

**TOGGED IN BLACK AND WHITE;
PARIS FINERY FOR LITTLE FOLKS**

WOMEN may have been more beautifully clad than they are this summer—in some prehistoric age, or some unrecorded and wholly forgotten era—they may have been. But mankind is unanimously inclined to give them a vote of confidence, in case they choose to challenge all other periods of recorded history, to comparison. The clothes of today are

is the end of a perfect ensemble and its owner may go on her way entirely satisfied with it.

Paris sends over a few pictures of its small aristocrats, much dressed up, and among them are two of tiny boys clad in silk, as pictured here. Upon rare occasions, even the small boy must be ceremoniously clothed—so let us consider how the French dis-



DESIGNED FOR MIDSUMMER WEAR

simple, comfortable, elegant and, above all, beautiful, and, by way of proof, the costume pictured above, designed for midsummer wear, is offered as "exhibit A."

Nothing more unusual than black, crepe-back satin and white crepe de chine, which can be purchased anywhere, are required for this fine bit of artistry in dressmaking and one of the most gratifying things about present-day modes and materials is that anyone who chooses may have them. It takes very little fabric to make a frock and styles are not difficult for the home dressmaker to copy. The model pictured is a straightline pattern varied by plaited godets set in at each side at the hipline of the skirt portion. This gives the dress the fashionable flare besides added grace of line and freedom in walking. The undersleeves and shirt-bosom front of the crepe de chine are prettily adorned with small, oak-leaf design, cut from the black satin and outlined with narrow black braid. The neck finish is unique and beautiful. Long ties made of satin are knotted at the

pose of an uncomfortable half hour or so for the youngsters—and have it over with. Afterward time can be more profitably given to the excellent models designed for little girls.

At the left of the picture nothing less magnificent than marine blue satin makes the straight coat and very short pants with a vest in white with small red buttons. The smaller boy at the right is almost more resplendent in a suit of red crepe, with jabot at the neck and frills in the sleeves, of fine white batiste.

In little girls' summer clothes Paris reveals its partiality for the ensemble idea and presents pretty frocks of sheer materials, very simply made and adorned with drawn work. These frocks have, usually, short yokes and are sleeveless. The dresses, gathered at the yokes, are very short and have narrow hems; it is just above these hems and on the yokes, that the drawn work appears, in different designs. A small hat to match has the same sort of adornment. Pastel colored voiles offer about the best medium for frocks of this kind. A touch of colorful em-



PARIS DESIGNS FOR THE YOUNG

end and finished with many falling loops of narrow ribbon.

The ensemble idea has taken root in the minds of discriminating women and is set forth in all the details of this toilette. A hat of white georgette has the simplest sort of trimming—merely folds of the material couched down over the crown and a brim binding of black velvet. There is a short strand of pearls about the neck, and the shoes—their wearer points with pride to them as really the most original in design of any item in her costume. They are made of soft black kid, piped with white, and have diagonal instep and ankle straps. No feet were ever more exquisitely clad. This

brodery may be substituted for the drawn work and in colors orchid, blue, maize and pink are favored.

Even little tots have ensemble suits in which two colors are used. One model consists of a plaited frock of crepe de chine in blue worn under a pongee coat. In tan, piped with blue. The coat is three inches shorter than the dress (which does not quite reach the knees) and is entirely plain. It has narrow turned-back cuffs and the hem is turned upon the right side—both finished with the piping. A plaid frock and plain coat are united into an ensemble by means of plaid cuffs on the coat sleeves and plaid pocket flaps.

JULIA BOTTOMLEY.
(© 1925, Western Newspaper Union.)

The Kitchen Cabinet

(© 1925, Western Newspaper Union.)
It sometimes takes courage to insist that you are right, but a lot more to admit that you were wrong.

ABOUT BREAKFASTS

The first meal of the day should be a happy, satisfying one, starting the family off to their various duties in a cheerful frame of mind.

