

Charles Brady Regains Health

San Diego Motorman Found Difficult Staying on Job Due to Ill Health Brought on by Severe Stomach Troubles. Marcelous Taniae Restores Him.



"Irregular working hours and equally irregular meals," says Charles Brady, a respected San Diego resident living at 4628 Georgia Street, "robbed me of good health. Eating became a trial, for I suffered from indigestion and gas that bloated my stomach. My liver was so sluggish that I was deprived of normal strength and energy. I lost weight, too. "After reading about Taniae I decided to try it. Immediately I began to feel stronger. My appetite returned. By the end of six weeks I was feeling like an entirely different person and was eating and digesting my food better than in years. I got rid of the sluggish, fagged-out feeling, and my strength and energy came back with vim. "This amazing tonic, nature's own remedy made from roots, barks and herbs, usually builds up weak bodies, drives out causes of pain and anguish. Take Taniae. Results are amazing. Ask your druggist for a bottle—today.

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Mistake, error, is the discipline through which we advance.—Channing.

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GOLDENROD EGGS ARE SOURCE OF VITAMINE



(Prepared by the United States Department of Agriculture.)
If you are accustomed to serving a hot lunch in the middle of the day, have goldenrod eggs, once in a while. Or use them as a supper dish occasionally. They are tempting and nourishing. Eggs, particularly the yolks, supply iron and other valuable minerals, and are a good source of vitamin A. The bureau of home economics gives these directions for preparing goldenrod eggs:
Cooking Goldenrod Eggs.
Hard cook as many eggs as you need, allowing 2 for each person. Cook them in boiling water for 15 minutes, or place them in boiling water and then keep the pan in a warm place, covered, for 30 minutes. Plunge the eggs into cold water and remove the shells. Separate the whites from the yolks. Cut the former into small pieces and reheat in white sauce when wanted. Use a double boiler and allow 1 cupful of sauce to each 5 eggs. A tablespoonful of chopped green pepper or minced parsley may be added. To make white sauce: Melt 2 tablespoonfuls of butter, blend with 2 tablespoonfuls of flour; thin gradually with 1 cupful of milk, season with 1/4 teaspoonful salt and a little pepper or paprika. Add the milk very gradually and stir all the time to prevent lumping.
How to Serve.
When almost ready to serve the eggs, make toast, cutting it to any desired shape, and buttering it while hot. Pour the egg-whites in the sauce over the toast, either on individual warm plates or on a platter. Sprinkle over the top of each portion some of the yolks put through a sieve or a sieve to give the effect of goldenrod. Garnish with parsley and serve hot.

Members of Household Enjoy a Lenten Supper

Call it supper or lunch, as you please, and serve it either at the end of the day or in the middle of it, according to the special needs of your household. The boys, including father, will like this menu because it contains fried potatoes; the children will like it because there are chocolate cakes for dessert, and you will like it because it is easy to prepare and it satisfies your unspoken determination to supply as many vitamins as possible in all the family meals.
Here's the menu, followed by directions for cooking most of the foods suggested. The recipes are given by the bureau of home economics. The supper includes cabbage, spaghetti and cheese, fried potatoes, canned peaches, and brownies.
For the cabbage, spaghetti and cheese, you will need four cupfuls of shredded cabbage, two cupfuls of cooked spaghetti, two cupfuls of milk, four tablespoonfuls of flour, 2 1/2 to 3 spoonfuls of butter, one-half pound American cheese, one teaspoonful of salt. Cook the spaghetti in boiling salted water until tender. Make a sauce of the flour, butter, milk, and salt. Shave up the cheese and add it to the hot sauce. Put the three ingredients—cabbage, spaghetti, and sauce—in a buttered baking dish, in layers, and cover the top with buttered bread crumbs. Cook for 20 or 30 minutes in a moderate oven.
Cooked potatoes can be browned quickly and easily in a little butter at rather a low temperature, and for children are preferable fried in this way rather than in any of the ways that make them greasy or hard. Slow cooking in only a little fat makes a golden brown crust over the outside, while the inside remains soft, and yet does not absorb the fat. There are three other fine points in frying potatoes: Use a heavy skillet; let the pieces brown on one side before turning them; and cook only enough at one time to cover the bottom of the skillet, in a fairly thin layer.
The brownies, which are good keepers—if you can keep any sort of cakes or cookies in your house—are, as the name suggests, made with chocolate. The ingredients are: one-half cupful of butter, two ounces or squares of unsweetened chocolate, two eggs, one cupful finely chopped nuts, one cupful flour, one cupful sugar, one teaspoonful baking powder, one-half teaspoonful salt, one-half teaspoonful vanilla.
Melt the butter and chocolate together. Beat the eggs lightly, add the sugar, and stir until it dissolves. Add the chopped nuts, which have been mixed with the flour. Pour into a warmed, greased pan, lined with greased paper. Spread the mixture evenly and bake in a moderate oven (325 to 375 degrees Fahrenheit) for 40 or 45 minutes. Turn from the pan and remove the paper from the cake while it is hot. If this is not done, the paper will stick. Cut the cake into strips a little more than an inch wide and about three inches long. These brownies will keep fresh for some time in a tin box.

