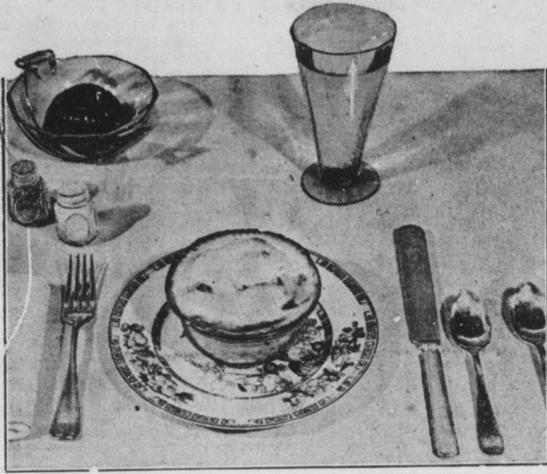


### Rabbit Is Regarded as a Delicious Addition to the Menu



Ramekin Useful for Individual Rabbit Pie.

(Prepared by the United States Department of Agriculture.)

Domestic rabbits are being raised for meat as well as fur in many parts of the country, although their production is most highly developed in the western states. The meat may be eaten the year around, and is coming to be appreciated as a very delicious addition to the menu. In color and flavor domestic rabbit meat is so superior to wild as to seem an entirely different article of food. All the meat on a domestic rabbit is white and delicately flavored throughout. In food value rabbit falls in the class with poultry and other meats as a source of efficient protein.

Most of the domestic rabbits are marketed at eight to ten weeks of age, and are then termed "fryers." The bones of these quickly grown rabbits are very brittle, and in preparing the meat for cooking care should be taken to break them in such a way that they do not siver. Like young chickens and tender chops and steaks, young rabbits need longer, slower cooking. They are usually first simmered until tender and then used for casserole dishes, pie, croquettes, salad, or other dishes of which cooked meat is the basis. The bureau of home economics of the United States Department of Agriculture, in co-operation with the bureau of biological survey, has worked out a number of new ways of preparing rabbit meat. A new publication, Leaflet 66, called "Rabbit Recipes," is now available on the subject. The following recipe for rabbit pie, which is one of the best ways of cooking an older rabbit, is from the leaflet.

#### Rabbit Pie.

1 rabbit 2 lbs. butter or 1/2 tsp. salt other fat  
1 onion, chopped Flour  
1 green pepper, Dash of tabasco  
1 chopped sauce  
1/2 cup chopped Parsley

After wiping the meat with a damp cloth, cut into two or three pieces. Place in a kettle, barely cover with hot water, add the salt, partly cover the kettle, and simmer until tender, or about one and one-half to two hours for a mature rabbit. Drain and measure the broth, and remove the meat from the bones in large pieces. Cook the onion, green pepper, and parsley for a few minutes in the fat in a skillet and stir frequently. For each cup of broth measure 1 1/2 tablespoonfuls of flour and mix well with the fat and seasonings. Add the broth and stir until thickened. Add more salt if needed and a dash of tabasco sauce. Mix well with the rabbit meat and

### Some Timely Advice on Selecting and Caring for Your Furs

(Prepared by the United States Department of Agriculture.)  
The satisfaction obtained from a fur or a fur-trimmed garment depends on making a good selection in the first



Coat of Rabbit Skin Sheared and Dyed a Beaver Brown.

place and on giving the garment good care while it is in use. There is a wide range of durability in different furs, but price is no indication of

durability. For example, chinchilla, a most expensive fur, is not so durable as rabbit. Much is said about the preparation of rabbit fur to make it look like higher-priced furs, but if the customer understands what she is getting and takes good care of her coat, she may have full satisfaction and pleasure in it.

The biological survey of the United States Department of Agriculture lays great stress on dealing always with a reliable furrier and in going to him exclusively for repairs, storage, or other matters connected with a fur or fur-trimmed garments. Some of the special points in the care of furs are as follows:

If any defects appear in a fur garment while it is still comparatively new, take it at once to the firm from which you bought it. The most expensive garment and the cheapest are equally liable to small troubles, such as a parted seam, a tiny hole, or broken hairs that have not been entirely removed and so give the appearance of shedding.

