

Provide Rainy Day Suits for Boys

(Prepared by the United States Department of Agriculture.)

"Send a child out to play in the rain?" Your mother would have been horrified at the thought. And yet any physician will tell you that if the body is kept warm and dry there is no particular harm in allowing a little rain to fall on a child's face and hands. You can't expect him to hold up an umbrella, though. He must be dressed from head to foot, especially for the state of the weather, in a rain-proofed play suit, and wear rubbers or galoshes to keep his shoes dry.

Even when it isn't raining, a good many mothers bundle their children up seedlessly in cold weather and hamper them in the very activities that keep them warm when they are out-of-doors. A happy compromise has been found between the mother's protective anxiety and the child's normal instincts for freedom in using his muscles. Some play suits of a new type have been designed by clothing specialists of the bureau of home economics, of the Department of Agriculture. These suits are warm, light in weight, and easy for the child of pre-school age to put on and take off with-



Send a Child Out to Play in the Rain.

out help. Great attention has been given to details of design and cut to make these suits roomy and loose enough for any normal out-of-doors activity, to encourage self-help, and at the same time to present a trim and tailored appearance. Unnecessary bulk has been carefully eliminated. Several of the suits are intended to be worn in rainy weather and are made of shower-proofed fabrics.

Both the children in the illustration are wearing rainy-day play suits made from one of these designs. Notice that the suits are constructed to deflect rain. The top of the back laps over the drop seat, the flaps of the set-in pockets cover the openings, and the trimming piece down the front covers the strip of sliding metal fasteners. At the leg plackets which are in front, not on the side, there is a godet or two wedge-shaped pieces sewed together to make a simulated continuous placket under the buttons and loops so no dampness can get in. Rubbers may be put on before the suit so that the lower part of the leg sheds water downward. Like galoshes, they may be put on after the suit if the lower end of the leg is well tucked in. On some of the suits sliding metal fasteners have been used for the leg plackets and also for the side openings of the drop seat.

For easier management by the child a simulated back belt is carried forward about 2½ inches to form a tab

for the buttonhole. Under this back belt the seat extends fully 2 inches upward to allow for growth and lengthening. There are four buttons altogether on the back drop, doing away with a center back button, which is always out of the child's reach. To give roominess in the seat in all of the play suits there is extra fullness in the leg seam. In the rainy-day suit this fullness is taken up by two downward turning plaits so as to shed water. Extra width in the sleeve at the wrist is plaited in to slip over the hand and stitched. A modified shirt-type of sleeve is used. The curve of the top is higher than usual so that the shoulder seam of the garment need not be uncomfortably long.

In suits made of shower-proofed materials, which are also wind proof, and consequently quite warm, some thought must be given to ventilation. In the model illustrated the side plackets have wide facings and underlays and permit a circulation of air inside without allowing rain to enter. In other instances, where sliding fasteners are used, eyelets have been put in under the arms for ventilation.

A standing collar about 1½ inches high, shaped like a man's shirt band, to fit the neck, is preferred, because it fits snugly if the hat has no back brim, and is comfortable under the brim if there is one. Both of the hats shown were shaped carefully to fit the

Food for the Family Table

By NELLIE MAXWELL

When one can think of nothing else for luncheon or dinner a box of firm white salted codfish is the answer. The chowder which has been given in these columns so many times is the dish par excellence. Here it goes again, for there are always a few who haven't tried it:

Codfish Chowder.—Soak a half pound of codfish in water for a few minutes, then simmer for ten. Drain and flake into good sized pieces—say a mouthful size. Put to

heads of the individual wearers, insuring comfort.

Just as one general purpose coat is expected to last a child through the winter season, one of these sturdy play suits, or one fair-weather and one rainy-day suit, should be sufficient. It pays, therefore, to make them carefully of good materials. Except in very cold climates when a sweater or a thinner all-in-one suit may be worn underneath, the play suit is put on over the child's regular house clothes. A free leaflet describing these suits can be obtained by writing to the United States Department of Agriculture, but patterns are not distributed.

cook a cupful of finely cut salt pork cut into fourth inch cubes; when the pork cubes are well browned add three onions sliced, stir and cook for a few minutes in the hot fat, then add one-half dozen medium sized potatoes cut into small slices, cover with boiling water—a quart will be plenty. Cook until the vegetables are well cooked, then add the codfish and one quart of fresh milk; bring to the boiling point, add more seasoning if needed and serve piping hot with a milk cracker or two softened in boiling water for each bowl of the chowder.

Dutch Cod.—Take two tablespoonfuls of diced bacon, cook five minutes, add one-fourth cupful of hot water, one-eighth teaspoonful of pepper, four cupfuls of chopped cabbage, cook until tender, then add two cupfuls of flaked fish and serve very hot on a platter garnished with toast points and bacon curls.

