PICKING PROPER BONNET IS ONE OF WOMEN'S PROBLEMS

Everyone Knows Right Sort of Hendgear Will Produce Proud Poise



DROBABLY the gentle hauteur, OBABLY the gentle hauteur, is that the salesperson in the spe-the serene consciousness of cialty shop that imports Paris mod-

perfection evident in one of the els will lift with reverent fingers young ladies pictured is due in some from its tissue-lined box; and that part to the bonnet she knows she has on. For, as every woman knows, exactly the right sort of hat will and hand-fashioned, at once.

faint blush tone to the whole ore

produce the proud poise in any feminine person. Exactly the right sort of hat is this, too, for a young lady of two or three, or four. It is made of beautifully fine handkerchief person in the embroidered bonnet, linen embroidered by hand. Around but equipped for a folly visit among the edge of the brim is a frill of real informal pals. Her jaunty hat of lace. Around the base of the puffed yellow linen has a melon crown and

only very small, even sized cucum-bers. They must be perfectly fresh. Pickle first in a brine made with 2 pounds salt to 1 gallon water until fermentation takes place, usually about four weeks. The cucumbers must be kept below the brine by weighted boards or plates. As a special precaution against softening 1 cm vinegar per gallon of core better 16 cm. They will be supported by the brine by weighted boards or plates. As a special precaution against softening 1 cm vinegar per gallon of core better 16 cm.

PORTLAND, Or.—Dear Miss Tingle:
Will you please publish a recipe for aweet
cueumber pickles, also for mixed cut
pickles and for graham cookies? Thanking you in advance. MRS. C. L. H.

I hope the following will sult
you, if not, please write again,
Sweet Gucumber Pickles.—Choose
only very small, even sized cucumbers. They must be perfectly fresh.

They must be perfectly fresh.

special precaution against softening, I cup vinegar per gallon of
brine may be added. This may be
used also to check mold growth.

When well fermented, remove the
pickles, wash and heat in a large
amount of fresh water to simmering point for 20 minutes. Do not
hold finen put into fresh cold water, adding I tablespoon alum per
gallon. Heat barely to simmering and grow from a spoon on a gailon. Heat barely to simmering point, then let stand 2 hours or more to soak out the excess of salt. Prick over the pickles with a silver fork or "pickle docker" to avoid shriveling. Prepare a syrup in the proportion of 3 cups vinegar, 5 cups sugar, 1 tablespoon broken mace, 1

ing. For laxative cookies use only 1½ cups Graham flour and add bran to make the desired "drop" texture. A few chopped figs, dates or nut meats might also be added if de-sired.

(2) The following cake was contributed by a correspondent, Mrs.

T. H. W. I hope it is the one you want:

Minna-ha-ha cake (Mrs. T. H. W.)

—One cup sugar, ½ cup sour milk, yolks of 2 eggs, 1 large tablespoonful of butter, 1 pint flour, ½ teaspoonful soda, 1 teaspoonful baking powder, flavor with 1 teaspoonful baking of vanila. Cream the sugar and butter thoroughly, then add the eggs without beating and beat briskly; then add the milk, but do not stir until you have added the flour, soda and baking powder and diavoring; beat well and bake in three layers. For frosting take 1 cup brown sugar, ½ cup water; let cup brown sugar, 14 cup water; let this boil until it threads, then pour this boil until it threads, then pour over the beaten whites of the two eggs you have left from the cake batter, beat with eggbeater until stiff, then add ½ cup each of chopped walnuts and raisins, flavor

Pineapple sherbet—% cup sugar, pineapple juice or one cup grated pineapple, one cup bolling water, juice of one lemon, white of one egg. Combine the ingredients, with the exception of the egg white. Cool the mixture and freeze it. Add the beaten egg white just before the freezing is completed. If desired, 1 teaspoon soaked and dissolved gela-tine may be added and the egg white comitted but the egg gives a smooth-

Apple, pear, plum, peach, orange, raisin, walnut or almond. Pineapple, peach, pear, seedless raisin, walnut or almond.

