

FAIRY TALE FOR THE CHILDREN WHEN BEDTIME HOUR COMES

By MARY GRAHAM BONNER

You have heard of the Every-Day-Is-Nice Club. Now some of the elves had been complaining of the weather. It was neither sunny, nor was it rainy.

"What is this we hear from some of our club members?" roared old Mr. Giant.

He did not sound cross but his voice was very loud and powerful and well



"What is This We Hear?"

sulted to his great body and big head. The elves who had been complaining—Edie and Effie Elf particularly—hung their heads in shame.

Would they be turned out of the club? They wondered. They feared they would, and yet they did so hope they wouldn't.

"Oh, Mr. Giant," said Effie, "I am so sorry. It was all my fault. I start-

ed breaking the rules. I complained of the weather.

"Edie only followed my bad example."

"Oh, I grumbled just as much," said Edie. "Yes, Mr. Giant, if it hadn't been for me, Effie would have made the most of the weather and enjoyed herself."

"And I said the weather was not the right kind at all. I was much more harsh about it than she was."

"No," said Effie, "if anyone is to be put out of the club, it should be myself."

"No," screamed Edie, "please, Mr. Giant, make it Edie and not Effie."

Mr. Giant was smiling. He was very happy.

"You both did break the rules of the club," he said, "but there are many things worse than that."

"If you had told on each other and had been tattletales, then you would

both have been put out of the club. "But each was ready and willing to take the blame."

"Yes," agreed Witty Witch, "if there is one thing I hate, it's a tattletale. "Such a person is a coward and wants to be praised, while another is blamed."

"Ugh—" And Witty Witch shivered at the very thought.

"And so," continued Mr. Giant, "you will both be kept in the club, and neither of you will lose your badges."

"You will simply have to get up a very nice and jolly party this evening to make up for complaining of the weather."

"What a lovely punishment," said Effie and Edie together, as they hugged each other, for they felt that each had been a real and true friend to want to take all the blame.

"Yes," said Mr. Giant, "and we must remember that the reason we are having in-between, damp weather, is because the cloud children are visiting the sun's rays, and so we have half and half of each kind of weather."

But what a splendid party they all had that evening. It was just as jolly as could be.

Mr. Giant had fine ideas!
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Oyster Stew Tempting Dish for Evening Meal

(Prepared by the United States Department of Agriculture.)

Because October has an "R" in its spelling—and also happens to be a suitable season for eating oysters, we are apt to welcome this flavorful shellfish with especial eagerness after being deprived of it for several months. In the fall, too, there are often cool periods that suggest something temptingly hot for the evening meal. Nothing could be more satisfactory for the purpose than a good oyster stew. The bureau of home economics of the United States Department of Agriculture tells how to make it.

1 quart milk 2 tbs. flour
1 quart oysters Salt
4 tbs. melted butter Pepper
Chopped parsley

Heat the milk in a double boiler. Strain the oysters from their liquor and pick out any small pieces of shell that may be clinging to them. Heat the oyster liquor slightly and remove the scum which rises to the top. Blend the flour and butter and stir into the milk until thickened. Add the oysters and the liquor and cook for five or ten minutes, or until the edges of the oysters begin to curl. Season to taste with salt and pepper. Serve in hot soup plates with finely chopped parsley sprinkled over the top.

To the Moon by Plane

Abbe Thomas Moreaux, director of the famous observatory at Bourges, France, says an aviator, flying at an average speed of 125 miles an hour and never stopping, could reach the moon in 80 days.—Capper's Weekly.

Popular Cheese Sandwich Can Be Made Extra Tasty

Hot cheese sandwiches are not much in evidence during July and August, but they are so good that one turns to them for luncheon or supper menus as soon as the weather cools a bit. There is a trick or two about making them so that they are extra tasty. The bureau of home economics of the United States Department of Agriculture explains the special points here-with:

Slice the bread thin and remove the crusts. Without buttering the bread, make it into sandwiches with thin, even slices of American cheese as the filling and a sprinkling of salt and a drop or two of tabasco for seasoning. Melt sufficient butter to cover the bottom of a smooth skillet and brown the sandwiches delicately on both sides. Take care that the butter does not become so hot that it browns the sandwiches before the bread is heated through and the cheese melted. Serve the sandwiches at once with a salad of vegetables or of sardines.

Phosphorus One of the Mineral Constituents of Common Foods



Some Common Sources of Phosphorus in Foods.

(Prepared by the United States Department of Agriculture.)

