Footwear for Spring, Summer, 1930

By JULIA BOTTOMLEY

Recently several hundred men and women shoe stylists met to discuss trends in footwear for spring and summer, 1930. According to the program voted upon at this conference, here is what you will wear this spring and summer:

First of all, kid leather, "they say," will take the lead for all but evening and the sturdier type of sports shoes. Secondly, for Palm Beach and other southern resort wear, and for summer throughout the country the all-white and the trimmed white kid shoe will be very important.

There are many reasons for this "white" forecast. First, there is no doubt whatever that the suntan mode will be strong as ever in 1930, and nothing goes quite as well with the many suntan tones as white shoes. Footwear of this class will be extremely simple, sometimes with pastel trims restricted to little more than pipings or straps.

For general street, business, shopping and town wear, black was duly stressed; also interesting browns; also tropical tan and suntan beige with nautical and other shades of dark blue. There will be many pastel shades, too, as well as such novelties as aubergine (eggplant), a dahlia range; also greens and reds. The idea is for colorful shoes to carry out the theme of the ever popular costume ensemble.

With the stunning silk print frocks in the picture the hemlines of which are longer, yet not too long to effect and radical change, ensemble shoes give the finishing color touch. With her blue-and-white print crepe dress the young woman standing wears navy pumps. This frock is cleverly styled with a unique jabot drape. The sash is drawn through a slot and ties at the right side, indicating a normal waistline.

Dark red enters into the color-study of the other silk gown and the one-strap shoes are of the same rich hue. For daytime wear one-straps as pictured, pumps, tie-effects, oxfords, and even sandals are included in the list of shoes-elect.

In the evening shoes, dyeable fabrics such as moire, satin crepe, and multi-color brocades are sponsored. It has become the custom among women of discriminating taste to buy evening slippers in white or near-white with a view to having them dyed to order.

And now for the climax in the story of color for shoes—it is said that men's shoes are also to be colorful, including dark red, dark blue and dark green.

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HINTS FOR HOUSEKEEPERS

If doughnuts crack in cooking, try a little less baking powder in the recipe.

• • •

Use paper napkins instead of cheesecloth to strain fat that has been used for frying; it saves laundry.

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Light-colored walls and woodwork help to make dark rooms light and they also make rooms appear larger.

• • •

Take the children shopping occasionally and give them some of the responsibility of selecting their own clothes.

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To foster a love for reading in children, comfortable chairs of suitable size and correctly placed reading lights are great helps.

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Furniture placed parallel or at right angles to the walls gives the room a more restful appearance than when rugs or furniture are on diagonal lines.

Rabbit Tastes Like Chicken

Young Domestic Rabbits Deliciously Cooked.

(Prepared by the United States Department of Agriculture.)

Was it chicken, or was it rabbit? The guests will have a hard time telling, until they examine the shape of the pieces. Your domestic rabbits, cooked in any of the ways young chickens are cooked, are very delicious. They may be eaten throughout the year, as they are not subject to the "open" and "closed" seasons. Domestic rabbits are raised in hutches, under sanitary, clean conditions, and fed rolled cereals, alfalfa hay, and leafy vegetables. The nature of their food makes the meat sweet, tender and excellently flavored.

Just as with poultry or with various cuts of meat, young tender rabbits may be fried or baked, while the older ones require longer, slow cooking. The bureau of home economics has co-operated with the biological survey of the United States Department of Agriculture in trying different methods of cooking domestic rabbits, and has evolved a number of excellent recipes. Here is one for fried rabbit:

Fried Rabbit.

1 egg	1 young domestic rabbit
½ cup milk	Fat
¼ tsp. salt	
½ cup flour	

Beat the egg, add the milk and the salt, and stir into the flour to form a smooth batter. Wipe the rabbit with a clean damp cloth and cut into pieces of the right size for serving. Dip each piece of rabbit into this batter and be sure that it is thoroughly coated. In an iron skillet heat well-flavored fat until it is hot enough to set the batter quickly. Brown the pieces of rabbit evenly, then reduce the heat, and cook at a lower temperature for 25 or 30 minutes, or until tender.

