

## Summer Wraps Are Attractive

By JULIA BOTTOMLEY



Capricious, whimsical, charm-ing, beguiling, unique, graceful, unusual—one adjective is as applicable as another when it comes to describing the fanciful wraps which are lending interest to the summer style parade.

Very often the summery wrap is a separate theme, but just as often it is a component part of an ensemble costume—which does not, however, interfere with its doing duty with other frocks as well as the one to which it is closely related. In the picture this ensemble of feminized styling is made of peach-colored georgette. The coat of the matching georgette is worn over a sleeveless frock.

Between wraps of georgette and of transparent velvet there is keen competition. Being of light and airy texture, one welcomes their entrance into the summer mode, especially since so many of the gowns are made sleeveless, which renders a wrap which can be easily thrown off and on almost an indispensable thing.

With every flowered chiffon frock a velvet coat or cape of gay hue has become the watchword of the mode. Sometimes these are made quite sim-

ply—perhaps just a straight loose coat with a scarf collar. Then again the wrap is a puzzling thing of circular ruffles, cuplets and huge bows.

Some of the chiffon or georgette coats—and, by the way, they are as

practical as they are handsome—indulge in many fine knife plaitings; others "say it" with circular ruffles galore. In the instance of the model in the picture chic supreme is expressed through circular ruffles about the hemline.

Speaking of georgette for the summer ensemble, no fabric is more commendable. For one thing, it wears. Then in most instances it can be tubbed satisfactorily; at any rate it cleans most perfectly. If you have never owned a tailored georgette ensemble you have missed one of the chiefest of sartorial joys.

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### PEANUT BUTTER BISCUITS

Whether you serve them for breakfast, luncheon, afternoon tea, or evening refreshments, everybody will be sure to like these peanut butter biscuits, provided you have "it"—which, in biscuit making, means a light touch and an instinct for managing the oven just right. The bureau of home economics says to bake in a "quick oven," meaning at an oven temperature from 450 degrees Fahrenheit to 500 degrees Fahrenheit.

4 tbs. peanut butter 1/2 tsp. salt  
2 tbs. fat 2 cups flour  
4 tsp. baking pow- Milk

Sift the dry ingredients and rub the fat and peanut butter into the flour with the tips of the fingers. Make a well in the center, and slowly enough milk to make a soft dough. On a lightly floured board, pat out the dough to a layer about 1/4 inch thick and cut in small rounds. Bake in a quick oven from 12 to 15 minutes or until light brown. Serve at once.

## Sun Suits for Youngsters

(Prepared by the United States Department of Agriculture.)



Ready to Play in the Sunshine.

Ready for a morning on the beach—or at the sand pile in the back yard—these two little girls, dressed in their gay sun suits of cretonne and print, will have all the benefits of the health-giving ultra-violet rays of sunshine on a large portion of their skin surface.

Sun baths should be given to all well children to keep them well and to many sick children to help make them well. When the weather permits and the sun is not too hot, arrange for the youngster to be out doors in the sunshine as much as possible. Most modern children who are well can take their sun baths as part of their usual playtime. Of course, these little girls have been accustomed very gradually to playing in the direct sunshine. Short periods of sunning were given at first, and the garments worn exposed a less extensive area of the body. Both the time and the amount exposed were increased until a coat of tan was acquired.

Almost any well-fitting commercial romper pattern can be modified for use in cutting sun suits, says the bureau of home economics of the United States Department of Agriculture. (The bureau does not distribute patterns.) As a beginning it is well to select a pattern conforming as closely as possible to the sun suit desired. In the picture one little girl is wearing a sun suit made to match romper, pattern, fastened at the shoulders instead of down the back. The front is cut in one piece. The crotch is slightly shaped, and the drop seat is as flat as possible with a deep plait on each side. The back is cut away under this piece except for sufficient material to keep it from pulling out.

The other little suit of durable cotton print is cut from a pattern that had a crotch cut on the fold of the material so as to give as much freedom and protection as possible. As

### MAKING FRUIT PUNCH

Mexican cookery is undoubtedly the inspiration of this good dish for which the bureau of home economics furnishes the recipe. If you can not get chili peppers, use green peppers and flavor well with tabasco or cayenne, for the characteristic of all Mexican dishes is their high seasoning.

