

Charming Clothes for Children

By JULIA BOTTOMLEY



Juvenile fashions are not exempt from the influence of a new style "complex" such as besets the adult world. Even "simple" little dresses for youngsters abound in such "dress-maker" intricacies as scarf necklines, boleros, capes, cap sleeves or short puffs, flares, plaits, godets, circular cuts, pintucks, insets, and the list might be continued indefinitely.

There is, however, one instance where styles for children do not follow in the trend of their elders. When it comes to hemlines, here their paths diverge, for as one goes down, the other goes up. Short, shorter to most abbreviated describes skirt lengths for wee tots.

Referring to the cunning frock in the picture, it carries several significant style details. Attention is called

to the unique arrangement of the scarf, which seems to take its start from within the depths of the tiny pocket at the left. From thence it travels in an upward direction about

the neck, descending into a decorative single streamer at the right side. There is also a lesson to be learned as to that which makes for chic, in the tiny cap sleeves which stylize this diminutive dress as here shown. Frocks for both adults and the very young are sleeved this season with short puffs and caps. Elbow sleeves are also in fashion once more. As to plaited skirts they have taken a new lease on life, both for tots and for grown-up. The plaits are of every sort, ranging from very finely plaited to box plaits.

As to fabric, shantung would work up beautifully, copying the model in the illustration. Colorful silk shantung is an outstanding material for spring. It launders satisfactorily, it tailors perfectly and it comes in every known fashionable shade.

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COOKING EGGS

Eggs cooked below the boiling point of water are more easily and quickly digested than are boiled eggs. Compared with other foods, eggs are easily and quickly digested.

Eggs are a tissue building food, being rich in protein and mineral matter. They are among the first foods to be fed to little children, because they are so rich in iron, and because the proteins, fats and mineral substances are especially well suited to building body tissues.

Wise parents never discuss problems of discipline nor disagree in the presence of children.

Tasty Bean Soup Liked in Cold Weather

(Prepared by the United States Department of Agriculture.)

Soups from the various dried legumes are nourishing and appealing in cold weather. Different seasonings are preferred with different vegetables—green peas, or chick or cow peas, navy, kidney, black, or lima beans, lentils, or other legumes. The dried legumes are soaked overnight or longer to help make them tender, and then cooked in added water with some or all of the seasonings until

they are soft enough to press through a sieve to remove the skins. Additional thickening may or may not be used. Salt pork is a favorite and old-fashioned seasoning for all of the dried legume soups, since it furnishes both fat and flavor. Many people like butter just as well for the same purpose, and if pork is not on hand, use butter to taste. Here is a recipe for one of these soups, made from navy or black beans, given by the bureau of home economics, United States Department of Agriculture:

CABBAGE HAS VITAMINE C

The most recent information we have on the occurrence of vitamins in vegetables, indicates that the vitamin C content is highest when the foods that supply this vitamin are used raw or cooked only a very short time. Cabbage is one of the best sources of vitamin C if properly cooked, or, better still, served raw. Those who like the crisp texture and pungent flavor of raw cabbage will find some of these qualities present in cabbage cooked just a few minutes in hot milk. The method of preparing it is described by the bureau of home economics of the United States Department of Agriculture.

1 cup milk 1 1/2 cups shredded cabbage 1 cup cream or rich milk 1/2 lb. salt pork 1 onion

Wash and soak the beans overnight in two quarts of cold water. The next morning add two more quarts of water, the salt pork, onion and celery, and cook until the beans are soft. Remove the salt pork, cut into small pieces, press the beans through a sieve, and save all the liquid. Combine all these ingredients, reheat, and add the flour and water, which have been well mixed. Add the salt and pepper and cook for a few minutes. Serve with a slice of lemon on the top of each portion.

HINTS FOR HOUSEWIVES

Potatoes, beets, squash and turnips can all be baked in their skins.

Important as the toothbrush is in keeping teeth in good condition correct food is more important.

For health and comfort the weight of children's clothing should hang from the shoulders rather than from the waist.

To wash woolen knitted garments, handle them gently, use lukewarm water and lay them flat on towels to dry.

