

# Sandman Story for the Children

By MARY GRAHAM BONNER

The school bell had sounded and all the children went to their different classrooms and began their lessons in the big city school where they were students.

They had not been at their lessons long when a great bell sounded through the school.

It was different from the usual school bell which brought them to their lessons, and it filled them all with fear.

The teachers looked frightened, too, but they were all very, very quiet.

"March out, slowly, in single file," said the teacher of each classroom.

They all knew how to do this, too, for they often had a fire drill.

It always made them a little nervous but they knew if they were quiet and didn't get really frightened all would be well.

There was only great danger when people lost their heads, as the saying goes.

It's a wise saying, too—it means that people act as though they hadn't any heads with brains in them at all.

The bell had been a fire bell and every one knew it. Soon every one of the many children were out in the big courtyard and thence to the street.

The teachers were all out, too. All but one and that teacher was the one who helped them with their singing chorus.

They wondered where she could be. They felt sure she must be out somewhere and each class thought she was with another group.

But no one saw her, and every one felt a great fear.

The sound of the motors and engines coming down the street with their sharp, shrill sirens made every one watch the firemen.

They were coming! How quickly they had arrived! They were putting on their long rubber coats and their red helmets as they were jumping off the fire engines.

Some of them had been putting on their coats as the engines had dashed through the streets to the school.

The hoses were put to work. The water began to pour into the windows

"But look, look," said some of the rest.

And then what should they see but a fireman carrying Miss Cole out of an upstairs window.

She had not noticed the fire bell at first and then the smoke had made her faint away.

She was quickly revived, and her life had been saved.

How wonderful the fireman had looked when he had carried her out of the smoking building, with its wild flames coming forth.

Every boy that evening told his mother that when he grew up he would like to be a fireman.

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## Sailboat Banana Salad Generally Liked

Select ripe, perfect bananas. Wash and dry. Cut a little "trench" in the unpeeled banana from one end to the other, scooping out the banana in this "trench."

Dice the portion scooped out, add it to one cupful of diced oranges, one cupful diced apples, one-half cupful maraschino cherries and one-half cupful diced pears.

Add mayonnaise made of fruit juices, egg yolk and sugar, mustard and olive oil.

Fill the cut portion of the banana, top with more mayonnaise and garnish with red and green cherries.

Arrange on the lettuce to resemble a sailboat on water, cut a sail from white letter paper, using a colored opera stick candy for the mast. Place in position in the sailboat and serve.



"But Look, Look!" Said Some.

of the school which were now sending out big columns of smoke.

The fire was a large one and it had started so suddenly—no one knew how.

The firemen were climbing up the ladders. Everything, it seemed, was done in a second.

"Is there anyone in the building?" asked a fireman.

"We can't see Miss Cole, the singing teacher, though she can't possibly still be in the building," they said.

"She has probably gone for lunch. She has her lunch early. She can't possibly still be in the school," said others.

## Oldest Trees in Europe

Between Loch Rannoch and Loch Tay is Glen Lyon, the longest glen in Scotland, which stretches its mysterious beauty from Loch Lyon over 30 miles. Many a tourist in Perthshire has rushed past it, little knowing that he was missing a haunt whose loveliness would cheer him long after his more notable places had become dim in his mind. The Scots call it "the Dark Crooked Glen of the Great Rocks." The place is red with history and legend, battles of kirks and crosses which go back to the earliest days of Celtic Christianity. Its few trees claim to be the oldest authentic specimens of vegetation in Europe.

## Cabbage Slaw Makes Delicious Salad

(Prepared by the United States Department of Agriculture.)

Cabbage slaw is one of the most popular ways of serving cabbage in place of a salad. It is, in fact, a salad, with a boiled dressing instead of a mayonnaise. The hot dressing is poured over the finely shredded cabbage so that it will have an opportunity to blend its flavor thoroughly with the vegetable. This slaw can be served hot or cold, according to the bureau of home economics, of the United States Department of Agriculture, but most people are accustomed to it as "cold" slaw.

Select a hard head of cabbage, cut in quarters, and wash thoroughly in cold water. Drain, shred, and set aside in a cold place until crisp. Pour hot dressing over the crisp cabbage and stir until well mixed. Serve hot or cold.

One cupful chopped celery, or one-half cupful of finely shredded green pepper, or one cupful of thinly sliced tart apple may be added.

**Dressing for Cabbage Slaw.**

- 3 eggs
- 1/4 cup water
- 1/4 cup vinegar
- 2 lbs. sugar
- 1/2 tsp. salt
- 1/4 tsp. mustard
- 1/4 tsp. celery seed
- 2 lbs. butter or other fat

Beat the eggs, add all the ingredients except the fat, and cook in a double boiler until thickened. Stir constantly and just before removing from the fire add the fat. Pour over the cabbage while hot. If served as cold slaw, chill after the dressing is added.

