

Moths Are Active Throughout Season Where Rooms Are Kept Warm

(Prepared by the United States Department of Agriculture.)

There is a prevailing impression that clothes moths are active only in the spring and summer and that in the fall and winter it is not necessary to take precautions in storing summer clothing. The bureau of entomology of the United States Department of Agriculture says, however, that while moths may be more prevalent and noticeable as warm weather approaches, they are active throughout the year in apartments or other places where a steady temperature of 70 degrees F. or more is maintained.

Clothing and blankets in constant use are not often attacked. A woolen summer suit left hanging at the back of a closet, however, would exactly meet a parent moth's idea of a good place to lay her eggs. The following year the suit would likely be riddled with holes; and some of the larvae might crawl off and eat other garments, such as the evening suit that is only worn occasionally, or anything else that is not frequently brushed and shaken.

At the end of their season any garments likely to be attacked should be thoroughly cleaned at home, brushed, beaten, and sunned, or sent to a dry cleaner. Then they should be neatly folded and put away at once in a tight red-cedar chest or other tight container such as a trunk or box which can be sealed. As additional protection in any container except the cedar chest,

it is well to put some naphthalene flakes or moth balls in the box with the clothing. Cardboard boxes may be used if the clothing is properly prepared beforehand as indicated, and if they have an outer wrapping of heavy paper with the ends turned under in such a way that no moths can get in.

Upside Down Apple Cake Is Novel and Good

(Prepared by the United States Department of Agriculture.)

Apples are at their prime now, and a new way of serving them for dessert will be welcomed by all the family. Upside down apple cake is both novel and good to eat. As it is hot and hearty in itself, it is a good dessert to plan for one of the suddenly colder fall evenings, especially at a time when the rest of the meal does not seem quite as substantial as usual. The bureau of home economics of the United States Department of Agriculture tells exactly how to make it.

1 1/2 cup butter 1/2 tsp. salt
1/2 cup sugar 1/2 cup milk
1 egg 2 to 4 firm-fleshed
1 tsp. vanilla apples, depending on size
1 1/2 cups sifted soft-wheat flour 2 tsp. cinnamon
2 tsp. baking powder mixed with 1/2 cup sugar

Cream the butter, add the sugar, well-beaten egg, and vanilla. Sift the dry ingredients together and add alternately with the milk to the first mixture. Spread a thick coating of butter on the bottom and sides of a square or oblong baking dish or a heavy pan. Pare, quarter, and slice the apples thin, spread a single overlapping layer on the bottom of the baking dish, sprinkle with the mixture of cinnamon and sugar. Pour the cake mixture over the apples. The batter is rather thick and may need to be smoothed on top with a knife. Bake slowly in a very moderate oven (300 degrees to 325 degrees F.) for 45 minutes. Loosen the sides of the cake, turn it out carefully upside down, and the top will be covered with neat layers of transparent apples. Serve hot with hard sauce or whipped cream.

Chicken Wings and Backs With Eggplant

If you want a new casserole dish, save the wings and backs the next time you cut up chickens to fry, and combine them with eggplant. These few pieces will never be missed from the platter of fried chicken and they will be enough to give savory flavor to the eggplant and make another substantial dinner dish. The bureau of home economics of the United States Department of Agriculture suggests this recipe:

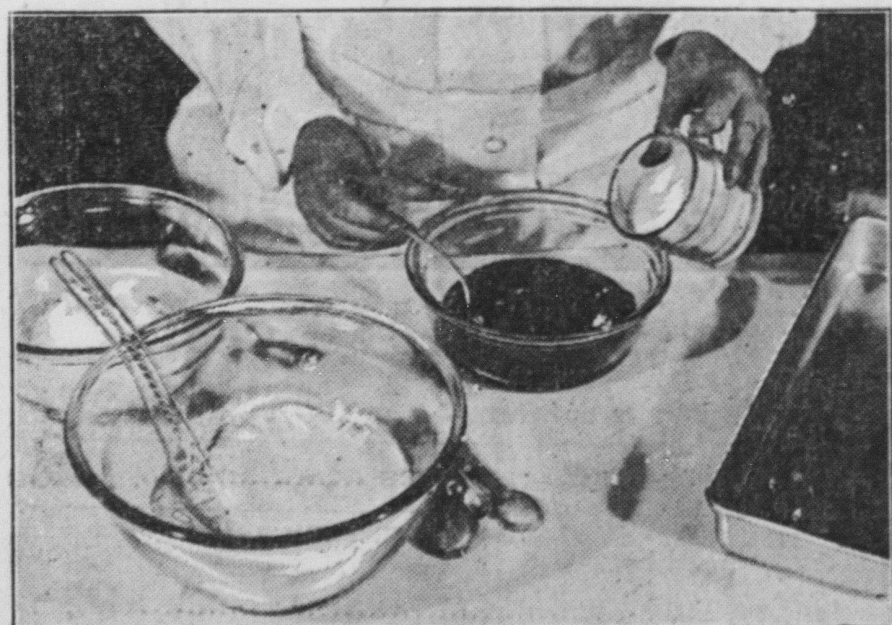
Chicken wings and backs 1 medium sized eggplant
1 medium sized eggplant 1 cup chopped plant, pared and green pepper
Salt 1/2 cup chopped onion
Pepper Water

