

**LUXURIOUS COATS OF CLOTH;
NEAT TAILORED DAYTIME FROCK**

DRAWING conclusions from the early coat arrivals women of fashion are destined to be wrapped in the folds of luxury during the forthcoming months. There is a sumptuousness about present-day cloth-with-fur coats which lies beyond the power of pen or tongue to tell. Only "seeing is believing," for even a most vivid gift of imagination might fall short of visualizing the elegancies of fur and fabric and color glory which combine to produce the modern topcoat.

It is a foregone conclusion that the fur-trimmed cloth coat will prove a formidable rival to the all-fur coat. To the utmost of their creative genius fashionists are playing up the fascination of resplendent fur trimmings on cloth superb in quality and richly colorful—wherefore, all things taken into consideration, there is logic in the

green cloakings combined with conspicuous handsome fur. Among favorite coat shades, certain tones of purple, various reds and copper browns are outstanding, the same lavishly enhanced with decorative fur.

For sports coats spectacular plaids lead, the fur trimmings blended to the grays, browns and tawny tans included in the weave of the cloth.

As to the tailored frock for autumn daytime wear, the ultra-fashionable trend is decidedly clothward. Chic is the word, when it comes to the styling of these cloth modes. Even the most conservative tailored frocks reflect the spirit of the flare by subtly introducing flattering trickeries of plait and godet.

The handsome street gown here pictured interprets hemline fullness through expert manipulation of invert-

SUNDRY GOOD USES FOR GREEN TOMATOES



Making Green Tomato Pickle.

(Prepared by the United States Department of Agriculture.)

When the first hard frost leaves a large supply of green tomatoes on hand, some of them will undoubtedly be made into pickles, but they are also good to use in many other ways. Green tomatoes cut into half-inch slices, sprinkled with salt, dipped in flour or fine bread crumbs, and fried till tender in a little fat, are excellent. They may also be fried with sliced onions. The following recipes for using green tomatoes have been tested by the bureau of home economics of the United States Department of Agriculture:

Stewed Green Tomatoes.

1 large green tomato 4 tablespoonfuls sugar
1 1/2 teaspoonfuls salt 4 tablespoonfuls bread crumbs
Pinch of pepper Scraped onion for seasoning
2 tablespoonfuls butter

Scald the tomatoes and remove the skins. Cut into small pieces, boil until tender, season, and thicken with bread crumbs which have been browned in the butter.

Cream of Green Tomato Soup.

12 green tomatoes 2 tablespoonfuls butter
1 cupful water 4 tablespoonfuls flour
1/4 teaspoonful small onion, cut soda
4 tablespoonfuls Pinch of pepper and curry powder
1 cupful milk 1/4 teaspoonful salt

Boil the tomatoes with the water until tender, and put through a strainer. Saute onion, pepper, and curry powder in butter, remove the pieces of onion, then add the flour, and later the milk, to make a white sauce. Add the soda to the hot tomato pulp. When the white sauce is thoroughly cooked, blend the two mixtures and serve at once.

Green Tomato Pie.

4 or 5 medium-sized green tomatoes 1/2 cupful salt
1/2 cupful water 1/4 cupful flour
1/2 cupful cornstarch
1/4 cupful lemon, sliced 1/4 cupful sugar
1/4 cupful very thin 1/4 cupful butter
1/4 cupful cinnamon

Slice the tomatoes and heat slowly in a saucepan with the sugar, lemon, salt and spice until the tomatoes are tender. Add the cornstarch and cook until the cornstarch does not taste raw. Take from the fire and add the

butter. Line a pie tin with pastry and bake the lower crust for 12 minutes in a moderately hot oven until a delicate color begins to appear. Put the tomato filling in this prebaked crust, cover with an upper crust, and bake about 12 minutes in a hot oven, or until the upper crust is done.

If there is insufficient liquid in the tomatoes to cook them, a small amount of water may be added when stewing them. It may be necessary to use more or less cornstarch, according to the amount of tomato juice present.

Green Tomato Marmalade.

6 pounds green tomatoes 1 1/2 teaspoonfuls salt
6 lemons 6 cupfuls sugar

Wash and trim the tomatoes and cut them into small pieces and add the sugar. Cut the lemons into very thin slices and boil for about five minutes in one cupful of water to which the salt has been added, and add this to the tomato and sugar. Heat this mixture slowly, then cook rapidly, stirring constantly, for about one-half hour or until the marmalade has the consistency of thick, heavy jam. These proportions will make about three quarts of marmalade.

Green Tomato Minicmeat.

4 quart sliced green tomatoes 1/2 cupful allspice
2 quart pared and sliced tart apples 1/4 cupful brown sugar
1/2 pound seeded raisins 1/2 cupful vinegar
1/4 pound currants 2 cupful water or more water
4 tablespoonfuls minced citron and less vinegar
4 tablespoonfuls cinnamon if the latter is very acid

Chop the tomatoes and the apples fine. Add the other ingredients and boil the mixture until the tomatoes are tender and the minicmeat is thick and not watery. Stir it occasionally to prevent burning. If desired this may be sealed in scalded jars for later use. The quantities given in this recipe should make about three quarts of minicmeat.

