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Irene DeLosh, 325 South Holly St.—Phone 390-L or 75

## To-Day and To-Morrow In The Feminine World



Bud and Sis!

By EMMA LOU FETTA

**B**ROTHER and Sister are having their day nowadays! Some psychologists and infant specialists even believe that the youth of this country is going to turn the tide back from a sophisticated interest in things adult.

In the picture Brother and Sister are in the well-known "leggy" stage. Nevertheless and notwithstanding, their attire is very smart. "Comfortably elegant" is the mature diagnosis a young Miss of our acquaintance has given the new fall wardrobe which her mother is preparing at this moment. Where she got the phrase is a matter of family discussion but her accuracy is undeniable.

The child of today puts on and takes off clothes expressing as much as possible in own preferences. Holland blue apron frocks are past, and designers, being in no small degree psychologists too, are appealing not only to the youngsters' sense of smartness and individuality, but to their imaginative as well.

What child wouldn't be attached to a frock such as the one Sis is wearing in the picture when, in ad-

## Tells How to Keep Feet Young With Simple Care

Even those who praise the modern woman's type mourn the fact that their feet "grow old before their time"; feet can be kept young and beautiful if you follow the rules of simple, unostentatious, clean, hygienic care, says Miss Pillsbury, expert in September, McCall's, who has just completed a survey of the situation.

Cheap shoes are often the most extravagant purchase we can make, says Miss Pillsbury, who explains how insistence on style before comfort is responsible for most of the bad fitting evils. Telling how foot-troubles may be corrected, she says:

"Here are some other feminine faults which experts pointed out to me:

"Too many high heeled shoes are worn for walking, instead of being reserved for evening or afternoon wear.

"In bad weather there may still be seen on any city street many women without rubbers or galoshes—a sin against shoe economy, foot comfort and general health.

"Another weakness is our tendency to wear styles designed for summer use in winter time, and use thin, soft leathers for street or country wear.

"Another great fallacy in foot health is the notion most of us have that comfortable, well-designed, well-built shoes, made with consideration of the actual bone structure of the foot, are lacking in smartness. In pursuit of material for this article I looked at great sample rooms full of shoes which had been made in New England as well as the great shoe centers of the middle west. And I discovered that style plays a great part in the manufacture of sensible, well-built foot discipline shoes. In one house I met a charming French style expert imported to give that subtle Paris touch to the line of scientifically-made shoes.

"Here are some economy and comfort suggestions which will help you to get better wear and more happiness out of your shoes. Have one pair of true 'comfort'

shoes in your wardrobe. They are ideal for housework, shopping, marketing, driving the car, office working and other jobs. When you buy shoes for the occasion you are being far less extravagant than you think.

"Several pairs of shoes make it possible to have a fair change as well as a change from day to evening slippers, or from street to sports shoes. This gives longer life and better looks to your footwear. Remember that when a shoe begins to wear badly it loses its gripping quality. The longer you wear it the less adaptable and efficient your feet become for your new pair of shoes. It all comes back to the same thing in the end. When a shoe is not doing its best work your feet must suffer. And, quite aside from the pain and inconvenience of "breaking in" a new pair, the length of wear of all your future shoes is shortened."

**Importance of Clean Towels**

Whether a towel is of the finest linen or the best cotton, after all is said, only a clean towel is a good towel. A row of filthy towels in the kitchen or bathroom conveys a housewife not only as untidy, but as unkindly of the health and welfare of her family.

Each member of the family should have his own face and bath towels which no one else uses, and they should be replaced with clean ones as often as necessary. If used until they are unsightly they fall in their cleansing purpose and are harder to wash.

Unless dish towels are clean, it is better not to use them. If soiled their use simply counteracts the washing process by rubbing dirt and bacteria on plates that have been made clean with soap and water.

All towels, personal as well as kitchen, should be thoroughly washed and preferably sterilized through the boiling process. While this should always be the case, it is doubly essential when there is a contagious sickness in the family. After the towels have been soaked, they should be placed in clean cool soapsuds and slowly heated to the boiling point. Boiling should continue for five minutes. They will need little rubbing but they should have repeated rinsings until all the soap and soil have been removed.

Rogue River Valley—The scenic paradise of the world.

## THE HOUSEWIVES' CORNER

By Margaret Smith

I think the relations between elderly folks and young folks would be more pleasant than they sometimes are if the elderly ones would treat the young as if they were older and the young ones would treat the elderly as if they were younger.