Scalloped Codfish With Tomato.—Take one can of tomato, two cupfuls of cooked spaghetti, one minced onion, one-half cupful of flaked cod, one-half cupful of crumbs. Add such seasoning as is needed to the tomato and onion. In a buttered casserole place a layer of spaghetti and a layer of fish; cover with a layer of the tomato. Sprinkle the buttered crumbs over the top and bake fifteen minutes.

A good bread maker has reason to be proud of her accomplishment. For the making of good bread is both an art and a science. The knowledge of the materials that go into it, the art of kneading and baking.



One must remember that yeast in any form whether wild, dry or compressed is a plant that needs heat, moisture and food to make it grow. Then after the yeast has been softened it is mixed with the ingredients so that the budding plant may have plenty of chance to work in all parts of it, hence the importance of beating and mixing well. Then the temperature of rising is important. In very cold weather heat is necessary to keep the plant growing, usually the temperature of the kitchen is sufficient. After the rising comes the kneading. This is another process to mix the yeast well with the flour that is added. Knead the loaf, turn, another motion of kneading, turn, keep up this process until the flour and yeast are well mixed. Too much flour makes the bread dry; it cracks while baking. A good rule is to knead the bread until it seems right, then plunge the finger into the mass; if it comes out easily without much sticking the bread is ready to make into loaves and put to rise again.

Salt Rising Bread.—Use graham flour which is said to be the quickest in action, although some prefer a mixture of corn meal and wheat flour. Scald the bowl, add three-fourths of a cupful of scalding water, cool to a heat below the boiling point but much hotter than for other yeast, add one-half teaspoonful of salt, a small pinch of soda and thicken with the graham or other flour. Stir, keep warm twelve hours and proceed as follows:

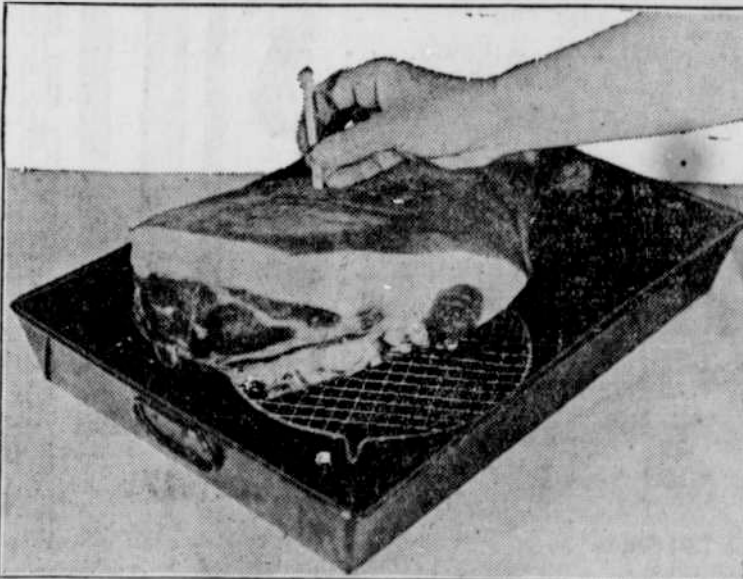
Do not add the salt or soda to the mixture while rising. It is the wild yeast from the air and materials used that supplies the yeast. It is best unless the heat can be uniform throughout the rising to set the bowl in water in a fireless cooker. When light add one pint of warm milk, one pint of water and flour to make a thick batter. Now beat well and place to rise again, in a warm place away from a draft. In two hours the bread will be light enough to handle. Now add soda and salt and knead into loaves. It must be handled much softer than ordinary bread. Let rise and bake as usual, using care not to jar the loaves while baking.

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Briefly Told

We were given memories so we could have roses in December.

Meat Thermometer Is Used



Cook a Fresh Ham Until the Thermometer Registers 182 F.

(Prepared by the United States Department of Agriculture.) In roasting fresh pork, as with other roast meats, the bureau of home economics of the United States Department of Agriculture advocates the use of a roast meat thermometer to take the guesswork out of the results. The roast meat thermometer is put directly into the meat before cooking is begun and it stays there to show when the desired stage is reached. An oven thermometer is advisable, also, because modern recipes for baking meat generally say to sear the outside at a high temperature and then reduce the heat to some specified point which can only be properly determined by a thermometer. Moderate cooking temperature is best after the surface has been seared to develop rich flavor. Pork, especially, should always be served well done.

Here are full directions for roasting a fresh ham and for making a good gravy to serve with it, as given in the leaflet, "Pork in Preferred Ways."

Roast Fresh Ham.

