

Fairy Tale for the Children

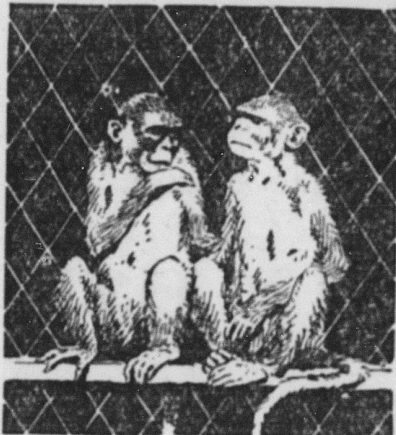
By MARY GRAHAM BONNER

"I didn't hear what you heard," said Netty, "as I was busy swinging by my tall and didn't pay much attention to the people outside of my zoo room."

care about animals and who love them when they're well, or sick, or naughty, and who understand them, should be the ones who are allowed to take care of them."

"That's right," said Netty. "Just suppose we had any other keeper but the one we have."

"Wouldn't it be too dreadful?" "My dear Netty, don't even say such a thing. The very thought sends shivers from the top of my head to the tip of my tail."



"Listen and I Will Tell You."

ers from the top of my head to the tip of my tail." "It makes me feel the same way," said Netty. "I was sorry the moment I had spoken that thought of mine."

CORN FRITTERS ARE RICH, SUBSTANTIAL

When the lunch or supper supplies seem a trifle less hearty than usual, it is a good time to have fritters, which are rich and substantial—in fact, too substantial to have in addition to other foods on a heavy dinner menu.

1 1/2 cups sifted soft-wheat flour, 2 tsp. baking powder, 1/2 tsp. salt, 1 cup drained canned corn, 1 cup liquid, either juice from canned corn or milk, or the two mixed, 1 egg, 1 tbs. melted fat.

Mix the flour, baking powder, and salt. Mix the juice from the canned corn or milk, or whatever liquid is used, the egg after it has been beaten slightly, and the canned corn. Stir this liquid mixture gradually into the dry ingredients. Add the melted fat. If the corn is very moist, even after the liquid has been drained from it, more flour may be needed. Dried corn which has been soaked and cooked until tender may also be used.

Fry the corn fritters in deep fat. If preferred, in a skillet in shallow fat. In either case drop the mixture by spoonfuls into the fat and fry rather slowly. The fritters need time to cook through to the center before the outside becomes too brown. Drain the fritters on absorbent paper and serve hot.

Washington's Dinner Hour

In his diary, George Washington repeatedly speaks of dinner as a daytime meal. He recounts guests who dined at Mount Vernon, then sets down how the afternoon was spent.

Hints About Things Good to Eat

By NELLIE MAXWELL

Those persons and things, then, that inspire us to do our best, that make us live at our best, when we are in their presence, that call forth from us our latent and unsuspected personality, that nourish and support that personality—those are our friends.—Randolph S. Bourne.

In many homes fresh cookies are so much more enjoyed than a large amount baked at one time. Here is the ice-box cookie which may be kept many days and when a tin of fresh cookies is wanted, slice off a few, put them in the oven and bake them as above as you like.

Ice Box Cookies.—Take one cupful each of butter, brown and granulated sugar, two eggs, one teaspoonful each of salt and soda, one cupful of nutmeats, one teaspoonful each of almond and vanilla extract and four and one-fourth cupfuls of flour. Cream the butter, add the sugar, eggs and other ingredients. Roll into two rolls and let stand on a cloth in a pan placed in the ice box. The cloth keeps the dough from flattening and sticking to the pan and thus losing its round shape. Slice very thin, decorate with

half a nut meat, a raisin or cherry as one's taste suggests.

Another food so much liked in all our homes is fresh rolls. It takes time to prepare a light and crisp roll. Here is a recipe which will keep for a week or longer in the ice chest and a pan of biscuits may be baked any time one cares to serve them:

Ice Box Rolls.—Dissolve two compressed yeast cakes in one-fourth of a cupful of warm water, adding two teaspoonfuls of sugar. Add two tablespoonfuls of shortening, one teaspoonful of salt, one-half cupful of sugar to a pint of boiling water. Beat two eggs and mix all together with four cupfuls of flour. Beat well, then add three and one-half cupfuls more of flour, mix well with a spoon but do not knead. Set away in the refrigerator until the next day at noon, when it will be ready to use. Handle the rolls quickly, brush with melted lard or sweet fat when they are placed in the pan. Let stand until more than double their bulk; keep covered while rising in a warm place.

