

Some Good Things to Eat

By NELLIE MAXWELL

Where the pools are bright and deep,
Where the gray trout lies asleep,
Up the river and over the sea,
That's the way for Billy and me.
—James Hogg.

Salads, greens, and fresh vegetables should be used abundantly at this season.



Salad.—Slice three-fourths of a cupful of green onions and cover with french dressing to which a teaspoonful of sugar has been added. Let stand one-half hour. Drain and arrange with one cupful each of sliced

new beets and green peas on a bed of water cress. Garnish with cheese balls made by mixing the cream cheese with two-thirds of a cupful of finely chopped peanuts. Mold into small balls and dust with paprika. Serve with more french dressing.

Boston Brown Bread.—Take one cupful each of graham flour, corn meal and rye meal, three-fourths of a teaspoonful of soda, one and one-half teaspoonfuls of salt, three-fourths of a cupful of molasses and two cupfuls of sour milk. Mix and sift the dry ingredients, add milk and molasses, beat well, add a few raisins and pour into a well greased mold, two-thirds full. Cover and steam three and one-half hours.

Plain Muffins.—Mix and sift together two cupfuls of flour, three teaspoonfuls of baking powder and one-half teaspoonful of salt. Add one cupful of milk, two tablespoonfuls of sugar and one unbroken egg. Beat and mix the batter thoroughly, stirring in widening circles, keeping the spoon on the bottom of the bowl. Place in muffin pans and bake twenty minutes in a hot oven.

Spanish Meat Loaf.—Take two cupfuls of ground beef, one-half cupful of fat salt pork ground, two cupfuls of cracker crumbs, one cupful of milk, one beaten egg, salt, pepper, tabasco sauce, one onion, one and one-half

cupfuls of strained tomato, strips of bacon. Mix all the ingredients except the tomato, form into a loaf and place in a greased baking pan. Cover with strips of bacon and over the top pour the tomato sauce. Bake forty minutes in a moderate oven.

Gooseberry Relish Sandwich.—Add enough finely grated Herkimer cheese or old American cheese to one-half cupful of the strained gooseberry relish to bind. Spread on thin slices of toast cut into fancy shapes. Serve on lettuce.

A nice dish to serve for luncheons, which may be prepared from stewed fowl is:



Chicken Warmers.—Take a large fat fowl, cut up for serving, and put on to stew in plenty of water. When tender, remove the chicken, and cut it into small pieces, removing all the bones. Put a bunch or two of diced celery into the broth and cook it until tender, remove it, and add noodles, cook for fifteen minutes, then serve a nest of noodles with celery and top with the chicken. Add a little gravy made with broth, cream and serve.

Green Peas, Onion and Cucumber Salad.—Take one and one-half cupfuls of cooked, drained, small green peas, the same amount of thinly sliced young cucumbers and one cupful of thinly sliced green onions. Mix and

dust with salt and paprika. Add any good salad dressing, heap on lettuce and serve.

Lima Beans and Celery.—Take two cupfuls of cooked lima beans, add to them, one cupful of green celery diced and two tablespoonfuls of chopped onion. Serve on lettuce with a good boiled dressing; garnish with radish roses.

A Dainty Dessert.—Cut out squares or circles of sponge cake, make wells with a small cutter and brush well with melted butter. Put into the oven and toast. Serve with the wells filled with sugared fruit. Strawberries or any seasonable fruit may be used. Top with whipped cream or serve cream with the dessert. When tired of salads use a fruit cup for a change. Combine almost any in-season fruit, add a bit of lemon juice and some sugar sirup and serve well chilled, in tall glasses.

Orange Banana Cream.—Remove the skin and fiber from six bananas, mash to a pulp, adding gradually two cupfuls of orange juice. When all is well mixed add four tablespoonfuls of cream and chill. Serve in glass cups.

Maple Sirup Salad Dressing.—Heat one-fourth of a cupful of maple sirup to the boiling point and pour over three egg yolks well beaten, add a bit of salt and paprika and one teaspoonful of lemon juice and one-half cupful of cream beaten stiff, when the mixture is cool.

