

WINSOME SPRING MILLINERY; ELEGANT TAILORED MODES

THE dominating note in spring styles is their extreme femininity, apparent, among other things, in the return to favor of taffeta, the vogue for dainty accessories of lace and lacy materials, and especially in the new millinery modes. After a season of small felt hats, so uniform in type and so generally worn as to become tiresome, spring finds us reveling in headwear entirely different and so greatly varied that everyone can be suited and pleased. Silk and straw

There is more dignity and restraint in the tailored modes for spring than has distinguished our street clothes for some time past. It is dignity coupled with daintiness and pretty touches and restraint that does not go far enough to be severe. The three-piece tailored suit returns, to find a warm welcome and many charming accessories, to be worn with it. The blouse is important and is chosen with reference to the suit to add to its attractiveness. The small scarf stands



Hats Accent Feminine Note.

hats, adorned with ribbons and flowers and millinery ornaments, and shapes that include many draped and brimmed models, make up a world of fascinating new millinery.

There are many wide-brimmed styles awaiting the arrival of summer days and the wearing of summer frocks. The small hats, which are liked for general wear, are even more varied in styles—some of the featured shapes are shown in the group pictured here, which starts out with a small brimmed hat of straw with wide collar of silk, embroidered in the Chinese manner and edged with a narrow metallic braid. Millinery trimmings seem to turn to the right this season and this pretty model is

ready to contribute vivacity and make a climax full of interest, to the elegant tailored modes. But often the use of light, spring-time colors, in the suit or tailored frock, makes it independent of outside help.

For instance, the smart, tailored frock shown here may be imagined in light green or apricot, or other cheerful color. The diagonal weave of the cloth and a silky sheen play into the hands of the designer, who would make a simple and elegant tailored frock, without any furbelows. It is made with a narrow skirt, and a long tunic arranged in inverted plaits below the belt. All the seams are carefully mitered. There is a shallow yoke and turnover collar faced with crepe



A Smart Tailored Frock.

de chine. Made in dark colors it would be worn with one of the new lingerie collar and vestee sets, to give it a touch of spring freshness.

In the regulation three-piece suits, made of plain cloth, hair-line stripes and novelty weaves, the blouse often matches the suit in color, but has touches of high color and metallic effects in its trimming and collar. Necks are high, with straight or turnover collars and skirts usually introduce plaits in some way. There is no regulation skirt length. The young girls wear them as short as they please, but the older women consider first becomingness and are privileged to wear the length that suits them best.

JULIA BOTTOMLEY.

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Printed Silks

Flowerlike colorings and small conservative patterns distinguish the new crepes and chiffons introduced for spring and summer. The effect is almost that of a kaleidoscope of pastel colorings so subtly are the different shades blended in the patterns.

Steel Buckles

Cut steel buckles lead all the other shoe ornaments in popular favor. Rhinestone buckles are strictly limited to evening shoes.

Latest Idea in Leggings

"Mud guard" is the graphic name of the latest idea in leggings, in rubber and in kid. These cover the stocking to the hem of the modish short skirt, and come in pretty colors, blues, greens, grays, even morocco red.

Velveteen Cape Coats

Velveteen coats for spring come in the loveliest colors and in many instances have short, tight shoulder capes. The linings are of gay printed silks.

REAL ART IN MAKING GOOD STEW OF MEAT

Dish Has Been Lifted From Depths of Ill Repute.

The old boarding-house wheeze about stew and its uncertain ingredients has gone by the boards. This lowly dish has been lifted from the depths of ill repute and is now rubbing elbows with the aristocratic steak and chop.

There really is art in stew making, according to Inez S. Willson, home economics director of the national live stock and meat board. Miss Willson is appearing before audiences of housewives in various cities, giving them first-hand information on how to master this art, together with information on meat selection, purchase, preparation, how to distinguish quality in meats, and other subjects.

The occasion for this is a series of "Housewives' Meat Schools" being conducted under the joint supervision of the national live stock and meat board, the United States Department of Agriculture, and Ohio State university.



Inez S. Willson, Director, Department of Home Economics, National Live Stock and Meat Board.

Appearing with Miss Willson as lecturers, are A. T. Edinger of the department, and Paul Gerlaugh of the university faculty.