Linoleum is said to wear much better if varnished when new and waxed lightly every month after washing.

For early and sound sleep, give the small child a light evening meal. Whole wheat or cereal bread, milk or drink, fruit, and a vegetable or an egg are sufficient.

They serve to extend an otherwise short menu. Prepare the fritter and use any leftover vegetables such as parsnips, asparagus or such fruits as prunes, peaches, or bananas. For clam fritters use the clam liquor for the fritter batter instead of milk.

Spinach Salad.—Chop two hard-cooked eggs and put through a sieve, add one pint of cooked chopped spinach, one tablespoonful of mild onion minced, one green pepper chopped, one-half cupful of finely cut celery. Serve on lettuce with plenty of good mayonnaise or a boiled dressing highly seasoned.

Clubbette Sandwich.—Prepare plain scrambled eggs. Spread bread toasted and buttered with the egg mixture, sprinkle with finely minced parsley or onion or chives, cover with a crisp lettuce leaf dipped into mayonnaise, cover with another slice of toasted bread and serve very hot, cut into triangles. These are good cold. Garnish with small pickles cut into fan shapes.

Wild leeks, chopped and used in salads are as good as a medicine. Eat them at night so the odor will not disturb the neighbors.

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Recipes That Will Be Liked

By NELLIE MAXWELL

These clumsy feet, still in the mire Go crushing blossoms without end. These hard well-meaning hands we thrust Among the heartstrings of a friend.

—Edward Royland Still.

Oysters are still enjoyed and found in the market even after the months with R's are past.

Oysters Perfection.—Take one pint of drained oysters, place in a baking dish which has been buttered with one-half cupful of butter. Cover each oyster with crumbs and seasoning, using one-half cupful of chopped chives. Bake until the oysters are well cooked and the crumbs brown. Serve from the baking dish. In cooking oysters in the oven two layers are best, as too long cooking will toughen those on the top or bottom.

Sour Cabbage.—Chop one apple and one onion and fry ten minutes in two tablespoonfuls of sweet fat, add one-half of a medium-sized cabbage shredded, two cupfuls of boiling water, one-third cupful of vinegar, one tablespoonful of butter, season with salt and pepper and simmer one and one-half hours. When two-thirds done add one-half cupful of sugar and serve very hot.

Baked Ham With Raisin Sauce.—Soak ham over night; in the morning scrub well and put to cook in boiling water to cover. Simmer three hours, remove from the heat and let stand to cool in the liquor. Remove the skin and put the ham in the baking pan with two cupfuls of the broth. Add one cupful of cider and one-half cupful of brown sugar. Bake one and

one-half hours in a moderate oven. Half an hour before serving time add one cupful of raisins. If the sauce is not thick enough add a tablespoonful of flour thinned with a little of the gravy from the pan. Serve ham on a platter surrounded with spiced apples or peaches.

Roast Rabbit.—Dress a well-cleaned rabbit and stuff with chestnut dressing. Rub the entire surface with salt. Mix one-half cupful of butter with one-fourth cupful of flour and spread over the breast and legs. Place in a hot oven and as soon as the flour browns reduce the heat. Cook until tender.

Fritters are always welcome and

A very tasty and at the same time pretty canape, is made as follows:

Take six slices of bread, six large sardines, six large olives, with worcestershire sauce and sliced pickled beets. Flake the sardines and season with a few drops of the meat sauce. Cut the bread into circles or any desired shape.

Spread with the sardine mixture and cover with a circle of beet, with an olive cut off to stand firm in the center of the beet.

