SUPER-QUALITY CREPES FOR SOFTER TYPE OF COSTUME

By CHERIE NICHOLAS

This season fashion whimsically returns to periods in history for inspiration and rediscovers the charm of the molded bodice, the elaborate sleeve, and the stiffly flaring skirt. Rich fabrics are the logical choice for costumes in this vein, wherefore witness the revival of lyons velvets, likewise satin de lyon and other sumptuous fabrics of similar type.

Suppleness must not be overlooked, however, in this enthusiasm for elegance, for materials must respond to intricate draping such as is featured throughout present-day costume design. So it is that the current fabric showing is a continuous program of handsome weaves which exploit not only the heavier type velvets and satins, for "stiff silks" are "in" again, but for the softer types of costume a series of firm quality-kind crepes are welcomed with enthusiasm by those who demand good materials.

In the Paris couture collections for tailored, afternoon and evening wear, such types as frost crepe and krisalkrepe, also canton faille weaves are outstanding favorites. Heavy sheer crepes such as cantata (a triple georgette), and crepes andante (a triple flat chiffon) are designed for the softer styled costumes. Other important fabrics for this winter are satins both the crepey and smooth, flat crepes, chiffons, transparent velvet, and metals.

The illustrations show the effectiveness of the new silk crepes for both formal evening wear and for the gown designed to be worn at semi-formal gatherings. The new fashion demand that one be ladylike in dress as well as deportment is admirably exemplified in the charming import pictured to the right, which combines quiet dignity with a winsome youthfulness of silhouette. The tunic, a favorite line since it is flattering both to tall and short figures, achieves a sophisticated effect, being cut in one with a skirt on the left side. The fabric is frost-crepe, which is a canton faille of the popular crepe marocain type. All the edges are cut in triple scallops.

For the classic evening gown Lucian Lelong chooses turquoise crepe luminaury, a heavy sheer weave. Very Grecian in effect are the soft straight folds of fabric shirred at the center front and back, with looped drapery at the sides to make a slender column of the figure. The cowl decolletage front and back carries out the draped movement of the skirt.

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Green, Yellow Vegetables Richer in Vitamin A

Milk and dairy products, eggs, liver, and leafy vegetables are among the richest sources of vitamin A. Green or yellow vegetables are much richer in it than the corresponding white varieties. Thus green lettuce is much richer than white, green asparagus than bleached, and yellow than white corn. The bureau of home economics gives these foods as good sources of vitamin A: Avocados, bananas, string beans, butter, carrots, cheese, cod liver oil, dried cowpeas, cream, dandelion and other greens, eggs, lentils, lettuce, liver, milk, peas, sweet-potatoes, spinach, squash, tomatoes.

Canned Apple Juice Will Be Found Useful

Canned apple juice is a reliable source of pectin, necessary for making jelly, and a supply of it put up while apples are in season will be found useful and convenient throughout the year, says the New York State College of Home Economics. It may be added to non-jellying fruits such as peaches, pineapples and rhubarb when in season; it is also useful for making jams, marmalade, conserves and sauces for winter desserts.

Cranberry Salad

Cook cranberries in heavy sirup, so that they stay whole. Drain and chill them, mix with other fruits and serve on lettuce with dressing.

Scalloped Onions With Peanuts an Addition to Winter Menu

(Prepared by the United States Department of Agriculture.)

Here are two methods of serving onions to give variety to the winter menus. The scalloped onions are particularly good with coarsely ground peanuts scattered between the layers. Large mild onions are needed for stuffing. Allow as many as you have persons at the meal, unless the onions are so very large it is quite evident that half of one will be a satisfactory portion. Both recipes are from the bureau of home economics.

Scalloped Onions and Peanuts.

6 medium-sized onions
1 cup peanuts, ground
1 tbs. melted butter or other fat
1 tbs. flour
1 cup milk
½ tsp. salt
1 cup buttered bread crumbs

Skin the onions, cook in boiling water until tender, drain, and slice. Make a sauce of the fat, flour, milk, and salt. In a greased baking dish place a layer of the onions, cover with the peanuts and sauce, and continue until all are used. Cover the top with buttered crumbs and bake in a moderate oven for about 20 minutes, or until the crumbs are golden brown. Serve from the baking dish.

Stuffed Onions.