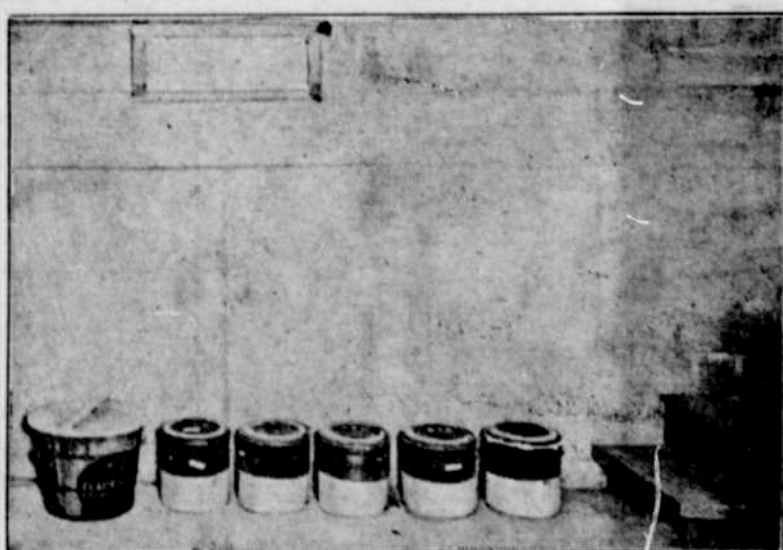
Schools of one week each already have been held in Cleveland, Ohio, Columbus, Ohio, and Syracuse, N. Y. The itinerary for the future includes a number of others. A serious lack of meat knowledge on the part of the housewife is given as the chief incentive for this meat missionary work. A recent government survey revealed the startling fact that the average housewife is familiar with only two or three steaks, and can recognize less than two roasts.

A statement issued by the agencies sponsoring the program says that the splendid success attending it has been attained through co-operation with women's clubs, boards of education, chambers of commerce, parent-teachers' associations and other local educational and welfare organizations.

Successful Floor Waxing

Success in waxing floors lies in applying the wax in thin coats and rubbing a great deal. One pound will coat about 250 square feet of floor. After the preliminary coats of filler or varnish are thoroughly dry the wax should be rubbed on with a woolen cloth, a piece of old carpet or a brush, and allowed to harden overnight. The next morning the floor should be polished lengthwise of the grain with a weighted brush or a heavy block wrapped in woolen cloth, burlap or old carpet. Then one or perhaps two more coats of wax should be applied and rubbed down in the same way as the first.

PRESERVE EGGS FOR HOUSEHOLD PURPOSES



Preserve Eggs in Water Glass and Store in Cool Place in Basement.

(Prepared by the United States Department of Agriculture.)

Fresh eggs, properly preserved, in water glass or lime solution, may be kept from six to ten months and be almost as good for household purposes as fresh eggs, says the United States Department of Agriculture.

Place a large crock of earthenware or stone in a cool dry place where it can remain without being moved until all the eggs are used. The five-gallon size is convenient. Roll a sufficient amount of water to fill the crock and allow it to cool. Measure out nine quarts of this boiled water, place in

GET AHEAD WITH SPRING SEWING

Plan Ahead What to Buy or Make for Family.

(Prepared by the United States Department of Agriculture.)

Early in April your family will begin to need wash dresses and other cool clothes. You will probably be inspired to take stock of what is on hand for each person in the household, and to plan in advance what must be bought or made to complete their various wardrobes. Dresses that seemed scarcely affected by last year's sun when you put them away, will look discouragingly faded when you take them out. And the children have an unflinching habit of adding to the length of their legs every winter, so that Mary's dresses have to go down to Jane, and Jane's must be given away to some still smaller child. After you have let down all the hems that can be let down, and made all the changes that allow for longer or plumper arms, bigger necks or chests, you will know what materials you actually have to buy and make up.

Let us suppose that you are anxious to produce the children's school clothes and the house dresses you will need this season with the least possible interruption to other tasks. You can make every minute count if you plan, and use what might be termed the wholesale method in sewing. This consists of doing a great deal of one kind of work before changing one's notions to another kind, acquiring speed as one goes along.

