

Princess Lines for New Frocks

By JULIA BOTTOMLEY



lar or platted ruffles achieve the coveted flare. In sympathy with the movement, even sleeves are beginning to flare. If the skirt shows a jagged full-flaring hemline, then a similar flare is repeated on the sleeves, beginning just below the elbow. Likewise if circular ruffles give fullness to the skirt, they are apt to be employed on the sleeves.

Then, too, if the frock happens to be styled with a blouse or hipline jacket, not infrequently it is finished off with a peplum whose flare takes on the character of the flares finishing both hemlines and the sleeves.

Godets of lace set into the hemline to give it fullness appear on many of the dressier frocks, especially those of sheer fabrics.

The new season's fur coats also are showing a disposition to flare, and be semifitting for the upper portion. Flares of fur are also attached to cloth coat tops.

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HELPS FOR HOUSEKEEPERS

Cottage cheese is a valuable meat substitute, especially in summer.

When washing windows remember that newspapers furnish a good and cheap material for drying.

Refreshing and delicious milk drinks are some of the best beverages for children on hot summer days.

When removing a stain by sponging avoid the formation of a ring by stroking from the outside to the center carrying the strokes with the weave of the goods.

Shrubs Near House Add to Appearance

(Prepared by the United States Department of Agriculture.)

Shrubs and other plantings near the foundation brickwork of a house add greatly to a pleasing exterior. They soften the building lines, conceal ugly or uninteresting details, add color, and, if spaced and arranged to advantage, beautify the entire yard or front lawn. Home demonstration agents in many states, working with farm women on general home improvement, have given considerable attention to the possibilities of im-



North Carolina Farm Home Having Foundation Plantings.

proving the exteriors of rural homes. As a result, it has often been possible to identify the homes of members of home demonstration clubs because of the charm obtained through well-selected shrubbery, window or porch boxes of bright flowers, hanging fern baskets, and other inexpensive, easily procured decorative plants. Flower shows and lawn and garden competitions have done much

to awaken interest in attractive surroundings, and an indirect result of this interest is often a greater interest in her own personal appearance, on the part of the farm woman whose home setting has been improved.

This photograph, taken by the United States Department of Agriculture in Hertford county, North Carolina, shows a number of these features suggested by the extension agent. The low shrubs near the brickwork have been used to screen the porch foundations without interfering with the effect of the gay flower boxes that take the place of guard rails on the veranda. Reasonable care will keep this exterior planting in pleasing condition all through the growing season.

Domestic Rabbits May Be Eaten Year Round

(Prepared by the United States Department of Agriculture.)

Relatively few housewives in the eastern part of the United States are acquainted with the delicious flavor of domestic rabbit meat. Most of them have been accustomed to think of rabbit in terms of the cottontail rabbit, which is available only during a short open hunting season, or of the jack rabbit, which is generally considered more of a pest than an article of diet. Domestic hutch-raised rabbits may be eaten the year round, and there are now hundreds of domestic rabbit farms throughout the country where the animals are being raised for the market. The rabbit-raising industry is most flourishing in the West, particularly in California, but increasing interest in it is developing in the Eastern states also.

Hutch-raised rabbits are carefully bred and fed for table use. They eat rolled cereals, alfalfa hay, and leafy vegetables. The nature of their food makes the meat sweet, tender and excellently flavored. It can be better compared with chicken than with wild rabbit. Rabbits raised in small hutches or on fur farms are cleanly in habits and can be produced under sanitary conditions.

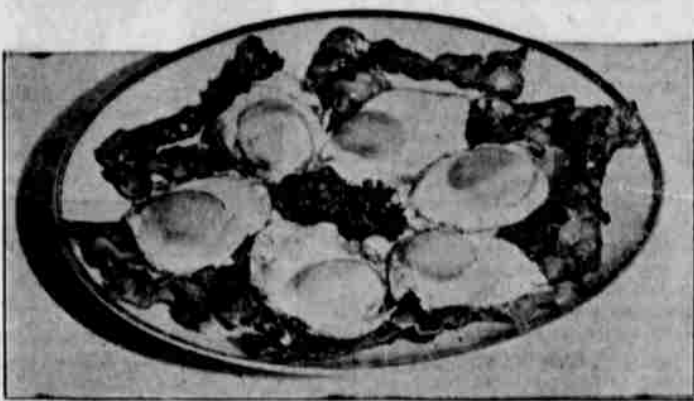
Just as with poultry or with various cuts of meat, young, tender rabbits may be fried or roasted, while the older ones require longer, slow cooking. The bureau of home economics has co-operated with the bureau of biological survey in conducting experiments in the various methods of preparing domestic rabbit meat for the table and makes the following recommendations:

Young, tender rabbits may be fried or broiled, or if just a little larger than the frying or broiling stage, smothered according to the method Southern cooks use for chicken. The older, larger rabbits may also be used for short orders by parboiling whole, then cutting into pieces suitable for serving, and frying in butter. Or they may be simmered and served with dumplings or used in chop suey or salad in the same way as chicken. Recipes will be furnished by the United States Department of Agriculture upon request.

