

Sheer Frocks and Sheer Hats

By JULIA BOTTOMLEY



It is the fashion for ever so sheer frocks to company with hats as sheer as their own sheerness. Thus the summer mode is presenting a picture with an illusive and intangible beauty about it—a sort of will-o'-the-wisp effect which is most beguiling.

Many of the new hats are that transparent one is impelled to look a second time to see whether a brim is really a brim or merely a halo of something or other lovely framing the face to a point of enchantment.

Competition is keen between just such flattering openwork straw hats as the one topping the pretty chiffon frock in the picture, and the huge transparent hair capelines which are so entrancing, both because of their colors and their picturesque "lines."

The charming lacy straw here

THE MOUTH WASH

The greatest virtue of an antiseptic mouth wash is to leave a pleasant taste in the mouth, say officials of the food, drug, and insecticide administration, United States Department of Agriculture, following a campaign during which more than 1,000 supposed antiseptic preparations found in import and interstate trade were tested by government chemists and bacteriologists. Less than 100 bore labels to which no exception was taken by the department.

Two preparations actually contained living bacteria, and tests revealed that many others would not kill or prevent germ growth. Of the effective antiseptics, some were found to claim unwarranted curative effect for such diseases as influenza, bronchitis, stomach ulcers, dysentery, tuberculosis, and appendicitis.

shown is yellow au naturel, tuning in as it does with the yellow and brown which combines in the chiffon print of the frock.

Brown is a color featured through-

out the summer mode. The fashion-minded are wearing hats brown in tone—hair or malines transparencies with dressy frocks or brown linenlike straws with informal and sports costumes. Accent is also placed on white kid shoes which are trimmed with brown.

Speaking of the sheerness of things for fabrics especially, sheer is the word. One of the outcomes of this flair for thin, transparent weaves is the revival of dotted swiss. Of the quaint swisses now in vogue, the most flattering compliment that can be paid them is to declare that they are as pretty as ever, and prettier. Organdie also is staging a successful "come-back"; likewise the all-together lovely batiste makes its reappearance in exquisite embroidered effects; cotton nets, too, and chiffons, of course. Frocks made very simply of monotone pastel chiffon is the latest "love" of the ingenue. The befrilled dresses (no trimming whatever except their ruffle fluffies) are flitting about in the summer picture wherever youth dines and dances and attends garden parties.

(© 1930, Western Newspaper Union.)

HELPS FOR HOUSEWIVES

When it is inconvenient to press silk dresses on the wrong side, tissue paper may be used between the garment and the iron.

Parents will be well repaid if they make meals pleasant social occasions which help knit the family together, instead of opportunities for family quarrels.

For long wear wash silk stockings in lukewarm suds and rinsing water. Squeeze to remove soap; do not rub, wring, or apply soap directly to the fabric.

Cutting to Fit Wide Shoulders

(Prepared by the United States Department of Agriculture.)

Very often in large-sized patterns and ready-made garments the width of the shoulders has been increased in the same proportion as the bust measure. Because the shoulders are a bony structure and the bust is a tissue structure, the shoulders do not necessarily increase in proportion to the bust. Therefore the garment is apt to be too long on the shoulder and the armhole not in its proper position. This long shoulder tends to give a broad effect to the figure. It is particularly unfortunate when a person has already rather broad shoulders, to cut a dress so that it adds to their apparent width, and makes the wear of the garment look short and squat.

To correct the trouble, says the bureau of home economics of the

United States Department of Agriculture, in the bulletin on "Fitting Dresses and Blouses," fold a small lengthwise dart in the front and back of the pattern, through the center of the shoulder, taking out the necessary amount. This allows plenty of fullness in the bust and gets rid of it on the shoulder. Be sure to keep the armhole one-half inch longer than the front shoulder. Rip the shoulder seam



Unattractive Appearance of Shoulders That Are Too Wide.

and recut the armhole from the altered pattern. This preserves the original size of the armhole and is safer than trimming it out. If fullness is desired, make tucks or shirring in the front shoulder to take up the extra width.

To alter a ready-made garment, make a small lengthwise dart or a group of tucks in the front shoulder and trim out the armhole in the back.