Wipe the ham with a damp cloth, and leave the rind on. The ham will cook more quickly and shrink less when the rind is not removed. Sprinkle the surface of the meat with salt and pepper and rub with flour. Place the ham, rind side up, on a rack in an open roasting pan, without water. Make a small incision through the rind with a sharp knife or steel skewer, cut short gashes around it with scissors, and insert a roast-meats thermometer through the opening so that its bulb reaches the center of the fleshiest portion of the ham.

Place the pan containing the ham in a hot oven (450 degrees F.) and sear for about 20 minutes. Then reduce the oven temperature rapidly to very moderate heat (300 degrees to 325 degrees F.), and continue the cooking at this temperature until the roast-meats thermometer in the ham registers 182 degrees F. Between 25 and 30 minutes per pound will probably be required when these oven temperatures are used. Do not add water and do not cover the meat during roasting.

When the ham is done, remove it from the oven and carefully take off the rind. To remove the rind easily, break through it on the fleshy side at the hock, then turn the ham over and lift the rind off in one piece. With a sharp knife score the fat covering in squares. Stick long-stemmed cloves into the intersections and sprinkle brown sugar over the fat surface. Return to a moderately hot oven (375 degrees F.) to brown over the top. Serve hot or cold.

Savory Brown Gravy.

Remove excess fat from the pan drippings. Mix two tablespoonfuls of flour with the drippings remaining in the pan, add one and a half to two cupfuls of cold water, and cook until smooth. If the pan drippings are strong in flavor, add more water, and flour in proportion. Cook one-half cupful of chopped parsley or celery leaves and one tablespoonful of chopped onion in a small quantity of the fat and add to the gravy. Season to taste with salt, pepper, celery seed, lemon juice, and tabasco sauce.

Children's Bedtime Story

By MARY GRAHAM BONNER

"We're toothless mammals—that's what we are—and time and unusual," said one of the members of the nine-banded armadillo family.

"Let's each tell our own story," said the six-banded armadillo, who was named Sir Six for short.

"All right," agreed the three-banded armadillo.

"I'll come first," said Sir Nine, "because it was my suggestion some time ago."

"To be sure," said the others, "we're listening. We are all attention and ready to hear what you have to say to us. Then we expect the same attention from you."

"I certainly will give you my attention," said Sir Nine, "just as soon as I am through with own tale."

"Tail! Tail!" said the others.

"I mean story," said Sir Nine.

"But you didn't say story, you said tail-l," the others said.

"Of course I did, but there is one kind of a tale which means a story, and that's the kind I'm about to begin."

"We understand now," the others said. "Thanks for explaining. We didn't know at first what you meant by getting through with your own tail—but now, of course, we see."

"Yes, we see quite clearly, and understand perfectly."

Poor Sir Nine was becoming anxious for fear the others would not listen to him, but at last they were quiet and he began.

"I'm about the size of an opossum," he said.

"We're about the same size," said the others.

"Oh dear," he said, "I never have a chance at all. You said you would hear my story first, and I don't say more than two or three words when you interrupt."

"That's so," the others agreed.

"We're dreadfully sorry and we promise not to do so again."

"Well," said Sir Nine, "where was

! Oh yes, I said I was an armadillo, a toothless mammal about the size of an opossum.

"I have a horny shell with nine bands in the middle, all joined together, and this shell is my protection."

"I couldn't live without it. Because there are nine bands in my shell I am known as the nine-banded armadillo. I live in holes in the earth, and my food is a mixture of ants, snails, bee-



"This Shell Is My Protection."

ties, grasshoppers, worms and all other nice insects.

"I am called Sir Nine for short as you all know."

"Well," commenced the six-banded armadillo, "I have heard almost the story of my own life and ways. My habits are about the same as yours."

"I eat the same food; I dig in the ground and live there, and I have a horny shell which is my protection."

"There is just one thing about us that is different. I have six bands on my shell and so am called the six-banded armadillo, and for short I am known as Sir Six."

"And one more thing which I had almost forgotten—my shell is even more bony than yours and it's a great

Tweed Ensembles Are in Fashion

By JULIA BOTTOMLEY



If seeking an ensemble for immediate wear, here it is in this picture. Hat, coat, scarf and handbag—count 'em! The units which go to make up a tweed "set" run into numbers this year. Which is an excellent thing, since being a whole spring wardrobe within themselves, they answer, single or en suite, to most every call of temperature and time and place.

As tweeds now are, black and white newspaper print cannot carry the caress of their beguiling softness, their fairlike lightness, the novelty of their loose weaves or the enchantment of

their bright or pastel colorings as the case may be. The tweed which goes to make up the ensemble illustrated measures up to all these qualifications plus a smart tailoring which adds a finishing touch to its chic.