1 pint kidney beans 2 chili peppers  
4 tbs. olive oil or 1 quart tomatoes  
4 butter Salt  
1 pound lean beef

Wash the beans, cover with water, and soak overnight. In the morning bring them to the boiling point, drain, and discard the water. Cut the beef into small pieces, and brown it in the olive oil. Then add the beans, chili peppers, tomato, and salt. Cover and simmer for one hour, or until the beans and meat are tender.

cupful of cocoa, one-half teaspoonful of salt; knead lightly and place to rise again. Mold into loaves when light, filling the pans half full. Use two and a half cupful of flour in the second kneading. This is particularly good for sandwiches.

Chicken, Ham and Tongue Sandwich.—Chop fine one-half cupful of the white meat of a stewed chicken, one-fourth cupful of boiled ham and the same of boiled smoked ox tongue. Bind together with mayonnaise and spread on thin slices of buttered white bread. Press on a leaf of lettuce and cover with another slice.

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## FOOD FOR THE FAMILY

By NELLIE MAXWELL

There are hermit souls that live withdrawn  
In the place of their self-content:  
There are souls like stars, that dwell apart,  
In a fellowless firmament:  
There are pioneer souls that blaze their paths  
Where highways never ran—  
But let me live by the side of the road  
And be a friend to man.  
—Sam Walter Foss.

While the fresh green apples are in their prime of flavor make a few jars of:



**Apple Chutney.**—Cover one pound of button onions with one cupful of water and eight ounces of salt. Let stand two days, renewing the water and salt once. Peel, core and slice one pound of green, sour apples. Soak one pound of raisins, one pound of soft brown sugar, two ounces of fresh ginger, four ounces of chili peppers, one tablespoonful of crushed celery seed and a clove of garlic in a pint of vinegar for eight hours. Now add the onions and put through a meat chopper. Add another pint of vinegar and cook with the apples until they are soft. Pack boiling hot in small jars and seal.

**Cucumber Sauce Uncooked.**—Peel and grate cucumbers and place in a cheesecloth bag to drain over night. Some leave the cucumbers unpeeled. Grate one-half dozen onions, add to

the cucumbers. In the morning add salt, cayenne pepper or a bit of finely chopped chili pepper; add vinegar to make the right consistency. Pack in cold jars and seal.

A chicken sandwich is always a favorite for any occasion.

**Toasted Chicken Sandwiches.**—Grind very fine one-fourth of a cupful of the white meat of chicken and moisten with a little cream. Season and heat. Spread the mixture on a slice of trimmed toast. Sprinkle with finely chopped cheese and paprika. Place under the broiler and melt the cheese, cover with another slice, cut in two. Garnish with potato shoestrings and water dress.

**Chicken a la King.**—This is a very attractive open sandwich. Cut slices of bread one and one-fourth inches thick, cut out a small place in the center, butter and toast in the oven. Fill the depression with hot chicken a la king, sprinkle with cheese and brown under the broiler. Garnish with mushrooms.

**Chicken and Grape Sandwich.**—Spread buttered toast bread with mayonnaise, then arrange thin slices

of the white meat of chicken on it. On top of the chicken place thin slices of seedless grapes, press on a leaf of lettuce and cover with another slice. Trim, cut into any desired shape and serve on lettuce. Other grapes seeded and chopped may be used.

**Chicken and Almond Sandwich.**—Chop and mix one-fourth cupful each of the white meat of chicken and blanched almonds. Add just enough mayonnaise to bind, season and spread on toast. Garnish the border with thin slices of pickles, cover with another slice and serve on lettuce.

**Chicken and Broccoli Sandwich.**—Chop one cupful of cooked seasoned broccoli well drained, mix with the pounded white meat of a chicken to make a good mixture. Spread on buttered bread, cover with another slice and pour over a hot rich cream sauce.