Asparagus Gives Good Flavor to Spaghetti

(Prepared by the United States Department of Agriculture.)

Many people seem to know only two ways of serving spaghetti—with cheese or with tomato sauce. The bureau of home economics of the United States Department of Agriculture suggests the following mixture of spaghetti and asparagus. A relatively small amount of asparagus will give an excellent flavor, so this is a good dish for the asparagus season.

1 1/2 cups spaghetti broken in small pieces
1 pint canned or cooked asparagus and liquid
1 lb. flour
1 lb. melted butter or other fat
1 cup rich milk
3 or 4 drops tabasco sauce
1/2 tsp. salt
1 cup buttered bread crumbs

Cook the spaghetti in salted boiling water for 20 minutes, and drain. Drain the liquid from the asparagus and cut the stalks in short pieces. Prepare a sauce of the flour, fat, milk, and asparagus water and add the tabasco and salt. In a greased baking dish put a layer of the cooked spaghetti, then one of asparagus, cover with the sauce and continue until all the ingredients are used. Cover the top with the buttered bread crumbs. Bake in a moderate oven for about twenty minutes, or until the crumbs are golden brown.

Other Times

Before marriage a man holds an umbrella over his girl to keep her hat from getting wet. Afterward to keep her hat from spoiling.

Hints About Things Good to Eat

By NELLIE MAXWELL

"Are your shoulders bowed by trouble? Do your worries seem to double? Shift the burden. Of the cares that you are bearing—Responsibilities you're sharing—Not a one is worth the sharing. Shift the burden."

Desserts, cakes and cookies which may be made, put into the ice chest and baked the next day or a few baked during a period of several days will give the family fresh, delightful food at a small cost of time.

Ice Box Cookies.—Bolt two and two-thirds cups of sugar, one-third cup of maple syrup and one-half cup of butter; cool, add one beaten egg, two teaspoons of vanilla, four cups of pastry flour, four teaspoons of baking powder sifted several times with the flour to blend it, one teaspoon of salt, one cup of chopped nuts. Mix and make into rolls, lay on a cloth and place in the ice box. Cut and bake as many as are needed for the day. Remove them at once when baked or they will stick to the pan.

Devil's Food Cake.—This is another reliable recipe that will always turn out well: Melt six ounces of bitter chocolate, one cup of brown sugar, one-half cup of milk; melt in the

top of a double boiler, adding the sugar and milk; cool. Sift two cups of pastry flour, one teaspoonful of soda three times. Cream one-half cup of butter or any sweet fat, add one cup of brown sugar and beat until light and fluffy. Now add two eggs, unbeaten, one at a time—beat well, then add the melted chocolate mixture and beat well. Add the flour alternately, a small amount at a time, beating well. Add one teaspoonful of vanilla and bake in layers. This makes three nine-inch layers. Bake thirty minutes. An orange filling for this cake is especially well liked.

Custards are the common summer dessert; one may vary them with different flavors and garnishes. As they are one of the easiest of desserts to digest, they make especially good ones for the little people and the aged.

Cheese Custard.—Take one cup of cottage cheese, mix with beaten egg yolks, two-thirds of a cup of sugar, one-fourth teaspoonful of salt, two-thirds of a cup of sweet milk, one tablespoonful of melted butter, and one teaspoonful of vanilla. Cool slightly and cover with a meringue,

using the whites of the eggs and two tablespoonsful of sugar. Bake the custard until firm in the center, placed in a pan of hot water.

When preparing a fish loaf or salad use sections of lemon pulp instead of pickles when called for in the recipe. This will also answer for a salad needed to make the mixture palatable.

Asparagus With Mock Hollandaise.—Take one tablespoonful of butter and two of flour, mix well, add three-fourths of a cup of milk, one-half teaspoonful of salt, pepper to taste, a dash of cayenne, the yolks of two eggs—added after the flour and milk mixture is well cooked. Now add one-fourth of a cup of butter bit by bit, stirring well; then add one tablespoonful of lemon juice. Garnish with pimiento. Serve with fresh-cooked asparagus.

(© 1930, Western Newspaper Union.)

We Need Food Rich in Vitamin C



Various Fruits and Vegetables That Supply Vitamin C.