# White Choice for Evening Wear

By CHERIE NICHOLAS



you that this or that fair one was dressed in "simple white" be not misled. The mind, wise to the ways of evening modes "as is" in our day and generation, know full well that simplicity as applied to dress is, in the modern interpretation of the word, born of that "art which conceals art."

There's the exquisite gown in the picture, for example, the uninitiated may describe it as a simple frock, but to those who know, it is a masterpiece which in the final analysis resolves itself into a matter of white transparent velvet of finest texture together with lovely white flat crepe and bright beaded bands, the entire falling into lines of grace through the subtle art of the designer.

All the way through the program of evening dress the tendency is to call attention to beauty of fabric. The gowns of satin and transparent velvet which are playing such an outstanding role in the formal mode are made to look as classically simple as possible regardless of the fact that in their actual construction they involve a labyrinth of intricate manipulation.

It is interesting and significant to note that in Paris leading couturiers are carrying the vogue of velvet into spring and summer. Which goes to confirm that which has long since been self-evident—that velvet is proving itself a perennial. When we stop to consider that modern velvet weaves are in many instances as exquisitely delicate and sheer as the most fragile chiffon, it is easy to understand why designers have come to regard it as a practical and altogether lovely year-round material.

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**Bacon and Liver**  
Cleanse and parboil sliced liver. Cut in strips the size of slices of bacon. Lay a slice of liver on a slice of bacon and roll them together, pinning the roll in place with a wooden toothpick. Have ready some bacon fat, hot, in a fry pan. Set the rolls on edge and brown quickly all over. Cover and put in the oven till well done. Serve with hashed, browned potatoes.

A distinguishing feature about the majority of lovely gowns which are lending their enchantment to the formal evening picture is their fascinating simplicity. Call it "sophisticated simplicity" if you will, for sub-

jected to critical analysis, these frocks, which are classic in their perfect lines and workmanship, reveal a superb technique which bespeaks none other than a master touch. When the guileless onlooker tells

## BODY REQUIRES PROTEIN DIET



Foods Classified as Sources of Protein.

(Prepared by the United States Department of Agriculture.)

Protein is necessary in the diet for the growth and repair of body tissues. It may yield energy also, but its important function is for building and upkeep. If the diet does not furnish enough protein, growth is stunted.

Scientists have found, however, that foods classed as proteins are made up of combinations of certain recognized substances called amino-acids and that unless the right combination of these is present the food is an incomplete protein, and unsatisfactory as a body builder, although it may be a useful food from some other standpoint. Among the most popular and readily obtained sources of complete, or "efficient" protein are lean meat of all kinds, poultry, fish, eggs, milk, and

cheese. These foods are so commonly used in the American diet that most people get an adequate amount of protein, and need consider chiefly whether or not they are varying their supply sufficiently to avoid monotony.

It used to be thought that various legumes (beans and peas), gelatin, and some other articles of food classed as proteins could take the place of these named above as good sources of body-building material. But it has been found that several of these foods are "incomplete" proteins. To be on the safe side it is well to include in the daily menus such foods as are illustrated in the accompanying picture, taken by the United States Department of Agriculture, all of which are known to supply protein of good quality.

# Good Things for the Family Table

By NELLIE MAXWELL

"You have to believe in happiness—it isn't an outward thing. The spring never makes the song. I guess. As much as the song the spring. Aye, many a heart could find content. If it saw the joy on the road it went. The joy ahead when it had to grieve. For the joy is there—but you have to believe."

Chocolate in various forms has always been a most popular confection, dessert, cake or cake filling. As nearly everybody likes chocolate one may satisfy the taste of any as regards the kind of cake. From loaf to drop cakes, simple or rich, they always find a glad welcome.

**Chocolate Caramels.**—Put two and one-half tablespoonfuls of butter into

a saucepan, when melted add two cupfuls of molasses, one cupful of brown sugar, and stir until the sugar is dissolved and when the boiling point is reached add three squares of chocolate grated, stirring constantly until the chocolate is melted. Boil until a firm ball is formed when a little is dropped into cold water. Add one teaspoonful of vanilla and turn into a buttered pan to cool.

**Chocolate Custard Pie.**—Line a pie plate with pastry, flute the rim and fill with the following: Beat the yolks of three eggs slightly, add one-half cupful of sugar and continue beating, add one tablespoonful of soft butter, the same of flour, three-fourths of a cupful of milk and two squares of melted chocolate; flavor with vanilla and bake. Spread with a meringue made of the egg whites and one-half cupful of powdered sugar. Return to the oven and brown.

**Chocolate Cup Cakes.**—Take one-half cupful of shortening, add one cupful of sugar and cream, add one and one-half cupfuls of flour with two and one-half teaspoonfuls of baking powder finely sifted alternately with one-half cupful of milk, add two beaten yolks of eggs, three squares of melted chocolate, one-half teaspoonful of salt and one teaspoonful of vanilla, before the milk and flour is added. Fold in at the last the well beaten whites of two eggs. Bake in small gem pans.

