

# Laundering Of Knitted Things Not Difficult If Rules Are Followed

By Taking Precautions, You're Garments Won't Be Discolored or Stretched Out of Shape

By VIRGINIA ROSS  
Home Economics Editor

APRIL, to you, may be a time to "come out of the kitchen." But, about once a week, it means "come into the laundry."

No matter what frame of mind you may find visited upon you during this gay month.

If you're golfer or gadder, there's bound to be knitted clothes galore. Or even if you aren't—knitting has become the great feminine sport. Knitted clothes either done at home or factory made (and they're surprisingly "natural") have become so popular that they are a permanent part of almost every woman's wardrobe. If indeed, not of the entire family.

Before washing a new sweater, or knitted garment, test it to be sure the colors are fast, by squeezing an inconspicuous portion in clear, lukewarm water for five minutes or so.

Knitted things often get out of shape when wet, so to insure restoring them to the correct proportions draw an outline on clean wrapping paper before wetting. Incidentally, the ideal time to draw this outline is when the sweater is new, before you have stretched the elbows.

**DON'T RUB**  
Remove unwashable buttons, buckles, etc., and turn the sweater wrongside out. Make rich suds with a good soap flake. Always have suds and rinse waters lukewarm or cool. Put in the sweater and wash by squeezing the suds through and through the material. Never rub. Wash quickly. Do not soak colored garments.

Rinse thoroughly in plenty of lukewarm or cool water. Squeeze out the water—don't twist. Then roll the sweater in a dry Turkish towel, knead for a moment and unroll. Don't leave colored garments rolled up while wet. Ease the sweater into shape on the outline. If the sweater tends to shrink, pin it in place on a firm surface as on a corrugated pasteboard, or an old rug. Use pins which will not rust.

When the sweater is dry, remove it from the outline, turn it rightside out and press it lightly with a warm iron, using a damp cloth to remove wrinkles and pin marks.

Knitted things mean well-fitted garments hitherto classified as "unmentionables." Incidentally, isn't it a grand and glorious feeling that "corsets" have now become foundation garments? Just think how miserable we active women would be if we had to crawl into an old-fashioned hour glass corset, and then try to play a round of golf, take a husband on at tennis, or even do the housework.

**N**OWADAYS, whether one prefers a soft latex pantie girdle, only one step removed from undies, or a firmer one-piece garment with a few restraining bones, she will find it built for comfort. And another advantage of these present day foundation garments is that they may be washed frequently in order to keep them as spotless as our other underwear. The following simple method rejuvenates foundation garments again and again.

Remove trimmings as flowers, ribbons, etc., which might be unwashable and thus stain the garment.

**MILD SOAP**  
Turn garments wrongside out. In this way it is easier to remove perspiration, etc. Mend holes or runs to prevent their becoming enlarged.

Always use a mild, neutral soap for washing foundation garments. Have the suds lukewarm or cool.

Then put in the garment. It is possible to wash garments of similar color together if desired, but never wash a dark garment containing undye with light colored things.

In case the dye is even slightly unfast, it is well to have the suds and also the rinse waters cooler—the warmer the water the more the dye is likely to run.

Wash the garments by squeezing the rich suds through and through the material, especially soiled spots. Never allow colored fabrics to soak, even for a short time, as streaking and fading are likely to occur. Do not rub or twist rubber or elastic, as it is easy to stretch the material when wet. Sousing the material up and down in the suds removes

dust and dirt without injury to the material.

If the garment is much soiled, it is well to change the suds, as clean suds work out dirt most satisfactorily. If there are particularly soiled spots on elastic it is sometimes helpful to use a washcloth to cleanse these portions. Care should be used, however, not to fray or wear the material. For stubborn stains, put some of the suds themselves on the material and gently rub them into the stains with the fingers, or work some dry soap flakes or granules into the spots with the fingers or the cloth.

**RINSE CAREFULLY**  
Rinse thoroughly, using plenty of lukewarm to cool water. It is the rinse water which removes the last traces of loosened soil and soap left in the fabric from the suds bath. Three rinses are usually ample. Squeeze out the water thoroughly after each rinse. Complete removal of all the soap and loosened dirt is necessary to get fresh, clean looking garments.

**SQUEEZE** out as much water as possible, but do not twist or pull. If garments are rolled in Turkish towels and some of the moisture absorbed, they dry more quickly and are not so likely to streak while drying. Knead out the moisture and remove the garments from the towel immediately. Do not allow colored materials to remain rolled up while damp.

Gently shake out the folds and wrinkles and ease the garment into shape. Garments that tend to shrink may be gently stretched before they are hung to dry. The metal clasps on the garters should be released and elastic loosened. If this is done the garters tend to keep their shape longer. If the clasps are not loosened, rust may form on the material underneath.