The leather, or skin, of the piece of fur has been specially treated to make it pliable. The furrier or reputable dry cleaning plant experienced in handling furs has special methods of cleaning furs to retain this quality. If your fur garment is damp or wet, do not put it on or near a stove or radiator. Hang it on a padded hanger properly and let it dry slowly at ordinary room temperatures.

Do not hang your furs in a closet with steam pipes. The air in the closets of steam-heated apartments is generally too dry for furs, unless there is provision for humidification.

## GOOD THINGS TO EAT THAT WILL BE ENJOYED BY THE FAMILY

By NELLIE MAXWELL

So much to do that is not even begun. So much to hope for that we cannot see. So much to win, so many things to be.

—William Morris.

Where the child must carry a lunch at school, every effort should be made to make the food appetizing. Fresh fruit when it is possible should always be included. Jams, jellies, dried fruits such as figs, prunes and raisins or dates will help out when apples, oranges and fresh fruits are not available.

**Fruit Paste.**—Thoroughly mix chopped dates, raisins, dry figs and finely ground nuts with orange juice and a little cream. Spread generously on thin, buttered bread.

**Egg Sandwich.**—Chop hard cooked eggs, moisten with lemon juice, season with salt and pepper, spread over a lettuce leaf, place on a buttered slice of bread. Cover with a plain buttered slice.

**Carrot, Celery and Nut Sandwich.**—Mix ground raw carrots, celery and nuts with lemon juice and boiled dressing. Put the mixture into cases made by scooping out a roll cut in half. Fit the halves together.

**Quick Orange Jam.**—Take two cupfuls of orange pulp and juice, one lemon, pulp and juice, and one and

one-half cupfuls of sugar. Boil ten minutes. Put into jelly glasses and seal. Serve in sandwiches or with toast. A small glass of this jam makes a dainty addition to the lunch-basket.

For a wholesome sandwich, spread one slice of the buttered bread with orange marmalade and the other with cottage cheese. Put together and wrap in waxed paper.

**Party Sandwiches.**—These should be served as soon as prepared. Mash bananas and fresh raspberries in equal amounts and moisten with sweet cream, add a pinch of salt and a bit of sugar if needed. Spread white bread with butter, then with the fruit mixture. Put the slices together and cut into fancy shapes. If the fresh berries are not obtainable, use raspberry jelly. If desired especially festive, decorate the top of small sandwiches cut into rounds with a spot of the jelly.

**Heart Cakes.**—Make a cake batter, baking it in a shallow pan. Take one-half cupful of shortening, one cupful of sugar well creamed, flavoring to taste, two-thirds of a cupful of milk and two cupfuls of pastry flour sifted with three teaspoonfuls of baking powder. Mix well and fold in the stiffly beaten whites of three eggs. Bake in a moderate oven. Cut when cool into heart shapes and cover the entire cake with pink frosting.

To make the frosting use four tablespoonfuls of hot cream, two table-

spoonfuls of butter and one and two-thirds cupfuls of confectioner's sugar. Mix the cream, butter, salt and flavoring, add a little red coloring and the sugar a little at a time, beating well. Arrange each cake on a paper doily and insert darts of gold paper.

**Date Meringues.**—Blanch one-half cupful of almonds and when dry chop. Cut two cupfuls of dates into slices with wet scissors. Beat two egg whites until stiff, add two-thirds of a cupful of sugar, slowly beating all the time, flavor with vanilla and add one-fourth of a teaspoonful of salt. Fold in the dates and nuts and drop by teaspoonfuls in smooth mounds on a well buttered baking sheet. Bake in a slow oven for thirty minutes. (©, 1930, Western Newspaper Union.)

#### Glazed Apple Rings Served With Cold Meats

(Prepared by the United States Department of Agriculture.)

Glazed apple rings are particularly good with either roast pork or cold cuts. The directions for making them are from the bureau of home economics of the United States Department of Agriculture. If you do not have the leaflet, "Fork in Preferred Ways," by all means send for it, as it contains several other suggestions for serving this popular meat.

