

**START PLAY SUITS
EARLY IN AUTUMN**

**Well to Include Comfortable,
Waterproof Fabrics.**

(Prepared by the United States Department of Agriculture.)

Children from two to four are especially in need of comfortable, warm, non-restricting garments in which they can play out-of-doors in almost any weather without catching cold or spoiling their clothes. Mothers who are planning to make most of their children's fall wardrobes will do well to include one or more play suits of fairly close, moisture-proof fabrics. The selection of the material will depend somewhat on the climate and the kind of weather the child is exposed to.

The bureau of home economics has designed play suits of several different kinds, suitable for use in the fall and spring, in the coldest part of the winter or on rainy days. A leaflet describing them may be obtained from the United States Department of Agriculture. One of the most practical types is shown in the accompanying picture. This play suit is made of a closely woven lightweight wool fabric, similar to kasha cloth and somewhat resembling a light flannel. It has knitted wrist and leg bands and a knitted collar. The knitted finish is



**Suit of Lightweight Wool Cloth With
Knitted Bands.**

recommended because it confines extra fullness and keeps out wind without restricting circulation or muscles.

Self-help in dressing is encouraged by the front opening with large flat buttons. The back drop is finished with tab extensions at the waistline, so that when the belt is fastened the placket does not gap. Notice the fullness in the leg back of the knee which helps to give roominess in the seat. In most wool fabrics this fullness is shrunk into the seam. When cutting out these suits the side line of the back section should always curve out slightly at the point where this fullness comes just above the knee. If the line were straight there would be a strain on the seam when the child sat down or squatted on the ground.

All children's play suits should have pockets placed so that they can be easily reached. Welt pockets are used on the suit illustrated.

A tam with a knitted band completes this costume. The cloth part is made in two sections. All the knitted parts of the outfit are more satisfactory if small needles and sweater yarn are used to make them. The yarn may be of a contrasting color, but the effect is generally more pleasing if it matches the fabric in color and the contrast is one of texture.

**CONSUMER FAVORS
COTTON OR SILK**

Shift in Buying Habits Discussed in New Bulletin

(Prepared by the United States Department of Agriculture.)

New light from the consumer standpoint is thrown on trends in the use of textiles in the home by a report recently issued by the bureau of home economics, United States Department of Agriculture. Cotton and wool growers as well as manufacturers of textiles and textile machinery are vitally concerned with the shift in textile buying habits.

The bureau has obtained replies from more than a thousand men and women, representing all sections of the United States, as to the textile fibers in use in their wardrobes and houses in 1927 as compared with 1922, and their reasons for change. The returns show that families and individuals with the larger incomes more frequently chose silk or rayon in preference to cotton for many garments. Likewise, those living in the larger cities, in many cases registered a similar change from cotton to silk and rayon. Women gave as their chief reasons for this change that silk and rayon are more attractive and easier to handle than cotton. Men based their preference for silk and rayon socks to cotton on style and comfort.

In household articles, however, cotton is more than holding its own, according to the report of 645 families. In the large cities and in homes with the higher incomes, linen, rayon, and silk were given preference to cotton for certain articles, but this was offset by the more extensive use of cotton and by the actual increase in number of cotton household articles in the majority of the homes in 1927 as compared with 1922.

Copies of the printed report may be obtained free by writing to the United States Department of Agriculture, Washington, D. C., for Miscellaneous Publication 31-M, "The Changing Uses of Textile Fibers in Clothing and Household Articles."

**Butter Rich in Vitamins
Is Good Health Builder**

Because butter is rich in vitamins that are necessary for the growth of children and the well being of adults, there is no substitute for it, according to J. R. Dice, head of the dairy department at North Dakota agricultural college.

"People, both young and old, who use an adequate amount of butter in their diet will be much less susceptible to disease, especially colds and diseases of the lungs, air passages and sinuses, than those who do not use enough butter," Professor Dice says.

Experiments with rats have shown the superior food value of butter, and that animals fed butter as a part of their diet were of good size.