When a large number of green tomatoes must be handled they may be brined. Directions for brining vegetables may be obtained from the bureau of chemistry, United States Department of Agriculture. The brined tomatoes, when freshened, can be used for pickles and relishes of various kinds and also for mock minicmeat.

"A WELL-BALANCED DIET" IS DEFINED

Provides Fuel Needed to Maintain Best Body Weight.

(Prepared by the United States Department of Agriculture.)

A good many people like to talk about "a well-balanced diet," but very often are quite vague as to what they really mean by the phrase. The bureau of home economics in the United States Department of Agriculture has an important division devoted to foods and nutrition, and has made a study of the relation of foods to health.

The well-balanced diet, say the scientists in this division, provides within the limits of the fuel, or calories, needed to maintain the best body weight for age and height: protein, right in kind and amount; iron; calcium; phosphorus, and vitamins A, B and C. The diet should be either bulky or potentially bulky, that is, capable of increasing in volume as it passes through the body.

The right kind of protein may be obtained from milk or cheese, eggs, meat, fish or other flesh foods; soy beans or peanuts. One of these should be supplemented by vegetables and by refined or whole-grain cereals. Vegetables should predominate when garden and market conditions permit.

Iron is insured by the use of eggs, meat, fish, or other flesh foods; whole-grain cereals; green leaves; fruits, fresh, dried, or carefully canned. All four kinds should be included if possible, and when one or more is lacking the others take on added importance.

Phosphorus and vitamin B are so widely distributed that it is easier to list the foods that lack them than those that supply them. Fats lack them; so do the sugars and refined cereals. The "balance" in this case is best obtained, therefore, by limiting these foods in general to the amounts needed for richness, sweetness and palatability.

Vitamin A comes from certain protein foods, such as milk and eggs; from certain fats, such as butter and cream, and from certain vegetables, such as spinach and other green leaves. A generous supply from one source makes it unnecessary to take others. Green leaves can serve as the sole source only if reduced in volume by cooking.

Practically all fresh fruits supply vitamin C, and oranges, grapefruit, lemons, raspberries and tomatoes are particularly rich sources. Green-leaf vegetables, such as lettuce and cabbage, which can be eaten raw, are also valuable.

Cabbage Scalloped With Spaghetti and Cheese

For children who need a good hot dish at noon, quickly and easily made, or for a "one-piece" supper dish which if supplemented by some fruit or a simple dessert, will be a completely balanced meal, try cabbage scalloped with spaghetti and cheese. Foods cooked together in a baking dish which can be brought to the table help to reduce the number of sauce pans and serving dishes to be washed, and in this case the combination is particularly delicious. The amounts given have been found by the United States Department of Agriculture sufficient to serve eight persons.

Cabbage Scalloped With Spaghetti and Cheese.

2 quarts of shredded raw cabbage.
2 cupfuls cooked spaghetti
1 quart milk
1/4 cupful butter
1/4 cupful flour
1/2 pound grated cheese (or more)
Buttered crumbs
Salt and pepper

Make a white sauce of milk, flour, and butter; add grated cheese and seasonings. Place layer of shredded cabbage in baking dish, cover with cheese sauce, then a layer of spaghetti with cheese sauce and arrange a layer of buttered crumbs over the top. Bake for 20 minutes in covered dish, uncover, and bake 10 minutes to brown.



Two of the Latest Winter Coats.

suggestion, "If in doubt" choose a fur-bordered cloth coat. Let the two handsome models in the picture serve as "a second to the motion."

The coat to the left is styled of quality-kind bolivia cloth. Its color scheme is adorable, being cranberry red with rich brown fur. There is a cleverly placed side flare.

The long roll shawl-collar and deep cuffs on the coat to the right emphasize the attractiveness of fur embellishment. Handsome stone marten is its kind, though chinchilla or squirrel would prove equally as interesting. The circular flare at the bottom



Tailored Frock for Autumn.

Gracefully interprets the new silhouette.

Gray cloth coats with gray fur trimmings register as a foremost fashion. Other intriguing color schemes include ox-blood red for the cloth, trimmed with black fox in generously wide hem-border, matched to deep cuffs with huge collar; lavish red fox on black cloth or veours; pencil-blue woolen fabric edged with squirrel and there is a decided trend toward dark

JULIA BOTTOMLEY.
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The Old Standby in a New Dress

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Horse Saved Mate's Life

Comote, a three-year-old thoroughbred mare on the Bakersfield (Cal.) ranch, is credited with saving the life of her mate, Katie. Comote pranced into the ranch yard visibly excited. By various means the mare induced a man to follow her to a deep stream where Katie was struggling desperately to keep her head above the swirling water. A stake rope held her captive. The rescue was effected just in time to save her life.

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