Wings of young chickens and pieces too bony to fry successfully are excellent prepared in this way. Salt the chicken, roll in flour, brown lightly in fat in a skillet and transfer to a casserole. Cook the eggplant, green pepper and onion in the fat for about ten minutes, season to taste and add to the chicken in the casserole. Rinse out the skillet with one-half cupful of hot water, pour over the chicken and vegetables, cover, and cook in a moderately hot oven (375 degrees F.) for about one hour. Serve from the dish.

Thermos Bottles

The properties of the thermos bottle are due to the presence of a vacuum. Vacuum bottles have double walls and from the space between the air is exhausted. This prevents the heat from escaping and from penetrating.

FRUIT MOUSSES ARE EASILY MADE IN SUMMER OR WINTER



Mixing Fruit Mousse in Home Kitchen.

(Prepared by the United States Department of Agriculture.)

Various kinds of fruit mousses can be made at home, depending on the fruit that is in season—strawberry, cherry, raspberry, blackberry, or peach during the summer, prune or apricot in the winter time. These mousses



Packing Fruit Mousse.

may be frozen in a mechanical refrigerator or by packing in ice and salt.

The proportions given herewith for peach mousse can be used for most fruit mousses. The sugar is reduced or increased according to the acidity of the fruit used. In general it is

The evils of life appear like rocks and precipices, rugged and barren at a distance, but at our nearer approach we find them little fruitful spots.—Spectator.

The banana is one of our most popular and well liked fruits, one we can always find in our markets and it deserves a chapter all for itself.

Banana Bavarois.—Scald one cupful of milk in a double boiler. Stir in two teaspoonfuls of gelatin previously soaked in two tablespoonfuls of cold water. Add one cupful of sugar and when cold and it commences to set stir in one cupful of banana pulp

THE POPULAR TAILORED TUNIC FROCK IS FAVORED FOR FALL

By JULIA BOTTOMLEY



There is, or should be, no doubt in the mind of the woman as to that all-important "first" frock for fall. In the tunic gown, tailored to a nicety and with an arresting touch of lingerie at neck and sleeves, fashion answers the question beyond a doubt.

The styling of the now-so-voguish tunic involves a whole list of interesting features, a first and foremost factor being that of color. Rich, handsome colors are the theme paramount

throughout the fall and winter mode. Ruby reds, fetching dark greens and radiant browns are contributing an autumnlike beauty to these trim and trig frocks which are so smartly meeting the requirements of town, travel, school and business dress.

As to the frock in the picture, it tells a great many interesting things in regard to new fashion trends. You will notice that it has a belt and is trimmed with buttons—two very important items which have to do with costume design for the coming months. The material used for this modish frock is a bemberg weave in a most lovely ruby tone. In this instance the tunic is rather short and it is posed over a pleated skirt. A detachable collar-and-cuff set enlivens the blouse in happy fashion.

The model pictured is just such a type of frocks as the smart set delights to "doll up" with one of the swanky little fur ensembles which are capturing the heart of the fashion world today. In buying these intriguing fur accessories you are offered your choice of a jaunty neckpiece with a pair of detachable wide cuffs. The neutral tone of the fur contrasts the rich deep and greens of the new tailored cloth frocks to a point of rare beauty.

When it comes to what-length tunics, the mode is not at all arbitrary, stamping with approval short, medium, or long. The seven-eighth tunic with the skirt showing just below is very popular. The tunic which buttons to one side from neckline to hemline is considered very good style.

Some tunics take on a Russian aspect in that they are bordered with fur and are finished with fur at the neck. Topped with a cossack beret or turban, trimmed with matching fur, the picture of a perfect autumn costume is complete.

(© 1920, Western Newspaper Union.)

