

Food for All the Family

By NELLIE MAXWELL

Some men die early and are spared much care. Some suddenly, escaping worse than death. But he is fortunate who happens where he can exult and die in the same breath.

—Louise Driscoll.

After all the advice from various diet experts as to reduction of fat, if we simmer it down to the reasonable and normal conclusion, we find that if one is overweight, we need less food and more of exercise. Less food does not mean that we should change our mode of living, or give up the foods we like, but cut down on the amount. Leave the table with the feeling that you could eat more, and would really enjoy more; but refrain. Such is good discipline for both the body and the mind. The Chinese, healthy, long-lived and normal in weight, eat one food mostly. The single diet, that is their secret. In Russia cabbage is the main dish. One of the evils of our modern civilized life is the complexity and mixtures that we make of food.

Look at the large families of healthy children if there are any large families in your neighborhood; note their diet. One family of nine, with seven healthy, rugged, bright-minded children would have for a noon meal such a one as this: When green peas were plentiful, they made a meal of cooked peas with bread and butter. When strawberries were in season strawberry shortcake would be the whole meal for the nine. All had all they wanted and everybody was satisfied and needed nothing more.

Every one of those children is well and doing his or her part in the world's work. They were poor, but never made any apologies if a friend dropped in at meal time; he was as welcome as if they were serving a feast, which it was, to every guest.

The ordinary meal in the average home is begun with a cocktail, or soup, usually both; then a main dish of meat, fish or fowl with vegetables, often with sauces that fight with

every other food. Salad with rich dressings, and desserts also rich and frozen, followed by strong coffee to retard digestion, so that the stomach may get its second breath and try to get some order out of the chaos that it is expected to take care of.

During the warm weather there is nothing more pleasant than to take one's family and friends out to a stream or lake, or in the beautiful woods, rest and listen to nature and feed the inner man with just such things as may be cooked out doors. Here are some really good gypsy dishes that every one will enjoy.

A heavy iron kettle with an iron cover is best, place it in the coals and when hot add some chopped suet; when tried out add chopped lamb's heart and liver, simmer for three minutes, add a sprig of fennel and six peeled potatoes. Cover and cook one hour. The fennel is important to give the stew that welcome, tantalizing flavor.

Steak.—Take willow sticks, green and strong, sharpen and string the steaks on them. Turn the steaks while cooking, then season with salt

and pepper and plenty of butter on hot dishes.

Gather the flowers of wild mustard, dry them and rub between the hands. It is much more delicate than the ordinary kind. Serve this with all meats.

Baked Potatoes.—Wrap potatoes in yellow dock leaves and skewer with thorns. Roast in the hot ashes covered with coals.

Roasted Eggs.—Pierce each shell at the ends and wrap in wet leaves. For soft cooked eggs leave in the hot coals for six minutes—if wished hard leave twenty.

Sausages of various kinds are always enjoyed cooked out of doors. String them on willow sticks and hold over the heat. Toasting marshmallows for dessert will make a menu, with some satisfying sandwiches, fit for any appetite. The coffee of course is an important item. Mix it with egg and a little cold water, add boiling water, boil up and stir down lightly three times, then add a little cold water to settle and it is ready to serve.

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The Murder Mystery

The mystery in a murder case usually turns out to be what the jury will do.—Dallas News.

Revive Fashions of the Far Past

By JULIA BOTTOMLEY



No longer do we have to resort to paintings and portraits by the old masters, or to quaint English prints, or to the daguerotypes of great-granddaddy and her contemporaries nor do we have to turn the yellowed pages of a Godey's Lady's magazine to feast our eyes on that

which is beguilingly feminine and picturesque in dress.

It is all right here before us in our very own present-day style picture. The long, graceful and yards-wide skirts, the high waists and the slim and svelte princess bodice tops with their exaggerated flares, the quaint

little puff sleeves and the still quaint fichu tied so softly with streamers about the long gloves, the huge brims, "baby colors," lovely sheer fabrics (dotted swisses, organdies and such), laces, ribbons, flowers—not an item missing in this campaign for the feminine and the picturesque which is being so enthusiastically waged throughout all fashionable today!

