

Edited by
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Modern Styles and Household Suggestions

Telephones:
390-1 or 75

Sampler Staging Comeback

Used Flour Sack Will Make A Nice One for the Little Girl.



Every little girl—and some of them not so little—is entitled to the experience of making a sampler, all by herself, just as her great-grandmother doubtless did.

Along with our renewed appreciation of the furnishings of our colonial ancestors, the old-time sampler is again very popular and appears on our walls. Now it is up to us to provide samplers for the interest and amusements of the generations ahead of us.

The sampler is worked in cross-stitch, one of the simplest and quickest of all embroidery stitches, in mercerized thread of various colors. The material should be cream colored and very durable. For this reason one of the most suitable materials is a used flour bag, which you may have on hand or can easily secure for a few cents from your own baker.

First rip the bag and remove the stamping. This is done in any of several ways. If you do not have your own tried and trusted method of doing this, try soaking the inked places in kerosene overnight and

then wash with soap and warm water. While the flour bag material is easily dyed and takes a splendid fast color, it is best to use its natural creamy color for making samplers. The sampler can be any size you want, either 10 inches square or 10 by 12 inches or even 10 by 15 inches. This latter size is particularly suitable when the sampler is to be used under glass as a tray.

Various patterns can be used for the cross stitching. One kind can be bought, which is transferred on the material in the proper colors for working. Or one can use canvas and copy any old time sampler. A person with artistic tendencies can, with the aid of checked paper, make up a pattern of her own, working in modern features, such as cars, airplanes, short skirts and the like, which would make the sampler a valuable record in time to come. Always include the name, date and age in cross stitch.

If not used as a tray, the sampler should be put in a simple wooden frame and hung on the bedroom wall.

Apple Fluff

Three large tart apples, 1 1/2 cups water, grated rind 1/2 lemon, 2 tablespoons granulated gelatin, 2 tablespoons lemon juice, 1-3 cup maple syrup, 2 egg whites.

Peel, core and cut up apples, simmer with a half cup of water until tender. If absolutely necessary, add just enough water to prevent burning. Soften gelatin in remaining cup of water, then heat until thoroughly dissolved. Add lemon rind, juice and maple syrup with apples, already pressed through a sieve. Cook when beginning to set, beat until light. Last of all, add stiffly beaten egg whites, folding them thoroughly but gently into gelatin mixture. Turn into a mold previously dipped into cold water, chill and unmold. If desired, egg yolks may be utilized in making a boiled custard to serve as a sauce.

Radiant Charm



The richness of this evening gown comes from the low back, the suggestion of a double train, and the eggshell satin of which it is made.

Special Desserts for Brisk Days

Butterscotch Pie

One-half cup brown sugar, 2 tablespoons butter, 2 tablespoons flour or cornstarch, 3 eggs, 1/2 cup water, 1/4 teaspoon salt, 1/4 cup granulated sugar, previously baked pastry shell.

Put sugar into a heavy pan and heat over a moderate fire, stirring constantly until melted. Heat must be very moderate or sugar will burn. Add the water, simmer until sugar is dissolved. Cream butter and flour together, pour hot mixture slowly over them, stirring while pouring. Place in a double boiler, add egg yolks and salt and cook over hot water until thick. Beat egg whites as for meringue, adding granulated sugar, and turn into prepared cornstarch mixture, folding together. If preferred, meringue mixture may be piled on top of pie after placing it in the pastry shell, then baked as usual.

Lemon Meringue Pie

One cup sugar, 1 cup water, 3 tablespoons cornstarch, 2 eggs, grated rind and juice 1 lemon, previously baked pastry shell, 1/4 teaspoon salt, 2 tablespoons sugar, additional.

Bring sugar and water together to boiling point, stir in cornstarch already mixed with a little cold water. Cook five minutes, cool slightly, add beaten egg yolks, lemon rind and juice and salt. Turn into a baked pastry shell and cover with a meringue made by beating egg whites until stiff, gradually adding additional sugar and continuing beating a moment longer. Bake ten minutes in a cool oven to set and delicately color meringue.

Date Nut Pudding

Two eggs, 2-3 cup sugar, 2-3 cup chopped walnuts, 1-1 1/2 cups coarsely chopped dates, 2-3 cup flour, 1-8 teaspoon salt, 1 teaspoon baking powder, whipped cream.

