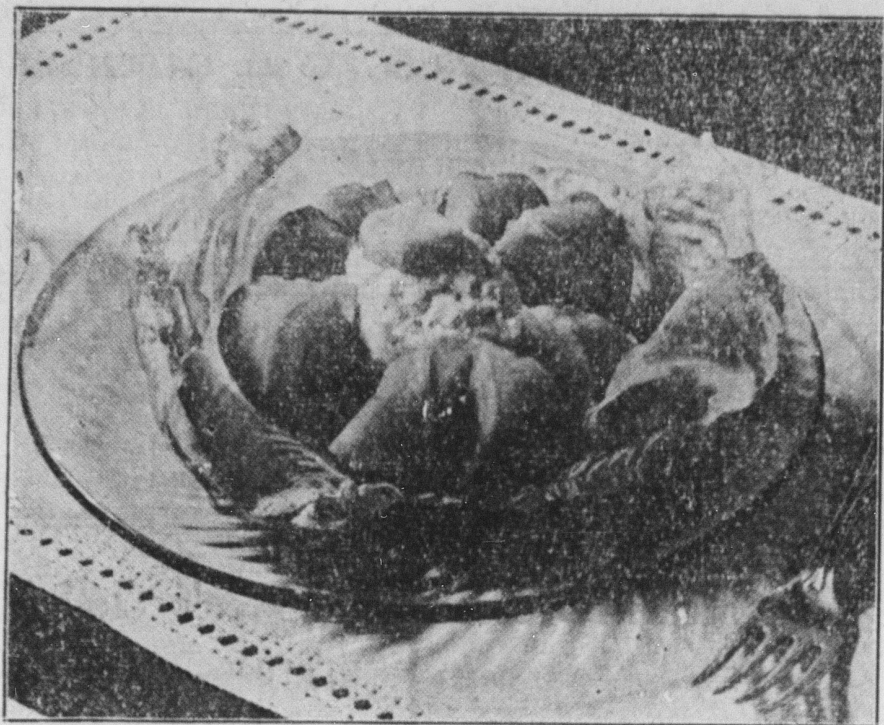


Tomato and Cottage Cheese Make Tasty Sandwich



Cottage Cheese and Tomato Salad.

(Prepared by the United States Department of Agriculture.)

A substantial salad, with bread, crackers, rolls, biscuits, muffins, or toast, followed by a simple dessert, is ample for a hot weather luncheon. Feed 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 1/2 tsp. salt
2 to 1 cup oil 1/8 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 crackers.

8 lbs. yellow, pear-shaped tomatoes 2 lemons, thinly sliced, with seeds removed
6 lbs. sugar 4 to 6 pieces ginger root
1 1/2 quarts water

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 dry place.

Oxygen Holds Record

Oxygen is the most widely distributed element in nature.

TESTED RECIPES THAT WILL BE LIKED BY THE FAMILY

By NELLIE MAXWELL

The world goes up and the world goes down
And the sunshine follows the rain.
And yesterday's sneer and yesterday's frown
Can never come over again.
—Charles Kingsley.

Southern Spicy Gingerbread.—Add two beaten eggs to three-fourths of a 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 dessert.

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 cocktail glasses with tiny sandwiches of whole wheat bread.

The Best Gingerbread.—Take one-half cupful of melted shortening—lard is good—one teaspoonful of salt, a tablespoonful of ginger, one cupful of sugar and one cupful of molasses, one

lemon juice or vinegar or a combination 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.

REVIVAL OF STIFF SILKS IS NOTED IN EVENING FASHIONS

By JULIA BOTTOMLEY

Stiff silks are coming into vogue again. Thus in the realm of fabrics as in all phases of the mode, old fashions are becoming new fashions. We are even going to use pile velvets again, not, however, to the exclusion of the filmy, sheer, transparent velvets 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 increasing firmness of texture.

This favor for stiff, crisp silks is reflected in the many taffeta gowns which the couturier of Paris is creating 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 blue.

