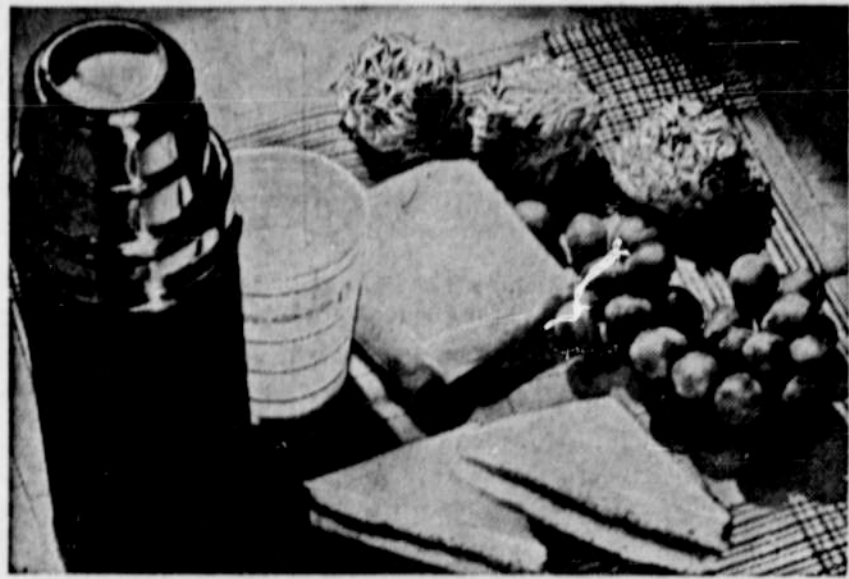


Household News

By Eleanor Howe



THE SCHOOL LUNCH
(See Recipes Below)

Whether the children carry their lunch to school or dash home at noon for a hurried meal, autumn school bells bring a major problem to the menu planner. For the mid-day repast must give plenty of nourishment in a form that can be quickly and easily eaten—and, in the case of carry-away lunches, easily packed as well.

Fruit, cookies, sandwiches and milk in some form constitute stand-bys for box lunches as well as the school child's home lunch. Cocoa, cream soups, custards and simple puddings help with the milk quota at the home lunch. Cocoa, or a milk shake, as well as plain milk, can be carried with the school lunch in a vacuum bottle. For the box lunch, sandwiches ought to be carefully wrapped so that they will be fresh and appetizing. Chopped meat moistened with a little butter or mayonnaise, hard-cooked egg delicately seasoned, cream cheese, jams and jellies, all make tempting fillings.

Semi-liquid foods may be put into small glass jars with tightly fitting covers. Supply paper cups for the beverage; and as a novelty, put in a paper straw, especially when you pack chocolate malt or iced cocoa. The sandwiches and softer foods should be placed on top to prevent mashing.

Brightly colored lunch boxes are popular, because they are not only easier to pack, and well-ventilated, but are attractive to carry. Literally speaking, you can pack everything in them from "soup to nuts." The lunch boxes should be kept immaculately clean by careful scalding each day.

You may like to use this menu some day when you have plenty of meat loaf left over from the Sunday dinner:

- Meat Loaf Sandwiches
- Deviled Egg
- Custard
- Chocolate Milk
- Olives

Or you might use a menu similar to this for colder weather:

- Cream of Tomato Soup
- Peanut Butter and Orange Marmalade Sandwiches
- Fruit Tapioca
- Cookie

There is always an extra corner into which you can tuck a surprise. To the smaller children this will be a delight. It may be a few nuts, or a few pieces of good candy, or it may be the little candy bridge favor you received yesterday. A packed lunch can become as tiresome to eat as it is to pack. Even you will be thinking of the little surprise you can find to put into it, and thus make this task more of a pleasure to you.

So get a lunch box that will be large enough to hold all the necessary equipment, but will not be too heavy to carry, and begin making your plans for the school lunch. Some of these suggestions may aid you in your plans for the school year:

Soups and Beverages.
Soups and beverages, if packed in thermos bottles, will stay hot or cold, as the case may be. The cream soups are the most nutritious, for they contain not only milk but vegetables as well. Try cream of tomato, cream of pea, cream of spinach and cream of asparagus.

There is quite a wide choice of beverages. For warmer weather you may like to give the children pineapple juice, grape juice, orange juice, milk or chocolate malt. When the weather becomes cooler, hot chocolate or cocoa are welcome beverages.

Sandwiches.
Bread for sandwiches should be cut in thin slices, with the butter and filling spread way out to the edges. The butter is easier to spread if creamed first; and the sandwiches should be cut into convenient sizes for eating. Vary the kinds of breads that you use for sandwiches: plain or white, whole wheat, rye, brown bread, peanut butter bread, orange

Why not plan a little different party for your friends? Have a harvest home party, where your guests can gather for singing, games, and dancing.

