

DASH OF COLOR OR WHITE ENLIVENS FROCK OF BLACK

By JULIA BOTTOMLEY



As to the "first" autumn frock, fashion gives the answer in terms of black and white...

black-and-white dress in the picture. It is made of faille silk, with white satin for the artfully draped collar

and the unique pleated-at-the-elbow cuffs. It seems as if trimming on the new sleeves has a way of going to the elbow this season...

When it is not black with a touch of white, then it is black with a dash of color. A favorite combination is black with turquoise blue expressed in such beguiling effects as turquoise beads worked on black canton crepe...

Black is also forming an alliance with blue, especially turquoise, in the new fashions. The vogue for brown with white is also declared, touches of white with deep wine also stressing the trend to unusual color schemes.

In every instance the law of related color is observed in the accessories as well as in the costume itself. The new hats in black and white, likewise in black with a note of turquoise blue, are the pride of the milliner's heart this season.

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Butter, Rich in Vitamins Is Good for the Health

Because butter is rich in vitamins that are necessary for the growth of children and the well being of adults, there is no substitute for it, according to J. R. Dice, head of the dairy department at North Dakota agricultural college.

"People, both young and old, who use an adequate amount of butter in their diet will be much less susceptible to disease, especially colds and diseases of the lungs, air passages and sinuses, than those who do not use enough butter," Professor Dice says.

Experiments with rats have shown the superior food value of butter, and that animals fed butter as a part of their diet were of good size.

FOOD SUGGESTIONS THAT WILL APPEAL TO ALL

By NELLIE MAXWELL

True happiness is to no place confined, but still is found in a contented mind.

To direct a wanderer in the right way is to light another man's candle by one's own, which loses none of its light by what the other gains.

Casserole of Tongue.—Wash one fresh beef tongue and cook until tender in boiling water to cover. Remove the skin and all unsightly portions and lay in a casserole. Blend two tablespoonfuls of flour and two tablespoonfuls of sweet fat, and one cupful of the broth. Add one teaspoonful each of minced onion and salt, one-fourth teaspoonful of pepper and one cupful each of diced carrots, turnip, celery, canned peas; pour around the tongue and cook in the oven well covered until the vegetables are tender.

Cucumber and Onion Sandwich.—Peel and chop fine two firm cucumbers and grate two mild onions, add pepper, salt and a half teaspoonful of sugar. Place in a sieve to drain and chill in the ice chest. At serving time add french dressing, drain and mix with mayonnaise to spread. Serve on buttered whole wheat bread and garnish with stuffed olives.

Lemon Icebox Cookies.—Cream one cupful of butter or a mixture of butter and other sweet fat, add one and one-half cupfuls of sugar, when well blended add three beaten eggs, two tablespoonfuls of lemon juice, one teaspoonful of the grated rind, five cup-

fuls of flour, one-half teaspoonful of salt, four teaspoonfuls of baking powder, all well blended in the flour. Add candied orange peel, chopped nuts; raisins may be added to taste. Shape into rolls and place in the ice box. Cut into thin slices and bake in a quick oven.

Onion Soup.—Chop two cupfuls of onion, cook in two tablespoonfuls of butter, stirring often. When the onions are tender add four cupfuls of vegetable stock, one teaspoonful of salt, paprika and pepper to taste and two tablespoonfuls of chopped parsley.

Peanut Butter Bread.—This makes delicious sandwich bread. Take two cupfuls of flour, four teaspoonfuls of baking powder, one teaspoonful of salt, one-third of a cupful of sugar, one-half cupful of peanut butter and one and one-half cupfuls of milk. Mix the peanut butter as for biscuits and bake one hour. Keep for a day before cutting.

Tomato Soup Sandwich.—Spread rye bread with creamed butter and cover with a leaf of lettuce. Cover the lettuce with canned soup undiluted, cover with another leaf and then with a slice of buttered bread.

Boston Cream Pie.—Beat the yolks of six eggs until creamy, add one-fourth of a teaspoonful of salt and add one cupful of sugar very slowly, beating well, then add two teaspoonfuls of grated lemon peel, three tablespoonfuls of lemon juice and one cupful of flour folded after the beaten egg whites have been added. Sift the flour several times to make it very light. The layers will be very thin.

Moisture-Proof Fabrics Recommended for Children's Play Suits

(Prepared by the United States Department of Agriculture.)

Children from two to four are especially in need of comfortable, warm, non-restricting garments in which they can play out-of-doors in almost any weather without catching cold or spoiling their clothes.

All children's play suits should have pockets placed so that they can be easily reached. Welt pockets are used on the suit illustrated.

A tam with a knitted band completes this costume. The cloth part is made in two sections. All the knitted parts of the outfit are more satisfactory if small needles and sweater yarn are used to make them.

The bureau of home economics has designed play suits of several different kinds, suitable for use in the fall and spring, in the coldest part of the winter or on rainy days.

Suit of Lightweight Wool Cloth With Knitted Bands

the kind of weather the child is exposed to.

