

VELVETEEN GOOD STREET DRESS

Equally Appropriate for Student or Office Girl.

(Prepared by the United States Department of Agriculture.)

Equally appropriate for the student at college or the girl who goes to an office every day, is this attractive costume of grayish green velveteen. Velveteen is a serviceable fabric, the bureau of home economics says. It is made of cotton, yet it is warm enough to wear until late in the fall without an extra wrap, and under an outer coat all winter. The dress illustrated is a two-piece model, and the coat is really the waist, for the tan blouse is only a vest. Corduroy, which is cotton fabric similar to velveteen but with a ribbed surface, might also have been used successfully in developing this costume.

The simulated blouse is made of



Velveteen for Wear in Cold Weather.

belge cotton poplin. Pongee might have been used. Light tan gloves, hose and purse, harmonize with the blouse. A brown leather belt with a pearl buckle consists of green machine stitching in mercerized cotton. Chain stitch was used. Pin tucks would also be effective.

The skirt is slightly full at the sides and back and has three plaits in front to give additional walking and sitting room. It is set on an underwaist of lawn. The costume is completed by a small black hat and black shoes.

CAKE FROSTING OR ICING EASILY MADE

Always Turns Out Well If Directions Followed.

(Prepared by the United States Department of Agriculture.)

A cooked cake frosting or icing that always turns out well can be made very easily if the directions below, furnished by the bureau of home economics are carefully followed:

Vanilla Frosting.
 1 cup granulated egg white, sugar. Pinch of salt.
 4 tablespoons cold 1/2-teaspoon vanilla water.

Put the sugar, water, and unbeaten egg-white into the upper part of a double boiler. Have the water in the lower part boiling. Commence beating the mixture with a Dover egg beater at once and beat constantly while it cooks for about seven or eight minutes. It should then appear just like ordinary boiled frosting and should be almost thick enough for spreading. Take it from the stove and continue to beat about five minutes or until it has thickened. Add the vanilla. This is sufficient to ice a three-layer cake on the tops.

If the icing proves to be insufficiently cooked it may be placed in the double boiler and be recooked for a short time. Or if it is too stiff, add a small quantity of water and cook again.

For chocolate frosting melt two and half squares of unsweetened chocolate and pour into the above mixture just before removing it from the fire. Beat until thick and then spread. Vanilla is also used.

For caramel frosting caramelize half cupful of additional sugar, then add a few tablespoonfuls of boiling water. A thin dark sirup will result. Substitute about two tablespoonfuls of this sirup in place of two tablespoonfuls of water, or such an amount as will produce the desired flavor, and then continue as in making vanilla frosting, adding the vanilla last.

Bulletins for Mothers

Mothers of small children will be interested in some new bulletins concerning babies that can be secured by writing to the address given below.

What Builds Better Babies? Folder No. 4.

Diet for Mothers. Sunlight for Babies, Folder No. 5. Baby's Daily Time Card, Chart No. 14.

A chart of the daily schedules of babies from infancy to 24 months, also suggestions for training and diets.

Children's Bureau, United States Department of Labor, Washington, D. C.



(© 1928, Western Newspaper Union.)

Beauty mingled with invention, founded on the observation of nature, is the mainspring of decorative design. If it is not beautiful, it has no right to exist; if not founded on the observation of nature, it can hardly be either beautiful or inventive. It is apt to become merely strange and monstrous when it departs from nature.—William Morris.

APPROPRIATE GOOD THINGS

When serving fish a nice croquette which will add to the course is:

Hominy and Horseradish.

Take one-fourth of a cupful of macaroni, steam it until tender, add one-half teaspoonful of salt, three-fourths of a cupful of scalded milk and cook until it is absorbed. Add two tablespoonfuls of butter, three and one-half teaspoonfuls of grated horseradish root. Mix well and put away to cool. Shape as desired and dip into crumbs—egg and crumbs again. Fry in deep fat, drain on brown paper.