At the end of August, or the middle of September, many of the countries of Europe finished up the harvest season with the harvest festival. There the workers of the fields feasted, danced, and sang, as guests of the mansion. Wreaths, fashioned of grain, flowers, nuts and corn were hung on the walls, to remain until the following year.

Miss Howe will tell you about a harvest party in her column next week which will contain many attractive suggestions.

bread, nut bread, cornbread, raisin bread, and rolls.

For filling you may like to use these suggestions:
Chicken, with chopped celery and mayonnaise.
Cream cheese on raisin bread.
Chopped dates, nuts and orange juice.

Ground cooked veal, raw carrots and celery, with salad dressing.
Orange marmalade and peanut butter.
Cottage cheese, chopped olives and mayonnaise.
Hard cooked egg, chopped celery and mayonnaise.
Meat loaf, sliced thin.
Bacon, mayonnaise and lettuce.

Spiced Blanc Mange.
2 cups milk
2 1/2 tablespoons cornstarch
1/2 cup sugar
1/4 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves
1/2 cup nut meats (broken)
1 teaspoon vanilla extract

Scald 1 1/2 cups of milk. Mix all dry ingredients together and add the remaining 1/2 cup cold milk. Combine well. Add hot milk to the cornstarch mixture slowly. Return to double boiler and cook, stirring constantly, until the mixture thickens. Cook 5 minutes. Remove from flame, add nut meats and extract. Turn into a wet mold and chill. Serve with whipped cream if desired.

Desserts.
With the problem of packing desserts solved, there is a much wider choice than ever before. Rice pudding, small tarts, custards, oatmeal cookies, brownies, cup cakes, tapioca, cooked fruit, dates, figs, gingerbread, fresh or stewed dried fruits, and plain cakes are all to be selected to vary the school lunch.

Cream of Tomato Soup.
2 cups canned tomatoes
2 slices onion
1/4 teaspoon soda
1 teaspoon sugar
1 teaspoon salt
Dash pepper
2 tablespoons butter
2 tablespoons flour
2 cups milk

Heat tomatoes with onion, soda, sugar, salt and pepper. Rub through sieve; reheat. Place butter in top of double boiler and melt. Add flour and mix thoroughly. Add milk. Cook, stirring constantly, until mixture thickens. Pour tomato mixture slowly into white sauce. Mix thoroughly, and serve.

Better Baking.
Wouldn't you like some good yummy chocolate nut gingerbread or some of those melt-in-your-mouth meringue cookies right about now? Or how about the delicious sounding lemon sunny silver pie? Shall I stop, or have I made you hungry enough to want to rush right out into your kitchen and whip up a batch of cookies, or one of those suggested above? You may have these tested recipes of Miss Howe if you will write, enclosing 10 cents in coin, to Eleanor Howe, 919 North Michigan Avenue, Chicago, Illinois, and ask for her cook book, "Better Baking." You will like them all, for they have been tried in her own test kitchen.

(Released by Western Newspaper Union.)

College Girl Fashions Stress Contrasting, Versatile 'Tops'

By CHERIE NICHOLAS



FASHION is playing a game. It's contrast "tops." Here's how. You buy one or two or more smart skirts. Follow this up with a wardrobe of contrasting "tops" and you win a clothes collection that will carry you through with a smashing style record as you travel in campus environs and at all the football games you have dated in advance on your fall program.

For that lasting "first impression" at college you will go down in history vain gloriously as a smart dresser if you wear a costume as pictured to the left in the group illustrated. Evelyn Allen designs this versatile jacket dress with a gay check-printed velvet top contrasting a youthful flaring skirt. Note the shirred pockets and bishop sleeves. If you take the jacket off and wear your skirt with your new sweaters and blouses, you will be voted among the best dressed of all campus trotters.

Centered in the group is another contrast-top costume by the same designer. This softly tailored frock of gay plaid with its interesting bell sleeve and its contrasting skirt will put you at the head of your class so far as fashion is concerned, and it will keep you there. A two-piece frock such as this is liable to prove the talk o' town for months to come.

Fashion is playing up with great success the idea of the one-piece dress that looks like a two-piece. The smart dress to the right in the picture is an apt demonstration. It merited spontaneous applause recently at the National Wash Apparel style revue held in Chicago. It is of the popular shirtwaist persuasion. The checked blouse top, seamed to the skirt, has a yoke front and back. Acorn buttons are placed down the front opening and on the pockets of the monotone skirt. Here is an ideal dress for go-to-school wear and it will prove a favorite standby for informal dating. You can get this very charming dress in handsome navy or sparkling wine.

