

Gay Prints for Spring and Summer

By CHERIE NICHOLAS



As every woman knows, there's nothing in the costume realm to equal a frock of any print when it comes to toning up the complexion, adding a new sparkle to the eye and imparting in general that much-coveted look of being young. In fact in the piquant, colorful patterned prints which have been fashion's idol year in and year out, the fair sex seems to have discovered the very fountain of youth.

And so the lure of prints abides with us, and this season the world of fashion seems to have grown more print-conscious than ever. In the new collections, no matter how temperamental one may be, there's a print for every mood. They run the whole gamut of emotions.

That up-and-going spirit which exists during the practical busy hours of the day is reflected in sprightly tailored-looking prints whose tiny patterns on dark backgrounds are just the thing to wear about town, in the office, the schoolroom and for travel. For sports, the new plaids, stripes and checks are frankly bizarre and flamboyant. Comes eventide, when mild dines and dances the hours away in ravishing, filmy flowery chiffons whose flowing draperies sway to the strains of sweet music under glamor-

ous lights. In fact in selecting prints one must be guided by environment and occasion.

A distinctly new message is carried in certain prints for daytime wear in that their motifs are in a single color and so placed as to give an impression as being entirely detached from each other—a leaf here, a single blossom there or if conventional, triangles, squares, dots and the like spaced far apart. For this type black or navy

Meringue Adds Much to Dessert

In some ways a cream pie is easier to make than a custard pie. The shell is baked first, the filling is made in the double boiler, and then a meringue is spread over the top and nicely browned. For "company" purposes a dessert with a meringue seems a little more attractive than just plain pie. The bureau of home economics of the United States Department of Agriculture furnishes the recipe.

1 pint milk or thin cream 2 eggs
4 lbs. flour 2 tbs. butter if milk is used
1/4 cup sugar 1/2 tsp. vanilla
1/4 tsp. salt Pastry

Heat the milk or cream in a double boiler. Mix the flour, sugar, and salt thoroughly. Pour some of the hot liquid into this, mix well, and return to the double boiler. Stir until thickened, cover and cook for 15 minutes. Beat well. Pour some of this mixture into the beaten egg yolks, and add to the rest of the mixture with the butter and vanilla. Pour into a baked pie crust and let stand for a few minutes. In the meantime make a meringue from the beaten egg whites—four tablespoonfuls sugar and a few grains of salt and a drop or two of vanilla. Spread over the pie filling to the edge of the crust and bake in a very moderate oven (325 degrees Fahrenheit) for 15 to 20 minutes, or until lightly browned.

To make a banana cream pie, add sliced bananas to the custard mixture after it is cooked, cover with the meringue and bake in the usual way.

Food the Family Will Enjoy

By NELLIE MAXWELL

German Pot Roast.—Select a large roast weighing four or five pounds, rub with spices on all sides. Take one teaspoonful each of nutmeg, cinnamon, clove, mix well and use to cover the meat. Slice one large onion and lay half of it in a large bowl with two bay leaves and a clove of garlic. Lay over this the meat and cover with the remainder of the onion. Pour over one cupful of vinegar mixed with one cupful of brown sugar. Let

stand 24 hours, turning several times. Cook meat like any pot roast, in a tight iron kettle, with iron cover, using all the liquid, adding water if necessary.

Chicken Chicken.—Take one pound each of veal and pork steak cut thin. Cut the steaks into one and one-half inch squares, sprinkle with salt, pepper, paprika and celery salt. Put the squares on small wooden skewers, using five or six pieces, alternating the veal and pork. Dip into egg which has been mixed with milk; roll in flour and fry in hot fat until well browned. Place in a baking pan. Cover and bake one hour, basting frequently with butter and water.

Noodles Wilmington.—Take six cupfuls of chicken stock, one-half cupful of diced chicken, one-half teaspoonful of salt, one-fourth teaspoonful of paprika, one cupful of broken noodles,

Standards for Canned Food Products



Testing canned peas and recording the results in a Washington laboratory of the Federal Food and Drug Administration. Reading from left to right: V. B. Bonney, chemist, Food and Drug Administration; Miss H. Jeffrey, proprietor of a Washington cafeteria; Dr. P. B. Dunbar, assistant chief, Food and Drug Administration; and Dr. G. Adams, nutrition specialist, bureau of home economics.