With these two mixtures in the ice box, one may be ready for the unexpected and need not worry.

Coffee Cake Most Excellent.—Dissolve one yeast cake in half a cupful of warm water, adding one teaspoon-

Force Meat Makes a Good Stuffing



Stuffing a Breast of Lamb With Force Meat.

(Prepared by the United States Department of Agriculture.)

Did you ever try roast breast of lamb, stuffed with "force meat"? Force meat is a chef's name for a well-seasoned mixture of chopped meat, bread crumbs, and vegetables, used for stuffings of various kinds.

Select a breast of lamb, including the fore-shank, which will be used to make the force meat stuffing. Have the butcher crack the bones of the breast so that it can be served between the ribs. Wipe the meat with

a damp cloth. Remove the fore-shank, and trim off the meat and grind it. Make a pocket in the breast by cutting through the flesh close to the ribs. Sprinkle the inside of the pocket with salt and pepper, pile in lightly the hot force meat, made according to the directions below, and sew the edges together. Rub the outside with salt, pepper and flour. Lay the stuffed breast, ribs down, on a rack in an open roasting pan. Do not add water. Place the roast in a hot oven (490 degrees F.) and sear for thirty minutes. If there is not sufficient fat to keep the meat from drying out, baste with melted fat, or lay a strip or two of bacon on top. After searing, reduce the oven temperature rapidly to 300 degrees Fahrenheit and continue the cooking in the open pan until the meat is tender. The total time required will probably be one and one-half to one and three-fourths hours. If there is more stuffing than the breast will hold, bake it in a separate dish or use it as stuffing for onions to serve with the meat. Serve with brown gravy made from the drippings.

For the baked onions, choose a large, mild-flavored variety. Cut the onion in half crosswise and simmer in lightly salted water until about half done. Lift the onions out and arrange on a baking dish. Remove the centers without disturbing the outer layers. Chop the onion centers and add to the force meat stuffing. Fill the onion shells with this mixture, cover, and bake in a moderate oven for about one-half hour, or until the onions are tender. Remove the cover from the baking dish during the last of the cooking so that the onions will brown well on top.

Force Meat Stuffing

Ground lean meat 1 1/2 lbs., parsley from the fore-shank cut fine, 1/4 cup, celery seed 1/2 tsp., fine dry bread crumbs 1/2 cup, butter 2 tbs., salt 1 tsp., seasonings 1/2 cup chopped celery, 1/4 tsp. pepper, 1 tbs. chopped onion

Melt the butter in a skillet, add the celery and onion, and cook for two or three minutes. Add the ground meat and stir until the juice evaporates and the meat browns slightly. Then add the bread crumbs and seasonings and stir until well mixed.

POOR POSTURE CAN BE REMEDIED

(Prepared by the United States Department of Agriculture.)

Poor posture in childhood often becomes so confirmed in people that the bones and muscles assume faulty positions permanently, to the great disadvantage of the person concerned. Bad posture crowds heart and lungs, makes the stomach and intestines sag, and causes muscle strain. It also fosters

This picture was made in connection with extension work in better posture and good health among children. It brings out the special defects that are increased by continued poor posture.

This five-and-a-half-year-old child had slight early rickets, which caused her muscles and ligaments to relax. She has a distinct hollow or groove across her chest, flaring ribs, knocked knees and lowered arches, all indications of rickets in early childhood. The remedy in this case was to give the child exercise that would tend to improve her habits of standing and sitting, so as to correct as many of these defects as possible. Also great care was given to her diet, to include in it as many of the protective and growth promoting foods as possible.



Slight Early Rickets Caused Muscles and Ligaments to Relax.

shallow breathing, poor circulation, bad digestion, sluggish bowel action.