Seeing that our present-day fashionists are turning to the modes of the far past in their quest for the bewitchingly feminine, the revival of lovely batiste for midday's 1930 garden-party and summer-afternoon frocks, is to be expected.

Is there any fabric more lovely, more enchanting for the fashioning of her prettiest gown than exquisitely sheer and delicately embroidered batiste? If so, history fails to record it. The adorable gown in the picture is of finest flower-embroidered batiste in a delectable tea-rose tint. The fichu, the tiny puff sleeves, the long gloves, the shower of French handmade flowers trailing from the waistline at the back, the enormous sheer hair cape-line trimmed with pale blue ribbon, these are all details which bespeak the new-thought idea—to be chic is to be pretty this season.

And if you are wanting just a touch of embroidered batiste rather than an entire frock of the same, you will find it in the bertha and capelets, and fichu collars which impart such charm to the new afternoon frocks of taffeta or gay print weaves. They seem to possess a magic power, these lovely embroidered neckwear fancies, transforming even the simplest little silk cotton or light novel frock into a costume of alluring femininity.

A smart note in connection with the charming wide cape-like collar of embroidered batiste which is now so fashionable is to fasten it very primly in the front with a quaint little boutonniere.

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Remedy for Spoiled Icing

For those who have trouble with boiled icing going to sugar, before it spread on the cake, add one teaspoonful of sweet cream and one tablespoonful of flour. It will spread nicely and taste like powdered sugar icing.

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Glazed Apple Rings With Cold Pork



Cold Roast Pork With Glazed Apples and Candied Cherries.

(Prepared by the United States Department of Agriculture.)

Cold sliced meat is often better liked if accompanied by something that adds piquancy to the flavor—jelly, pickle, preserves of "different kinds, or slightly tart cooked fruits, such as fried pineapple or apple in some form. One of the most attractive looking of the accompaniments to cold pork cuts is glazed apple rings served either hot or chilled. The bureau of home economics gives these directions for glazed apples.

Cook together one cupful of water, one cupful of sugar and one-eighth teaspoonful of salt for about ten minutes and add two tablespoonfuls of

Strawberry Mousse Fine Dessert

(Prepared by the United States Department of Agriculture.)



Strawberry Mousse.

Strawberry mousse is one of the most delicious of the combinations of strawberries with cream. Raspberries, blackberries, peaches and other fresh fruits as they come in season may also be used in these easily made and easy-to-freeze desserts. The following recipe is from the bureau of home economics of the United States Department of Agriculture:

Strawberry Mousse.

1 cup double cream 1 cupful crushed strawberries
1/2 cupful sugar 1/2 cupful strawberries
2 egg whites 1 tsp. of salt

Whip the cream. Combine the crushed strawberries and the sugar and stir until the sugar is dissolved. Fold into the whipped cream. Add the salt to the egg whites, beat until stiff, and fold into the fruit and cream mixture. Pour into the tray of an electric refrigerator and put in the unit to freeze. Or pour in a mold, pack in ice and salt, and let freeze without stirring for four hours. The opening of the mold should be sealed by having drawn tightly over it a strip of cloth dipped in paraffin or some fat with a high melting point, so that the salty water cannot leak in.

Another good combination is made by using vanilla ice cream with fresh whole strawberries on top, as in the illustration. The berries should be pre-

viously sugared unless they are unusually sweet. When plain ice cream, whipped cream and fruit or a sauce are combined in a tall glass it is often called a "parfait."

Forty Degrees Is Best Temperature for Milk

Studies show that both raw and pasteurized milk stored for 24, 48, 72 and 96 hours have only a small increase in bacteria when stored at 40 degrees Fahrenheit whereas at 60 degrees Fahrenheit the increase is very large. The first great jump in bacterial growth takes place between 45 degrees Fahrenheit and 50 degrees Fahrenheit. The relation of time to temperature is also important. If milk is held for a short period—24 hours or less—a temperature not exceeding 50 degrees Fahrenheit appears to give satisfactory results. If milk is held for a longer time, then a temperature not to exceed 45 degrees is of real value.