Most people enjoy a bit of seasonable fruit to start the morning meal, then a dish of cereal, cooked or ready prepared; hot breads, waffles, toast, griddle cakes, eggs, bacon and ham are all good breakfast dishes.

A cereal which is most wholesome is the whole wheat taken right from the granary, carefully picked over and washed, then cooked for hours until the tough outer coat of the kernel is softened. Serve with top milk. The children with their sharp little teeth will learn to masticate it well and like it better and better.

Heavy, hearty foods should not be served the inactive. When after a meal, one feels stupid and dull, it is time to fast and eat very slightly at breakfast.

Baked Mackerel.—This is good prepared with salt fish, but is especially delicious with fresh. If salt, soak well over night, then put to bake with a very little water to steam; after ten minutes cover with cream and finish baking.

New England Salt Cod.—Cut salt fish into squares and soak over night. In the morning, drain and rinse, cover with fresh, boiling water and simmer until tender. Spread on a platter and put into the oven. Prepare a drawn butter sauce of one tablespoonful of butter and two tablespoonfuls of flour, cooked together until the mixture leaves the sides of the pan. Add one cupful of cold water and stir until the sauce is smooth. Pour over the codfish and serve, sprinkled with parsley finely minced and garnished with chopped hard-cooked eggs and lemon quarters.

Scrambled Eggs.—Break three eggs into a pan with two tablespoonfuls of butter, stir and add one cupful of milk, a few bread crumbs, seasoning to taste. Cook until the egg has thickened the milk, then serve at once with or on buttered toast.

Cakes for Porch Teas.
During the summer months cakes are served very freely and a good one is appreciated. The following are choice recipes which will add variety to those already cherished:

Almond Cake.—Cream one-third of a cupful of butter, add one cupful of sugar, one-fourth cupful of milk, the yolks of six eggs well beaten, and one cupful of flour sifted with one teaspoonful of baking powder. Flavor with the grated rind of a lemon. Beat the whites of the eggs until stiff, add one cupful of sugar and one cupful of chopped almonds. Put on top of the cake when it is ready to go into the oven. Bake in a slow oven. This may be baked in layers and put together with whipped cream, making a very delicious cake.

Currant Ice.—Take three cupfuls of currant juice, two cupfuls of sugar, and one cupful of water. Cook the sugar and water till it spins a thread, take from the fire and add the currant juice. Chill in a freezer and freeze. When nearly frozen add the whites of two eggs beaten to a stiff froth with two tablespoonfuls of sugar. Freeze until firm, pack and let stand to ripen.

When baking apples, vary the flavor by adding grated orange or lemon peel, rubbing a loaf of sugar over the fruit to get the flavor. Insert the sugar in the cavity. Raisins and figs are delicious stuffing for baked apples.

Sponge Cake.—Beat the yolks of six eggs until thick, add one cupful of sugar gradually and continue beating; add one tablespoonful of lemon juice, the grated rind of a lemon and the whites of the eggs beaten stiff. When the whites are partially mixed add one cupful of flour and a little salt. Bake one hour in an angel food pan.

Rochester Chocolate Cake.—Cream one-fourth of a cupful of butter, add one cupful of sugar gradually, and then add two squares of melted chocolate, two well-beaten eggs, one-half cupful of milk and one-third cupful of flour mixed and sifted with three teaspoonfuls of baking powder, and one-half teaspoonful of salt. Beat well; add one teaspoonful of vanilla and bake in a moderate oven forty-five minutes. Cover with:

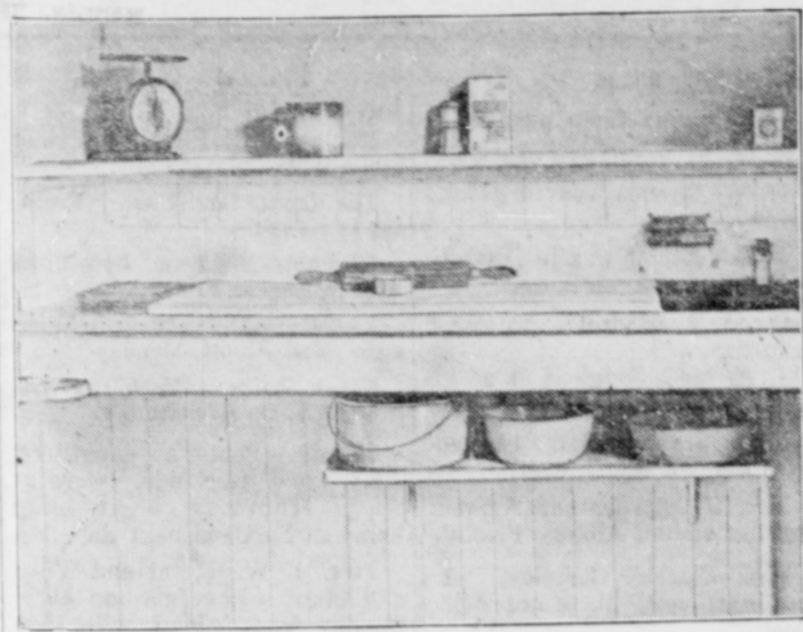
Ice Cream Frosting.—Roll two cupfuls of sugar and six tablespoonfuls of water to a thread. Pour the sirup gradually over two well-beaten egg whites, beat until thick, flavor with vanilla and spread over the cake.

One cupful of sugar, one cupful of cream and one cupful of nuts, adding the nuts after the sugar and cream are cooked until thick, makes a most delicious cake filling.

Asparagus which seems too tough to cook may often be peeled and then makes a tasty dish.

Nellie Maxwell

MARBLE BUREAU TOPS FOR PASTRY BOARDS



Virginia Woman Put Marble Slab on the Work Table by the Sink and Kept Her Rolling Pin Handy.

(Prepared by the United States Department of Agriculture.)

There's nothing like a marble slab to make pastry on. If you have an old washstand or bureau up in the attic with a good polished marble top—white or mottled, or any color—bring the top down into the kitchen and experience the satisfaction of having a perfect pastry board. Chilling is essential for crisp, flaky pastry, and a marble slab is always cold.

Marble Tops Made Useful.

In almost every county in Virginia where kitchen improvement contests have been conducted under the direction of the home demonstration agents, who are co-operatively employed by the United States Department of Agriculture and the Virginia Polytechnic Institute, housewives have made clever use of their old marble bureau tops. One woman put hers on a strong shelf and built a supply cupboard immediately over it, where she keeps her flour, baking powder, and other materials. There is room for a high stool underneath the shelf, so she can sit at her work. Another made a similar shelf, but fitted two drawers under it for flour and meal. The rolling pin was

hung on two hooks just above the marble slab. Measuring spoons, mixing spoons, egg-beater, egg whisk, and flour sifter were also hung up within reach. Two narrow shelves provided a place for keeping the baking powder, soda, salt, fat, oil, and other ingredients of pastry, biscuits or cookies.

Slab on Kitchen Cabinet.

A third housewife set her marble slab right on her kitchen cabinet, as all her supplies were kept inside of it. The cabinet itself was a reclaimed desk brought down from the attic and painted white. The marble pastry board in the kitchen shown in the picture is used on the counter to the left of the homemade sink. It is easy to clean it here without lifting it—for marble bureau tops are heavy—and it does not interfere with the usual work that is done at the sink. The rolling pin is kept nearby, and supplies are in the kitchen cabinet on the right. This cabinet was an old sideboard, long cut of use—the kind with an upper and a lower cupboard and one large drawer. The upper cupboard was fitted with compartments for storing groceries, and the whole piece proved unexpectedly valuable in the kitchen.

SIMPLE PLUMBING SYSTEMS ON FARM

Many Solids Not Easily Soluble Thrown in Closets.

