

New Hats Have Slipcovers; All Accessories Colorful

By GAY PAULEY
United Press Correspondent
New York — (U.P.) — Hats with slipcovers. Shoes that suntan. Jewelry inspired by the birds and bees.

These are some of the novel ideas designers have created for what promises to be the most colorful spring and summer yet in the fashion accessories business.

Those hats with slipcovers are what their designer, John Fredericks calls "extra dividends" because a woman actually gets two or three hats in one.

Typical is a gold straw breton with removable white lace slipcover elasticized to fit the hat closely. This is two hats and a snood in one — the breton can be worn alone, with cover, or the cover can be worn on the back of the head.

"The longer hair trend will revive the snood," said the milliner.

Another designer, Lily Dache, gets double duty from some of her hats, made with detachable brims, so that a girl has a choice of little hat or big one. One such has a white lace crown or cap, which ties under the chin with an aqua grosgrain ribbon.

The wide, detachable brim is of stitched horsehair.

Shoes that suntan are in a soft finished leather called corkette. The Leather Industries of America says its starts out as an off-white but grows darker and more golden in tone with wear and exposure to sunshine.

Everywhere, there's color underfoot. Favored shoe shades are yellow, cornflower blue, mauve pink and brilliant red. But you will like the subdued tans and greens.

Several manufacturers feature polka dots in both shoes and purses — cornflower blue on a white background, navy on white, beige on brown.

More Ropes

Any man who hoped the rope necklace trend would last only the winter is in for a rude awakening. There are more ropes, and more masses of jewelry than ever.

The 60-inch jeweled rope is as commonplace as the 30-inch rope of last fall. Newest are those spaced with such motifs as charms, flowers, birds, and other novelties.

One shorter necklace is made of tiny white beads, spaced with larger daisy-shaped yellow ones and finished off with one huge glass bead.

Jewelry is just as colorful as footwear, with designers using

unusual combinations. Judith McCann of New York combines bright orange and just as bright pink, and deep emerald with turquoise.

And this spring, you'll see so many pastels — pink, yellow and blue — on jewelry counters, you'll wonder what ever became of the pearl-colored pearl.

sox time 35 borax
Washington — (U.P.) — Application of household borax may save a suit or dress spotted by a spilled drink.

Research at The National Institute of Dry Cleaning laboratories in Silver Spring, Md. show that borax or boric acid will make harmless the sugars in beverages which make brown stains when subjected to heat.

Those sugars, called "reducing sugars" by chemists are contained in the cocktails, fruit juices, beer, soft drinks and wines.

The Institute says an effective solution for home use is to put as much borax as will dissolve in half a glass of water and apply generously on the affected area. As long as contact with water will not harm the garment, this method is fairly safe because the solution is so mildly alkaline that it will affect few colors. The boric acid used for eye washes also is effective.

sox FILLERS

A roast carves easier if it's allowed to cool half an hour after being taken from the oven.

To clean painted or tiled bathroom walls easily, fill the bathtub with hot water and let stand a few minutes. Then wipe the walls clean with a dry cloth.

You can "stretch" whipped cream by adding the white of an egg and beating with the cream.

Grooves of doors and woodwork can be dusted off with a small paint brush.

To extract fresh coconut easily drain the milk then place the coconut in a slow oven (325 degrees) for half an hour. A slight blow will crack the shell easily.

When sewing velvet, place all pieces of the pattern so the nap of the fabric runs up. When cutting velvet, corduroy and napped woolsens, place all pieces of the pattern so the nap runs down.

Honey and syrup can be used as sugar stretchers in canning jams, marmalades or pickles.

An easy-to-wash rubber mat near the back door during winter provides a good spot for the family to stack overshoes.

SOUPS COME IN PAIRS
New York — (U.P.) — Add variety to lunches with a new soup from two soups. Suggested combination: tomato noodle soup, made by blending 1 can of condensed chicken noodle soup, 1 can of condensed tomato soup, and 1½ cups cans of water. Yield, 4 servings.