FURNISHINGS FOR CHILDREN'S ROOM



(Prepared by the United States Department of Agriculture.)
When the children are little their bedroom is often their playroom, too. As soon as they are old enough to observe them, children take great delight in the furnishings of the nursery. Curtains for the children's room should be sturdy, simple, decidedly decorative. The colors in them should be pure in value, rather than dainty pastel shades. These make little appeal to a small child. Because of the need for sunlight and air, glass curtains are omitted unless the situation of the window makes this impossible. For sunlight the light may be modified by a dark shade or screen of some sort.
Here is an attractive window treatment for a child's room, suggested by the United States Department of Agriculture.
The curtains are of a fast-colored print, in a blue and red pattern, with a blue border on both curtains and valance. The valance and side draperies are hung on separate rods so the draperies can be brought together at naptime. As both walls and woodwork of the nursery are a light warm gray in color, these gay curtains are very attractive. There is a bit-and-miss rag rug on the floor, mostly red, blue and gray. Gingham, Japanese crepe, or appliqued unbleached muslin could have been used with good effect. Motifs for applique may be cut from cretonnes and figured ginghams and color ideas may be taken from the child's favorite picture book.

Clean Tarnished Silver by Electrolytic Method

Tarnish on silver can be removed by the electrolytic method. Various commercial devices for this can be bought for use at home, or it can be done in the following way: Fill an enamel or agateware kettle partly full of water in which has been dissolved one teaspoonful of either washing soda or baking soda and one teaspoonful of salt to each quart of water, heat this solution to the boiling point, put in strips of aluminum or bright zinc, add the tarnished silver, and boil it. The silver must be covered completely by the water and each piece must be in contact with the aluminum or zinc, either directly or through another silver. When the tarnish has disappeared, the silver should be removed from the kettle, washed, and dried with a clean, soft cloth.

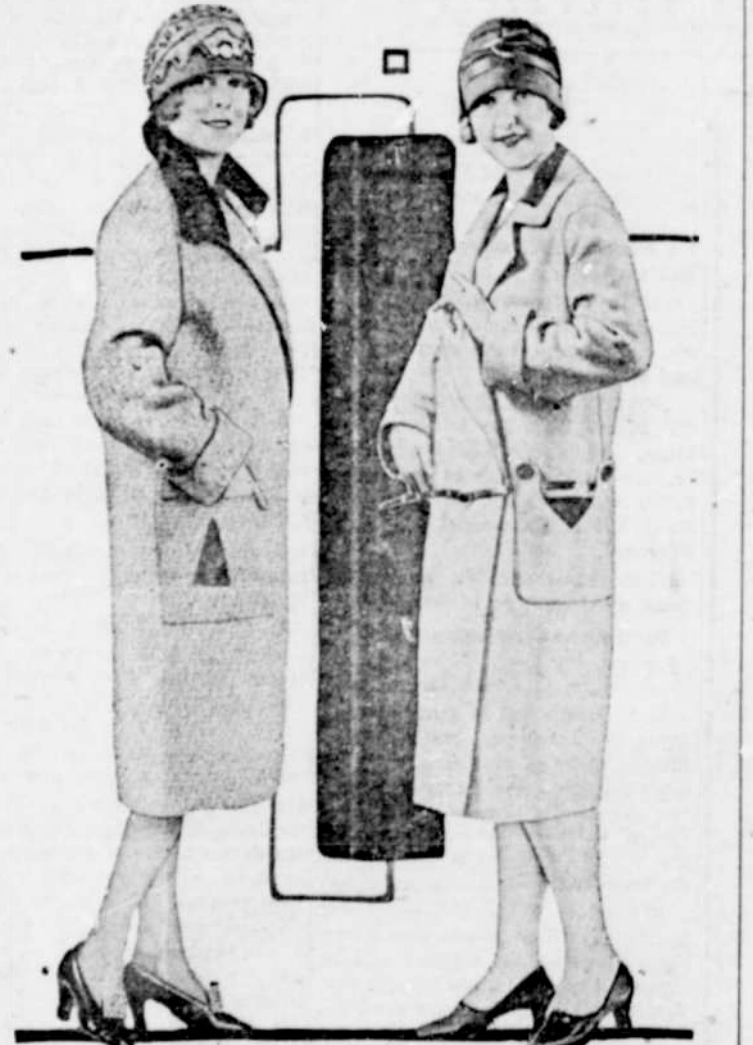
AROUND THE HOUSE
If woollens freeze on the line, they are likely to shrink.
Water that boils slowly is as hot as water that boils rapidly.
A low bowl of fruit is an attractive centerpiece for the dining-room table.
A neatly set table and attractively served meal encourage good manners.
Molasses cookies furnish iron as well as sweetness for the school lunch.

