Ample Variety in Spring Hats

By JULIA BOTTOMLEY

No one need complain this season of not being able to find a becoming hat. The shops are full of 'em!

You can see from the models in the picture that hats are—well, just anything you want them to be. Brimmed or unbrimmed, of lacy straw, of the new and immensely popular glossy smooth-as-linen straws, of belting ribbon, or perhaps flaunting polka dots, for polka dots have become the plaything of the milliner this season—yes, spring millinery dares to be just that versatile.

Perhaps there is no item which quite so intrigues the feminine eye in millinery openings now taking place, as that of the new lace straws. The story of these lacy straws is a fascinating tale of many chapters, beginning with touches of openwork straws in connection with other straws. The program includes also charming little dance caps or berets of straw lace, leading on and on through a maze of lace straw effects, one brim widening more than another, climaxing with huge diaphanous and most flattering capelines—the latter a picturesque feature in sight of summer.

The first hat in this group bespeaks the graceful lines which the new lacy straws are assuming.

By way of contrast, attention is called to the smart hat just below which is one of the very glossy black panamalaque types. The bow at the back is made of a pasted feather banding. One sees these little feather novelties positioned on quite a few of the new spring straws.

Belting ribbon! How often are we hearing of the belting-ribbon hat. The idea is for the hat of belting ribbon to match the frock in color, or at least to show a color relation. Perfectly charming with the sprightly print frocks are close-fitting types made of belting ribbon, of which the little toque in the oval is a pleasing exponent.

And now we come to the subject of polka dots. It seems that milliners are making a feature of polka dot effects. Sometimes the dots are cut out of felt and pasted on the hat, then again they are handpainted or embroidered, or else, as is the case with the hat and scarf set in the picture, the chapeau and accessory details are fashioned of polka dot silk or a kindred fabric.

In selecting the new spring hat, keep in mind the importance of bright blues, also navy. The trend in costume is decidedly toward all-blue ensembles. As a consequence milliners are showing most beguiling dark or bright blue hats to complement coats and frocks in the same tones.

Many of these smart-looking new models work the voguish linen-like exotic straws in conjunction with beguiling lace straws. In some instances the edge of the brim of a panamalaque, or baku, or ballibunti straw, or a kindred type, is finished with a narrow color-matched lace straw border.

Another becoming type is the hat whose crown of smooth straw is brimmed with a flare of lace straw, accenting an extremely openwork patterning. Hats of this character are exceedingly effective in black or navy.

(©, 1930, Western Newspaper Union.)

How to Bake Potatoes

(Prepared by the United States Department of Agriculture.)

Probably every one would agree that there's no more appetizing vegetable than a well-baked potato, on which one may spread butter "ad lib"—or in unlimited quantities—the necessary salt and colorful paprika. The points about the baking of potatoes, noted by the bureau of home conomics of the United States Department of Agriculture, are given in the recipe following. One reason for scrubbing the skins well is that many people like to eat them, and dietitians will tell you that this is a good thing to do because some of the valuable minerals in the potato are close to the skin. Don't have the oven too hot, or the skins will be hard and dry. Allowing the steam to escape promptly is one way of assuring that the potato will be flaky and mealy, not soggy, when opened. Among her labor-saving devices it is to be hoped that every housewife has some sort of tongs or other implement suitable for taking baked potatoes from the oven.

Select good baking potatoes of uniform size and shape, scrub thoroughly and bake in a moderately hot oven for 45 to 60 minutes, or until soft when pressed. Take the potatoes from the oven at once, work gently with the fingers to loosen the skin, make a short gash to allow the steam to escape, season with butter or other fat, salt, and a dash of paprika, and serve

For baked potatoes on the half shell, cut the potatoes lengthwise as soon as they are taken from the oven, scrape out the inside, being careful not to break the skin, mash, season with salt, pepper, butter or other fat, and cream or rich milk, and beat until light. Place this mixture in the skins, brush the tops with melted fat, and put the potatoes in the oven to reheat and brown. For variety, sprinkle grated cheese over the potatoes before they are browned or add a little chopped green pepper to the potato mixture.

HINTS FOR HOUSEWIVES

Too much flour or too hot an oven for cake causes cracks or uneven surfaces.

• • •

The most convenient height for a kitchen table surface is eight inches below the workers' elbow.

• • •

Children's suits for outdoor play in winter should be both warm and light and should not hamper their activity.

• • •

A strip of unbleached muslin 12 to 18 inches wide sewed to the end of a short blanket, to tuck in at the foot of the bed will make it serviceable, since short blankets usually mean cold shoulders or cold toes.