(Prepared by the United States Department of Agriculture.)

Good, well-cared-for plumbing causes little trouble or expense, says the United States Department of Agriculture in a new farmers' bulletin, No. 1426, "Farm Plumbing," which tells how simple plumbing systems can be installed on farms, and how plumbing should be cared for.

Garbage, rags, newspapers, matches and many other solids not readily soluble in water are frequently thrown into water closets and other plumbing fixtures. This should never be done.

If the inconvenience and damage caused by the stoppage of pipes is carefully explained to servants and children, who are frequently the ones responsible for clogging in this way, they will understand why they must take the trouble to dispose of trash elsewhere. Grease and fats should not be wasted through sink outlets. Solid substances clog traps and pipes; greases adhere to the bore and gradually close it. Even the washstand trap may gather soap grease, hair and lint sufficient to stop it completely.

After using a plumbing fixture, especially a kitchen sink, it is well to flush the trap and waste with clean hot water. If trap and the pipe leading from it have become solidly packed with grease, the trap should be disconnected at the slip and union joints and the grease should be dug out or forced out with a stick. If a trap is not fully closed the greasy matter may be burned out with a strong caustic solvent, of which numerous brands are on the market. The best costs respectively 50 cents in one-pound and 80 cents in two-pound cans, and the maker's directions for safely using are printed on the container. Caustic potash (lye) and caustic soda are widely used. Caustic soda is less effective than caustic potash because it unites with grease to form hard soap, whereas potash forms soft soap. Caustic soda costs less—about 12 cents per pound in ten-pound pails—and constitutes most of the ordinary lyes.

The best use of drain-pipe solvents is as an occasional aid in keeping traps and pipes free and clean. Several times a year, or whenever the waste water begins to run slowly, the pipe should be well flushed with boiling hot water to soften the grease. This should be followed with a strong solution of the chemical, and a half-hour later the pipe should be flushed thoroughly with clear boiling water. In this way little or no injury is done to the pipes and much of the grease will have been destroyed or washed away. If not successful at first, the process should be repeated. A quantity of the chemical should be dissolved in two quarts of cold water in a large pail, the solution being well stirred and poured through a funnel directly into the pipe. The face, hands, clothing, or an open flame (in confined space) should not come in contact with the chemical or its fumes.

Frozen water pipes are a prolific source of trouble with plumbing. Chemicals of the character described generate much heat, making them useful to thaw frozen pipes.

HOW MUCH MILK IS NEEDED FOR CHILD

Quart Has Food Value of at Least 600 Calories.

(Prepared by the United States Department of Agriculture.)

The slogan "a quart of milk a day" has done much good, because it has made many a parent hustle to find that amount of milk somehow for a child that needed it and was in danger of handicap for life without it. But there are some important facts that these six short words do not convey, says the United States Department of Agriculture. One is the fact that a quart of milk has a food



"A Quart of Milk a Day."

value of at least 600 calories. It is one thing to try to make a child of twelve with a food requirement of 2,500 calories take that amount every day, and another to get a child of two, with a food requirement of about 1,000 calories to do so.

Another thing that this slogan does not do is to list the other foods needed by a child. Think of trying to get the following into a short, pithy statement: "A healthy child of two should have daily at least a pint of milk and an egg; one serving of vegetables other than potatoes; fresh fruit or cooked tomatoes at one meal; fruit which may be dried or fresh at another meal; whole-grain breakfast food or a slice of graham bread (the remaining cereal may be refined); or a baked potato once a day; and a little butter and cream at every meal." And yet, this is a far safer prescription than "A quart of milk a day," and there is nothing in it to prevent the child from getting the quart of milk if he wants it. There are calories to spare even when all these foods are given to the child of two, and there are many to spare in the case of a child of six.

These foods which make provision for all three vitamins, and all needed minerals and for roughage in a form suitable for children, can all be included in the child's diet.

