

Prints Foretell Coming of Spring

By CHERIE NICHOLAS



Long before the first robin there are signs of spring clearly visible to the fashion-wise. Even now the signs are many, such as for instance the bright silk frocks, both print and plain which in their refreshingly new colors, foretell the coming of spring.

Advance spring messages bespeak gay plaids printed on the bias for a new and slenderizing look and smart in jackets, blouses, scarfs and skirts to ensemble with a contrasting plain color. Dots achieve fresh importance as touches of bright accent on a dark dress (see gown pictured), or in jacket suits and ensembles for later wear without a coat. Sophisticated two-color prints have the design silhouetted in a single color on a contrasting background.

All signs point to a blue season, and

Hints for Housekeepers

Hot cranberry sauce is good with waffles on wintry mornings.

Plenty of fresh fruits and vegetables in the diet aids the family's appetite.

Now that the eggs and milk are relatively cheap, they can be used economically in the low-cost diet.

A broom placed just outside the door and used for brushing snow from the feet saves work for the housewife.

Because only a little food value is lost in the drying process dried fruits are a satisfactory addition to the winter diet.

The stout woman should emphasize vertical lines in her clothes and not wear colors that will make her conspicuous.

To stimulate a love of reading in the child, see that he has a comfortable chair of suitable size and a good light beside it.

The majority is wicked.—Blas.

Good Things for the Table

By NELLIE MAXWELL

A haze on the far horizon,
An infinite, tender sky,
The ripe, rich tints of the corn-
field,
And the wild geese sailing high;
And all over the lowland and up-
land
The blase of the golden-red:
Some of us call it Nature,
And some of us call it—God.
—William Carruth.

The following are a few meat dishes which are prepared in ways that are different:

Braised Mutton.—Take three pounds of the breast of mutton—shoulder or loin may be used. Remove the surplus fat and cut the meat into strips. Lay four slices of bacon in a casserole, add the meat and brown well on all sides. Cover the meat with sliced lemon and four more slices of bacon. Add one small onion sliced thin, three carrots sliced, one cupful of celery diced. Pour over one cupful of soup stock and add salt and pepper. Cover closely and bake two and one-half hours. Tomato with a

half teaspoonful of sugar may be substituted for the soup stock.

Braised Oxtails.—Wash thoroughly three oxtails cut into pieces. Dredge with flour and brown in the fat to which a slice of onion has been added. Add two cupfuls of tomatoes and water to cover, one teaspoonful of salt, one-fourth teaspoonful of pepper, four whole cloves and a few grains of mace. Simmer for three hours closely covered. Remove the oxtails, thicken the gravy and serve with the gravy poured over the oxtails. More salt will be needed to season the meat during the cooking.

Tripe Roll.—For those who are fond of tripe this recipe will be welcome: Take two pounds of tripe in one piece (boiled). Roll, mash and season four large potatoes, add a tablespoonful of chopped onion, two cupfuls of soft bread crumbs, one-half of a green pepper chopped, one pint of chopped, one teaspoonful of salt and pepper and paprika to taste. Mix this mixture and spread over the tripe, roll tightly and tie with string. Roll in melted fat and flour and lay on strips of bacon. Bake for an hour in a hot

The purplish tones of navy, such as feet blue and pilot blue, will be in the lead. Other tones all the way to the palest watery tints of aqua blue and aqua marine will appear as accents or entire dresses to contrast with dark coats.

There are two important groups in silk weaves for spring—the crepes and the heavy sheers. The French couturiers favor canton faille crepes for morning and town wear because frocks of these heavy crepes look well under a coat for early spring, and with a fur piece or scarf later on.

Every wise wardrobe will have at least one dress of heavy sheer crepe. These luxurious weaves combine the supple grace of a sheer fabric with the flattering depth of color which is generally associated with heavy silk crepe-antique, a triple flat chiffon, and crepe canton, a triple crepe of the georgette type, are examples of this trend to thick sheer weaves with a mat surface.

An early spring costume of monochrome crepe from the showings of a Paris couturier is here illustrated. Polka dot crepe edged with little pleated ruffles lends a bright note of color in the scarf and under blouse, the entire displaying an entirely new silhouette. These narrow platings are ever so smart and they are lavished on spring frocks.

(© 1931, Western Newspaper Union.)

The One Qualification

Jud Tunkins says that only a few years ago, in the good old times out home, all a man needed in order to qualify as a first-rate politician was to be a good hand-shaker.—Washington Star.