It is a waste of golden moments to speculate upon some matters. Yesterday one of the tires of a big automobile blew out on the street, and a girl on the sidewalk laughed somewhat jeeringly and calculated "Good!" half under her breath. Why did she do this? What did she think of the incident? It is of no use to conjecture. As Ben Hing said of the merry-go-round, "What's the use? It don't get you anywhere."

**Corn Bread.**—Mix 1 cup yellow corn meal, 1 cup white flour, 4 tsp. baking powder, 1/2 cup sugar, and 1 tsp. salt. Mix in another bowl 1 egg, 1 cup milk, 2 tbsps. melted butter. Add to the dry ingredients and beat until thoroughly mixed. Spread in a greased pan and bake in a hot oven for 15 minutes. Molasses may be used instead of the sugar.

Novelty smocks in high-colored printed broadcloth are shown in New York. The patterns are modernistic, in scattered and irregular arrangements. Other smocks noted here are of solid-colored broadcloth as well as rayon and cretonne. Saten, mostly black, combined with muted tints, the latter used to develop the cuffs, collars and, in some cases, yokes.

Novelty prints combine with the solid-colored broadcloth, as in a smock or print having a light blue tie fastening at a high neck line. Embroidered necks and embroidered tops of rayon smocks are frequently noted, as well as smocking of the yoke.

**Carrot onion salad.** Grate 1 cup

raw carrot and mix with 1-2 cup cream and 1/2 cup 1-2 cup dried celery. Moisten with mayonnaise and serve on lettuce leaves.

A good moth preventative is to vacuum your rugs on the wrong side occasionally. Wash your phonograph records with a soft mild soapy warm water. Wipe them perfectly dry and they will play much sweeter and clearer.

An unusual choker necklace is fashioned of tiny strips of metal, tinted gold and silver in alternating groups of five. When the necklace is worn, there is a fan-like spread of dulled gold and silver around the throat, which is very lovely.

**Chocolate Nut Fudge Cake.**—Beat 3 egg yolks until light and add 1/2 cup milk, 1 tsp. vanilla and 1 1/2 cups sugar. Melt 4 oz. chocolate with 1-2 cup hot water and add to mixture. Add 2 tsp. baking powder, 1 3/4 cups pastry flour, 3-4 cup nuts, 1/2 cup cooking oil and the whites of 2 beaten eggs until stiff. Bake in a shallow flat pan in a moderate oven. Cover with chocolate icing.

**Fried Eggplant.** Pare and slice an eggplant and let slices soak in salted water for an hour. Drain and dip in beaten egg, then cracker crumbs. Fry very slowly until tender. Salt and pepper to taste.

Garters are so attractive nowadays that it is no hardship to wear them—roundabout or straight up and down ones.

Some of them are made of Dresden flowered elastic, in any width you please—pink, usually, printed with flowers of rose and blue and yellow. Sometimes the flowers are printed on a blue ground.

The round-about ones are often edged with lace, and then a lace rosette, perhaps centered with a rhinestone or other bit of sparkling paste, is the decoration.

Garters and slippers are made to

match for boudoir, and with a pair of lace garters the one ruffled garters recently included by a bride in her autumn trousseau there was a pair of satin boudoir slippers edged with a frill of inch-wide lace—like that on the garters—rosseted at the toes with tiny rhinestone buckles in the heart of the lace rosettes.

**Tomato and Pineapple Sandwiches.** Slice ripe tomatoes half an inch thick, season with salt, dip in flour and dry slowly in hot fat. Dip pineapple slices in flour and fry also. Before being placed on a square of bread, cover with another piece of bread, then a slice of tomato. Garnish with a small pickling onion.

**Roquefort Dressing.**—Beat 1-3 pound Roquefort cheese with a tsp. mayonnaise until smooth. Add 2 tsp. lemon juice and 1/2 tsp. chopped pimiento.

Take one cup of common sense, a half cup of justice, one and a half cups of love sifted with one and a half teaspoons of mutual confidence. Add two large portions of sense of humor, beaten separately. Spice to taste with wit and nonsense. Bake in a moderate oven of warm approval. Ice with generous appreciation.

Not infrequently is the raincoat cited as a requisite of smart attire. Very colorful coats of waterproofed silks are manifesting themselves on the continent, but the plain trench coat is remaining a popular model inasmuch as it is not excessively warm and is a style commendably swagger and youthful.

Natural tones appear to be the selection of the smarter women, although there is a distinct tendency toward gray colors on dark days, which is really only a matter of personal taste and judgment. The raincoat adheres to the tailored lines and is quite free from detail.

## Budget System For the Home

"The secret of success lies in simplicity" said Bessie Q. Mott, addressing a group of women in Newark, N. J., where she has been supervising the installation of a budget service in one of the department stores.