A nice sandwich to serve with fish for luncheon or a supper dish is prepared thus: Cut the crusts from bread and spread with horseradish butter. To make this, cream six tablespoonfuls of butter and add gradually four tablespoonfuls of grated horseradish, one teaspoonful of lemon juice and salt and cayenne to taste.

Indian Tapioca Pudding.—Soak five tablespoonfuls of pearl tapioca two hours in cold water to cover. Pour four cupfuls of scalded milk over four tablespoonfuls of cornmeal and cook in a double boiler until the mixture thickens. Add the tapioca drained, and three-fourths of a cupful of molasses, three tablespoonfuls of butter, one and one-half teaspoonfuls of salt. Turn into a buttered dish and cover with one cupful of cold milk. Do not stir. Bake one and one-fourth hours in a moderate oven.

Baked Crumbed Potatoes.—Force hot boiled potatoes through a ricer; to three and one-half cupfuls of potatoes add three tablespoonfuls of butter, one and one-half teaspoonfuls of salt and one-fourth teaspoonful of pepper. Add two-thirds of a cupful of hot milk and beat the potatoes vigorously. Turn into a buttered baking dish, pour over one-half cupful of heavy cream, sprinkle with well buttered crumbs and bake until brown.

Rhubarb Raisin Pudding.—The fresh or canned rhubarb may be used for this recipe: Sprinkle with sugar to sweeten and let stand an hour or so if the fresh rhubarb is used. Mix one pint of crumbs with two tablespoonfuls of melted butter and one cupful of chopped raisins. Put into the pudding dish in layers of rhubarb, raisins and crumbs; finish the top with buttered crumbs. Serve with a hard or liquid sauce, using some of the fruit juice if desired.

Foods for Occasions.
 A delightful little dainty which may be served as a luncheon dish is:

Ham Canape.—Mix one-fourth cupful of deviled ham or chopped boiled ham seasoned with mustard, tabasco, kitchen bouquet, and a little tomato sauce. Spread the mixture on diamonds of hot buttered toast, cover with grated cheese, then with buttered crumbs; brown in a hot oven and serve hot.

Liver Canape.—Simmer half a pound of liver until tender enough to be pierced with a straw. Put it through the meat chopper twice, rejecting all the stringy portions. Rub to a paste with a fork, season with one-fourth teaspoonful of salt, a tablespoonful of melted butter and pepper and celery salt to taste. Add enough seasoned tomato sauce to make of the consistency of mayonnaise. Spread on finger strips of rye bread sauted in butter and garnish with sliced stuffed olives.

Honey Sandwiches.—Remove the brown skin from brazil nuts and chop them as fine as possible, adding a few grains of salt; mix to a paste with honey. Spread on rounds of buttered bread, cover with a slice from which a small round or star-shaped center is removed. Garnish each center with a maraschino cherry.

Peanut Sandwiches.—Crush freshly roasted peanuts with a rolling pin, salt lightly and mix to a paste with whipped cream. Spread on buttered whole wheat bread and garnish with three steamed raisins, arranged in the form of a three-leaf clover. The raisins are steamed by putting them in a sieve over the top of the teakettle, covering the strainer with the teakettle cover.

Mexican Melange.—Cook one chopped sweet pepper in two tablespoonfuls of fat left from salt pork or sausages. When well cooked add one pint of canned tomatoes, one pint of canned corn, one teaspoonful of salt, the same of grated onion and a generous dash of cayenne pepper. Simmer eight minutes and thicken slightly with a tablespoonful of flour mixed with a little water. Serve with sausage or bacon.

With all kinds of fruit, jellies, preserves, pickles and conserves which the farm wife delights to put up there will always be the dainty accessories which add much to the table, and also variety.

Occupation
 Absence of occupation is not rest; a mind quite vacant is a mind distressed.—Covper

Nellie Maxwell

Improved Uniform International Sunday School Lesson

(By REV. P. B. FITZWATER, D.D., Dean Moody Bible Institute of Chicago.)
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Lesson for January 8

JESUS AND THE SICK

LESSON TEXT.—Mark 1:21-45.
GOLDEN TEXT.—He hath done all things well: He maketh both the deaf to hear and the dumb to speak.
PRIMARY TOPIC.—Jesus Makes Sick People Well.
JUNIOR TOPIC.—John Welcomes and Baptizes Jesus.
INTERMEDIATE AND SENIOR TOPIC.—Jesus Shows His Sympathy and Power.
YOUNG PEOPLE AND ADULT TOPIC.—Jesus' Power to Make Whole.

