

# White Accents New Spring Costumes

By **CHERIE NICHOLAS**



White costume touches are being accentuated with the greatest enthusiasm all through the spring and summer mode. If not white and black, then it is apt to be white and navy or white and brown which is wonderfully chic. Even the smart beige and gray costumes are taking on white contrasts, making a feature of white millinery, scarfs, blouses, gloves, belts, flowers and bags, also jewelry.

A most effective version of the black gown which highlights a dramatic contrast in white is presented in the accompanying picture. Flat crepe is the material for the dress, made interesting in that it is styled with a single large square lapel in white with a waistcoat effect which displays a chevron-stripe. A profile hat, so-called because of its long-side brim which at side view silhouettes the features against its dark background, is worn with this costume. It carries out the black-and-white idea in that it is a black bakou appropriately trimmed with two carved ivory-white ornaments.

Among interesting fashions which make white the keynote to their chic

## Noodle Ring Liked for Lunch or Supper

When you want something quite "different" and a little bit "dressy" for a special lunch or supper, make a noodle ring. The bureau of home economics gives the following ingredients and method of making this attractive feature of the menu:

- ¾ pound noodles
  - 2 quarts boiling water
  - 2 eggs
  - 1 cup milk
  - 1½ tps. salt
  - 2 or 3 drops tabasco sauce
  - 1 tsp. grated onion
  - 2 tbs. butter
  - 2 eggs
  - 1 cup milk
  - 2 or 3 drops tabasco sauce
- Cook the noodles for about 20 min.

are the following: white jackets with dark skirts; white furs on dark coats; white coats of novel loose spongy

weaves trimmed with brown flat fur; also dark hats with white ribbons, flowers or ornaments or else the white cheapeau with a note of black, or the all-white hat with a black or navy dress.

That the white vogue extends from hats to shoes is evidenced in the black pumps which style-wise women are wearing, a little white ribbon bow taking the place of the usual buckle. The latest boutonniere to wear with the spring tailleur is made up of white and black or navy leather flowers. Chalk-white beads or else necklaces composed of black together with white beads answers the call for jewelry to tune in with the now-so-modish "white and—" costumes.

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## Saratoga Chops Are of Excellent Flavor

Saratoga chops are cut from the shoulder of lamb. They are somewhat less regular in shape than loin or rib chops, but are of excellent flavor. A particularly good way of cooking them is suggested by the bureau of home economics of the United States Department of Agriculture.

- 6 saratoga chops, 1 inch thick
- 6 slices bacon
- 1 cup celery chopped
- 1 medium onion, chopped
- 1 green pepper chopped
- ¼ cup chili sauce
- ¼ cup water
- Salt
- Pepper

Wrap the edge of each chop in a slice of bacon and fasten with a toothpick. Brown the chops quickly on all sides in a hot skillet, transfer to a casserole, and cover with the mixture of celery, green pepper, onion, chili sauce, water, and seasonings. Cover closely and cook in a slow oven (300-F.) for an hour, or until the lamb is tender. Remove the toothpick skewers carefully before serving so that the bacon will stay around the chops. Serve hot in the casserole.

# About Good Things for the Table

By **NELLIE MAXWELL**

To me it seems as if when God conceived the world, that was poetry: He formed it, and that was sculpture: He varied and colored it, and that was painting: And then, crowning all, He peopled it with living beings, and that was the grand divine, eternal drama. —Charlotte Cushman.

For the hostess who must prepare and serve everything, such dishes as may be prepared the day before will save her strength, good looks and enjoyment of her guests. Every hostess enjoys serving something a little out of the ordinary, and by observing the dainty things in homes and shops she may make her entertainments very much worth while.

utes in the water to which one teaspoonful of salt has been added. Drain well, add the onion, butter, tabasco sauce, and remaining three-quarter teaspoonful of salt. Beat the eggs, add the milk, then the seasoned noodles, and stir until well mixed. Butter a ring mold, pour in the mixture, place in a pan with water surrounding the mold, and bake in a moderate oven until the mixture has set. Turn into a heated platter and fill the center with any kind of a creamed meat or stew.

There can be nothing more gratifying to a hostess than to give pleasure to her friends.

One can do marvelous things with just a pickle. Cut into the thinnest of slices, spread in the form of a fan on a tasty sandwich it not only garnishes it but adds an appetizer as well.

Slice inch-sized pickles into very thin slices, place on open-faced sandwiches that have been spread with cream cheese. Put one slice in the center of rounds, on the tiny slice place a spot of whipped cream or cheese mixed with cream and dust with cayenne or paprika. If finger-length sandwiches are used, place the round pickle at the end and at the other end a spot the size of a quarter of finely shredded carrot.

**A Man's Salad.**—Prepare a half dozen hard cooked eggs by cutting into halves and removing the yolks, mash the yolks with butter, add mustard, salt and cayenne and refill the halves of egg white. Arrange on lettuce and cover with a sour cream dressing or a mayonnaise with plenty of sour cream added. If liked shredded onion may be sprinkled over the lettuce before placing the eggs.

Here is another that the men like: Take one head of lettuce, three or four green onions or a slice of Bermuda onion finely minced, three or

# Kitchen Sink Should Be High Enough

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

A homemaker generally has to wash dishes three times a day. If her sink is too low it forces her into a stooping posture which she maintains for half an hour or more at a time. Constant repetition of such a posture every day may result in a permanent tendency to stoop. Shoulders grow round and chest contracted. The head is thrust forward.

The first aid to a better standing position for dishwashing is to raise the



Sink at Proper Height Helps Good Posture.

sink to the proper height for the woman who is to work in front of it. If this seems an impossible undertaking, it may help to set a flat box in the sink on which to rest the dishes.