"By this I mean," continued Mrs. Mott, "that the success of any system depends entirely upon the number of people you can get to take it up—and carry it out. That, in turn, depends upon its suitability to the abilities and conditions under which those people have to work."

"The particular thing I have in mind is living on a budget, or on what I prefer to call 'planned spending.' The women of this country, controlling 85 per cent of the total payroll of 72 billion dollars and with an influence on the spending of another 10 percent of that payroll, have to keep track of their spending. There is, however, so much work of all kinds that must be done by them in order to make that spending effective and get the utmost possible out of it, that they have neither time, inclination, nor—except in very few instances—training to keep a complicated set of books. Therefore, because it is absolutely essential to do something in that line, it becomes necessary to make the work as easy and simple as possible."

Some two years ago Dr. Heinz Duedicke, a distinguished German economist, was over here studying the methods in use in our savings banks, and became very much interested in the simplified budget plan as used in some of the banks. He had had much experience with attempted plans for household accounting in Germany—where the women handle 80 per cent of the national payroll—which, he said, had all broken down because the women refused to follow them. They all attempted too much in the way of detail and called for expert analysis of the various expenditures. And, as with all highly complicated systems—human or mechanical—a very slight error would throw them out—and involve more work.

The reason for such success as the American plan has met with is that all necessary work has been kept down to the lowest possible mark. This has been done by a broad simplification under few main heads, so that once the schedule has been set up—and this is not a very lengthy matter—a very few minutes once or twice a week will do all that is necessary.

Thus the woman who spends may not only know what she is spending and why, but she will also have time in which she herself may be able to enjoy some of the fruits of her spending.

## Your Child

By Mrs. Agnes Lyne

Above all things a child must be sure that his parents love him. On this depends his drive toward achievement and his sense of security in a complicated world.

The true function of parental love is to act as an underlying condition and a guiding force in the development of the child. It is easy to indulge in parental love; it is not so easy to love the child wisely and well.

Parents love their children in different ways and some ways are much better than others. I have in mind a certain father who adores his little boy. He is proud of David's fine physique, worships his smile and thinks him the most intelligent child in the world. He talks about him a good deal and kisses and embraces him impulsively. His demonstration of affection is in the mood of passionate adoration.

Yet when David cries and interrupts his father's work the expression of irritation and annoyance is no more restrained than was the expression of love. On these occasions his father says that children are a nuisance and not worth the trouble and responsibility they entail.

Although David is too young to understand his father's words, he is not too young to feel his moods. Later on when he comes to his father to tell him something in confidence, he will be turned away because he has chosen the wrong moment. Another day he will want to enlist his father in his games only to find that although Dad embraces him and calls him by pet names he is bored at the idea of really being friends with him.

Little by little he and his father will be alienated from each other. To David love of any sort will be something not to be counted on, a matter of emotional scenes which have little in common with steady affection and intimate comradeship.

Parental love which treats the child as a possession or plaything is simply a form of selfishness. More than any other kind of love that of parents for their children should be civilized. The child should experience his parents' love as a sort of even warmth that suffuses his days with a sense of well-being. He should know it as patience, tenderness and understanding. He should feel it as a kind of faith that he will do what is right and that he will achieve success in whatever he undertakes.

Lead tea strainers and lemonade sippers can be cleaned with a pipestem cleaner that has been rubbed on soap. Rub it briskly through the glass tube.

Save the tag ends of soap to be boiled with water and made into soap jelly.

## Hints on How to Remain Normal

By Mrs. Agnes Lyne

It seems as though all the health articles nowadays are entitled "How to Reduce" or "What to do to Gain Weight," but never a word is there published on how to stay the way we are. Fitly the poor healthy person—she got that way by accident and in extreme seasons she doesn't know what to do or what to eat to remain normal. As a consequence, sooner or later she gains or loses weight or is told that her hair is falling out and her complexion is poor because her diet lacks a certain thing.

One of our foremost doctors of nutrition tells us that the right kind of a diet is the most important factor in promoting health. There are certain foods that anyone, normal or otherwise, should have in their daily menus: one, all important, food is fresh green vegetables. Another is fruit. Still another is milk, one pint at least for every adult every day. One quart is better. Of course some of the milk is cooked as found in soups, custards, creamed foods and the like. Whole grain cereals are desirable every day.

In addition to a carefully selected well balanced diet, a few simple rules to follow when eating are in order for the normal person.

Continue to eat slowly and at regular times, chew your food thoroughly and avoid eating between meals.

After mentioning complications perhaps this article is not complete without the warning to eat sweets only at the end of the meal.