6 large mild onions
2 tbs. butter or other fat
¼ cup chopped celery
2 tbs. chopped parsley
2 cups dry bread crumbs
1 tsp. salt
Pepper

Skin the onions, cut in half crosswise, simmer in salted water until almost tender, and drain. Remove the centers without disturbing the outer layers and chop fine. Melt two tablespoonfuls of the fat in a skillet, add the chopped onion, celery, parsley, and cook for a few minutes. Push the vegetables to one side, melt the remaining fat and add to it the bread crumbs, salt and pepper, then combine with the vegetables. Fill the onion shells with the stuffing, cover, and bake in a moderate oven for about 30 minutes, or until the onions are tender. Remove the cover from the baking dish during the last of the cooking so the onions will brown on top.

Various Different Ways of Preparing Parsnips

After boiling parsnips until tender there are several ways of preparing them for serving. Probably there is no more popular method of finishing them than browning them in butter or other sweet fat. They may be halved, or mashed and fried in little cakes. Dip the pieces in flour before frying. The following recipe for scalloped parsnips gives directions for the preliminary boiling. This is a very good way of fixing parsnips for children, suggests the bureau of home economics, United States Department of Agriculture, which furnishes the recipe.

Scalloped Parsnips.

6 or 7 medium-sized parsnips
3 tbs. butter or other fat
2 tbs. flour
1 cup rich milk or cream
¼ tsp. salt
1 cup buttered bread crumbs

Scrub the parsnips clean, cook for 20 to 30 minutes, or until tender, in lightly salted water, and drain. Scrape off the outer skin, split the parsnips lengthwise, and pull out the stringy cores. Place the parsnips in a shallow baking dish, and cover with a sauce made with the fat, flour, and milk or cream, and salt. Cover the top with the bread crumbs and bake in a moderate oven for about 20 minutes, or until the parsnips are thoroughly heated and the buttered crumbs are golden brown. Serve in the baking dish.

Butterscotch Pudding Supplies Good Dessert

Those who like a rich, sweet dessert once in a while will enjoy this butterscotch cream pudding. The recipe is from the bureau of home economics of the United States Department of Agriculture. The same mixture can be used as filling for cream puffs or eclairs, or for butterscotch pie or the filling for tarts or boston cream pie, which is made with two layers of plain cake or sponge cake.

¾ cup flour
3 cups milk
1½ cups brown sugar
3 tbs. butter
¼ tsp. salt
2 or 3 eggs
¼ tsp vanilla

Blend the flour and one cupful of the cold milk until smooth. Heat the remaining milk in a double boiler, pour some of the hot milk into the flour and milk, return the mixture to the double boiler, stir until thickened, and cook for 15 minutes. Meantime, cook the brown sugar, butter, and salt for five minutes, over direct heat and stir. Add while hot to the mixture in the double boiler, heat well, gradually stir this mixture into the beaten eggs, return to the double boiler, cook for a few minutes, remove from the fire, add the vanilla, and chill. Serve with plain or whipped cream.

Black Silk

To renew the sheen of black silk, sponge with hot coffee on the right side, turn over and press damp.

Music is the universal language.

MOTHER PROBLEMS

By Mrs. Dorothy Coffeen

Spirit of Mutual Co-Operation

THE garden is growing under the diligence of Father. Son Henry, aged eight, delights in being present to witness the labor of his parent. He plays with the dog, throws a ball against the wall, dams water in the gutter or digs a passage to China. In fact, he does everything he can think of except one.

Father suggests that Henry could pull up some weeds and be of assistance. "Oh, dad, have a heart! I hate to work in gardens and anyway I have to practice catch over at Jim's." Here Henry makes a graceful and hasty retreat and Father goes on weeding the garden.

"Oh, well," he replied to an onlooker's remark that Henry is about old enough to offer a little help, "Oh, well, he's busy playing. Naturally he'd rather play ball than dig weeds."

Naturally he would, but so would most all of us in all probability. Work is something Henry is asked to do and play is something he chooses for himself. Meanwhile discipline is a bit drowsy. Perhaps it spent itself in Puritanical days and is now suffering from somnolence. There are some in a certain school of thought who would slay it while it sleeps, and, as in this case of Henry and Father and the garden, would assure Father that when Henry reached the proper stage in his development he would voluntarily offer his assistance. Nine times out of ten, however, Henry would develop normally like the rest of us and would continue to regard unchosen occupations as irritations to be avoided whenever possible. The chances are that Father would continue to pull the weeds if they were to be pulled.

Now, of course, he could force Henry to leave his play, and work with him in the garden, would, no doubt, if he felt it worth the trouble, but if he did the coercion would make Henry no more willing to be of assistance the next time. Father would go right on coercing and Henry would become more and more clever about keeping out of the way. One remedy, however, suggests itself as being easily comprehended by Henry, in fact by all Henrys, and as an almost sure cure for the non-co-operative attitude natural to children. It may have been used by the ancients but so was water for washing and drinking; it may sound a little tit-for-tat but so is the game Mother Nature plays with us. If Henry finds no time to help Father, Father is quite logically excused from finding time to help Henry. If Henry has other better things to do than to lend a helping hand, then (for Henry's own good) so should Father. If he did have, on one or two occasions of supreme importance to Henry, there is little doubt that the lesson of the benefit of mutual co-operation, which is incidentally one of the most fundamental of life, would be driven home—and in time.