If taken in time, poor posture can often be remedied. Sometimes it is a result of unnoticed early rickets, as in the case of the child shown in the accompanying picture, by the United States Department of Agriculture.

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Jackets Last Word in Economy

By CHERIE NICHOLAS



One of the most popular movements in the realm of costume design at the present moment is the jacket-plus frock. These little removable jackets are the last word in economy and as to chic, they are all that and then some.

Jackets provide sleeves to the sleeveless but they enable the frock to play a dual role—with the jacket a charming afternoon costume as you see in the picture, sans jacket the transformation of an informal to a formal gown. Small wonder is it, that in creating the new spring and summer

modes, designers are working the idea for all it is worth.

The model pictured has been aptly called a "double-date" dress for reasons which are obvious. As it stands in the illustration it is ready to go stepping to most any afternoon affair from backgammon party to luncheon here or there amidst smart environment. Comes "after six" with its round of more formal dine, dance and theater parties to which this costume of lovely wine-red bemberg chiffon crepe tines in at a moment's notice, simply by removing the jacket, thus rendering the gown sleeveless.

Note the graceful girle. It is made of shaded sheer velvet. In adjusting the jacket one may or may not draw this colorful sash through slots at the side seams. The advantage in doing so is that the jacket will not "fly open" to the annoyance of its wearer. Then, too, it gives a very charming effect to tie the jacket down across the front just as it is shown in the picture.

The merit of sheer crepe such as this bemberg type is becoming more and more apparent. There is everything to recommend it, from the fact of its being durable and practical at the same time that it is flattering as well as being sufficiently dressy for festive occasion. With good reason style creators are continuing to exploit sheer frocks in solid colors such as the model illustrated.

Quite a few of the midseason dresses of chiffon or sheer crepe are topped with either lace, banded or self-material yokes, the latter usually in pale pink or a delectable pastel tint or pure white.

A Few Little Smiles



WOULD YOU BELIEVE IT?

"I don't take tips, sir." "Our prices are reduced." "Things were much better in our day." "I shan't want a holiday this year, sir." "May I offer you my seat, miss?" "The editor will be pleased to accept your contribution." "I never criticize the government." "Yes, we've had our cook six years." "I think she is better looking than I am, dear."—Passing Show.

Barred

A neighbor offered Martha who was admiring his puppies, one of the rat terriers. "I know mother won't let me have it, because we don't raise rats, and her grocery bill is about all she can stand," said the philosophical six-year-old.

WAS NEVER LIFTED



"Has she ever had her face lifted?" "Where could you find a thief who would want to steal such a thing?"

Fickle

"The styles are changing very fast," said Bessie to Marie. "And it's just the same with husbands, too. I'm changing mine, you see."

Utilizing It

"I want to return this license." "Won't the girl marry you?" "I thought I was getting a hunting license." "Can't refund your money." "Then I guess I'll have to go hunting for a girl."

Charged Plenty

Bride (on honeymoon)—Why do you look so unhappy, Jim? You know that we are one now. Groom—Yes, dear, but judging from the hotel bill I've just received the manager seems to think we're about half a dozen.

ON THE SQUARE



She—Why is this boxing ring not round? It has four corners. He—Well, this match is on the square.

Wags on Wags

I told my dachshund such a joke; I thought he did not see. But, ere five minutes had elapsed, he wagged his tail in glee.

A Doctor's Night

"I attended a wild party last night," remarked the doctor. "Why, you told me you were going to see a patient," exclaimed his wife. "I did," grinned the doctor. "He was the wild party, and they had just brought him home from one."

The Easiest Way

Ship Captain (excitedly)—All hands on deck! The ship has sprung a leak! Voice From the Hold (sleepily)—Aw, put a pan under it an' go back to sleep!

50,000 Years Ago

Mrs. Pithecanthropus—Look at that, willya? Every shelf in this cave loaded down with those pieces of flint! Mr. Pithecanthropus—Well, what am I gonna do with my old razor blades? —Chicago Daily News.

A Toss-Up

"What's an oil prospector?" "About as good a definition as any is, a man who doesn't know whether he is four feet from a million dollars, or a million feet from four dollars."

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