Library, read carefully the opening chapters and especially the chapter on "Food for Thin Women." Follow the suggestions given there, taking a suitable amount of sleep and fresh air ex-

ercise, and you will surely gain weight

BUTTE, Mont. March 22.—Dear Miss Tingle: Kindly give the recipe for making potato yeast, or home-made yeast made with Fleishman's yeast as a "starter," a portion of the "starter" or "seed," to be put away for the next batch. Thanking you in advance.

Miss. A. J.

ness in the making and scald your jar and lid thoroughly each time. Be sure the yeast cake is perfectly fresh. In using liquid yeast count one cup as about equal to one yeast cake

In using liquid yeast count one cup as about equal to one yeast cake (though the strength is bound to vary considerably) and reduce the amount of wetting proportionately in calculating for any given number of loaves made with compressed or dry yeast. Generally the sponge method gives best success with home-made yeast, but the "off-hand" method can also be used.

HOULTON, Or., March 22.—I am sending you a cake recipe of my own makeup, and I have tried it thoroughly. MRS. T. E. McT.

MRS. T. E. McT.

Many thanks for your recipe. I must suggest, however, that it cannot be considered a good "war cake" or "conservation recipe," when it calls for lard and sugar. You could easily modify it by using a smaller quantity of vegetable shortening (say three or four tablespoons oil or Crisco in place of one-third cup lard) and syrup in place of sugar, reducing the amount of

place of sugar, reducing the amount of

place of sugar, reducing the amount of milk to give the same consistency. Most people, also, will not find the combination of chocolate and pineap-ple flavor very appealing. It has a tendency to suggest "hair oil," like many other of the coal tar flavors (for example, "banana," "pear" and "strawberry") and I think you will find one teaspoon vanilla with a few grains each of chnamon and salt will

grains each of cinnamon and salt will be a more popular combination with the chocolate. The same applies to

the chocolate. The same applies to the filling. A Cake without white flour—(Mrs. T. C. McT.)—One cupful of sugar and one-third cupful of lard, creamed together; add yolks of two eggs, beat well, then add one cupful of milk, one cupful of rye flour and two-thirds of a cupful of potato flour eifted with three teatments of baking nowder and three

of potato flour sifted with three tea-spoonsful of baking powder and three heaping teaspoonfuls of ground choco-late. Add two teaspoonfuls of pine-apple flavor, add whites of two eggs, well beaten. Bake into layers. Cake filling.—(Mrs. C. McT.)— Take one cup of raisins, wash and drain, peel one large apple, put raisins and apple through food chopper, then add one-half cup Karo syrup, boil un-til thick, flavor with pineapple and spread between and on top of the cake.

PORTLAND, Or., March 22. — Will you lease give a recipe for "sugariess lemon is" recently mentioned in your column? hanking you. MRS. E. H.

Thanking you. MRS. E. H.

This filling contains only one egg, very little shortening and no sugar or wheat. Use in a ple shell of oatmeal, barley, potato or rice pastry, made with as little shortening as possible. Or use instead of jelly (with or without nuts in sweet sandwiches. It can also be used for a sweet fruit salad dressing, conservation lemon filling for pies, tarts, war cakes and sweet sandwiches). One cup water, three level

## COMFORTABLE PAJAMA LOUNGING GARMENT IS LATEST CREATION IN FASHION CENTERS

Jacket Is Cut on Loose Lines Like a Kimono and Trousers So Loose and Straight That on Standing Figure They Look Like a Skirt-Color Effects Pretty.



OMFORTABLE and graceful, too, is this pajama lounging garment, the jacket cut on loose lines like a kimono and the trousers so loose and straight that on the standing figure they look like a skirt. The negliges is made of flesh-tinted crepe de chine bound at all edges with self-toned The buttons are of stuffed satin -like little tomato cushions-and odd Japanese embrolderies are scattered over jacket and trousers; a pageda on the facket front and tiny Gelsha girls on the eleeves.

One smartly tallored and simple suit of navy serge the bride of Spring will be sure to have; and it is equally certain that her tailored suit will have a waistcoat of one sort or another, for walstcoats and smart suits are inseparable just now. With this trim little belted coat of dark blue serge is worn a walstcoat of white satin with coin dots in blue. The waistonst fas-tens with two large pearl buttons, and its broad collar turns back over the collar of the coat. A wing-trimmed hat of milan straw accompanies this practical traveling costume.

Even the bridal gown is not allowed Even the bridal gown is not allowed more than its fair share of material these war days, yet there is no obvious effect of small allowance in this graceful gown of white satin overdraped with embroidered chiffon. The sleeves are of tulic and the tulic veil arranged in a new cap fushion, falls to the very end of the satin train. There is a graduated wing drapery at either side of the skirt which adds to the grace of of the skirt which adds to the grace of the costume, and the surplice bodice of chiffon is edged with pearl beads. Minus the long satin train and the tulic sleeves the costume will make a charming dance frock for later wear.