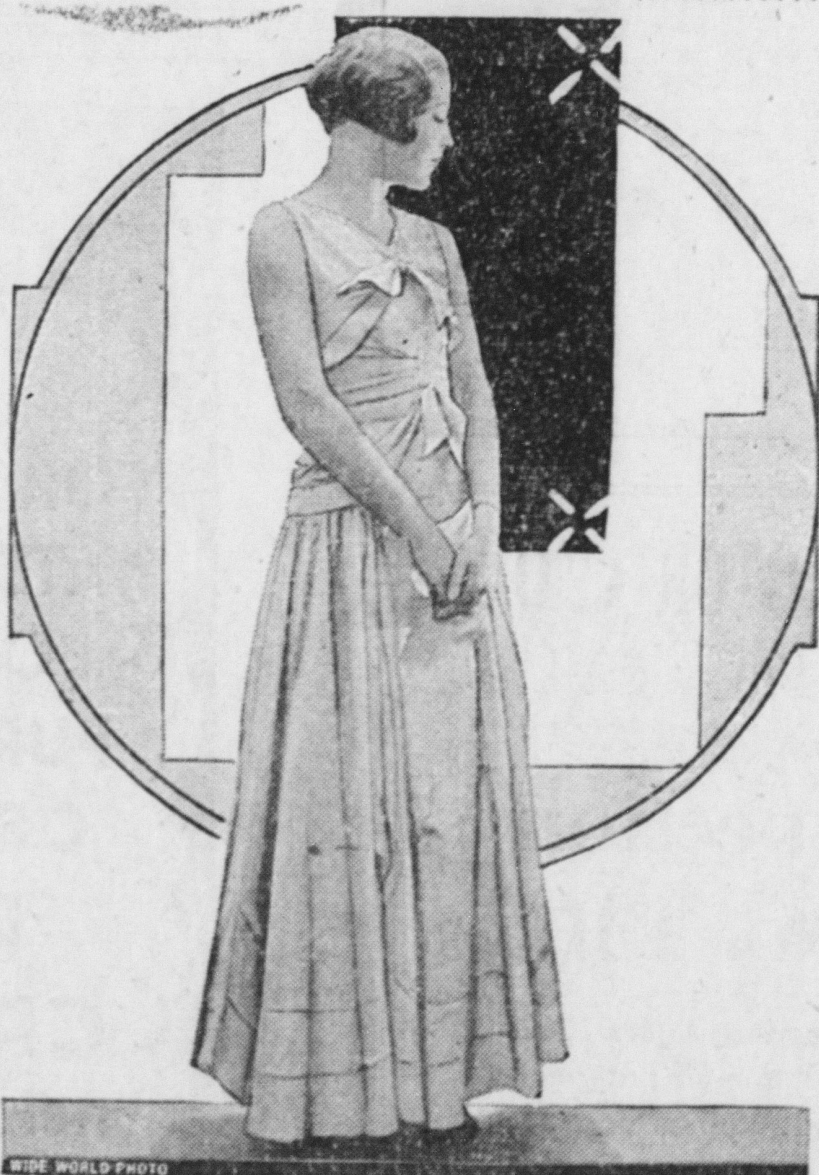
This favor for rich materials is having its effect on the styling of the new gowns or is it that the adoption of formal, classic and majestic "lines" demand the more elegant weaves? Be that as it may, formal dress is declaring an era of sophisticated simplicity in which richness of fabric is made the theme paramount.

It would almost seem as if the exquisitely simple styling which is so smartly in vogue for the evening mode is resolving itself into two distinct types—the quaint old-fashioned silhouettes for the youthful party frock, versus the stately and the classic for the more mature.

The former is bringing in such charming effects as the off-the-shoulder décolletage of mid-victorian days and full-all-around skirts whose hemlines are even all around. The new flowered taffetas and printed satins are "darling" made up in these "period" frocks.

As to majestic femininity it will be

clad in sculpturesque gowns of Grecian inspiration. Rich materials will fall of their own weight in simple un-



clad in sculpturesque gowns of Grecian inspiration. Rich materials will fall of their own weight in simple un-

beater cross? But, I ask, am I cross?" 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-

the cheese grater was speaking now.

"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 object."

"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.

(©, 1929, Western Newspaper Union.)

Two Classes of Canned Food Approved

(Prepared by the United States Department of Agriculture.)

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 standard 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-

branded.

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 globe, and the odor like that of burning hair.

"Rayon is so much cheaper than silk 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 pieces 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."

(©, 1929, Western Newspaper Union.)

English Poets Laureate

We know of no prohibition which prevents the selection of a woman as 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 possible. In theory the choice is said to be made by the prime minister.

Sorrowful Fact

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

Ready for a Meal in the Kitchen.

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.

The picture taken by the United States Department of Agriculture in

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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 drug stores.

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

Worm Rain Hits London

Worms rained on Brentford gardens, 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 NOTHING 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.

Mute

"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

"My thirteen-year-old daughter 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 Butler, R. 2, Gridley, Kansas.

Lydia E. Pinkham's Vegetable Compound

Lydia E. Pinkham Med. Co., 12th, Mass.