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Planning Ahead for Picnics



Community Picnic With Cafeteria Service.

(Prepared by the United States Department of Agriculture.)

Whether it occurs on the "glorious Fourth" or on any other day of the summer, a community picnic, attended by persons of all ages, is likely to be successful if consideration is given to everybody's comfort. Young people do not mind perching on logs or rocks to eat their lunches, or sitting right on the ground, but those who are less energetic prefer a bench of some sort and a place to set their dishes or beverages. Mothers with little children, too, can manage them better and get them to take their milk or fruit drinks more readily in spite of the prevailing

distraction and excitement. If the arrangements for eating are somewhat like those they are used to. Set tables and benches such as are found in automobile tourist camps, answer admirably, however roughly constructed.

Shade is essential to a comfortable outing. A grove of tall trees with no underbrush is ideal, and if there is a stream or lake in sight to make a pleasant outlook and add interest for the children, so much the better. A supply of pure drinking water should be assured, either from a well or spring known to be safe, or carried from home. Children should be taught not to touch the water in brooks or ponds, lest it be contaminated.

Foods for the community picnic should be planned beforehand by a competent committee. The preparation of the various articles on the menu may then be allotted to volunteers and there will be no unnecessary duplications or omissions. Some hot foods like bacon, steak, wienies, or rounds of hamburger wrapped in bacon may be cooked on the grounds. Coffee may be cooked when wanted or carried in thermos bottles. On the whole, however, cold foods and beverages will be found easiest to manage for a large group of people, especially on a warm day. Minced and mixed foods which might easily spoil, are best avoided, either as separate dishes or in sandwiches. Salad ingredients may be carried separately, packed with a little ice, and put together at the picnic. The cafeteria method of serving is quick and easy. It insures every one's getting the foods preferred, so there is a minimum of waste. The Oregon women in the illustration, taken by the United States Department of Agriculture, belong to a home demonstration club under the direction of the state extension staff. They have found cafeteria service very satisfactory.

"What do you mean by that?" asked the yellow rose.

"I haven't any thorns on me—that is I only have some way, way down by the bottom of my stem. That is what they have trained our family to do."

"We have at least succeeded in being thornless—or practically thornless."

"We have a few by the bottom of our stems but none by our flowers."

"How remarkable," said the yellow rose.

"Yes, it took a good deal of training and teaching to make us like that, and last spring when my grandmother made her appearance she was the first one to have succeeded being almost thornless."

"Since then we've all followed her example. Do you like our shade?"

"It's exquisite," said the yellow rose.

"Well, I'm glad you like me," said the pink rose. "But I like you, too."

"I've always been very fond of yellow roses."

The yellow rose smiled—a lovely rose smile—and just then some people came in to look at the pink roses and the yellow roses.

"I want to wear a rose," said a young girl who had come in the shop, "as it is my birthday and my sister is giving it to me."

"Ah, how I love them,"

"Well," said the florist, "here is a rose which won't prick you."

"There are no thorns around this flower." And the pink rose was worn proudly by the young girl.

But a little later the yellow rose and some other yellow roses—oh a glorious bunch of yellow roses—were taken to a little girl who was sick.

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Electric Ventilator Keeps Kitchen Cool

An electric ventilator will bring comfort to the one-window kitchen, says American Home. There are now three kinds available: The portable type, which can be hung up over a window and moved when the family moves; the built-in type, which cuts off no light but must be put in when the house is constructed, and the more elaborate type which is installed in a hood over the range. All of these ventilators, of course, are run by motors; they are simply glorified electric fans, which can be turned on and off and set at will.

A man will carry gossip, but only to those he can trust.

Fairy Tale for the Children

By MARY GRAHAM BONNER

"Grandmother was the first of our kind," said a beautiful pink rose.

"We're known as the Columbian rose family."