**Many Combinations May
Be Used for Fruit Cup**

Many combinations of fruit, fresh or canned, may be used for fruit cup. Use colors that blend or contrast pleasantly and combine acid fruits with sweet, and firm with juicy kinds. Cut large fruits into small, attractive pieces, mix lightly so that they keep their shape, sweeten slightly, chill before serving, and garnish the individual servings with sprigs of mint or choice brightly-colored fruits. Good combinations are: Strawberries, oranges and apples. Purple grapes with seeds removed, grapefruit and apricots. Peaches, raspberries and pineapple. Watermelon, honeydew or muskmelon and oranges. Red cherries, pears and green grapes.

**The KITCHEN
CABINET**

(©, 1926, Western Newspaper Union.)

The world is all dark or the world is all bright. Just as we choose to make it: Our burden is heavy, our burden is light. Just as we happen to take it: And people who grumble and people who groan. At the world and at every proposal. Would grumble and groan if the world were their own. And the sun, moon and stars at disposal. —Harriet Swift.

TO ADD TO THE FRUIT CLOSET

As sugar is one of the cheapest of foods in common use, its food value high, most housewives are appreciating the chance to preserve and jelly as much of the delightful fall fruits as possible. Try some of these and see what an addition they will make to your preserve closet:



Tomato-Raisin Conserve.—Take two quarts of fresh ripe tomatoes, two lemons cut fine, four sour apples cored and cubed, six sticks of cinnamon, one tablespoonful of whole cloves, two pieces of ginger root, one small piece of mace. Tie the spices in a bag. Cook all these ingredients together until a thick mass is made, then add two pounds of sugar and boil 15 minutes, or until a jelly stage is reached, which is when the mixture drops off in sheets from the side of the spoon. Add one cupful of nut meats just before removing from the fire, if liked.

Carrot Marmalade.—Grate 12 medium-sized tender carrots, add four cupfuls of sugar, three lemons, juice and peel; one teaspoonful each of ground cloves, cinnamon and allspice tied in a small cloth. Before adding the spice let the mixture stand one hour, then cook slowly one hour, turn into sterilized glasses and seal.

Pear and Apple Conserve.—Take one pint of diced pears, one pint of sliced apple, one lemon juice and grated rind, one cupful of seedless raisins, one-half cupful of walnut meats, three and one-half cupfuls of sugar. Steam the raisins for 30 minutes, add them to the other ingredients and cook until thick and clear. Turn into glasses and cover with paraffin. Nuts may be omitted and a small amount of preserved ginger may be added.

Pickled Pears.—Peel four quarts of pears. Boil two pounds of sugar with two cupfuls of vinegar, one-half ounce of stick cinnamon and one-fourth ounce of cloves for 20 minutes. Place a few of the whole pears in the sirup and cook until tender, then place in the cans. Fill each jar to overflowing with the hot sirup, then seal.

Orange Sweet Potato.—Cook the sweet potato in their skins, peel, mash and season with butter, salt and white pepper. Prepare the halves of oranges that have been squeezed of their juice by removing all the white inner lining of the skins. Fill them with the seasoned potato and about twenty minutes before serving time place them in the oven to become hot; a small piece of marshmallow may be placed on top to brown or a sprig of parsley used on top for a garnish when serving.

Coconut Drops.—Grate a fresh coconut and add to it half its weight in sugar, stir until well mixed, then add one beaten egg white and drop on buttered tin and bake in a slow oven until brown.

Oyster Soup.—Add four tablespoonfuls of quick cooking tapioca to a quart of rich milk, two teaspoonfuls of salt, and cook until the tapioca is clear, stirring often and cooking in a double boiler. Add one cupful of oysters and the oyster liquor, a dash of cayenne and paprika and four tablespoonfuls of butter. Serve when the oysters are curled.

Sour Cream Pie.—Mix the yolks of two eggs well beaten, one cupful of sour cream, one-half cupful of sugar, one tablespoonful of flour, one cupful of raisins and one teaspoonful of cinnamon. Cook together until thick then pour into a baked pastry shell. Whip the whites of the eggs until stiff, add four tablespoonfuls of sugar and spread over the top of the pie and brown slightly in a slow oven.