Although less than eight per cent of California's population lives on farms, the State leads all others in cash income from agriculture.

Carry-All Bag



by Alice Brooks

It's simply amazing what this bag can carry! Magazines fit neatly into a rack — personal belongings are "toted" around inside.

Pattern 7281: Easy to make a handy tote bag with magazine rack and place for folding umbrella! Pattern, instructions included.

Send TWENTY-FIVE cents in coins for this pattern — add 5 cents for each pattern for 1st-class mailing. Send to Medford Mail Tribune, Household Arts Dept., P.O. Box 168, Old Chelsea Station, New York 11, N.Y. Print plainly NAME, ADDRESS and PATTERN NUMBER.

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New Upside Down Cherry Bran Bread



Cherry Bran Bread is no ordinary quick bread. It's chock-full of red maraschino cherries, fine 100 per cent whole bran and pecans. But, its delicious caramel-like cherry nut upside down topping makes it a truly distinctive bread.

A mixture of cherries, nuts, butter and brown sugar is spread in the bottom of the baking pan and covered with cherry bran batter. When the bread is baked, it is turned from the pan and cooked upside down so the cherry-nut mixture becomes a tempting topping.

To prevent quick breads from cracking on the top, try this trick of food experts. Be careful not to overmix the batter and cover the loaf pan with an inverted bread pan or cover with aluminum foil. At the end of 20 minutes of baking, remove pan or foil and continue baking.

Cherry Bran Bread
Topping:
1 tablespoon butter or margarine
¼ cup light brown sugar
Melt butter or margarine in bottom of loaf pan and sprinkle brown sugar, cherries and nuts evenly over bottom of pan. Let stand while mixing the bread.
Batter:
2½ cups sifted all-purpose flour
¾ cup sugar
¾ teaspoon salt
1 egg, beaten
1¼ cups milk
2 tablespoons melted butter
1 cup whole bran
¾ cup chopped maraschino cherries
¾ cup chopped nuts
Sift together flour, baking powder, sugar and salt. Combine egg and milk and stir into dry ingredients. Add melted butter or margarine, whole bran, cherries and nuts and mix until well blended. Pour into the prepared pan and bake in moderate oven (350°F.) for 1 hour to 1 hour and 10 minutes. Remove at once from pan onto rack. Cool before slicing. Yield: 1 loaf.

As We Live

Self-Sufficiency
Combats Loneliness

A self-sufficient person rarely faces loneliness. He always has himself to fall back on, and he can be happy even when he is alone. That does not mean that he does not enjoy the companionship of others. It merely means that he can get along without it without feeling lost.

One of the characteristics of a socially mature person is self-sufficiency. The immature person, like the child, must have people around to amuse him or to do things for him if he is to be happy.

To become self-sufficient to the point where one can be happy even when temporarily cut off from human companionship, one must develop resources within one's self. That means learning to amuse one's self and to get enough enjoyment from it that there will be no loneliness even if this temporary isolation from people goes on for days at a time.

The importance of self-sufficiency is becoming more apparent as the life span increases and more and more people live to a ripe old age. Frequently their biggest problem, next to financial worries, is loneliness. To prepare for the day when this problem may face you, now is none too soon to begin. Here are

By ELIZABETH HURLOCK, PH.D.

some ways you can teach yourself to be happy though alone:
Hobby Advised

1. Cultivate a hobby you can carry out without other people. It may be reading, gardening, sewing, good work, painting, or one of a thousand forms of activity. What it is will depend on your interests and abilities.

2. Learn to plan your time so there will be some variety to what you do. Loneliness comes mainly when a person becomes bored with what he is doing. Boredom, in turn, is likely to come when you stick at one thing for too long at a stretch.

3. Learn to communicate with others through indirect contacts, such as letter-writing or telephoning. They are the next best things to face-to-face contacts.

LETTERS FROM READERS
Uncordial People: "I know several people who are very uncordial. They always act as if they do not care to see you and they never made any effort to be pleasant and agreeable when I stop to chat with them. Do you think they are conceited?"

