

### First-Trouser Suits for Little Boys

(Prepared by the United States Department of Agriculture.)

The clothes worn by a little boy, between two and three years old, may be made to help train him in self-reliance if carefully designed. If he is obliged always to run to some older person to be dressed, buttoned and unbuttoned, he does not develop the independence that he should have as he comes into contact with other children and people outside of the family circle. Being able to do things for oneself is a great source of self-confidence. It is also a convenience to any mother to have her child able to dress himself without her help and go to the toilet alone. He soon begins to take pride in selecting what he wishes to wear, and at this stage can be taught very readily to take care of his clothes, both when he wears them and when they ought to be put away or laid out, ready for another day.

In the past, one of the greatest obstacles to complete independence encountered by the small boy has been the complicated system of buttons and belts around his waist. There seems to be no reason why boys' trousers

a boy who likes to climb because buttons on the side seams often cause binding and are frequently torn off as a result. As in all the trousers designed by the clothing specialists of the bureau, these are above the knee and are roomy enough to be comfortable, especially in the seat.

The blouse illustrated has several good points. The simulated collar is stitched flat and so are the trimming bands on the sleeves, which are purposely made very short. This gives greater freedom and does not interfere with the band of the elbow. A printed fabric with a small pattern in colors harmonizing with the plain color of the trousers and trimming is appropriate for a boy between two and three, but unfigured materials may be used if preferred.

### Soy Beans Are Becoming Popular as Table Food

Soy beans, long considered in this country as feed for live stock only, are gradually finding a place on the American table. Soy beans have been utilized for many centuries by the people of the oriental countries in the preparation of numerous fresh, fermented, and dried food products.

Extensive experiments in North America and Europe indicate the value of soy beans as the basis of food for persons requiring a low starch diet, says the United States Department of Agriculture, and for many years food companies have had on the market forms of soy bean flour prepared for persons requiring a diet of this kind. Investigations have shown that soy bean flour as a gruel is a most valuable food for infants.

**World Has a Few**  
A wise wife is one who pretends to believe everything her husband tells her.—Chicago News.

## Tiny Capes in Fashion Limelight

By JULIA BOTTOMLEY



It does not follow because a frock is sleeveless that the top of the arms will remain uncovered—not with millions of tiny capes doing duty, as they now are, in the absence of sleeves. In almost every instance where sleeves are minus a capelet is present. Very

flattering, so youthful, and with a refreshing touch that does away with the crude lines of utter sleevelessness. So it is, that as prettily frivolous as capelets may appear, they really are put here for a purpose, their mission being to look and to act like little

sleeves, or at least to suggest them as they ripple from the shoulder, or flow and flutter about the arm with an exceeding grace.

It's the fashion for tennis frocks to be caped, the model pictured showing an attractive treatment. The material for this frock is as interesting as the styling of the dress itself, being dainty wool challis. If you have not had printed challis suggested as a likable and chic material for the making of frocks to wear on the tennis court, you have missed a very important style message.

In fact, challis is an exceedingly popular fabric just now, for not only simple daytime frocks, but for the blouse to be worn with the suit, or for the entire ensemble. Paisley patterned challis is ever so smart in colorings duplicating those of quaint cashmere shawls.

Bordered challis makes up stunningly into three piece costumes. Then, too, it is the fashion to wear short jackets of challis in monotone, over gay-printed challis frocks.

To return to the subject of capelets, designers are not hesitating to employ them, not only for simple washable dresses, but afternoon chiffons replete in all sorts of little frilly contraptions to give grace to the shoulder-line. Sometimes, even when sleeves are employed, capelets are also included in the picture.

### Some Timely Hints for the Housekeeper

The kitchen table is generally the correct height for the worker if she can place her hands flat on the top without stooping.

For good health in winter, children's knees should be well covered. This helps keep an even body temperature.

Fried fish has a particularly delicious flavor if a tablespoonful of lemon juice is added to the egg in which the fish is dipped.

Plenty of vegetables in the diet are better for the family than tonics, for flagging appetites. Try serving one vegetable dinner a week and at least one green vegetable a day.

Loosefitting underwear of knitted fabric is best for children in winter since it allows for freedom of movement and ventilation, yet keeps small bodies warm.