### To Save on Shortening.

In substituting a pure vegetable shortening in a recipe, leaving all other ingredients the same, we must re-member that the vegetable shortening goes further than butter or ordinary

Bride's Traveling Suit of Serge.

ANSWERS TO CORRESPONDENTS

LEARUEG, Or.—Kindly give a recipe for fat and mix thoroughly. Roll very thin and live a small pie or tart the with the mix
I hope the following will suit you:

Nut loaf—One cup nut meats, one cup mashed potatoes, one cup sifted bread crumbs (corn bread crumbs may be used), one to one and one fall teaspoons sult, one-fourth teaspoon pepper, two to three tablespoons chonned ontons, one tablespoons chonned not the lost to at the lost conservation crust that we can.

MRN L P. M.

Many thanks for your recipe to fat and mix thoroughly. Roll very thin and live a small pie or tart the with the mixture. Bake in a hot oven; fill as desired.

I give this, thinking you may care to use it is really quite speed; and if people must have pie, we might as well give them the best conservation crust that we can.

MRN L P. M.

Many thanks for your recipe. used), one to one and one-faif teaspoons sult, one-fourth teaspoon pepper, two to three tablespoons chopped entons, one tablespoon shortening two tablespoons lemon juice, one-half teaspoon sugar or corn syrup, one tablespoon sugar or corn syrup, one tablespoon chopped parsley (may be omitted). Cook the onion in the shortening until light brown, add all the other syrup rather than sugar) to save bread ingredients with sufficient stock milk or wafer to moisten, mix thoroughly, adding more seasoning if liked. Place into a loaf and brush with oil as preferred. Bake until nicely browned and

Nut loaf with catmeal-Make as ahove, but substitute one cup cooked rolled oats for either the orumbs or potatoes, or use two cups well-cooked rolled oats with one well-besten egg. omitting both potatoes and crumbs. A transfer to the quantitie grated cheese may be added it liked, or the amount of nuts may be plain cookie for children.

or water to moisten, mix thoroughly, adding more seasoning if liked. Place in well-greased baking dish, or shape sil more seasoning if liked. Place baked like crackers is an excellent subell-greased baking dish, or shape a loaf and brush with oil as pred. Hake until nicely browned and a with brown cream or tomato as preferred.

I loaf with catmeal—Make as e, but substitute one cup cooked by many people in Scotland. A little baking powder improves the consistency when it is to be used for this

Slightly sweetened and with three

boiled three minutes when partially cooled the sods was added, then the eggs and flour. I presume substitute flours could be used nated of wheat.

3. I'd also like to know how to kill the mother in home-made vinegar. Thanking you.

Mis A L M. wiches). One cup water, three level tablespoons cornstarch, five tablespoons corn syrup, one tablespoon sugar, grated rind of one-half lemon, two

1. I think you can buy the right kind of lacquer for the inside of tins at any large hardware store in Portland, explaining carefully the purpose for which you want it. Directions for use would presumably accompany it. This lacquering is absolut ly necessary for fruits or for acid vegetables, like to-matoes, though some of the other vege-tables can be put up in unlacquered thas (as, of course, they are commer-cially). The tins can be soldered or closed with wax as you describe, or paraffine can be used if great care is taken to make a perfect seal. I will taken to make a perfect seal. I will try to give you more details about the lacquer later. In the meantime some reader may have a suggestion to offer. 2. Possibly, though, some reader may come to the rescue with your cookie recipe, which, at the moment, I cannot place from your description. I may think of one to fit later, however. Be

corn syrup, one tablespoon sugar, grated rind of one-half lemon, two tablespoons lemon juice, one egg yolk, one egg white, one teaspoon Crisco or other shortening (may be omitted), a few grains sait. Bring three-fourths cup water and the sugar to bolling point. Add the corn starch mixed with one-fourth cup cold water. Allow to boil up and thicken. Set over hot water and boat in the egg yolk and other ingredients. Fold in the stiff beaten egg white last to make a fluffy texture, turn into a pie shell and set in a very moderate oven to become firm enough to cut. ugh to cut.

Taupe and Gray Shades Seem Gen erally More Pavored. FEATHER fancies in taupe and gray think of one to fit later, however. Be sure to modify such a recipe by the use of syrup in place of sugar, the lowest possible amount of shortening and the use of "substitute" flours in place of wheat flour. Equal parts barley and rice flour, or oatmeal, and barley and rice flour or oatmeal barley and rice, or potato flour will be found very good in making wheatless cakes or cookies, especially where one or more eggs can be used.

The heating the vinegar, but keep of the same type of the same type, even on hats of black straw. Most of these fancies are made of ostrich, spilt, burnt, curied or unpotato flour will be found very good in making wheatless cakes or cookies, especially where one or more eggs can be used.

