

Bedtime Story for the Children

By MARY GRAHAM BONNER

"I have a secret," said the Queen of the Fairies, "but first of all you must go around and ask the guests to come to the party."

"I want this to be a big party," "Hurry," shouted the little fairies. "Tell us the ones to ask."

"We'll ask the elves," said the Fairy Queen.

"That's good," said the little fairies. "The elves are such dears."

"And we'll ask the brownies, too," said the Queen of the Fairies.

"Oh, they're such fun," said Fairy Princess Joy.

"And, of course, we'll have to ask



Carried Their Invitations.

old Mr. Giant. A party wouldn't be quite complete without him."

"And we'll ask Witty Witch."

"Let me ask her," shouted Princess Twilight-Bell.

And the Fairy Queen consented.

"We'll have to ask the gnomes and the goblins," said the Fairy Queen. "We want to have them come."

"It's to be a big party and we must have all our friends."

BANANAS AND RHUBARB MAKE NICE DESSERT

Signs of spring include home-grown rhubarb in almost every locality. The housewife brightens over the chance to give her family a fruit flavor that has been missing from the menu for many months. The very first rhubarb that comes into the markets may well be combined with that stand-by of the winter—the banana—which is always good when baked with a touch of acidity such as rhubarb or lemon juice can give. The recipe is from the bureau of home economics of the Department of Agriculture.

1 quart rhubarb 2 lbs. butter
cut in 2-inch 1/2 cup sugar
pieces 1/4 tsp. salt
3 bananas

Select tender rhubarb, wash well, and cut in two-inch pieces without removing the red skin. Peel and scrape the bananas and split them lengthwise. Grease a shallow baking dish, cover it with a layer of the cut rhubarb, lay the banana halves over the rhubarb, and add the remaining rhubarb. Sprinkle the salt and sugar over the fruit and dot with the butter. Cover and bake in a moderate oven for 15 minutes, or until the fruit is tender. Remove the top and continue to cook for one-half hour, or until the syrup has thickened. Serve hot or cold.

Record for Flatness

The flattest surfaces in the world are three disks in the bureau of standards made from clear fused quartz or silica glass.

Sunshine Clothes for Little Boys

(Prepared by the United States Department of Agriculture.)

The trousers worn by the little boy in the picture can be buttoned to an undershirt as shown, with a matching or contrasting blouse over it. Or, when the weather becomes warm and the days are invitingly sunny, the undershirt may be replaced by an open mesh sun suit top of cable knit or by little chaps wear in summer time to give the healthful ultra-violet rays of the sun a chance to reach as much skin surface as possible.

These trousers were designed by the bureau of home economics of the United States Department of Agriculture for the very small child who is just learning to dress himself. Particular care should be given to the choice of a good, simple, straight-leg pattern which can be adapted to the special features recommended by the clothing specialists of the bureau. It is also suggested that until a child has become thoroughly familiar with the intricacies of buttons and buttonholes, all his trousers be made from the same pattern, with fastenings in the same place. He soon accustoms himself then to managing them.

The back drop in these trousers laps over the front at the side placket, but it does not have to be unfastened for toilet purposes. There is a separate front drop made with slanting plackets, giving the effect of pockets. All placket underlinings are wide enough so there is no pinching. There are two buttons on the back drop at the waistline instead of one in the middle of the back, which, as experience has shown, is almost impossible for a child to reach.

"Oh, that's fine! I'm so glad that it is to be a big party," said Fairy Yab.

"Indeed it will be," said the Fairy Queen. "I want to have this party tomorrow, so you'd better all start with your invitations."

"Then, when you come back, I'll let you all into the great gingerbread and ice cream party secret that I have."

"One, two, three, go!"

At that all the little fairies started off.

They carried their invitations on bits of birch bark, and they were written in letters made out of soft moss.

They looked very lovely and the fairies were proud of taking such invitations.

The Fairy Queen had made them all herself, and there were lots and lots of them, as you can imagine.

Every single guest had to have a separate invitation, and the Fairy Queen had spent a lot of time making them, as you can realize.

This is what the invitations said: "The Fairy Queen and the little fairies invite you to a gingerbread and ice cream party tomorrow afternoon. Come at three o'clock, and most important of all—be hungry."

The guests were all on time the next afternoon.

But when they arrived not a fairy was to be seen. That was the first surprise.

And then the fairies arrived, riding

In a splendid chariot drawn by prancing ponies.

The capes of the fairies were made of gingerbread, and as they stepped down from the chariot they told the guests to begin eating of their capes, and then they handed them moss baskets in which were ice cream.

Oh, it was a glorious supper party, and a great surprise to everyone.

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HINTS FOR HOUSEKEEPERS

In the selection of a new rug, durability is one of the first factors to be considered.

When baking vegetables in a baking dish, add enough water to cover the bottom of the container and keep the cover on so the steam will not interfere with the browning of other foods which may be cooking at the same time.