**Cocoa Bread.**—Dissolve one cake of compressed yeast and a tablespoonful of sugar in two cupfuls of scalded and cooled milk; add three cupfuls of flour and beat until smooth. Cover and set in a warm place to rise—about one and one-half hours, then add one-fourth of a cupful of butter creamed with one-fourth cupful of sugar, two eggs well beaten, one-half

## Evening Story for Children

By MARY GRAHAM BONNER

"Let's have an afternoon call for a change," the fairies shouted.  
"Fine," agreed Ybab.  
And the Fairy Queen waved her magic wand, and said:  
"The ball will be this afternoon, so hurry and make ready."

The fairies ran and flew this way and that, and old Mr. Giant came along, having heard the sound of many voices, and asked if there was anything he could do.

"To be sure," the Fairy Queen said. "You blow on your great and powerful trumpet the call of the fairies, and for those you cannot reach by the call of the trumpet, ask the robins if they'll take messages for us."  
"We want all our usual friends, the elves, gnomes, brownies, goblins, the bogey family and of course old Witty Witch."

"Fine," said Mr. Giant, "I'll attend to the invitations at once."  
So he went, walking almost a mile a minute!

It was afternoon, and the fairies were all ready for their guests. Mr. Sun was peeping through the tall trees and telling secrets to the trees and the ferns and the mossy ground which made them sparkle and laugh.

The shadows had come, too, and they were already dancing with Mr. Sun's children, the Rays.  
The Fairy Queen was dressed like a big red sun and the little fairies looked like tiny golden suns.  
They were the most dazzling and sparkling costumes ever seen in Fairyland, and that is saying a great deal.

Soon all the guests arrived. The

gnomes wore beautiful moss green suits, with tall hats of moss, the brownies wore orange velvet suits with hats of bright orange velvet—very tall with a tassel on top of each hat.

The elves wore dresses made of wild roses. The bogey family wore dresses of moss trimmed with forget-me-nots, and old Witty Witch wore a new frock of daisies, with a tall hat made out of buttercups.

Of course the Fairy Queen was delighted with all the costumes, as well



Soon All the Guests Arrived.

she might be, and all the guests thought the fairies were quite too wonderful for words.

Soon the birds came to help the music, and though they were wearing their usual suits they had been smoothed and washed and brushed and looked very handsome indeed.

"We didn't change our suits," Mr. Woodpecker said, "as we were practicing all morning to play the drums on the trees around."

"We didn't change our suits as we were practicing our songs," said the orioles, who were so brilliantly dressed anyway that they really need not have made any excuse.

"Then, too," added the robins, "we couldn't have changed our suits if we had wished to do so."

All the birds burst into song then, singing:

The dear little robins so truthful and dear,  
We're so very glad that you have come here,  
You add with your voices, you add with your charm,  
And we'll take good care that you'll never come to harm.

The robins were much pleased with the song, but they didn't want to have all the attention, so they sang this song:

When the Fairy Queen gives a ball,  
It's for all, yes, it's for all,  
Every one then has a chance,  
To sing, to chirp, to play, to dance.

So a cheer went up for the Fairy Queen and then the music began, and every one danced all that wonderful summer afternoon in the sunlight and among the afternoon shadows.

And Fairy Ybab led the fairies' orchestra.

Never had such a lovely party been given.  
The shadows were so fascinating, the lights through the trees were so beautiful, and the costumes were so gay, while the music was really just perfect.

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## THE KITCHEN CABINET

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"When the pink rosebuds are swinging  
So gently in the breeze,  
And the glorious sun is shining  
On the swallows in the trees  
When the air is perfume laden,  
And the summer days have come,  
When all nature seems abloom—  
Then I want to be at home."

### SUMMER DESSERTS

Frozen sweets and desserts because of the many improvements in ice-cream freezers, are within the reach of all housekeepers. In the warm weather when the average appetite needs to be coaxed, frozen desserts make an appeal that is difficult to resist.

**One, Two, Three Dessert.**—Take the juice of one lemon, two oranges and the mashed pulp of three bananas; add a quart of thin cream and a pinch of salt with sugar to sweeten—a cupful will be plenty. Freeze as usual. Serve in sherbet glasses with a bit of chopped maraschino cherries on top of each glass.