Beat egg yolks until light, then stir in sugar, walnuts and dates. Next add flour, salt and baking powder sifted together. Fold in stiffly beaten egg whites and bake about half an hour in a moderate oven—350-375 degrees Fahrenheit—in a shallow greased pan. Break into pieces and serve cold with whipped cream; or fold whipped cream into pudding just before serving.

Banana Supreme

Four bananas, 1-3 cup chopped nut meats, 4 graham crackers, 2 cup brown sugar, 1-3 teaspoon grated nutmeg, whipped cream, optional.

Peel, scrape and cut bananas lengthwise and crosswise into quarters. Pass nuts through food chopper and blend with crackers, sugar and nutmeg. Roll bananas in this mixture, lay close together in a buttered pan and bake about twenty minutes in a moderate oven—350-375 degrees F. Serve with or without whipped cream.

Football styles for this season are numerous:

Luncheon On a Single Plate

ONE-PLATE luncheons are very convenient when a large number of guests are to be served, though they may be used equally well for a bridge luncheon of only four. This form of service can be made very attractive and for the smaller number one can add extra garnishes that would require too much time for preparation for a large group.

The menu may include a creamed chicken garnished with potatoes and a vegetable, all served on one plate. After mashing, seasoning and whipping the potatoes, make a ring of them on the platter. This will be easy to do if you place a greased mold in the center of the platter and shape the potatoes around it. When the mold is removed, the space may be filled with the creamed dish, then the vegetable arranged around the outside of the potatoes. Creamed chicken garnished with bits of pimento for the filling with buttered peas around the ring would make a colorful dish, as well as a tasty meal. Hot asparagus, buttered, could be substituted for the peas, if desired.

For variety, mashed sweet potatoes might be used for the ring, with creamed minced ham for the filling, and small baked chicken apples or apple slices arranged around the outside. With this menu a vegetable would not be necessary, though a salad could be added if one wished. Boiled rice is another suggestion for the ring.

With the white potato ring creamed flaked fish would make a good filling. A meat stew, well seasoned, would take on an attractive appearance in this way, around the outside of the potato ring, small tomatoes stuffed with celery and topped with mayonnaise could be placed for the salad and the vegetables could be incorporated in the stew.

TO-DAY'S FISH RECIPE
BY MRS. ADA B. VAIL
FORMER ASSISTANT U. S. BUREAU OF FISHERIES

Sea Trout

A name given to white sea bass on the Pacific coast, to white trout along the southern coast, and to the squireaque along the Atlantic coast. It is also a trade name for sea herring. These five travel in large schools and are taken as they enter the bays to spawn.

The flesh of sea trout is rich and oily. They are at their best during early spring.

Sea Trout Saute à la Egyptienne
Clean 4 fresh sea trout, season with salt and pepper and fry in hot cooking oil. Remove to hot platter. To the frying pan add 1 thin-sliced onion and fry 10 minutes. Then add 2 tomatoes, peeled and quartered, 1 small bay leaf, 1 clove, and 1 sprig of thyme. Season with salt and pepper, simmer 5 minutes. Put fish back in pan, add juice of 2 lemons, 1 tablespoonful chopped parsley. Simmer 3 minutes. Serve fish and sauce on hot platter.

Haddock

This is a white-meated lean fish, sweet, delicate and tender. It is marketed fresh, salted, dried, and smoked. Recently an important business is being built up in the marketing of haddock. It has an average content of about 325 calories. A good fish to use in the reducing diet.

Broiled Haddock Fillets with Tomato Sauce

Season fillets with salt and pepper. Brush with oil and lemon juice. Broil four minutes on each side—serve sauce separately. Haddock fillets may be dipped in French dressing and broiled as above directed.

Tomato Sauce

Tomato Sauce—One small can tomatoes, 1 pint water. In sauce pan brown 2 tablespoonfuls butter, add 1 tablespoonful flour, 1 medium onion, sliced thin. Cook slowly ten minutes. Add to tomatoes, stew until smooth, straining through sieve. Place in kettle. Add 1 teaspoonful salt, 2 of sugar, 1/2 of pepper. Boil up until slightly thickened. Serve with fish.

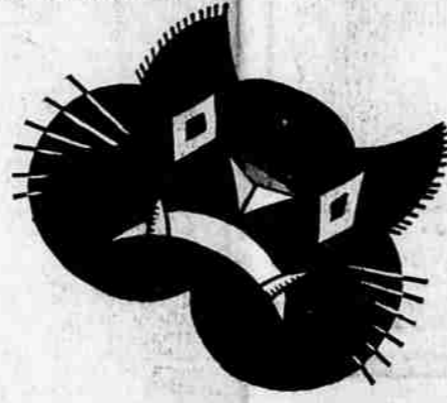
Stuffed Carrots

Six large, boiled carrots, 2 onions, 2 tablespoonfuls of mayonnaise, salt, paprika, gravy. Hollow out the centers of the carrots and mince the scrapings with the onions. Add the salad dressing, season to taste, and replace the mixture in the hollows of the carrots. Bake for 30 minutes in brown gravy and serve hot.