The purpose of Mark in this section is to show Jesus Christ the Divine Servant bearing God's message and clothed with the power to save lost souls. Coupled with His superhuman strength is revealed His unworldly sympathy, giving itself out in helpful and saving service.

I. Jesus Teaching With Authority (vv. 21, 22).

1. The place (v. 21).
 It was in the synagogue in Capernaum where He with four disciples repaired "straightway" upon His entrance into the village. He availed Himself of the regular channel of instruction. Though many abuses had crept into the synagogue service, He chose to associate the new with the old order.

2. The time (v. 21).
 His faithfulness in observing the Sabbath brought Him to the place where the people assembled to worship and to hear the Scriptures expounded. He came not to destroy but to fulfill the law, even the law of the Sabbath.

3. The impression (v. 22).
 The people were astonished. Two things about His teaching impressed the hearers.

The substance of His message. The scribes, the professional teachers of the law merely quoted the authorities; but Jesus with first-hand knowledge set forth the truth with the enthusiasm of freshness and personal conviction. This distinction was quickly detected by those who heard Him.

II. Jesus Conquering Demons (vv. 23-28).

1. The outcry of the demon-possessed man (v. 23).
 Perhaps he interrupted Jesus while He was teaching. When the power of God is manifested there is bound to be an outcry of the evil spirits.

2. The demon's confession (v. 24).
 "Thou art the Holy One of God." The one whose chief business it was to waste and destroy human life was in such miserable state as to desire to have nothing to do with Christ, and was now forced to confess Him as the Holy One.

3. Christ's attitude toward him (v. 25).

He asked and accepted no testimony from him, but sternly rebuked and cast out the foul spirit. He not only is Himself pure but is able to deliver others from impurity. Christ wants confession only from pure lips.

4. The obedience of the demon (v. 26).
 The spirit was reluctant to leave the man and malleous to the end, for he tore the man whom he had to leave. He had to acknowledge his defeat and went out in a howling rage.

5. The impression made upon the people (vv. 27, 28).
 The news of Christ's power spread rapidly over Galilee. The people were startled by two things:

(1) The new doctrine which He brought.
 (2) His authority over demons.

III. Jesus Heals Peter's Mother-in-Law of Fever (vv. 29-31).

This scene lies in the home of one of the disciples. He went home with Simon and Andrew who told Him of the condition of Peter's mother-in-law. He came at once and lifted her up and the fever departed. She immediately ministered to Him.

IV. Jesus Ministering to Many (vv. 32-34).

Though the day was strenuous in its labors, He came unwearied even when the sun had set, to meet the needs of the multitudes who had gathered from all parts of the city. He healed many of their diseases, cast out demons, not allowing them to speak. The demons knew Him, but the poor, blind people knew Him not.

V. Jesus Cleansing a Leper (vv. 35-45).

As Jesus preached in the synagogues of Galilee and cast out demons, His power became known. A leper came to Him saying, "If Thou wilt, Thou canst make me clean." Jesus put forth His hand and touched him, saying, "I will, be thou clean," and immediately the leprosy departed and he was cleansed.

Beauty of Bible Thoughts

I am of the opinion that the Bible contains more true sensibility, more exquisite beauty, more pure morality, more important history, and finer strains of poetry and eloquence than can be collected from all other books in whatever age or language they may be written.—Sir William Jones.

Occupation
 Absence of occupation is not rest; a mind quite vacant is a mind distressed.—Covper



ANOTHER NEW DRESS

"Was your husband chopping wood last evening?" inquired Mrs. Fryer of a neighbor suburbanite.
 "Chopping wood, no! He was detained in the office on business all the evening. What gave you that idea?"
 "Well, I heard him tell my husband that he accumulated a good healthy pile of chips before he quit."