## Fads & Fashions

Ermine or Real Lace Combined With Velvet

PARIS—Op Velvet and ermine are frequently paired in the fall fashions.

The dressmakers put them together in dresses and coats for afternoon and evening, and one designed even shows a house coat that is quilted velvet colored with ermine. The velvet, naturally, is always black.

Another pet combination of the fall color collection is velvet and real lace. Usually the lace is used for soft ruffles around the neck and at the cuffs. Some houses show lace ruffles on printed as well as plain velvet dresses.

Candy Stripe Fabrics

PARIS—Op Candy stripes have a definite, if small, place in the new styles, appearing in velvet, taffeta and lame fabrics. The stripe is diagonal and made up of a group of vertical-colored fine lines.

To Make Meat Tender

A tablespoonful of vinegar added to tough meat while boiling or roasting will make it more tender. Mrs. M. N.

## Decorative Cakes

A plain cake is just like a plain girl; she may be very good, but she is not so attractive. Whenever you wish to please your family or your friends, just decorate your cake or cookies and you will be popular forevermore.

Cakes baked in fancy moulds or cut in fancy shapes from the loaf may be iced and decorated with colored sugar, chocolate decorations, strips of angelica or candied fruit. Little cakes baked in paper cups are also very attractive and popular since this eliminates washing pans. They are served right in the fluted cups.

Animal crackers dipped in chocolate make interesting decorations for a large cake which is first iced and while the icing is still moist stick the animals on the icing around the edge of the cake.

A May day cake may be made for any other summer occasion, also. The icing is tinted pale green and a stick of candy inserted in the center. Colored baby ribbons are tied to the top of the pole and drawn out to each place card at the table.

A very easy way to make a wedding cake is to use different sized pans, each somewhat smaller than the other, and arrange in tiers, being afterwards. If pans are not available cut loaf cakes in the desired sizes. Before being plunged the favors such as thimble, penny and ring in the sides of the cake and ice over these holes. A tiny doll in bridal gown with a flowing tulle veil surrounding the cake may be placed on top. An inexpensive pastry tube will enable you to decorate the cake with colored ribbon and tiny roses and leaves from creamy frosting.

When pies want to put on holiday airs, they sometimes take the form of tarts. These individual servings of pie, for that is what they are, serve a double purpose. They are dainty enough to please the ladies and are substantial enough to satisfy the masculine craving for a regular dessert.

Tarts may be made with plain pastry or may be fashioned from puff pastry. The latter is more troublesome to make so plain pastry is used more often.

## Serving Tea in the Afternoon

The charm of afternoon tea depends not on the cool, brisk day which attracts us to this cup of cheer, but first lies in the graciousness of the hostess at whose home we are being served, the uniqueness of her tea service and the daintiness of her foot. The seasonal flowers gracefully arranged, lend an added attractiveness to the occasion.

The regular serving of afternoon tea is a delightful custom in many sections of the country, and it is a simple way of entertaining one's friends.

At an informal tea the hostess usually makes and pours the tea herself at a small table set with all the necessary equipment for accomplishing this in the simplest and easiest way. Leaf sugar, a pitcher of cream and a small dish of lemon slices, some of them stuck with a clove or two, are usually offered with the tea.

The accompaniment to afternoon tea may be sandwiches or sweets, but whatever is chosen, they should not be elaborate.

Sandwiches for afternoon tea service should be small and thin and the fillings simple and not too generous. Did you ever realize how many different kinds of sandwiches can be made in combination with so simple a filling as cream? In fact, cream cheese combined with both sweet and savory mixtures. For a savory sandwich add to the cheese, mashed until soft and smooth, chopped pimientos, minced green peppers, olives, nuts, cherries, celery and chili sauce. If a sweet sandwich is desired, and they may often be served in place of cake, spread half of the sandwich with the softened cheese and the other half with some sweet such as honey, jelly, marmalade or conserve. Press the two slices together, cut off the crusts and cut in strips or fancy shapes.

A filling of any fat jelly and finely chopped nuts makes another delicious sweet sandwich. Cookies too are always very appropriate accompaniments to afternoon tea.

Towels That Wash

Unlike many materials, linen face towels present no laundering problem in this day of cosmetics. The preparations which daughter and mother alike employ to keep their youthful appearance do not—because of the peculiar properties of flax—"set" in linen towels. They may be laundered snow white.

## PRESIDENT'S SON AND FLORENCE



John Coolidge and Florence Trumbull, daughter of the governor of Connecticut, pictured during one of John's visits to Hartford. The president's son, who has returned to the east from Wisconsin to seek employment, is expected to greet Miss Trumbull when she returns from Europe soon.