(Prepared by the United States Department of Agriculture.)—WNU Service.

"A housewife with limited budget should be enabled, under the terms of the McNary-Mapes amendment to the food and drugs act, to buy a standard product within the reach of her pocketbook which will carry the nutritive if not the esthetic value of standard canned foods—provided she reads intelligently the labeling required by the amendment to appear on the product," said Dr. P. B. Dunbar, assistant chief of the federal food and drug administration, addressing a joint session of the National Canners' association and the National Wholesale Grocers' association, held at Chicago, in connection with the National Canners' association's twenty-fourth annual convention. "And she should be able to buy that food without suspicion that she is purchasing something unfit for her family's consumption."

The McNary-Mapes amendment, Doctor Dunbar explained, authorizes the

secretary of agriculture to establish standards for canned food products—excluding only meat and meat foods subject to the meat inspection act, and canned milk—and to promulgate a form of label designation for standard foods coming within the jurisdiction of the amendment.

"When the President, on July 8, 1930, signed the McNary-Mapes amendment to the food and drugs act, the food and drug administration was assigned a task of tremendous magnitude," said Doctor Dunbar. "The administration recognized the merits of this legislation, however, and was willing to assume the added burden of enforcing it. The administration believed that the measure offered a materially increased protection to the American consumer of canned foods and likewise offered a protection to canners against the damaging competition of low-grade products. This initial conviction of the administration has not changed.

"The amendment is remarkable as a piece of legislation for two reasons," said Doctor Dunbar. "It is the first step taken by congress in the direction of granting the secretary of agriculture formal authority to make and promulgate legal standards for food products. Second, it is an outstanding example of a voluntary imposition, by a great industry upon itself, of additional and drastic legislative requirements. The amendment was enacted solely through the initiative and effort of the canning industry.

"I am afraid," declared the speaker, "that I cannot accord the canning industry a philanthropic or wholly unselfish interest in the welfare of the American consumer as the only motive for seeking this legislation. On the contrary, the canning industry recognized in a far-sighted way the need for just such legislation if the industry itself is to prosper. That recognition grew from the appreciation of the fact that the consumer's best interests are parallel with those of the business. So it was by deliberate design, not by mere chance, that a definite recognition of the consumer's interests being paramount was incorporated into the measure."

Preserve the Eggs for Winter Use

(Prepared by the United States Department of Agriculture.)—WNU Service.

If you have chickens it is quite probable that more eggs will be laid during the spring and early summer than the family can use. Some of these surplus eggs can be saved by putting them down in waterglass, so as to have more available for the winter months when the hens do not lay so well. Fresh eggs properly preserved

bone and tooth building, and certain of the vitamins, necessary for growth and development.

Probably no single article of food can be utilized by the housewife in a greater number of dishes than eggs. Eggs preserved in waterglass can be used with good results for all purposes in cooking and for the table. When such eggs are to be boiled, a small hole should be made with a pin in the shell at the large end, before putting them in the water. This is done to allow the air in the egg to escape when the egg is heated, and so prevent cracking.

Only very fresh eggs, preferably from one to three days old, should be preserved. If possible the eggs should be infertile. Under no circumstances should badly soiled eggs be used. Dirty eggs will spoil, and if they are washed the protective coating which prevents spoiling is removed. Cracked eggs should never be put down in waterglass. Even minute cracks may cause spoilage and contamination of the other eggs in the jar. It is a wise precaution to examine every egg by candling it before using.

Usually a few eggs are put down in waterglass at a time, whenever they are not needed for immediate consumption. A five-gallon crock, therefore, is a good size to use for the purpose. It should be set wherever it is to be kept before any eggs are put in, as it would be difficult to move it without endangering the eggs, later on. A five-gallon jar will be large enough to hold 15 dozen eggs and still permit at least two inches of the waterglass solution to stand over the tops of the eggs.

The United States Department of Agriculture gives the following directions for the preparation of the crock and the preserving solution:

First clean the crock thoroughly. Scald it and allow it to dry. Heat a quantity of water to the boiling point and allow it to cool. When it is cool, measure out nine gallons of water, and add one quart of sodium silicate, or waterglass, which can be bought in most drug stores. Mix well. Eggs may now be put into the solution whenever there are any extra ones.