Ozark Soup.—Cover a fresh soup bone with cold water and simmer until the meat is tender, adding salt toward the end of the cooking. Strain the broth and to one quart of the broth add one medium sized potato cut into dice, and one-half cupful of washed rice. Let cook until tender, then add one can of tomatoes, bring to the boiling point, add a tablespoonful of flour mixed with one cupful of sweet cream, boil five minutes, add seasoning of salt and pepper and serve. For further flavor add one teaspoonful of sugar, a little chopped celery, a pinch of curry powder and a bit of mace with a few dashes of cayenne pepper.

Some time when entertaining one's friends at a dinner, try this method of serving sweet potato:

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Neene Maxwell

**SCENIC
PLAYGROUNDS
OF AMERICA**
By G. M. KILBOURN

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Eternal Ice
THE amazing variety of the natural wonders appearing in western North America is nowhere more strikingly displayed than in our contrasting national resources of perpetual ice and apparently inexhaustible boiling water.

Millions of Americans know of Old Faithful geyser, Firehole lake, Roaring Mountain, the Frying Pan, the Minute Man, and other Yellowstone park wonders which contribute tons of boiling water to the Missouri river system every day of the year, in delightful contempt of Old Man Weather and his winter rampages. Thousands of 1923 and 1929 visitors to the park also know of the new "Imperial" geyser, a spirited debutante of the summer of 1923, which twice daily spouts to a height of 100 feet or more from two to eight thousand tons of water; this volume, which involves a continuous two-hour eruption, could water a city of perhaps 25,000 people. But very few people have stopped to contrast this national legacy of gurgling-and-steam with an equally interesting phenomenon of perpetual ice masses which defy the summer's heat waves just as unconcernedly as the geysers face the prophecy of a long, hard winter. Very few Americans realize that there are acres and acres of perpetual ice within the United States alone, at less than half the elevation of the famous boiling-water basins—far lower than Denver, Reno, the Black hills summits, or the Grand canyon rim, and even lower than many Appalachian uplands of the Atlantic seaboard!



The Carbon Glacier.

Still more amazing, perhaps, is the fact that the lowest but least-known ice bank lies within 55 miles by air, or 75 by auto, of a city of half a million people, and that only an easy hike of less than two miles is needed to reach the 100-foot cliff of immemorial ice from the auto road.

This lowest American ice field is the Carbon glacier—elevation 3,300 feet—on the north side of Mount Rainier, in the state of Washington. Like some of the immense prehistoric ice teeth of Glacier National park which ate out deep box-shaped, cliff-walled valleys only to melt away completely in their depths, the Carbon glacier (although in general a part of the octopus-shaped ice pattern which reaches practically to the summit of the peak) has in fact gnawed so deeply into its mountainside bed that a towering precipice wall of its own making now completely isolates it from the summit glaciers. By contrast, its southern slope rival, the better known Nisqually glacier, which finally dies a dirty, ignominious death at 4,000 feet amid the stares of bus-bundled humanity en route to Paradise valley, begins on the summit crater's rim, and loses two full miles of elevation before its final boulder-buried and almost shame-faced wiling. There is defiance and grandeur rather than apology, however, in the imposing precipice of ice with which the dogged old Carbon glacier makes its last bow after fighting its way 600 feet lower.

Mount Rainier (pronounced re-near) is reached by highway from Seattle or Tacoma, Wash., usually by the Longmire-Paradise valley route which also permits rail travel, as far as Ashford, via the Milwaukee road. The Carbon glacier is easily accessible in dry weather only, and via Fairfax instead of Ashford; Fairfax is reached by the Northern Pacific railway, but inquiry should be made regarding automobile transportation the other 15 miles.

Travelers desiring to go on a glacier with both safety and information as well as thrills will find guide parties available by foot at Paradise Valley, Rainier, and by horse and foot in Glacier National park, Montana.

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The Chinese Slant
Tommy Gubbins, who handles most of the Chinese talent used in pictures, was talking with two Chinamen who had just returned from an engagement in London.

"It is most ridiculous place," said one. "They have there a game which they call soccer football, wherein the Englishers propel an inflated bladder hither and thither with their august toes."

"Yet, in this most peculiar London there is a fog so dense that one cannot proceed on for half an hour before it was discovered that the honorable 'ball' itself had been lost."

