

STYLES FOR LATE SUMMER; SHEER, COLORFUL LINGERIE

WHEN August comes leading in the burning sun of late summer, women demand clothes that are cool and comfortable—and that look all of that. In fact, they insist more upon a cool appearance than upon actual cool quality in their apparel, as witness those small, white felt or white kid hats that are popular. Felt hats are not cool, but they are soft and comfortable and light ones look cool—such combination of good points has spelled success for them.

Plain linen is a time-honored fabric that has maintained its place because

and it is evident that in their summery minds there is no connection whatever between cold weather and underthings. The responsibility of keeping the feminine world warm in cold weather is blithely switched over to outer garments—let sweaters, frocks, coats and heating apparatus do it, appears to be their motto. The several types of undergarments, except for athletics, concern themselves with beauty of color, daintiness of fabric, easy adjustment to the figure and a general prettiness—which last item seems to be most important of all.



Cool Comfort is Keynote of This Costume.

It looks cool in summer frocks, and because it launders perfectly. But openwork linen looks cool and is cool and a frock of it is presented herewith, as an ideal garment for the hottest weather. The picture shows it to be simple in design, bordered with scalloped pieces of plain linen down the front, each scallop serving to carry a pearl button and simulated buttonhole. A front panel of crepe de chine has a neck-to-hem plating at each side of a strip of plain linen down the front, adorned also with small pearl buttons. Plain and openwork linen in any light color, with white linen in bindings and

For making this irresponsible but fascinating underwear, light or sheer silk and cotton fabrics are demanded and the call for colored voiles has increased. The limit of delicacy is reached in georgette crepe or chiffon and new garments made of it are shown with one color posed over another—that is, they are double. Voiles is not so nearly transparent, and two colors are managed in it by using one for yokes and borders hemstitched to the body of the garment in another color; pastel shades are used and a tailored finish. But crepe de chine and nylon crepe take precedence in the



From the Fall Line of Lingerie.

Accessories, will develop this frock successfully. The small hat of silk with sectional crown and narrow turned-up brim, is of the collapsible kind that can be folded or flattened, to put in a suitcase. The last chapter in millinery's summer story deals with the career of this bit of practical and beautiful headwear, which is so accommodating and becoming. It is as light and cool as it is pretty. As to the footwear that supports this hot weather costume, it plays its important role perfectly—white silk stockings, light brown or gray kid pumps—nothing could be more cool and comfortable.

Designers and makers of lingerie are presenting their new fall lines

minds of most women over other fabrics and new rivals of these old favorites find it hard to dislodge them. The laces most used for trimming are filet, alencon and val, with embroidered net and net footing in their company.

The picture given here shows a pajama set made of flesh-colored crepe de chine and trimmed with frills of cream-colored val lace. A narrow ribbon girdle and little chiffon rosebuds at the neck finish it. It has the popular slip-on jacket and is a model that may be developed in radium silk, soisette, wash satin, checked nainsook or cotton crepes.

JULIA BOTTOMLEY.
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THE LYNXES

"I am known as the Canada Lynx," said Mr. Lynx, "and the reason for my name is quite simple."

"I imagine I know what it is," said Mrs. Lynx.

"I imagine you do," said Mr. Lynx. "Well, you'd better tell me to make sure I am thinking the same as you."

"I am known as the Canada Lynx," said Mr. Lynx, "for the same reason you are."

"That is because we both come from the country known as Canada."

"The very same reason I had in mind," said Mrs. Lynx.

"Yes, I was sure that was why we were named the Canada Lynx pair."

"It's a fine and honorable name."

"How do you like it in the zoo?" asked Mr. Lynx, after a moment.

"At first the climate here was different and it was quite a change from the life I had been used to living."

"But now I find myself getting along very well indeed, I do."

"I find myself getting along very well, too," said Mr. Lynx.

"Then we both find ourselves getting along well," said Mrs. Lynx.

"That's the idea," said Mr. Lynx.

"You have the fine black markings on each ear which are so handsome in a Mr. Lynx," said Mrs. Lynx, admiringly.

"You and I haven't any foolish spots," said Mr. Lynx. "We have beautiful markings."

"Our fur is gray and beautiful," said Mrs. Lynx. "I must admit I like to be well dressed."