Oil-Stones

The most extensively used oil-stones in the United States come from Indiana and Arkansas. Oil-stones are also made artificially from powdered carborundum.

Training the Children in Use of Money

(Prepared by the United States Department of Agriculture.)

A very simple method of starting children in the use of their allowances is that employed by social service agencies in dealing with foreign or illiterate families. It consists of several envelopes—preferably stout manila for durability—one for each kind of expenditure. Two would be enough for a child at first, one marked "To spend" and one "To save for something nice."

Many parents give their children a few pennies each week when they are as young as four or five years old. When a child has learned to make change, to add or subtract amounts, and can be sent to the store, he is old enough to have some money of his own to handle. The envelope system is a help until he can write his "accounts" down in a book. Then he should be taught gradually how to find out what he has spent and what

Comfortable Shoes Are Important

Think first of how your shoes feel rather than how they look is one of the late advice of health specialists. To permit free action of the feet, shoes should be loose and flexible. Tight or short shoes press the toes together so that the muscles and bones lose their strength, and the toes become deformed.

Two rules to remember are: Toe straight ahead, using the large toe as a lever; never toe out and keep the weight on the outer border of the foot.

Exercise often helps foot troubles. These exercises should be taken in the bare feet two or three times a day. First pull the toes in and under as if picking up something—repeat thirty or forty times; pick up marbles or pencils with the toes; walk pigeon-toed; walk slowly on the outer borders of the feet with toes turned in.

is left, how to save for definite purchases greatly desired for himself or for gifts, and ultimately how to manage larger sums which include personal money and money for definite uses such as "school," "car fare" and "lunches." A child who is old enough to ride on street cars alone is ready for a notebook system of accounts.

As the number and kind of expenses increase, the bureau of home economics does not consider the envelope system satisfactory. It necessitates keeping more money on hand than is desirable. It provides no permanent classified record on which future estimates can be made. It is confusing because in order to make change money is borrowed from one envelope for another.

By the time a boy or girl is in the last grammar grade or ready for high school, a clothing allowance may be added and its use taught. This is a good time to introduce a checkbook. If the local bank does not handle accounts for minors, checks may be drawn on the parent up to the amount of the allowance and all transactions made as businesslike as possible. Poorly chosen purchases will occur from time to time, but after a little experience the student trained in this way can be trusted away from home at college to handle funds intelligently.

Browned Toast Rings With Creamed Fowl

Toast rings, besides using up stale bread, offer an attractive way of serving creamed fowl, fish and vegetables. The filling for the rings may be prepared separately and the bread rings toasted just before serving.

Out as many circles from thick slices of bread as there are persons to be served.

Using a cutter about an inch smaller or a large grapefruit corer, cut out the centers.

Brown the rings thus prepared either in a toaster, under a broiler flame, or in a pan containing a little hot butter or substitute.

Types of Manikins

"Mannequin" or "manikin" literally means a little man. Sometimes the term is applied to a dwarf or very small person, but more often it refers to the lay models used by artists, tailors and dressmakers. Models of the human body used to demonstrate the physiological relationship of the various organs are also called manikins—Exchange.

Iceland Sagas

The Flateyjarbok is a collection of sagas, once preserved in the island of Flatey, Iceland, but now in the Royal library in Copenhagen. It was written in 1390-1395 by two priests of Iceland and is one of the main sources for the belief that the Norsemen discovered America.

Curtains for the Short Windows



Problem of Arranging Curtains Nicely Met.

(Prepared by the United States Department of Agriculture.)

It is sometimes a problem to curtain short windows in a small living room successfully, especially if there are bookcases or radiators under any of the windows. One fixture or built-in place more or less determines the length of all the curtains in the room.

The problem has been pleasantly met in this living room photographed by the bureau of home economics of the United States Department of Agriculture. Both glass curtains and side draperies are carried to the lower edge of the window casing, but the overdraperies are slightly looped back to make the effect less severe. The inner edge of these draperies is kept as straight as possible, paralleling the vertical lines of the window.

As the ceiling of the room is low and the windows short, no valance should be used with these curtains.

Vertical lines are made to predominate to give height to the room, not only in the curtains themselves, but also through the up-and-down edges of the books, the straight candlestick, and even the sections of the radiator under the second window.

The walls of the room are of plain creamy tan paper, so it is suitable to introduce some color and pattern in the curtains. Rayon damask was selected for the overdraperies, and sheer marquisette for the glass curtains. The latter are made with a casing for the rod and a one-inch heading. Fullness in the outer curtains is laid in pinch pleats and attached to the rod by means of hooks on the under side. One advantage of making the glass curtains as long as the other pair, reaching below the window sill, is that they do not blow out so readily when the window is open.