The bureau of home economics has designed play suits of several different kinds, suitable for use in the fall and spring, in the coldest part of the winter or on rainy days.

types is shown in the accompanying picture. This play suit is made of a closely woven lightweight wool fabric, similar to kasha cloth and somewhat resembling a light flannel. It has knitted wrist and leg bands and a knitted collar. The knitted finish is recommended because it confines extra fullness and keeps out wind without restricting circulation or muscles.

Self-help in dressing is encouraged by the front opening with large flat buttons. The back drop is finished with tab extensions at the waistline, so that when the belt is fastened the placket does not gap. Notice the fullness in the leg back of the knee which helps to give roominess in the seat. In most wool fabrics this fullness is shrunk into the seam. When cutting out these suits the side line of the back section should always curve out slightly at the point where this fullness comes just above the knee.

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Cotton, Silk, Rayon Favored by the Consumers

(Prepared by the United States Department of Agriculture.)

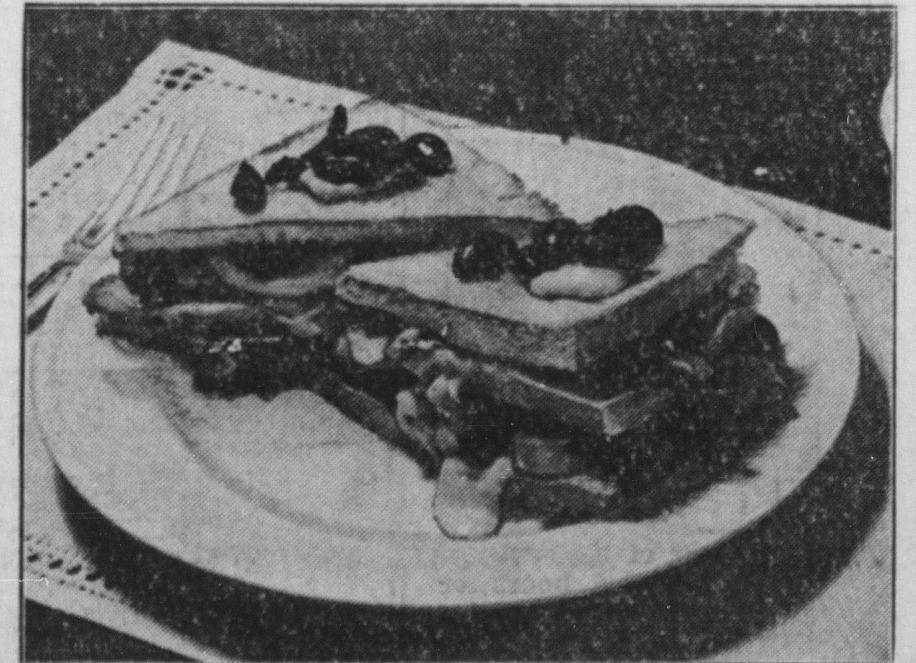
New light from the consumer standpoint is thrown on trends in the use of textiles in the home by a report recently issued by the bureau of home economics, United States Department of Agriculture. Cotton and wool growers as well as manufacturers of textiles and textile machinery are vitally concerned with the shift in textile buying habits.

The bureau has obtained replies from more than a thousand men and women, representing all sections of the United States, as to the textile fibers in use in their wardrobes and houses in 1927 as compared with 1922, and their reasons for change. The returns show that families and individuals with the larger incomes more frequently chose silk or rayon in preference to cotton for many garments. Likewise, those living in the larger cities, in many cases registered a similar change from cotton to silk and rayon. Women gave as their chief reasons for this change that silk and rayon are more attractive and easier to handle than cotton. Men based their preference for silk and rayon socks to cotton on style and comfort.

In household articles, however, cotton is more than holding its own, according to the report of 646 families. In the large cities and in homes with the higher incomes, linen, rayon, and silk were given preference to cotton for certain articles, but this was offset by the more extensive use of cotton and by the actual increase in number of cotton household articles in the majority of the homes in 1927 as compared with 1922.

Copies of the printed report may be obtained free by writing to the United States Department of Agriculture, Washington, D. C., for Miscellaneous Publication 31-M, "The Changing Uses of Textile Fibers in Clothing and Household Articles."

Ripe Olives, Source of Vitamin A, Make Most Delicious Sandwich



Ripe Olives Unusual but Delicious.

(Prepared by the United States Department of Agriculture.)

There are a good many varieties of club sandwiches to be found on the quick lunch menu, but here's a new one, and a very appetizing one, too. Try it the next time you want something unusual for a luncheon or supper. Probably you'd better keep to yourself the fact that ripe olives have been found to be an excellent source of vitamin A—people will like these sandwiches enough without being told they are good for them!

- 1 loaf bread 6 slices cooked
3 large ripe, skinned tomatoes sliced 1 cup ripe olives, thin cut from stones
3 hard-cooked eggs, thick mayonnaise
Lettuce

Slice the bread, trim off the crusts, and toast until lightly browned. Make double-decker sandwiches with the toast and other ingredients arranged in layers of lettuce, egg, bacon, tomato and olives, with enough mayonnaise to moisten. Insert toothpicks to hold the sandwiches together and garnish the tops with crisp lettuce and a few of the sliced ripe olives. With a cold beverage and a light dessert this makes an ideal hot weather luncheon or supper.

