Second Section
Eight Pages

MEDFORD MAIL TRIBUNE

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For Women

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WASHINGTON BEAUTY FAVORITES

George Washington university at Washington, D. C., is in the midst of a combined beauty and popularity contest. Helen Taylor (left) and Elizabeth Wright are leading the contest.

Pointers for Parents

By the time adolescence is reached, the parents' job is very nearly completed. If they are wise and understanding parents, through adolescence they have gradually freed their child from dependence upon them; they have stood by him through adolescence with understanding, sympathy, and above all, with tolerance for his mistakes. They have helped him face the difficulties of his adjustment squarely, to neither laugh off his problems nor bow before them but to meet them frankly and courageously. In other words, they have helped their child grow up. Which, after all, is what parents are for.

Bananas, baked or stewed, appear on breakfast and supper menus for children over three, very frequently, especially in the winter months. Mary France Hartley Barnes, a dietitian, recommends baking bananas unpeeled in a moderate oven for about fifteen minutes, then mashing the pulp and serving it warm, mixed with a little milk. Or sliced bananas are cooked with a little water till soft, mashed with a tablespoon of milk and served at once.

One of our first steps in helping our children to be likable should see that they have the physical assets of good health. The sickly child is not only unattractive, but his physical frailness prevents him from enjoying to the full the companionship of children. There are so many things that he cannot do and to that extent his personality becomes impaired.

The leader among ice sports is, of course, skating. Children should be taught to skate when they are five or six years old. They will then develop a confidence which will lead them to a life-long enjoyment of this graceful sport. I once asked a famous exhibition figure skater how many years it had taken him to learn his art, only to be told that he had been at it twenty years, in his opinion, he hadn't learned it yet.

The children, of course, must be trained to accept without question the fact that they are not to expect to have their food an exact duplicate of that of the older members of the family. There is, however, a distinct advantage in giving children as much variety as possible among the foods which are allowed them. I have known cases where the special problem as the children grew older was to get them to try novel foods just because they were different fro mthe ones they know so well from daily, or at least weekly association.

It is not sufficient to teach restraint in the use of money; such lessons alone would tend to develop a generation of misers. The possession of money entails real responsibility. Children must learn that money represents effort, strength, and a portion of the life of the person who has earned it. They must be taught money should be used to obtain values at least equal to the effort of earnings. They need also to realize that it should provide not only for personal and family necessities, but for the needs of others, and civic development.

A well-made snow hut requires good engineering and carefully planned details. The snow which is shoveled from the streets and sidewalk may be piled up in the yard, packed down, and the house tunneled into it. A better house is made by packing the snow into boxes and building the wall and roof of the hut with the blocks formed in this way. Turrets and towers add to the beauty of a snow house.

Hose to Blend With Every Dress

With the passing of the black stocking women were given a new problem—that of selecting hose to blend with the various frocks and suits and coats in their wardrobes. Instead of having six pairs of stockings of one color, they now have as many different shades.

When the season for a frock is past, the stockings are often offshade for one's other clothes. If they have been given good care, they are still in excellent condition, however. It's a temptation to give them to the washerwoman, but don't do it! Put them away with the matching dress and when the season for its use comes round again you will be delighted to have a pair of stockings to go with the ensemble.

The secret of making stockings last long enough to make it worth while putting them away lies largely in the washing technique. Stocking manufacturers advocate washing stockings in warm (not hot) soapsuds before the first wearing, and after each wearing. Of course they must be thoroughly rinsed in clear water. Never wring them—just squeeze the excess water out. This is the treatment they should also have before they are packed for future wear.

Always dip the kitchen scissors in flour when cutting out dough for rolls or in water when cutting marshmallows.

A man who walks with tight shoes measures his steps.

May Run For Mayor

Mrs. Ella S. Robbins, formerly of Iowa, president of the San Diego, Cal., federation of women's clubs, is reported considering running for mayor of San Diego.

