

Children's Hats Can Be Made at Home

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

Here are two attractive hats for children which can be made at home very easily from a small amount of material. An old coat or dress might be used for the beret, and parts of an old raincoat or any garment made of water-resistant cloth, for the rainy day hat. The bureau of home economics of the United States Department of Agriculture, which designed these hats, will be glad to furnish measurements and sketches for making both of them.

The rain hat is not only becoming to small boys and girls, but it is constructed so as to shed rain, and is made of water-repellent cloth. The brim can be rolled back or left down in front, while the long back covers the back of the neck and protects it from rain. Many children of three to six years of age wear rain-proof play suits made of the same sort of material, and with this hat may play out of doors in any weather. The crown is made with six sections. The brim is double and is slightly stiffened with several rows of stitches about a quarter of an inch apart. The lining is cut from the same pattern as the crown and is slip-stitched in. The hat requires half a yard of material and a quarter of a yard of lining. It

the band is shrunk by pressing under a wet cloth.

When a head covering can be made so easily and inexpensively at home, a child may possess several of different colors, to suit the occasion or the costume being worn. Children enjoy a change from "the same old thing" in their wearing apparel, and a bright new beret is a simple means of gratifying this entirely normal feeling. For



Child's Beret That Can Be Made of Old or New Material.

wear while riding in an automobile, especially on long trips, a beret has no equal, as it stays on the head well and keeps the child's hair back out of his or her eyes. When the rest of a child's outfit is neutral in color, a beret of bright color such as red or orange or green, is really a safety precaution, making the child crossing the street noticeable from passing automobiles and other vehicles.

Sandwich Filling

Blend the sandwich filling with the creamed butter to save time in making sandwiches.

An Angry Friend

Angry friendship is sometimes as bad as calm enmity.—Burke.



Child's Rain Hat of Shower-Proof Fabric.

is designed for a 20-inch head size but may be made smaller by taking in the seams.

A beret is always a satisfactory head covering for a child of three or more, in fact, for a school child of almost any age. A boy's beret is made slightly smaller than a girl's, but otherwise from the same design. Cotton suede was used for making the beret illustrated, but any soft woolen fabric which will allow fullness to be smoothly gathered in will do. For spring wear, the beret should be light weight. If new material is used, half a yard of woolen fabric and a quarter of a yard of lining are sufficient. Berets, however, are very successfully made from parts of adult's clothing that is no longer useful.

The beret consists of four crown sections, a bias band, and a lining. The curved outer edge of each of the four crown sections is gathered until it measures five inches (one-fourth of the head size required, which in this case is 20 inches), and then stitched to the bias fold that fits around the head. All fullness along

Easy to Learn Machine Embroidery

By *CHERIE NICHOLAS*



Have you learned to embroider the sewing machine way? No? Well, it's easy—easy to learn, easy to do—and the work goes so quickly you can initial a dozen napkins, monogram a tablecloth, smock a frock, or embroider fancy designs or monograms on guest towels in no time at all. The

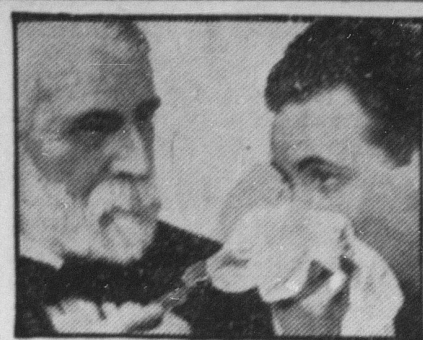
new art is called trim stitch, and requires no other equipment that a suitable trim stitch cotton, a very coarse machine needle, the machine itself, and electric or foot power.

The thread used is firmly twisted and heavy in comparison with the thread in general use. You can get it in bright colors, such as you would expect to find in embroidery silks and cottons. You will require a machine needle capable of carrying a 20 to 36 six-cord thread. Secure bobbin colors, so that they will go through the laundry without injury. For outlining, monogramming, initialing, or stitching, use the trim stitch thread on top and in the bobbin. For the most effective work, the stitches should run from eight to ten to the inch. Two contrasting colors, such as blue or green on top and yellow or orange in the bobbin are effective.

Smocking is beautiful for dress yokes, for sleeves, for holding skirt fullness, for smocks, and for fine dresses of sheer fabric. For this work, adjust the stitch to seven or eight to the inch, and have an ordinary tension. Use size 24 white, six-cord thread in the bobbin. As these bobbin threads are the ones you will have to pull when it comes to the shirring, they will need to be strong. Group your trim stitch colors as you would for hand smocking, and stitch the rows true, so that when shirred up they will be perfectly even. When all the rows are in, stitch across one end to hold them securely. Then, from the opposite end shir the stitching up, pulling the bobbin threads only, drawing them up at the same time.