HIDING CREOSOTE STAINS

Creosote stains on walls are hard to do anything with and it is pretty hard to keep them from showing through after a time. About the only thing one can do is to cover them with two thin coats of shellac, then size and paper or paint over them in the usual way. Two thin coats are better than one heavy one, as the tendency for the shellac to peel is not so great.

Heat Secret of Cooking Eggs



Fried Eggs With Coated Yolks.

(Prepared by the United States Department of Agriculture.)

Moderate, even heat is the secret of frying eggs so that they are tender and tasty, as it is of cooking all egg dishes. While any well-flavored fat may be used for frying eggs, ham and bacon drippings are prime favorites. Moderate temperature is likewise the secret of cooking ham and bacon. Do not let the fat become so hot as to smoke and produce scorched flavors in the drippings and disagreeable odors in the kitchen, warns the bureau of home economics. Whatever kind of fat is used, have it moderately hot when the eggs are slipped into it, and cook slowly and

carefully over a low fire. The eggs may be turned so as to cook them on both sides, or some of the hot fat may be dipped up and poured over the yolks until a coating is formed. When the white is delicately jellied the eggs are cooked enough. The white should not become tough.

An egg fried in a little butter makes an excellent hot toasted open-faced sandwich. After the egg slipped onto the toast, pour over the melted butter from the skillet. Cooked until firm throughout, an egg fried in butter can be shredded fine to make a palatable garnish for soup, spinach, or other dishes.

Community Building

Few "Small Towns" Not Thoroughly Up to Date

The average small town now offers about everything the city has except the "rush hour" and a few other inconveniences. Convincing proof of the changes taking place in the life of the small centers is found on almost every hand. Particularly is this true in many of the older centers, which a few years back were inclined to be satisfied with conditions as they were.

There is now a new life and renewed interest. In times gone by many towns were prone to slumber after the arrival and departure of its few daily trains. Now most centers of any consequence either are on or near one of the arteries of the state's road system. This has resulted in an almost constant traffic, such as the operation of bus lines on regular schedules and parades of motor cars, in addition to rail service.

It is a rather slow locality of any size that does not have its chamber of commerce working for the town's welfare and advancement. Country clubs, golf courses and swimming pools are becoming common. Likewise the "talkies" are about as prevalent in the smaller communities as in the cities. And the radio is tuned in on the same offerings furnished elsewhere. The women are playing as much bridge as their sisters in the more populous centers. The girls are just as modern and the boys just as shiekish and up-to-date as those in the city.—Exchange.

Money Wisely Expended on Paint and Varnish

Cleaning up the individual premises of a home owner or occupant is the first essential element in improving the appearance and health conditions of the property. After this is done painting and varnishing may follow. A small amount of money invested each year in paint and varnish keeps the property in good condition with no periods of deterioration or expensive repairs. A good surface of paint on the woodwork, both interior and exterior seals up the pores in the wood, keeping out germs, insects and decay.

The home owner may establish a system of painting his home, so that parts of it may be painted one year, other parts the next, and still more parts the third year. In this manner no heavy expenditure faces the home owner every three years or so. And at the same time, the home always appears to be in first-class condition.

Painting also serves as a health measure. Any surface that is painted regularly cannot harbor germs that menace the health of the family.

Problems of Nature Lovers

In Nature Magazine Charles Sumner Bird, Jr., chairman of the Massachusetts committee on Needs and Uses of Open Spaces, had a most interesting article, in the course of which he says:

"It is recognized today that beauty is not a luxury, but an absolute necessity to the complete life of every normal human being. The man who does not crave the beauties of nature has a twisted soul and should be an object of pity; and, if he should be the slave of a blind commercialism which impels him to destroy for others the beauties of nature, he is a bad citizen. Every problem of importance today is common to all countries; and England, the cradle of the industrial age, faces difficulties corresponding to those which nature lovers in America are mobilizing to solve. It may be said here that the sooner this mobilization on as large a scale as possible is consummated the sooner will the ravages on the face of nature be stayed."

Protecting the Tree

Strong wire cable scientifically installed in the tops of trees will strengthen the forks and hold the branches safe from storms that would otherwise be fatally destructive. To be effective the job must be done correctly and carefully. The weight of the limbs, the strain of the wind, the strength of the wood and the manner of branching must all be considered if proper results are to be secured. It is work for trained men.

Even so, it is comparatively inexpensive work and certainly is more than justified as a means of insuring trees against the ravages of the wind storms of summer and the sleet storms of winter.

Driveways Worth While

An attractive concrete driveway adds much to the appearance of the grounds, because it enhances beauty and makes for neatness. Its utility lies in its providing safe passage to the street or highway the year round. Automatically a good driveway increases the value of property. It matters not how modest the home or limited the space in lawn, the driveway is an important and necessary adjunct to house and garden.