• • •

To protect the top of blankets and quilts from being soiled, bind the edge with a piece of cheesecloth or other inexpensive material about sixteen inches wide which matches the blanket in color. When this is soiled it is easily removed and laundered.

Hints About Starches

Fabrics are finished or sized in the course of the manufacturing process to give them stiffness, and in the laundering process to restore the original finish, as far as possible. Nevertheless, very little is known at present as to which of the various sizing materials used for this purpose may be the most desirable for different fabrics and effects, and why. Manufacturers judge a sized fabric by its "feel" or "handle" in respect to stiffness and pliability, but this is a vague term, dependent on many factors.

The bureau of home economics of the United States Department of Agriculture started a series of studies in its textile laboratory to differentiate these various factors. As stiffness has been considered an important property included in the term "feel," attention was first directed to methods of measuring the stiffness of materials and the comparative value of the more common agents in producing it. Starch was selected for study because it is widely used both in the manufacturing process and in laundering. A better knowledge of the different properties of starches will not only guide the manufacturer in his original sizing applications but will also aid in making recommendations for simple and effective means of restoring to the laundered cloth more of the appearance of new, unwashed fabrics.

It's a poor memory that doesn't allow a man to forget his troubles.

Speed

Mr. Jimpson was hurrying because he was late for dinner. He stumbled on the doormat and fell sprawling into the hall.

"Mamma," exclaimed son William, "papa came in before he got here."—Life.

Millions now use Russ Ball Blue. Makes clothes snowy white. Get the genuine.—Adv.

Speed, but—

"Speed isn't everything."

Edsel Ford, at a dinner in Dearborn, was talking about airplanes. "If in any degree you sacrifice safety to speed you are more foolish than the Yorkshire drummer," he went on.

"The Yorkshire drummer bragged that he covered more customers in a given time than any man on the road. When he was asked how he did it, he answered:

"'Ah pops 'ead in at door. "Marnin'," I says. "Marnin'," says they. "Owt?" says I. "Nowt," says they. "Marnin'," says I. "Marnin'," says they. And off I goes to t' next shop'."—Detroit Free Press.

Oklahoma Girl Strong as Boy

"Louise Alice was fretful, nervous and all run-down from whooping cough," says Mrs. F. J. Kolar, 1730 West 22nd St., Oklahoma City, Okla. "The little I could force her to eat wouldn't ever digest. She became underweight, sallow and weak.

"Then I decided to try California Fig Syrup, and the results surprised me. Her bowels started working immediately, and in little or no time she was eating so she got to be a pest at the table, always asking us to pass things. Her weight increased, her color improved and she began to romp and play again like other children. Now she's the picture of health, and strong as a boy."

Pleasant-tasting, purely vegetable California Fig Syrup acts surely and quickly to cleanse your child's stomach and bowels of the souring waste that is keeping her half-sick, bilious, sallow, feverish, listless, weak and puny. But it's more than a laxative. It tones and strengthens the stomach and bowels so these organs continue to act normally, of their own accord.

Over four million bottles used a year shows its popularity. Ask for it by the full name, "California Fig Syrup," so you'll get the genuine endorsed by physicians for 50 years.

Belated "First Night"

A unique "premiere" is scheduled for the coming operatic season at Halle, Saxony. It is that of Jacques Offenbach's opera "Mariella," the manuscript of which had mysteriously disappeared before it was copied or printed. Recently, by a mere chance, the manuscript has been discovered and now "Mariella" will have its "first night" over fifty years after it was written and long after the composer's death.

Some Good Things for the Table

By NELLIE MAXWELL

Socrates thought that if all our misfortunes were laid in one common heap whence every one must take an equal portion, most persons would be contented to take their own and depart.—Plutarch.

Many directions for sandwich making tell us to butter the bread before it is cut from the loaf. This is not necessary if the butter is creamed. Creaming the butter makes it go farther, has a smoother spread and is more saving.

A hot sandwich may range from a dainty, toasted morsel to serve with a cup of tea, to a substantial variety which is a meal in itself. Watch the lunch counter, which in most cities one finds in drug stores, department stores and wherever hungry people may be found in any number, you will note that a square meal with a cup of hot drink or milk may be made from a hot sandwich. Two slices of bread with thin sliced meat and plenty of good gravy over it provides a fairly substantial and sustaining dish.

