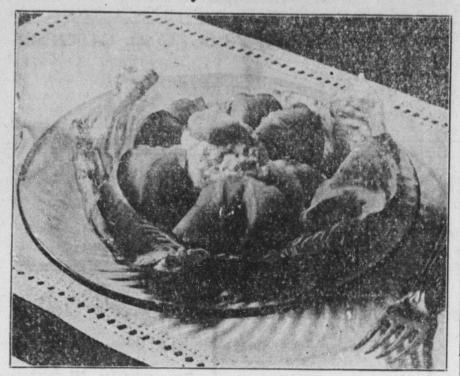
Tomato and Cottage Cheese Make Tasty Sandwhich



Cottage Cheese and Tomato Salad.

A substantial salad, with bread, crackers, rolls, biscuits, muffins, or toast, followed by a simple dessert, is ample for a hot weather luncheon. Iced tea or a fruit drink completes a meal that can be eaten either indoors or out, and that will be sufficiently attractive for guests.

The salad illustrated in the picture is appropriate for a luncheon of this kind. It consists of a mound of cottage cheese on lettuce leaves, surrounded by sections of tomato and topped with a spoonful of mayonnaise dressing. The lettuce should be washed thoroughly and crisped in the refrigerator for several hours in a clean cloth or paper bag. Cut each tomato into sections at the time you are ready to arrange the salad on individual plates. The following recipe for mayonnaise is from the bureau of economics of the United States Department of Agriculture.

Mayonnaise Dressing.

1 egg yolk ½ tsp. salt ¾ tsp. pepper 2 tbs. lemon juice Paprika or vinegar 1/2 tsp. sugar

Mix the spices. Add one tablespoonful of the acid, which may be either

Tomato Preserves Liked for Lunches and Supper

Haven't you often wondered just how the delicious preserves of little yellow, pear-shaped tomatoes were made? Here's a recipe from the bureau of home economics of the United States Department of Agriculture. You will find these preserves very acceptable for lunches and supper as an accompaniment to cream cheese and

8 lbs. yellow, pear-shaped tomatoes
8 liced, with seeds removed 11/2 quarts water 4 to 6 pieces gin-

Cook the lemons until the skin is tender in one pint of water. Boil together the remaining water and sugar to make a sirup, and drop in the tomatoes, ginger root, and the cooked lemon rind and liquid. Boil until the tomatoes are somewhat clear and the sirup thick. Remove the scum and pour the preserves into hot sterilized glass jars. Seal and store in a cool

Oxygen Holds Record Oxygen is the most widely distributed element in nature.

(Prepared by the United States Department | lemon juice or vinegar or a combina of Agriculture.) tion of the two. Add the egg yolk and beat slightly. Then begin adding oil, about a teaspoonful or two at a time. and beat thoroughly. Continue adding oil until a heavy mixture is formed. The remainder of the acid may be worked in, as the mixture becomes very thick. Do not use more than one cup of oil with one egg yolk.

Stiff silks are coming into vogue

again. Thus in the realm of fabrics

as in all phases of the mode, old fash-

ions are becoming new fashions. We

are even going to use pile velvets

again, not, however, to the exclusion

of the filmy, sheer, transparent vel-

vets which have captured the heart

of the feminine world. As to satin,

which has taken a new lease on life,

it also shows a tendency to an in-

This favor for stiff, crisp silks is

reflected in the many taffeta gowns

which the couture of Paris is creating

for dine and dance wear, especially

for the younger set. The pretty dress

in the picture is typical of the quaint

and youthful styling given to taffeta.

It is an entrancing French model made

more so in that the designer works

the taffeta in two colors-pink and

This favor for rich materials is hav-

ing its effect on the styling of the new

gowns or is it that the adoption of for-

mal, classic and majestic "lines" de-

mand the more elegant weaves? Be

that as it may, formal dress is de-

claring an era of sophisticated sim-

plicity in which richness of fabric is

It would almost seem as if the ex-

quisitely simple styling which is so

smartly in vogue for the evening mode

is resolving itself into two distinct

types-the quaint old-fashioned silhou-

ettes for the youthful party frock,

versus the stately and the classic for

The former is bringing in such

charming effects as the off-the-shoul-

der decolletage of mid-victorian days

and full-all-around skirts whose hem-

lines are even all around. The new

flowered taffetas and printed satins

are "darling" made up in these "pe-

made the theme paramount.

the more mature.

riod" frocks.

creasing firmness of texture.