### The Last Word

Claire and a little friend had gone to the matinee at the picture show, and they stayed so long that Claire's mother was impelled to ask the reason. "Well," said her daughter in all seriousness, "you see, we stayed for the no-velty!"

### Not Reliable Currency

"Praise undeserved," said Hi Ho, the sage of Chinatown, "brings insecure pleasure. It is counterfeit money in the currency of fame."—Washington Star.

## Some Good Dishes for the Table

By NELLIE MAXWELL

**Nothing is small!**  
No illy muffled hum of summer bee. But find some coupling with the spinning stars.  
No pebble at your foot but proves a sphere:  
Earth's crammed with Heaven,  
And every common bush affire with God.  
But only he who sees takes of his shoes.  
—Elizabeth Barrett Browning.

The beautiful small cakes and pastries which are so attractively decorated and we find so expensive when we come to purchase, may be prepared at home with little work.

There are several kinds of foundations, the puff paste, chow paste (this is the kind used when making cream puffs), then the cake foundation and short bread pastry.

**Almond Slices.**—Spread the entire sheet of cake with a tart jelly or jam beaten to a paste, then cut it into strips three to four inches long and one and one-half inches wide. Spread the sides with jelly. Top each with a heavy meringue made with two egg whites, eight tablespoonfuls of sugar and one-fourth teaspoonful of almond extract. Arrange with a pastry tube, then sprinkle with powdered sugar and top with shredded almonds. Place in a slow oven to lightly brown.

**Neapolitan Squares.**—Cut the cake into two-inch squares, spread half the squares with apricot jam, currant jelly or orange marmalade, cover with the squares and press together between boards until firmly joined. Now spread the sides with jelly beaten to a paste with a few drops of water

and dip each into finely chopped coconut. Ice the tops with a thick chocolate icing and in the center place a halved maraschino cherry, cut side down; add stem and leaves of citron or green icing.

**Fruit Pastries.**—Use the cake foundation, cut into strips, squares or rounds, put together with a custard cream of orange, lemon or jelly. On top of each place a halved pear or peach which has been cooked until transparent in a heavy syrup, using one cupful of the juice and three-fourths cupful of sugar. While cooling baste with this syrup as this will give a nice glaze. When the fruit is arranged pipe a border of whipped cream, sweetened and flavored, all around the sides and top.

A tart sauce that will be well liked because it is unusual, is prepared as follows: Dissolve a tablespoonful of powdered mustard in one-half cupful of fish stock, add two tablespoonfuls of white wine vinegar, or any vinegar will do, bring to a boil, add two lemon slices and boil a few minutes longer, add two eggs which have been beaten with a teaspoonful of water. Season with salt and pepper, heat again but do not boil.

**Sauce Mouseline.**—This is another good fish sauce. Beat two eggs, add one cupful of thin cream, one tablespoonful of butter and pepper and salt to taste, stir until it begins to thicken. When of the proper consistency, add a tablespoonful of lemon juice and it is ready for the table.

**Fish à la Mareilaise.**—Chop into fine

bits a small sweet chile pepper and toss it about in a saucepan over the fire with a cupful of olive oil or butter. When hot add a cupful each of okra and stewed fresh or canned tomatoes. Cook fifteen minutes and add a cupful of fresh fish and half a cupful of salt fish—mackerel for example. Cover and cook for twenty minutes longer and serve with crispy crackers.

**Mutton With Spinach.**—Roast a small leg of mutton, season well with a bit of garlic and plenty of salt and pepper. Add a small quantity of water in the roasting pan. When half cooked remove the meat and skin the gravy of all fat. Return the mutton to the pan, surround it with small, even sized potatoes and cook, basting the potatoes until tender and brown. Cook three pounds or less of spinach, drain and pass through a sieve. Return to the sauce pan and season with salt and pepper. Add a tablespoonful of the gravy from the pan and simmer until serving time. Serve the spinach with the potatoes, about the meat, and serve with the gravy in a sauceboat.

**Broiled Rabbit Makes Tasty Dish**



Tender, Sweet-Fleshed Domestic Rabbit Broiled.

(Prepared by the United States Department of Agriculture.)