A well-rounded diet supplies us with energy foods, body-building material, vitamins, and minerals. Phosphorus is one of the mineral constituents of a number of our common foods, which has a marked effect on growth. In a series of charts prepared by the bureau of home economics of the United States Department of Agriculture the results of various laboratory studies made with small experimental animals are shown. For example, a rat which

was given a diet adequate in every way except for the amount of phosphorus received, was found at the end of 9 weeks to weigh only 60 grams. Another rat from the same litter and fed in the same way except for the addition of a sufficient amount of phosphorus to make the diet adequate, weighed 115 grams at the end of the same length of time. The picture, which is from these charts, shows that a wide variety of foods supply phosphorus.

Some of the common sources of phosphorus listed by the bureau are: Almonds, dry beans, fresh lima beans, buttermilk, cheese, cowpeas, eggs, fish, graham flour, rye flour, hazelnuts, lentils, lean meat, milk, oysters, peanuts, pecans, potatoes, peas, both fresh and dry, shredded wheat, walnuts, whole wheat, and wheat bran. Many of these foods are eaten in the course of a normal varied diet; it is chiefly important to make sure that some of them are always present in the menu. Other valuable constituents, too, are contributed by most of the foods mentioned.

Bureau of Home Economics Suggests Way of Making Cake Frosting

(Prepared by the United States Department of Agriculture.)

A good many women who can make an excellent, light, feathery cake have trouble with the frosting. In the old-fashioned "boiled frosting" method the sirup, cooked "until it spins a thread," is poured gradually into a beaten egg-white. Sometimes the icing is just right, sometimes it hardens too fast and cannot be put on the cake successfully, and sometimes it does not harden at all, but remains sticky or even runs off the cake. When a candy thermometer is used in making the sirup results are more uniform, but the work of combining the hot sirup and the beaten egg-white must be skillfully done.

A different and simpler method of making frosting is suggested by the bureau of home economics of the United States Department of Agriculture. A double boiler is used and the ingredients, including the unbeaten egg whites, are all put in at the same time. This frosting never actually boils, but it becomes thick and creamy very quickly and hardens nicely. The crust is crisp and glazed while underneath it the frosting is soft, light and moist. Various flavors may be used.

Vanilla Frosting.

1 cup sugar 1/4 tsp. salt
4 tbs. cold water 1/2 tsp. vanilla
1 egg white

Put the sugar, water and unbeaten egg-white into the upper part of a double boiler. Have the water in the lower part boiling. Commence beating the mixture with a Dover beater at once and beat constantly while it cooks for seven or eight minutes. It should then look just like ordinary boiled frosting and should be almost thick enough to spread. Take it from



Cake Icing Made in Double-Boiler.

the stove, add the vanilla, and continue to beat about five minutes or until it has thickened.

If the icing is not sufficiently cooked place it in the double boiler and re-cook for a short time; or, if it is too stiff, add a small quantity of water and cook again.

For chocolate frosting add two ounce squares of unsweetened chocolate to the other ingredients, and follow the same method given for vanilla frosting. The chocolate frosting will take longer to thicken to the right consistency.

Pulverized Mint

Pulverized dried mint leaves give an unusual flavor to meat sauces and salad dressings without definitely tasting like mint.

Teaspoonful of Tea to Cup Is Good Average

(Prepared by the United States Department of Agriculture.)

Brewing a social cup of tea is an art unknown to many housewives.

While the amount of tea to use will depend on the individual's taste, C. F. Hutchinson, tea examiner stationed at New York city for the federal food and drug administration, says that about a teaspoonful to the cup is a good average. Boiling water must be used or the leaves will not open fully and impart their full strength and flavor to the beverage. But tea should never be boiled nor should the leaves stand in the water longer than five or six minutes, in his opinion.

Mr. Hutchinson puts the tea in an aluminum strainer, puts the strainer across the top of the teapot, and pours boiling water through the strainer until the pot is full, covering the body of the strainer. After it has drawn for three or four minutes he takes the strainer out and has a cup of tea that is just to his liking.

Buttered Bread Crumbs Add to Baked Tomatoes

Wash tomatoes, remove the stem ends, cut in half, place in a shallow greased baking dish, cover with buttered bread crumbs seasoned with salt and pepper. Add a little water to keep the tomatoes from sticking to the dish. Bake in a moderate oven for 30 minutes, or until the tomatoes are tender and the crumbs brown.

Extra Compensation

Betty Lou's father gave her a nickel every week for learning her Sunday school lesson. One Sunday morning when he offered her the customary 5-cent piece, she refused it.

"What's the matter?" he asked in surprise.

"Well," replied Betty Lou, "there's a lot of hard words in the lesson this week so I'll have to charge you 10 cents!"