"I'm glad to make your acquaintance," said the yellow rose a little stiffly. I was quite impressed talking to a brand-new kind of rose.

"Thank you," said the pink rose.

"What did you mean a little while ago when you said you had only been trained to do what you were told to do lately?" asked the yellow rose.

"Well, my grandmother was the first to do what she was told to do—now wasn't that interesting in a grandmother? They are usually the nicest people in the world but you don't usually say they do what they're told for they're not usually told to do things."

"I didn't actually mean that I had only been trained of late to do what I was told, but I meant that my family had been trained of late to do the thing we were supposed to do. That is we're not doing what we are not supposed to do."

The yellow rose dropped a petal in astonishment. They were in vases of water in the window of a florist's shop.

Some passerby saw the yellow rose petal drop and said:

"What beautiful yellow roses, but one of the roses just dropped a petal. They must be getting a bit old."

And they admired the beautiful pink

roses—and the pink rose which had been talking to the yellow rose, gracefully and very beautifully bowed its head ever so little.

"I must be careful and not get excited by what you say again," said the yellow rose, "for the florist won't be



"I Want to Wear a Rose."

able to sell me, and I won't be taken home to cheer up some one."

"I'm not really old. I was only very much excited by what you had said."

"I tried to keep up with what you were saying, but gracious! I was terribly confused."

"Poor yellow rose," said the pink rose. "It was all my fault. For a rose that doesn't prick I'm very inconsiderate."

Handwork Adds to Little Frocks

By JULIA BOTTOMLEY



In creating styles for little folks Paris designers are laying great stress on handworked ornamentation. Particular enthusiasm is expressed for applique effects. One notes on coats and dresses of every material a pre-

ponderance of applied design which manipulates colors and fabrics in strikingly modernistic patternings.

There are the clever felt coat and hat ensembles, for instance. They sound a note of originality which is very refreshing. Almost amusing are some of these "sets" made of gay felt, in that grotesque little figures are cut of multi-colored felt, the same applied in unique borderings and such on a monotone colored background. The colorings are as lively as imagination can picture—a row of bright flowers or fruits on perhaps a pale green felt coat or bright blue, or even orange color for the background. If you're looking for a coat, or a sleepless jacket, or a hat-and-bag set for your child to wear at the seashore this summer do not miss seeing these cunning felt styles.

The dress which the wee Parisienne in the picture is wearing, shows to a nicety the trend toward bright-colored applique design. Not only is the play or color indicative of the times but the bold conventional patterning applied on a simple white background is characteristic of present-day design.

This winsome party dress is of white crepe de chine. About the irregular hemline is a triple piping done in three colors, peach, lilac and blue. The modernistic design is worked in the same colors of crepe as the piping. This frock ought to prove an inspiration to mothers who make their children's clothes, for it could be carried out in plique or gingham or any of the many gay cotton weaves.

However, for the party frock, no fabric gives any better satisfaction than does crepe de chine. Parisian stylists are employing this always dependable silk weave for ever so many of their loveliest "dressy" frocks.

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Protect Child's Head From the Sun

(Prepared by the United States Department of Agriculture.)

A matching sun hat of cretonne and cable net is worn with her colorful sun suit by the little girl in the picture. Some protection for a child's head and eyes is advisable when the sun is sufficiently hot to give the beneficial effects of a sun bath on the skin surface of the body. The cretonne used for both suit and hat is sure to delight any little girl. It has a gay design of plump red cherries on a cream-colored background. The waist is of cretonne, as is the ventilating crown of the hat, and the whole is banded with bias tape of soft green.

The hat can be easily made by experimenting with a piece of paper and a pair of scissors until a satisfactory pattern is made for the brim, fitting the head comfortably. It should be cut a little wider in front than in back, and by means of a back seam can be shaped becomingly. The circles of cretonne are needed for the upper and under sides of the brim, and an interlining of thin muslin. Green binding is used. The brim is slightly starched to hold its shape. The crown which is detachable, is simply a circle of the net, bound with green bias tape and arranged to draw up and button to the brim.