4 large tart firm apples 2 lbs. butter, melted  
1 cup sugar 1/2 tsp. salt  
1 cup water

Prepare a sirup of the water, sugar, and salt, cook for about 10 minutes, and add the butter. Wash, core, and pare the apples, and cut crosswise into two or three thick slices depending upon the size of the apples. Butter a large shallow pan and place the apples in it in a single layer. Pour the hot sirup over the apples, cover, and cook slowly in a moderate oven until the apples are tender. Turn the slices of apples carefully so as not to break them, leave the pan uncovered, and continue the cooking until the sirup has become very thick and slightly browned. Serve either hot or cold with the main course of the meal.

#### You Should Know How to Serve the New Fruits

In recent years such former fruit novelties as Japanese persimmons, avocados, loganberries, mangos, papayas, and many other interesting and delicious new fruits have become generally available on the market in their season. As soon as a new fruit becomes common it is desirable to know how much sugar, acid, and other chemical constituents it contains. Doctors and dietitians need such data if they are to include it in their diet lists. The bureau of home economics recently issued tables giving proximate chemical composition of fresh fruits and fruit juices. Averages for new and unusual fruits and for apples, cherries, peaches, and all the familiar kinds are shown in terms of carbohydrates, calories, and other chemical units. Separate figures are given for summer, fall, and winter apples, sweet and sour cherries, and other varieties or types of a fruit that differ markedly in their composition.

## FAIRY TALE FOR THE CHILDREN WHEN THE SANDMAN COMES

By MARY GRAHAM BONNER

The pilot was taking David for a trip in his airplane. He certainly was taking him over great distances.

They were flying off toward the east now, over farms and forests, then over a province in Canada which David could just make out was marked "New Brunswick."

As they flew here, very low, too, David saw a river with the most curious waterfalls.

They weren't high but were very strange. They started to go one way for a little and then they turned around and went the opposite way.

"They're the Reversible falls in the St. John river," the pilot shrieked at David through the trumpet. "So named because they can turn themselves around—pretty clever of them!"

It was growing darker and darker now. They were landing! David did not quite know where he was—some-where near his friend Atlantic, for he was faithfully nearby.

The pilot helped David out and then rushed off again, leaving David quite alone. He did not know what to do but he was feeling very sleepy and he decided he'd better get some sleep before he did anything else.

He made a pillow of some spruce branches and found a comfortable spot for his out-of-door bed.

In the distance he thought he could hear some of the Boundary men singing:

Flying, flying, flying  
Nova Scotia way,  
Passing through New Brunswick,  
Then o'er Fundy Bay.

Flying, flying, flying,  
Over Tides so rare,  
But you will sleep and rest  
Before you go elsewhere—

Flying, flying, flying—  
But David never heard any more

of that song. When he awoke there was no sound of voices, save those of some sea gulls flying overhead, shrieking at each other.

The water dashed up over the rocks and the breakers rushed back and forth, breaking over the rocky

shore of Atlantic. The sun was shining very brightly, the air was deliciously fresh and made David feel able to go on adventuring for always.

All over he walked, through woods, along the most beautiful streams, through a peaceful, quiet valley. Almost everywhere—if he walked far enough—he found water. He wondered if this could be an island and



He Walked Through Woods.

then remembered that there had been land joining this with New Brunswick—so this must be Nova Scotia.

And now he remembered having seen a sign when he was in New Brunswick which pointed the way to Nova Scotia. This must also be a peninsula. Isthmus had told him about peninsulas—they just liked to keep in touch with the land—no more than that.

The rocks along the coast were wild and dangerous looking, yet there was a great beauty to them.

#### Juvenile Hollanders

In the country schools in Holland the little girls are quaintly dressed in long dark dresses, white aprons, snowy-white Dutch caps and wooden shoes. The boys wear loose, baggy trousers, jerseys or sweaters and soft caps. The girls keep on their snowy Dutch bonnets during school hours; in fact, they are only taken off at bedtime.

## HIGH COLOR, NEAT TAILORING FEATURE PRACTICAL CLOTHES

By JULIA BOTTOMLEY

Novel materials which revel in high color and which exploit a neat tailoring are the thing when it comes to the chic frock for the practical hour. One of the proud boasts of this season's dresses and suits for street wear, likewise for classroom and in the office, is that they are styled with a view to achieving slenderizing lines.