Dry garments in a good current of air in the shade or indoors. Never dry garments containing elastic or rubber in the sun nor near excessive heat as a radiator or register, as rubber is likely to become affected by excessive heat. The garment may be pinned on a line so that the weight is evenly distributed, or may be placed on a clean towel or paper on a flat surface. In the latter case, it is well to stuff a towel or tissue paper inside the garment so that the air may circulate between the thicknesses of the material.

## Recipes Worthy Of Attention

### FINNAN HADDIE

- 1 Finnan haddie
- 1 large onion
- 1 chopped seeded green pepper
- 2 tablespoons chopped parsley
- ¼ teaspoon paprika
- 4 tablespoons butter or margarine
- ¼ teaspoon salt
- 1½ cups milk

Clean finnan haddie carefully. Arrange in baking dish, dot over with fat. Then sprinkle with chopped onion, green pepper and parsley and paprika and salt. Cover with milk and bake in moderate oven (375 degrees) for one hour, baste frequently as milk evaporates.

### FISH BAKED IN CHEESE SAUCE

- 2 tablespoons butter
  - 2 tablespoons flour
  - 2 cups milk
  - ½ teaspoon salt
  - Speck pepper
  - 2 cups grated cheese
  - 1½ pounds halibut fillets
- Melt butter, add flour, then the milk gradually, the salt and pepper, and grated cheese. Arrange the fish fillets in baking dish. Pour sauce over them and bake in moderate oven (350 degrees) for 25 to 30 minutes or until fish is tender.

### GREEN AND GOLD DESSERT

- 1 package lime gelatin
  - 1 No. 1 can grapefruit
  - 1 cup boiling water
  - 10 dates
- Disolve gelatin in boiling water. Drain juice from can of grapefruit into a measuring cup, add sufficient cold water to fill the cup. Add grapefruit juice to dissolved gelatin, pour into a shallow pan which has been rinsed in cold water. When beginning to set, put in 6 pitted dates, quartered. Chill thoroughly, cut into cubes and pile in stemmed glasses and garnish with segments of chilled grapefruit and dates. This will serve six.

## GUIDE of the STARS

By Laurie Pratt

**SUNDAY:** Social affairs are favored. Much mental stimulation; good for new ideas and plans, but today and tomorrow are adverse for actually starting important undertakings.

**Monday:** An energetic, constructive day if you can make your patience and temper hold out. Domestic affairs seem troubled.

**Tuesday:** An unusual day all along the line. Expect the unexpected. Lots of luck here if you really have a worth-while proposition.

**Wednesday:** Some one is trying to hurry you; take your time. Don't talk out of turn today, and don't sign contracts carelessly. A good day if you're cautious.

**Thursday:** Many different matters claim your attention today. Favorable financial news may reach you. Consultation with those in authority may bring benefits.

**Friday:** Avoid elders. A slow and difficult day, unfavorable in general, particularly for travel and correspondence.

**Saturday:** Violence in the world; earthquakes around this period. But today, while unsettled and tense, offers many opportunities. Contact strangers and superiors.

**CHILDREN BORN THIS WEEK**  
Children born this week (this year only) have the following life prospects, according to astrology:

**Sunday:** An impetuous, hot-headed child, but right half the time and a born organizer. Independent and pioneering, he'll make his mark.

**Monday:** Plenty of grit and stability here to back up his enthusiasm. He'll attract money easily and spend it royally.

**Tuesday:** Artistic and pleasant, but you'll have to teach him to govern that occasional temper. A positive genius for finance; amazing success is shown.

**Wednesday:** This child may want to be a singer. He's original but somewhat inflexible; teach him more adaptability.

**Thursday:** Versatile and yet thorough. A well-balanced child with a strong will and a thirst for knowledge.

**Friday:** Thoughtful and determined, this child will overcome many obstacles. A literary career is favored.

**Saturday:** An extraordinary life with many changes and much luck. A public or political career is indicated.

### NOTICE!

**T**HE instant success of Mischa's patterns has resulted in a price reduction, beginning this week.

Because of the tremendous response to this unusual and up-to-date pattern service, the price has been lowered from 25 cents to 15 cents.

Mischa's patterns, it must be remembered, are made of strong paper and are accurately cut to size. Every help to the home seamstress is included.



## ★★★★ Sausage Rolls Supreme ★★★★★



Good for wash day or any time are these sausage rolls. Serve this time of year with a mixed green or sliced tomato salad, whole-wheat bread and nice cold custard.