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Conquering the Instinct of Cruelty

TWO boys were seen to be playing on a vacant lot. One had a baseball bat, the other was throwing something for this one to strike. A teacher happened to cross the field where the boys were playing. She stopped a minute to watch the boy's skill and was amazed to find that it was not a ball with which they were playing but a live toad. She succeeded in shaming the boys sufficiently so that they put the toad down and discontinued their brutal sport, but she went on her way and promptly forgot the incident. That afternoon in her classroom she gave a lesson in history citing some of the far removed examples of human error and battle. She completely ignored the opportunity which had come to her to teach a never-to-be-forgotten lesson in human kindness.

The instinct of cruelty is one which we are to think will be outgrown. It is rarely outgrown. Instead it develops the boy or girl into a hard, unfeeling individual who cares not even for his human associates and still less for animals. It is the most dangerous instinct a child can possess for it is the beginning of many crimes. Cruelty, ruthlessness and lawlessness are all of the same family and the first is the worst of them all. I have seen children stick their fingers in dogs' eyes, pull kittens' tails, and do other similar things to pets just to see what they would do. Parents or other grown-ups standing near make no remonstrance, ignore the act as if it were not important. These little things are important. "Do unto others as you would be done by" is still the best lesson to give little children. It is easily understood. It is personal and direct and it is at least a guide for them in their relations with other world creatures.

Boys who play baseball with a live toad, or who kick a pet dog when he is chained do not do so for the sake of curiosity. They do it for the definite purpose of hurting and the only cure for them is to be equally hurt in return and to be taught that such acts are not and will not be tolerated. It is cruel of parents to allow children to develop cruelty for they can prevent it by being watchful of little indications.

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SOME RECIPES THAT WILL BE LIKED BY THE ENTIRE FAMILY

By NELLIE MAXWELL

What can an individual do but just distribute such little gifts as he has to give, which increases the chances for happiness by increasing the appetite for the things of the spirit.—Edward Yeomans.

A simple dessert well made and daintily served gives just the finishing touch to a plain dinner. Here are a few desserts that may be helpful in planning a luncheon and the dinner menus:

On baking day when the oven is not too well occupied, prepare and bake a pastry shell or two, or bake the shells on patty tins for individual pies. These will keep well for a few days and it will be found most helpful to put in a filling of lemon, cover with a meringue and have a dessert in a very few minutes. These shells may be filled with crushed fruit, topped with whipped cream, or they may be filled with a butterscotch filling or chocolate, thus having any kind that seems desirable or is well liked.

The following will be another filling that takes but a few moments to prepare:

Marshmallow and Fruit Pudding.—Soak one-fourth of a cupful of candied cherries and pineapple cut into pieces either in the pineapple juice or any fruit juice either canned or fresh, for an hour or more. Use maraschino cherries and their own sirup if preferred. Cut one-half pound of marshmallows into six pieces each. Beat one cupful of whipping cream until stiff, add three tablespoonfuls of confectioner's sugar gradually, then a half teaspoonful of almond with a few drops of vanilla. Mix the marshmallows with one-half cupful of pecan meats broken into pieces and fold all together. Chill and serve in the pastry cups.

A Dainty Luncheon Dessert.—Spread the round butter crackers with marshmallow cream and in the center of each place a teaspoonful of pineapple or orange marmalade. Beat the whites of two eggs until stiff and dry, add one-fourth cupful of powdered sugar and with a pastry tube pipe this meringue around the edge of the cracker, then set a rose of meringue in the center. Sprinkle with granulated sugar and brown delicately in the oven.

Apple Stuffed With Dates.—Wash and core six to eight apples. Fill the cavities with stoned dates. Cover with boiling water to soften and separate the dates, then drain and dry before stoning. Bake the apples until tender, basting with a plain sirup of sugar and water boiled together ten minutes. Serve hot with rich cream.

Welsh Rarebit on Anchovy Toast.—Melt three tablespoonfuls of butter, blend with three teaspoonfuls of cornstarch, then add one cupful of milk slowly; cook, stirring until the starch is well cooked. Cut one pound of soft cheese fine, add one-half teaspoonful each of salt and mustard, a dash of cayenne, stir and cook until creamy. Have toast well buttered and spread with anchovy paste. Serve the rarebit hot over the toast and garnish with sliced tomatoes, marinated in french dressing.

