

First-Trouser Suits for Little Boys

(Prepared by the United States Department of Agriculture.)

The clothes worn by a little boy, between two and three years old, may be made to help train him in self-reliance if carefully designed. If he is obliged always to run to some older person to be dressed, buttoned and unbuttoned, he does not develop the independence that he should have as he comes into contact with other children and people outside of the family circle. Being able to do things for oneself is a great source of self-confidence. It is also a convenience to any mother to have her child able to dress himself without her help and go to the toilet alone. He soon begins to take pride in selecting what he wishes to wear, and at this stage can be taught very readily to take care of his clothes; both when he wears them and when they ought to be put away or laid out, ready for another day.

In the past, one of the greatest obstacles to complete independence encountered by the small boy has been the complicated system of buttons and belts around his waist. There seems to be no reason why boys' trousers



Practical Suit for Small Boy.

should have so many buttons and openings. And in different suits they may be in different places, so that the special manipulation of each suit has to be learned.

After studying the faults of boys' suits as made heretofore and the ways to remedy them, the bureau of home economics of the United States Department of Agriculture has designed a number of practical suits which overcome some of the most undesirable features. It is suggested that until a little boy has learned to solve the problem of how to fasten his own things, the same basic design be used for all his trousers so that buttons and buttonholes will always be in the same convenient place. Variety may be obtained by slight changes in detail, color, material, and so on. Simple front openings are recommended, with buttons and buttonholes that are easily manipulated and uniform in size.

For a very small boy who wears the Oliver Twist type of suit which has the trousers buttoned to the blouse, a simple and satisfactory design is shown in the picture. The trouser leg is cut without a side seam and the placket, instead of being on the side is slanted forward to make a front drop. The plackets are finished to simulate welt pockets with a fairly wide underlap. The front section laps over the back in these trousers, but only four buttons are used, and they are so accessible that the little boy will have no trouble in buttoning them correctly. This location of the buttons is especially good in the case of

a boy who likes to climb because buttons on the side seams often cause binding and are frequently torn off as a result. As in all the trousers designed by the clothing specialists of the bureau, these are above the knee and are roomy enough to be comfortable, especially in the seat.

The blouse illustrated has several good points. The simulated collar is stitched flat and so are the trimming bands on the sleeves, which are purposely made very short. This gives greater freedom and does not interfere with the bend of the elbow. A printed fabric with a small pattern in colors harmonizing with the plain color of the trousers and trimming is appropriate for a boy between two and three, but unfigured materials may be used if preferred.

Soy Beans Are Becoming Popular as Table Food

Soy beans, long considered in this country as feed for live stock only, are gradually finding a place on the American table. Soy beans have been utilized for many centuries by the people of the oriental countries in the preparation of numerous fresh, fermented, and dried food products.

Extensive experiments in North America and Europe indicate the value of soy beans as the basis of food for persons requiring a low starch diet, says the United States Department of Agriculture, and for many years food companies have had on the market forms of soy bean flour prepared for persons requiring a diet of this kind. Investigations have shown that soy bean flour as a cereal is a most valuable food for infants.

World Has a Few
A wise wife is one who pretends to believe everything her husband tells her.—Chicago News.

Tiny Capes in Fashion Limelight

By JULIA BOTTOMLEY



It does not follow because a frock is sleeveless that the top of the arms will remain uncovered—not with millions of tiny capes doing duty, as they now are, in the absence of sleeves. In almost every instance where sleeves are minus a capelet is present. Very

flattering, so youthful, and with a refining touch that does away with the crude lines of utter sleevelessness.

So it is, that as prettily frivolous as capelets may appear, they really are put here for a purpose, their mission being to look and to act like little

sleeves, or at least to suggest them as they ripple from the shoulder, or flow and flutter about the arm with an exceeding grace.

It's the fashion for tennis frocks to be capped, the model pictured showing an attractive treatment. The material for this frock is as interesting as the styling of the dress itself, being dainty wool challis. If you have not had printed challis suggested as a likable and chic material for the making of frocks to wear on the tennis court, you have missed a very important style message.