"And you are, my love; you are beautifully garbed in rich fur."

"Ah, and now that we are in the zoo, there is no danger of their taking our fur away from us, eh?"

"No, indeed, they won't take our fur away from us," said Mr. Lynx.

"Our enormous feet are always kept so warm with our beautiful fur slip-



"I Am Known as the Canada Lynx." pers, which we always wear," said Mrs. Lynx.

"If we had to go buy slippers for our large feet we might find it very difficult," she added.

"The shop keeper might say that he didn't carry our sizes in stock."

"I hear the people who come to the zoo talking about buying shoes and slippers and about sizes and all. I notice what they wear, and they're all too small for us."

"If we couldn't supply our own slippers we would be very unfortunate."

"Most unfortunate."

"In fact," said Mr. Lynx, "it would be not only unfortunate and awkward, but it would be uncomfortable."

"But our way is the right way to do. Have things yourself, and then you don't have to worry about trying to get them from others and from other places."

"Yes, you certainly do like to be well dressed, but I do, too."

"And while sometimes I miss the wonderful adventures of the wild life, still it is nice to be safe from harm in the zoo—especially these days when people like to wear furs more than ever before."

"Just what I've been noticing and thinking," said Mrs. Lynx.

And they sighed happily that they were both safe and that their beautiful fur would not be used by others, but that they could keep it, on themselves, in the zoo.

Dividing Honorably

"Now, Edwin," said his mother, as she handed him an apple, "you must divide honorably with your little sister, Margie."

"What's 'honorably,' mamma?" he asked.

"It means the one that divides takes the smallest piece," was the reply.

"Well," said the little diplomat, "then I'll give it to Margie and just let her divide."

Indispensable Man

Betty and Jean were going to play house and were ready with their dolls and dishes when Jack came upon the scene.

"Now, we don't want any boys to play with us and spoil everything," said Betty with finality, "we are going to play house."

"Well," said Jack knowingly, "you will have a heck of a time if you try running a house without a man to pay your bills."

A Small Request

"Now, children, I want you to be nice when the bishop is here and not say anything that will mortify me."

"But, mamma, can't we just ask him if he will baptize the new kittens?"

LIGHTER TYPE OF LUNCH FOR PICNICS



A Picnic Under a Big Shade Tree.

(Prepared by the United States Department of Agriculture.)

Picnics aren't what they used to be. They're better. There was a time when so much effort was required to get the typical picnic lunch ready that mother and the others who helped had no pep left to enjoy the outing. But now the importance of recreation takes precedence over the contents of the lunch basket, and incidentally the latter has improved. Perhaps there are fewer fried chickens and bowls of potato salad and not so many cakes, pies, and homemade cookies. Certainly there are more picnic baskets with a jar of salad dressing, some whole tomatoes, cucumbers and a head of lettuce, washed and crisped, a small cream cheese, some potato chips, hard cooked eggs, and a box of berries, peaches, or other fresh fruit in season. This change means not only less cooking and baking ahead of time but it also means a

lighter type of lunch which is more suitable for the hot weather when everyone appreciates a retreat to a shady, breezy spot. A well-balanced picnic lunch with plenty of fruit and crisp salad materials is easier to get together and it leaves the family with better dispositions and digestive systems the following day, says the United States Department of Agriculture. Form the habit of picking up a lunch and picking up the family for short-order picnics. The makings for salads and sandwiches may well be taken with little home preparation and put in form under the shade of a tree after the family has "cooled off." One or two thermos bottles or a thermos jug is an indispensable asset for summer comfort either at home or on outings. A reviving drink made of grape juice, ginger ale, lemon juice, slightly sweetened, puts new pep into wilted humanity in the summer time.

SWISS CHARD MOST VALUABLE FOR FOOD

Pofitable Source of Calcium and Iron.

(Prepared by the United States Department of Agriculture.)

When asparagus and the green-leaf vegetables of early spring are gone, the United States Department of Agriculture suggests that the housekeeper may well turn to swiss chard, which endures mid-summer heat fairly well, and has a long season. It is called in some localities "cut-and-come-again," because by taking only a few leaves at a time from each head there is a constant supply. One may eat the leaves of swiss chard as greens, or serve the stalks in the same way as asparagus, or combine the two. The difference in texture makes the cooked leaves seem like an entirely different vegetable from the stalks.