The hat and sun suit were designed by the Bureau of Home Economics of the United States Department of Agriculture. No patterns are issued by the bureau for any children's garments, but this sun suit can be readily adapted from a commercial Dutch-romper pattern, which fares out at the sides. These side pieces are seamed together



Sun Suit With Matching Hat.

at the lower edge and close the otherwise open pockets, and reinforce the sides of the drop seat. Bands of bias tape trim and define the legs but do not blind them.

Community Building

Industrial Plants in

Rural Areas Increase

Industry has penetrated new rural areas in the West. Iowa, for example, no longer ships practically all its hogs to Chicago. Numerous packing plants within that state take an increasing number.

Moderate sized manufacturing industries have sprung up in out of the way places throughout the United States. Plants handling cotton and corn by-products are numerous. Concerns producing washing machines, fountain pens, buttons, metal products of many kinds, steel and machinery goods, and many other articles not directly dependent on agriculture for raw materials, have chosen rural districts for their bases of operations, apparently to their substantial profit.

Naturally, however, a large proportion of the industries located in rural districts are supported by the products of the farm.

Rural industry, besides giving the farmer a better local market, helps him to get improved roads and schools, and to bring electric power to his farm. The electrification of our farms drags. It seldom pays to build high tension lines for only a few farms, but the problem is solved when the rural district contains power-using industries.

In addition, industrial development in agricultural districts boosts farm land values, distributes tax burdens more equitably, and improves agricultural credit facilities. Also it favors influences farming methods.—W. M. Jardine, in the Saturday Evening Post.

Small Home Requires

Trees and Shrubbery

The small home actually needs planting more than a large house set in broad acres, because a house looms large on a small piece of ground. It needs trees, and foundation shrubbery to link it naturally to the ground. Planting will reduce the apparent size of the house and make it seem in better proportion to the size of the lot.

Any real estate man will agree that planting around a small home pays in cold cash. Trees and shrubbery may add several hundred dollars to your home if you should ever want to sell it. They pay good dividends.

Select shrubs, plants and trees that are native to your state. Nature has spent thousands of years adapting them to your soil and climate, so why select a foreign plant which has a constitution as delicate as an incubator baby. It has to be carefully nursed to pull it through, while native shrubs will thrive without much effort on your part.

Small-Town Planning

Larger cities of Missouri may need zoning laws and authority for city planning and some of them have found ways to acquire the rights, but the smaller cities are in the best position to make intelligent and effective use of them. So the smaller communities should be vitally interested in and welcome the bill passed by the Missouri house, permitting all cities of the state to adopt ordinances creating city planning and zoning commissions, with authority to lay out permanent physical lines. Under the proposed law, commissions would have their work of laying out and planning placed before city councils for approval.—St. Louis Post-Dispatch.

Highway Width

Width of the highway for safe and expeditious movement of traffic is more and more concerning the road builder. Engineers of the United States bureau of public roads are of the opinion that a minimum of 20 feet should be maintained for a two-lane highway. It is held further that in built-up sections the roadway should be 36 feet wide at least, to permit parallel parking and 50 feet where diagonal and right angle parking is allowed.

Ground for Fruit Growing

The extent of ground required is about ten or twelve square rods for the different summer fruits, and an acre and a half or two acres for all the others except the winter apples. The early or summer apples might be placed in between the winter apples as fillers, as these are less permanent trees.

Discouraging

Did you ever drop your work to do something for community benefit and have the first bird you tackle tell you to come again, that he would like to take a little time to think it over?—Waldport (Ore.) Tribune.

Spend Money in Home Town

Communities are not built on the money that is earned within the borders and then spent with peddlers or sent to the mail-order house in some distant city.—The Dailies (Ore.) Optimist.

Wide Beautification Plan

Sullivan county (Ind.) clubwomen began a campaign of beautification in the planting of trees, evergreens and vines along the highways. As the season progresses flowers will be planted in places selected by them.