To each cup of gravy desired use 2 tablespoonfuls of the fat in which the rabbit was cooked and 1½ tablespoonfuls of flour. Blend thoroughly, add 1 cupful milk. Cook until thickened. Add 1 tablespoonful of chopped parsley, ½ teaspoonful salt, and a dash of pepper. Serve around the rabbit or in a separate dish.

Chocolate-Coated Apples

Here's truly wholesome confection that is easily made with materials to be had almost anywhere. Be sure to use firm-fleshed, tart apples for good results. The recipe was originated by the bureau of home economics of the United States Department of Agriculture.

1 cup sugar	¼ tsp. salt
1 cup honey	8 tart well-flavored apples
⅓ cup water	

Prepare a sirup of the sugar, honey, water and salt by boiling for 2 or 3 minutes. Wash, core and pare the apples, cut into half-moon shaped pieces about half an inch thick, drop into the sirup, and cook rapidly until the apples are transparent and practically all the sirup has been absorbed. Lift onto waxed paper to dry. Cut up into small pieces some of the cake chocolate made especially for dipping candies. Put into a shallow dish over hot water to melt slightly, and stir with the fingers until the whole mass has melted. Dip the pieces of apple into the melted chocolate until well coated and place on waxed paper to dry, which requires only a short time when this method of coating is used. Pack the apple candies in layers between sheets of waxed paper.

Daddy's Evening Fairy Tale

MARY GRAHAM BONNER

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OLD ATLANTIC

David had been talking to the Gulf Stream lady over by the old Atlantic Ocean.

The Gulf Stream had been talking to the Atlantic and the Atlantic was talking, too.

The Gulf Stream knew how to take a trip right through a part of the ocean, keeping her own path quite nice and warm.

As Atlantic said:

"You know my better nature and you will have your way right through it. But,

I'm the ocean, heigh-ho,
And I'm rough you know;
I can be calm and I can be quiet,
But I dearly love an ocean riot.

Eastern Hemisphere was speaking now and taking off his high hat.

"Atlantic Ocean, Madam Gulf Stream, you have met David, one of the earth's many inhabitants, before, but I beg you to let me introduce him to this part of the world."

"My word!" said Atlantic Ocean. "How did you get over here?"

"Let's say we're glad to see him," whispered Gulf Stream.

"Thanks, Madam Gulf Stream," said David. "Really, Atlantic, I don't know how I came over here. Maybe you brought me when I didn't know it."

"That's well nigh to being an insult," said Atlantic. "I am pretty apt to let people know when they're traveling on me. I'm not so easy going as all that. I may have an even disposition as we oceans can all truthfully boast about, and I may be the same level body of water as far as level goes, but that is as far as it goes. I'm rough as I was just saying to Gulf Stream. I was singing to her my song about it when you came along."

"I Liked Your Song All Right."

"You sang me a song before," said David.

"Didn't think much of it, I gather," said Atlantic. "Yes," he added, as Eastern Hemisphere looked at him with a bit of a scowl, "it's perfectly correct for me to say I gather. Don't I gather people into my swimming parts around beaches, and don't I gather ships to go over me—I allow so much trading to go on—more than any of 'em. And gather is a nice word and means, too, that I think, or judge, or fancy.

"I've heard all those words when I've been keeping quiet and listening to intellectual conversations that have taken place between ocean passengers. I don't hear such a lot of intellectual conversation, but a little bit, a little bit."

"I liked your song all right," said David. "I couldn't have made a better one—though that's not saying much. Do sing the one you were going to sing when I came along."

David thought to himself that it really was nice that such a huge creature as an ocean could sing such foolish songs. He didn't like people who were always perfect.

"Well, I was singing it to Gulf Stream and if she'll pardon me she'll have to hear it again."

"Always had a warm, kind nature, Atlantic," Gulf Stream said in her deep, low voice.