Making Good Use of the Early Fall Apple Crop

During the fall the apple orchard sheds its treasures faster than they can be taken care of. Any apples that must be trimmed or cut up—windfall or damaged fruit—may be made into apple sauce, some of which can be stored for a few days in the refrigerator, and some canned by the water-bath process. Don't use much water in making sauce; just enough to keep the apples from sticking to the kettle. Some people always strain apple sauce and some never do. If nutmeg is used for flavoring, do not add it until the sauce is served, for it is likely to make the flavor bitter on standing. The flavor of apple sauce may also be varied by adding lemon juice or cinnamon or cloves.

The bureau of home economics of the United States Department of Agriculture gives the following very simple directions for cooking apple sauce:

Wash, pare, quarter and core the apples; or if the sauce is to be put through a colander, leave the skins on. Cook the apples until soft in a covered pan, using just enough water to keep them from scorching. If the skins have been left on, put through a colander. Sweeten to taste and add a few grains of salt.

Duty to Make Happiness

There is an idea abroad among moral people that they should make their neighbors good. One person I have to make good: myself. But my duty to my neighbor is much more nearly expressed by saying that I have to make him happy if I may.—Robert Louis Stevenson.

SOME WORTHWHILE RECIPES THAT HELP IN PREPARING MEALS

By NELLIE MAXWELL

and one cupful of whipped cream. Pour into a mold and place on ice to set. Serve with:

Mousseline Sauce.—Bring one cupful of milk to a boil, add one-half cupful of sugar, one teaspoonful of flavoring, mix well, set aside to cool, then add one-half cupful of whipped cream.

Banana and Coconut Dessert.—Cut four bananas each into four pieces, place in a buttered pan and sprinkle with three teaspoonfuls of lemon juice. Beat an egg white until stiff, add three tablespoonfuls of powdered sugar. Add one-half cupful of shredded coconut, put a tablespoonful of this meringue on each section of banana. Bake until brown. Serve with whipped cream.

Banana Bread Pudding.—Take three slices of bread or three rolls, break into small pieces. Pour over this two cupfuls of milk, one-half cupful of sugar, four bananas sliced, stir in lightly two beaten egg whites and bake for half an hour. Serve hot with a sauce using the two egg yolks beaten well, one-fourth of a cupful of sugar and a cupful of boiling milk; stir and flavor, then serve hot. A little lemon juice and rind may be used for the flavoring.

Banana Fluff.—Cut one-half pound of fresh marshmallows into small

pieces. Whip one cupful of heavy cream, add one teaspoonful of vanilla, one-half cupful of sugar, a bit of salt, stir in the marshmallows, one cupful of broken nutmeats (less may be used), and one cupful of banana pulp finely mashed. Serve with crushed strawberries, or over ice cream of any flavor.

Marshmallow Filling for Cake.—Melt fifteen fresh marshmallows in a double boiler. When soft add one egg white, one and one-half cupful of confectioner's sugar and three tablespoonfuls of water (cold). Beat this mixture, when beginning to boil, seven minutes. Remove from the fire, add fifteen more marshmallows, cut very fine and fold over until the mixture holds its shape.

(© 1920, Western Newspaper Union.)

Plains of Abraham

The heights near Quebec known as the Plains of Abraham took their name from Abraham Martin, a Canadian pioneer who was a pilot on the St. Lawrence river. When Samuel de Champlain founded the city of Quebec he authorized a deed granting Martin a homestead on the heights, and his herds of cattle and sheep were a common sight on the tableland along the St. Lawrence river.

FAIRY TALE FOR THE LITTLE ONES WHEN THE SANDMAN COMES

By MARY GRAHAM BONNER

"David," she said in an exquisitely soft, warm, low voice, "I'm the Gulf Stream. Have you ever heard of me?"

David hesitated for a moment—yes he had heard of a gulf stream but he couldn't tell how it had come in and where it belonged—but she was continuing:

"Never mind telling me what you know of me for I shall tell you a little of myself. And I know myself naturally better than you can be expected to know me—considering I am I or I am me."

"I don't know which is correct. To be sure I'm quite a Living Map personage but I have always kept so far down in the ocean that I never had any school education, really."

"I start from the Gulf of Mexico you know and I travel north right through the ocean. I'm just like a warm river running in a certain direction through Atlantic Ocean's property."

"I've always thought it generous of Atlantic to give me so much room. He may be a wild fellow at times, but he has a kind streak running through him—and it is through that kind streak that I flow."

"Perhaps, David, you mightn't think it very pleasant to be a river way down in the Ocean."

"It seems very strange to me," David said.