Cheese and Sardine Rolls.—Butter bread and spread with grated cheese or place a skinned and boned sardine on the buttered bread, roll up and secure with a toothpick. Brown in a hot oven or sute in a chafing dish. Remove skewers and serve. Nice with soup or salad.

Shrimps in Aspic.—Prepare an aspic as follows: Break an egg white into one and one-half cupfuls of lemon juice and one-half cupful of water. Let come to a boil and strain. Add one tablespoonful of gelatin soaked in one-fourth cupful of cold water; stir and strain again. Set a mold into ice water and pour in some of the aspic; when firm, cover with shrimps, then when firm cover with more of the jelly until the mold is full. Let the jelly set at each addition before adding more shrimps. Chill and serve with mayonnaise on lettuce.

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EVENING STORY FOR THE CHILDREN WHEN THE SANDMAN COMES

By MARY GRAHAM BONNER

There were some late goldenrods nodding their heads and talking.

It was late in the season for many of them to be around.

"Some folks don't care about you," said some weeds in the field nearby.

"There are some folks," said the goldenrods, shaking their heads quite hard, "who don't like anything unless it costs money, hard, cold money.

"Just as though money would make us grow.

"They could pour those things they call pennies, and nickels and dimes—and even quarters—all over us and do you suppose we'd grow for them?

"Indeed we wouldn't. They could plant dollars all around our roots and it wouldn't make a scrap of difference.

"That shows how much we care for money, and the people who only like flowers that cost a great deal."

"You have almost as much sense as though you were weeds," said the weeds.

"Oh," smiled the goldenrods, "that is because we are near to weeds in a way.

"We are called flowers, but we are wild flowers. We do not grow in gardens or in hot houses; no, we grow all over the fields and the meadows.

"We grow out in the open under the sky."

"And pray tell us why you talk so harshly about money?" asked the weeds. "They say that money is a

"Oh, Look at the Lovely Goldenrods."

fine thing. They all like it. We've heard the children asking for it, too."

"It's funny," said the goldenrods. "Of course it is needed to help people live, but when they talk about flowers and how much they cost—well, we really can't stand that."

The goldenrods looked very sad, and drooped a little.

"Oh, pick up your heads," said the weeds. "You mustn't be unhappy because people talk about flowers that cost a lot.

"Most of them don't do that. Most of them love wild flowers and love to see them and gather them."

Just then some children came along.

"Oh, look at the lovely goldenrods," said one.

"I thought they were all gone," said another.

"Isn't this wonderful—finding so many here," said a third child.

The weeds whispered to the goldenrods.

"Now are you happy?"

The goldenrods whispered back to the weeds and said to them:

"Indeed we are."

And as the children gathered some of the late goldenrods and said how much they loved them the goldenrods were sad no longer.

They are so bright and so love to give joy and pleasure.

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Domestic Rabbit Meat Is White and Delicately Flavored

Domestic Rabbit Is Delicately Flavored.

(Prepared by the United States Department of Agriculture.)

The meat of a domestic rabbit is so superior in color and flavor to that of wild rabbit as to make it seem an entirely different article of food. All the meat on a domestic rabbit is white and delicately flavored throughout. In food value, rabbit falls in the class with poultry and other meats as a source of efficient protein. Domestic rabbit may be eaten at any season.

While a great many of the domestic rabbits are marketed at eight to ten weeks of age and are termed "fryers," the more mature animals are also good. They need longer, slower cooking, as in fricassees, casserole dishes and rabbit pie, and may be used in croquettes, salads, chop suey and other dishes made of previously cooked meat. The bureau of home economics of the United States Department of Agriculture suggests the following way of cooking a mature rabbit en casserole:

Wipe the rabbit meat with a damp cloth, cut into pieces for serving, sprinkle with salt and pepper, and roll in flour. Brown lightly in hot fat in a skillet, transfer to a casserole, add some of the fat from the skillet and one-half cupful of hot water. Cover and cook in a moderate oven (350 degrees Fahrenheit) for one and one-half to two hours, or until the meat is tender. Remove the meat, and thicken the gravy slightly. To each cup of liquid allow one tablespoonful of flour, mix with a few tablespoonfuls of cold water, add to the meat drippings, return to the oven, and stir occasionally until thickened. Season with salt and pepper and finely chopped parsley, replace the meat, and when thoroughly hot serve in the casserole.

Hand Lotion

The best hand lotion to keep in the bathroom and on the kitchen shelf will contain some benzoin and also some almond oil.