

Women's Page

Very Latests

By Mary Marshall

The problem of choosing street costumes that are comfortable, appropriate, smart—and withal reasonable in price—should be a fairly simple one. This agreeable state of affairs has in large measure been brought about by the return to favor of the jacket suit, which al-



ways has certain advantages over the coat and dress or one piece dress ensemble.

In planning your wardrobe you can not do better than to select some sort of silk suit. You will have a variety of lightweight rough weave silks, either in solid color or in one of the new colored prints.

The picture shows a silk suit, made on simple lines, the waist drawn in with a leather belt.

Dependent on Flapper

Hi Ho, the sage of Chinatown, says the mother-in-law is no longer the autocrat of the home. She has to depend on the flapper to teach her the fashions.

Star Reporter



Russell Owen, newspaper man who went with Byrd to the South Pole, was acclaimed the greatest reporter by the newspaper workers of America at a dinner in his honor.

Hints for the Home

By Nancy Hart

STUFFED TOMATO SALAD

Peel six small tomatoes, cut a slice from the stem end of each, remove the soft inside, sprinkle the insides with salt and let stand, inverted, thirty minutes. Mash half a cream cheese, add six chopped pinolas, one tablespoon of fine chopped parsley, one tablespoon of tomato pulp, one fourth teaspoon of dry mustard and enough French dressing to moisten. Fill the tomato cases with the mixture and serve on lettuce leaves with mayonnaise dressing.

TOMATOES and EGGS

Grease muffin tins; put one thick slice of unpeeled tomato into each tin; season with salt and pepper; break one egg on top of each slice; again season with salt and pepper and put a small piece of butter on top of each egg. Bake in oven until egg is set and cooked through but not hard. Serve on small rounds of toast and garnish with parsley.

SCALLOPED TOMATOES

This calls for a can of tomatoes, a half loaf of stale bread, salt, pepper and butter with a little onion. Rub the baking dish with the onion, then arrange crumbled bread and tomatoes in layers, sprinkling each layer with salt pepper and dots of butter.

MEXICAN TOMATOES

Melt two tablespoons of butter in frying pan and add three table spoons of chopped green pepper and cook until soft. Add a pint of canned tomatoes and a pint of canned corn with one teaspoon of sugar, one half teaspoon lemon juice with salt and pepper to taste. Heat thoroughly before serving.

BEANS WITH TOMATOES

Soak one and a half cups of dried white beans over night and in the morning drain and boil in water containing one quarter teaspoon soda. Fry out four slices of salt pork and brown a tablespoon of minced onion in the fat. Now add the beans that have been drained, two cups of canned tomatoes, a half tablespoon of sugar with salt and pepper to taste. Place all in double boiler or fireless cooker with just enough water to cover and cook again for about three hours, or until tender.

TOMATO BREAD SOUP

Peel and chop two tomatoes and two stalks of celery and put in a quart of water with two cups of canned tomatoes. Cook until tender. Rub through a sieve and add two tablespoons of butter and one and a half cups of dry bread crumb. Let simmer for ten minutes, stir thoroughly and season to taste.

666

Relieves a Headache or Neuralgia in 30 minutes, checks a Cold the first day, and checks Malaria in three days.

666 also in Tablets

Salads Necessary Part Of Daily American Diet

Salads, once considered a luxury have become an established part of the daily diet in almost every American home, whether rural or urban.

And this is as it should be, say nutrition specialists at Oregon State College, for salads contain valuable vitamins and minerals and provide roughage. Of course the amount of protein and other food elements in them depend on what ingredients are used in the making.

They may form the main dish for the noon or evening meal, in which case they should be made of fish, chicken, eggs and such, or they may be of the lighter type that accompanies a rather heavy meal. An other possibility is to make them of fruits, garnish with whipped cream or other sweetened dressing and served in place of dessert.

In making either kind, however, the first thing to keep in mind is that they must be attractive, the specialists say. All ingredients are thoroughly chilled, of course, and the greens carefully washed and allowed to stand in cold water until crisp. As everyone knows, there is nothing less appetizing than a warm wilted, messy looking salad. To avoid the latter, the materials for the body are cut in uniform, well defined pieces, not too small, and the mayonnaise or other dressing is usually folded in lightly just before serving. Some other ingredients such as vegetables are improved in flavor by being allowed to "marinate" or stand in the dressing for some time before being served.

The finishing touch is the garnish. This, say the specialists, should be simple in effect and should harmonize with the salad and color. It is essential, too, that it be edible and not difficult to eat. A few suggestions offered by the specialists are parsley, mint and similar small greens finely minced, fancy cut slices of the ingredients used, cubes of bright jelly, nuts, green peppers, in strips or rings, pimentos, olives, celery curls and candied, fresh or maraschine cherries.

Support Your Home Paper.



J. P. Morgan, greatest private banker, photographed as he attended the commencement exercises at Harvard University.

Are You Preserving Fruit This Summer?

Preserved fruit in the diet is one of the most desirable ways of providing children with sweets, according to Dr. H. C. Sherman, well known authority in foods and nutrition who is teaching at Oregon State College this summer. What child will complain when given strawberry preserves or orange marmalade!

The season for raspberries, logan berries, sour cherries and strawberries is on. How to preserve them and how to improve upon past attempts at making preserves are pointed out by Mable C. Mack, home demonstration agent.

