

Boys Like Belts on Their Clothes

(Prepared by the United States Department of Agriculture.)

In the effort to do away with some of the usual complicated fastenings on small boys' suits, clothing specialists of the bureau of home economics of the United States Department of Agriculture have eliminated several types of belts and are suggesting improvements in others. The belts that had to be put through a succession of loops around the waist, some of them out of reach in back, were especially aggravating. This type of belt had to be pulled out and put back whenever the trousers were unfastened.

Nevertheless, having a belt of some sort may be a very real pleasure to some small lads. They will not be very critical about the construction of it, just so it is a belt. The bureau has designed a very satisfactory and

used at first with buttons always in the same place, so that the child will learn to manipulate every button without aid. Later on variations and changes in style may be introduced. The blouse of this suit has a very simple one-button opening. The set-in sleeves clear the elbows and are loose enough to permit all normal activity. A flat collar facing and sleeve finish matches the trousers.

Another Way to Serve Eggplant

Here's an eggplant recipe from the bureau of home economics which may be new to those who have always tried this vegetable.

- 1 large eggplant
- 1 quart canned other fat
- 1 green pepper, chopped
- 1 small onion, chopped
- 1 quart canned tomatoes
- 2 tsp. salt
- Pepper
- 1 cup bread crumbs

Pare the eggplant and cut it into small, even pieces. Melt 2 tablespoons of the fat in a skillet, add the green pepper and onion, and cook for a few minutes. Add the tomatoes, eggplant, salt, and pepper, cook for ten minutes and place the mixture in a shallow greased baking dish. Melt the remaining fat in a skillet, stir in the bread crumbs, and sprinkle the crumbs over the eggplant. Bake in a moderate oven for 15 minutes, or until the eggplant is tender and the crumbs are browned.



A Practical Belt.

practical kind of belt that does not have to be released at all when the front drop is used. It is shown in the accompanying illustration.

The facing of the back is extended to the center front where it buttons securely, easily and attractively. Only one more button is needed than when the facing stops at the side plackets. When the side buttons are set forward no straps are needed for holding the belt in position.

In this style of trousers a front drop is formed by slashing each side of the front section to form slanting plackets. These openings are finished to simulate welt pockets and the buttons at the top of each can be buttoned without undoing the belt. This general type of trouser with a front drop has been found excellent for the child who is being trained to dress and undress himself. Clothing specialists recommend that only one style be

CAUSE OF CRACKS IN FLOOR

Cracks in a new well-laid floor are the result of a change in moisture content within the wood itself. This change is due to improper preliminary seasoning; improper storage conditions at the mill or retail yard; delivery of the flooring during wet weather or before the masonry or plaster walls are dry; or it may be due to the absorption of moisture from the air within the building either before or after the flooring is laid. The use of the heating plant may be advisable, says the United States forest service, to maintain a temperature that will prevent excessive humidity in the building from the time the flooring is delivered until the house is occupied.

Evening Fairy Tale for the Children

By MARY GRAHAM BONNER

The button bush flowers aren't like the big buttons one sees in a work box.

So, really, there is no special reason for such a name. Each button bush plant has a great, great many flowers upon it and each one of these flowers is filled with the most delicious honey.

There was going to be a banquet that day, and the banquet table was to be the bush.

It was being held in the swamp where the bush grew. Perhaps you could say that the many, many flowers on the button bush looked a little bit like very small buttons, but anyway each of these flowers was filled with the most delicious honey.

"When is the banquet to begin?" asked one little flower.

"In a very short time," said the Button Bush.

"Patience, though, little flowers. The guests will come soon."

"Who are the guests to be?" asked the flowers.

"All the little insects of the swamp," said the Button Bush.

"Oh, goodle!" they said. "It will be a great and magnificent banquet, a great and gay banquet."

And they all looked very happy. At last the guests began to arrive, and once they had started to come it seemed as though they would never stop.

Of course, they held banquets every day in the swamp, and many times a day, but this was a very special banquet.

One little insect was seated upon

the edge of a tiny button bush flower.

"Will you tell me a secret?" asked the insect.

"What is it?" asked the flower.

"Ah, it's a secret you all have; but if you will tell me I will promise to tell only my friends and companions, the insects."

"You don't mind if we know. We're all such friends."

"What secret have we that you want to know?" asked the little flower.

"Ah, sly one, sly one, you know," said the insect.

The flower moved a little in the breeze. "Have another good slip of honey and I will tell you," said the flower.

"That's an easy command to obey," said the insect.



Guests Began to Arrive.

want to know?" asked the little flower. "Ah, sly one, sly one, you know," said the insect. The flower moved a little in the breeze. "Have another good slip of honey and I will tell you," said the flower. "That's an easy command to obey," said the insect.

Wide Brims Chic for Summer

By JULIA BOTTOMLEY



As to the right hat for the right occasion than a wide brimmed black Milan, none other comes nearer to registering 100 per cent perfect. Wherefore the revival of broad-brim fine black Milans for summer will be hailed with delight by the majority of women.