First provide a good foundation pattern to fit each one who needs new clothes. This may be a commercial pattern of simple design, or one you have made according to measurements. With a little practice in using such a pattern you can cut from it very rapidly, and vary the trimming so as to seem to have many different designs. You don't want to dress your family in a uniform, of course, but in making underwear if you buy enough goods of the same kind to make several garments you will use the goods to better advantage and save time in handling it.

Cut as many garments out at one time as you can. Pin the parts of each securely together with the scraps that match, or put it in a box by itself. When you have cut even one dress by a given pattern the next can be cut a great deal faster, because you know how to place the pattern on the material in the best way. While you are cutting these dresses out, don't forget to allow hems twice as deep as you need. This extra material is convenient when the time comes to lengthen the dress.

The next part of your work is the machine stitching. Most wash materials have body enough and are so smoothly and firmly woven, that you can stitch many parts of your garments directly on the machine without basting. Don't stitch a seam or two, and then stop to turn, trim, or baste. That is a slow method. Stitch straight through the entire lot. You have cut out, until you can do no more without folding or basting. Keep the parts of each garment together. Next go through all the garments, trimming, pressing, fells, putting in gathers, or whatever has to be done, until all the dresses are ready for more machine work. By the time you have stitched them once more you will have plenty of "pick-up" work on hand, to be done in odd minutes. There will be binding and buttonholes and pockets, sleeves, hems, collars, and other finishing work, much of which must be in part done by hand.

Just one more hint to the mother who makes many little garments: buy a lot of the same kind of buttons—a stock design, easy to duplicate—and always keep a reserve card on hand. Then you won't have to hunt to match the buttons that come off, and little dresses will always look neat.

Process by half. Also, use warm water instead of cold.

The child mind hungers for knowledge just as his stomach calls for food. Take time to answer the little ones' questions.

A ginger cookie crumbled fine in the dressing for roast fowls gives just the right sort of zest to the flavor along with sage and onion. If you have no cookies, a dash of ginger will serve the purpose.

Food Combinations

Most people know how good red currant jelly is with mutton, but few have tried prunes with roast veal. This is a common dish in Sweden, where food combinations are carefully studied. Milk with broth, again, seems unappetizing to us, but you will often find it relished in Belgium.

Try It Elsewhere

Everybody has a capacity for appreciation, but too many waste it on themselves.—El Paso Herald.

THE KITCHEN CABINET

(©, 1926, Western Newspaper Union.)

When the north wind taps my casement,
And the fields are bare and brown;
When out from the sullen leaden sky
Stray snowflakes flutter down,
What care I then for the shadows,
That the roads are deep in the mire?
I've a comrade true in my home tonight—
'Tis the light of my open fire.
—Alice Thorn.

FOODS FOR OCCASIONS

The following recipes are, like leisure, "a pleasant garment, but not fit for constant wear."

Sweetbreads With Orange Sauce.—Cover sweetbreads with ice cold water, adding a tablespoonful of vinegar. Let stand an hour, then parboil twenty minutes. Cut into cubes and brown in butter. Serve in the following sauce: One cupful of brown stock, thickened with two tablespoonfuls each of flour and butter and add one-half tablespoonful of finely grated yellow rind of an orange with a tablespoonful of the juice and one tablespoonful of orange marmalade. Let cook all together until boiling, then pour over the sweetbreads.

Current Jelly Sauce for Game.—Slice one onion and cook in three tablespoonfuls of butter until brown. Add two tablespoonfuls of flour, one bay leaf, a sprig of celery and stir until smooth. Add one pint of good seasoned stock, simmer twenty minutes, strain, skim off the fat, add one-half cupful of currant jelly and stir over the fire until melted.

Chicken Fillets.—Remove the fillets carefully from the breast of the fowl, sprinkle with salt and pepper and a dash of cayenne. Dip in olive oil and cook in a hot pan until a delicate brown. Add to the pan one cupful of equal parts of cream and white stock. When hot, thicken with two tablespoonfuls of flour rubbed to a paste with an equal quantity of cream. Stir until the sauce boils, then add one-half cupful of thinly sliced almonds.

Panned Chicken With Corn Fritters.—Joint a young chicken and put to roast, pour over a cupful of broth and let cook an hour and a half, basting every ten minutes. When tender, remove the chicken which has been well seasoned while cooking. Prepare a well browned sauce and serve with a garnish of corn fritters around the chicken on a hot platter.