Pineapple, peach, pear, seedless grape Fig. Sultana, peach, orange, Cut down an inch strip of the skin panana, fresh cocoanut or almond. Rhubarb, fig. orange, raisin, wal-

Pineapple, peach, lemon, ground Apple, lemon, pear, Sultana, al-

above if desired, but to my mind are best omitted in this particular com-

Any of the combinations given above may be furnished by anyone of these methods as well as by the "syrup" method first given.

(3) Recipe for chicken salad when celery is not available.

(4) "Japanese" frosting, as used in preparing French pastry. Thanking you in advance.

MRS, W. P. Generally it is better to ask only one or two questions at a time, instead of "saving up," as the longer standard are naturally more libere to ordinary mayonnaise (with or with-

meats might also be added if designed sired.

Generally it is better to ask only one or two questions at a time, instead of "saving up," as the longer the following: (1). Claim fritters: (2) Minnehaha cake; (3) pineappie sherbet. Thanking you.

MRS. V. S. W. W. MRS. V. S. W. W. MRS. V. S. W. W. MRS. V. S. W.

One of Cheapest and Best of Fish Foods, Says Expert, Who Gives Several Methods of Cooking.

Mississippi valley is the sablefish. commonly known as the black cod The fish is not a member of the

cod family, by lineage, structure flour. teaspoon soaked and dissolved gelatine may be added and the egg white omitted, but the egg gives a smoother, fluffier texture. One cup sugar may be used if a sweeter mixture may be used if a sweeter

at the back and remove the fins Place a sharp knife under the skin and cut away from you, removing the skin. Now cut the piece down the backbone into two sections. Cut tables the boneless side into servings, alticular the boneless side into servings, alticular the backbone and flour.

idea is to cook the fish and keep up in sealed jars.

Method 2—Raise to bolling point, boil 10 minutes, spread in shallow platters and let stand in the sun under glass or in a warming oven until of the desired richness. Seal in and garnish with sprigs of parsley der glass or in a warming oven until of the desired richness. Seal in
small cans.

Method 3—Simmer gently and continuously, stirring often to prevent
burning, until reduced to the desired richness. Seal in small cans.

A few nuts may be added to the
above if desired, but to my mind are

> Stenmed Sablefish Is Good. Three pounds of sablefish, one pint of boiling water, one lemon, four tablespoons flour, six table-

"syrup" method first given.

Wherever orange rind is used in a conserve it is well to soak it first in brine, freshen in cold water and cook until tender before adding it to the other fruits.

Iour tablespoons flour, six table-spoons butter.

Skin, bone and cut up into servings, allowing about three to the pound, as for Spencer method. Oil a steamer, lay in the pieces of fish, one layer deen and sprinkle much PORTLAND, Or. May 27.—Dear Miss alt. Place ever boiling water, cover with tight lid and steam for ten saving up for you?

(1) How to make whipped cream stand up for cakes, etc. p for cakes, etc. the pint of boiling water all at (2) Recipe for waffles, using 3 eggs. once, whisking it with cook's whip

chopped walnuts and raisins, flavor with vanila and spread between layers while warm.

This is a very economical cake, as it only calls for two eggs and two cups of sugar for the cake and frosting, and will be found plenty rich and suitable for any occasion.

Pineapple sherbet—% cup sugar.

BY EVELENE SPENCER, Fish Cookery Expert, United States Bureau of Fisherles.

FISH that is rapidly forging to the front and becoming popular not only on the Pace the steamed fish on a hot platter, pour over it the drawn butter, garnishing with sprigs of parsley.

Ponched Fillets Delicious. commonly known as the black cod Two or three sounds of sablefish until J. N. Cobb, University of filleted or thick slices skinned, one Washington college of fisheries, cup of fish stock, one cup of milk, gave it its newer and more appropriate name a few years ago.

The fish is not a member of the tablespoons butter, four tablespoons

in liked.

