

Fashions Household Hints Gardening, Etc.

Of Interest to Women

Edited by Eva Nealon

Cabbage the Enemy of Fat



By CAROLINE B. KING

All the world is dieting these days—it's the fashionable thing to do—a few fortunate persons are hoping to put on a bit of weight, but the great majority of mankind is strenuously working to lose anywhere from five to thirty-five pounds of too solid flesh.

For these overly weighty ones nothing could be more effective than a diet which includes plenty of cabbage, for cabbage is a foe to fat, and at the same time it is an important vegetable, being distinctly valuable for its vitamins, mineral salts and bulk.

Eat a cabbage every day and you will surely keep the pounds away—eat it raw preferably, but if you prefer it cooked there are a great many interesting ways of preparing it, just as there are many interesting varieties of cabbage.

There is the early cabbage which grows quickly and matures early, is rather loose leaved and of a delicious green which color it retains even after cooking. A small packet of early cabbage seed will produce a large number of easily raised plants. The latter variety is known as winter cabbage—this is the white firm kind that keeps all through the winter and is so fine for making sour kraut, cole slaw and for boiling.

Red cabbage is not so generally known, but it is delightful for pickling and also for cooking in special ways. Savoy cabbage is the curly sort, and Chinese cabbage a sort of celery cabbage which is delicious when cooked like cauliflower. Brussels sprouts resemble miniature heads of cabbage and are the aristocratic members of the cabbage family; contrary to general opinion they are easily grown. A little seed

will produce from two to three thousand plants.

Sweet and Sour Red Cabbage makes a tasty luncheon dish. Shave a firm head of red cabbage very fine and place it in a frying pan with just enough butter or other fat to keep it from sticking, add salt and pepper to taste, stir often and cook in the fat for three or four minutes. Then add a tablespoonful of sugar and 2 tablespoonfuls of vinegar, cover closely, cook fifteen or twenty minutes. Just before serving add 1/2 cupful of sweet cream and sprinkle over with 1/2 tablespoonful of celery seed.

Cabbage Salad—Shave a firm head of white cabbage finely, then drop in very cold water to crisp for an hour. Drain and wipe dry and serve with a cold or hot dressing, or with mayonnaise or French dressing. For variety add chopped chives, celery, shredded pineapple cooked and shredded beets, peanuts or almonds. A tasty dressing for cabbage salad is made by mixing together 1 teaspoonful of salt, dash of paprika, 1 tablespoonful of sugar, 1/2 teaspoonful of mustard with one beaten egg. Turn into the double boiler and add 1/2 cupful of hot milk and a tablespoonful of butter, cook till thick, then whip in gradually 1/4 cupful of hot vinegar. Chill for a cold dressing or use hot with a hot slaw.

Cabbage With Sour Cream Dressing is another unusual but most savory dish. Cook the cabbage as usual, and when well drained chop it fine. Then season with salt and pepper and pour over it a dressing made by beating together one egg, half a cupful of sour cream and one-quarter cupful of vinegar; then add a tablespoonful of melted butter. Bring just to the boiling point and serve.

ARE YOU PRESERVING FRUIT THIS SUMMER?

Preserved fruit in the diet is one of the most desirable ways of providing children with sweets, according to Dr. H. C. Sherman, well-known authority in foods and nutrition who is teaching at Oregon State college this summer. What child will complain when given strawberry preserves or orange marmalade?

The season for raspberries, logan berries, sour cherries and strawberry is on. How to preserve them and how to improve upon past attempts at making preserves are pointed out by Mable C. Mack, home demonstration agent.

Freshness and proper stage of maturity, as well as the variety of fruit used are factors of first importance. Preserving is no excuse for using old or second grade fruit. The final product can be no better than the fruit from which it is made. Most berries and other fruits used in making preserves are subject to rapid deterioration. The fine flavor is largely lost and the sooner ripe fruit is preserved, the more nearly natural it will be.