"Sometimes if you've been swimming you have noticed warm or cold places in the water—made by cold or warm streams which flow into the water."

"I'm such a stream, only I'm much

bigger and more powerful. If it weren't for me there would be a bad time for anyone who wanted to live in England. I make the products of England grow by my warmth and by taking warmth there."

"That is when I turn aside from this side of the world after I become dis-



"The Polar Bears Love Them."

couraged. I become a bit discouraged too in England when the cold currents come down from the North."

"Then I become so confused that I don't know what I'm doing, and it is then that the fogs come."

"Oh, David, you don't know how I feel when I get up to the far coast of Newfoundland. Of course, I'm wider and stronger some places than others."

"But up off the coast of Newfoundland my poor self does get so discour-

aged. It is very trying, I'll tell you."

"I go along, having a nice time and feeling that I'm useful too. Then I get far north."

"And then, oh, horror of horrors, David, I find icebergs."

"Have you ever seen an iceberg, David?"

"Only in pictures."

"Well, they belong to nature—nature when she is cold and cruel and without pity, for sometimes she is that way."

"They are not living creatures; and yet, David, there seems to be something terribly, wickedly, powerfully living about them."

"They're deceitful too. They don't show their size. Most of it is under the water. You will see how they can do this if you put a good sized piece of ice in a glass of water."

"Most of the ice is under the surface of the water."

"It is so with an iceberg. I get to Newfoundland as I was saying, and there I find icebergs—hundreds of icebergs."

"They are huge, mighty, blue-white-green cold masses of ice."

"They are sometimes of wonderful, beautiful shapes and sometimes the sun shines on them and there are many colors to be seen—beautiful cold, icy, colors, but they look so hard, oh, so terribly, terribly hard."

"And they are hard, but the polar bears love them. Yes, I certainly must admit they are the friends of polar bears!"

(© 1920, Western Newspaper Union.)



Doctor's 3 RULES Big Help to Bowels

What a joy to have the bowels move like clockwork, every day! It's easy, if you mind these simple rules of a famous old doctor:

1. Drink a big tumblerful of water before breakfast, and several times a day.
2. Get plenty of outdoor exercise without unduly fatiguing yourself.
3. Try for a bowel movement at exactly the same hour every day.

Everyone's bowels need help at times, but the thing to use is Dr. Caldwell's Syrup Pepsin. You'll get a thorough cleaning out, and it won't leave your insides weak and watery. This family doctor's prescription is just fresh, laxative herbs, pure pepsin and other helpful ingredients that couldn't hurt a child. But how it wakes up those lazy bowels! How good you feel with your system rid of all that poisonous waste matter.

Clean up that coated tongue, sweeten that bad breath, and get rid of those bilious headaches. A little Syrup Pepsin will soon free the bowels from all that waste matter that makes the whole system sluggish. You'll eat better, sleep better and feel better.

You'll like the way Dr. Caldwell's Syrup Pepsin tastes. The way it works will delight you. Big bottles—all drugstores.

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

for
Coughs
Take
Boschee's Syrup
and coughing stops at
once! Relieves where others fail.
Contains nothing injurious—but, oh, so
effective! GUARANTEED.

Boschee's Syrup
At all
drugists

Sunshine
—All Winter Long

At the Foremost Desert Resort
of the West—marvelous climate—warm sunny
days—clear starlit nights—dry invigorating
air—splendid roads—gorgeous mountain
scenery—finest hotels—the ideal winter home.
Write Cress & Chaffey

PALM SPRINGS
California

A Slowness Explained
"You English are slow to see a
joke," said the forward young man.
"Perhaps," answered the London-
er. "But, you see, real jokes are so
scarce in our country that one has
to take a little time to inspect any
article that's offered."

No matter how well you love to
tell a story, don't tell it to a man
who fidgets and wants to go on with
something else.



"Couldn't Feel Any Better"

"I was nervous and rundown
and weighed less than a hun-
dred pounds. I felt tired and
weak and often had to lie
down. I took Lydia E. Pinkham's
Vegetable Compound because I saw it advertised.
Now I eat well, sleep well and
have good color. In fact, I
couldn't feel any better and I
weigh one hundred fifty-five
pounds. I am glad to answer
letters from any woman who
wants to know more about the
Vegetable Compound."—Mrs.
Bertha Stephens, 21 E. Ross Street,
Lancaster, Pennsylvania.

Lydia E. Pinkham's Vegetable Compound
Lydia E. Pinkham Med. Co., Lynn, Mass.

W. N. U., BALTIMORE, NO. 41-1930.