

CLEVER SPRING CLOTH FROCKS; FROCKS FOR THE TINY TOTS

THERE is no more eloquent word in the language of fashion than that of simplicity. Especially in the practical daytime dress, it stands for all that evidences good taste. In the choosing of school or office-dress fabric is of first importance. Let it be the best for excellent material is a mark of distinction. No matter how simple in construction a frock may be, if it is made of superior fabric it bespeaks a patrician air. Covert, that old-time favorite, gives promise of ranking high among spring dress goods. Homespuns and materials of similar type are also favored. Wool crepe and fine twills register

of the springtime season in advance, take a stroll through the aisles and aisles of lovely wash materials and white goods so alluringly displayed there. Where, oh where is she who will "yield not to temptation" when it comes to buying remnants, if not whole bolts of these inspiring fabrics? Especially to the mother who makes her little ones' clothes do the new ginghams, chambrays, English prints and the like suggest a program of home-sewing. In preparing for spring sewing be sure to lay in a supply of gay yarns and colored threads, for there is much



A Modish Cloth Frock.

Among approved fabrics, also supple cashmeres, Jersey and flannels are also in the list. The color trend in spring woollens is very interesting. There is a vogue for unusual shades such as elephant gray, a series of bois de rose tones, lavender blue, pumpkin, apple green, dull Parma and various shades of beet, eggplant and red. Navy and black are taken as a matter of course never losing in popularity when it comes to strictly practical choice. Having decided on material and color the next logical procedure is to consider style detail. For instance, one keeps in mind that sleeves are now wrist length for the daytime frock. High necks are also in order. It is modish items which have been observed in the styling of the cloth frock here pictured which proclaims it as a model of outstanding distinction.

of smocking and hand ornamentation on all frocks, be they made of Jersey, balbriggan, crepe de chine, velvet or simple wash goods. The panty dress of English print in the picture adopts the idea of the suspender skirt so popular with grown folk. This is worn over a peasant waist of voile. Fashion foretells a coming vogue for peasant frocks and blouses for little girls. English prints are again stressed in the newly arrived fabrics. Many of them show "something different" in that they are bordered in the manner of the gay silk prints we knew so well. Most cunning sorts of dresses are made of voile in the prettiest colors imaginable. These frocks are scalloped, hemstitched and lace-trimmed—always with panties or knickers to match. Over these frocks mother lov-



Panty Dress of English Print.

ingly scatters rose buds done by hand or tiny flowerets in lazy-daisy stitch. Little shirred hats of matching voile complete the picture. Coats of tailored washable gabardine will be worn over these dainty dresses. Select a pattern which has a round yoke, with the lower portion sewed on with a series of smockings. JULIA BOTTOMLEY. (© 1925, Western Newspaper Union.)

The KITCHEN CABINET

Don't talk so much about your hardships. Conserve your energy and use it to plan, create and work. If you suffer keep still about it until you have succeeded and then probably you won't feel so much like talking about it.—Max.

FOOD FOR THE FAMILY

To serve a variety and at the same time maintain economy, is the aim of every thrifty housewife.

Combination Salad.—Take one cupful of chopped cabbage, one-half cupful each of diced pineapple and apple, shredded almonds and diced marshmallows. Mix the ingredients, sprinkle with salt, add boiled dressing, using pineapple juice and lemon instead of vinegar. Garnish with spoonfuls of whipped cream and almonds. Serve on lettuce.

Fruit Imperial.—Arrange on rounds of cake, halves of peaches. Cook together one-quarter of a cupful of water, one-half cupful of brown sugar, two tablespoonfuls of flour; when thick, add a tablespoonful of butter and one and one-half cupfuls of peach sirup; then add one-half cupful of raisins. Arrange the peaches on the cake and pour over the fruit sirup. Serve hot or cold.

Peppers Stuffed With Raisins.—Parboil six medium-sized peppers in salt water five minutes, after removing the tops, and seeds. Fill with two cupfuls of bread crumbs, one-half of the pepper tops, a few chopped walnut meats, a little minced ham, three-fourths of a cupful of raisins, salt and butter to taste. Moisten with soup, stock or water and bake, setting the peppers in gem pans in a little water. Bake one hour.

A delicious sauce to serve with sliced roast beef is:

Bordelaise Sauce.—Take two tomatoes, one small onion, one green pepper, two tablespoonfuls each of butter and flour, a clove, half a teaspoonful of salt, a salt spoonful of red pepper and a half cupful of water. Chop the vegetables, except tomatoes, add seasoning and simmer five minutes, rub through a sieve. Melt the butter, then add the tomatoes, and water. Simmer ten minutes, add another tablespoonful of butter. Serve hot.

Cheese Soup.—Melt two tablespoonfuls of butter and add two tablespoonfuls of cornstarch, cook until smooth and thick, add a quart of milk and boil five minutes. Add one tablespoonful of minced onion and two tablespoonfuls of minced parsley, one and one-half teaspoonfuls of salt and three-fourths of a cupful of grated snappy cheese. Serve at once as the cheese is melted. If a more nourishing soup is desired heat up one or two eggs and pour the hot soup very slowly over them, beating well.