**Onions Stuffed With Sausage.**—Take even sized onions, peel and scoop out a center large enough to take a small sausage, or one may use the bulk sausage for filling. Chop the centers removed, mix with bread crumbs and the sausage, stuff and place in a baking dish. Pour around

them cream or broth left from any meat. Baste well and often during the baking. At the last heap a spoonful of buttered crumbs on the top of each and brown well before serving. Use as a garnish to pork roast or chops.

(© 1931 Western Newspaper Union.)

## Spiced Drinks Popular at Parties

Spiced cider and spiced grape juice are new to many people, and are most acceptable for serving to groups, large or small, meeting in the evening, during the season before ice cold drinks are preferred. They are made as follows, according to the bureau of home economics of the United States Department of Agriculture:

**Spiced Cider**  
1 quart sweet cider  
1/4 cup sugar  
1/2 tsp. salt  
3 pieces stick cin-  
namon  
12 whole cloves  
1/2 tsp. powdered allspice

Mix all ingredients and bring to the boiling point and let stand for some hours. Reheat and remove the whole spices before serving.

**Spiced Grape Juice.**  
1 quart grape juice  
1/4 cup sugar  
1/2 tsp. salt  
8 to 12 pieces of stick cinnamon  
12 to 14 whole cloves

Mix all ingredients and bring to the boiling point. Allow the fruit juice to stand for three or four hours so that the flavor of the spice will be drawn out. When ready to be served reheat and remove the spices. Lemon juice may be added if desired.

## Kitchen Utensils Are Kept Near Stove

(Prepared by the United States Department of Agriculture.)

A farm woman in Maine solved the problem of having her saucepans and their lids conveniently near the stove by using the wall space just back of her range. One of the boys of the



Handy Arrangement for Saucepans and Lids.

family who could wield a hammer, saw and paint brush, built a frame on which hooks could be put, as the kitchen walls were made of light wall-board. The rack for the lids is very simple. In a family where the children are

being trained to help with the household, there is a good psychological effect on those who are inclined to be slothful, in having the bottoms of the pans so plainly exposed to scrutiny. Self-respect demands proper scrubbing before a saucepan is hung up.

The photograph was taken by the United States Department of Agriculture, in connection with a kitchen improvement contest.

## Hints for Housekeepers

Cream soups are especially good for luncheon dishes.

Fur that has been wet will not mat if it is thoroughly brushed.

Backaches can sometimes be prevented by raising a sink, work table, or a washtub.

Hang the frequently-used kitchen utensil. It is much easier to find a small utensil like an egg-beater when it hangs on the wall than when it lies on a shelf or in a drawer among other utensils.

For uniform results in cooking, remember to sift flour before measuring and never to shake it down in the cup before leveling it. Standard measuring containers and level measurements are also necessary.



## Mothers... Watch Children's COLDS

COMMON head colds often "settle" in throat and chest where they may become dangerous. Don't take a chance—at the first sniffle rub on Children's Musterole once every hour for five hours.

Children's Musterole is just good old Musterole, you have known so long, in milder form.

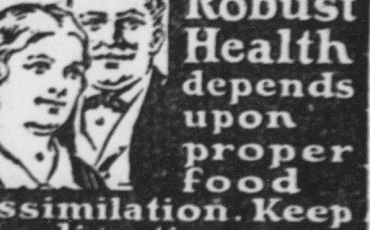
This famous blend of oil of mustard, camphor, menthol and other ingredients brings relief naturally. Musterole gets action because it is a scientific "counter-irritant"—not just a salve—it penetrates and stimulates blood circulation, helps to draw out infection and pain.

Keep full strength Musterole on hand, for adults and the milder—Children's Musterole for little tots. All druggists.



**Laundry Work in India**  
Washing clothes in India is no science. It's just a hereditary vice passed down from father to son from ancient Vedic times, says an English woman living in that country.

The dhoti takes your clothes down to the river bank or to some pool of water, soaks them and then vigorously washes them against some handy stone. After that they are laid out on the ground to dry or else fastened over bushes. Thorn bushes are preferred, as the thorns hold the clothes when the wind blows.



Robust Health depends upon proper food assimilation. Keep the digestive processes active with Wright's Indian Vegetable Pills. THE TONIC-LAXATIVE. At Druggists or 575 Fourth St., N. Y. City.

## TAKING THE FARE OUT OF FAREWELL

THE scene is in a hotel bedroom. The guest decides to check out. He telephones for a boy to remove his bags. He leaves some money on the bureau for the chambermaid. He descends to the lobby where he pays his bill and starts for the street. En route he tips the bellboy and the doorman. (He has already tipped the dining room staff and various other employees.)

Saying farewell in most hotels is just one dollar after another.

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