Freshness and proper stage of maturity as well as the variety of fruit used are factors of first importance. Preserving is no excuse for using old or second grade fruit. The final products can be no better than the fruit from which it is made. Most berries and other fruits used in making preserves are subject to rapid deterioration. The fine flavor is largely aromatic and the sooner ripe fruit is preserved the more nearly natural it will be.

Ripeness of the fruit used influences the color and flavor of the finished somewhat. Some varieties do not cook up as much as other varieties. An example is the Marshall variety of strawberries raised in the Northwest. The berries, tho they do not produce as brilliant colored preserves as some other varieties are famous throughout the United States for their flavor in preserves. Any good strawberries are suitable for home use, but the color will be much darker if the preserves are made from dark varieties. It is well to remember that in all cases the finished preserves are darker than the berries from which they are made.

As in jelly making, the amount of sugar used is important. Too much sugar produces a runny syrupy product and if not enough is used the preserves will be tough and lathery. The usual proportion is one half sugar and one half berries by weight, when strawberries, gooseberries, loganberries and sour cherries are used.

All preserves are best if made in comparatively small batches. Make it a rule to have everything ready for quick cooking when you start making preserves, jams or jellies. Fresh flavor is continually being lost and the color darkened all the time the fruit is hot. When only small quantities are preserved at one time, the fruit is cooked the minimum amount of time.

Place the berries and sugar in a saucepan and mix without crushing the berries. To facilitate rapid heating the pan should be flat rather than deep. Add a little water to prevent sticking and stir carefully a little until the juice from the berries melt the sugar. Cook quickly. Bring to a boil and boil until it is thick enough to make very heavy drops that run together before they fall from the side of a spoon. This blending of heavy drops is called sheeting off and is considered the best test known for preserves and jellies.

When the preserves are sufficiently cooked, remove from the fire and skim. Place the kettle in a pan of cold running water and stir carefully so as not to break up the fruit. Cool as rapidly as possible to a temperature of 170 or 180 degrees or until the berries cease to float readily. Some recommend leaving the preserves cool

overnight, then reheating and recooling them the next day. This tends to plump the berries and prevent their floating.

Carefully fill the clean jars or glasses with the preserves making sure to give each container equal proportions of fruit and liquid. Jars should be filled as hot as possible without causing the fruit to float too much.

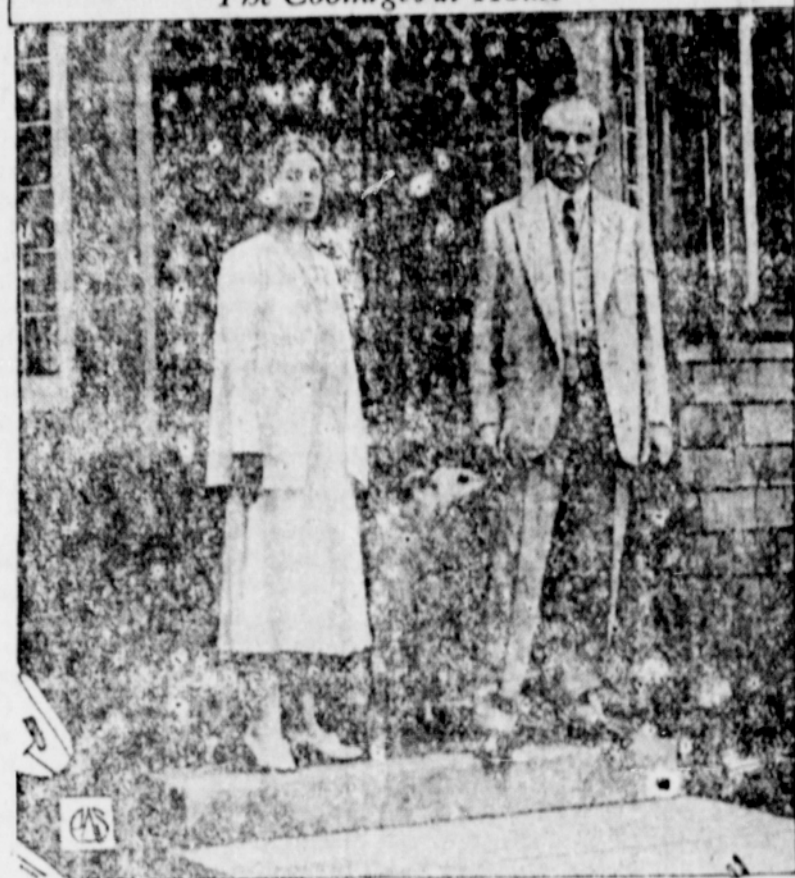
Paraffin the surface with a spoon full of very hot paraffin just as soon as possible after filling the glasses. If a jar is used which may be sealed, no paraffin is necessary. If preserves are left open, they may

dry out or crystallize on the surface. The main difference between preserves and jam, is that in jam the fruits is broken up and in preserves the fruit is kept whole.

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The Coolidges at Home



Ex-President Calvin Coolidge and Mrs. Coolidge photographed on the front steps of their new home, "The Beeches," Northampton, Mass.

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BY BOBBY MENDEL, BOSTON, N.J.