A temperature of 45 degrees Fahrenheit or below can be obtained in the milk compartment of a good, well-insulated, well constructed ice or mechanical refrigerator in a room of ordinary temperature. Another important point is the refrigeration of milk as soon as possible after delivery. Milk that had been kept at 40 degrees Fahrenheit before delivery, but allowed to stand at room temperature of 75 degrees Fahrenheit for 1 1/2 hours and was then refrigerated, showed great multiplication of the organisms that cause decomposition and spoilage, often equal to the 24-hour rate of increase at refrigerator temperatures.

HINTS FOR HOUSEKEEPERS

A mirror may often be used instead of another light to brighten a dark corner.

A child should have at least two hours of outdoor sunshine daily, or its equivalent in codliver oil.

A little cold water and prompt action will remove many stains which later might cause much trouble.

Castors added to the kitchen table and the wood box often save time and effort, especially when the floor is mopped or during the canning season.

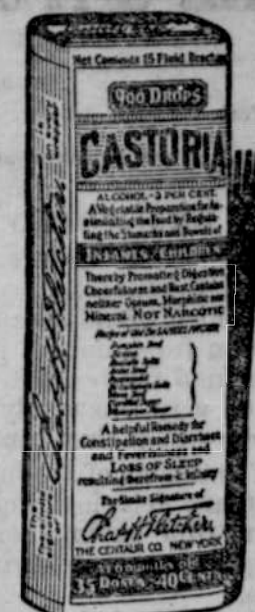
Now is a good time to plan the outdoor play equipment, which the children will enjoy so much in the yard this summer. Sturdy ladders, saws, swings, and slides all help develop muscular growth, bodily strength, and poise.

Telephones for the Blind

The city of Paris has special telephones for blind subscribers which are proving satisfactory. As France has a great number of blind war veterans the telephone service perfected an instrument with the Braille system which has been placed in the veterans' hospitals and also in the homes of blinded soldiers.

If Baby has COLIC

A cry in the night may be the first warning that baby has colic. No cause for alarm if Castoria is handy! This pure vegetable preparation brings quick comfort, and can never do the slightest harm. Always keep a bottle in the house. It is the safe and sensible thing when children are ailing. Whether it's the stomach, or the little bowels; colic or constipation; or diarrhea. When tiny tongues are coated, or the breath is bad. Whenever there's need of gentle regulation. Children love the



taste of Castoria, and its mildness makes it suitable for the tiniest infant, and for frequent use. And a more liberal dose of Castoria is always better for growing children than some needlessly strong medicine meant only for adult use. Genuine Castoria always has Chas. H. Fletcher's signature on the wrapper. Prescribed by doctors!

Fills Intermittent

An intermezzo is a song or chorus or a short burlesque, ballet, operetta or the like given between the acts of a play or opera.

All must be earnest in a world like ours.—Horatius Bonar.

Old bachelors are women's rights and widowers are women's lefts.

Feet of Clay

We consecrate a great deal of assent because it was allowed by great men. There is none without his foible.—Emerson.

The wise too jealous are; fools too secure.—Congreve.

The world's an inn and death the journey end.—Dryden.

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.



Trees Given Odd Shape by Wandering Indians

In ancient days when wandering tribes of Indians made their way from Indiana north to the hunting grounds of Michigan it was their habit, when forming new trails, to bend and tie the twigs along the line of march in such a manner that as they grew they retained the shape into which they were trained by the savages. There are many of these trail markers in western Michigan marking the trails of the Pottawatomies and other tribes that migrated back and forth before the day of the white man. They still live and are mighty oaks and maples. Despite their crook there is usually a good sawlog in the straight part above the bend. But they are treasured as historic monuments, reminders of the trail blazers who did not have axes or did not care to mutilate the tree by cutting.