Putting Eggs Down in Waterglass Solution.

may be kept in good condition for cooking purposes for eight to twelve months.

Eggs are an important addition to the diet at all times. For growing children they are so important that nutrition specialists recommend an egg every day or every other day for children over two years of age. For younger children the egg yolk only is recommended.

The white part of the egg is almost a pure watery solution of certain proteins of high value for body building and maintenance. The yolk of the egg is rich in proteins, fat, and compounds of phosphorus and iron in forms especially adapted for conversion into body tissue. The yolk also furnishes some calcium, needed for

Evening Fairy Tale for the Children

By MARY GRAHAM BONNER

IN THE SWAMP

"I have such a nice suit," said Mr. Fox Sparrow. "It is stylish, I think, to wear a reddish brown coat and a spotted waistcoat."

"And your dress is nice, too," "Ah, yes," agreed Mrs. Fox Sparrow, "I am so much pleased with my own dress."

"I like to moul and improve my feathers, but I like to have them come back the same way as they were, that is the same color and of the same kind."

"Perhaps its because of our reddish brown feathers that we are called fox sparrows," said Mr. Fox Sparrow.

"Are foxes reddish brown, and have they feathers?" asked Mrs. Fox Sparrow.

Lower them carefully into the crock to avoid cracking them. Be very careful to keep at least two inches of the waterglass solution above the top layer of eggs. The crock should be well covered to prevent evaporation. Waxed paper tied around the top will be satisfactory, as it is easily removed for adding more eggs. If the solution evaporates perceptibly, more should be mixed in the same proportion and used to maintain the level.

Eggs preserved in this way may be taken out at any time. If waterglass cannot be obtained, eggs may be preserved in a solution of lime water made by dissolving two or three pounds of unslaked lime in five gallons of water. The liquid remaining after the lime has settled is used to fill the jar in the same way that the waterglass solution is used.

"Oh no, my love," smiled Mr. Fox Sparrow. "Foxes haven't feathers. They have fur. And their fur, I believe, is of different colors. Sometimes it is gray, and sometimes, it is true, it is red."

"So perhaps, you see, because there is red in our feathers, the same reddish shade which foxes have in their fur, that we are called fox sparrows."

"Well, we're settled for the summer," said Mrs. Fox Sparrow. "It is



They Sang the Most Glorious Song.

nice and cool here, and in the winter we were south where it was nice and warm.

"What a fine swamp we lived in, and what nice old leaves we used to dig up, so as to find out what was underneath."

"We were like people who used to dig for hidden treasures."

"Yes," said Mr. Fox Sparrow, "and we were like chickens, hens and roosters, for they dig and scratch the

earth to see what they can find. "It was such fun to look under the leaves and to stop to talk over what we had found."

"We did have a fine winter. What are your plans now?"

"I'm going to build a nest," said Mrs. Fox Sparrow, "of moss and soft grass for a lining, and I shall put in some nice feathers, too, so it will be comfortable when the five little greenish-blue eggs which I shall soon lay turn into birdlings."

"The eggs will have nice little reddish brown spots on them, which shows that they are to have reddish-brown feathers later on."

"Of course that doesn't follow with most birds, but I like to think of the dear little reddish-brown birds there will be when the reddish-brown spots and the greenish-blue eggs turn into precious little babies."

Then they sang the most glorious song, for the fox sparrows have beautiful, clear and musical voices.

They were so happy thinking of the birdlings there would soon be and they talked of swamp life with such happiness.

In fact all around the birds knew that soon the little birdlings would arrive for the fox sparrows sang so beautifully and so joyously and so happily.

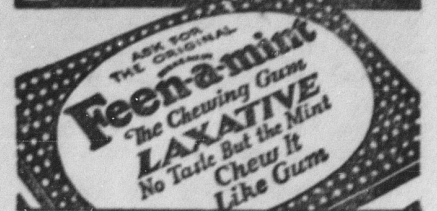
Soon they were joined by other Mr. and Mrs. Fox Sparrows and they sang and made their plans in the same way.

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