Candlewax stains on linen or clothing are usually paraffin colored with dye. To remove them first scrape off the paraffin with a dull knife and remove that which clings to the material by pressing with a warm iron over blotting paper. If a grease stain remains use a solvent such as carbon tetrachloride or gasoline. If any dye remains sponge with wood alcohol.

Milady's Hats Are Bewitching

By JULIA BOTTOMLEY



In vauit, fair the stage is "all set" for a glorious millinery season, full of frills and all things lovely and prettily feminine—such as has not been the privilege of women to enjoy for years and years.

The hats are stunning, they are bewitching, they are "different." The majority of them are of bequilling and exotic straws and—tney are worn for the most part set back on the head so as to show the hair!

The fact that crowns are so very shallow this season is a very significant one. They are made that way on purpose, for the new movement, as said before, is to wear the hat back on the head, so as to lift the brim from the brow.

Even the close-fitting bonnet types, after the style of the first model in this group, feature shallow crowns, giving a tilt and a tilt to the brim quite unlike that of the cloches of old. A front view of this chapeau gives a most fascinating glimpse of a face framed in soft wavy tresses. The bow at the back is a very smart trimming these for this season.

The off-the-face hat to the right at the top of the illustration likewise has one of the new shallow crowns. The colorful little feather motif at the side is just such as is noted on many of the spring straws—especially on Paris imports.

And brims! They are that picturesque, some of them, they are almost spectacular. From medium to

Foods That Contain Vitamine A



Some Common Sources of Vitamines.

(Prepared by the United States Department of Agriculture.)

People have become "vitamine conscious," as the advertisers would put it. They want to know whether a given food "contains vitamins." What they do not always realize is that there are several different vitamins, and that each has a different function in the nutrition of the body. Some foods are a good source of one vitamin and some of another, while a number of foods contribute more than one. If the homemaker wants to give her family a diet containing enough of all of the vitamins, she must know

something about the function of each, and the foods likely to supply it in sufficient amount. She can see to it that these foods are included in her menus.

Vitamine A is essential for growth, well-being at all ages, and successful reproduction. A deficiency of this vitamin leads to the weakening of the body tissues, and increased susceptibility to bacterial infection. If laboratory animals are given a diet lacking in vitamine A, they develop infections of the eye and other parts of the body. It is thought that similar inflammatory and infective processes in the human body occur when there is a deficiency of vitamine A.

Fortunately the body has the power of storing this vitamine to a considerable extent for future needs. An abundant supply of it in early life undoubtedly safeguards the body against later infection as well as provides for present requirements. This does not mean, however, that the need for vitamine A is confined to the young. Nursing mothers, especially, should have food containing vitamine A in abundance.

Milk and dairy products, eggs, liver, and leafy vegetables are among the richest sources of vitamine A. Green or yellow vegetables are much richer in it than the corresponding white varieties. Thus green lettuce is much richer than white, green asparagus than bleached, and yellow than white corn. The bureau of home economics gives these foods as good sources of vitamine A: Avocados, bananas, string beans, butter, carrots, cheese, cod liver oil, dried cowpeas, cream, dandelion and other greens, eggs, lentils, lettuce, liver, milk, peas, sweet potatoes, spinach, squash, tomatoes.

Check Over Spring Clothing Needs

(Prepared by the United States Department of Agriculture.)

Probably very few people nowadays set aside a definite period for "spring sewing," as in the days of our mothers. Clothes are much simpler, and sewing is done between and around other tasks, as it were. Ready-made garments, too, are more dependable than formerly, so there is not the same need for a fortnight or so of strenuous dressmaking. Practically all homemakers, however, must at some time between freezing temperatures and the first countless days, go over all the family wardrobes, and decide what can be used another season, and what must be discarded, remodeled, or replaced.

As a result of this inspection, the needs of each member of the household should be listed. One can then see at a glance what is to be purchased ready-made, and what materials will be needed for home sewing. While attending bargain sales is supposed to be a feminine weakness, it may become a virtue to take advantage of unusual buying opportunities if you know that Mary needs at least four new wash dresses and that a short length of blue silk will enable you to get another season out of your best afternoon dress. Again, one way

to accomplish much sewing in odd moments is always to have some "pick-up work" on hand. By planning ahead and keeping something cut out to work on at short notice, hours otherwise unfilled may be used to good purpose.

For several reasons, then, it is a wise plan to check over the family clothing early in the spring. The bureau of home economics of the United States Department of Agriculture suggests that this forecast of clothing requirements be immediately incorporated in the budget for the next few months.

Object of Trial Balance

A trial balance is the testing of a ledger to discover whether the debits and credits balance by finding whether the sum of the personal credits debited by the difference between the debit and credit sums in the merchandise and impersonal accounts equals the sum of personal debits. The equality would show that the items were all correctly posted.

Home Livers

The good old days were those when young people lived at home even before they were married.