(Prepared by the United States Department of Agriculture.)

Nutrition specialists urge constantly that the diet of all ages, but especially for children, should include an abundance of foods rich in vitamins. There are now recognized, however, at least six independent functions to perform in growth and bodily well-being. It is necessary to know what each one does and what foods supply it. Otherwise a diet might supply some, but not all of the different vitamins.

For instance attention is often called to the necessity for vitamin C in the diet. Especially good sources of this vitamin are the citrus fruits, (oranges, grapefruit, and lemons), raw cabbage and turnips and tomatoes, raw, cooked, or canned. Other foods mentioned by the bureau of home economics of the United States Department of Agriculture as supplying this vitamin are apples, bananas, young carrots, cauliflower, guavas, onions, peas, pineapples, potatoes, raspberries, spinach, sprouted legumes and string beans.

One reason for insistence on supplying plenty of these foods is that the body has only a limited capacity to store vitamin C. Replenishment must go on continually. Another reason is that this vitamin is very easily destroyed by heat and oxidation. If vegetables are cooked too long they may lose their vitamin C. All recent

instructions on vegetable cookery stress quick-cooked methods. Canning often destroys vitamin C. In the case of acid foods like tomatoes, destruction is not so extensive. Tomatoes seem to retain most of their vitamin content either cooked or canned.

On diets deficient but not entirely without vitamin C, children become irritable and lacking in stamina, do not grow normally, and are less resistant to infectious diseases. Shortage of vitamin C is thought to be an important factor in the prevalence of tooth decay and of much of the so-called rheumatism in children and adults. When vitamin C is entirely lacking, scurvy develops. This used to happen on long sea voyages before present knowledge of the preventive value of lemons and other portable foods containing vitamin C.

In testing foods for vitamin C in the laboratory, guinea pigs are fed a basal diet complete except for this vitamin, and then given measured amounts of the food in question. If the animal thrives and grows well the food is probably a good source of vitamin C. If the animal develops symptoms of scurvy—sore, stiff joints, a tendency to hemorrhage, sore gums, loosening of the teeth, and fragile bones—the food under test probably is deficient in vitamin C. Similar symptoms are found in human beings whose diet has lacked the foods that supply this important vitamin.

Why We Behave Like Human Beings

By GEORGE DORSEY, Ph. D., LL. D.

Children of the Emotions

IN A Carnegie laboratory a man weighing 134 pounds began a test fast. With no food, but plenty of distilled water, he lost 28 pounds in a month. He lost some muscular strength, but gained in sharpness of senses and ability to learn new tricks.

The first three days of a fast are the hardest. Suffering thereafter is imaginary, due to fear or panic. "Voluntary starvation is in no sense a heroic act"; the "exalted" feelings, sighs and sounds reported by fasting ascetics are pure hallucination, thinks Carlson. Their brains are not more active, but less; they dream! Starvation changes the nature of the blood and the tissue of the brain. Hallucinations are children of the emotions rather than of the brain.

If the baby does not like its first meal, it will refuse it, as a chick does a bitter worm. Man is born with sucking reflex and hunger mechanism; his appetite begins to be conditioned with his first meal. We do not inherit a thirst for milk or beer, or a craving for pickles or alcohol.

All eat to live and some live to eat. We inherit a hunger complex; we acquire a complex appetite. Both hunger and appetite furnish their quota to prisons, but succeed fairly well in keeping out of the insane asylum. Hunger fills almshouses, appetite supplies hospitals. The complete appetite has become an important factor in human culture and has even "shaped the destinies" of some nations.

He is a "born hog." He may deserve the epithet, but there are no Sulae in man's ancestors. Human hogs are made, not born. Greed is not part of our inheritance, nor to the stuff we are made of has it biologic value.

Food has biologic value. We are born with a hunger complex and of parents who know it by our behavior when that complex begins to act. Their reaction brings us in contact with food. That contact—physical and chemical—releases the sucking reflex, which continues until the stomach signals "Stop." The hunger complex satisfied, we are not hungry. The hunger mechanism retires and the infant can give its mind to other matters. Or, as we say, we can now get down to business!