Mother of Five Healthy Children Speaks

Everett, Wash.—"There is nothing so helpful in motherhood as Dr. Pierce's Favorite Prescription. I am the mother of five fine, healthy children as any one could wish for and I give this medicine great credit, for I took it each time and it kept me in such good physical condition that I was always able to do my own work right up to the last—never lost my strength at any time. I would not think of going thru expectancy without taking this tonic."—Mrs. C. E. Armstrong, 2811 Victor Place.

Fluid or tablets. All dealers. Send 10c to Dr. Pierce's Invalids Hotel in Buffalo, N. Y., if you want a trial package of Prescription Tablets.

The Funny Mortal
Funny mortal! He lives in a town where it is commercial suicide to offend the Local Big Guy, and yet feels superior to the free man on the farm.—Los Angeles Times.

Wisdom is only found in truth.—Goethe.

Most secrets are greatly magnified in importance.

Free from pimples!

What a relief it is to know that your skin can be free of pimples. Anoint it gently with CUTICURA OINTMENT, then wash off in a few minutes with CUTICURA SOAP and warm water. A very simple but satisfying treatment of pimples!

The CUTICURA Treatment has been used for years in thousands of homes throughout the world.

Soap, 25c. Ointment 15c. and 50c. Talcum 15c. Prepared by: Foster Drug & Chemical Corporation, Malden, Mass.

Cuticura



Story for the Children at Bedtime

By MARY GRAHAM BONNER

"You remember the other day how Grandfather Turkey told us about the way we were well fed when Thanksgiving time was drawing near, and how we were eaten for that day?" asked George Turkey.

"I remember," said John Turkey.

"I've been thinking it over ever since then," said young Master Turkey.

"When we first heard the news," he continued, "that we were going to be fed for a special day and only were going to be fed so that people could eat us, we thought it a little strange. You remember that Grandfather Turkey told us that would be the reason for our fine names, but that now in the springtime we must keep our feet dry and not catch cold so we could grow into splendid, strong turkeys?"

"We most certainly do remember it," said the other two turkeys.

"We did feel just a little better after a few moments of Grandfather Turkey's talk," said young Master Turkey, "because he said that it was fine to live a glorious life full of food even if it were not to be for long."

"That cheered us up a bit," said young George Turkey.

"That made me feel quite happy again," said young John Turkey.

"But I've been feeling happier since then," said young Master Turkey.

"Has it made you happier to think it all over?" asked young George Turkey.

"It has," said young Master Turkey.

"I've been thinking more about it, and I've been finding out more about it. There are a number of old turkeys around the barnyard and they've been telling me all that happens."

"They've been telling more of the same talk as Grandfather Turkey told us."

"They have said that some of us would be eaten when Thanksgiving comes."

"That cheered us up a bit," said young John Turkey.

"That made me feel quite happy again," said young Master Turkey.

"But I've been feeling happier since then," said young Master Turkey.

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cause a good many years ago this country in which is this barnyard was a very young country and it was through brave men who didn't mind suffering many trials that they could build up the country.

"So people celebrate this day every year to show they are thankful that they are living in this country."

"So we should do our parts, too, if it means that we're to be eaten."

And the young turkeys felt proud that they were singled out for such a fine day as Thanksgiving and in the meantime they could have a very nice summer ahead of them.

(©, 1930, Western Newspaper Union.)

Stored Milk Should Be Tightly Covered

Under no circumstances should milk be placed in a refrigerator in an open pitcher, bottle, or other uncovered container. It should be tightly stoppered and not be opened until immediately before use. If only a portion of the bottle of milk is used, the cap should be replaced. Milk should always be kept in the coldest portion of the refrigerator. There may be as much as 10 degrees difference in temperature on the different shelves. Milk may be stale and unfit for food when it is not actually sour if it has been improperly kept. It should, therefore, be kept near its original wholesome state by the aid of adequate household refrigeration.



"That Cheered Us Up a Bit."