### SAUSAGE ROLLS

- Rolls:**
- 1 pound pork sausage
  - 2 cups white bread crumbs
  - ¾ cup chopped green sweet pepper
  - Salt to taste
- Sauce:**
- 1 cup sliced dry onions
  - ¼ cup minced parsley
  - ½ cup chopped green sweet pepper
  - 1 clove garlic, minced

- 1 small clove garlic, minced
- ½ cup seedless raisins
- 1½ pounds round steak (cut thin)
- Fat
- ¼ cup oil or fat
- 3 cups canned or cooked tomatoes
- ½ cup seedless raisins
- 1 cup mushrooms (optional)
- 2 cups water

To make rolls: combine sausage, bread crumbs, sweet pepper, salt, garlic and ½ cup raisins, and blend thoroughly. Cut steak into squares of desired size, place a portion of dressing on each square, roll up and pin together with toothpicks. Fry in fat until brown on all sides.

To make sauce: combine sliced onions, parsley, sweet peppers and garlic, and fry in oil or fat about 5 minutes. Add tomatoes, raisins, mushrooms and water, and let come to a boil. Pour over rolls, cover and simmer slowly about 1½ hours or until steak is tender. Remove toothpicks before serving. Sufficient for 12 medium-sized rolls.

## Method of Watering Rock Plants Described By Noted Horticulturist

By Cecil Solly

**A** FEW hours of sun and dry appearance of the soil are often sufficient to cause a stampede to watering.

But wait a moment and think, for you are really putting yourself to unnecessary trouble, probably doing very little good, perhaps doing a great deal of harm.

"But I've heard that these rock plants get a lot of moisture from melting snows in spring in their natural surroundings," you exclaim.

True, but the moisture comes to them in a far different manner from that in which you apply it, with your little sprinklings overhead. Such "dosings" do more harm than good and are worse for your rock plants than no watering.

Always hesitate before you water in the rock garden, and apply the following simple rules:

(1) Be sure watering is necessary. Nine times out of ten it isn't. Rock plants are deep-rooted. If properly planted in the "pockets" between the stones and if a

free use of broken stone was made—under ground and on the surface—even moisture lovers will manage for a long time, far longer than the majority of plants in the open border.

(2) For Newly-Planted things. If your newly-planted plants and heavy drinkers, like some Geniety and Geum Reptans are really dry, then water them well. Give them a good downright soaking; no sprinklings or dribblets.

(3) The Root and Foliage Rule. Soak the roots and avoid the foliage. Most rock plants in this climate get far more overhead water than is good for them, without your help.

(4) The Right Size Rose. Use a can with a fine "rose" that is a cap with very small holes for distributing the water as it leaves the spout. If you don't use a rose, all you will do will be to wash gravel and soil away from plants on the slopes.

Water higher up than the plants' position and apply in short, gentle, numerous doses, pausing between each to allow the water to soak in.

## Mischa Fashions

**D**EFINITELY the rage is the two-piece suit, and the model sketched, No. 124, has a slightly different twist, with its stitched stand-up collar. Perfectly plain lines, belted at waist and worn with simple blouse, make it perfect for any woman.

Available in sizes 14 to 20 years, 22 to 40 bust. Requires 3½ yards of 39-inch material and 1¼ yards 39-inch contrast.

Here's a fine nick plaid, No. 125, debonair and radiating personality with its vibrant, warm colors, elaborate collar touched by a petite bow, cleverly stitched cuff puff sleeves, buttoned down the front. It has youthful appeal. Sizes 7 to 14 years.

Size 10 requires 2½ yards of 39-inch material or 1¾ yards of 54-inch material.

Mischa fashions are accurately cut to size and are made of strong paper. Simplified cutting chart and a practical step-by-step instruction guide are included.

Mischa Fashions, FIVE STAR WEEKLY, 450 Mills Tower, San Francisco, Calif. Enclose 15 cents for each pattern wanted.



## FASHION TIPS by mischa

INTERNATIONAL AUTHORITY ON WOMEN'S ATTIRE

Outstanding in the world of fashion are the designs by Mischa, and in this regular weekly column he gives readers of this magazine invaluable advice on the ever-present problems of dress. The article this week deals with color harmonies, one of the most important subjects when considering dress.

That certain basic colors fit certain individuals. Proceeding from there, it is well to keep the wardrobe within the limits of the color that fits your type. Then, by studying the harmonies for that color or colors, and taking note of the effect you wish to achieve, a great variety of results may be obtained—all of them correct and in the mode.

**I**T SEEMS that the puzzle of "what color goes with what" is never-ending. In spite of volumes of advice and scientific fact that have been written about this engaging subject, too many women still select their garments and accessories in the most haphazard fashion.

There are very definite rules for color harmonies. Artists spend years achieving certain effects through careful combination of colors. Color charts are obtainable in many places which outline the complementary and contrasting colors.