The following suggestions for Combination conserves are given before the fish was unutilized the following suggestions for combination conserves are given by the fish was unutilized the following suggestions for combination conserves are given by the fish was unutilized the following suggestions for combination conserves are given by the fish was unutilized the following suggestions for combination conserves are given by the fish was unutilized the following suggestions for combination conserves are given by the fish was unutilized the following suggestions for combination conserves are given by the fish was unutilized the following suggestions for combination conserves are given by the fish was unutilized the following suggestions for combination conserves are given by the fish was unutilized the following suggestions for combination conserves as the fish was unutilized the fish was unutilized the following suggestions for combination conserves as given by the fish was unutilized the following suggestions for combination conserves as given by the fish was unutilized the following suggestions for combination conserves as given by the fish was unutilized the following suggestions of the fish was unutilized the following suggestions of the fish was unutilized the following suggestions of the fish state of the fish and since the fish was unutilized the following suggestions of the fish and since the fish was unutilized the following suggestions of the fish and since the fish was unutilized the following suggestions of the fish and since the fish was unutilized the following suggestions of the fish and since the fish and since the fish was unutilized the following suggestions of the fish and since the fish was unutilized the following suggestions of the sale of the fish and since the fish and since the fish was unutilized the following suggestions of the fish and suggestions is a simulation of the fish and suggestions is a sale of the fish and suggestions is a simulation of the fish and suggestions is a

may or may not be added.

The following are suggested combinations:

are losing a fine, palatable fish, as over the dish for the first ten mind the dish contains the dish cutting into squares for each orange.

Serve with a spoonful of Serve with a spoonful of sauce tartare on lettuce leaf on side of the plate. Sublefish Baked With Tomato.

Three to four-pound chunk of ablefish, two large onions, sliced; two cloves of garlic, minced; two tablespoons minced parsley, one can of tomatoes, one bay leaf, four tablespoons oil, four tablespoons

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Answers to Correspondents

by Liliar Tingle

Answers to Correspondents

Tirple tomatees and cheep them beginning to the properties of the properties and two shavings of gardin. Set the cock tailt the vegetables are done to the properties and two shavings of gardin. Set the cock tailt the vegetables are done to the properties and two shavings of gardin. Set the properties and two shavings of gardin. Set the properties and two shavings of gardin. Set the properties and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the property and the properties and two shavings of gardin. Set the propert

"I had a breaking out of pimples on my face. They were of medium size and festered, causing me much real and size and festered, causing me much pain and embarrassment. They would fich and bleed and my face was very badly disfigured. The trouble lasted a long time. I tried different remedies but could not get rid of them. I began using Cuticura Soap and Ointment which healed me."

(Signed) A. L. Romesha, R. R. 1. (Signed) A. L. Romesha, R. R. 1, Gooding, Idaho, Feb. 7, 1922.

Keep your skin clear by using Cuti-cura Soap, Ointment and Talcum for every-day toilet purposes. Touch pimples and itching, if any, with Cuticura Ointment; bathe with Cuti-cura Soap and hot water. Dry and dust lightly with Cuticura Talcum,

ample Each Free by Mall. Address: "Onticera Lab-raississ, Dapi. H. Malder 65, Mass." Sold every-there. Soap Sc. Oletmont 25 and Sc. Talean S-Cuticura Soap shaves without mag.



Wonderful for Sunburn

Frostilla Fragrant Lotion is ideal for sunburn and windburn. Its cooling, soothing touch brings almost immediate relief.

If your skin has grown dry, Frostilla Fragrant Lotion will soften and improve the texture. If dust has clogged the pores, Frostilla Fragrant Lotion will really cleanse it. Use Frostilla Fragrant Lotion before powdering, it keeps the powder on much longer. After a depilatory application, this delightful toilet lotion will prevent redness

The fragrance of Frostilla Fragrant Lotion is inviting. It is the fragrance of many rare flowers. All odors of perspiration, so common in summer, are quickly dispelled by it.

For the Men: Here is an after shaving lotion which brings real skin comfort. It prevents the neck from breaking out. If used on the wet soapy brush it will help soften the beard.

For sale everywhere-35 cents. The Frostilla Co., Elmira, New York.

some of her guests.

A woman was saying: "We have such difficulty in keeping a good cook. Neither my husband nor myself can bear the taste of onions in anything and I have to almost camp in the kitchen at times to prevent the cook from slipping an onion into certain kinds of dishes and so ruining it for us. We had such a time looking and find out from some one ing it for us. We had such a time looki when we were in Europe to avoid else.

Cheeks of Women and Force Strength and Courage Into Veins of Men.