Broiled chicken—why not broiled rabbit? Perhaps you have seen lately in your local market some of the domestic or hatch-raised rabbits that are being extensively produced from West to East. You have wondered whether the family would like them; the "game" flavor of wild rabbit was not especially popular.

Without hesitation you can experiment with some of these tender, sweet-fleshed domestic rabbits. The meat can best be compared to that of chicken, and it is cooked in all the ways chicken is cooked. Get a young rab-

bit to try, and broil it. Put it on the table without comment and some members of the family will suppose they are eating chicken. These hatch-raised rabbits eat rolled cereals, alfalfa hay and leafy vegetables. As a result the meat is delicate in flavor and tender in texture. They may be eaten at any time of the year.

The bureau of home economics of the United States Department of Agriculture gives the following directions for broiling a rabbit:

Wipe the rabbit with a clean damp cloth, sprinkle it with salt, pepper and flour. Place whole, back down, on a rack in a fat baking pan. Place generous pieces of butter in the hollow places. Cook in a moderately hot oven (375 to 400 degrees Fahrenheit) for 40 to 50 minutes, or until tender. Turn the rabbit over, baste with pan drippings and place under the flame of the broiling oven to brown. Cut and serve the broiled rabbit on a hot platter and pour over it the drippings mixed with one tablespoonful of finely chopped parsley.

### How to Mend Summer Underwear

When men's or boys' summer underwear tears at the armcye across the back, sewing the tear up means that you will have to do it after every wearing.

A better way is to cut straight across the back of the garment to the other armcye and insert a piece of thin muslin or dimity about two inches wide, using a double seam. Then hem the inserted piece at the armcyes and your trouble is ended for that part of the garment.

### Removing Stains From Linen

Remove fruit stains at once from linen by stretching the stained part over a bowl and pouring boiling water over the stain.

## Historic France



Vista Along the Midi Canal.

(Prepared by the National Geographic Society, Washington, D. C.)

A CROSS southern France, where floods recently devastated a large area, lie the Lateral and Midi canals, connecting the Atlantic and the Mediterranean. A unique sightseeing trip through this delightful country can be made along these waterways in a canoe.

The start is made at Bordeaux. With its almost six miles of wharves, it is among the few big ports which have troubled to beautify their waterfronts. Its broad, quay-parallel thoroughfare with here a tree-shaded promenade, there a public park, and yonder a towering pair of columns dedicated to Commerce and Navigation, illustrates for the benefit of many another slummy waterfront how sea-freighting may bring beauty out of business.

From Bordeaux for 25 miles the Garonne river forms the waterway. The Lateral canal starts at Castets, and parallels the river to Toulouse.

Though navigation hasn't usually much to do with hills and dales, that landsman's phrase aptly describes a canal trip. The 260-mile waterway which stretches from near Bordeaux to the Mediterranean—that is, the conjoined routes of the Lateral and the Midi canals—is regulated by 113 locks. These give a 620-foot drop on either side of Castelnaudary, the highest intermediate point.

Thus, the canoe voyager goes "up-hill" to Castelnaudary, then "down dale" to the Mediterranean, averaging 10 1/4 feet of ascent or descent each time he passes a lock.

Beautiful Country. The Lateral canal leads through a smiling countryside of gently rippling hills and of close cultivation, with tobacco plantations and vineyards alternating. Regiments of staked vines align themselves across the fields at the queerest of angles, a planting system aimed at securing the maximum exposure of sunlight.

Here and there some picturesque village, its fifteenth-century houses dominated by a ruined donjon, mirrors itself in the Garonne.

The canal and its river feeder parallel each other for 120 miles, and it is but a short stroll whenever one wants a glimpse of the latter. Their courses intersect at Agen. One suddenly finds himself cruising between two seemingly endless walls of masonry, and the scenery begins to drop out of sight. First the trees, then the dim hillsides, sink disquietingly away into nether space. It is the canal-carrying aqueduct, which floats barge traffic high in air across the wide valley of the Garonne.

### Prehistoric Neighborhood.

From Agen an interesting pilgrimage can be made to Les Eyzies' grottoes where can be seen the habitations of Pleistocene man. It was in the early sixties that Les Eyzies' grottoes yielded finds of flint and horn implements, human skeletons, and bones of extinct animals. Subsequently these formed a basis for calculating the chronology of the Stone Age.