Nothing More

"Really," said Charley Cashgo to his tailor, "I feel that I owe you—"
 "You do," interrupted the tailor.
 "An apology for having kept you waiting for your money so long. So I thought I would drop round and pay you—"
 "Thanks."
 "And pay you the apology. Good day."

THE REASON



"Why did your mother scold you yesterday for kissing Tom? You are engaged, aren't you?"
 "Yes, indeed! But not to Tom."

Hard Work

The laziest man, without a doubt, May often know fatigue surprising. He's naturally tired out
 By constantly apologizing!

More Emphatic

Smith—Does your wife ask for things she knows you can't afford?
 Wilkes—She hasn't asked for a thing since we were married.
 Smith—What a model of a wife! I never heard of such a thing before!
 Wilkes—No; when she wants anything she doesn't ask me—she tells me.

A Joke for Father

Girl's Father—Well, young man, what can I do for you?
 Her Suitor—I'er-called to see if you'er-would give assent to my marriage to your daughter.
 Father (of six daughters)—Give a cent? Bless my soul, young man, take her and I'll make it a dollar.

DOWN AND OUT



Friend—I suppose it's a great satisfaction to you to see your husband going up so rapidly in his profession?
 Aviator's Wife—I can't say it is—I'd rather see him down and out.

Everything for Style

She thinks a lot of herself.
 She hates to look ungainly;
 And so she takes her exercise
 From sylphish motives, mainly.

Matter of Calculation

Boss—Jones, I want you to continue to do the buying. I'm going to raise your salary to keep you honest.
 Jones—But before I agree I must do a bit of figuring to see how it works out.

Very Odd

English Advertisement: "Wanted: An air compressor for compressing sir."
 Isn't it amazing the odd uses to which people will put things?

Fitting It

"The mail man returned this letter because it's cut in two. Do you know anything about it?"
 "Sure," replied the office boy. "It was too large to go in the chute as it was."

Outside the Hat Shoppe

"How much longer are we going to wait for mummies, daddy?"
 "Not long now, dear. They're just taking the last hat out of the window."

Only One-Eyed Creature

The only one-eyed animal in existence is the cyclops, a genus of small fresh-water crustacean. They are popularly included under the wild title of "water fleas." Various species are common as active swimmers in fresh-water pools, or slow-flowing brooks and a few forms have been recorded from the sea. A very marked feature to which the name refers is the single radium eye, usually bright crimson and sparkling like a gem.—Washington Star.

Then What Did He Get?

Three-year-old James cared not a little for the freshly baked cakes which his mother was taking from the oven. "The little one is yours, Jimmy," she said, as she hurried to answer a telephone call. When she returned to the kitchen her dismay was evident when she said, "Why, James, what has happened to my cake?" "It was too long. I broke off the end for you, mother," was his answer.—Indianapolis News.

How Crops Are Hastened

Lettuce was ready for market in March from an outdoor garden in Sweden this year, a result of heating the soil with electricity. That the product may be matured earlier is considered a probability and further tests are planned. A main object is to obtain a ground temperature which will correspond to the comparatively high air temperature in spring says Popular Mechanics Magazine.

Long-Life Trees

The white oak, button-wood, white pine and hemlock are long-lived trees, says the American Tree association, and the poplars, willows, some cherries, and a few oaks are short-lived. Some of the sequoias of California exceed the 3,000-year mark, and the big cypress tree of Turk, growing in the state of Oaxaca, Mex., has been estimated from 4,500 to 5,000 years.

Period of Growth

Not all trees begin to grow at the same time. Some begin early in spring, while others delay starting their growth until late April or early May, says the American Tree association. The wild black cherry starts about the first of April, while the tulip tree or yellow poplar does not begin until late in April, and the Norway spruce waits until early in May.

No Royal Road

"The hardest way is almost invariably the best way," said Thomas A. Edison; and he went on to declare that whenever he achieved a result quickly and easily he always distrusted it and proceeded to test it by a different and more difficult method. The road to the heights must be steep and tortuous.—Youth's Companion.