Hot Beef Sandwich.—Take one pound of chopped beef, one small onion and one green pepper (minced). Brown in one tablespoonful of butter, season to taste with tomato sauce and add a teaspoonful of flour. Place in buttered buns and place in the oven to keep hot.

Hot Tomato Sandwich.—Broil two thin slices of bacon until crisp. Toast two thin slices of bread—whole-wheat is preferred. Put sliced tomatoes on one slice, add the bacon and cover with another slice. Put into a hot oven or heat carefully on a hot griddle.

Cheese and Pepper Sandwiches.—Pour boiling water over three large peppers, let stand a few minutes then rub off the outer skin and remove the pith and seeds. Put the peppers and a half pound of cheese through the food chopper, add one-half teaspoonful of salt, paprika and mustard and a dash of cayenne. Mix and blend thoroughly. Cut bread one-fourth inch thick and butter evenly. Spread half the slices with the pepper and cheese mixture, press on the top slices and toast in a hot oven.

The cup of tea with a few congenial spirits, gives one an opportunity to enjoy a few moments of conversation, which in this day and age seems impossible over the bridge table.

Almond Sandwiches. — Mash one-half of a package of cream cheese with a tablespoonful of lemon juice, adding more if needed to give the right consistency and flavor. Now add one-eighth of a pound of ground almonds. Spread on buttered slices of white bread, cut into diamond-shaped pieces. Put three small pieces of candied orange peel down the center of each sandwich.

Lemon Ice Box Cookies.—Take one cupful of shortening, one and one-half cupfuls of sugar, three beaten eggs, two tablespoonfuls of lemon juice, one teaspoonful of grated lemon peel, five cupfuls of flour, one-half teaspoonful of salt; candied orange peel, chopped nuts, or raisins may be used as top decorations. Roll up and place in the ice chest. Cut into thin slices in the morning and bake quickly.

Graham Fruit Bars.—Mix together one-half teaspoonful of salt, one cupful of flour, one cupful of graham flour, three-eighths cupful of water, one-half cupful of shortening, one teaspoonful of lemon juice. Take one-half cupful of chopped dates, one-half cupful each of chopped figs, raisins and walnuts, one-fourth cupful of sugar, the grated rind of a large orange and one-fourth cupful of orange juice.

Small cakes, french pastry, cookies and wafers, vie with the sandwiches on the tea table.

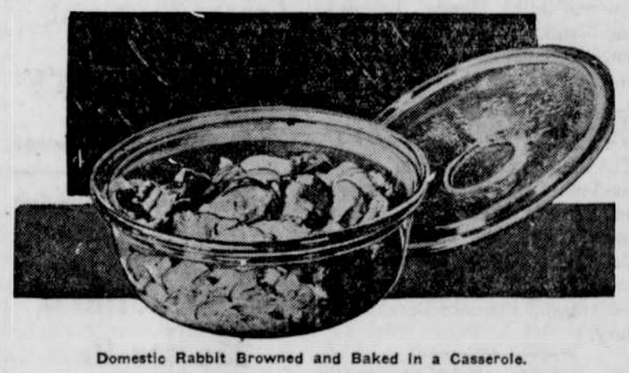
(©, 1930, Western Newspaper Union.)

COOK TOUGH MEAT SLOWLY

Tough pieces of meat are as nutritious as the more tender cuts and can be made quite as appetizing, but they require long cooking at a low temperature. There are many ways of cooking meat in water without allowing it to reach the boiling point, says the United States Department of Agriculture. With the ordinary kitchen range this is accomplished by searing the meat until brown, to develop the flavor, then cooking on the cooler part of the stove rather than on the hottest part, directly over the fire.

Experience with a gas stove, particularly if it has a small burner known as a "simmerer," usually enables the cook to maintain temperatures which will make it tender without hardening the fibers. The possibilities of the double boiler for this purpose seem to have been neglected. Its contents can easily be kept up to a temperature of 200 degrees Fahrenheit and nothing will burn.

Hutch-Raised Rabbits for Food



Domestic Rabbit Browned and Baked in a Casserole.

(Prepared by the United States Department of Agriculture.)

Increasing interest in the domestic rabbit as meat has led to the development of cooking recipes, which have been worked out by the bureau of home economics of the United States Department of Agriculture. The bureau of biological survey is also interested in encouraging the raising of domestic rabbits, and explains that hutch-raised rabbits are quite different in flavor from wild ones because of the nature of their food. They are raised in small hutches or on fur farms under sanitary conditions, and eat mainly rolled cereals, alfalfa hay, and leafy vegetables. In the West, particularly in California, domestic rabbits are widely known and used, but in the Eastern states the housewife often has yet to make their acquaintance.

