, thinnest-bladed knife at hand and insert at the large end close to the bone; cut steadily and carefully as far through as possible; then repeat the process through the small end until the bone can be turned about and withdrawn. Cover the meat with boiling water, to which add two tablespoonfuls of salt, and simmer six hours; remove, and while hot fill the cavity with bread dressing, set in a dripping-pan and pour over a pint of cider; place in a hot oven and baste every five minutes for one-half hour. At the end of this time remove and take the rind from the fat; sprinkle with granulated sugar, cracker dust, and score with a hot poker. Send to the table hot.
Dressing for Ham
Moisten one cupful of breadcrumbs with a tablespoonful of melted butter; season highly with salt, pepper, chopped parsley, sage and onion juice; or put in a saucepan a tablespoonful of butter and fry in it one minced onion; then add one cupful of soaked bread, the water being pressed out, one-half cupful of stock, one teaspoonful of salt, one-half teaspoonful each of pepper and sage, one-half cupful of celery cut into small pieces; stir until it leaves the sides of the pan.



ARRANGING THE THANKSGIVING TABLE

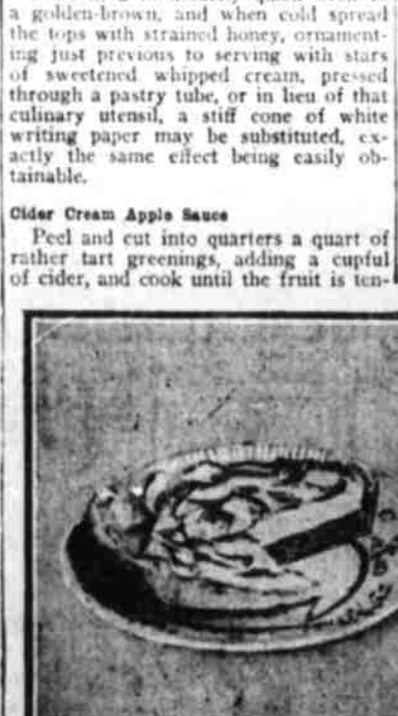


POMEGRANATE SHERBERT IN POINSETTIA CUPS

Pomegranate Sherbet in Poinsettia Cups
Dainty bouillottes in the form of Thanksgiving favors, filled with confectations, and place-cards appropriately adorned with silhouettes of John Alden, Priscilla or the renowned Indian chief, Tis-quantum, being careful to glue to the latter the traditional "five kernels" of corn made famous by the story of this Indian. As in those days a typical Thanksgiving dinner was supposed to embody all the chef-d'oeuvres of the hostess in the line of pickles, spiced fruits and sauces, small dishes containing molds of cider apple-sauce, corn relish, spiced stewed cranberry, and various sweet and sour pickles, may be added with admirable effect to the festal board.
Planning the Menu
Fortunately in planning the menu, a mental telescope directed towards the food supplies of the early colonists reveals that they were rich in clams, oysters, lobsters and other sea foods, while wild turkey and duck, as well as a choice assortment of vegetables and fruits, formed some of the gastronomic compensations of our early ancestors; with this end in view, the following menu is suggested, the quaint titles giving an added zest to the dainties of which it is composed:
Mayflower Soup
Cape Cod Devilled Lobster.
Massachusetts Turkey. Sweet Potato Croquettes.
Standish Succotash. Creamed Onions.
Plymouth Game Pie.
Winslow Salad. Bradford Cheese Canapes.
Colonial Pie
Cider Cream Apple-Sauce.
To prepare the Mayflower soup, place

butter, six well-beaten eggs, a tablespoonful of ground ginger, half of a grated nutmeg, one teaspoonful of powdered cinnamon, the grated rind of one orange, a pinch of salt and a gill of rose-water. Blend thoroughly (you will notice that no milk is used) and sweeten to taste, filling into very deep pie-plates of earthenware, as shown in the illustration.
Bake in a moderately quick oven to a golden-brown, and when cold spread the tops with strained honey, ornamented just previous to serving with stars of sweetened whipped cream, pressed through a pastry tube, or in lieu of that culinary utensil, a stiff cone of white writing paper may be substituted, exactly the same effect being easily obtainable.
Cider Cream Apple Sauce
Peel and cut into quarters a quart of rather tart greenings, adding a cupful of cider, and cook until the fruit is tender.