So Atlantic began and afterward when David wrote down the song as he remembered it he didn't seem to be able to keep from writing it up and down so that it looked like ocean waves in the way Atlantic had sung it.

I to
How am keep pame,
my
rough and
Of a wild ocean,
old
in
If you tend to have
always
kindly
Such a very notion.

The World a Cage

The two small brothers were abed. They had been lying very still when their mother entered the room to say "good night." Michael, five years old, asked: "Mother, why do we have a sky?"

Before his mother could answer, three-year-old John explained: "To keep the birds in, of course."—Christian Register.

A Quaint Market

At a place called Guayaquil, in Ecuador, there is a very quaint market. Instead of using stalls whereon to display their wares, the vendors arrange their goods in canoes, to which the would-be buyers g[illegible]

Are You Successful?

From the day that a young man starts out to seek his first position to the end of his business life, his health and personal appearance have a world to do with his success. If you are not physically up to the mark—appetite uncertain, digestion poor, and a general sense of incapacity and weakness, take DR. PIERCE'S GOLDEN MEDICAL DISCOVERY. It renews the blood with the vital life-giving red corpuscles and promotes robust health, a clear skin, energy, pep. Get "GMD" from your druggist in either fluid or tablets. Ingredients printed on label.

To Avoid Infection
Use Hanford's
Balsam of Myrrh
All dealers are authorized to refund your money for the first bottle if not suited

YOUR PICTURE
on Your Writing Paper
Delight your sweetheart, relatives and dearest friends with this personality writing paper. New—Individual—Distinctive. Fine grade Hammermill Bond ripple finish paper—24 sheets—24 envelopes. White, blue or buff. Your picture on every sheet. Send no money, pay postman $1.69. Send your favorite snapshot (print or negative) now to
THE PHOTOSCRIPT COMPANY
Dept. 3 - 6333 Germantown Ave.
Philadelphia, Pa.

People will not look forward to prosperity, who never look backward to their ancestors.—Burke.

Use Russ Ball Blue in your laundry. Tiny rust spots may come from inferior Bluing. Ask Grocers.—Adv.

The road to success seems to be shy of rapid transit facilities.

Cold in Head, Chest or Throat?

RUB Musterole well into your chest and throat — almost instantly you feel easier. Repeat the Musterole-rub *once an hour for five hours* ... what a glorious relief!

Those good old-fashioned cold remedies—oil of mustard, menthol, camphor—are mixed with other valuable ingredients in Musterole.

It penetrates and stimulates blood circulation and helps to draw out infection and pain. Used by millions for 20 years. Recommended by many doctors and nurses. Keep Musterole handy—jars, tubes. All druggists.

To Mothers—Musterole is also made in milder form for babies and small children. Ask for Children's Musterole.

MUSTEROLE
BETTER THAN A MUSTARD PLASTER

Naturally

Brown—Is the doctor in?
Maid—No. He's on his vacation.
Brown—Killing time, I suppose.

AFTER OPERATIONS

"I was three times under an operation and I was very weak and nervous and could not eat. I suffered for ten years. I learned about Lydia E. Pinkham's Vegetable Compound and my husband bought me a bottle. I felt a little better and he bought me two more. I had the Compound in my home for two years and took it all the time. Now I feel strong and can do anything."—Mrs. A. Michalk, 5443 Mitchell Ave., Detroit, Michigan.

Lydia E. Pinkham's Vegetable Compound
Lydia E. Pinkham Med. Co. Lynn, Mass.

Something Good for the Table

By NELLIE MAXWELL

May every soul that touches mine,
Be it the slightest contact, get
there from some good,
Some little grace, one kindly thought
One aspiration yet unfelt, one bit of
courage
For the darkening sky, one gleam of
faith
To brave the thickening ills of life.
One glimpse of brighter sky beyond
the gathering mist,
To make this life worth while
And heaven a heritage.
—The Outlook.

