

TISSUE GINGHAM IS COMFORTABLE

Dress of Simple Style, Cool and Suited to Hot Days.

(Prepared by the United States Department of Agriculture.)

Tissue gingham in an attractive weave of soft orange-yellow and white checks was used for the cool-looking, comfortable, hot weather dress designed by the bureau of home economics of the United States Department of Agriculture. A very simple style, suited as a rather full figure, was chosen. In fabrics having decided checks or stripes, skirts cut on the straight of the goods often look better than those cut in one piece with the upper part. So in this case the waist and skirt were cut separately and sewed together. The joint is concealed very neatly by a straight belt at the hip level.

Needed fullness in the waist is absorbed by inverted tucks at the shoulder, darts under the arms, and slight gathers at the belt line. The skirt has a few large plaits at the



Cool, Becoming and Appropriate.

center front to give room for walking, and slight gathers across the back, where the belt and waist are securely attached.

The tailored effect of the collar and front opening is enhanced by the round buttons harmonizing with the dominant color of the material—orange-yellow. Three-quarter sleeves are loose and comfortable, and appropriate for a mature woman to wear on the street. The light-weight, broad-brimmed shade hat is leaf green, adding to the generally cool, summer-like effect of the costume. The light weight of the hat adds comfort.

BETTER APPETITE FOR VEGETABLES

Large Increase Seen in Use of Garden Truck.

(Prepared by the United States Department of Agriculture.)

"Americans like vegetables—and they appear to like them better each year," says B. C. Boree, marketing specialist in the United States Department of Agriculture.

"The annual gain of at least 1,500,000 in population does not explain all the increases in acreage and production of truck crops. Our appetite for vegetables seems to be growing, both because of encouragement from health authorities and because it is now possible to have a wide variety of fresh vegetables the year round."

A great volume of truck is hauled to the city from near-by farms, says Mr. Boree, who also emphasizes developments in carlot movements of vegetables in the last dozen years. In 1918 the United States Department of Agriculture collected reports of the movement of about 145,000 cars of seventeen leading truck crops. Last year shipments of the same products filled 350,000 cars, or more than double the movement ten years ago. This does not include shipments of the important field-crop vegetables such as potatoes and sweet potatoes. Neither does it include much of the green products used by the large canning factories.

"In other words," says Mr. Boree, "while the population increased about 15 per cent, carlot shipments of vegetables increased 140 per cent. Lettuce, green peas, spinach, string beans, celery, and cucumbers have made especially noticeable gains. Shipments of lettuce are now seven times as great as they were ten years ago, and range from 40,000 to 50,000 cars annually. Most of this lettuce originates in the Far Southwest, and ends its journey in the markets of the northeastern coast cities.

Fresh Salmon Cutlets Are Always in Season

Fresh salmon is to be had in a great many parts of the country at all seasons of the year, now that facilities for shipping iced or frozen fish enable dealers to send their wares inland and to points many miles from where the fish are caught. One of the nicest ways of preparing cutlets from fresh salmon is described below by the bureau of home economics.

1 lb. fresh salmon, Soft bread crumbs
1 inch thick, finely sifted
1 egg, Lard or good-
1 tbs. water, flavored fat
1/2 tsp. salt

Wipe off the salmon and remove any bones. Cut in portions large enough for serving. Dip the pieces of fish into the egg which has been well beaten and mixed with the water. Roll the crumbs and place on a pan or board to dry for a short while. Heat the fat in a heavy skillet, put in the cutlets and reduce the heat. Cook slowly for ten or fifteen minutes until the fish is done and golden brown on both sides. Drain on absorbent paper and serve garnished with lemon and parsley.

NEATLY ARRANGED SLICES OF COLD LAMB



Cold Lamb Garnished With Lemon.

(Prepared by the United States Department of Agriculture.)

One of the reasons foods in summer time can be made to look so appetizing and attractive is that there are then so many colorful, edible materials to garnish them with. Another reason, perhaps, is that many cold dishes are served: Cold slices of meat, fish and other salads, aspic jellies, and hors d'oeuvres of various kinds. Garnishes that would soon lose their crisp shapely appearance on hot foods can be successfully used to decorate cold ones. Only enough of any garnish should be used to give a touch of color.

What a difference there is between this platter, photographed by the bureau of home economics, containing neatly arranged slices of lamb, each topped by a thin slice of lemon, and just a plate of cold lamb! The garnish is not intended, in this case, to be solely ornamental. A few drops of lemon on lamb or veal add surprisingly to the flavor. Another way of making a plate of cold meat look attractive is to alternate slices of ham with chicken, veal, or lamb, so that the two colors contrast with each other. A sprig of parsley, cross, mint, a few celery tops, or small leaves of lettuce, would also be a good garnish for cold meat. Narrow rings of green pepper, strips of pimento, rounds of tomato, thin slices of cucumber or pickles, and olives, are other suggestions for introducing color. Among the cooked and edible garnishes often used by restaurant chefs are slices of beet or carrot cut in thin fancy shapes, cubes from bright gelatin molds such as

tomato, mint or jellied stockstock, and hard-cooked eggs, cut in slices or symmetrical pieces. Sweet jelly, too, when stiff enough to hold its form, makes a garnish which tastes as good as it looks.