EVENING FASHIONS

FAIRY TALE FOR THE CHILDREN WHEN THE SANDMAN COMES

By MARY GRAHAM BONNER

more than any of you," said the egg beater in the kitchen.

"And why?" asked all the pots and

pans as they creaked a little. "Because," said the egg beater, "the reason is so simple. You can see for yourselves." And it turned around a

"Do tell us, we don't see," said the frying pan.

"Very well," said the egg beater, "I will tell you. In the first place-think

of my name." And the tins and pans thought, but they came to no decision as to why the egg beater's name should make

them understand why it was so fine. They had always been so used to seeing the egg beater that they really had not thought much about it.

"We give up," they said. "You will have to tell us." "Very well," said the egg beater. "I

will tell you. You see, my name means that I beat eggs. "But not only do I beat eggs. I

beat cream and all other things they

wish to whip into a fine, fluffy state."

"True enough," agreed the other pots and pans. "But you see," continued the egg beater, "the wonderful part is that

am not cross.

"Imagine being used only as a beater. Imagine forever whipping everything that comes near you.

REVIVAL OF STIFF SILKS IS NOTED IN

"Isn't that enough to make an egg

"I think I am to be congratulated | beater cross? But, I ask, am I cross?" | the cheese grater was speaking now. And all the pots and pans creaked and said:

"No; you are not cross." "Then," said the egg beater, "it only goes to show that my disposition is quite perfect.

"Even whipping and beating everything that comes my way does not make me cross." "You have a fine disposition," they

all agreed. "And you don't let your-

"My Disposition is Quite Perfect."

self be ruled by what you have to do. "You might be cross and horrid and always blame it on the fact that you whip everything.

"Yes; you should be congratulated." The egg beater felt very happy, but

By JULIA BOTTOMLEY

"Listen to me," said the cheese grater, "and think of what my name means."

"What?" asked the others. "It means I am greater than anything else. No other pot or tin pan is named by my name."

"Oh," chuckled the gravy spoon, a big, good-natured, easy-going spoon, 'you don't understand at all." "What don't I understand?" asked

the cheese grater. "You don't understand that your kind of a grater does not mean the same as a greater person or a greater

"Oh, no; none of us should become conceited. Let's all just be friendly, nice pots and pans and kitchen things.

And all the others creaked in agreement and thought this was a very good idea.

(@). 1930, Western Newspaper Union.)

Two Classes of Canned Food Approved

(Prepared by the United States Department The housewife will have a choice of two classes of canned foods under the amendment to the federal food and drug act enacted by congress and just signed by the President, says W. G. Campbell, chief of the food and drug administration, United States Department of Agriculture.

This amendment, known as the "Canners' bill," authorizes the secretary of agriculture to promulgate from time to time reasonable standards of quality, condition, and fill of container for each generic class of canned food except meat and meat products and canned milk. Such standards are now being formulated by the department. The law also authorizes the secretary to prescribe a form of statement which will clearly differentiate substendard articles from those which meet the standards.

The value of this law to the housewife will be the assurance that the canned foods she purchases meet a definite standard established by a government agency, Mr. Campbell points out. The amendment will not constitute a bar to the manufacture and sale of wholesale canned foods of a quality lower than the standard, but such products must be labeled informatively so that if the housewife wishes a less expensive canned product she will be able to buy it with full knowledge of its character-presumably at a lower price-and with full assurance that it is a wholesome product and neither adulterated nor mis-

Distinguish Rayon From Silk by Burning Test

Rayon may be distinguished from silk or wool by the burning test, says Marion Weller of the home economics division of the University of Minnesota. Rayon burns as cotton burns, with a flash and the odor of burning paper, leaving a gray ash residue. Wool and silk burn slowly, the flame easily going out, the residue a black hard slobule, and the odor like that of burning hair.

"Rayon is so much cheaper than slik that it is often taken for granted it need not be handled with as much care," says Miss Weller. "If the highest satisfaction is to be obtained. rayon fabrics should be laundered with the same care given to silk. There was a time when rayon would go to pleces or dissolve in water, but one of the recent improvements in its manufacture is in its 'washability.' As a result, one of the principal uses for rayon at the present time is in hosiery and underwear, both of which require frequent laundering.

"Rayon has found a permanent place in the fabric field and the consumer should learn to recognize its characteristics and uses,"

Sorrowful Fact

It is a statistical fact that the wicked work harder to reach hell than the righteons do to enter heaven .-H. W. Shaw.

be made by the prime minister. Kitchen Is Cozy Place to Serve Meals; Saves Many Steps

broken lines. Trimming will be con-

spicuous by its absence. The satin

dress will appear to the eye utterly

simple, but in actual construction, it will be a labyrinth of intricate seam-

(2), 1939, Western Newspaper Union.)