Nice thing about this contrast-top vogue is that it goes easy on the clothes budget. You can collect a whole bevy of "tops" without spending a fortune, and with judicious interchanging you can dress up or down to any occasion. One of the neatest tricks brought out in way of contrast tops is the new waist-depth pinafore top that you slip jumper-fashion over a simple blouse. It has wide shoulder straps that are brought down to the back where they tie at the waist in a pert bow exactly as a little girl's pinafore ties. You can buy these little pinafore tops made of plaid taffeta at most stores. For the school-going girl who must keep a date they are a real "find." Slip it in your schoolbag or brief case so you can dash it on in a jiffy and look dressed up quick as a flash of lightning.

You will also be wanting one of the new gay suede vests. With your jacket suit they are "tops" in fashion. Wear it with the new velvetreen suit, add a matching suede hat, and it will surely make a "hit" in any grandstand spectator group.

And here is a style hint that any girl of fashion aspirations cannot afford to let go unheeded. It's in regard to the clever new blouses that are made like shirts. They are made of all sorts of fabrics, and are cut like boys' and men's shirts. Gardardine is the safest choice for active sports wear, although washable broadcloth is a close second.

You can get these shirts in wool, tailored as manlike as your heart desires. The idea is to choose a wool in color to blend or match your tweed suit, or, if you prefer, play up a contrast. You will surely be wanting a white jersey shirt. A wool homespun also will not come amiss, for the new homespuns are delightfully soft. They are "comfy" on very first cool days and ever so good-looking. Sheer wool with drawn threadwork is just beginning to be shown in the shirt and blouse sections.

(Released by Western Newspaper Union.)

Smart Black Felt

Here you see a smart fall felt hat in all its glory. Huge cartwheels of this type are worn with chic afternoon tailleurs as well as with dress-up frocks and they are especially good-looking with the new all-black dressmaker coats. No matter how many small hats you may be acquiring, your fall headgear wardrobe simply must include a wide-brimmed black felt. Cartwheel types shown here vie with the pompadour-flare types that you wear as far back on the head as possible to reveal and give accent to the new off-forehead hair-do.

Novelty Jewelry Is Made of 'Anything'

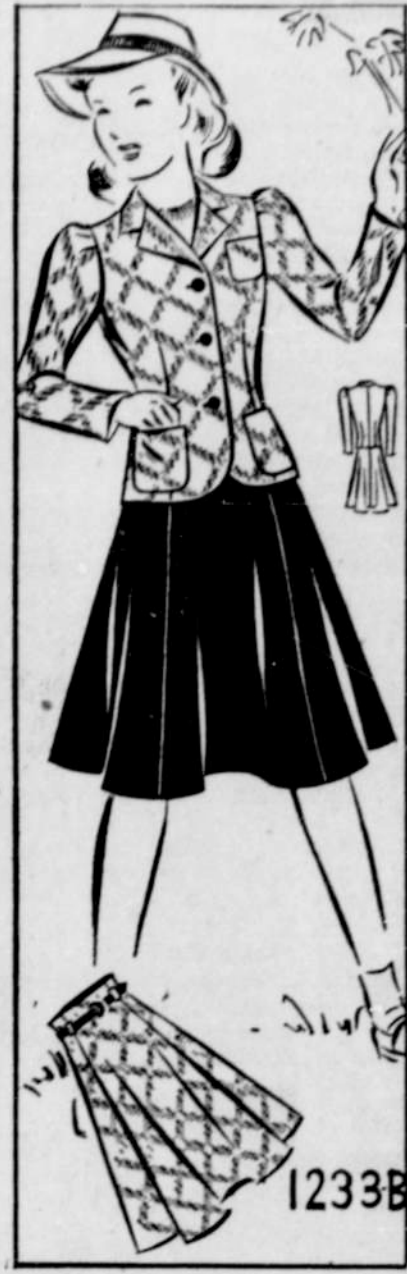
The fashion for gold accents on black costumes persists. The jewelry wrought in gold this season is exquisitely detailed. The emphasis is on good taste rather than bizarre effects.

Novelty jewelry is fashioned of any and every medium that happens to come to hand. Some of the smartest jewelry items in the novelty class have apparently "gone nuts." They are made of actual nuts linked together in ingenious ways. The now-so-popular jewelry of carved wood tunes beautifully to the new costumes in autumn colorings. Cork and felt are also new media used in the jewelry realm.

Mannish Influence In New Fashions

And now what! It's men's coats for women. For fashion declares that suits must take on a mannish look and the edict has been accepted as literally by members of the younger smart set. Debutantes and sub-debs, college girls and career girls are actually going into men's stores to purchase socks and blouse shirts, and to look up details as to man-tailored coats, so as to give orders to their tailor to borrow ideas from their brothers' and father's tweed suits.

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