IMPROVED UNIFORM INTERNATIONAL

Sunday School Lesson

(By REV. P. H. FITZWATER, D.D., Dean of the Evening School, Moody Bible Institute of Chicago.)
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Lesson for August 2

THE EPISTLE OF JAMES

LESSON TEXT—Jas. 1:19-27.

GOLDEN TEXT—"Be ye doers of the word, and not hearers only."—Jas. 1:22.

PRIMARY TOPIC—Loving and obeying.

JUNIOR TOPIC—Be Ye Doers of the Word.

INTERMEDIATE AND SENIOR TOPIC—Doers of the Word.

YOUNG PEOPLE AND ADULT TOPIC—Religion According to James.

The book of James was written to Jewish Christians scattered abroad who were passing through sore trials and persecutions. The pre-eminent aim was to show these humble believers how to live in such trying times. James recognized the difficulties of Christian living resulting from the attitude of the unbelieving Jews, and knew also the added difficulties of pride, jealousy and cowardly compromises which might spring up within. He showed that all these must be met with the realities which inhere in the religion of Jesus Christ.

I. Receiving the Engrafted Word (vv. 19-21).

1. What Is the Engrafted Word?

"Engrafted" means implanted. In verse 18 he speaks of having been grafted by the Word. The figure is that of a planting of the seeds of truth. The Christian doctrines as contained in the Word, when quickened by the Holy Spirit result in regeneration. The divine method of regeneration is the preaching of God's word made living and active by the Holy Spirit.

2. How the Word Is Received (v. 19).

(1) "Be swift to hear." This means to be ready and eager to use every opportunity to get acquainted with God's word.

Obedience to this injunction will make one diligent in the reading of the Bible, and in attendance at the church services where the Word of God is being taught.

(2) "Slow to speak." From what follows we infer that this refers to religious controversies. It means that whether in the places of worship or in whatever circumstances, we should give respect and thoughtful attention to what our Christian brethren are saying.

(3) "Slow to wrath." Heated discussions sometimes develop in our conferences, even when we gather to consider the doctrines of God's word. Sometimes one may even fancy that anger is justifiable. In such cases we should remember the injunction, be slow to wrath.

3. The Reason for Receiving the Word (vv. 20-21).

"The wrath of man worketh not the righteousness of God." Angry debating among Christians never helped to make known God's righteousness. Man's anger springs out of the fountain of his depravity. Therefore its expression can only have a blighting effect upon those who listen, and even upon the speaker in its reaction upon him.

II. Coming into Self-Knowledge (vv. 22-25).

Receiving the engrafted Word through swiftness to hear, and obeying its holy precepts will result in that experimental knowledge of one's self which brings true blessings. By "doers of the Word," is meant those who make obedience their habitual attitude.

The truths of God's word will permeate their very life and be expressed in everything they do and say. Those who hear and do not obey are self-deceived. Those who go through the form of religion without coming under its power are likened to men who gaze into the mirror beholding the natural face, and then go away and forget how they look.

III. Pure Religion (vv. 26-27).

This means that those who have become doers of the Word will in their outer lives manifest the following traits:

1. Bridling the Tongue (v. 26).

This means that they will speak with discretion. God gave man two ears and but one tongue. The ears are exposed, but the tongue is walled in by the teeth. Just as the tongue reveals the condition of the physical system, so the use of the tongue reveals the religious condition.

2. Sympathizing With and Helping Those in Need (v. 27).

The widow and orphan are the symbols of helplessness and need. Those who have true pity will visit such and render the necessary aid.

3. Keeping Himself Unspotted From the World (v. 27).

The one who has the true life will separate himself from the world.

Giving Up Pleasure

When we have given up an immediate pleasure for character's sake, we are impressed with how much we have sacrificed. Jesus was impressed with how much a man had gained—Harry Emerson Fosdick.

Overcoming

We sometimes sing, "The Crowning Day Is Coming." That is true, but remember that coronation in Scripture is associated with overcoming.—Charles Inglis.