English Poets Laureate

poet laureate of England, says a

writer in the Washington Star, except

the fact that there is no precedent for

such choice, and there probably is no

woman whose work is sufficiently

notable to make such a selection pos-

sible. In theory the choice is said to

We know of no prohibition which prevents the selection of a woman as

ing and expert fabric manipulation.

When the kitchen is very large, common sense dictates that some of the meals be eaten at one side of the room rather than that the homemaker should be obliged to take many extra steps to serve them all in the dining room. This was the usual way of living in most old-fastkoned country homes where a roomy kitchen was the center of many household activities. It often had a sewing corner, a reading corner, a play place for the smallest children where their mother could watch them while she worked, and a corner or side where all but the most formal meals were served.

One reason for this sensible plan was, of course, the pleasant warmth given out by the kitchen stove in winter time. Probably more consideration was given to this point than to saving the mother, but she benefited, nevertheless. The chief mistake made in the old-fashioned many-purpose kitchen was likely to be in placing the meal table somewhere in the cen-

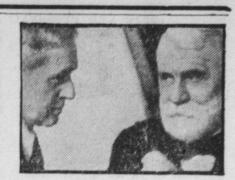
ter of the room. The picture taken by the United

(Prepared by the United States Department | a farm home shows how attractive a of Agriculture.) dining corner in the kitchen may be if a little thought is given to it. The chairs and table did not originally belong together. They were made harmonious with gay colored paint. Simple curtains, suitable for kitchen surroundings, have been hung at the win-



Ready for a Meal in the Kitchen.

dow. With a runner and a bowl of flowers this dining center makes a pleasing spot in the room for the homemaker's eye to rest on while her hands are busy.



After 40 Bowel trouble is Most Dangerous

Constipation may easily become chronic after forty. Continued constipation at that time of life may bring attacks of piles-and a host of other disorders.

Watch your bowels at any age. Guard them with particular care after forty. When they need help, remember a doctor should know what is best for them.

"Dr. Caldwell's Syrup Pepsin" is a doctor's prescription for the bowels. Tested by 47 years' practice, it has been found thoroughly effective in relieving constipation and its ills for men, women and children of all ages. It has proven perfectly safe even for babies. Made from fresh, laxative herbs, pure pepsin and other harmless ingredients. it cannot gripe; will not sicken you or weaken you; can be used without harm as often as your breath is bad, your tongue is coated; whenever a headachy, bilious, gassy condition warns of constipation.

Next time just take a spoonful of this family doctor's laxative. See how good it tastes; how gently and thoroughly it acts. Then you will know why it has become the world's most popular laxative. Big bottles-all drugstores.

DR. W. B. CALDWELL'S SYRUP PEPSIN A Doctor's Family Laxative

Worm Rain Hits London Worms rained on Brentford gar-

dens, London, during a recent thunderstorm. Thousands of them were found afterward. They were from 4 to 6 inches long and almost transparent, varying in thickness from the size of a human hair to that of a horsehair. Instead of keeping to the soil, they immediately mounted the stems and leaves of small plants. Thirty-five were found on one carnation stem. An entomologist declared he had never seen worms of the type before.

KILLS RATS

MUTHING ELSE

K-R-O (Kills Rats Only) killed 238 rats in 12 hours on a Kansas farm. It is the original product made by a special process of squill, an ingredient recommended by U. S. Government as sure death to rats and mice, but harmless to dogs, cats, poultry or even baby chicks. You can depend on this. K-R-O in a few years has become America's leading rat and mouse killer. Sold by all druggists on a money back guarantee.

"I hear," rejoices a jazz hater, to the Arkansas Gazette, "that at last a popular song writer in New York faces life imprisonment, under the Baumes law. Can you please supply me with the happy details?" "Sorry." apologized the editor, "but the name of his fourth song was not given."

Safe Rule to Follow

Never do anything concerning the rectitude of which you have a doubt. -Pliny the Younger.



Daughter Is Healthy Now

"Mythirteen-year-olddaughter Maxine was troubled with backache and pain when she came into womanhood. I knew Lydia E. Pinkham's Vegetable Compound would help her because I used to take it myself at her age. Now she does not have to stay home from school and her color is good, she eats well and does not complain of being tired. We are recommending the Vegetable Compound to other school girls who need it. You may publish this letter."-Mrs. Floyd Butcher, R. #2, Gridley, Kansas.