SOME RECIPES THAT WILL BE LIKED BY THE FAMILY

By NELLIE MAXWELL

Come, my beloved, fill the cup which clears
Today of past regrets and future fears—
Tomorrow, why tomorrow I may be, myself,
With yesterday's seven thousand years.
—Omar Khayyam.

The bride of today with all her equipment in culinary knowledge has no fear of failures in cookery. Up-to-date cook books with clear directions for preparing even the simple foods gives assurance to the most inexperienced.

Here is one which any bride will like to try:

Fancy Biscuit.—Take two cupfuls of flour, four teaspoonfuls of baking powder, one-half teaspoonful of salt, one tablespoonful of sugar, two tablespoonfuls of shortening, one egg and two-thirds of a cupful of milk, one-third cupful of sliced dates, four tablespoonfuls of peanut butter and one egg yolk. Sift the dry ingredients, work in the shortening with a fork until well blended, add milk and well beaten egg to form a soft dough. Roll out on a floured board and cut small rounds. Spread one with peanut butter, place one or two slices of dates and cover with another round. Press the edges together to enclose

the butter and dates. Brush with egg diluted with a little milk or water and bake in a hot oven. If preferred cut the rounds larger and put the butter and date on one-half and fold over, pinching the edges together.

Mocha Frosting.—Take one-fourth cupful of butter, one tablespoonful of cocoa, two cupfuls of confectioner's sugar and three to four tablespoonfuls of strong coffee infusion. Cream the butter, add the cocoa. Stir in the sugar and coffee gradually. Beat until smooth and spread on the cake.

Coffee Ice Cream.—Scald one and one-half cupfuls of milk with one-third of a cupful of finely ground coffee, strain through a double cheese cloth, add one cupful of sugar, the beaten yolks of four eggs, one-fourth teaspoonful of salt; cook over water until thick, adding one-fourth cupful of sugar, and one cupful of cream; cool, add three more cupfuls of cream and freeze. Serve garnished with maraschino cherries.

Cottage Pudding.—Cream one-fourth of a cupful of butter, add two-thirds of a cupful of sugar gradually and one egg well beaten; mix and sift two and one-fourth cupfuls of flour with four teaspoonfuls of baking powder and one-half teaspoonful of salt; add the dry mixture alternately with one cupful of milk and bake in a shallow cake pan. Cut into squares and serve with a lemon sauce or with crushed fruit and cream.

Just a plain cottage pudding may be used for various desserts, varying the sauce which is served with it.

Orange juice is such a pleasant drink that nobody needs to be urged to drink it. The

average person thinks nothing of buying a bottle of medicine that costs a dollar or more, but how much pleasanter and cheaper orange

juice is. It regulates the bowels, refreshes and pleases the palate all at the same time, which cannot be said of most medicines. One need not fear any bad results from getting the orange juice habit—the more you take the better you like it and the healthier you are. For a daily drink any time it is acceptable and a glass taken at night is one of the best of night caps.

Peach Tartlets With Raspberry Sauce.—Spread rich pastry over small inverted patty tins. Bake until a light brown in a hot oven. Place them in the tins and fill with halves of peaches, cut side down, cut very thin and kept in the original shape. Pour hot red raspberry jam or sauce over them, return to the oven to bake until the peaches are soft. They may be served fresh if so wished, topping with a bit of whipped cream.

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FUR-JACKET CLOTH SUIT MUCH IN AUTUMN FASHION LIMELIGHT

By JULIA BOTTOMLEY



Rah, rah, rah! here it is, college girls and women everywhere, who are interested in "the latest," just the costume you've been wanting to wear to the football games this fall or about town—the fur-jacket cloth suit. It is simply too smart for words.

The fur-jacket costume is the pet of Paris. It is the most captivating, "nifty" fashion that ever initiated a fall season. You can get it in any sports fur of your choice, and if your checkbook will not admit of real fur shed no tears, for the fur-fabric types are amazingly good looking.

Muskat, dyed lapin, caracul, kid-skin or spotted leopard, choose which

you will, you are sure to go right in your selection and, having decided, the next step is to consider the cloth for the skirt and the lining of the jacket. Yes, indeed, the jacket must be lined with the cloth of the skirt, else you fall to accent the ensemble idea which would be a sad sin of omission.

The blouse to wear with it? Why not one of the new wool lace over which every one in styledom is raving? Or perhaps you prefer one made of the very smart eyelet-embroidered wool jersey or just plain jersey in a bright hue, if you insist.

Maybe your fancy turns to lacy tweed for the skirt and the lining and



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