This point is aptly illustrated in the youthful gown pictured to the left. Note how the box pleats giving breadth to the hemline are positioned quite low so as to preserve a carefully fitted hipline. The low-placed flare is made a feature throughout the present styling program. Some of the flounces on dressier gowns are placed below the knee.

Among other details which contribute to the chic of this dress shown to the left, is the point-edged fastening of its skirt which buttons.

For the making of this ideal fall frock the designer chooses a most attractive bemberg weave, its tweed patterning being in cricket green and white. We are hearing a great deal these days about fabrics not made of silk, not of wool, not of cotton or linen but of synthetic yarns—man-made fibers which have been processed with that Twentieth century ingenuity which marks the progress of the times in which we live. The printed crepes of bemberg are especially good looking, many of them being authentic reproductions of silk and wool patternings.

The modest little suit to the right is fashioned of a bemberg weave which accents a tweed effect in navy blue and beige. This simple style is one which could be very easily made at home at little expense and it is just such a type as will be ready to slip on in answer to the ever recurring "what to wear" question. The blouse is in monotone beige.

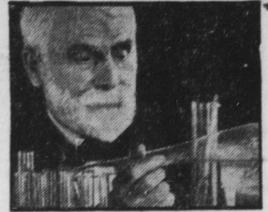
For the schoolgirl an intriguing and



practical theme is the one-piece dress of inexpensive patterned bemberg crepe which has a separate top coat or jacket of flannel, the color of which repeats the leading tone in the print.

perhaps navy or brown or the very fashionable bright red. To carry out the ensemble idea the coat should be lined with the printed crepe.

(©, 1930, Western Newspaper Union.)



### FAMOUS Doctor's Way to move the Bowels

Do your bowels fail you occasionally? Are you a chronic sufferer from constipation and its ills? Then you will be interested to know of this method which makes the bowels help themselves.

Dr. Caldwell specialized on bowel ills. He treated thousands for constipation. The prescription he wrote so many times—which has been tested by 47 years' practice—can be had of any druggist today. Its pleasant taste and the way it acts have made it the world's largest selling laxative.

"Dr. Caldwell's Syrup Pepsin," as it is called, is a skillful compound of laxative herbs, pure pepsin and other mild ingredients. Nothing in it to harm even a baby. Children like its taste. It acts gently, without griping or discomfort. So it is ideal for women or older people. But even the most robust man will find its action thorough, satisfying. The quick, certain benefits millions are securing from Syrup Pepsin proves a doctor knows what is best for the bowels.

Next time you feel bilious, head-achy, bloated, gassy, or constipated take some Dr. Caldwell's Syrup Pepsin and see how fine you feel the next day—and for days to come!

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

#### Playing in the Woods

One of the best vacation stories is about Fritz Kreisler. The famous violinist spent his vacation in Maine one summer, and hired a guide. Mr. Kreisler had his own ideas of a vacation. The French-Canadian guide explains very well what kind of a holiday that was.

"I no und'est'ain' heem. He pay me five dollar a day to be guide. He no hunt, he no fish, no climb mountain, all he do he sit all day an' play dam' fiddle."



### Looks Young, Feels Fine

"Eight years ago before my last baby was born, I started taking Lydia E. Pinkham's Vegetable Compound. I got such good results that I named her Catherine Lydia. I have six older children and five grandchildren, too. I am 44, but people tell me I look much younger. I am now taking the Vegetable Compound again because of my age. I eat and sleep better and I do all my housework, and my washing. I will do my best to answer letters."—Mrs. H. Dolhonde, 6318 York St., New Orleans, Louisiana.

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

#### Timely Advice

Tourist (in mining town)—Is this a healthful place to settle in?  
Hotel Proprietor—It is that, sir; but it's a most unhealthy place if you don't settle.—Exchange.

Don't wither away in the presence of these "superior people." Just take on the role, yourself. Outsuperior them.



Clogged intestines take away the joy of life. Restore regularity without griping. TAKE Wright's INDIAN VEGETABLE PILLS "THE TONIC-LAXATIVE" At Druggists or 375 Fourth St., N. Y. City. W. N. U., BALTIMORE, NO. 45-1930.