TESTED RECIPES THAT WILL BE LIKED BY THE FAMILY By NELLIE MAXWELL

The world goes up and the world And the sunshine follows the

And yesterday's sneer and yesterday's frown Can never come over again.

—Charles Kingsley.



cupful of sugar, three-fourths cupful each of shortening and molasses. the shortening melted. Then add two and one-half cupfuls of flour sifted with two

teaspoonfuls of soda, two teaspoonfuls of ginger, one and one-half teaspoonfuls of cinnamon, one-half teaspoonful each of cloves, nutmeg and baking powder. Mix and add one cupful of boiling water. Bake in a shallow pan or in individual pans. Served with whipped cream it makes a party

Tomato Juice Cocktail. - Strain canned tomatoes-you know the vitamins in tomatoes are still active in the cooked vegetable. Press the pulp lightly to extract all the juice. To three cupfuls of the pulp add the juice of half a lemon, one tablespoonful of sugar, a whiff of celery salt and paprika to taste, a little pepper and salt. Put into a shaker with half as much ice and shake vigorously. Serve in cocktaH glasses with tiny sandwiches of whole wheat bread.

The Best Gingerbread .- Take onehalf cupful of melted shortening-lard is good-one teaspoonful of salt, a tablespoonful of ginger, one cupful of

in one cupful of boiling water. To three cupfuls of flour add the dry ingredients. Beat one egg, add the sugar, then all the other ingredients and mix well, add the boiling water in which the soda has been stirred at the last. Bake in a sheet or in gem pans. This is always good.

Potato Salad .- Take a pint of diced freshly cooked potatoes. Cook the potatoes with their jackets on, then peel them and cut into dice. Add a cupful of celery, a small chopped onion, salt and pepper to season and enough french dressing to moisten well-not enough to drain before finishing the salad. When ready to serve add a handful of blanched and shredded almonds and a diced cucumber. Add plenty of mayonnaise and serve.

Ginger Ale Julep .- Put one and a half cupfuls of granulated sugar into a pitcher, add the strained juice of six large lemons, stir until the sugar is dissolved. Chill on ice. Shake with cracked ice and chill well. Add one-half dozen bruised mint leaves, add two pint bottles of ginger ale and serve in glasses of ice. Garnish each glass with frosted mint. Dip sprays of mint into egg white thinned with a little water, then dlp into powdered or finely granulated sugar.

Banana Bread Pudding.-Break three slices of bread into small pieces, pour over this two cupfuls of hot milk and one-half cupful of sugar; let it soak. Add two beaten egg whites, Slice three bananas into a pudding dish and pour over the mixture. Bake

for half an hour. Serve hot with: Mousseline Sauce .- Boil one-half cupful of sugar, one beaten egg, and sugar and one cupful of molasses, one | cook until it coats the spoon. Flavor |

scant teaspoonful of soda, dissolved | to taste, add one-half cupful of whipped cream when the mixture is chilled and serve cold.

clad in sculpturesque gowns of Gre-

cian inspiration. Rich materials will

As to majestic femininity it will be fall of their own weight in simple un-

Compote of Pears .- Take six pears, one and one-half cupfuls of sugar, one pint of cranberries and one cupful of water. Peel, core and quarter the pears. Cut up the cranberries, add water to cook, strain the juice and add the sugar. Boll, add the pears and cook them until tender but not broken; they should be a clear pink. Lift into a glass dish, boil the sirup until thick and pour around the pears. Serve with whipped cream.

General Lee Cake .- This is a fine sponge cake made as usual and baked in layers. Spread with the whites of two eggs beaten stiff, one pound of powdered sugar, the grated rind of one orange and the juice of one orange and one-half of a lemon. Spread on the cake before it is cold.

Ornamental Frosting.-Place in a double boiler the whites of two eggs, four tablespoonfuls of cold water; place over hot water and beat while heating until the frosting is stiff. Flavor with one-half tablespoonful of vanilla. This is an icing which may be used in a pastry tube to decorate cakes and fancy cookies.

Party Sandwich Rolls .- Use fresh bread. Cut slices thin as possible and remove the crust. Lay crisp lettuce leaves that have been dipped into mayonnaise on the slices. On top put shavings of boiled ham, roll up and fasten with a toothpick. Garnish with pickles and radishes

Appleade,-Take a glass of apple jelly, dissolve and add lemon julce and sugar if needed. Chill and serve, adding iced water and a sprig of mint to each glass.

States Department of Agriculture in (©, 1929, Wester a Newspaper Union.)