In fact, challis is an exceedingly popular fabric just now, for not only simple daytime frocks, but for the blouse to be worn with the suit, or for the entire ensemble. Paisley patterned challis is ever so smart in colorings duplicating those of quaint cashmere shawls.

Bordered challis makes up stunningly into three piece costumes. Then, too, it is the fashion to wear short jackets of challis in moonstone, over gay-printed challis frocks.

To return to the subject of capelets, designers are not hesitating to employ them, not only for simple washable dresses, but afternoon chiffons reveal in all sorts of little frilly contraptions to give grace to the shoulder line. Sometimes, even when sleeves are employed, capelets are also included in the picture.

(© 1930, Western Newspaper Union.)

Some Timely Hints for the Housekeeper

The kitchen table is generally the correct height for the worker if she can place her hands flat on the top without stooping.

For good health in winter, children's knees should be well covered. This helps keep an even body temperature.

Fried fish has a particularly delicious flavor if a tablespoonful of lemon juice is added to the egg in which the fish is dipped.

Plenty of vegetables in the diet are better for the family than tonics, for flagging appetites. Try serving one vegetable dinner a week and at least one green vegetable a day.

Loosefitting underwear of knitted fabric is best for children in winter since it allows for freedom of movement and ventilation, yet keeps small bodies warm.

The Last Word
Claire and a little friend had gone to the matinee at the picture show, and they stayed so long that Claire's mother was impelled to ask the reason. "Well," said her daughter in all seriousness, "you see, we stayed for the novelty!"

Not Reliable Currency
"Praise undeserved," said Hi Ho, the sage of Chinatown, "brings insecure pleasure. It is counterfeit money in the currency of fame."—Washington Star.

Broiled Rabbit Makes Tasty Dish



Tender, Sweet-Fleshed Domestic Rabbit Broiled.

(Prepared by the United States Department of Agriculture.)

Broiled chicken—why not broiled rabbit? Perhaps you have seen lately in your local market some of the domestic or hatch-raised rabbits that are being extensively produced from West to East. You have wondered whether the family would like them; the "gamy" flavor of wild rabbit was not especially popular.

Without hesitation you can experiment with some of these tender, sweet-fleshed domestic rabbits. The meat can best be compared to that of chicken, and it is cooked in all the ways chicken is cooked. Get a young rabbit to try, and broil it. Put it on the table without comment and some members of the family will suppose they are eating chicken. These hatch-raised rabbits eat rolled cereals, alfalfa hay and leafy vegetables. As a result the meat is delicate in flavor and tender in texture. They may be eaten at any time of the year.

The bureau of home economics of the United States Department of Agriculture gives the following directions for broiling a rabbit:

Wipe the rabbit with a clean damp cloth, sprinkle it with salt, pepper and flour. Place whole, back down, on a rack in a flat baking pan. Place generous pieces of butter in the hollow places. Cook in a moderately hot oven (375 to 400 degrees Fahrenheit) for 40 to 50 minutes, or until tender. Turn the rabbit over, baste with pan drippings and place under the flame of the broiling oven to brown. Cut and serve the broiled rabbit on a hot platter and pour over it the drippings mixed with one tablespoonful of finely chopped parsley.

How to Mend Summer Underwear

When men's or boys' summer underwear tears at the armholes across the back, sewing the tear up means that you will have to do it after every wearing.

A better way is to cut straight across the back of the garment in the other armhole and insert a piece of thin muslin or dimity about two inches wide, using a double seam. Then hem the inserted piece at the armholes and your trouble is ended for that part of the garment.

Removing Stains From Linen

Remove fruit stains at once from linen by stretching the stained part over a bowl and pouring boiling water over the stain.

By NELLIE MAXWELL

Some Good Dishes for the Table

Nothing is small!
No little muffled hum of summer bee But finds some coupling with the spinning stars.
No pebble at your foot but proves a sphere!
Earth's crammed with Heaven, And every common bush affire with God!
But only he who sees takes off his shoes.
—Elizabeth Barrett Browning.

The beautiful small cakes and pastries which are so attractively decorated and we find so expensive when we come to purchase, may be prepared at home with little work.