Give Thought to Tree

Trees that are properly cared for will live almost indefinitely. A tree that is neglected can no more be expected to thrive than can the man or the woman who needs medical attention but neglects to get it. Disaster follows.

Fairy Tale for the Children

By MARY GRAHAM BONNER

"In the very first place of all people do not like snakes," said Mr. Bull Snake.

"There is no special reason for this. To be sure, there are many dangerous, bad snakes, but lots of people don't like any snakes at all."

"Even when we are nice, gentle, helpful, kindly snakes?" asked Mrs. Bull Snake, hissing in surprise.

"Even then," said Mr. Bull Snake. "That's the unfairness of it, all. If they didn't like dangerous snakes I wouldn't mind, but when they say they don't like nice, friendly snakes, they hurt my poor feelings."

"They hurt mine, too," said Mrs. Bull Snake. "Well, don't become down-hearted," said Mr. Bull Snake, "for I have pleasant news and cheerful tidings for you."

"Dear me, dear me," hissed Mrs. Bull Snake, as she wriggled a little in the long grass. "You are very clever and your talk is far beyond me."

"Didn't I make you hear?" asked Mr. Bull Snake, in a louder hissing tone.

"Oh, yes, I heard all right," said Mrs. Bull Snake, "only you talked so wisely."

"When you said my talk was far beyond you I thought you meant you hadn't heard it and that it had gone off in the distance somewhere."

"No, I meant it was far beyond my intelligence, not far beyond my hearing," said Mrs. Bull Snake.

"What would you have explained?" asked Mr. Bull Snake.

"I don't know what it is to be down-hearted," Mrs. Bull Snake answered, "I don't just know what it means. I would like to have it explained."

"When you are down-hearted you are sad, and I was afraid you were becoming sad hearing so much about people who didn't like us."

"Oh, now, I see," said Mrs. Bull Snake. "Well, I won't become down-



"They Hurt Mine, Too."

hearted then because you said you had pleasant news for me.

"But what are cheerful tidings? I know what cheerful means, but how about tidings?"

"Do you mean something to eat?"

Some Good Things to Eat

By NELLIE MAXWELL

By faith you can move mountains; but the important thing is, not to move the mountains, but to have the faith.—Arthur Clutton-Brock.

It is wonderful how large a little bit of a fraction will grow, if you only multiply it enough.—Robert Deverly Hale.

According to the findings of Dr. Thaddeus L. Bolton, head of the department of psychology, Temple university, Philadelphia, who recently concluded an investigation in which twenty feminine office workers were subjected to exhaustive tests of speed, endurance, mental alertness and muscular control, at various hours of the business day—his conclusion is that fatigue, diet, and working capacity of the modern business girl are closely related, and decrease in working capacity due to fatigue can be offset by the timely ingestion of highly concentrated, energizing foods.

Back of the investigation lies the growing belief on the part of employers that the unwise reducing diets resorted to by large numbers of feminine workers are responsible not only for frequent absences due to illness, but for lessened and poorer quality of work while in the office. The studies showed that working

capacity is comparatively low at the beginning of the office day. The human machine, like the race horse, must go through a warming-up process. The greatest rush in the average office is from two-thirty to five, and the period of most strain.

In the investigation it was sought to determine to what extent working power may be sustained at its early afternoon peak by eating suitable quantities of foods which are quick restorers of depleted energy.

Foods having high sugar content were selected because sugar is not only a concentrated energy food, but one which is quickly assimilated by the system. Its effects, therefore, are almost immediately apparent to the trained investigator equipped with the necessary laboratory instruments.

The addition of dates to a cooked or dry breakfast food, is quite a common custom and is but the work of a minute, for one who keeps cleaned dates ready for use. If one can obtain pitted dates in packages that are not too dry, such are most convenient. Dried out hard dates are practically useless for ordinary serving. They should be soaked and stewed and then perhaps strained through a sieve to make them eatable.

A package of dates may be pitted

and dropped into a glass jar, covered and kept in a cool place and they will always be moist and ready to use.

Four dates sliced and added to a breakfast dish of cereal is sufficient for one serving. Here is a new one which you will like to try:

Hasty Pudding De Luxe.—Cook together one-half cupful of cornmeal, dropped slowly, stirring constantly, one teaspoonful of salt, at least one hour. Just before serving stir in one-half cupful of grapes and one cupful of sliced dates. Any of this if left over may be fried and served with bacon for breakfast.

Dates Bran Muffins.—Take one cupful of flour, one-half teaspoonful of salt, four teaspoonfuls of baking powder, one cupful of bran, one cupful of dates sliced, one cupful of milk, one egg, two tablespoonfuls of molasses and two tablespoonfuls of melted shortening. This makes a dark, tasty muffin which will be enjoyed by those who must have some of the coarser flours in their diets. Sour milk may be used for these muffins, adding one-half teaspoonful of soda and but two teaspoonfuls of baking powder. The quality of the bran used will vary the texture of the muffins, but any bran may be used with good results.

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Woman Wants but Little

All a woman needs to think she's havin' a good time is a new dress and a chance to show it off.