INDISPOSED?



Headaches come at the most inconvenient times, but there's one thing that will always save the day. If you have some Bayer Aspirin you can soon be on your way. The sooner you take it the less time you'll lose—the less you'll suffer.

Shopping frequently brings on a headache. Over-exertion of any kind. Eye-strain. Or just "nerves." Often it's the time of month. Regardless of the cause, you want relief. And you get relief when you take Bayer Aspirin. Take promptly! It will relieve the pain at any stage, but why wait until you are miserable? Bayer Aspirin

can't harm you, because there is nothing harmful in it.

Remember this, when you're tempted to try some product that costs a few cents less!

BAYER ASPIRIN

Start the Ball Rolling

Dad was discussing the business depression and said: "I don't see how things can improve until people let loose of their money and buy."

"Why not start the ball rolling and buy me a fur coat?" chimed in the chic high school daughter.

Poor Kind of "Candy"

Chewing torpedoes proved an unhealthy pastime for Charles Boone, age fifty-seven, of Cherry Hill, Md. George Boone, a son, found the torpedo, of the Fourth of July variety. While walking home with his father he gave it to him, but the latter bit

into it, thinking it was candy. The next thing he knew he was on the operating table having a surgeon sew up a hole in his face.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 50 years ago. They regulate liver and bowels.—Adv.

Hi!

"I hear you lost your temper yesterday."

"Yes, but she'll be back tomorrow."

—Chicago Post.

The arguments of most men are sound—and that's all.

Fretful DAYS Restless NIGHTS ... give child Castoria

FUSSY, fretful, can't sleep, won't eat... It isn't always easy to find just where the trouble is with a young child. It may be a stomach upset; it may be sluggish bowels.

But when little tongues are coated and there is even a slight suspicion of bad breath—it's time for Castoria!

Castoria, you know, is a pure vegetable preparation especially made for babies and children. When Baby cries with colic or is fretful because of constipation, Castoria brings quick comfort and, with relief from pain, soothes him to restful sleep. For older children—up through all the school years, Castoria is equally effective in helping to right irregularities. Just give it in larger doses. What a

comfort Castoria is to mothers! Get the genuine, with Chas. H. Fletcher's signature on wrapper and the name Castoria that always appears like this:



Another Alibi
Mamma—Marcus, why didn't you finish sawing that wood?
Little Marcus—I just couldn't, mamma, the poor saw had the tooth-ache.—Brooklyn Eagle.

Garfield Tea

Was Your Grandmother's Remedy

For every stomach and intestinal ailment. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

Showing It
"I can't get along with my wife, all she does is ignore me."
"Yes. And if there's anything it ate, it's ignorance."—London Tit-bit.

PARKER'S HAIR BALM
Removes Dandruff Stops Hair Falling Out Imparts Color and Beauty to Gray and Faded Hair 60c and \$1.00 at Druggists. Hiram Chemical Works, Patchogue, N.Y.

FLORESTON SHAMPOO—Ideal for use in connection with Parker's Hair Balm. Makes the hair soft and fluffy. 50 cents by mail or at druggists. Hiram Chemical Works, Patchogue, N.Y.

PLUTOLOGY
The science of expansion and contraction of the currency, which causes good and hard times; price, paper cover, 25 cents. G. F. STEVENSON, Miramar Hotel, Santa Monica, California.

JUNICIDE for Over 16 Years the Standard Remedy for Rheumatism. \$1.25 per bottle, 3 for \$1.75. postpaid, BECK BROTHERS, 727 Vancouver Ave., Portland, Oregon.

WANTED—All Independent Merchants, even the smallest, to know how not only meet but beat chain store prices. Address E. KAUFMAN, OAKVILLE, MINN.

Representative (Woman), 30-year-old true product. Earn steady income. Exclusive rights. Send \$50. full-sized package. Where Laboratories, 509 Fifth Ave., New York.

MULTNOMAH HOTEL
4th and Pine—Portland, Ore.
A Hotel where you are welcome
Fireproof Room-bath \$2.00 up

Skin Health Derived from Daily Use of Cuticura Preparations

The Soap, pure and fragrant, to cleanse the skin, the Ointment, antiseptic and healing, to remove pimples, rashes and irritations and the Talcum, smooth and pure, to impart a pleasing fragrance to the skin.