"Is your blood starving for want of iron? Iron is red blood food. If you were to go without eating until you became weak, thin and emaciated, you could not do a more serious harm to yourself than when you let your blood literally go hungry for want of iron—iron that gives it strength and power to change food into living tissue," says Dr. James Francis Sullivan, formerly physician of Bellevue Hospital (Outdoor Dept.), New York, and the Westchester County Hospital.

"Modern methods of cooking and the rapid pace at which people of this country live has made such an alarming increase in iron deficiency in the blood of American men and women that I have often marveled at the large number of people who lack iron in the blood—and who never suspect the cause of their weak, nervous, run-down state. But in my opinion, you can't make strong, sturdy men and women by feeding them on metallic iron. The old forms of metallic iron must go through a digestive process to transform them into organic iron—Nuxated Iron—before they are to be taken up and assimilated by the human system. Nuxated Iron—before they are to be taken up and assimilated by the human system. Nuxated Iron—before they are to be taken up and assimilated by the human system. Nuxated Iron—before they are to be taken up and assimilated by the human system. Nuxated Iron—before they are to be taken up and assimilated by the human system. Nuxated Iron—before they are to be taken up and assimilated by the human system. Nuxated Iron—before they are to be taken up and assimilated by the human system. Nuxated Iron—before they are to be taken up and assimilated by the human system. Nuxated Iron—before they are to be taken up and assimilated by the human system. Nuxated Iron—before they are to be taken up and assimilated by the human system. Notwithstanding all that has been said and written on this subject by

tigs, with broken nut meats. Here again combination and proportion depend upon personal taste. Seedless, seedless, seedless, were all series and frozen. It stands pickling sprinkling lightly with sait. A glass yery common rule, expected where some fruit is specially strong or weak in flavor.

The fruits are generally to simmered until tender, using a very little water or some fruit juice to start the softening process and them an equal quantity of sugar is added and the fruits cooked until the destretion of cooking. Being very little water or some fruit specially adapted to the Spencer method of cooking. Being very little water or some fruit juice to start the softening process and them an equal quantity of sugar is added and the fruits cooked until the destretify means and clearness are obtained. Nuts are added last. Spices may or may not be added.

The following are suggested com-

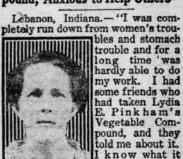
looking and find out from some one

disines containing garile, which we She did not want a scene at her abominate even worse than onlone, dinner party!

The Run-down

SURE HELP TO

Mrs. Baker, so much Benefited by LydiaE.Pinkham'sVegetableCompound, Anxious to Help Others



I know what it has done for me and I recomm it to others, as I am sure it will be a great help to all sick women. It is a wonderful medicine, and I give you permission to use my testimonial and my photograph." — Mrs. EMMA my photograph." - Mrs. EMM-A BAKER, 310 S. East St., Lebanon,

Indiana. These letters recommending Lydia E. Pinkham's Vegetable Compound ought to convince women of the great worth of this medicine in the treatment of ailments to which they are

often subject. Mrs. Baker calls it "a wonderful medicine." If you are suffering from troubles women often have, or feel all run down, without any ambition or energy for your regular work, take Lydia E. Pinkham's Vegetable Compound. It is a natural restorative and should help you

Alkali in Soap Bad for the Hair

Soap should be used very careully if you want to keep your hair ooking its best. Most soaps and prepared shampoos contain too ch alkali. This dries the scalp, nakes the hair brittle and ruins it. The best thing for steady use is Mulsified cocoanut oil shampoo (which is pure and greaseless) and is better than anything else you can

Two or three teaspoonfuls of Mulsified in a cup or glass with a little warm water is sufficient to cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dust, dirt, dandruff and excess oil. The hair dries quickly and evenly, and it leaves the scalp soft and the hair fine and silky, bright, lustrous, fluffy and easy to

You can get Mulsified cocoanut oil shampoo at any pharmacy; it's very cheap, and a few ounces will' supply every member of the family for months. Be sure your druggist gives you Mulsified .- Adv



Oriental Cream

If you are not strong ell you owe it to yourself the thefollowing test: See long you can work or far you can walk without ming tired. Next take ets of ordinary Nuxated