Ripeness of the fruit used influences the color and flavor of the finished product somewhat. Some varieties do not cook up as well as other varieties. An example is the Marshall variety of strawberries raised in the northwest. The berries, though they do not produce as brilliant colored preserves as some other varieties are famous throughout the United States for their flavor in preserves. Any good strawberries are suitable for home use, but the color will be much darker if the preserves are made from dark varieties. It is well to remember that in all cases the finished preserves are darker than the berries from which they are made.

As in jelly making, the amount of sugar used is important. Too much sugar produces a runny, syrupy product and if not enough is used the preserves will be tough and leathery. The usual proportion is one-half sugar and one-half berries by weight, when strawberries, gooseberries, red raspberries, loganberries and sour cherries are used.

All preserves are best if made in comparatively small batches. Make it a rule to have everything ready for quick cooking when you start making preserves. Jam or jellies. Fresh flavor is continually being lost and the color darkened all the time the fruit is hot. When only small quantities are preserved at one time, the fruit is cooked the minimum amount of time.

Place the berries and sugar in a saucepan and mix without crushing the berries. To facilitate rapid heating the pan should be flat rather than deep. Add a little water to prevent sticking and stir carefully a little until the juice from the berries melts the sugar. Cook quickly. Bring to a boil and boil until it is thick enough to make very heavy drops that run together before they fall from the side of a spoon. This blending of heavy drops is called sheeling off and is considered the best test known for preserves and jellies.

When the preserves are sufficiently cooked, remove from the fire and skim. Place the kettle in a pan of cold running water and stir carefully so as not to break up the fruit. Cool as rapidly as possible to a temperature of 170 or 180 degrees Fahrenheit, or until the berries cease to float readily. Some recommend leaving the preserves cool overnight, then reheating and recooking the next day. This tends to plump the berries and prevent their floating.

Women Heads Big Project WASHINGTON (AP)—Mrs. Eugene Meyer of Washington is chairman of the commission sponsoring the new \$1,000,000 recreation center, recently dedicated at White Plains, N. Y.

Investigators find that rubber suffers from fatigue. Rubber tires.—Arkansas Gazette.

Smoot's Bride Is Fourth 'Alice' In Immediate Family of Senator



The bride (left) of Sen. Reed Smoot (inset) will be the fourth Alice in his family circle. The others are his granddaughter, Mrs. F. H. Chambers (center), his daughter-in-law, Mrs. Harold Reed Smoot (right).

WASHINGTON (AP)—Alice seems to be a popular name in the household of Sen. Reed Smoot. Before Senator Smoot's recent marriage, there were three Alices in his immediate family. Now they will welcome a fourth in his bride, who was Mrs. Alice Taylor Sheets of Salt Lake City. "Alice the first" is the wife of Senator Smoot's son, Harold Reed

Smoot. They live in Washington. Mrs. Smoot is a close friend of Mrs. Edward E. Gann, sister of Vice President Curtis. The second Alice is the daughter of Mr. and Mrs. Harold Smoot. Her elopement and marriage to Frederick Howard Chambers of Washington when she was 17 caused a stir in capital's society circles.

The senator's granddaughter gave up a brilliant debut to wed the man of her choice. The third Alice is the baby daughter of Mr. and Mrs. Chambers. Senator Smoot's first wife died more than a year ago in Washington. His bride was the widow of a bishop of the Latter Day Saints church.

"Outsides and Insides"

By Nell Von Der Hellen

PART 2 "Who is going on the picnic, Sammy?" asked his mother, as Sammy was gathering up his lunch and fishing tackle. "Oh, Tom and Dick and Tad and Henry and all the bunch. We're going up to the creek that runs through John Stephen's place. I hope he doesn't come with us though."

"Why not? He seems like a nice boy." "I guess he thinks he's nice, too. We fellows can't stand him. He's as stingy as can be—never treats the bunch. He won't even play with the bunch after school. Just the minute the bell rings he leaves it for home."