(A) They may be conceited. They may feel that they are superior to you and that it is condescension on their part to take the time off to stop and talk to you. I suspect, however, that they are "self-bound" people who are wrapped up in themselves, have little interest in other people and they are likely to be so ill-at-ease when people stop to talk to them that they never know what to say. You are, as a result, put in the posi-

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Nutrition Specialist Says Pressure Cooker May Be Used for Beans

Dry beans can be cooked in a pressure cooker if certain rules are followed, according to Agnes Kolshorn, extension nutrition specialist at Oregon State college.

The specialist says pressure cooking will take about 30 minutes. This includes bringing pressure up to fifteen pounds over low heat, holding the pressure from three to ten minutes, and then letting the pressure drop gradually.

Adding a little fat to beans and water in pressure cooking will keep them from foaming up high while they cook, Miss Kolshorn suggests. Foam can clog the cooker vent tube. The cooker should be only a third full, including water, she says.

Dried beans and peas are now good bargains, both for price and for food value, she says. They are especially good when eaten with a protein food. Some of these combinations are traditional — for instance pork and beans, chili con carne and baked beans with Boston brown bread.

tion of having to carry the conversational ball.

Family Boss: "I maintain that every home needs one person who is the boss and that person should be the one who runs the home, the wife. Am I wrong about this?" A Wife.

(A) The modern home is not a dictatorship with a boss but a democratic organization where every member has some say. If you do all the work, then you are running your home as a dictatorship. Why not try turning it into a democratic organization where each member has some responsibilities and duties? Then let the family decide who will be the head of the organization, you or someone else. The head should not be the boss but the coordinator of the different functions and activities of the home.

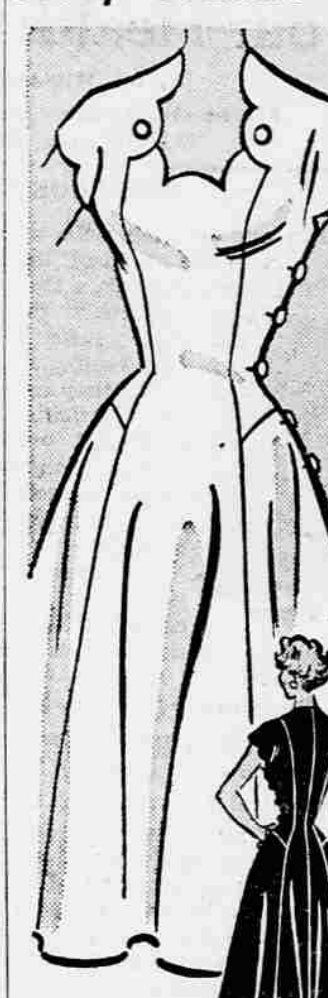
Lolling Around: "I notice that the teenagers my daughter goes with spend most of the time after school lolling around and talking. I think they should be doing something more useful." (A) The lolling around and talking your daughter and her friends do is useful. After the nervous tensions of a day at school, they need time for relaxation. This they get when they loll around. The talking helps them to clarify their own ideas and get a better perspective on life.

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Sunday, March 20, 1955

MEDFORD (OREGON) MAIL TRIBUNE—NINE

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The Navy's carrier-borne aircraft are within striking distance of 90 per cent of the inhabited areas of the world in time of war.

Fish Cookery Rules Given by Specialist

Now that the lenten season is bringing about more fish in menus, Miss Agnes Kolshorn, extension nutrition specialist at Oregon State college, gives these fundamental rules for fish cookery.

First, avoid over-cooking. Fish is cooked when it flakes easily when tested with a fork. There isn't any fish that needs long,

slow cooking. If it's over-cooked, it gets dry and chewy.

Second, keep the fat content in mind. Lean fish require more added fat in cooking to keep them moist and flavorful.

Third, handle fish as little as possible during and after cooking. Fish is tender and delicate. Turning too much can spoil the looks of it.

The Navy uses more than 7,000,000 items in the construction of a modern Navy submarine.



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