When one has a can of small beets and would like to change the serving of them, try the following:

Pickled Beets.—Remove the beets from the can and place in a scalded fruit jar. Put enough vinegar to cover the beets in a saucepan and for each cupful of vinegar add one tablespoonful of sugar, two cloves and one-eighth teaspoonful of salt. Simmer until the sugar is dissolved and pour over the beets. Close the jar and let stand for three or four days before serving. Anise seed is liked for flavor by many in place of cloves. If the vinegar is too acid, dilute it with water, to the ordinary acidity.

Deviled Peanut Sandwiches.—Mix one small can of deviled ham with one-third of a cupful of peanut butter, one-fourth cupful of mayonnaise, and a bit of salt. Spread on buttered slices of graham bread and serve with a hot drink of fruit juices or cocoa when the young folks come in from skating.

Swiss Date Sandwiches.—Mix equal quantities of chopped dates and nuts, moisten with mayonnaise. Spread canned swiss cheese on buttered whole wheat bread as thickly as desired, then cover with the date and nut mixture. Cover with a slice of buttered bread.

Orange Poultry Sauce.—Take a teaspoonful of bouillon extract, one cupful of water, to make stock. Season with pepper, paprika, one cupful of orange juice, two oranges, with a few slices of rind. Melt two tablespoonfuls of butter, add two tablespoonfuls of flour, cook until creamy, add the stock mixture, stirring all the while. Cook until thickened, remove from the fire and add one-half cupful of white grapes which have been skinned and seeded.

This is excellent with fish, poultry or game.

In the old dishes which our New England ancestors used daily we find a distinct cookery which is characteristic of the sturdy people of those days. We like to recall some of them and will find them most tasty and satisfying today.

Caives' Head Dinner.—Scrape and clean thoroughly a calf's head, removing the brains, tongue, eyes and gristle. Soak two hours in salted water. Boil head, tongue, heart and liver, after scalding, the liver added when the other meat is nearly done. Season with salt and pepper and savory herbs tied in muslin; these are added when they are put on to cook. When all is tender, serve the liver and tongue and heart sliced thinly; lay on the plater with pieces of the head meat and garnish with parsley. Accompany with a rich sauce made from the strained broth. The brains may be soaked after the membrane is removed; simmer ten minutes in water to which a little lemon juice and salt are added, then plunge into cold water; cut into bits and escallop with crumbs and butter

Sunday Chicken.—Cut up a large fowl into serving sized pieces. Dip into seasoned egg and water, roll in crumbs and pack in a dripping pan in which a little minced salt pork is fried out. Dot with butter or pork bits and brown in a hot oven. Serve garnished with small baking powder biscuits around the platter of meat and pour over a cream gravy made from the fat in the pan with added flour and milk.

Moisten chopped dates with orange juice, add a few chopped nuts and spread on buttered rounds of Boston brown bread. This will please the hungry children.

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Children at the Table

(Prepared by the United States Department of Agriculture.)

In some homes it is the custom for the children to come to all the regular family meals, no matter how young they are. In others, children are given their meals at their own little table, either before the family eats or at the same time. The plan adopted must largely be determined by circumstances, and it need not be the same for all meals. Whichever way is easiest for the mother and best for the children should be chosen. In homes where the evening meal must be late or the noon meal hurried, the children will be better off if served earlier than the rest of the family. When children eat apart from adults there are fewer distractions and usually no questions to be answered about differences between their food and that of the grownups. If questions arise at the family table let the children know that they do not eat the same dishes that grownups eat just as they do not wear the same kind of clothes.

Children are observant, and will imitate what they see adults doing. Choosiness in foods is often the result of imitation. Father, mother, big sister and the rest share alike in their responsibility to set the example of enjoying carrots, spinach, or whatever the menu offers. The fewer the reminders to eat and the better the example set, the greater the result with observant children.

The bureau of home economics of the United States Department of Agriculture makes the suggestion that if the china, glass, and eating tools belong to the child personally and are always set out for him, much will be added to the interest of the meal. Have the china gay in pattern, and everything of good shape and weight for little hands to hold. A child's own table and chair will prove more comfortable, usually, than a high chair.