The beauty about these flattering big brims of fine, finer, finest Milan straw is that they top fluffery, summery chiffons and other frocks as

sheer and dressy, quite as correctly and charmingly as they do neat tailored silks or light woolsens.

Most of the Milans coming over from Paris seem to be going mushroom although predictions are rife that the pendulum is apt to swing

back to the almost forgotten cart-wheel types.

That very handsome drooping brim, first in the picture, with its modish shallow crown which has white roses posed at the back, combines the ultra-narrow coarse straw with fine Milan in its making.

Another black Milan mushroom-brim model is shown to the right. It is trimmed with pink velvet ribbon. If any color is smarter combined with black than white, that color is pink, turquoise, or light blue following next in order.

The Milan down in the left-hand corner is made in sections which are fagoted together by hand. Quite a considerable fagoting is being employed by the milliner both in connection with straw and with fabric. The little bow at the side on the hat portrayed is of straw.

Lacy straws distinguish the two other models shown. The dressy chapeau in the center has a fancy straw crown, a network of black and white horsehair forming the brim. A band and underbrim bow of black velvet completes this model.

Natural colored crocheted Tuscan straw is mounted on a black horse hair cloche for the concluding hat.

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Great Is Forgiveness

The brave only know how to forgive; it is the most refined and generous pitch of virtue human nature can arrive at.—Sterne.

Some Facts About Vitamins



Several Common Sources of Vitamin B.

(Prepared by the United States Department of Agriculture.)

Our knowledge about vitamins has been undergoing constant expansion. It is still far from complete. First came recognition of the fact that in natural food materials there existed, in minute quantities, certain substances other than proteins, fats, carbohydrates and salts, which appeared to be essential for normal nutrition. Further investigation showed that these substances, or vitamins, also prevented various pathological conditions or "deficiency diseases." Early in the work these separate vitamins were identified, and called A, B, and C. Each one had functions peculiar to itself. Several years later two more vitamins, D and E, were discovered. Comparatively recently it has been found that another vitamin, named G, occurs in a great many foods which are also rich in vitamin B. The identification of vitamin G was obscured for a long time because of this parallel occurrence.

The functions of the two vitamins

differ. Vitamin B prevents beriberi while vitamin G prevents pellagra. An abundance of both vitamins is essential for growth and well-being at all ages, but particularly necessary for nursing mothers and young children. As both occur to a large extent in the same foods and in a very wide variety of foods, a varied diet containing fruits and vegetables will usually be satisfactory in respect to these two factors. The bureau of home economics of the United States Department of Agriculture suggests the following foods as good sources of vitamin B: Asparagus, beans, fresh and dried, brains, cabbage, carrots, cauliflower, celery, corn, egg yolk, fish, grapefruit, kidney, lemons, lentils, whole grain products, lettuce, liver, milk, nuts, okra, onions, oranges, parsley, parsnips, peas, potatoes, pineapples, rutabagas, spinach and other greens, tomatoes. With so long a list from which to choose, the diet may be pleasingly varied and yet always meet the requirements for an abundance of vitamin B.

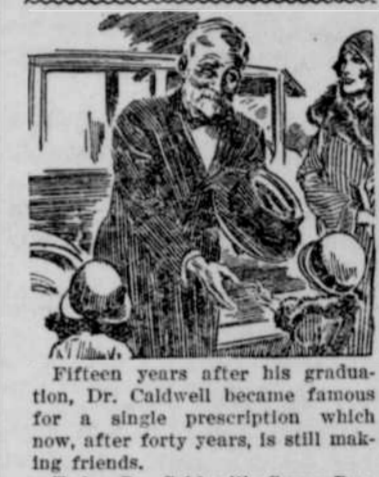
Eskimo Works of Art of Remarkable Beauty

Scientists who have studied the reports of the finding of implements and other objects in the frozen ruins of a large Eskimo settlement on St. Lawrence Island in the Bering sea believe they contain evidence of man's prehistoric life in the Arctic. St. Lawrence and Diomedede Islands evident, have been the metropolises of the prehistoric Arctic. Three successive stages of Eskimo culture are traced in the ruins, and the oldest and most deeply buried objects show the finest and most intelligent workmanship. The age of the most ancient finds is estimated at about 1,000 years. The top layer reveals craftsmanship of Eskimos who have lived in the last 300 years. Among the finds were ivory and bone harpoons, meat picks and delicately carved instruments, possibly used for ceremonial wands, charms and personal ornaments.

Gem of Thought

There is no credit in knowing how to spell, but positive disgrace in being ignorant on that point. So there can be no credit in doing right, while it is infamous to do wrong.—G. F. Train.

FAMILY DOCTOR MADE MILLIONS OF FRIENDS



Fifteen years after his graduation, Dr. Caldwell became famous for a single prescription which now, after forty years, is still making friends.

Today Dr. Caldwell's Syrup Pepsin is the world's most popular laxative. Millions of people never think of using anything else when they're constipated, headachy, bilious, feverish or weak; when breath is bad, tongue coated, or they're suffering from nausea, gas, or lack of appetite or energy.