A tablet of aspirin dropped into the water of a vase of flowers will keep them fresh much longer.

Foods and Diet.

It seems reasonable when thought is put upon it, that our food and health are closely related. An unvaried diet is often the cause of stomach trouble, so it is wise to have a variety of foods, not all at one meal, but varied during the

menus of all the days of the week. Green leaves such as lettuce, chard, spinach, watercress, cabbage and beet and turnip tops contain the valuable vitamins, without which we cannot grow or be healthy. The strictly vegetarian diet is not generally accepted as good. We need fresh milk, milk products, eggs and a moderate supply of meat and fish to have a perfectly healthy body. Too much meat is considered bad diet.

White bread, though called the staff of life, is lacking in vitamins, but does supply energy as do potatoes cooked in their jackets. Whole wheat bread, graham and cornmeal are all wholesome for breads and should be freely used. Eggs cooked in the shell, using a pint of boiling water to an egg, closely covered and placed on the back of the range where the water will not cool, may be served, hard cooked in thirty minutes, yolks well done, dry and mealy, while the white is tender and delicious. For medium boiled remove at fifteen; for soft boiled six to eight minutes.

Sugar should not be used on fruits by those who suffer from rheumatism. Professor McCullom of Johns Hopkins tells us that liver and kidneys are more nearly complete foods than lean meat of any kind, which is lacking in calcium, sodium, chlorine and the three types of vitamins. Grated carrots served in various ways are especially recommended for toning up the blood. Use them with finely minced celery, a little chopped onion, a few minced nuts with a good portion of salad dressing. Serve on lettuce leaves at least twice a week. Vary with apple, green pepper, cabbage or with other vegetables. Raw carrots are richer in these food adjuncts than they are when cooked.

An advantage in using a little egg or meat to supplement the milk is that these materials supply iron, in which milk is conspicuously lacking. Egg yolks are particularly rich in iron, and there are various easy ways of introducing them into the diet. Soft custards made from milk and egg yolks, sweetened and flavored, can be served either as desserts or in place of cream on fruits or other desserts. The use of egg yolks in thickening soups and milk gravies is also recommended. Hard-cooked egg yolks, which, unlike hard-cooked whites, are not considered difficult to digest, make good filling for sandwiches.

Vegetables and fruits furnish a little protein and some yield fair amounts of energy but they are particularly valuable as sources of the necessary min-

Nellie Maxwell

SET OF BOXES USEFUL FOR STORING FOOD



Racks for Pot Lids and Pans, Also Tin Cans Painted and Labeled.

All sorts of different cans and tin boxes in which supplies have been bought, such as coffee tins, cracker boxes, lard cans and the like, may be pressed into service for storing food materials if they have good, tight lids. When painted white or in some color harmonizing with the kitchen, and marked plainly, they serve one's purpose, which is to keep out insects and dirt and prevent spoilage, just as well as the more expensive boxes sold in sets. Farmers' Bulletin 1274, "Care of Food in the Home," gives directions for the proper storage of all the common kinds of food, particularly recommending that cereals, coffee, tea, sugar, baking powder, flour, and other dry materials be kept in clean, tightly covered containers. This bulletin can be obtained by sending to the United States Department of Agriculture at Washington, D. C.

REQUIRED FOOD FOR GROWING CHILDREN

Protein and Mineral Matters Most Important.

(Prepared by the United States Department of Agriculture.)

In order that children may be strong and well, their food must meet three kinds of body needs, points out the United States Department of Agriculture: First, it must provide the materials necessary for building and repairing all the different parts of the body; second, it must furnish energy or fuel for the work of the muscles; and third, it must serve to regulate the intricate chemical changes on which health and growth depend. The principal building materials are protein, which forms the basis of all the tissues, and mineral matters, such as iron, lime and phosphorus, which are found in different parts of the body. Protein supplies energy as well as building material, but the greater part of the energy of the ordinary diet comes from starch, sugar and fat. Among the substances that regulate the chemical changes by which the body grows and functions are some of the mineral matters and the so-called vitamins. Although vitamins have been only recently discovered and are not yet thoroughly understood, it is believed that three of them, known as vitamins A, B and C, are necessary to health and growth, and that a lack of them may lead to underdevelopment or to such diseases as rickets and scurvy.

Some of these necessary food ingredients are found in one kind of food, some in another, and enough different kinds to furnish them all must be provided in the course of a day or a week. The most important kinds for children are milk, egg, a little meat or fish, a variety of vegetables and fruits, bread and other cereal foods, together with enough fat and sugar to make the meals taste good. Simple foods, wisely chosen and well prepared, are much more wholesome for children than elaborate dishes.

Milk is now believed to be necessary in the diet of every normal child, because it supplies the important vitamin A, which is especially needed by the growing body. It supplies also a very good form of the tissue-building protein. Estimates of the quantity required differ, but a good rule for most families is to buy a quart of milk a day for each child.