For the Convalescent.

Easily digested food should be served those who are recovering from illnesses. Food should be attractive as well as nourishing.

Egg Soup.—Separate the yolk and white of a fresh egg and beat each. Add three drops of lemon juice and a

tablespoonful of sugar to the yolk, then fold in the beaten white. Pour over the egg mixture one cupful of hot milk, beating while pouring. Flavor with a bit of nutmeg or orange juice and add a pinch of salt.

Prune Whip.—Stew half a dozen large prunes in the water in which they were soaked over night. Put them through a sieve, add a few drops of lemon juice and the beaten white of the egg. Serve heaped in a pretty glass, topped with whipped cream.

Baked Apples.—Remove the cores from nice tart apples and fill the cavities with chopped raisins or dates and sugar. Current jelly may be used in place of the fruit. Bake in a moderate oven until tender. Serve on a pretty plate garnished with a flower.

Rice Pudding.—As rice when well cooked is easy of digestion, it makes a very good dish for the invalid. Take two tablespoonfuls of well washed rice and cook in a double boiler with one cupful of milk until the rice is tender. Stir in a beaten egg, sugar to taste, salt and flavoring. Serve with cream and sugar, or add chopped dates and butter, while hot.

Pineapple Pudding.—Place a cupful of boiling water in a double boiler. Add a tablespoonful of sugar, the yolk of an egg and a teaspoonful of cornstarch. Stir and cook until the starch is well cooked, then add a half cupful of pineapple juice or grated pineapple. Cook until hot, then fold in the stiffly beaten egg white and chill. Heap in a pretty dish and garnish with whipped cream.

Lobster Canape.—Fry one tablespoonful of minced onion in two tablespoonfuls of butter until it is a golden brown; then add two tablespoonfuls of chopped watercress, one tablespoonful of flour, one-eighth of a teaspoonful of curry powder and one cupful of cream. When the sauce is smooth and of the right consistency, add to it one pint of minced lobster and heat thoroughly. Heap the mixture on rounds of bread which have been sautéed in butter until a golden brown. Serve hot.

Eggs and Dried Beef.—Chop fine one cupful of dried beef. Melt two tablespoonfuls of sweet fat in an omelet pan, add the chopped meat and three-fourths of a cupful of strained tomato, a teaspoonful of scraped onion, one-half teaspoonful of salt, then add three lightly beaten eggs and cook, stirring cream throughout. Serve on buttered toast.

Nellie Maxwell

Food Combinations

When a man has a new overcoat, he wants to be photographed in it.

Earlier one gets hard knocks, the sooner he becomes a man.

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MIDDLE AGE BRINGS NEW INTERESTS

For Women in Good Health



MRS. HARVEY TUCKER
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"Grow old along with me,
The best is yet to be"

With her children grown up, the middle-aged woman finds time to do the things she never had time to do before—read the new books, see the new plays, enjoy her grandchildren, take an active part in church and civic affairs. Far from being pushed aside by the younger set, she finds a full, rich life of her own. That is, if her health is good.

Thousands of women of middle age, say they owe their vigor and health to Lydia E. Pinkham's Vegetable Compound. Those who have

learned through their own experience the merit of this dependable medicine are enthusiastic in recommending it to their friends and neighbors.

"I had been in bad condition for three months. I could not do my work. One day I read what your medicine had done and just had a feeling that it would help me, so I sent and got a bottle of Lydia E. Pinkham's Vegetable Compound. I had only taken half a bottle when I got up and started to do my work. It gave me an appetite, and helped me wonderfully. I can not praise this medicine highly enough. I surely will advise all women and girls to take it, and they don't have to use rouge to look healthy. My two daughters are taking it now and one is also using the Sensitive Wash. I am willing to have you use this testimonial and I will answer letters from women asking about the medicine."—Mrs. HARVEY TUCKER, 408 Walker St., Shelbyville, Indiana.