**BOLERO SUIT FOR COED;
"CLASSIC" IN EVENING DRESS**

THE youthful bolero is flourishing in the autumn mode. It is a theme which admits of infinite variations.

As the picture shows, it is especially attractive made up in lightweight wool crepe. Imagine this model in any color you please, for the new autumn wool crepes revel in all the fashionable hues, making a special feature of the handsome red wines which everyone admires, and the dark rich greens and the very last-word "inky"



For Her Back-to-College Wardrobe

of the most triumphant modes registered on fashion's program. Grecian Evening Gowns. Handsome fabric treated simply is the central thought around which all other thoughts revolve in the matter of creating evening styles for the coming social season. This supremacy of the "classic" in the evening mode is to a large extent due to the fact that designers have turned to the fashions of ancient Greece for their inspiration. The exquisite simplicity and artful grace which marked the dress of Grecian women in the early centuries has ever commanded the admiration of the world. And now it seems that we are to adopt them for our very own.

The media through which modern fashionists will interpret classic art in dress will be quality-kind satin, soft heavy-textured crepe, regal velvet, and from Paris comes the message of the white lace frock worn with white jewelry and stressing a silhouette of almost exaggerated simplicity.

Inspired by Grecian "lines" in so far as the draped neckline with flowing scarf ends and the belted-in waistline is concerned, the evening gown of handsome white crepe in the picture eloquently bespeaks the trend of the colors or "off-blacks," as some prefer to speak of them. These newcomers on the fall and winter color card are destined to be as popular as were the "off-whites" during the summer. They are just what their name implies—very near black, yet with enough indigo blue or deep purple or black-berry hue to identify them one from another.

The original of the suit pictured was developed of African brown wool crepe with white satin for the blouse. Brown and white, by the way, is considered to be one of the very smartest combinations that are to be seen this season.

In many instances, especially for early fall wear before the cool days set in, the bolero gives a new aspect to the suit in that it has elbow sleeves.



Evening Dress Along Grecian Lines

The blouse is often quite elaborate, particularly as to its sleeves, which are often of lace and full below the elbow. If not of lace, or fancifully embroidered, then the undersleeve is very apt to be handsomely beaded.

One of the most thrilling fashions exploited for the coming months is the bolero made of fur and worn over the light woolen one-piece dress. The rich autumn color of the frock strikingly contrasts the black or neutral tone of the fur. There is every reason to believe that the costume which tops the bright wool one-piece frock with a bolero made of any one of the flat furs, such as caracul, kidskin, dyed ermine, or lapin will prove one

formal mode to silhouettes of classic beauty. Most lovely white satin gowns continue their sway in the evening mode. An outstanding feature in their styling is the intricate seamwork through which designers arrive at the goal of "lines" which express utmost simplicity in their final analysis.

It is not unusual for the gown of white satin to delineate a flaring pelum somewhere between waistline and hemline, and when it does it reflects the rhythmic grace inspired by the Olympian costumes, which were a picturesque feature in Greek modes.

JULIA BOTTOMLEY
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RIPE OLIVE CLUB SANDWICHES DELICIOUS



Ripe Olives Unusual but Delicious.

(Prepared by the United States Department of Agriculture.)

There are a good many varieties of club sandwiches to be found on the quick lunch menu, but here's a new one, and a very appetizing one, too. Try it the next time you want something unusual for a luncheon or supper. Probably you'd better keep to yourself the fact that ripe olives have been found to be an excellent source of vitamin A—people will like these sandwiches enough without being told they are good for them! The suggestion and proportions are from the bureau of home economics of the United States Department of Agriculture and have been thoroughly treated and found satisfactory.

1 loaf bread
1 large ripe, skinned tomato sliced thin
5 hard-cooked eggs, sliced
6 slices cooked bacon, crisp
1 cup ripe olives, cut from stones
Thick mayonnaise
Lettuce

Slice the bread, trim off the crusts, and toast until lightly browned. Make double-decker sandwiches with the toast and other ingredients arranged in layers of lettuce, egg, bacon, tomato and olives, with enough mayonnaise to moisten. Insert toothpicks to hold the sandwiches together and garnish the tops with crisp lettuce and a few of the sliced ripe olives. With a cold beverage and a light dessert this makes an ideal hot weather luncheon or supper.