"Sammy, it isn't kind to talk so of anyone. Maybe you haven't made him welcome in your games. Possibly he is very shy and feels that he isn't wanted."

"Oh, he's just queer, that's all. Sort of a nut. Well, I've got to be hurrying. I've wasted so much time over that blooming butterfly. I'll be late now. I'm glad I watched it though."

"Good-bye, son, and have a good time. Be careful around the water, remember you can't swim. And, Son, if John is there, try being extra kind to him and see how it works."

So Sammy left and his mother busied herself about the house and garden and neither of them thought anything more about the butterfly. About mid-afternoon, Sammy's mother was surprised to see a car dash up to the gate and stop. A strange man got out and then another and—why they were carrying a boy on a stretcher—it looked like "Sammy," she called, and ran forward.

"Don't worry, Mrs. Brooks, he's all right now. Just a little weak I'm Dr. Strickland. There, just let him rest in that position for a while."

passing and they stopped me. A fine boy, that John, and a tragic case too. His father is dead and he cares for an invalid mother and goes to school too. Doesn't have much time for play—has to hurry home and wait on his mother. They are very poor, too, but proud. I don't know how they manage. Well, I must be getting back to town. The boy will be all right in a little while. Mighty close call though. Good day."

Some time later Sammy opened his eyes and in a very faint voice said: "I heard what the doctor said but I couldn't open my eyes or speak then. Just think, I said I didn't like him—'Sammy choked and couldn't go on."

"Don't you worry, Son," his mother comforted. "We all make mistakes. I'm sure you will never judge quickly again and we will find some way to help them and show our gratitude."

Just then Sammy's eyes fell on the butterfly which still clung to the curtain by the window. He studied for a moment then smiled softly and said: "Mother, I was just thinking about the caterpillar and the butterfly. I guess that is the way with John—I didn't think he was a bit nice and I didn't think the caterpillar was nice but just see what they've both turned into! I guess you can't ever tell about the insides from looking at the outsides."

Mothers Get College Degrees ST. LOUIS (AP)—Two mothers, one with two sons in college, the other with a son and daughter who have finished college, were graduated by Washington university here. They were Mrs. Ora B. Johnson and Mrs. Irma J. Truex, who are friends.

Be careful what you start while trying to stop something.—Helen Independent.

Colorado Queen



Alyce Ireland of Denver was selected as the most beautiful coed at Colorado college, Colorado Springs.

POTS AND PANS WIN D. A. R. SCHOLARSHIP

WASHINGTON (AP)—Pots and pans, needles and thread, won for Mary Campbell of Washington state the first home-makers scholarship offered by the national D. A. R. She will enter the Washington state college of agriculture this fall. She won in a competition with 400,000 when the D. A. R. officials here suddenly decided to endow a few days before the recent 4-H club national encampment in Washington.

Decorations For The Home

By Jane Suedicor

Art. XI—Decorative Accessories Clear glass, green glass or neutral pottery and silver are all good for any kind of flowers—others have to be handled more carefully.

Here on the Pacific coast it is so easy all the year around to have cut flowers of some kind for bowls of evergreen and dry berries are delightful at any time during the winter.

A few flowers in a vase are far better than many closely arranged. The Japanese have taught us much on flower arrangement and there is always so much to be studied and experienced with by any one who is interested in adding to their rooms the delightful touch which comes from a few cut flowers or a potted plant.

Do not overdo it though. From one to three arrangements is enough for even a large living room and one for each bedroom or kitchen. If one has never tried the effect of a small vase of cut flowers or a potted plant in a window near the kitchen sink, it is worth trying out any way from there more than any where else the house keeper will enjoy her flowers.

No longer does one see the elaborate table covers. The beauty of well finished wood is too lovely to be covered and hidden from sight, but it must not be marred by heavy and possibly rough edges on lamps, so artistic pieces of brocades or tapestry, finished simply and well-tailored are used. These add another bit of color to the room and furnish necessary protection. Crushes and long scarfs are no longer used but the clever needle woman can fashion really charming table mats from odds and ends.