**Standard Mousse or Parfait.**—Take one-half cupful of granulated sugar, one-fourth cupful of boiling water, two egg yolks, one teaspoonful each of flavoring and gelatin, two cupfuls of heavy cream, one cupful of fruit pulp or chopped nuts. Boil the sugar and water together until it spins a thread. Beat egg yolks until very light, pour the boiling sirup over them. Cook over hot water until the custard coats the spoon; add the gelatin softened in cold water, chill until the mixture is slightly thickened. Whip cream, add the flavoring, add the fruit pulp, combine with the custard mixture, turn into a mold, seal and freeze.

With a plain vanilla or lemon ice cream, various sauces add much to the appearance, food value, as well as taste.

Chocolate sauces with nuts make a most nutritious dish; caramel, maple and any crushed fruit are all good.

**Lemon Banana Sauce.**—Cream one-half cupful of butter with one cupful of confectioner's sugar, the grated rind of half a lemon, one teaspoonful of lemon juice, one banana. Beat the butter well after creaming it with the sugar, add the lemon rind and juice and lastly the banana which has been crushed to a pulp. Whip all thoroughly and chill before serving.

**Marshmallow Sauce, With Fruit.**—Take three tablespoonfuls of marshmallow cream, one tablespoonful of boiling water and three-fourths of a cupful of crushed raspberries. Soften the cream with the boiling water, add the fruit, beat thoroughly and serve.

**Seasonable Dishes.**

Everybody likes cherry pie, "made as mother used to make it," but here is a new one worth adding to the family recipes:

**Sour Cream Cherry Pie.**—Put a layer of cherries, good tart ones, in a lined pie plate, using one and one-half cupfuls. Break an egg into a measuring cup, beat with a fork and add a tablespoonful of flour moistened with a little sour cream, add this to the egg, mix well and fill up the cup with sour cream. Use three-fourths of a cupful of the cream all together. Pour over the cherries adding the sugar to taste. Cover with a top crust and bake in a hot oven, forty minutes.

**Raspberry Tapioca.**—Crush one pint of raspberries, sweeten with one-half cupful of sugar and let stand one-half hour. Cook three cupfuls of boiling water with one-half cupful of tapioca, a little salt and a teaspoonful of butter. Cook until the tapioca is clear, add one tablespoonful of lemon juice and the raspberries. Pour into a mold and chill. Serve with whipped cream and garnish with fresh berries.

**Raspberry Bavarian Cream.**—Soak two tablespoonfuls of gelatin in one-fourth cupful of water five minutes. Strain into a cupful of raspberry juice. Add to this one-half cupful of sugar and one tablespoonful of lemon juice; let stand until it begins to thicken. Fold in one and one-half cupfuls of whipped cream. Turn into a wet mold and chill.

**Raspberry Punch.**—Add to two cupfuls of crushed raspberries, the juice of three lemons, make a sirup of one and one-fourth cupfuls of sugar and one pint of water. Chill and add to the fruit. Strain the mixture and pour over a square of ice in a punch bowl. Before serving add a quart of sparkling water.

**Raspberry Pie.**—Line a pie plate with pastry. Take two and one-half cupfuls of raspberries, one-half cupful of sugar, two tablespoonfuls of flour and one teaspoonful of lemon juice, mix and turn into the prepared crust. Moisten the edge of the pastry with water, cover with a top crust and bake in a hot oven for ten minutes, then reduce the heat and bake twenty minutes longer.

Raspberries are such well liked fruit and the flavor is so enjoyed many combinations of fruit juices with the addition of raspberry make delightful dishes.

Nellie Maxwell

## Daddy's Evening Fairy Tale

MARY GRAHAM BONNER

### VEGETABLE RACE

Two little boys and their small sister were making the garden grow. Once a week a gardener came and did all the heavy work, and at night their daddy would help to water the little growing green things.

But all the rest of the work they did themselves.

It took a great deal of time, too, but it was such fun. And oh, there was great rejoicing when first the seeds showed above the ground, and when the plants that had been put in the hotbeds began to look so handsome and green!