Between the rude representations of animals, scratched by primitive man on his cave's walls, and the art which caused Moissac's cloister columns to bloom with flowerlike beauty, lies all the mystery of the timeless miracle of mental evolution.

Long before one enters the Canal du Midi at Toulouse, one realizes how well named is France's "Midi." This is the French word for midday. In summer and autumn it is a country of withering heat, shuttered houses, white roads, and dust-covered foliage, under a brilliant, cloudless sky.

Toulouse—alas for the betraying charm of its name!—sprawls common-places and disconsolate-looking, as if depleted by centuries of sunstroke. Of the medieval city that was the seat of a powerful countship and the scene of religious wars, little remains but St. Sernin's, who was dragged behind the bull he had refused to sacrifice on Jupiter's altar, to recall Toulouse's architectural past.

### Old Customs Retained.

With one other exception what the visitor would expect of that high-sounding name is discoverable only in histories.

This exception is the curious spectacle of forty citizen patrons receiving nine gold and silver flowers from La Daurade's high altar, then defiling through Toulouse to award these articles amaranth, marigold, and other blossoms in a poetry contest, and finally hymning a eulogy on the festival's

reputed founder, Dame Clemence Isauere.

Such is the May day fete of the ancient Academie des Jeux-Floraux. While floral festivals of varying kinds are held at Nice, Cahors, Lyons, Orlans, and in Normandy, Catalonia, and Rhenish Prussia, it is only the Toulouse event which represents an unbroken tradition of six centuries' span.

At Toulouse travelers by canal leave the Lateral canal and enter the much older Canal du Midi. Constructed in 1608-1681, this "canal of two seas" represents the earliest step toward the present Atlantic-to-the-Rhone line. Beyond that 26-mile route extend the Rhone's northern canal connections whereby barges can travel inland from Bordeaux to various French channel ports.

The most recently completed canal link in southern France has opened a Marseilles-to-Calais line. This is 852 miles long, or considerably shorter than the sea route.

The Canal du Midi is not only an important commerce carrier; it is among the most beautiful of French waterways. Immediately beyond Toulouse it traverses a series of woodland vistas, a ceaseless interplay of lights, shadows and reflections, that change with each turn of this endlessly twisting stream.

The Midi canal's picturesque character is due to the magnificent trees which line its banks for more than 100 miles. Here are venerable oak glades, there alleys of plane trees, and yonder spear-straight pines or somber walls of cypress. Often, indeed, ranks of these different species parallel each other in a multiplied depth of sylvan shelter. The lovely curves and green wealth of foliage are alike due to its planners' method of mitigating, for the benefit of barge traffic, the sweeping winds of the region.

Nothing less than the epithet "fish-ability" could convey a picture of the Midi's angles, squatting in endless succession along the canal bank. The approach of boats scarcely stirs them from their piscine dreams.

Beyond Toulouse one has left Gascony behind and is well into Languedoc. Gascony, Languedoc, Provence—names how redolent of history and romance!

From many remote blood strains and from constant transpirenean infiltrations has sprung up the Midi type—dark-skinned, glowing-eyed, often Sarcenetlike.

### Busy Market-Day Scenes.

Castelnaudary tempts one ashore for that busiest of sights, a market town on market day. One of its leafy squares is reserved for vegetable sellers, a second for poultry and game, and a third for horse dealing. Down one street come cartfuls of huge hampers containing mixed families of ducks and rabbits. Down another come peasants bicycling into town, with geese sitting sedately arroy in trays attached to the handlebars.

Trade is brisk, and by noon the world and his wife are walking homeward with squirming rabbits and cackling chickens under their arms. As for the horse fairs in Rosa Bonheur's native countryside, they are just such animated sights as her famous canvases portray.

Carcassonne, on the Midi canal, is two towns in one. The Cite is completely dissociated from Carcassonne's Ville Basse, or lower town. The former is a steep hill, its crest encircled with mighty walls, hardly less than a mile around, thronged with tall towers showing crenelated tops—the epitome of high-perched, drawbridge-guarded medievalism, profiled against fleecy clouds adrift in the blue.

For 15 centuries it has stood thus. The Cite of Carcassonne.