Swiss chard contains vitamins A and B, and is considered a valuable source of calcium and iron. The younger, more tender leaves are generally preferred because of their milder flavor. They are cooked in little water for the shortest possible time, in the same way as spinach and other greens. Chard has the advantage over many other greens of being fairly free from grit and dirt, because the leaves grow so high, and hence is easy to clean. Chard leaves blend well with other greens, especially with kale, dock, sorrel, mustard or dandelion. The leaves are very large and broad, and do not hold down in bulk so much as many greens, so that a smaller quantity of uncooked chard leaves will serve the same number of people as quite a large amount of spinach or other greens.

When the stalks are used the leafy portions should be stripped from them. They should be cut crosswise into inch or half-inch lengths and boiled in unsalted water from 10 to 25 minutes. The water should be boiled down rapidly at the last and may be used for soup or vegetable stock.

If the leaves are to be served with the stalks, the latter should be cooked from 5 to 15 minutes before the leaves are added. A simple seasoning of butter and salt is usually sufficient if the chard is in prime condition. Boiled chard stalks may be used like celery, in scallops or stews, in hash or otherwise with meats, with diced carrots, peas, string beans, or any convenient vegetable combinations. The stalks may also be cooked whole with white or hollandaise sauce, or with melted butter. Of course, when one prepares either stalks or leaves only, the other should be served at another meal.

Important Protein Foods

Meat, poultry, fish, eggs, milk, soy beans, and peanuts, says the United States Department of Agriculture, are the most important protein foods in the diet. These are the foods which must be depended upon for protein that can be used to special advantage by the body. Milk is one of the best foods for young and old, and cannot be satisfactorily replaced by any other food in the diet of growing children. Some of these foods are rich in mineral substance; for example, meats and egg yolks in iron, milk in calcium, and peanuts in phosphorus. Many of these protein foods, especially milk and egg yolks, are valuable sources of vitamins A and B.

QUITE POPULAR USE FOR WHIPPED CREAM

Favored as Sauce or Garnish for Desserts.

(Prepared by the United States Department of Agriculture.)

One need not laugh at the predilection of the average high school or college girl for dishes dressed up with whipped cream. As a matter of fact, whipped cream is not merely a garnish, but a valuable food which deserves to appear frequently in the menu, points out the United States Department of Agriculture.

A popular use for whipped cream is as a sauce or garnish for desserts, especially those made of gelatin. On cake or pie, steamed puddings, ice cream, canned fruit and sweet fresh fruits it adds both food value and flavor. Charlotte russe is merely sponge cake dressed with whipped cream. Gingerbread topped with whipped cream becomes immediately aristocratic. On hot chocolate or cocoa, flavored sweetened whipped cream is usually expected because these drinks are served that way at soda fountains, where whipped cream is also used to garnish the glass of soda



Beaten Into Mayonnaise Dressing.

water or to top off a sundae. Bavarian cream is a combination of custard and whipped cream stiffened with gelatin, and flavored with vanilla, coffee, pineapple, chocolate or other flavors, according to individual preference.

A spoonful of unsweetened whipped cream on chicken or other light soups often serves to tempt an invalid or capricious taste. Cream or cottage cheese can be blended with unsweetened whipped cream, nuts and pimientos and stiffened with gelatin to make an unusual lunch dish; whipped cream can be beaten into mayonnaise dressing to make it richer and fluffier for use on fruit salads.

The most satisfactory cream for whipping is raw cream with a butterfat content of 30 per cent or more. Of course any raw cream used should be of high sanitary quality. Pasteurized cream can be whipped as well, if slightly higher in butterfat; but homogenized cream will not whip nearly as well. If homogenized cream has also been pasteurized its whipping quality is further reduced.

Children Like Rice and Cherries as a Dessert

Here is a dessert the children will like. The rice can be cooked at any time, and combined with the cherries and cream in time to be well chilled. The United States Department of Agriculture suggests using:

- 1 cupful cream, rice (salted)
- whipped (vanilla) 1 cupful cherries,
- 1/2 cupful salt) cut in half
- 1 cupful cooked 1 cupful powdered
- sugar

Cook the rice so the grains will be large, dry, and fluffy. Add the sugar, the fresh fruit, and the whipped cream. Chill thoroughly before serving.