Fritters are always welcome and

Teach the Child Good Food Habits

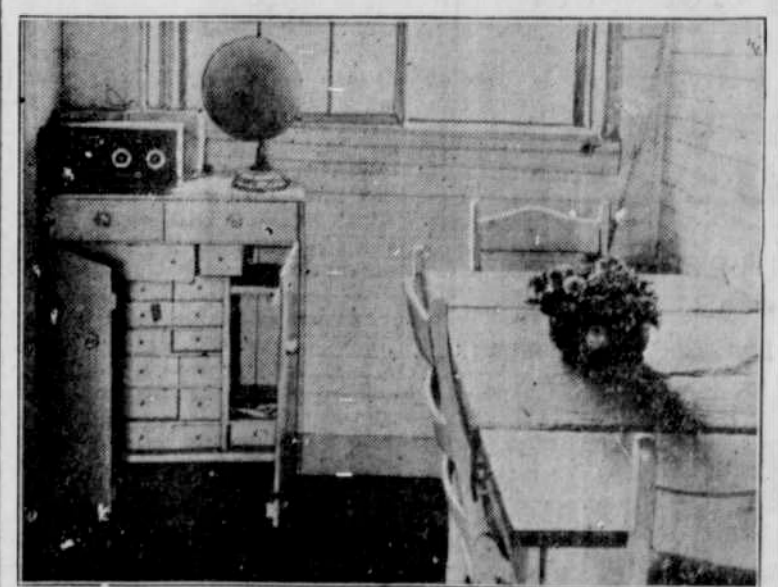
Good food habits, developed in childhood under wise guidance, are the foundation of good nutrition through life. With the best of intentions parents may make mistakes in the management of their children at the table, erring by overindulgence or ill-advised strictness. With patience and careful methods children's food habits can be retrained, but it is, of course, much simpler to build good food habits from the start.

A child can become accustomed from babyhood to a variety of foods, flavors and food textures, says Miss C. Rowena Schmidt, of the bureau of home economics, in leaflet 42-L, Good Food Habits for Children, just issued by the United States Department of Agriculture. As the child grows, says Miss Schmidt, take it for granted that he will enjoy the food set before him. Don't talk about "how good it is for him." Let the adults of the

family set a good example by eating without comment all wholesome, well-prepared foods, and let the mother make it her responsibility to see that the special dishes for the child are not only suitable in kind, but carefully cooked and attractively served in fairly small portions.

Meals should come at regular hours, and there should be no "pleasing" to spoil the appetite. Make meals the occasion for pleasant comradeship, whether the child has his own food separately or eats with the family. Bright colored individual dishes and small table implements that the child can handle personally add interest.

Cozy Dining Alcove for Light Meals



A Radio Set in a Dining Alcove Near the Kitchen.

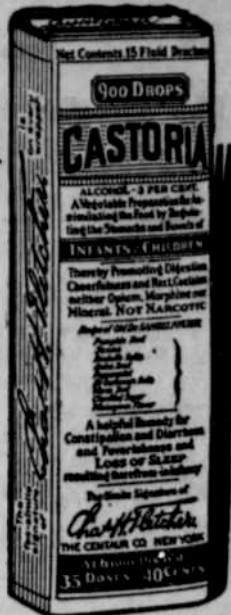
(Prepared by the United States Department of Agriculture.)

No doubt you, Mrs. Housewife, like to hear music and other good things coming in "over the air" while your hands are busy. So you need to have the radio located somewhere near the kitchen without having it in your way. In a farm home in Virginia the radio set, with a cabinet for parts, tools, and other paraphernalia the man of the house considers his own—it is placed in a little dining alcove just off the kitchen, as the United States Department of Agriculture has shown in the accompanying picture.

An extra pantry or store-room could possibly be transformed into a useful dining alcove of this kind.

A great many farm kitchens are arranged nowadays to have a little alcove at one side for quick serving of the lighter meals. Or, in a large kitchen, the cooking equipment is grouped at one end and a dining-table, and chairs are placed at the other, sometimes screened off. The addition of a radio set in either arrangement affords the housewife much pleasure and often profit. "Dinner music" can be picked up at mealtime if the family likes it.

Children Cry for it



Children hate to take medicine as a rule, but every child loves the taste of Castoria. And this pure vegetable preparation is just as good as it tastes; just as bland and harmless as the recipe reads. (The wrapper tells you just what Castoria contains.)