STORY FOR THE CHILDREN AT BEDTIME

By MARY GRAHAM BONNER

"To be sure," said Mr. Turtle, "we won't have to pay high prices for our food and our goodies, for we get them ourselves, and thus far there have been no grocers or butchers in the turtle world."

"In fact, we don't pay anything for our food, nor do we receive any money for anything that we do."

"In fact, there are no creatures in the turtle world who ask for turtle money."

"As a matter of fact, there is no such thing as turtle money," said Mrs. Turtle.

"Correct, my love, you are always right."

Then they both grinned, for they had been having such a foolish talk, and they liked having foolish talks once in awhile.

Then they decided they would pay a round of visits.

They thought that they would tell every creature upon whom they called that they would be at home in Turtle-Grove-Pond after the following day and that they hoped they would have the pleasure of having their calls returned.

"It will not be greedy of us to go and visit them and have tea when we merely want to be sociable and when we want to have them come to our home, too."

"Where is Turtle-Grove-Pond?" asked Mrs. Turtle.

"Our home, my love," said Mr. Turtle.

"Have we moved?"

"Oh, no, but when we go calling we must have a name for our place so

pond. In the corner was the name Turtle-Grove-Pond, which no one could have understood unless Mr. Turtle explained it to them.

But that he was quite willing to do.

The leaves had been marked by a family of bugs who like to do that work and who had made the little holes Mr. Turtle said spelled out the name of his home in Turtle language!

In the meantime, while Mr. and Mrs. Turtle went calling, the little turtles came out themselves. Their mother had buried the eggs in the sand and had left them as turtle mothers do.

They had hatched out all alone and were just as happy as could be.

When Mr. and Mrs. Turtle came back they greeted the little turtles as though they were strangers.

They liked them but they did not make any fuss over them. For, of course, how could they be sure that the little turtles were their own when they had left them to come out into the world by themselves?

They might have been, for all they knew, the turtle children of some neighbors.

But that is the way in Turtland and the little ones got along by themselves and seemed to be perfectly happy.

And Turtland continued to be very gay and jolly with calling and tea parties and gaiety.

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"Where is Turtle-Grove-Pond?"

It can be put on the corner of our cards.

"That is the correct thing to do," said Mr. Turtle.

"Have you the cards ready?" asked Mrs. Turtle.

And to Mrs. Turtle's surprise and delight, she saw a great many leaves Mr. Turtle had gathered near his

ASPIRIN

BEWARE OF IMITATIONS



GENUINE Bayer Aspirin has been proved safe by millions of users for over thirty years. Thousands of doctors prescribe it. It does not depress the heart. Promptly relieves

Headaches Neuritis
Colds Neuralgia
Sore Throat Lumbago
Rheumatism Toothache

Leaves no harmful after-effects. For your own protection insist on the package with the name Bayer and the word genuine as pictured above.

Aspirin is the trade-mark of Bayer manufacture of monoaceticacidester of salicylic acid.

Dr. J.D. KELLOGG'S ASTHMA REMEDY

No need to spend restless, sleepless nights. Irritation quickly relieved and rest assured by using the remedy that has helped thousands of sufferers. 25 cents and \$1.00 at druggists.

A little success is apt to make a small man dizzy.



Acidity

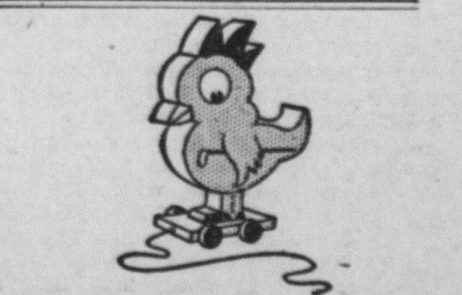
The common cause of digestive difficulties is excess acid. Soda cannot alter this condition, and it burns the stomach. Something that will neutralize the acidity is the sensible thing to take. That is why physicians tell the public to use Phillips Milk of Magnesia.

One spoonful of this delightful preparation can neutralize many times its volume in acid. It acts instantly; relief is quick, and very apparent. All gas is dispelled; all sourness is soon gone; the whole system is sweetened. Do try this perfect anti-acid, and remember it is just as good for children, too, and pleasant for them to take.

Any drug store has the genuine, prescriptive product.

PHILLIPS Milk of Magnesia

A woman seldom stops talking for the purpose of thinking.



Restless CHILDREN

CHILDREN will fret, often for no apparent reason. But there's always Castoria! Harmless as the recipe on the wrapper; mild and bland as it tastes. But its gentle action soothes a youngster more surely than a more powerful medicine.

That's the beauty of this special children's remedy! It may be given to the tiniest infant—as often as there is need. In cases of colic, diarrhea or similar disturbance, it is invaluable. A coated tongue calls for just a few drops to ward off constipation; so does any suggestion of bad breath. Whenever children don't eat well, don't rest well, or have any little upset—this pure vegetable preparation is usually all that's needed.

Fletcher's CASTORIA