Ombre Wools Are Smart

This new ombre wool is extremely light and soft, and the gradations of color in the different shades are exceptionally attractive.

Children's Pleasure Column



This column is for all readers of the Mail Tribune, especially the housewives of southern Oregon. The editor asks you to send in recipes you find dependable and practical—the home-made ideas and shortcuts that save money, time and labor—also jokes that amuse you.

Please write on one side of the paper only and sign either name or initials, and send in articles as early in the week as possible. Address Editor Woman's Page.

The Purring Pumpkin

By Mary McKee

Curly-haired Betty Ann had two playmates that kept her outdoors most of the time—from the day the first violet winked her blue eye, until the bright leaves began to rustle down.

One was Daffodil—Daffy-for-short. Daffy wasn't a flower, though. She had velvet paws instead of petals, a coat like yellow sunshine and a round plummy tail. So you know now that Daffy was Betty's cozy yellow cat.

And then there was Betty's garden. If you can call a garden a playmate. It was a pleasant little spot fenced off by itself, just like the Big Garden's baby. It was a sunny garden, too—not a regular flower garden with a sundial and neat, straight walks and big splashy flower beds, not a vegetable garden, either, with bright crimson tomatoes and long rows of silky-haired corn.

It was a mixed-up garden, with a few of the flowers and a few of the vegetables. Here would be a row of morning-glories looking over a row of lettuce, and some tall, tall hollyhocks watching over some fat little radishes—and a snowball bush in the corner. Then there would be a hill of potatoes and a clump of catnip for Daffy. Now you know why it was a mixed-up garden.

Daffy was almost as interesting and excited as Betty during seed-sowing time. There she was at Betty's elbow with her eyes round as could be, as she watched Betty making little furrows and holes in the warm earth. And when Betty covered the seeds up, Daffy had to give each spot a soft little paw-pat.

Of course, it was no time at all until tiny green shoots were showing above the ground, and then how Daffy frisked about the catnip as Betty sent the weeds flying with er bright-handled garden trowel!

Betty was proudest of the pumpkin that grew near the snowball bush. All the sunlight and rains seemed to make it bigger and rounder and yellower, as the weeks passed.

"Daffy," said Betty, as the little cat frolicked about the pumpkin one day, "he's going to be a jack-o'-lantern on Halloween."

"He'll have eyes and nose and a big grumpy mouth. And there'll be a light inside him. You'll never know him."

"P-r-r," responded Daffy, rubbing her head against the side of the pumpkin and closing her golden-gold eyes. She was thinking about the jack-o'-lantern.

Then one day Betty tucked her school books under her arm and

patting Daffy good-by. Pretty soon it frosted for the first time. And then everybody started gathering bright leaves and began talking about bobbing for apples.

Two days before Halloween, Daffy didn't come to the kitchen door for her saucer of milk in the morning. Betty called and called that evening—but no Daffy. So feeling a bit lonely, she walked out to the garden to look at the pumpkin that was soon to become a jack-o'-lantern.

"She heard a funny noise—little bits of squeals and deep, soft purrs. It was her big yellow pumpkin that was squealing! Betty couldn't believe it. She bent down and looked at the pumpkin. And—

"Daffy had scooped out the insides of the pumpkin, and there was Daffy purring to three little yellow kittens! No wonder it sounded as if the pumpkin had come to life!"

"Wasn't Daffy smart to use the pumpkin for a baby cradle?" said Betty.

Maybe that was what Betty's jack-o'-lantern was grinning about on Halloween.

Grandfather Grimm
ALEEN L. FISHER
Grandfather Grimm is the funniest man. He always says "kin". When you know he means "can". He'll pass without seeing you as likely as not. "Eh?" And he'll holler out, "What?" And when somebody shot him one time . . . in the war He lost all his teeth. And he never grew more.

Knows His Ribs

"Which do you like better, balloon tires or high-pressure tires?" "I like balloon tires better."

"I don't have any, I'm a pedestrian."

Hero by Proxy
Two little boys came into the dentist's office. One said to the dentist, "I want a tooth took out and I don't want no gas because I'm in a hurry."