Plymouth Game Pie
A roast duck, one pound of broiled calf's liver and a boiled rabbit are required for this delicacy. Cut the meat from the duck and rabbit into small cubes, leaving in the smaller joints if preferred, and chop the liver, adding three hard-boiled eggs, six stoned and chopped olives, a tablespoonful of minced parsley, and a pint of thick brown stock highly seasoned with onion-juice, cayenne and salt; turn into a deep pudding-dish that has been lined with very rich biscuit dough rolled thin, and cover the top with diminutive biscuits placed close together and rolled in the same manner, baking in a quick oven for about thirty-five minutes. Garnish with plumes of curled celery or bunches of crisp cress.
Winslow Salad
After such a substantial dinner, a simple salad is to be preferred. Cut into inch-lengths a large can of apparatus (rejecting the stalks) and mix lightly with an equal quantity of chopped celery, adding a cupful of shredded lettuce, two hard-boiled eggs cut into dice and a few capers; toss the ingredients lightly together, moistening with a white mayonnaise dressing, and serve by the tablespoonful heaped into nests of heart lettuce leaves, decorating each portion with a teaspoonful of minced cress.



COLONIAL PIE

der; then press through a sieve and re-turn again to the fire, stirring in two small cupfuls of sugar, a teaspoonful of orange-juice, a pinch of ground cinnamon and a dusting of nutmeg. Simmer slowly for fifteen minutes and add two tablespoonfuls of gelatine dissolved in

Corn Pudding
Corn ought to figure on the Thanksgiving menu, and there is no more delicious way of preparing it than corn pudding. Mix two tablespoonfuls of corn starch with half a cupful of milk. Pour this into one pint of hot milk and stir over hot water until thick. Add a tablespoonful of butter, half a can of

Apple Meringue
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Pomegranate Sherbet in Poinsettia Cups
The illustration shows a charming way to serve a Thanksgiving sherbet in crepe-paper decorated sherbet cups, poinsettias, the holiday flower, being the motif. Corn tassels or sprays of wheat, to typify the harvest, could be substituted for poinsettia.
Pomegranate Sherbet
Press the juice from six blood oranges, add one cupful of sugar, two cupfuls of water and the zest of three oranges. Freeze to a soft mush, stir in one cupful of Italian meringue (boiled frosting) and finish freezing. Crown the top of each cup with a toasted marshmallow.
The Turkeyless Dinner
How to provide her Thanksgiving dinner without bankrupting the family

treasury is a problem that confronts more than one housewife this year. The price of turkeys has soared higher and higher, until what was considered a necessity to the Thanksgiving or Christmas table has become a positive luxury. In many homes turkeys at any time of the year are out of the question, and chickens are frequently substituted. But even these in many places are so high-priced or poor that one would prefer to do without than to spend much money and receive little return.
Substitute for Turkey
Those who are fortunate enough to have farmer friends who raise their own porkers can purchase a suckling pig, which, roasted, will make a delicious substitute for the turkey.
A ham, smoked or fresh, will also prove satisfactory, and is especially attractive when boned, stuffed and roasted.
During this month game abounds in most markets, and in the smaller villages and country places one can secure at least one variety of game. Then there are oysters, which by many are thought to be indispensable to a proper Thanksgiving dinner table. An oyster pie has from time immemorial been associated with the holiday dinner.
So with an oyster pie and a fresh ham, which is by far the best for boning, Thanksgiving day can be finely celebrated.
Other Dishes
If a chicken pie is preferred to one made from oysters, use a smoked ham, but do not use the chicken in connection with a young porker, as the flesh is very similar.
The dinner can be helped out wonderfully by serving soup or a vegetable chowder. The cream of corn, pea, to-

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Pumpkin Pie
Pumpkin pie is within the reach of all. Thanks can be given that the price of this yellow luscious vegetable has not placed it in the list of forbidden luxuries. A Hubbard squash, baked instead of boiled, makes a richer custard than the pumpkin, but as many people have



CORN PUDDING

Stuffed Apples
Pare tart apples and steam until tender but unbroken. Core the fruit and fill the centers with preserved tomatoes, or gooseberries, and place about the roast.
Melba Potatoes
Boil and mash the hot potatoes, season with a little salt and pepper; then whip with a fork until light; place in a hot dish, making a tall mound, which scores with a knife lengthwise; place a lump of butter on top and dust the sides lightly with paprika and finely chopped parsley.
Georgia Sweet Potatoes
Boil four medium potatoes, pare and cut into lengthwise slices about one-half inch thick; fry in hot butter and sprinkle with four tablespoonfuls of granulated sugar while frying.
Cranberry Jelly
Stew two quarts berries in a kettle, using just enough water to cover; when soft run through a sieve. Allow one pound of sugar for every pint of juice; boil and stir for ten minutes, pouring into a mold or dish to become cold. When cold, spoon into a glass dish and decorate with sliced bananas dipped in lemon juice to prevent their becoming discolored.

Butter
six well-beaten eggs, a tablespoonful of ground ginger, half of a grated nutmeg, one teaspoonful of powdered cinnamon, the grated rind of one orange, a pinch of salt and a gill of rose-water. Blend thoroughly (you will notice that no milk is used) and sweeten to taste, filling into very deep pie-plates of earthenware, as shown in the illustration.
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