(To Be Continued)

For Street Wear



Chic for the office or street is this tailored dress of plaid striped black worsted, with novelty belt and an overlay white Pique collar.

Grooming of the Perennial Border for Good Looks



No garden border of perennials should be allowed to become over-crowded, where they have become crowded, may entail a sacrifice, but it should be done. Bare places are bound to occur at unexpected times and in unexpected places. If left unfilled, they are apt to ruin the appearance of the border. Where possible, it is best to replace the plants that have died with the same varieties.

Many perennial flowers need to be staked as a preventative against being broken down by storms or their own top weight. This is especially true of a large number of late summer and autumn flowers, as tall varieties seem to be numerous. Lilies, Boltonias, fall Asters, Sunflowers, Helonias, Pyrethrum and the like are liable to be broken down any day.

The most pesky stakes are those that seem most unobtrusive, and by common usage the ready-made round stakes offered by horticultural establishments seem quite suitable. They vary in diameter and length, according to height and weight of plants to be supported. Generally, people thrust the

stake in the ground at one side of the plant, run a string around the cluster of stems and secure it to the stake. A more natural effect may be obtained by placing the stake near the center of the clump, and tying the separate stems to the stake, which is thus like the hub of a wheel. Sometimes two or more stakes are used for each plant.

BARE ARMS RETURN; CAPELETS DISAPPEAR

WASHINGTON (AP)—Bare arms are coming to the fore again as hot days arrive. The beguiling little caplets and suggestion of sleeves which inaugurated the summer have fallen away to mere nothingness. Tanned young Amazons swing into fashionable tea rooms with arms bare to the shoulder. Necks of the simplest frocks are cut quite low and soft bands of silk are often worn around the head in place of hats. White hand bands are worn with the all white costumes which are more popular than ever.

PONGEE AND LINEN SMART FOR SPORTS

WASHINGTON (AP)—It's a pongee and linen summer on the golf links and tennis courts in the capital as well as for those who look on at sports events. For those who do not like jackets there are sleeveless dresses of pongee with cape effects and small vests of contrasting color. Jacket suits of pongee and linen are highly popular and shantung in white, eggshell or colors runs a close second.

Again Mylady's Hemline Drops; Even Sports Dresses Are Low

By Diana Mervin

(Associated Press Fashion Editor) PARIS (AP)—Slowly but surely legs are going into eclipse behind a constantly lowering hemline. Afternoon dresses, shown here in midsummer style collections which are the final edition preceding winter showings, consistently cover the calf and range downward toward the ankle.

Even street clothes are influenced by the trend. Sports clothes, excepting those for active tennis play version. Even here the new styles and golfing, come a full six inches below the knee in their newest bespoken discretion.

Evening dresses have been lifted slightly as partial compensation for the lengthening of day skirts. Except for ultra-formal frocks, the new length is four to six inches off the floor—or ankle height.

TEXAS WOMEN HUNT FOX NOW HOUSTON, Texas. (AP)—The ancient sport of fox hunting is gaining in the favor of Texas women. Recently the Wolf and Hunter's association of Caldwell, Gonzales and Guadalupe counties, decided to admit women to membership. Several joined.

Medford—Crater Lake Gateway.

White Cottons for Summer Comfort



In town or country, at the seashore and in the mountains white retains its popularity as a popular and fashionable color. And when one says white for washable summer costumes one almost instinctively thinks of cotton because it is so cool, practical and laundrable. Then too it may be used with colorful accessories in such a way as to obtain a really charming effect. At the right is an immensely practical plique suit with sleeveless blouse and plain collar in white and yellow striped plique which, all in all, makes a particularly smart ensemble. At the left is a new summer model of a sleeveless sports dress of sheer white pongee, suitable either for active or spectator sports wear. A берет of the same material completes this costume—and berets are very much "it" this summer.