There are several kinds of foundations, the puff paste, chow paste (this is the kind used when making cream puffs), then the cake foundation and short bread pastry.

Almond Slices.—Spread the entire sheet of cake with a tart jelly or jam beaten to a paste, then cut it into strips three to four inches long and one and one-half inches wide. Spread the sides with jelly. Top each with a heavy meringue made with two egg whites, eight tablespoonfuls of sugar and one-fourth teaspoonful of almond extract. Arrange with a pastry tube, then sprinkle with powdered sugar and top with shredded almonds. Place in a slow oven to lightly brown.

Neapolitan Squares.—Cut the cake into two-inch squares, spread half the squares with apricot jam, currant jelly or orange marmalade, cover with the squares and press together between boards until firmly joined. Now spread the sides with jelly beaten to a paste with a few drops of water

and dip each into finely chopped coconut. Ice the tops with a thick chocolate icing and in the center place a halved maraschino cherry, cut side down; add stem and leaves of citron or green icing.

Fruit Pastries.—Use the cake foundation, cut into strips, squares or rounds, put together with a custard cream of orange, lemon or jelly. Oh top of each place a halved pear or peach which has been cooked until transparent in a heavy syrup, using one cupful of the juice and three-fourths cupful of sugar. While cooling baste with this syrup as this will give a nice glaze. When the fruit is arranged pipe a border of whipped cream, sweetened and flavored, all around the sides and top.

A tart sauce that will be well liked because it is unusual, is prepared as follows: Dissolve a tablespoonful of powdered mustard in one-half cupful of fish stock, add two tablespoonfuls of white wine vinegar, or any vinegar will do, bring to a boil, add two lemon slices and boil a few minutes longer, add two eggs which have been beaten with a teaspoonful of water. Season with salt and pepper, heat again but do not boil.

Sauce Mouseline.—This is another good fish sauce. Beat two eggs, add one cupful of thin cream, one tablespoonful of butter and pepper and salt to taste, stir until it begins to thicken. When of the proper consistency, add a tablespoonful of lemon juice and it is ready for the table.

Fish à la Marseilles.—Chop into fine

a great deal, and then they sleep. So they decided they would have a family dinner as soon as they had their new skins.

In the meantime they went crawling around, feeling with their forked tongues, and hissing delightedly about their new skins which were growing so well, and of the meal they had had three months ago.

And also of the one they would have so soon now. They were getting up splendid appetites!

(© 1930, Western Newspaper Union.)

Ways of Using Leftover Rice

(Prepared by the United States Department of Agriculture.)

The United States Department of Agriculture recommends some of the following ways of using cold cooked rice:

Cold rice, or rice reheated by steaming, may be used as a breakfast dish with sugar and cream, with stewed fruits with baked or codded apples.

Rice reheated by steaming may be served on a platter surrounded with carrots and peas, or turned over in browned butter or other fat.

Rice may be combined with vegetables and served cold with cheese sauce or mayonnaise as a salad.

Rice may be used for thickening soups, or in scalloped dishes instead of bread crumbs, or combined with chopped meat and seasoned with onion, parsley, or celery seed and made into croquettes.

Rice mixed with a little chopped meat and green pepper or celery

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Church's Soaring Tower

Not Idea of Architect

St. Mary's church, Hagerston, London, England, designed by Nash in 1857, possesses an abnormally lofty tower, concerning which two amusing stories are current. One is to the effect that the contractor inquired of the architect how high he should carry it, and was told to go on building until he was ordered to stop. Then Nash went off, forgot all about the matter, and on returning home some months later, was flabbergasted to find that the tower had grown to its present unnatural height. The other is that a local builder, having a quantity of spare stone on hand, told the building committee that he could afford to build them a very high tower at a very low price. The committee closed with the offer; and the result was—what we now see.

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 tablet. Ingredients printed on label.

Beauty's Worth It

Contrary to public opinion, most beautifying takes a lot of work and a lot of courage. Anyone who has had a permanent wave will testify to this. And any woman who has reduced her weight conscientiously will say "amen."—Woman's Home Companion.