The heating the vinegar, but keep of the same type, even on hats of black straw. Most of these fancies are made of ostrich, spilt, burnt, curied or unpotato flour will be found very good in making wheatless cakes or cookies, especially where one or more eggs can be used.

Feather Fancies Popular in

Hat Trimmings.

that if you have the information you may send it to me so as to receive it more quickiy. If you do not have the above information, then you may publish the above in the paper.

Thenking you in advance for the many flavors that you may give us and for those that you may give us and for those that you have already given us.

MRS. E. C. S.

I think your best plan would be to buy some Roman meal (which contains flax seed) and use it like other wheat substitutes in muffins, crackers, cookies and bread. I do not think you will obtain much satisfaction with homemade flax seed preparations, and besides, if you wish to gain weight, as you should a generous varied diet is vou should a generous varied diet is and bread. I do not think you will obtain much satisfaction with homemade flax seed preparations, and besides, if you wish to gain weight, as you should, a gengrous, varied diet is better for you than dependence upon any one particular "fad" food.

Get Dr. Rose's excellent book called "Feeding the Family" from the Public Library, read carefully the opening be made at home and slipped inside the

If the new chiffon blouse is not pro-vided with a chiffon lining, one should be made at home and slipped inside the blouse. High-class blouses have usually this sheer lining of flesh or being chif-fon, but cheaper blouses are often with-out a lines of the second and the lines of the line out a lining of any sort, and their effect over even the prettiest brassiere is a bit crude. The intervening layer of chiffon is essential to a soft and smart effect.

New Marriage Setting Popular in New York.

Girl Friends of Pretty Bride Act as Ushers at Ceremonies.

ercise, and you will surely gain weight unless there is something in your case which requires the advice of a competent physician. If there is any such reason for your lack of weight, you should see a doctor at once, but if you are otherwise in fairly good health a careful, well chosen, generous diet, on the lines suggested in Dr. Rose's book, is almost sure to help you more than any amount of flax seed.

You might try a lotion made with two parts rose water and one part grain alcohol, applied after careful washing with good soap in warm water and a bracing dash of cold water, but, as skins vary and enlarged pores are A T one of the prettjest weddings of the season, a church wedding at an as skins vary and enlarged pores are not easily remedied, I cannot guarantee that it will be completely successful. Probably, however, you will find a general improvement in the color and texture of your skin if you follow the suggestion as to diet, fresh air, exercise and sleep given above.

exclusive suburb near New York City, the ushers were all girl friends of the ushers were all girl friends of the was married in his uniform—being absent at the front or in camp. The church was decorated with palms and lilly of the valley and the eight pretty ushers were frocks of white and green exclusive suburb near New York City, thurch was decorated with palms and lily of the valley and the eight pretty ushers were frocks of white and green chiffon. The bridesmaids were in pale green and heliotrope, the maid of honor in heliotrope shading to manye. It was a striking and beautiful color scheme and the ushers accomplished their duties so gracefully and successfully that it is very probable there will be many other wartine weddings with all duties so gracefully and successfully that it is very probable there will be many other wartine weddings with all the bridal party, save best man and groom of feminine persuasion.

What Women, Do.

What Women, Do.

What Women, Do.

Women in Great Britain are now making the heaviest shells being used in the present war.

Drunkenness among women in Great Britain has decreased 73 per cent since the war for immediate bread-making. Next time you want yeast for bread-making.

Next time you want yeast for bread-making proceed in the same way, but use the put-away can of yeast as "starter" in put-away c

proceed in the same way, but use the put-away can of yeast as "starter" in place of the yeast cake and save out another jarful of, the new yeast, If you find it-"running out"—that is, getting weaker, or giving sour bread, or an unpleasant smell or flavor, throw it away and get new "atarter" from a fresh or dried yeast cake or from a neighbor who has good, strong yeast on hand. Exercise scrupulous cleanliness in the making and scald your jar boxing shows in that state.

The Women's Frade Union League has placed the minimum age limit for women messengers at 25 years.

Female stenographers in the employ of the United States Government are show outlining achieved in color.

HAND THAT ROCKED CRADLE

allow women the right of franchise Porcupine quills appear over 6,000,000 women will be able to position of new chapeaux.

Beading is out; stitchery is in. Compose frocks are made of serge, jersey and satin.

Bands of hemstitching form ladderwork designs.

Double-faced ribbons are applied to 'pink de chine" undies. Hand-made laces used on lingerie now being paid as high as \$1200 a year. Camisole and knickers form the new If the British Parliament agrees to combination suits of satin.

Sailors, tricornes, tams, cloches and high and low turbans are all good

With knitting bag, purse, muff and pockets, woman ought to be able to carry her burdens.

Knitting bags made from Panama hats are being exhibited at Palm Neutral shades are first choice for

Fish Supply Is Short.