When Baby's cry warns of colic, a few drops of Castoria has him soothed, asleep again in a jiffy. Nothing is more valuable in diarrhea. When coated tongue or bad breath tell of constipation, invoke its gentle aid to cleanse and regulate a child's bowels. In colds or children's diseases, use it to keep the system from clogging. Your doctor will tell you Castoria

deserves a place in the family medicine cabinet with your child is grown. He knows it is safe for the tiniest baby; effective for a boy in his teens. With this special children's remedy handy, you need never risk giving a boy or girl medicine meant for grown-ups. Castoria is sold in every drug store; the genuine always bears Chas. H. Fletcher's signature.

Fliers Say Courage Varies with the Way they Feel

AEROPLANE pilots tell us that their courage, their whole attitude toward flying, varies from day to day, with the way they feel. If they feel full of pep, healthy, they can try anything—nothing frightens them. Their nerve is unshakable; their skill keen; their flying is machine-like in its perfection.

It is an entirely different story, however, if they wake up in the morning feeling sick, down in the mouth. Then flying becomes a real danger.

What is the matter with these brave people when they are not up to par? The natural poisons in their bodies have not been swept away. They are allowing their brains to be clouded and dulled by poisons which should not be permitted to remain in the body.

Somebody in every business has to be the chief worrier.

Many find Russ Ball Blue good tonic for chickens. Large package at Grocers.—Adv.

If it is a pose, it is done on purpose. If it is an attitude, it isn't.

This is the lesson we can learn from airmen. It is the lesson that points to Nujol—the simple, natural, normal way—without the use of drugs or medicines to keep the body internally clean of the poisons that slow it up. Nujol is pure, tasteless, colorless as clear water. It forms no habit; it cannot hurt even a baby.

See how the sunshine floods into your life when you are really well. Get a bottle of Nujol in its sealed package at any drug store. It costs only a few cents and it makes you feel like a million dollars. Find out for yourself what Nujol will do for you this very night. You can be at top-notch efficiency and happy all the time. Get a bottle today.

Member of the "Caterpillar Club" earns his right to membership by 5000 foot Emergency Jump.

The title of the emperor of Japan as the head of the Shinto religion is Tanno, which means, literally, King of Heaven.

You have got to be interested in something or somebody besides yourself to keep from being bored.

Story for Children at Bedtime

By MARY GRAHAM BONNER

"Today, in addition to playing in the mud," said Grandfather Porky, "we're going to see which pig can make the greatest pig of himself when the farmer comes around with the dinner."

"The one who does the best receives a prize," they all grunted.

"I am glad," continued Grandfather Porky, "that my family and grandchildren and relations love to roll in the mud."

"I love it so much myself. I am glad they take after me. Ah, I dig in delicious mud, to feel its softness, to get good and dirty—what else is so fine?"

"That lovely word of squishiness which sounds so like mud; and pigs is second only to one word—food!"

"They say," began Miss Ham, "that they've named all famous people after us."

"You don't say," remarked Mrs. Pinky Pig. "Tell us about it, my dear."

"Why, I'm told," continued Miss Ham, "that every child or person who is greedy and selfish is called a pig."

"Often the farmer's son has said to the farmer's daughter:

"There, don't take the best apple for yourself. You are a little pig if you do."

"Grand, simply gorgeous," said Grandfather Porky.

"But they don't mean it as a compliment," said Sammy Sausage. "We all know that. We love to say they have named creatures after us, but we all know it's really not an honor at all."

"Never mind how they mean it," said Brother Bacon.

"Tell it to us," all the pigs squealed.

"Yes," said Grandfather Porky, "tell us what is so fine."

"In the big world they are trying to save and cherish us—so we'll never grow scarce."

"They've come to appreciate us. We are no longer a cheap food."

Just at that moment the farmer came along with the dinner for the pigs.

"The party, my party!" shrieked Porky Pig.

"It's not your party any more than it's my party," said Brother Bacon.

"It's my party, too," said Pinky Pig. "Mine, mine!" said Miss Ham.

"The farmer brought the food for me," said Sammy Sausage.

They all certainly behaved as if they wanted to live up to their family name, but all had been such really real pigs that poor Porky couldn't give his prize to anyone—and besides, he really hadn't any prize to give!

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Delicious Mud.

young Sammy," said Grandfather Porky. "It's fine to have creatures with two legs named after us."

"They have named a weed—pig