The flavor of the meat is very much like chicken. The methods used for cooking chicken can be applied to domestic rabbits—that is, young, tender animals may be quickly cooked by frying, broiling, or smothering, while older, heavier rabbits require slow moist cooking to make the muscles tender. They may be used for short orders if parboiled whole and then cut in pieces, dipped in batter and fried. Or they may be simmered and served with dumplings as a fricassee or stew, or put into a rabbit pie, or browned and baked in a casserole until tender. Attention may well be called to the unusually good flavor of the liver of domestic rabbits. It is mild, sweet, and is very tender.

To cook a large rabbit in a casserole cut it into pieces of suitable size for serving, sprinkle with salt and pepper, dredge with flour, and brown in fat. Transfer to the baking dish on a rack, add a small quantity of water, cover closely, and cook until tender in a moderate oven. Remove the cover toward the last so as to brown the top pieces.

Rabbit pie is also made in a baking dish, but a pastry crust is used instead of the lid of the dish. As the pie should only be baked until the crust is done, the rabbit is first simmered in a saucepan until tender and then the meat removed from the bones

Rabbit Pie.

Cut the rabbit into two or three pieces, place in a saucepan, barely cover with water, cover the pan, and simmer until tender. Drain and measure the liquid and remove the meat from the bones in large pieces. Heat two tablespoonfuls of butter or other fat in a heavy skillet, add a small green pepper, chopped, a small onion chopped, and two tablespoonfuls of chopped parsley, and cook for a few minutes, stirring frequently. To each cup of liquid use 1½ tablespoonfuls of flour, and mix well with the fat and seasonings. Add the liquid and stir until thickened, add salt to taste, and a dash of tabasco sauce. Mix well with the rabbit meat and pour into a baking dish. Cover with a pastry crust and bake in a moderate oven until the crust is golden brown.

Evening Story for the Children

By MARY GRAHAM BONNER

"They think," said the Tiger, "that they have started a new fashion."

"What is a fashion?" roared Mr. Lion.

"Pooh," said Mrs. Lioness, "I know what a fashion is. All ladies and lionesses and small girls know about fashions."

"What is there to know about them?" asked Mr. Lion.

"Fashions," said Mrs. Lioness, "are fads."

"I know no more now than I did before," said Mr. Lion.

"Too bad," said Mrs. Lioness. I'll try to explain to you the meaning of fashions.

"Well, fashions are passing fancies."

"I'm still more at sea," said Mr. Lion.

"At sea, at sea!" exclaimed Mrs. Lioness. "Why, you aren't at sea.

"You're in the zoo. You're not even in the jungle. Oh, dear, oh, dear, have you not been feeling well?"

"Ha, ha," roared the Lion. "Ha, ha, roar, r-o-a-r!" And he roared so hard, but he was grinning a wonderful and very wide grin at the same time.

"Whatever is the matter?" asked Mrs. Lioness.

"Just this," said Mr. Lion. "You were trying to act as if you knew so much and you tried to mix me all up.

"So I tried the same thing on you. You tell me what fashions are and I will tell you what I meant when I said I was at sea.

"I can assure you I didn't, for a moment, think I was at sea, or in the sea, or that the sea was anywhere around me."

"What did you mean?" asked Mrs. Lioness. "Pray tell me first. Ladies should always be helped first, spoken to first, and so forth."

"I Understand, Now," He Said.

"Oh, very well," said Mr. Lion. "Well, when I said that I was at sea I meant that I was mixed up

"I used that as an expression or saying, as people do when they mean they're very much confused.

"It just means that they are at sea in their minds."

"Does it mean that their heads are covered with water?" asked Mrs. Lioness.

"No," said Mr. Lion,, "It means that their thoughts are all mixed up and just as though they were lost at sea, and didn't know where they were going—their thoughts don't know where they're going—that's what it means."

"Oh," said Mrs. Lioness, "I understand, but it is a silly expression.

"Now I will tell you what Fashions are. Fashions are styles and they only remain fashions as long as the styles are fashionable."

Mr. Lion said this over to himself a number of times quite slowly. "I understand now," he said, at last.

"It's my turn to speak," said the Tiger.

"All right," said the others.

"People think they've started a new fashion when they talk about not wanting to eat too much. Why, here in the zoo, we've always had one day when we've never eaten at all.

"So we're ahead of them and their ideas."

And the others roared, growled and completely agreed.