Restless Children



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Says Men Want Pals, Not Patients!

SHE was engaged! She was the happiest girl in the world. A round of teas and parties, a whirl of pleasure, and she began to wonder what was the matter. Too tired to go out—and he was becoming tired of her?

It was at this point that Miss Margaret Belden of Los Angeles woke up to the fact that something had to be done about it. "Men want pals, not patients," she writes. "I went right to my doctor. Do you know what he said? Rest—and Nujol!"

"With a prayer in my heart and Nujol in my medicine cabinet I began to fight back to being the healthy, robust, happy girl I had been before. Two months passed. No more tears—no more worrying, no more bad dreams. Today I beat him on the tennis court, and although he can out-swim me, I make him work doing it. It's good to be happy. It's good to be free, physically, and be able to share, any time, in sports or dancing or anything else with the one you love!"

Here's another one who has learned that the simplest and surest way to be well and full of good spirits is to clear the bodily poisons out of your system regularly. Not with power-



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Fight Evil at Start

Every evil in the bud is easily crushed; as it grows older it becomes stronger.—Cicero.

Worse Than War

In war you can be killed but once; but in politics, many times.—Winston Churchill.

Doctor's PRESCRIPTION when system is sluggish; costs nothing to try

When your bowels need help, the mildest thing that will do the work is always the sensible choice. Take a laxative that a family doctor has used for all sorts of cases of constipation. Dr. Caldwell's Syrup Pepsin is so pleasant to the taste, so gentle in its action, it is given children of tender age and yet it is just as thorough and effective as stronger preparations. Pure senna, and harmless laxative herbs; ingredients that soon start a gentle muscular action. Avoid a coated tongue, bad breath, bilious headaches, etc. Every drug store has Dr. Caldwell's famous prescription in big bottles. Or just write Dr. Caldwell's Syrup Pepsin, Monticello, Ill., for a free trial bottle.



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Food the Family Will Like

By NELLIE MAXWELL

I wish we could wash from our hearts and souls. The storms of the week away! And let water and air by their magic make

Ourselves as free as they: Then on the earth there would be indeed

A glorious washing day. —Louisa Alcott.

One may purchase so many of the semi and tropical fruits canned that for occasions they are a great convenience. Figs are not always to be found fresh or dried, but canned they are always available and very easy to serve. In many of the good markets is now a small can selling for ten cents, which makes a

delightful dessert or cake filling. When more of the housewives learn the value of figs, this small can will become more popular. Where the fresh fig is obtainable the following confection will be welcome:

Candied Figs.—Wash figs and let stand over night in water to cover. In the morning add to the figs and water a tablespoonful or two of cinnamon candies—enough to color and sweeten the mixture. Cook together until tender. Remove from the heat and cool. Split each fig and insert three candied cherries. Serve in sher-

bet glasses with a little of the sirup in which the figs were cooked. Served with whipped cream, it's found most delicious.

Sweet Potato Surprise.—Take two cupfuls of cooked, sliced sweet potatoes; when nearly cold add one beaten egg, salt and pepper to taste; if too dry add a little cream. Form into eight balls with a marshmallow hidden in each. Roll in branflakes and fry in hot fat. Drain on soft paper and serve hot.

Banana Souffle.—Take one cupful of whipping cream, one cupful of thinly sliced bananas, five eggs, one-half cupful of powdered sugar. Beat the cream until stiff and fold in the sliced bananas, beat the eggs, add sugar and fold in the banana mixture; set in a pan of hot water and bake in small dishes or ramekins until a light delicate brown. Serve at once.

Celeriac Salad.—Take two celery roots, peel, cover with boiling water to which has been added a little lemon juice or vinegar, cook until tender, cut into dice and cool. Add two large peeled apples diced, one grapefruit, cut into bits, one cupful of chopped blanched almonds. Serve with oil and grapefruit juice prepared as a french dressing, adding a bit of lemon juice. Pour over the salad and allow to stand two hours. Serve on lettuce leaves.

Beef soup or consommé may be made the base of many interesting dishes such as molded meat, fish or vegetable combinations, when thickened with gelatin. Beef soup treated with gelatin is fine for stuffed vegetables such as tomatoes and green peppers. Oxtail soup makes a fine filling for stuffed cabbage. This soup when served with dumplings is especially well liked. Add a binding of flour and butter.



Try the mulligatawny heated and served with hot boiled rice, garnished with pimientos cut into strips or with chopped green pepper.

Deviled Crab.—Melt three table spoonfuls of butter, add two table spoonfuls of flour and when well blended add one cupful of this cream one teaspoonful of paprika, a dash of cayenne, two egg yolks, two cupfuls of crab meat, one-half teaspoonful of lemon juice, two-thirds of a cupful of buttered bread crumbs. Mix and cook three minutes, place in a buttered ramekin and cover with buttered crumbs. Place a thin slice of lemon on top of each serving. Bake until brown. Garnish with parsley.

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