VACATION LAND—

Partly Furnished Houses for Rent—Seaview Cottages for Sale HUNTING, OCEAN AND FRESH WATER FISHING, BOATING, BATHING—SADDLE HORSES FOR HIRE BROOKINGS TOWNSITE 135 Miles from Medford On the Oregon Coast Highway at Mouth of Chetco River in Southern Curry County, Oregon. Just the spot for the summer recreationist to spend his vacation among ideal surroundings. Reservations Now Being Booked W. J. WARD Brookings, Oregon

IOWA MAN TELLS HOW TO GET RID OF PILE TROUBLE

Suffered Himself Three Years with Bleeding Ulcers or Piles Which Caused Agony in Spite of All Doctors Could Do SIMPLE REMEDY QUICKLY STOPS ALL SIGNS OF BLOOD AND PAINS

"I suffered with Piles for three years. I tried advertised remedies with no results and after my home doctor did me no good I visited a doctor. He said it was piles, others ulcers, others abscesses, but whatever it was I was in agony and bled so freely and was in such pain I had to be getting up night and day. But I know how to fix such troubles now and I'm mighty thankful I no longer suffer," declared Mr. O. F. C. Stamp, well known resident, aged 78, of Preston, Iowa, Box 853. "I got Colac Pile Pills at the drug store—took them regular like they tell you to do on the bottle and from that time on my pain and flow of blood grew steadily less until gone entirely. They healed my trouble and made me well and happy and I think it wonderful at my age. Surely any man troubled like I was should give Colac Pile Pills a trial. They sell them on absolute money back guarantee, so you risk nothing," continued Mr. Stamp whose picture appears above. Colac Pile Pills made of finest ingredients in world's largest laboratories, are harmless, quick and effective in correcting various internal rectum and bowel troubles without disturbing any other organ. Doctors prescribe them. Thousands tell of glorious relief after futile waste of time with old-fashioned salves, suppositories etc. Obtain of druggist, or send Seventy-five Cents coin check or stamps to Colac Chemical Co. Brentwood, Md. for regular bottle prepaid. If desired you can wait and pay the postman when it comes but C. O. B. Charges are Twelve Cents extra. Money back without quibble or question if treatment of six weeks doesn't man trouble like I was should give Colac Pile Pills a trial. They even the worst cases.

NEW TONIC RESTORED GRAY HAIR TO YOUTHFUL BEAUTY

Hair Was Falling Out And Full Of Dandruff, Also Very Gray On Top Worried Her I'M REAL BOOSTER FOR LEA'S TONIC

"One of my friends more than a year and a half ago noticed the trouble I was having with my hair and started me using Lea's Hair Tonic and I gladly send my photo and praise of Lea's for it is not a dye, yet restores the hair to its natural youthful beauty," declares the lady whose picture is on the right, Mrs. Elizabeth Nainess, 221 Grant Street, Perth Amboy, N. J. "When I started using Lea's my hair was constantly coming out in handfuls and full of dandruff. My hair on top of my head was all gray and did not match the rest. Today thanks to Lea's my hair is its natural color and is only stopped falling out but I constantly find new and vigorous hair growing, thicker and thicker," continued this delighted user in Perth Amboy. Any woman with lopped or long hair can as easily use Lea's Hair Tonic at home. Just a few drops massaged into the scalp with finger tips each night for a few weeks gets the blood tingling, scalp full of new vitality as it were and then gradually, perhaps as slowly as you begin noticing it coming back shade by shade to one of the three thousand shades most becoming to your style and beauty. Once the hair is again its proper shade, as of old, it stays that way and only an occasional application every week or ten days seems necessary to keep nature up on her toes, growing thick, strong, lustrous hair no matter how old one may be. Truly marvelous maybe but no bother and you can defy experts to detect this home treated hair. If druggist hasn't Lea's Hair Tonic yet, send for it, just send dollar bill, check or money order to Lea Tonic Co., Brentwood, Md., and they pay postage. If dissatisfied after sixty days, money refunded without quibble or question.