LACE TRIM NOW IS POPULAR; INLAYS USED FOR ORNAMENT

A "LACE SEASON" such as reigns throughout all fashionable be-speaks none other than the alluringly feminine, and this is exactly in accordance with the demand of the mode. The new colorful chiffon and georgette frocks with their dainty lace adornment are all that imagination may picture in the way of an exquisitely feminized styling. All grace, all charm, all loveliness are they. The model here illustrated is distinctly characteristic of the present moment fashion trend.
Artistic placement, as well as the lace itself, impart enchantment to this gown. Insets such as are here shown are much in favor for lace-styling. In



the colorful drossy georgette frock, but especially are cream or lace yokes introduced into the simple black dress. Hand beading and embroidery on lace are the "last word" in the lace program.
Because of their style importance, one is led to begin with pockets in telling the story of the season's sports coats. Decorative as well as useful pockets are an outstanding factor in modern coat styling.
Now that the pocket is depended upon to individualize the coat, designers are bending every effort to devise unique and interesting effects. One of the most successful is that of a contrasting cloth inlay. It seems as if a patch of solid-colored fabric or leather serves to make the novelty worn of which the sports coat is made look all the more novel by way of contrast.
A tweed and a homespun novelty mixture coat are shown in this picture, each accentuating pockets with inlays, the model to the left using velours, while the other employs bright-colored suede.
Belts, too, play an interesting part in the fashioning of coats. Sometimes they unite with the pocket in achieving chic. In the model to the right a tiny suede belt, matching the inlays on collar, cuffs and pocket, slips under a buttoned contrivance—such in-



Two Stylish Sports Coats.
This instance, cream lace is cunningly positioned to help form a belt sleeve, also to embellish the skirt hemline, and to add a unique touch to the girle. For this "sweetly feminine" frock choose almond green georgette with cream lace for the color scheme, although any of the new colors will be just as effective, such as pink beige, bolts de rose, valencia blue, greenish rose, meadow pink, monkey-skin or orchid.
Flimsy lace dyed to match the chiffon as well as heavy cream lace, comes the style message from many leading ateliers of Paris.
A fascinating feature of the new lace program is that it abounds in such delightful revelations of ingenious design. Refreshingly "different" is a cream lace blouse posed over an accordion-plaited chiffon skirt, the latter styled with inset lace drapes. A below-the-elbow puff of the chiffon for the sleeve, with a bow of this material at the neck and for the tie girle, interrelates this gown.
Lace yokes and sleeves are an outstanding style element in spring dress fashioning. This applies not only to

triguing details as this affording fascinating variety to sports coats modes.
Swagger coats, either of plain or novelty cloaking, feature patches, inlays and insets of flat furs. At the moment interest is concentrated on pony skin, shaved lamb and spotted calfskin.
JULIA BOTTOMLEY.
(© 1927, Western Newspaper Union.)

Smart Lounging Pajamas
Very smart lounging pajamas are made on the lines of the costumes worn in one of New York's most successful musical plays. The trousers are of black satin, while the peasant blouse is of crepe in a bright color.

Simple Chiffon Frocks
The smartest frocks for afternoon or evening are fashioned of chiffon, untrimmied in many instances except for the use of the material in fluttering draperies and feminine bows and ends.

Fashion in Gloves
Short, fancy cuffs and pull-on gloves still hold sway over all others in the matter of style, in both fabric and leather.

Feather Bouquets
Bouquets of ostrich feathers, or combinations of French flowers and ostrich feathers give a very airy touch to the chiffon dance frock.

Children Cry for

Fletcher's CASTORIA
MOTHER:—Fletcher's Castoria is especially prepared to relieve Infants in arms and Children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving natural sleep.
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Not Likely
Jean—Mae is at least twenty-five.
Sally—She never told you, did she?

Help Kidneys By Drinking More Water
Take Balts to Flush Kidneys and Help Neutralize Irritating Acids
Kidney and bladder irritations often result from acidity, says a noted authority. The kidneys help filter this acid from the blood and pass it on to the bladder, where it may remain to irritate and inflame, causing a burning, scalding sensation, or setting up an irritation at the neck of the bladder, obliging you to seek relief two, or three times during the night. The sufferer is in constant dread; the water passes sometimes with a scalding sensation and is very profuse; again, there is difficulty in voiding it.
Bladder weakness, most folks call it because they can't control urination. While it is extremely annoying and sometimes very painful, this is often one of the most simple ailments to overcome. Begin drinking lots of soft water, also get about four ounces of Jad Salts from your pharmacist and take a tablespoonful in a glass of water before breakfast. Continue this for two or three days. This will help neutralize the acids in the system so they no longer are a source of irritation to the bladder and urinary organs, which then act normal again.
Jad Salts is inexpensive, and is made from the acid of grapes and lemon juice, combined with lithia, and is used by thousands of folks who are subject to urinary disorders caused by acid irritation. Jad Salts causes no bad effects whatever.
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