FAMILY DOCTOR LEARNED THIS ABOUT CONSTIPATION



Dr. Caldwell loved people. His years of practice convinced him many were ruining their health by careless selection of laxatives. He determined to write a harmless prescription which would get at the cause of constipation, and correct it.

Today, the prescription he wrote in 1885 is the world's most popular laxative! He prescribed a mixture of herbs and other pure ingredients now known as Dr. Caldwell's Syrup Pepsin, in thousands of cases where bad breath, coated tongue, gas, headaches, biliousness and lack of appetite or energy showed the bowels of men, women and children were sluggish. It proved successful in even the most obstinate cases; old folks liked it for it never gripes; children liked its pleasant taste. All drugstores today have Dr. Caldwell's Syrup Pepsin in bottles.

Slaying Distance

The automobile has taken people out into the country from twenty to forty miles away from their places of business. The airplane will enlarge the commuting zone to at least 100 miles.—Country Home.



"Brought Back My Strength"

"My little daughter was born on a homestead in northern Alberta. I had four other children and I worked so hard that I suffered a nervous breakdown. The doctor's tonic did not seem to help me and when a friend told me about Lydia E. Pinkham's Vegetable Compound, I began to take that instead. I kept on until I felt well again. It brought back my strength. Today I can do anything, thanks to the Vegetable Compound."
—Mrs. William Parent, 1415 W. 62nd Street, Seattle, Washington.

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Don't Overdo It
Mr. Van Nagg—June, I think you fib a little occasionally.
Mrs. Van Nagg—Well, I think it is a wife's duty, John.
Mr. Van Nagg—A wife's duty?
Mrs. Van Nagg—Yes, to speak well of her husband occasionally.



When Babies CRY

Babies will cry, often for no apparent reason. You may not know what's wrong, but you can always give Castoria. This soon has your little one comforted; if not, you should call a doctor. Don't experiment with medicines intended for the stronger systems of adults! Most of those little upsets are soon soothed away by a little of this pleasant-tasting, gentle-acting children's remedy that children like.

It may be the stomach, or may be the little bowels. Or in the case of older children, a sluggish, constipated condition. Castoria is still

the thing to give. It is almost certain to clear up any minor ailment, and could by no possibility do the youngest child the slightest harm. So it's the first thing to think of when a child has a coated tongue; won't play, can't sleep, is fretful or out of sorts. Get the genuine; it always has Chas. H. Fletcher's signature on the package.

The Sandman Story for Children

By MARY GRAHAM BONNER

"There is one thing extremely nice about the snake family," said Mrs. Wiggle Snake, "and that is we don't always wear the same clothes."

"How often we see the same creatures who never seem to change their costumes—dogs and cats."

"Now we have new suits quite often."

"We have to put up with hardships in order to get it, though," said Mrs. Wiggle Snake. "It doesn't all come so easily."

"Perhaps other creatures don't care so much for something new as we do."

"We show how much we care about it when we go to such a lot of bother."

"You see every spring, when the snake families awaken from their winter naps, they all change their skins."

"While they are waiting for the new skin to be grown upon them—for they have to wait for their new suits just as people who go to tailors or dressmakers have to wait for their suits—they are quite blind."

"Yes, that is what snakes put up with in order to get new suits."

"After they have shed their old skins they become blind and for two weeks while their new skins are becoming perfect they can not see at all."

"They feel their way about with their forked tongues which are especially sharp and excellent at just this time."

"Their new skins have been growing under the old ones, but when they have dropped their old ones, the new skins have to have a chance to become just right in every detail."

"You can imagine that a snake is

almost as fussy to have a suit fit as is a grown-up. Therefore they are willing to wait two weeks every spring."

So the snakes talked.

"How do you think you will like your new suit?" asked Mrs. Wiggle Snake.

"I can't see how I will like it," said Mr. Wiggle, "but I feel as though I



"I Am Sure I Will Like Mine."

would, and as though it were going to be all right."

"I am sure I will like mine," said Mrs. Wiggle Snake. "Somehow I always do. I love a new skin so."

"And we love ours," said the others.

"We must have a good meal soon," said Mrs. Wiggle. "It is just three months since we have had our breakfast."

For the snakes eat every once in awhile—but when they eat, they eat