Dr. Caldwell's Syrup Pepsin is made today according to the original formula, from herbs and other pure ingredients. It is pleasant-tasting; thorough in the most obstinate cases; gently effective for women and children. Above all, it represents a doctor's choice of what is safe for the bowels.

Gold Stronger Than Steel

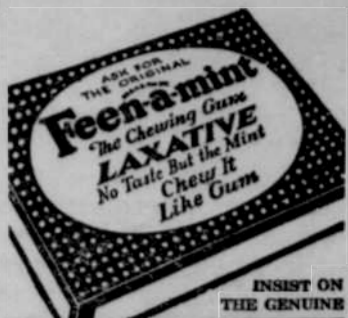
According to Prof. R. C. Brumfield, gold alloys three times as strong as bridge steel have been developed at the Cooper Union Institute in New York. The announcement follows the results of three years of research in the field of dental gold, and Doctor Brumfield has developed nearly sixty new gold alloys. It is a known fact that the alloys used in the filling of teeth have to be extremely hard when they solidify. The constant wear and tear destroys present-day alloys, so there is always a need for the superior types.—Science and Invention.

Greatness in Office

A job with Uncle Sam is something like greatness. You work to pass examinations to get it. Or you have it thrust upon you by the elective will of the people.—Woman's Home Companion.

At home or away

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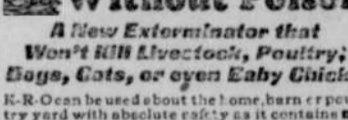
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DEAN RECTAL & COLON CLINIC

Duchess Claims Vassals

Claims of the duchess of Norfolk that some of her tenants are her "vassals" have just been upheld by the Sheriff court of Dumfries, Scotland. The duchess, as Baroness Herries, claimed the redemption on certain Dumfries properties of the old "dues" known as "casualties," a form of ground rent in respect to land she inherited in 1908. The system has grown from the time when vassals held land from the feudal lords in return for military service.



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Hints About Good Things to Eat

By NELLIE MAXWELL

"If you think you are beaten you are; If you think you dare not, you don't; If you like to win, but you think you can't, It's almost a cinch you won't."

In the spring and early summer green foods—fresh vegetables and fruit—are more appealing than more complicated foods. There are some roughage foods that are needed all the year round and an occasional use of bran in food, or, taken in water as a drink, will keep the elimination good. For the children the bran may be given in small cakes, cookies and macarons.

Bran Date Muffins.—Break two eggs into a mixing bowl and beat with an egg beater for two minutes; add two-thirds of a cupful of milk, one-half teaspoonful of salt, one-fourth cupful of sugar and one-fourth cupful of softened shortening. Add two teaspoonfuls of baking powder to one cupful of flour, add one cupful of bran, one-half cupful each of dates cut fine, and one-half cupful of nutmeats cut fine. Mix all as usual and beat well. Bake in well greased muffin pans for twenty-five minutes.

Liver Sandwiches.—Rub cooked liver while hot through a sieve, season with salt and pepper and mix with three-fourths the amount of thinly sliced olives. Spread on buttered rye bread.

Calf's Liver Sandwich Spread.—Rub cooked liver with hard-cooked eggs through a sieve, using to one pound of liver three hard-cooked eggs. Add one grated onion, salt and pepper to season. Mix well and spread on buttered bread. A layer of thinly sliced sour pickle will add to the sandwich.

This is the season for the sandwich. The following will be helpful in preparing your lunch baskets or sandwiches for the porch or garden parties:

Emergency Sandwich.—Put six sweet pickles through the food chopper, also five hard-cooked eggs. Cream two tablespoonfuls of peanut butter with one of prepared mustard and add the pickle and eggs with salt and pepper to taste. Add a dash of vinegar to thin the mixture and a bit of paprika for added seasoning. Spread on whole wheat or rye bread.

Sardine Sandwich.—Take one cupful of minced sardines, one-half cupful of stuffed olives chopped, one teaspoonful of scraped onion, one tablespoonful of chopped parsley, one

tablespoonful of lemon juice and three tablespoonfuls of cream. Mix and spread on buttered brown bread.

Lobster and Celery Sandwich.—Mince fine the meat of a fresh lobster. Moisten with heavy mayonnaise, add a dash of cayenne and two teaspoonfuls of minced white celery leaves. Spread on rounds of bread and decorate with a stuffed olive. These are served open, or they may be covered with another slice of bread and use the stuffed olives minced.

Egg and Chutney Sandwich.—Mash as many hard-cooked egg yolks as desired and chop the whites fine. Mix enough chutney with the yolks to make a spreading paste and spread on thin slices of buttered bread. Sprinkle with the finely chopped whites and lay a very tender lettuce leaf on all. Cover with another slice of buttered bread.

Pineapple and Tuna Fish Sandwich.—Take one can of tuna, drain and flake, add salt and pepper and two tablespoonfuls of chopped pickle, add French dressing to soften and then add three-fourths of a cupful of drained crushed pineapple. Spread on buttered bread.

Salmon with lemon juice mixed to a paste and spread on bread, or flaked salmon with a good boiled salad dressing spread on buttered rye bread make most satisfying sandwiches.

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