(©, 1930, Western Newspaper Union.)

Have Kidneys Examined By Your Doctor

Take Salts to Wash Kidneys if Back Pains You or Bladder Bothers

Flush your kidneys by drinking a quart of water each day, also take salts occasionally, says a noted authority, who tells us that too much rich food forms acids which almost paralyze the kidneys in their efforts to expel it from the blood. They become sluggish and weaken; then you may suffer with a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To help neutralize these irritating acids, to help cleanse the kidneys and flush off the body's urinous waste, get four ounces of Jad Salts from any pharmacy here; take a tablespoonful in a glass of water before breakfast for a few days, and your kidneys may then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help flush and stimulate sluggish kidneys; also to neutralize the acids in the system so they no longer irritate, thus often relieving bladder weakness.

Jad Salts is inexpensive, cannot injure and makes a delightful effervescent lithia-water drink.

WELL OR MONEY BACK

Your Piles eliminated or fee refunded—is the WRITTEN ASSURANCE we give in administering the Dr. C. J. Dean famous non-surgical method of treatment. (Used by us exclusively) Remarkable success also with other Rectal and Colon ailments. Send TODAY for FREE 100-page book giving details and hundreds of testimonials.

DEAN RECTAL & COLON CLINIC
PORTLAND SEATTLE
MENTION THIS PAPER WHEN WRITING

PARKER'S HAIR BALSAM
Removes Dandruff-Stops Hair Falling
Restores Color and Beauty to Gray and Faded Hair
60c. and $1.00 at Druggists.
Hiscox Chem. Wks. Patchogue, N. Y.

FLORESTON SHAMPOO—Ideal for use in connection with Parker's Hair Balsam. Makes the hair soft and fluffy. 50 cents by mail or at druggists. Hiscox Chemical Works, Patchogue, N. Y.

Superficial Flesh Wounds
Try Hanford's
Balsam of Myrrh
All dealers are authorized to refund your money for the first bottle if not suited.

POETRY
Easy to write if you know how. INFORMATION FREE.
ADDRESS BOX 86, OTTAWA, OHIO.

CHICKS
Queen Hatchery Huskies for Poultry Profits
R. I. Reds, Barred Rocks, White Leghorns—all from carefully supervised flocks of large birds and mature breeders, including world's record strain. Also W. L. pullets, yearling hens and day-old turkeys. Write for prices at once as everything points to greatly increased demand. Prompt 100% live delivery guaranteed. 20 years' wonderful reputation your safeguard.
(Jay Todd) QUEEN HATCHERY
2420 1st Ave. Seattle, Wash.

Oregon & California Directory

Hotel Roosevelt
One of PORTLAND'S Newer Hotels
All rooms have shower or tub, $2.00 up. FIREPROOF. 221 W. Park St. Coffee Shop. Garage opposite.

HOTEL WILTSHIRE, San Francisco
340 Stockton St., near Union Square Sutter 2250
FRANKLYN B. SMITH, Manager
Outside rooms with bath, $2.50 single, $3.50 & $4 double
Court rooms with bath, $2.00 single, $2.50 & $3 double
Breakfasts 25c, 35c, 50c, 60c; Dinners 85c; Sunday $1.00

Start Now EARN BIG MONEY 25 to 50 per cent paid while learning. Position secured. Lectures weekly. 32 colleges. Write for catalog.
MOLER SYSTEM OF COLLEGES 306 Burnside Street, Portland, Ore.

Pipe Valves, Fittings
Pump Engines
Farm Tools & Supplies
ALASKA JUNK CO.
First and Taylor Sts., Portland, Oregon

HOTEL ROOSEVELT
SAN FRANCISCO'S NEW FINE HOTEL
Every room with bath or shower. $2.00 to $3.50. Jones at Eddy. Garage next door.

Hotel Hoyt Special winter rate by day, week or month
PORTLAND, OREGON
Absolutely Fireproof
Corner 6th and Hoyt Sts., Near Union Station.

W. N. U., PORTLAND, NO. 12--1930.

Purest Water

Water derived from deep wells is so pure that it does not require any sort of purification.

Just a shake or two completes the toilet!

Always take time to dust on a little CUTICURA TALCUM as a finishing touch to your toilet. Fragrant and antiseptic, it absorbs excessive perspiration and refreshes and cools the skin, making your toilet complete. You will like it—everybody does.

Talcum 25c. Soap 25c. Ointment 25c. and 50c. Proprietors: Potter Drug & Chemical Corporation, Malden, Mass.