That "business" may be "big," but it ends with, Where shall we eat? Later, what shall we eat? These questions are big business to millions of people—among the important "problems of life."

How are they solved? In relation to the hunger complex and the body's requirements? Or in reference to a complex appetite which ranges from soup to nuts and includes corned beef and cabbage on Monday, fish on Friday, brown bread and beans on Saturday, and a gorge on Sundays, holidays, weddings and wakes?

The hunger complex is a biologic necessity and begins with a mechanism of special receptors in mouth and nose by which we distinguish noxious physical and chemical stimuli. We may turn up our nose at many things, but certain things make us hold our nose. The bacteria of decay are enormously important in the nitrogen cycle, but we prefer our ammonia in smelling salts. Nor is it without biological significance that our taste for bitter is thousands of times more acute than for sweet.

We get "hungry for" this or that. What is back of that particular hunger? What is it that makes our mouth water? The newborn has never tasted food, good or bad; how does it know that it tastes good or bad. It must learn. It does learn; by the same process that life itself learns—by trying.

The first meal was the answer to the hunger complex. The "set" of that meal was the conditioning factor in the next one: did it "taste like more?" If it did, the foundation was laid for an appetite for that kind of food. By and by the child is weaned; other appetites are built in by the same taste-like-more process.

So we come to like this and that, and this and that kind of cooking, surroundings, etc.

We all eat our "peck of dirt." How about dirt eaters? There are, especially children with abnormal appetites for clay, chalk, lead pencil, etc. Children experiment; if no harm comes and they like the taste, they keep it up. Same way with pickles, mustard, pepper, gum, licorice, tobacco. Whether an appetite is "depraved" or merely abnormal depends largely on taste, and taste depends on habit, custom, social usage. Caterpillars, snakes, dogs, override cheese, sharks' fins, "gamy" game, snails, frogs, toads, lizards, monkeys, grasshoppers, grubs, dogfish, brains, tripe, birds' nests, devilfish, blood; all favorite dishes—somewhere, some time. Each man to his own.

Man must eat: It is his nature. When, where, what depend on his nature. Hunger is the best sauce. And the best hunger producer is chopping wood. After that come all other forms of physical work. The body we inherit was built up by work, its functioning apparatus is arranged for work. When we do not work our body must make other arrangements. Civilization furnishes these in the form of "institutions." They are a credit to civilization. We shall require more, for we are only at the beginning of "Progress."

(© by George A. Dorsey.)

Community Building

Township Play Centers

New Recreational Idea

That part of the Michigan Thumb tributary to Port Huron has developed a new recreational idea. The people are organizing what they call "Township Playdays." Maybe the rest of Michigan will be interested to see what comes of it.

The township is the oldest, the simplest and most democratic political unit, but it seldom has served the purposes of a social group. The school district with its centrally located schoolhouse was more convenient.

But good roads and transportation are contracting big areas and little ones, and people more widely separated are coming to regard themselves as belonging to one neighborhood. Obviously if the Thumb folks succeed in getting together by townships for their "playdays," the very size of the gatherings will lend an atmosphere of success to the undertakings.

It is supposed to provide games and sports for all the people, young and old, big and little, men and women. And there are to be professional sport directors to teach the backward how to play and to inspire all with that spirit of co-operation which will enable them to play together.

There may be more to this thing than appears at a glance. It is a capital idea to play with.—Detroit News

Disadvantage to Have

Trees Too Near House

The proper placement of trees in regard to the house is a problem all by itself. No doubt there is something extremely cozy-looking in a house tucked immediately against a tree, but the overhanging branches tend to cut down the chimney draft, offer more fire hazard, in case of lightning, and in other ways prove a detriment.

Trees placed at least 20 feet from a house offer better background values and throw even better shade. Their picturesque or "homey" effect is the one thing desired above all; to secure this, trees in front of a house ought to be to one side, rather than directly in front, in order to frame the house. Thus two trees, one to either side offer the maximum effect, in the frontal approach.

Large trees to the rear give background effect to be secured in no other way. Even here the center of lawn is best left clear, and the trees kept to the sides, unless they are at the extreme back limits of the lot, where they preferably may be in the center.