When a child has a liberal supply of milk, he gets so much protein that such other protein-rich foods as eggs, meat and cheese are needed in very small quantities, if at all. An egg each day or an equivalent amount, about two ounces, of meat, fish, poultry, cottage cheese, peanut butter, or some other protein food is plenty for a child under twelve years of age.

An advantage in using a little egg or meat to supplement the milk is that these materials supply iron, in which milk is conspicuously lacking. Egg yolks are particularly rich in iron, and there are various easy ways of introducing them into the diet. Soft custards made from milk and egg yolks, sweetened and flavored, can be served either as desserts or in place of cream on fruits or other desserts. The use of egg yolks in thickening soups and milk gravies is also recommended. Hard-cooked egg yolks, which, unlike hard-cooked whites, are not considered difficult to digest, make good filling for sandwiches.

Vegetables and fruits furnish a little protein and some yield fair amounts of energy but they are particularly valuable as sources of the necessary min-

eral matters and vitamins. Many of them also tend to prevent constipation. Spinach and the other green-leaf vegetables, such as lettuce, dandelion greens, beet and turnip tops, are particularly recommended as a source of iron. Iron is also abundant in raisins and figs. Next to milk and milk products, the green-leaf vegetables are considered the best general source of the growth-promoting vitamin A. Almost all the fruits and vegetables supply vitamin B. The scurvy-preventing vitamin C is also found in a considerable number, among those most frequently mentioned being potatoes, carrots, tomatoes, oranges and lemons. This vitamin sometimes seems to lose its disease-preventing power with age and heating. Very fresh, raw milk, for example, is the only kind that can be relied on to furnish it; when pasteurized milk is used or even raw milk that has been drawn for some time, the diet should include some other source of vitamin C. In potatoes and carrots its power is likely to be lessened by cooking and these vegetables should not be cooked more than necessary to make them taste good. In some acid fruits and vegetables, such as oranges and tomatoes, on the other hand, it seems to survive considerable cooking, and canned tomatoes are considered excellent means of preventing scurvy.

EITHER SWEET OR SOUR MILK USEFUL

Housekeeper May Substitute One for the Other.

(Prepared by the United States Department of Agriculture.)

"Here's a recipe for griddle cakes, but it calls for sour milk, and I have only sweet!" or, "I'd make some gingerbread with that sour milk if I only had a recipe, but this book gives a sweet-milk gingerbread!" How often is the housekeeper confronted with one or the other of these dilemmas! Perhaps she does not know that she can easily substitute sour milk and soda for sweet milk and baking powder, or vice versa. The United States Department of Agriculture tells her exactly how to do it in Farmers' Bulletin 1450, "Baking in the Home."

When proportions are given in terms of sweet milk and baking powder, an equal quantity of sour milk may be substituted, and enough soda used to neutralize the acid, or a scant half teaspoonful for each cupful of sour milk. In the case of thin batters the soda and sour milk generally furnish enough leavening, but for thick batters or doughs baking powder is usually needed in addition. For instance, in griddle cakes, one cupful of sweet milk and two teaspoonfuls of baking powder may be replaced by one cupful of sour milk and a scant half teaspoonful of soda. This quantity of soda is not only right for the sour milk, but with the milk it is approximately equivalent in leavening power to the two teaspoonfuls of baking powder. For biscuits, which call for one cupful of milk and four teaspoonfuls of baking powder, if one cupful of sour milk and a scant half teaspoonful of soda were substituted two teaspoonfuls of baking powder would be needed also to be equivalent to the above quantity of baking powder.

When sweet milk is to be used in place of sour, baking powder is substituted for all of the soda in the proportion of four teaspoonfuls of baking powder for one teaspoonful of soda if no other acid ingredient such as molasses is used. If such an acid ingredient is used, as in gingerbread, some soda is required.

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Small Fortune for Tree

An Austrian manufacturer of fine furniture has recently paid, it is said, \$28,000 for one fine ash tree which stood on the farm of a poor Bosnian farmer. The farmer and his family have been made rich beyond all their dreams as a result.—Nature Magazine.

A torpid liver prevents proper food assimilation. Tone up your liver with Wright's Indian Vegetable Pills. 372 Pearl St., N. Y. Adv.

Third Largest Meteorite

A meteorite found by Eskimos in Greenland and now on its way to the museum at Copenhagen is the third largest discovered. It weighs seven tons and is valued at \$500,000.

Don't Forget Cuticura Talcum

When adding to your toilet requisites, an exquisite face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum), 25c each everywhere.—Advertisement.

Soviet Saves Bison

The Russian government is reported to have joined in the efforts to prevent the dying out of the race of European bison, cousin of the American buffalo, and to have set aside several hundred thousand acres of land in the western Caucasus as a refuge for these rare animals.

Dr. Peery's "Dead Shot" not only expels Worms or Tapeworm but cleans out the mucus in which they breed and tones up the digestion. One dose does it. Adv.

Force of Habit

Brown—Is my wife at home?
New Maid—No, sir. Who shall I say called?—Boston Transcript.

The human bot-fly of tropical America cements its eggs to the bodies of blood-sucking mosquitoes which carry them to men, monkeys and cattle.

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