So many varied effects can be obtained by a wise combination of certain colors that it is almost impossible to list them all. At all times it must be remembered

**H**ERE, then, is a list of harmonizing colors:  
Blue and orange—perfect  
Blue and maize.  
Blue, brown, gold and yellow.  
Black and white.  
Black, yellow and green.  
Purple and yellow.  
Purple, scarlet and white.  
Purple and maize.  
Red and green.  
Red and gray.  
Red, yellow and black.  
Yellow and deep crimson.  
Yellow and black.

Here are some more combinations and the results they achieve:  
Blue and gray give an effect of coldness.  
Black and olive green are a dull harmony.  
Black and gray are subdued.

## Menu of the Week

By Joan Andrews

**T**HE principal reason that husbands are against afternoon bridge parties is that the women are apt to arrive home late and, with more haste than thought, assemble a meal that may be nourishing but is usually uninteresting. One of my friends has devised a bridge-day dinner that makes her husband actually glad she plays bridge. Here's the menu:

- Tomato Juice Float
- Salmon Grill
- with Sweet Potatoes and Pineapple
- Hearts of Lettuce Salad
- Fresh Strawberry Sundae

To make the salmon grill, grease a baking sheet and on it place three large slices of salmon, six cooked sweet potatoes which have been sliced lengthwise, and six slices of pineapple. Brush them all with melted butter, and sprinkle fish with salt, pepper and paprika. Place pan about two inches from hot broiling unit. Brown the fish, potatoes and pineapple on both sides, then slip the baking sheet into the oven until the fish is cooked through. Serve on hot platter and garnish with lemon slices and watercress or parsley.

For the tomato juice float, season the juice with lemon juice, salt, and paprika. Serve with diced avocado in cocktail glasses.

## Cooks' Kitchen Tours

Conducted by Virginia Ross

**P**IMIENTO sauce is tasty to serve with fish or eggs. To make it add 2 pimientos which have been rubbed through a sieve, to each cupful of medium-thick white sauce. Parsley sauce may be added too, adding some chopped parsley and a teaspoonful of lemon juice to each cup of white sauce.

Cheese sauce is an appropriate accompaniment to serve over timbales. This is made by adding about ½ cup grated American cheese to each cupful of white sauce.

To make a quick cocktail sauce for fish cocktails such as crab or oyster: combine equal parts of mayonnaise and catsup, and season with lemon juice and a little onion juice or onion salt, and salt and pepper.

Serve spinach on French toast for a luncheon variation. Season the spinach well and combine with an equal quantity of thick white sauce before pouring on French toast. Serve immediately.

For the main entrée for a buffet supper, try hard French rolls, hollowed out, toasted and filled with creamed crab or other seafood.

Rub off all loose crumbs with your fingers before you frost a cake so no crumbs will get into the frosting. And if the layers happen to have roughened edges, trim them into shape with your kitchen scissors.

For luscious Lemon Frosting you'll need 1 tablespoon grated orange rind, 3 tablespoons butter, 3 cups sifted confectioners' sugar, 2 tablespoons lemon juice combined with 1 tablespoon water, and a dash of salt. Cream the rind and butter together, add part of the sugar gradually, then add combined juice and water alternately with the rest of the sugar, then add the salt. Beat until the frosting is smooth.

The juice of a lemon, a bit of the rind, and a whole clove or two will add a new zest to stewed prunes. Try it sometime.

Have you tried oven-cooking your dried fruits? Prepare them just as you would for stewing, but put them into a closely covered casserole and cook them

slowly in the oven until they're tender.

When I turn out my cakes, I use two racks. I put one right over the top of the pan, and invert pan and rack together. Then I hold another rack over the bottom of the cake and invert again, so the cake is right side up on the second rack. This way it won't break in turning.

For a change I often use a lattice top for my fruit pies. I line my pan with pastry just as for a one-crust pie, but do not flute the standing rim until the filling is in and the narrow pastry strips have been criss-crossed over the top and onto the rim.

## DIETING TO REDUCE

Cut out fat meats—you don't need them—eat sensibly of lamb, lean beef and poultry.  
Go light on butter, cream and sugary sweets—eat fruit and vegetables in variety.  
Gain in physical charm—look younger—feel younger.

Maryland lady writes: "I've lost exactly 21 lbs. and am so happy to get rid of that bulky fat. My skin is clearer and I feel so much better." Mrs. N. S.

Take one half teaspoonful of Kruschen Salts in a glass of hot water before breakfast every morning for elimination of excess waste—add juice of half a lemon.  
Kruschen costs but a trifle and is sold the world over—try one jar—if not joyfully satisfied—money back.

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