Beyond the fact that the Roman empire gave self-government to Carcassonne, as it was then called, and classed it as a "noble" or "elected" city, little of Carcassonne's history emerges until the fifth century. It was then that the Visigoths fortified this strategic point, which commands half a dozen Pyrenean passes, by erecting the Cite on the ruins of Roman ramparts, utilizing their knowledge of Roman fortifications.

For 1,500 years these fortifications have been accumulating the cobwebs of history. Here East met West and North met South, in the succession of foreign conquerors who came and went, now besieging the Cite and now modifying it into what was acclaimed by Viollet-le-Duc, its chief restorer, as the most picturesque and most nearly perfect example of a medieval fortress.

## The Sandman Story for Children

By MARY GRAHAM BONNER

"There is one thing extremely nice about the snake family," said Mrs. Wiggle Snake, "and that is we don't always wear the same clothes."

"How often we see the same creatures who never seem to change their costumes—dogs and cats."

"Now we have new suits quite often."

"We have to put up with hardships in order to get it, though," said Mr. Wiggle Snake. "It doesn't all come so easily."

"Perhaps other creatures don't care so much for something new as we do. We show how much we care about it when we go to such a lot of bother."

"You see every spring when the snake families awaken from their winter naps, they all change their skins."

"While they are waiting for the new skin to be grown upon them—for they have to wait for their new suits just as people who go to tailors or dressmakers have to wait for their suits—they are quite blind."

"Yes, that is what snakes put up with in order to get new suits."

"After they have shed their old skins they become blind and for two weeks while their new skins are becoming perfect they can not see at all. They feel their way about with their forked tongues which are especially sharp and excellent at just this time."

"Their new skins have been growing under the old ones, but when they have dropped their old ones, the new skins have to have a chance to become just right in every detail."

"You can imagine that a snake is

almost as fussy to have a suit fit as is a grown-up. Therefore they are willing to wait two weeks every spring."

So the snakes talked.

"How do you think you will like your new suit?" asked Mrs. Wiggle Snake.

"I can't see how I will like it," said Mr. Wiggle, "but I feel as though I



"I Am Sure I Will Like Mine."

would, and as though it were going to be all right."

"I am sure I will like mine," said Mrs. Wiggle Snake. "Somehow I always do. I love a new skin so."

"And we love ours," said the others. "We must have a good meal soon," said Mrs. Wiggle. "It is just three months since we have had our breakfast."

For the snakes eat every once in awhile—but when they eat, they eat

a great deal, and then they sleep. So they decided they would have a family dinner as soon as they had their new skins.

In the meantime they went crawling around, feeling with their forked tongues, and hissing delightedly about their new skins which were growing so well, and of the meal they had had three months ago.

And also of the one they would have so soon now. They were getting up splendid appetites!

(© 1929, Western Newspaper Union.)

### Ways of Using Leftover Rice

(Prepared by the United States Department of Agriculture.)

The United States Department of Agriculture recommends some of the following ways of using cold cooked rice:

Cold rice, or rice reheated by steaming, may be used as a breakfast dish with sugar and cream, with stewed fruits with baked or codded apples.

Rice reheated by steaming may be served on a platter surrounded with carrots and peas, or turned over in browned butter or other fat.

Rice may be combined with vegetables and served cold with cheese sauce or mayonnaise as a salad.

Rice may be used for thickening soups, or in scalloped dishes instead of bread crumbs, or combined with chopped meat and seasoned with onion, parsley, or celery seed and made into croquettes.

Rice mixed with a little chopped meat and green pepper or celery

makes a good stuffing for tomatoes or baked fish, or to place between two steaks of fish for baking.

The tougher cuts of meat may be combined in stews with leftover rice. Rice may be recooked in milk, and a little butter or other fat and sugar added. This makes a nourishing dish for children or invalids.

Rice scalloped with white sauce in which chopped or grated cheese has been melted, makes a substantial and appetizing dish suitable for luncheon for supper.

Water from cooked rice may be used in soups, for the liquid in scalloped dishes, or for starching sheer materials.

### Removing Stains From Linen

Remove fruit stains at once from linen by stretching the stained part over a bowl and pouring boiling water over the stain.