The children used to hoe around the beans and potato plants; then they would weed and make the dirt nice and soft around the vegetables. They would water them so they would have cooling drinks and be refreshed.

The plants were warmed and helped to grow by the sun. It really was a very fine looking garden, and all the vegetables seemed to be thriving splendidly.

They were still a little young, though the lettuce was almost ready to be eaten—that is, if people didn't mind just having a tiny taste of lettuce, for the leaves were very small.

The children kept from picking the lettuce until it really grew enough, for they wanted to make a showing, but they did begin picking it as soon as they could.

They grew to know what all the little green stalks and leaves meant and what vegetables they were.

They loved the green of the carrot stalks, and they thought it quite



But They Did Begin Picking.

funny that such a plain, substantial vegetable should be so dressed up.

The beets had such nice reddish-green leaves, and they liked the thin stalks of the little onions.

The radishes were coming along so nicely, and the potatoes and the tomato vines and the beans, and the parsley were all growing beautifully.

After the first "crop" of lettuce was almost finished they started a second crop, and a second crop of radishes, too.

Now one night the Fairy Queen took a walk through that garden, and she heard all the vegetables talking and whispering to themselves.

"No one else, of course, could have understood their talk."

"What are you saying, vegetables?" she asked.

"We are saying that we love to race. Of course we do not get ahead of each other if it is not right for us to do so."

"Some of us come along ahead of others, but each race to do the best possible work for the vegetable family to which it belongs."

"Each vegetable wants to be the first of its family to be eaten."

"And oh, what fun we have here, so nicely taken care of and looked after."

"But we'll tell you a secret, Fairy Queen."

"What is it?" she asked.

"We're going to whisper suggestions to the children that they sell some of us and make some money, and we're going to help them all we can."

"Fine," said the Fairy Queen. And the children made their vegetable garden pay. It was such fun!

### PUZZLES

What does every man overlook? His nose.

What is the only nut without a shell? A doughnut.

When is a cook cruel? When she beats the eggs and whips the cream.

If you throw a man from a window, what does he fall against? His wishes.

What is the left side of a plum pudding? The side which is not eaten.

What is it that works when it plays and plays when it works? A fountain.

What is it from which you can take the whole and still is some remaining. Wholesome.

Why is the Isthmus of Suez like the first "u" in cucumber? It is between two seas (Cs).

What three things are doing most to help man get up in the world? Alarm clock, elevator and stepladder.

## Preparing the Plank Steak



One of the Best Flavored Pieces of Beef.

(Prepared by the United States Department of Agriculture.)

A flank steak is one of the best flavored pieces of beef, but it requires slow, careful cooking, and its long muscle fibers should be carved across the grain. It is an economical cut, for there is no bone or other waste material. Flank steak is especially adapted to stuffing and rolling. Any preferred stuffing may be used. The bureau of home economics suggests one made in this way: Half cupful of chopped celery and a medium-sized onion, minced, are cooked in two tablespoonfuls of butter or beef drippings and then combined with one and one-half cupfuls of stale bread crumbs, one teaspoonful of salt, and one-eighth teaspoonful of pepper.

Wipe the meat with a damp cloth. Spread the stuffing over the steak. Beginning on one side of it, roll the steak up like a jelly roll, and tie securely in several places with clean string. Be

sure to roll the steak from the side, not the end; then in carving slices the meat will be cut across the grain. Sear in a small quantity of fat in a heavy skillet or baking pan on top of the stove, and turn the meat frequently until it is browned on all sides. Slip a rack under the meat in the pan, cover closely, and cook in a moderate oven (350 degrees Fahrenheit) for one and one-half hours, or until tender. When the meat is done remove from the fire and prepare a gravy. Drain off the fat, and for each cupful of gravy desired, measure two tablespoonfuls of fat and return to the pan. Add one and one-half to two tablespoonfuls of flour to the fat and stir until well blended and slightly browned. Then add one cupful of cold water or milk and stir until smooth. Season with salt and pepper. Serve the stuffed steak with browned potatoes.