For tablecloths and napkins, this machine embroidery way is an easy method of initialing or monogramming. In initialing bath towels use large initials and stitch twice around each line. For table linen, use white trim stitch, with from two to six rows of stitching close together. Whenever a tailored stitching line is desirable, as on the edges of the collars shown in the sketch, several even rows of one color or of contrasting colors are effective.

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DON'T let a Cold Settle in your Bowels!

Keep your bowels open during a cold. Only a doctor knows the importance of this. Trust a doctor to know best how it can be done.

That's why Syrup Pepsin is such a marvelous help during colds. It is the prescription of a family doctor who specializes in bowel troubles. The discomfort of colds is always lessened when it is used; your system is kept free from phlegm, mucus and acid wastes. The cold is "broken-up" more easily.

Whenever the bowels need help, Dr. Caldwell's Syrup Pepsin is sure to do the work. It does not gripe or sicken; but its action is thorough. It carries off all the souring waste and poison; helps your bowels to help themselves.

Take a spoonful of this family doctor's laxative as soon as a cold starts, or the next time coated tongue, bad breath, or a bilious, headache, gassy condition warns of constipation. Give it to the children during colds or whenever they're feverish, cross or upset. Nothing in it to hurt anyone; it contains only laxative herbs, pure pepsin and other mild ingredients. The way it tastes and the way it acts have made it the fastest selling laxative the drugstore carries!

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

Still Unsettled

Bashful Youth—Er-r—I want some sort of a present for a young lady. Shopman—Sweetheart or sister? "Er-r—she hasn't said yet which she'll be."—Stray Stories.

Bothered with Backache? It May Warn of Disordered Kidneys.

If troubled with backache, bladder irritations, and getting up at night, don't take chances! Help your kidneys at the first sign of disorder. Use Doan's Pills. Successful for more than 50 years. Endorsed by hundreds of thousands of grateful users. Get Doan's today. Sold by dealers everywhere.



Generally the Latter

"To be indifferent to public opinion," said Hi Ho, the sage of Chinatown, "will make you either a very great personage or a very insignificant one."—Washington Star.

Evening Fairy Tale for the Children

By *MARY GRAHAM BONNER*

"I have heard," said Mr. Meadow Mouse, to his friend Mr. Mole, "that the farmer around these parts has said that he was being very much bothered by the members of the meadow mouse family and the mole family." "The very idea," said Mr. Mole. "He should be flattered that we like his things." "Yes, and pleased too! Don't you agree with me, Mr. Mouse?" "I can't quite say that I do agree with you," said Mr. Meadow Mouse. "I don't suppose he can be pleased to have creatures eat up the things he digs and plants in the ground." "I suppose that's so," said Mr. Mole. "Well, what shall we do, then?" asked Mr. Meadow Mouse. "I'm sure I don't know," said Mr. Mole. "Just then I thought I heard a

sound," said Mr. Meadow Mouse suddenly. "And the sound came clearer and clearer and this was what a voice was saying: 'I advise you not to stay. You had better move away. For some day when the farmer passes, he'll chop your heads off with the grasses.'"

"Oh, what could that have been?" asked Mr. Meadow Mouse. And the voice went on: "I'm not being seen. But I'm the Fairy Queen. I've brought you a warning. This nice, bright morning."

"Well, if that is so," said Mr. Mole, "we had better do as she said, and move away." "I would hate to have my head chopped off."

"So would I," said Mr. Mole. "I wouldn't like it at all. I'll get my family and you get yours, and we'll go to the next meadow." "There are good seeds of grain and other nice things over there. And I believe there are other goodies in the field."

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"How do you know?" asked Mr. Meadow Mouse. "Listen and you will hear," replied Mr. Mole. "And again they heard the voice of"



The Sound Came Clearer.

the Fairy Queen, sending them a helpful suggestion:

"There are goodies for you to try in the meadow just nearby. Better hurry up and go before the farmer starts to mow."

Pretty soon Mr. Meadow Mouse and

Use of Electricity on the Farm

It is generally recognized, both among rural communities and by electrical leaders, that no economic question today has more significance for all concerned and for the nation at large than the proposition of making electricity available economically for the American farmer. The arrival of the time when this will be accomplished is likely to be hastened by providing electrical training for young men with farming knowledge and sympathies.

Mr. Mole were off for the next meadow.

All their children went with them. Mrs. Meadow Mouse and Mrs. Mole had said at first it would be a great trouble to move but when they had heard of the Fairy Queen's warning they hurried away at once too.

And then they settled down where they were safe for a good long while. How kind the Fairy Queen had been to warn them.

They were certainly grateful to her!