Humane Society

The Heart of the Nation

"The mother has at heart her child's welfare; the father likewise has plans and dreams for his boy's or his girl's fitness for life. Why, then, is not the child the heart of the nation; a center of thought, as it were? From the heart come the good and bad impulses of all human beings. When such impulses are guided and the minds of our youth filled so full of good, noble and constructive thoughts; thoughts of kindness, mercy and justice to all living creatures, there is little room for thoughts of a cruel or destructive nature. When this guidance is exercise, then, and only then, can we hope to crowd out and eradicate cruelty and crime.

The oft-quoted lines from Geo. T. Angell's writings are as true now as ever. He said: "Nearly all the criminals of the future are in our public schools now, and we are educating them. We can mould them now if we will." To instill into the hearts and minds of the coming generation humane sentiment, the feeling of kindness to every living creature, educating them in ways of mercy and thoughtfulness for the helpless in the world will do more to decrease crime than can ever be accomplished by punishments.

While there has been a steady increase in the growth of humane education all thru the United States and its possessions, there is much more to be done in order to obtain the desired results. It is the vital and important duty of each and everyone of us to do what we can to make humaneness a part of the regular teaching in the public schools of our country.

The Parent-Teacher associations, fathers, mothers and teachers, are to a great extent alive to this need of training our children in ways of kindness, but it needs the concerted effort of everyone of us to effectually raise the standard of the coming generations and eventually establish a more humane civilization."—From "Humane Education."

Jackson County Humane Society
Phone 838-J-3.

Home Decoration

By Jane Snedicor

Housewives having problems on interior decoration will find this column interesting. Queries may be addressed to the editor of this page, care Mail Tribune.

Query.—What is the difference between pottery and porcelain? Mrs. T. P. M.

Answer.—Both are made of clay products, but pottery is opaque and porcelain is translucent.

Query.—I have a bird's eye maple dresser and the dealers tell me it will be hard to match it to complete the set. Why is this so? And what may be combined with the piece I have? Mrs. T. D.

Answer.—At one time bird's eye maple furniture was quite common in the east and very expensive. It is made from the sugar maple, found in the northeastern states and Canada, and very little furniture if any, is made from this wood on the Pacific coast. Most of it is made in Grand Rapids, Michigan. Brass bedsteads, or soft green painted pieces of furniture may be combined with your dresser.

Query.—What kinds of textiles belong in a colonial house? Mrs. W. H. W.

Answer.—There were six distinctive types of materials in use during the colonial days in the thirteen colonies, all but two being imported. Pineapple cloth, homespun, linsey-woolsey, copper plate or calendar red chintz, hand blocked prints, taffeties and damasks.

Query.—Which do you recommend, wooden or iron rods for window drapes? Mrs. E. A. W.

Answer.—Wooden poles are still good for the less formal type of house, but they have been used now for some time and will probably disappear, as they did about twenty years ago. Wrought iron is and always has been very good tho it has of course been more popular since the vogue for Spanish and Norman houses has been strong here on the coast. So while the wrought iron costs a little more we recommend it because it will not go out of style unless it is over done and too ornate to be artistic.

Query.—Is the rocking chair of American origin or English? Mrs. O. H. H.

Answer.—The rocking chair is purely American and was made in various ways and styles in the early colonial days.

Query.—Are velvet drapes good now? Mrs. T. M. M.

Answer.—In the simple bungalow home they are out of place but in Spanish and more elaborate homes, they are being used a great deal of late. The richness and sheen of such a background is always pleasing.

On Being Folks

Most of us fight, might and main, against being just folks. Most of us want to be something high and grand and fine, which is all right as far as it goes. But a lot of us forget that the highest, finest, grandest thing we can be is just folks.

Of course, sometimes it's hard to be just plain, ordinary folks when we see some grand new star flashing forth or hear of a new one being made. Being just plain, ordinary folks can't help seeming a pretty dull, stupid sort of job when everybody is bowing and scraping to those high and mighties. Most of us yearn mightily to do a little flashing around, and every last mother's son of us is convinced he has some wonderful hidden gift the world ought to know about if he just could flash.