"I read about Lydia E. Pinkham's Vegetable Compound in the little books you give away and began to take the medicine. After the first few bottles I began to feel better and could eat better and had fewer headaches. I feel like a different person. At anytime that I don't feel good I take the Vegetable Compound again, as I always keep a bottle on hand. You may use this letter for every word is true. I will answer any letters sent to me."—Mrs. JENNIE BOLLAMANN, 516 Smith St., West Hoboken, N. J.

High Praise Accorded to American Hospitals

Brinck Eliassen, a Danish physician who has just returned home from a visit to the United States, is enthusiastic about American hospitals. He was amazed by the evidence of the generosity of American millionaires toward the hospitals. Owing to the large amounts given for the benefit of the sick people, he says, "American hospitals are probably the best equipped in the world." Doctor Eliassen's opinion of hygienic conditions in American hospitals, excepting the very modern ones, is more critical. "In Chicago," he says, "I saw awful places provided for the sick poor." In the course of an interview the doctor asserted that during the coming summer 200 American surgeons would visit Scandinavia under the escort of a Danish woman, Miss Carstensen, secretary at the medical academy in New York.

Cuticura Soothes Itching Scalp.
On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your everyday toilet preparations and have a clear skin and soft, white hands.—Advertisement.

Raction Ended in General "Stick Up"

Ralph Paine, whose posthumous novel, "In Zanzibar," was recently published, once had a job in a small grocery that catered to the negro trade employed in a near-by sawmill. Molasses was a favorite commodity, and the job of getting sufficient containers for it a problem until young Paine advocated paper bags, which worked so long as the customer was careful in carrying them.

One night the store was crowded with negroes who had come for their week's supply of molasses. Two of them got into an argument. Instead of drawing a razor, one of the negroes swung his bag of molasses and burst it on the other's head. The explosion touched off a general riot. As Paine described it, "That store rained molasses. Every nigger's wool was full of it." Ensued rapidly razors, police, complete wreck of the store, and, unjustly, it would appear, Paine's dismissal.—Los Angeles Times.

Sore and inflamed eyes, sties and granulations healed promptly by nightly use of Roman Eye Balsam. 15 cents. Adv.

Ancient Manuscript

The earliest specimen of illuminated manuscript known to us was the "Codex Argenteus." It was an extremely beautiful quarto volume, with leaves of vellum stained a rich violet color, and the chirography done in silver.

When it was discovered in the Benedictine abbey of Werden about 1517 it was claimed to be the only specimen extant of the ancient tongue from which our language is descended. It came into the possession of Queen Christina of Sweden, who had it reproduced, and then passed to Gabriel de la Gardie, who bought it and presented it to the University of Upsal.

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Garfield Tea

Was Your Grandmother's Remedy

For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

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HAS BEEN
Relieving Coughs
for 59 Years

Carry a bottle in your car and always keep it in the house. 30c and 90c at all druggists.

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FOR OVER 200 YEARS

haarlem oil has been a world-wide remedy for kidney, liver and bladder disorders, rheumatism, lumbago and uric acid conditions.

GOLD MEDAL HAARLEM OIL CAPSULES

correct internal troubles, stimulate vital organs. Three sizes. All druggists. Insist on the original genuine GOLD MEDAL.

OWNER HAVING GOOD FARM FOR SALE at reasonable price, write C. SMITH, 414 Allice St., Oakland, Calif.

CARBUNCLES
Carbuncle draws out the core and gives quick relief.

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GENEROUS 50¢ BOX
At All Druggists — Money-back Guarantee

LITTLE FARM near Oakland, California, Industrial Capital of the West. Full price, \$200. 150 down, \$10 per month. J. J. LYMAN, 3751 Broadway, Oakland, Calif.

Estimate Water Supply

In planning a waterworks system there really is no established basis for figuring how much water is required for a city in proportion to the population. Engineers do not agree upon the point, the estimates varying from 100 to 150 gallons per day for each resident of the district to be supplied, at the expiration of 20 years from the inauguration of the supply. The prospective population is estimated from the records of the past growth of the district and the growth of districts of similar character.

In two years the number of tramps relieved in the Suffolk (England) casual wards has grown from 17,000 to 28,358.

Children Cry for

Fletcher's CASTORIA

MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in Arms and Children all ages.

To avoid imitations, always look for the signature of Dr. J. C. Fletcher. Proven directions on each package. Physicians everywhere recommend it.