For morning and sports wear

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HIGH-UP TALK

"I hope I'm not interrupting," said the Fairy Queen, as she saw the Sun and Moon talking together.

"You could never interrupt," said Mr. Moon, making a low bow.

"You're always a pleasure," said Mr. Moon.

"I'm delighted to see you and agree with my old friend, Mr. Moon."

"Well, I never knew you were such friends before," laughed the Fairy Queen.

"We don't see so much of each other, it is true," said Mr. Moon. "That's because our working hours are different."

"Our sleeping ones are too for that matter. But just the same, we're great friends," he ended.

"We are, we certainly are," said Mr. Sun.

"Won't you continue to have your talk?" asked the Fairy Queen. She had been taking a ride that afternoon in her new airplane, which was made out of a white and silver cloud.

She was resting high in the air now that Mr. Sun and Mr. Moon were talking, and she stayed just out in between where they both were.

"We'll be glad to," said Mr. Moon, "if you will join in now and again."

"We'd like to hear your opinion upon so many things."

"Yes, everything under the sun and moon as they say," said Mr. Sun.

"Why do they say that to begin with?" asked Mr. Moon. "Are things under the sun and moon so important?"

"It does seem strange," said Mr. Sun. "And they never seem to say:

"Let's talk about everything that's just as high up as the sun and moon."

"No, they want to talk about the



"We Are, We Certainly Are."

things that are under us," said Mr. Moon.

"Perhaps," he added, "the Fairy Queen can explain."

"Yes, perhaps she can tell us," said Mr. Sun.

"It's this way," said the Fairy Queen.

"Which way?" asked Mr. Moon, "do you mean the Milky Way?"

"Perhaps you mean the sunny path?" asked Mr. Sun.

"No," said the Fairy Queen, "I simply wanted to explain to you what people meant by saying they were going to talk of everything under the sun and moon."

"We're anxious to hear," said Mr. Moon.

"I'm especially anxious," said Mr. Sun, "to find out what it means before I go to bed."

"I am becoming so sleepy now."

"It means that people have to talk about things under the sun and moon because they don't know of things up in the sky so well."

They know about the earth where they are living, and about animals, flowers, trees and each other.

"So when they talk they like to hear all the news of the things and creatures under the sun and moon—because they're so familiar with them."

"But they love the sun and moon, too, for they are so unhappy when they don't see Mr. Sun in the morning and Mr. Moon in the evening."

But Mr. Sun was growing very sleepy.

"I must go to bed," said he. "Thanks for calling on me, Mr. Moon. And I'm ever so glad to have seen you, Fairy Queen."

"Good-night, that is good-morning to you, Mr. Moon. For nighttime is your daytime."

"So it is," agreed Mr. Moon. "And good-night to you, for it's bedtime for you and all the creatures under you and under me."

And the Fairy Queen flew back to tell the fairies of her talk with the sun and the moon.

How much she had enjoyed it.

Taking No Risks

"Now, Bobby, go and kiss your little sweetheart and make it up," said Bobby's mother.

"No, I won't!"

"Go and tell her how much you love her and how sorry you are."

"No, I won't! Pa says he got into a breach of promise case by telling a girl that, and had to marry the old thing. No risks for me, thank you."

That's Settled

Auntie was entertaining her two nephews. Putting out two pieces of cake, one was larger than the other, she said: "Now, I want to see which of you has better manners."

"Oh, Jimmy has!" said Johnny, as he grabbed the big piece.

John's Mother Praises Doctor



There isn't a mother living who won't agree that no half-sick child should be the subject for an experiment with medicines of uncertain merit. When your child is bilious, head-achy, half-sick, feverish, restless, with coated tongue, bad breath, no appetite or energy, you know that nine times out of ten it's a sign his little stomach and bowels need purging. And when you know that for over fifty years leading physicians have endorsed one preparation for this condition, there doesn't seem to be any reason for "trying" things.

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MENTION THIS PAPER WHEN WRITING

Aviation Note

"Just the same, man will never fly like the birds."

"Oh, I don't know. Beats the parrot right now."



A Sour Stomach

In the same time it takes a dose of soda to bring a little temporary relief of gas and sour stomach, Phillips Milk of Magnesia has acidity completely checked, and the digestive organs all tranquilized. Once you have tried this form of relief you will cease to worry about your diet and experience a new freedom in eating.

This pleasant preparation is just as good for children, too. Use it whenever coated tongue or fetid breath signals need of a sweetener. Physicians will tell you that every spoonful of Phillips Milk of Magnesia neutralizes many times its volume in acid. Get the genuine, the name Phillips is important. Imitations do not act the same!

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