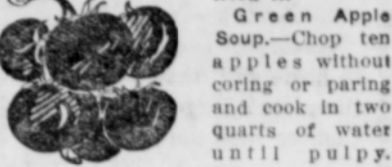
The KITCHEN CABINET

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Know that no space of regret can make amends for one life's opportunities misused. True love believes everything, and bears everything, and trusts everything.

DISHES TO TEMPT AND REFRESH

An apple soup is not very common, but is well liked by those who have tried it.



Green Apple Soup.—Chop ten apples without coring or paring and cook in two quarts of water until pulpy. Strain, return to the kettle and thicken with four tablespoonfuls of arrowroot stirred to a paste with four tablespoonfuls of water, and then added to one-half cup of the apple soup, the whole poured into the kettle and stirred until the soup boils. Add a dash of white pepper, and two tablespoonfuls of sugar. Just before serving add the juice of half a lemon and garnish with green lettuce leaves cut in rounds like confetti, scattered over the soup.

Fried Cucumber Rings.—Pare and slice cucumbers and cut out the center and seeds with a small vegetable cutter and put them in ice water for an hour; then dry and fry in deep fat like saratoga potatoes.

Southern Summer Squash.—Cut squash in halves and let simmer in water ten minutes. Scrape out the center, leaving the shells thick enough to handle without breaking. Remove the seeds and press all the moisture from the pulp and add to it the following: To enough squash to serve six persons put one cupful of bread or cracker crumbs, one onion, one tomato, minced fine, a little chopped parsley and two cupfuls of cooked chopped ham; add two tablespoonfuls of butter, mix well, season with salt and pepper and add one beaten egg. Cook this mixture ten minutes, stirring constantly; arrange the shells in a baking pan, fill each, sprinkle with crumbs well mixed with melted butter and bake until brown. Serve hot.

Orange Sherbet.—Take one egg, one pint of cream, one quart of milk, the juice and rind of three oranges, the juice and rind of one lemon, and two and one-half cupfuls of sugar. Beat the egg, add the milk and cook until the egg is cooked, add the cream and the fruit juices which have been added to the sugar and combine both mixtures. Freeze as usual.

Household Helps.

Oiled or paraffin papers which wrap foods or line boxes should be saved, as they are useful for wrapping sandwiches, and other foods when packing the picnic or the lunch basket.

Eggs should be kept in a cool dry place as the shells, being porous, will absorb odors.

When boxes or small baskets of fruit come from the market, pour them out on a large dish. They keep much better and any that are decayed will be seen and at once thrown away.

Any leftover corn on the cob added to a potato salad improves it greatly as to flavor and food value.

A busy housewife may, when preparing custard for the family, reserve enough for salad dressing before adding the sugar and flavoring. Add mustard, salt, pepper and vinegar to part of the cooked custard, with sugar and flavoring for the dessert, one cooking making two dishes.

One of the old-fashioned wire tea-pot stands makes the best kind of a trivet to place in a kettle when boiling puddings in a cloth, as it is sufficiently high to keep the pudding from touching the bottom of the kettle.

Add a little salad dressing to cottage cheese; serve on lettuce.

Spiced beef is a dish especially enjoyed in hot weather.

Add a half cupful of shredded blanched almonds to the potato salad. It will make it more nourishing and tasty.

In cooking such succulent vegetables as peas, spinach or greens of any kind, salt should not be added until the cooking is over. A good rule to remember is all "top the ground vegetables," should not be salted until cooked.

Nellie Maxwell

Custard Is Good Standby

Milk, eggs, and sugar are practically always on hand in the well-stocked pantry. These materials, with different flavorings, may be depended upon as the basis of innumerable wholesome, easily-made custard desserts, which have the additional merit of contributing important elements to the day's food. The United States Department of Agriculture points out that much-needed lime is supplied by milk, iron is found in egg-yolks, and both foods are good sources of vitamins.

Custards may be served alone or as sauces for fruits, cakes, or puddings. They may be thickened with eggs only, or part of the thickening may be supplied by bread crumbs, cake, rice, tapioca, sweet potato, pumpkin, flour, cornstarch or gelatin.