Making House a Home

The house is the center of the little portion of the earth's surface we call home. To it lead the drives and paths; around it lie the lawns and gardens that mean so much to the hours of our recreation and delight. To make the surroundings a picture of harmony is to make the house truly a home. Does your front entrance, a most prominent picture, have that air of both welcome and dignity so much desired? Are those paths and drives bordered with evergreen hedges as well as your rose and perennial gardens? If so, you are fortunate indeed, but remember, no place should be considered complete until the patriarch of the evergreen tribe, the specimen box, is planted—Exchange.

Little Town's Advantage

Contrasted with the clamor and commotion of the big cities, life along any "Main street" is better for anyone than living in the city. The chances in social life make amusement available to the "small town" resident. No one wants a steady diet of one thing, and the small community offers a variety that the "big city" cannot give.

Homes and Credit

There are two kinds of credit. One is constructive, the purchase that outlives the debt; the other is destructive, the purchase that is used before the debt is paid. Credit is becoming more and more a question of character rather than collateral. Permanency of the family, the fact that they own their own home, is one of the principal standards by which credit is measured.

Improvement Always Possible

Rational planning is good, even for the city or town that is not in process of marked development. Much can be done with existing conditions by way of improving traffic facilities, establishing order, eliminating unsightliness, providing beauty and adopting desirable regulation of signs, billboards, building and remodeling.

Marble for Outdoor Use

The desirability of marble for the garden does not end with its distinctive beauty . . . for its unusual weathering qualities, its ability to withstand extreme changes of temperature and its imperviousness to moisture make marble the most practical of materials for outdoor ornamentation.

Money Well Invested

Money spent in home modernization has a definite social value. This aspect must never be overlooked when considering this most important subject.

Story for the Children at Bedtime

By MARY GRAHAM BONNER

As they went along in the plane Harry saw a winding procession of stars between the Great and Little Bear constellations.

Harry was having such a wonderful trip with Cosmo up in the sky. Cosmo knew all about the sky, and he had granted the wish Harry had made one evening, only a very little while before, when he had said that he wished he could see what it was like up in the sky.

He had longed to visit the stars and to know which one was which, and what they were like when you got closer to them.

Oh, it was wonderful having this trip.

The more he traveled with Cosmo the better he enjoyed himself. He was seeing so much, he was hearing so many legends, he was listening to many fascinating old stories about the creatures he was meeting, and how they were regarded in former times.

He was wondering now about the winding procession of stars at which he was looking.

"That's called the Dragon," Cosmo announced.

Harry looked at the Dragon with great interest. "By the way, Cosmo," he asked after a moment, "how large is Polaris? I meant to ask him."

"Oh, about the size of your sun," Cosmo said.

The pilot had evidently been directed to travel around the Big Dipper, which was part of the Great Bear, as Cosmo had told Harry before.

"The Indians," Cosmo told him, "and the shepherds of the ancient days, too, called the constellation the Great Bear. Did you ever notice her circus act?"

"Circus act? I don't think so. I never saw any circus acts up in the sky."

"Well, you look and you'll see. The Great Bear makes a circle around the

"I should say so," Harry agreed.

"But that's not all. In the summer she stands, as it were, on her nose. You couldn't do that, could you?"

"No, and I've never seen any circus performer able to do it, and they do wonderful tricks."

"That's still not all that she can do. In the winter she balances on her tail. If you draw an outline of a bear around the stars of the Great Bear you will see that she has a very long tail."

"But bears haven't long tails," Harry remarked.

"That's true, but after all she has always felt that there was little use in being a bear in the sky if she couldn't be different from Earth animals."

"I suppose that's so."

"Then there is the story of how the Great Bear got up in the sky."

"Tell me that, won't you?"

"Indeed I'd like to tell that story. In the old days they said that Jupiter changed a beautiful young girl into a bear. He didn't want Juno, his wife, (who didn't like her) to do her any harm."

"Then he was afraid hunters might shoot the bear if he didn't put her up out of harm's way—so he put her up in the sky."

"The Little Bear is supposed to be a near relative of the Great Bear."

"But now Orion is expecting you. We must not linger any more."

(© 1930, Western Newspaper Union.)



Changed a Beautiful Girl Into a Bear