No Free-Will Offering

Little Douglas came over to our house with his mother. My mother had made cookies and put frosting on them but hadn't put them away yet. He asked for one. His mother said: "Did you thank the lady?" His astonishing reply was: "She didn't give it to me; I asked for it."—Youth's Companion.

Village Has Long Name

There is a place in Wales known as Llanfair P. G. The spelling usually given is Llanfairpwllgwyngyllgogerychwyrdrdolbriandysillio-gogoch. It signifies: "Church of St. Mary, in hollow of white hazel, near a rapid whirlpool and near St. Tysilio's church, which is near a red cave."

Musical Discovery

James Ballanta, a negro, born in Africa, trained in the University of Edinburgh and, by scholarship, in the New York Conservatory of Music, discovered through research that the African octave contains 17 tones, whereas the European octave contains only 12.

SHE WENT FROM BAD TO WORSE

Down to 98 Pounds—Finally Restored to Health by Lydia E. Pinkham's Vegetable Compound



Cleveland, Ohio.—"After having my first baby, I lost weight, no matter what I did. Then a doctor told me I would be better if I had another baby, which I did. But I got worse, was always sickly and went down to 93 pounds. My neighbor told me about Lydia E. Pinkham's Vegetable Compound, as it helped her very much, so I tried it. After taking four bottles, I weigh 116 pounds. It has just done wonders for me and I can do my housework now without one bit of trouble."
 —Mrs. M. Bessinger, 16004 Nelson Ave., Cleveland, Ohio.
 If some good fairy should appear, and offer to grant your heart's desire, what would you choose? Wealth? Happiness?
 Health? That's the best gift. Health is riches that gold cannot buy and surely health is cause enough for happiness.
 Lydia E. Pinkham's Vegetable Compound may be the good fairy who offers you better health.

LOVELY FABRICS TEMPT THE HOME SEWER



The Home Sewer Can Make Rapid Progress in Stitching Cotton Fabrics.

(Prepared by the United States Department of Agriculture.)

Spring sewing is not the bugbear it used to be. For one thing, few people expect to settle down to a fortnight of hard labor, either with or without a dressmaker by the day, in order to outfit the feminine members of the family for the summer months. As early as January the new spring and summer materials begin to appear in the stores, and the average woman who has a normal love of attractive and appropriate warm weather clothing for herself and her daughters, gets into the habit of picking up a dress length whenever she sees a pattern that she likes.

There is a bewildering array of cotton fabrics from which to choose this year. Styles are simple, and most of these materials are easy to work with. The majority of them have a firm close weave and smooth finish, so that the home sewer can make rapid progress in cutting out and stitching without much basting, or other time taking, fussy work. As fast as the new materials come home, they can be converted into pleasing dresses by utilizing odd hours. If you have a sewing machine, and a little sewing room, where you can leave half-finished work at short notice, and pick it up again when you have a bit of spare time, you will find that the spring wardrobe is completed as if by magic. Even a sewing corner in a

room used for other purposes is satisfactory, if you have nearby a closet or chest of drawers for materials and partly made garments.

A generous supply of easily laundered cotton summer dresses costs but little and adds immensely to comfort and a sense of well-being during the hot months. For morning wear, the bureau of home economics suggests some of the printed materials in cheerful patterns, like zephyrs, or percales or any of the numerous varieties of gingham, or crepe, madras, broadcloth or cotton suitings. All of these are practical and suitable for plain houseworn dresses, including the ever-useful bungalow aprons, and smocks; also for sport costumes or for business wear.

Don't limit your cotton dresses to the mornings only. Look over the tempting array of sheer fabrics like voile, plain and printed; charmeuse-batiste, dimity in dainty flower patterns, lawn printed in small figure-dotted swiss, and tissue gingham. Afternoon dresses pretty enough for calling or for porch parties can be developed in any of these materials. For very special occasions and evenings, there is organdie in delicate pastel shades for the younger girl dignified voiles, net, and lace for those of mature years.