Fishing Gazette.

Germany, which spent so much time a protecting its river and lake fish has in protecting its river and take fish, has given up that industry since the war began, and has gradually introduced sait water fish from the North sea and the Baltic. The high prices charged by Dutch fishermen for their North sea fish have set Germans thinking that they might benefit by that industry. France has suffered in its cod fisheries, but it is Britain, North America and the Norwegian cod fisheries that have suffered most by the war. England has long been the largest consumer of fresh fish from the North sea and elsewhere, but since the outbreak of the war its im-

"You know, Sam, it's no disgrace to work for a living."

"Yes, I know it, sah. Dat's what I allus tell mah wife."

Girls-if you want plenty of thick beautiful, glossy, silky hair, do by all means get rid of dandruff, for it will starve your hair and ruin it if you

brush or wash it out.

sign and trace of it.
You will find, too, that all itching and digging of the scalp will stop, and your hair will look and feel a hundred times



# for Baby's Skin

It's really wonderful how quickly a hos bath with Cuticura Soap followed by a gentle anointing with Cuticura Ointment relieves skin irritations which keep baby wakeful and restless, permits sleep forinfant and rest for mother, and points to healment in most cases when it seems outling would half. when it seems nothing would help.

Sample Each Free by Mail. Address post-card: "Cuticura, Dept. 7A, Boston." Sold everywhere. Soap 25c. Ointment 25 and 59c.





hand that rocked the cradle," now it is the hand that pushes the bassinet. And from his luxuriously padded, wheeled bassinet, baby moves on into a wheeled high-chair and then into a wheeled "walking machine," and later into a wheeled velocipede and then to roller wheeled velocipede and then to roller coverous longings over this lifelike

be a veritable obsession of the 20th century. It used to be "the at naptime in an old-fashioned rock

little grated cheese may be added it littles given above, if makes a good plain cookie for children.

Ittles grated cheese may be added it liked, or the amount of nuts may be elightly increased.

The DALLES, Or., March 20.—My Dear Miss. Tinglet: A short time ago someone in making wheatless cakes or cookie for children.

The DALLES, Or., March 20.—My Dear Miss. Tinglet: A short time ago someone in the first recipe. In this case, at saint, and the current pinnents or canned green papper may be liked.

The DALLES, Or., March 20.—My Dear Miss. Tinglet: A short time ago someone in the first recipe. In this case, at saint, and the current pinnents or canned green papper may be liked.

The net solder the tops on, but use the post that the back, according to examine, I do not solder the tops on, but use the post that the back, according to prove the shape of the particular hat under consideration. The sold outside far agreed which as a nay mother takes some time, as you have to work the standards of correct, demonstrated in Pertians, and sugary from someone in Waldport, Or., March 22.—Dear Miss. Tinglet: Would you send me a recipe for the states some time, as you have to work the standards of correct, demonstrated in Pertians, and sugary from someone in Waldport, Or., March 22.—Dear Miss. Tinglet: Would you send me a recipe for the sold or the paper will be found very good in making wheeless cakes or cookies or makes a good making wheeless cakes or cookies or the cannel and the top of the particular hat under consideration. The sold the basic and point will be found very good of the particular hat under consideration. The sold outside far agreed to being borne of the basic point of the basic and point wheeled velociped or the local tall if where the hear cannel to being sow the test up in military fashion at the front or the sold of the particular hat under consideration. The sold outside far particular hat under consideration. The sold outside far particular hat under consideration. The sold outside far particular hat

## WORLD-STANDARD CORSET This Recent Invention is the FIRST REAL IMPROVEMENT IN BRASSIERES -\$1.00 and \$1.50 Porcupine quills appear in the comtween 16 and 65 years of age to work style, on the farms in New York state is now Doi Double ruchettes of uncurled ostrich are laid on the brims of georgette sail-

Tons of Excess Flesh

-have yielded to the gentle persuasion of Nemo Self-Reducing Corsets, thus making millions of women more shapely, more comfortable, and more healthy.

Be correctly fitted in the Nemo model signed for your type of figure. You'll on be smaller and lighter.

But be sure it's a GENUINE Nemo.
If not, you'll be disappointed. Nearly all stores can supply you. Many liftyou accurately without extracharge.

\$3.50, \$4.25, \$4.00, \$5 and \$6

Tips for the Good Dresser.

Spring millinery. Grays, browns, beigo and tans are safe selections.

since the outbreak of the war its import has been much reduced. Canada and Norway, owing to bad weather and want of fishing outfit, have had so small and so dear a supply that meat is sometimes preferred as being cheaper. But even if fish were plentiful it would be almost impossible to get a fleet equipped as before the war.

Dandruff Surely Destroys the Hair

It doesn't do much good to try to way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger

By morning most, if not all, of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single