But after all it isn't the bright luminaries that really keep the world going around. It's just the plain, ordinary folks—folks that do the hum-drum things faithfully—sow, reap, cook, clean, mend, nurse, love—yes, and hate, I suppose, or at least hate the things that ought to be hated—injustice, cruelty, oppression, dishonesty, and the rest. It's just the folks that keep on keeping with what they have to do, every day, that make the universe comfortable and fit to live in.

And when troubles come and things go wrong somehow it's seldom the high-ups that come to aid you, that come running to pick you up and see what's hurt. At least they're not to be counted on. But usually the plain, ordinary folks are. And they don't have to come running because they're already there, on hand, all around you, standing by in ways you can let them stand by without hurting your pride. And they don't ask if they can help any either. They just do because, being plain, ordinary folks, they've probably stubbed their own toes, too, one time or another. They've been there themselves and they know just hiw it feels. So, also, they know just what to do and how to do it because they remember what it was that other plain, ordinary folks did for them to heal them quickest.

It's trite but true that at the top of the ladder there is plenty of room. But there wouldn't be room enough for all of us is we could all be up there. And if there were, who'd be the audience for the star performers to play to? And who'd hold the ladder so that some could do that climbing up to the top? Plain, ordinary folks are necessary for star performers to rise, indeed for them even to be.

Of course we all want to be something, do something with the talents and gifts that we think we have. And if we can, we all ought to. But if, in the end, we're mistaken about ourselves, if it's our fate to be just plain ordinary folks after all, grugging along, it ought not to be so very devastating. For if the truth wer known, there isn't such a difference between luminaries and mere folks except in the outward seeming.

Editorial—From Household Magazine.

New Nursery Devices Reduce Mothers' Work

The care of the nursery and a growing family of children, called "no lazy woman's job," has been lightened by various new devices offered the public in recent years.

The constant fear of mothers that the young infant would fall out of bed, provision of safe play places and eradication of the child hood habit of thumb sucking all are discussed in this article which lists various new methods by which cares of the young can be lightened.

"Have you ever tried to carry on a conversation while wondering whether or not the baby would fall off the bed while he sleeps," asks the writer. "A baby harness made of soft, washable webbing will do away with worry because it makes the infant's slumbers on any surface safe from falls. It allows the active exercise well babies take while drifting into dreamland, too."

Among the present day contrivances offered for checking the thumb sucking habit is a pair of perforated aluminum mitts to slip over the hands. Play pens have been developed in various sizes and designs while some families now are buying screened cribs for use as play places.

One splendid characteristic of the present day go-cart, the writer adds, is its lightness, which makes it easier than the old time baby buggy to manipulate.

A Tip on Tables

Nothing so destroys the quiet dignity of a perfectly appointed dinner table as crowded individual places. There should be at least one-half to three-quarters of an inch between each sterling silver piece. The inside pieces should be a full three-quarters of an inch from the service table, and all the sterling should be at least an inch from the edge of the table.

Have you ever cleansed your dust mop with the vacuum cleaner? It is so easy to remove the dust and dirt in this way and much more sanitary.

To clean soiled playing cards, dip a small sponge in spirits of camphor and rub lightly. This restores the newness.

Modes of the Moment

Paris,

When Norma Talmadge was shopping here recently she added Jean Patou's simple little crepe de chine dress with two lifted ruffles on the skirt, to her extensive wardrobe. It has incrustations of finely tucked material.

Rita

Among the Flowers

AMONG THE FLOWERS
My bark is watted to the strand
My breath divine;
And on the helm there rests a hand
Other than mine.
—Dean Alford

Do you want a plant that will stand dust, dry air and poor light—almost anything but frost? Aspidistra is that sort, and its big green leaves variegated with white—hardly any two just alike—will attract the eyes of any lover of growing things.

Plants were intended to grow out in the rain, and in the house where they are denied this refreshment, they need an occasional bath. After getting one, they look bright and graceful—saying "thank you" in their own sweet way.