Dentist: "That's a brave little boy. Which tooth is it?" Little boy: "Show him your tooth, Albert."

Wash all fruit such as raisins, sultanas, and currants as soon as they come from the grocer; dry thoroughly, and store in jars or tins, then they are always ready when wanted.

A Church Birthday Party

A CHURCH BIRTHDAY PARTY—This birthday dinner idea seems to me about the best thing the "Ladies Aiders" have sent me in many moons. Every church has a dedication anniversary at some time in the year—and if it doesn't come in "vacation time," this party can be put over in any month, on any evening. Send out your notices of the Church Birthday Party well in advance and ask guests to state their birth month on the return mailing cards—this will enable you to plan the correct number of places at each table.

Each table will represent one month in the year, and guests will find their place cards on their birthday month table. This results in the most delightful up-to-date of family and social groups, for you will discover that husbands and wives rarely land at the same table under this arrangement, and the young people will be peppered in with the old. This happy mix-up of traditional coheres is good for the church people now and then—and really makes for broadening acquaintances, and absolutely breaks down all formalities at the beginning of the party.

Of course, each hostess decorates her table in keeping with the month it represents—the church birthday table will have a big birthday cake as its centerpiece, and smaller cakes alight with candles might be used on all the tables. Some of the tables will run longer than others you will find, but the average will usually be fairly even. If your church is in need of some special fund, a birthday dinner is an ideal time to make a presentation or raise the money.—Modern Priscilla.

Helping the Homemaker

Sautéed Pork Chops
Select loin chops, trim the fat a little, make a gash two inches long, then slit the meat the full length of the bone on the inside and fill with dressing to which has been added a quarter of a cup of chopped apple. Season each one nicely, dip in flour and place in a dripping pan in hot fat cooked from the trimmings and roast in a hot oven—400 degrees Fahrenheit. When nicely browned on the bottom, turn the chops to cook and brown on the other side. It will require about an hour for the entire cooking, and yet when served the chops will be tender and moist, much like well-cooked chicken. They are especially good when garnished with prunes which have been dropped into the pan with them ten minutes before serving. Salt the prunes, previously steamed, remove the stone, and fill with chopped apple before cooking.—Mrs. S. De.

Chairs for Dual Rooms
The popularity of Colonial chairs in double-duty living rooms continues to grow; the rush seat ladder-backs and Windsor especially, as well as New England painted chairs, American Empires, and the Philadelphia Chippendale, Sheraton Queen Anne, and Heppelwhite models. Likewise the provincial French furniture, Spanish peasant, and many types of "cottage" chairs are eminently suited for living and dining room use.—From the October American Home.

Pork Tenderloins
Wrap each of the pieces of pork tenderloin, cut one inch thick, in a strip of bacon and fasten with a toothpick. Fry brown in butter or fat and season with salt and pepper. Or, after browning quickly, cover and bake with sweet or sour cream and let cook until tender.—Mrs. Clyde D.

The Perfect Chicken
"If we are to believe newspaper reports, a Nebraska man has produced a breed of poultry without wings or toenails," says the Farm Journal. "Nice for the gardens. But even if he has accomplished all this, the new breed is far from perfect. Let somebody take this breed as a starter and rid of pinfeathers; shorten the neck to not more than one-half inch; put on four drumsticks; get rid of the habit of running across the road in front of autos. Then we'll have a breed what is a breed."

Beige Galika Suit Is Popular
One of the season's in beige galika (thorn-cactus). This has a three-quarter length coat, with large beige fox collar, fur skirt and pleated blouse of beige satin set on a yoke which is fagott-stitched to the rest of the blouse.

For Chill Days
The long fur coat worn with matching or contrasting silk frock and hat.

Chairs for Dual Rooms
The autumn displays of foundation garments which I have seen certainly show a shrewd knowledge of accepted garment styles. An elastic top provides the snug hip-line. The uplift type of brassiere gives the easy, graceful, fuller line over the bust which is a direct contradiction to the boyish form of other years.

Undoubtedly because of the popularity of the princess line in frocks, the one-piece garment takes precedence over the girle and brassiere, although the latter will always be the choice of slim, figureless youth.

Most of the garments are boneless, elastic, adroitly inserted, taking the place of "stays." Occasionally there is a stay bone or two inserted over the diaphragm for slimming purposes, and sometimes an inner belt which does wonders.

The back fastening is a novel feature in many garments which isn't nearly as hard to manage as you might imagine, and has the advantage of giving a very smooth line over the hips.