Bibs may be attractive in color and easy to put on. There may be a tray or an oil cloth doily at the child's place. The table, if possible, should be in a sunshiny room, the food should be good to look at as well as good to eat, and the mother should be calm and unhurried, ready for happy comradeship. The joy of accomplishment is so absorbing that the child who feeds himself seldom becomes a problem at meal time. A beginning can be made as young at 15 months, and with a little patience on the mother's part, over spilled food, and sensible protection of the clothing, the table and floor, the day of independence will soon be reached.

Children Like to Have Their Very Own Dishes.

Fruit Juices in Roasts

One way of disposing of left-over fruit juices is in roasts of various kinds. Ham, beef or lamb roasts are much improved when this extra tart flavor is added in the cooking. Unsweetened apple, plum or grape juice adds a pleasing flavor, giving a taste that is different.

The Boy Adventurer and a Big City

By MARY GRAHAM BONNER

Now the boy adventurer was actually meeting a city. The city was not such as he would read about in a book—but the city had actually taken on the shape of a person and was talking to him.

The city told him she was one of the daughters of the world parents, Mother Earth and Father Atlas. And she told him that her name was London.

He looked at her face. "Yes, she was a good deal older, he should say, than New York, though he had never been any good about ages. But she didn't seem old at all. She looked strong and full of life and full of fun, too, and as though she could tell him so much.

"I can't have you sit on a skyscraper couch as American cities would," London continued, "but I thought maybe you would like my beloved river. You've no idea how much I love this river. Sometimes when I get so busy and so crowded and so hurried as all we cities do, I come down here for a little quiet. There are my parks which I keep so green and fresh but early in the morning and late in the afternoon I like to visit my river. I look over the bridges which go over this river. I think of all the jolly children in the world who have sung 'London Bridge Is Falling Down,' and you know I never minded that song."

"I played that sometimes when I was a kid," David said.

"Yes, I suppose you did," said London, "and when I think that London bridge carries more traffic than any other it does seem a great job. Some might think it a bit insulting but I have always said to myself that if children were having a good time let them have a good time

"You can see my Parliament buildings from here where they talk about matters very serious such as what should be done about this and what should be done about that, and you know such questions are very hard to answer. So many people have different opinions. But I'm not going to talk about serious matters to you. I love to sit by my beloved Thames and hear the old clock strike. The hours have been piling up for so many years, and for so many years

"Cities Are Kind," Thought David.

I've been listening to them adding on to time, hour by hour, hour by hour.

"I'd like you to visit my home—all around here is my home and I'm only second to New York in the number of people I've welcomed to my heart. At one time I was larger than New York. I'd like you to walk around my streets and I'd like you to see my old buildings and courtyards, and you could visit my zoo if you wished—we cities like zoos. We can't be out in the wilds with our sociable natures, and so we have to have some animals here.

"And I'd like you to think of my people."

London paused, and David said:

"You have ever and ever so many people with you, haven't you?"

"Oh yes," said London, "but I should love to have you think not only of the people there are here now, but of the people who at one time or other have walked through my streets, who have come in on strange old ships from strange old lands and who have brought me so much that is odd and different.

"The exciting thing about it is that I never know when one of these people walking through my streets today may become famous, too."

"That's like New York," David said. "She told me how she welcomed people and loved to have them successful."

"Did she, indeed!" said London. "Of course she did! That is what we cities like, and when small towns and country places cannot or do not help people to become famous, who discourage them or laugh at them, we love to feel that they wander to us, and then, quietly, quietly, they begin to show what they can do.

"We let them hide away for a bit. We let them try—and try again. We're not watching them every second to say to them that if they're not immediately successful there isn't much hope for them."

"Cities are kind," David thought, and London seemed to read his thoughts for she smiled and said:

"I'm so glad you think so. Maybe you've heard the humming going on?"

"I heard it when I was coming to talk to you and I noticed it at first when you were talking. Yes, I still can hear it."

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