Dainty slices of orange may be used like lemon to garnish either cold or hot meats, especially chicken or duck. Rings of apple, or jellied red colored apples are often served with pork. Potato salad and sliced ham are a favorite combination, each garnishing the other, as it were. Fried chicken, served on a plate with corn fritters, garnished with a bit of currant jelly, makes its appeal to the eye as well as to the palate. The broiled mushrooms or fried onions served with steak are meant to tempt the beholder through the nose as well as the eye.

Lemon, parsley, cross, and cucumber, are the garnishes commonly used on fish. As the lemon is for flavoring, it is better to cut it in quarters or sixths lengthwise than to slice it. Then each person can squeeze the juice over his own portion. Cucumber garnishes are sometimes given a saw-toothed edge with a fancy cutter.

Among the garnishes for cold drinks, especially iced tea, are sprigs of mint, or geranium, or slices of lemon, orange, or lime, with or without a few whole cloves in each slice. A grape or other large green leaf is often used as a garnish under grapefruit, cantaloupe, orange, or fruit cup when these fruits are served as appetizers for dinner.

HOW TO LIVE LONGER

By JOHN CLARENCE FUNK

THE STITCH IN TIME

MANY people have a decided misconception regarding the power of diphtheria antitoxin. They seem to think that a child suffering with this dread malady can receive this treatment and automatically be cured; that because of this scientific weapon the killing power of this disease has been removed from the more active enemies of childhood. Unfortunately this is not true for several reasons.

Diphtheria antitoxin has saved the lives of many young people and will continue to do so, but its record is far from having reached the satisfactory point of offering an absolute defense to the germs causing the trouble. This is not the fault of the antitoxin. Given even half a chance this preparation will develop a remarkable power against the infection and wage a successful battle. But a half chance is what it often does not get.

Parents will promptly admit that a plant must grow; that a house must be constructed; that many turns of the wheel are necessary to reach a destination, but they seem loath to concede any such process where diphtheria is concerned. They are not willing to recognize the possibility of this disease until it is full grown. And that is the time when antitoxin does the least good.

Diphtheria is a definite development and while its beginnings can be mistaken for less dangerous conditions, that is no excuse for any person closing his eyes to the possibility of serious trouble. Any kind of a sore throat accompanied by fever should be sufficient notice to put every parent on guard. Which means immediately taking the child to a physician or bringing the doctor to it. The professional man alone can discover whether the throat condition is of common or diphtheritic variety. In most instances, fortunately, he will be able to allay all fears. But in those cases that he cannot do so, he can immediately put antitoxin to work. That is the time when it gives a splendid account of itself.

It is not too much to say that in most instances where antitoxin has been given soon enough, it has won the victory. It has amazing power at this stage of the disease, but its power wanes in proportion to the length of time elapsing before the case gets treatment.

Take no chances on the possibility of diphtheria. Give the doctor and antitoxin a fair opportunity. Both of them will give splendid accounts of themselves.

P. S.—A gentle reminder: Don't confuse antitoxin with toxin-antitoxin. The former is treatment, the latter prevention. Have your child immunized with toxin-antitoxin. If this advice is followed it will be unnecessary to put antitoxin to the test.

THE SILVER LINING

ONE can be healthy and sick at the same time. Thousands demonstrate this fact daily by harboring the mental leech commonly known as worry. And while worry is life's dark cloud, happiness is its silver lining.

Happiness is one of the most potent drugs. It is also one of the most essential. The man or woman who does not cultivate it and the spirit back of it, is desperately reducing his chances for long life.

Mind over matter is a too well established fact to be discredited. Its existence is proved daily in many ways. For example, it is a summer's night. Suddenly out of the darkness a revolver is stuck in your face with the command, "Hands up!" What of the seventy degrees temperature now? Your hands are cold and you shiver all over. Merely mind over matter! Since suggestion plays a part in our activities, why not recognize the fact and govern ourselves accordingly?

But there are limitations to be considered. It is one thing to look on the bright side and quite another to be fanatically optimistic. If one is ill, merely to smile will not be enough. To deny the existence of germs and pain by calling them something else is distorting the silver lining and may eventually snuff out your life.

Happiness that attempts to eliminate cold facts isn't happiness at all. One who is engaged habitually in that kind of bliss (lovers, lunatics and poets excepted) are plowing in the wrong field and sowing therein the wrong kind of seed.

It is the sensible type of the product that now is being urged. Happiness properly applied is one of the greatest protections extant for general well being and health. Its power lies in its effectually blocking its mortal enemy, worry.

Therefore cultivate the sunny side of life, and life, in turn, should be sunny for you for a long, long time.

(© 1929, Western Newspaper Union.)

Earliest Use of Gold

The use of gold as ornaments first suggested its subsequent use as money and that finally made it the standard upon which the coinage of the world is based. Cubes of gold employed by the Chinese may have been the earliest coins, but modern authorities accept the theory that gold as coins was first used by the Lydians.

OUR COMIC SECTION

Along the Airways



FINNEY OF THE FORCE

Present, but Not Accounted for



THE FEATHERHEADS

A Hint for a Raise Falls Flat