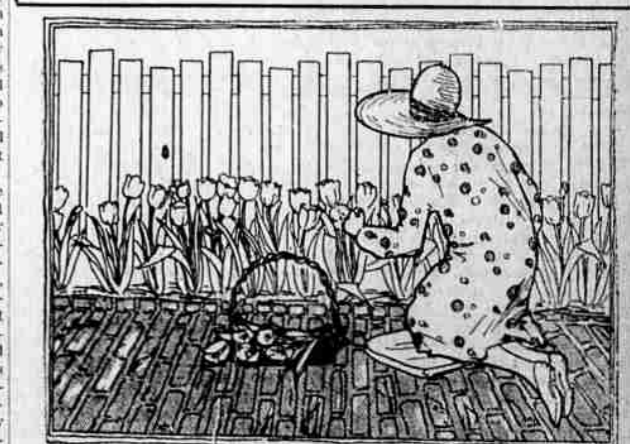
Some of the side-fastening garments are step-ins to the hip-line, hooking from there to the top, with the line curving outside the bust so as to facilitate fastening. Backs in general are lower, probably a result of the sun-tan enthusiasm last summer, and evening foundations are cut almost to the waist.

The ideal foundation wardrobe for autumn includes a French bustier for tailored things, a lace and crepe de chine with elastic inserts for afternoon, and for evening, a soft, supple, very low in the back and marvelously light satin, and embroidered net. The garments sketched represent the most important types and the favorite materials of the new season.

Very much of our practical life training, and often the best part, comes from the mistakes we make.



Stately Darwin Tulips



Darwin tulips in the last twenty years have enjoyed an increasing wave of popularity which has made them the most desired tulip in the garden. They have also taken an important place in the florists' lists of cut flowers of late winter. The Darwin was a selected strain of the self-colored tulip type known as Breeders put out by a celebrated Holland firm. Their exact origin is still clouded in some doubt, but it seems evident that they were collected from the gardens of some old-time tulip fanciers.

They are noted for the size and heavy substance of their blooms, their tall stems, and the softness as well as the brilliancy of their color range. In the more brilliant-colored, a gray bloom often softens the tone. They are cup-shaped blooms with rounded petals as distinguished from the pointed flowers of the Cottage class.

The Darwin is the favorite tulip for those who delight in color arrangements in their garden. As there are hundreds of varieties, any desired color is available except yellow which is not in the Darwin range but tulips of similar form give yellows in the

Facts and Figures of the Silhouette
Facts about the autumn frock and suit mode prove very conclusively that this is a season when figures cannot lie. The mode is too revealing. Gone are the days of the straight-line, belted-about-the-hips frock which concealed many of our figure deficiencies. Snug fitting hips, slightly raised and occasionally nipped-in waists, a frank recognition of the bust line, are characteristic of autumn styles.

On the undergarment, then, devolves the duty of doing the best that it can to aid and abet these new lines and to coax the figure as far as possible into lines of sinuous grace. It is almost axiomatic to say that the success of the outer garment this season will depend on the care with which the undergarment is selected and fitted.

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Breeder and Cottage classes. Darwins should be planted by the hundreds, the thousands, if you have room. There is no plant that gives such a gorgeous display of color in their season which is during the month of May, in the north and central states from about the middle of the month over a season of about two weeks.

No perennial border is complete without its clumps of Darwins to bloom between clumps of other plants, the tulip foliage to be concealed later by other occupants of the border. As cutting tulips spoil the effect in a formal bed or in a border where the regularity of the mass of color is the imposing effect, several rows of bulbs planted in some convenient portion of the premises for cutting, will furnish material for the house without marring the beds.

Owing to the great number of named varieties, American dealers have used careful selection in making up their lists so that all varieties offered are tried and beautiful varieties. They are usually offered in sections according to color and a purchaser cannot go wrong in making a selection.

Fertilizing Sweet-peas
Before you make your fall sowing of sweet-peas, spade the site eighteen to twenty-four inches deep, and work into the trench as much old manure as can be spared from other crops. If manure is lacking a good substitute is found in rotted leaves and decayed vegetable matter from the compost heap. Bone meal should be sprinkled over and mixed with the soil as the work proceeds, and the trench finished off with a dressing of hydrated lime worked into the surface with the rake a few days previous to sowing.—From the October American Home.

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A winter coat in deep Burgundy with a luxurious trim of Kolinsky fur which, with a little tuben, gives a distinguished ensemble.