## IS REVERENCE PASSING?

By Rev. Philip Allen Swartz, D.D.

(Minister, Central Union Church, Honolulu)

"Let us have grace whereby we may serve God acceptably with reverence and awe." Hebrews 12:28.

In this astonishing rapid evolution of society shall we eventually find reverence of God as expressed in public worship passing away?

Four aspects of life guarantee the permanence of reverence. First of all is the impulse toward the moral ideal. A firm instinctive voice within says, "I ought."

Man needs to depend on a power for righteousness outside himself. The fool may say, "There is no God." But mankind in general joins with Luther, "A mighty fortress is our God, a bulwark never failing."

A third support of reverence is the sense of mystery. Kepler, mighty astronomer, once gazed with rapture into the starry spaces seeing what no mortal had ever seen before and sensed the mystery of the invisible, "O Lord, I am thinking Thy thoughts after Thee."

Finally the expectancy of a better life is the soil in which those great ideas whose time has come take root. There is no more powerful factor in human experience than an idea that makes social progress. Man's effort to win his way up to a realm not bounded by merely material satisfactions is his religious life. Such a pilgrimage single handed could not sustain the staunchest soul, but deep in the inner chamber of his heart, "They write notes to each other with their whittesoever, thou shalt."

Is reverence passing? No, not so long as there is in man a moral ideal, a sense of need, the mystery of life and a social hope. Therefore, let us all "serve God acceptably with reverence."

## The Children's Pleasure Column

Dear Mary's story for the children's column.

**School Days**

School had started and most of the children were happy. But the most happy ones were May and Frank.

Today at school they were going to have a reading match. May felt sure she would win and Frank felt sure he would win. But neither one of them did.

Two or three days after that they were going to write something of what they had done thru the vacation.

May was still sure she would win; Frank wasn't so sure. Well, Frank won. May was mad and jealous. They started to quarrel. They wrote notes to each other with bad words in them. Finally they made up. The moral is: Don't be too sure.

MOLLY JOHNSTON, Phoenix, Oregon.

Hiding Numbers

This simple number game will prove attractive to children from five to eight years old. Pringle Barrett wrote about it in the Child Life Magazine.

Cut little squares of paper and number them: 1, 2, 3, and so forth. Give each child one piece of paper and ask him to add his initials to the number on it, and then to hide it as quickly and as subtly as possible. As soon as each child has hidden his piece, he goes to a corner of the room and sits down quietly. When all the children are sitting thus, it is time to begin the hunt. The point is to find the number that follows your number. The child who finds the correct number first wins.

The Dollies' Tea Party

(Dorothy Adams in Child Life Magazine)

When we have tea I like to sit and hold the pot and pour. There isn't any tea in it—But still there's always more.

And when I say, "You'll have some cream?" Or, "Are four lumps too many?" They're so polite—they never seem To know there isn't any.

And when an empty plate is passed

They gobble up the cookies fast.

Mail Tribune ads are read by 20,000 people every day.

## Incorrect Posture Affects Health Causes Fatigue

Not only gracefulness, but also our health and the prevention of excessive fatigue, depend a great deal upon posture—the way we stand, sit and walk, warns a health expert.

That is why it is most important that the woman who has much work to do, and yet wants to have energy left to enjoy life and to give pleasure to others, should guard against habits of incorrect posture.

Consider first the standing position. The weight should be on the balls of the feet, the chest up, the chin slightly back but in line with the chest, the feet exactly parallel, the arms dropped easily at the sides. To see that your body is in perfect balance when you are standing, rise on your toes and sink down again. When you stand with your chest drooping, your stomach out and your spine curved, you appear at a disadvantage; and what is worse, this position causes your vital organs to be displaced.

In walking, the first thing is to start right with the correct standing position. The toes should point straight to the front or be turned in the fraction of an inch. To stand or walk with the toes pointing out produces awkwardness and often leads to foot troubles, such as fallen arches.

Try These on the Family

Why are lawyers like "fishes" because they are fond of "dis-bate"?

Why does opening a letter resemble a strange way of entering a room? Because it is breaking through the ceiling.

Why are tallest people the loneliest? Because they are always longer in bed than others.

What is the best material for kites? Whypaper.

Do You Know?

New Pickles—When you need that your stock of pickles is running low buy commercial dill pickles, cut them in quarters, and let them stand for a few days in the syrup left from peaches and pears.

How to Have Fresh Mint—Fresh mint for cooking purposes may be grown in a glass of water.

Ironing Tablecloths

—In ironing a tablecloth, iron with the selvedge and not across the grain.