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CARE OF MEAT in the HOME

UNWRAP AS SOON AS DELIVERED

PLACE UNCOOKED MEAT IN UNCOVERED DISH. COVER LOOSELY IF AT ALL.

COOKED MEAT CAN BEST BE STORED BY LOOSELY COVERING WITH OILED PAPER SO AS TO PREVENT TOO RAPID DRYING-OUT

STORE UNCOOKED MEAT IN COLDER PORTION

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

A good many people have an idea that the best place for meat in the refrigerator is in the compartment with the ice. They also have a notion that the way to keep meat or poultry as it comes from the market is to leave it wrapped up in the paper bag in which it was delivered, and put it right on top of the ice. Neither of these practices is desirable.

Scientific studies of refrigerators of all kinds have been made by the bureau of home economics of the United States Department of Agriculture. These have included testing the temper

perature of different parts of the refrigerator, studying the bacteriological condition of meat and milk after it has been kept for different lengths of time at various temperatures, finding out the effect of icing with small and large pieces of ice, and a number of other points.

Uncooked meat is a ready medium for the development of bacteria that cause spoilage. A temperature of 47 degrees Fahrenheit or below is recommended for keeping meat in the best condition. Unwrap meat as soon as it is delivered and place it on a clean platter or dish in the coldest part of the refrigerator—next to the

In these days with hundreds of varieties of soups that come to us canned and ready to reheat and serve, one is hard to suit who cannot find one to serve for any occasion. For those who prefer to prepare their own soups, as most cooks do, except in emergency, the following good ones will warm and satisfy:

Tomato Bisque.—Cook three cups of tomatoes with one bay leaf, four cloves, one-half an onion, two teaspoonfuls of sugar ten minutes, then strain, add one-fourth teaspoonful of soda and two cups of white sauce. Serve at once with croutons.

To prepare the white sauce take one and one-half tablespoonfuls of vegetable oil, one tablespoonful of minced onion, one tablespoonful of cornstarch, one-half teaspoonful of salt, one cupful of milk and pepper to taste. Cook (stirring over a low heat) the oil and the onion, add the cornstarch and stir and cook for three minutes, then add the milk and cook for five minutes. Strain and add to the hot soup.

Baked Bean Soup.—Take three cups of beans, three pints of water, two stalks of celery, bring to the boiling point, then simmer for 30 minutes. Rub through a sieve, add one and one-half cups of stewed and strained tomatoes, one tablespoonful of chili sauce and salt and pepper to season. Cook one tablespoonful of minced onion in two tablespoonfuls of vegetable oil three minutes, add a tablespoonful of cornstarch and cook three minutes, stir into the soup, boil up and serve with croutons.

Home-Made Noodles.—Beat two eggs, add salt, to season, with enough flour to make a stiff dough. Knead it, then roll as thin as possible. Cover with a towel and then set aside to dry for a half hour. Spread very lightly with flour and roll like a jelly roll. With a sharp knife cut strips about one-eighth-inch thick. Unroll and dry

again. Then drop into boiling broth or well-salted water and cook 15 minutes.

Mushroom Spaghetti Sauce.—Peel and slice one-fourth of a pound of mushrooms and cook in two tablespoonfuls of butter for three minutes, remove the mushrooms and add two tablespoonfuls of flour; stir and cook until smooth. Add one cupful of liver stock, stirring constantly, add cooked spaghetti and one-half cupful of cream; season to taste. Heat hot and fill the cases or timbales. Garnish with crisp bacon and sprigs of parsley.

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Food For the Family Table

By *NELLIE MAXWELL*

"Among the most thoroughly self-deluded people in the world are those who think that in the multiplication of things and possessions, happiness and contentment lies."

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THE LAXATIVE WITH HIGHEST ENDORSEMENT

When you get up headachy, sluggish, weak, half-sick, here's how to feel yourself again in a jiffy.

Take a little Phillips' Milk of Magnesia in a glass of water—or lemonade. Taken in lemonade, Phillips' Milk of Magnesia acts like citrate of magnesia. As a mild, safe, pleasant laxative, Phillips' Milk of Magnesia has the highest medical endorsement. As an anti-acid to correct sour stomach, gas, indigestion, biliousness, it has been standard with doctors for 50 years. Quick relief in digestive and eliminative troubles of men, women, children—and babies.

Wide Variety

"I want some pajamas." "Yes, miss, Bench, garden, dinner or home?"—Ottawa Citizen.

While patients in general hospitals are decreasing, patients in nervous and mental hospitals are increasing steadily.

Coughing STOPS

Boschee's Syrup soothes instantly, ends irritation quickly! GUARANTEED. Never be without Boschee's! For young and old.

Boschee's SYRUP

At all druggists

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