Begonias want a light rich soil, plenty of water but a pot that's well drained, and a sunny window. In a dark place they may develop root rot.

Lack of summer rest and too much watering are the main reasons why Christmas cacti fail to bloom.

For rooms that have little sunlight the best plants are ferns, palms, rubber plants and English ivy.

If your plants look sickly, examine them for plant lice. You'll find them thickest, is present, on the new growth. The remedy is to spray with one-fourth teaspoonful of nicotine sulphate (don't breathe the fumes of this) in a quart of soapy water.

Mealy bugs—which hardly move and look like white cottony lumps—are especially fond of Coleus (foliage plants,) flowering maple and umbrella plants. If only a few, they can be destroyed by touching with a match dipped in kerosene. If plentiful spray with nicotine sulphate as for plant lice.

The Calla lily, which comes from Egypt, likes plenty of water in winter, spring and fall — but good drainage—and a summer baking. Give it the last by putting the pot outdoors, turned on its side, until September. Then repot.

Boston ferns do best in the house. The dainty Lace fern has a struggle to live in our hot, dry homes. Ferns like partial shade, moist air and plenty of water, but the soil must never be soggy.

Garden Reminders

Order New Roses Early

Now is the time of year you should be making lists of the new things you are going to plant in your garden this year, says the January American Home. One of the most important is the new roses. Few of us have the space nor the time and funds to add all the roses we would like to our gardens. We must be satisfied to go without a lot of them, and with this in mind the list must be all the more carefully made up. The sooner you get your order in the more likely you will be to get the things you want. There are a lot of new and north-while roses on the market.

Save Your Evergreens

Snow may break down your evergreens if you do not guard them from being over-loaded by it. The time necessary to knock the snow from the branches is well spent. It is best done before the sun has a chance to start melting it because if the snow partially melts and then freezes upon the foliage it is all the more dangerous to the plants. Many fine evergreens are seriously injured each winter when a little thoughtful care would save them.—From the January American Home.

Heed the Shower Curtain

Now that the bathroom has been dressed up to match the rest of the house in colorful beauty, the shower bath curtain has ascended to the dignity of an important decorative feature as well as an article of utility.

The colorful curtains, as well as the more humble white ones, become soiled, even though they are constantly subjected to the action of water. Curtains with rubberized surfaces demand special care so they cannot be washed with the regular household laundry.

Spread the curtain on a flat, clean surface, and rub with a soft brush or cloth wrung out of warm soapy water. Rinse off the soap with clear water and dry with a soft cloth. If mildew has made its way into the fabric, the spots should be treated with sour milk or lemon juice before the curtain is washed. These ugly spots can be avoided if the curtain is spread out and allowed to dry thoroly after each time it is used and before it is pushed back on the rod.

SEEKS COLLEGE BEAUTY TITLE

Helen Raabe has been chosen by the freshman class at Wittenberg college, Springfield, Ohio, to represent them in the school's beauty contest.

Fruits Always in Season

The frequent use of fruits is no longer regarded as a luxury. Instead they are looked upon by both physician and housewife of the present day as necessary items in the daily menu.

Dried fruits are within the reach of every one the year round, but it is especially during the late winter and early spring seasons when fresh fruits are scare and expensive that the dried fruit comes into its own and holds an important place.

Too much stress cannot be put upon the importance of dried fruits as a food. The valuable mineral salts and organic acids that they contain, besides their delicious flavor, render them a great addition to the diets of both children and adults.

Because of the large amount of natural sugar that is found in dried fruits little or no extra sweetness need be added in the cooking. I like stewed prunes, especially, and sometimes peaches and apricots without the addition of sugar, but for those who prefer a sweeter fruit, two or three tablespoonfuls of sugar to a pound of fruit usually suffices. A few drops of lemon juice will sometimes improve the flavor.

If sugar is added, it is best to add it when the fruit is nearly done.

Some recipes that may not be familiar to every reader follow. They offer many ways of using dried fruits.

Dried Apricot Ice Cream

½ pound dried apricots, 2½ cupfuls cold water, 3 cupfuls top milk, ½ cupful pulverized sugar, 1 tablespoonful lemon juice, 1 cupful cream or evaporated milk.

Wash the apricots thoroly and cover with the cold water. Soak several hours or over night. Cook over a gentle heat until soft. Force through a vegetable ricer or sieve. Sprinkle the apricot pulp with the sugar and lemon juice. Chill thoroughly before adding the milk and cream or evaporated milk as it is apt to curdle if the mixture is not well chilled. Pour into a freezer and freeze as ordinary ice cream.

Dried Peach Pie with Whipped Cream

½ pound dried peaches, 2 cupfuls water, 1-3 cupful brown sugar 1 tablespoonful lemon juice, 1 tablespoonful grated orange rind, ¼ cupful peach water, 1 tablespoonful butter.

Wash the peaches thoroly. Cover with the water and soak several hours. Drain. Line a pie dish with the pastry and fill it with peaches, keeping them as whole as possible. Sprinkle with the sugar, lemon juice and one-fourth cupful water drained from the soaked peaches. Dot the top with bits of butter. Bake in a hot oven. When cool, cover the top with the whipped cream.

Dried Peach Roly Poly

1½ cupfuls dried peaches, 1¼ cupfuls water, 2 tablespoonfuls lemon juice, 2 tablespoonfuls grated orange rind, ⅓ cupful brown sugar, 2-3 cupful peach juice (from the soaked peaches), 1¼ cupfuls flour, 3 teaspoonfuls baking powder, ¼ tablespoonful salt, 1 tablespoonful granulated sugar, 2 tablespoonfuls butter, ½ cupful milk.

Wash peaches thoroly and cover with the one and one-fourth cupfuls water and soak several hours or over night. Drain off the water, reserving two-thirds cupful for the sauce. Mix the butter into the sifted flour, baking powder, salt and granulated sugar and add the milk. Roll out on a floured board in oblong shape and spread with the drained peaches. Sprinkle with the lemon juice and orange rind, and three tablespoonfuls of the brown sugar, reserving the rest for the sauce. Roll up like a jelly roll. Bake in a well buttered dish, basting several times with a syrup made of the peach juice and brown sugar. If the syrup cooks away add a little more water.

Prune Custard Tart

½ pound large prunes, 2 cupfuls water, ¼ cupful sugar, 3 tablespoonfuls orange juice, 2-3 cupful top milk, 2 egg yolks, 1 tablespoonful sugar, ¼ teaspoonful vanilla.

Line a pie plate with pastry and fill the bottom with prunes that have been washed, soaked in the two cupfuls water and stoned. Sprinkle with sugar and the orange juice and dot with bits of butter. Pour over all one-fourth cupful prune juice (the water in which the prunes have been soaked) Bake until the prunes are cooked and the crust is light golden brown. Then cool. Make a custard of the milk, egg yolks, sugar and vanilla and when well chilled, pour over the tart and serve with whipped cream.

Steamed Whole Wheat Fruit Pudding

1 cupful whole wheat flour, ½ cupful white flour, 2-3 teaspoonful soda, ¼ teaspoonful salt, 1-3 teaspoonful mace, ½ cupful molasses ½ cupful milk, 1 egg well beaten, 3 tablespoonfuls melted butter, ½ cupful dates (cut in pieces), ½ cupful raisins.

Mix and sift together the flour, soda, salt and mace. Add the fruit to the dry ingredients. Stir in the molasses, milk, well beaten egg and melted butted. Mix thoroly and pour into a buttered mold and steam about one and one-half hours.

Try this icing for your next cakes: Boil a cup of maple syrup until it spins a thread; then pour it into well beaten whites of two eggs and beat until thick.

Aviation Hat

Black felt hat with aviation effect is among the latest millinery fashions in Paris. The hat shown above was designed by Alphonsine, French milliner.