Then the homemaker must consciously try to maintain a good standing posture at her work. The two pictures by the United States Department of Agriculture illustrate the difference in posture that is made by raising the level of the sink. The worker with the sink at the best height is standing squarely, with her back straight, shoulders, hips and ankles in line, and head erect. She can reach all the dishes in the pan comfortably without stooping.

It is probable that she has also evolved a very efficient routine for dishwashing. She has perhaps timed herself in this task and scrutinized it to see whether there is any way of shortening the work. Unnecessary motions can often be eliminated. For example, just as one leaves the dishes in a dash-washing machine to drain and dry, the person who has only a drain basket and a drainboard can pour scalding water over her dishes in the drain basket and let them dry without wiping. Double drain boards are always satisfactory, but if there is room for one only, it is most convenient for a right-handed person on the left side of the sink. Dishes are held in the left hand and washed with the right, then set in the drain basket without crossing the arms as would be necessary with the drain board at the right.

The task of dishwashing can also be speeded up by intelligent previous work. As the table is cleared, plates and other china of similar shape and size should be scraped and stacked together ready for washing. All silver is usually washed at one time, and motions are saved if it is collected before the washing process is begun. If the dining table is far from the kitchen, a tea cart is a help in bringing dishes out of the dining room and in putting them away. If all water

has to be heated the stove and sink should be near each other. When the fatigue of doing a given task is lessened it is easier to think about good posture and to maintain it.



Sink Too Low Causes Poor, Stooping Posture.

four slices of sweet or sour pickle and one hard cooked egg. Use the lettuce in nests on the salad plate, shred the coarser part and mix with onions, pickles, and finely chopped egg. Serve with french dressing.

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## Ohio's First Settlement

Marietta was the first settlement within the present limits of Ohio. It was founded in 1788 by Rufus Putnam and a colony from New England under the authority of the Ohio company. It was named in honor of Marie Antoinette.

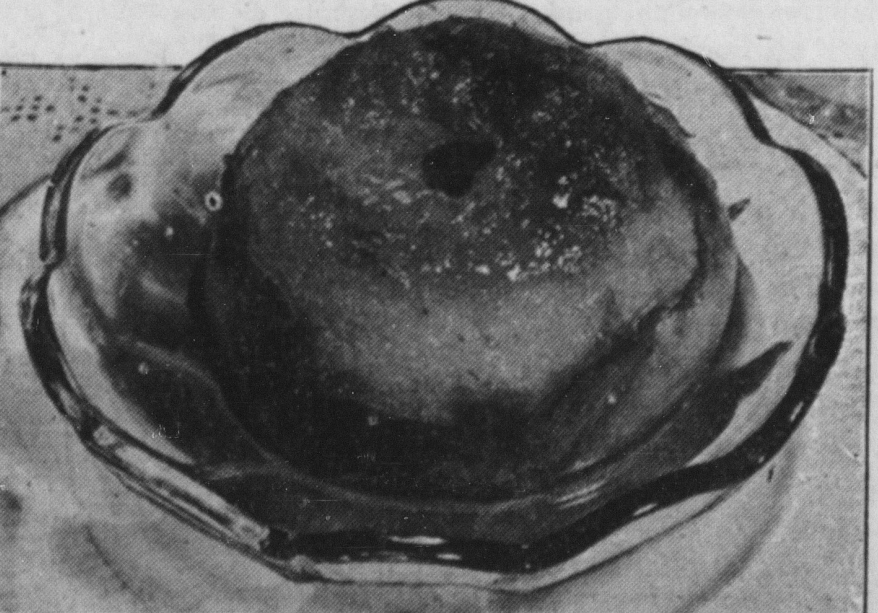
## Letters "U" and "V"

The letter U is a form of V, with which it was formerly used interchangeably. In the Eleventh century U came to be used by preference as the capital initial form. In dictionaries they were not given separate alphabetical position until about 1900. The V form is still used frequently in inscriptions.

## Great British Order

The British Order of the Bath, which was founded in 1809, consists of three classes: Knights of the Grand Cross (G. C. B.), Knights Commander (K. C. B.), and Companions (C. B.).

# Ways of Cooking Apples



Baked Apple, Half Peeled.

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

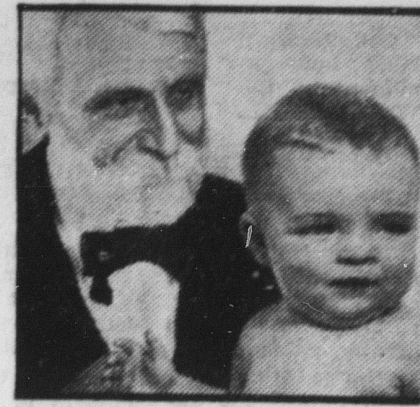
When the oven is in use for other cooking it's a good time to have an apple dessert or apples in some other baked dish. Apples with vegetables, or meat, like scalloped apples and sweet potatoes, or apples with carrots or apples with pork chops in a casserole, are served hot. Apple desserts are enjoyed either hot or cold.

Baking apples in their skins is one of the favorite ways of cooking them because it is so easy. What could be simpler on a busy day, than washing and coring a few big rosy apples, filling the cavities with sugar and a little butter, and then baking them in a dish that can be sent to the table direct from the oven, either hot or cold? The baking dish may be covered at first so that the apples will cook partially in their own juices.

Some people like to pare the apples as well as core them, and to bake them in a heavy sirup, with a sugges-

tion of lemon or spice flavoring, or both. To make these look very attractive a little red vegetable coloring may be added to the sirup and a candied cherry or cranberry set on top. Whether pared or cooked in their skins apples to be baked may have the cores replaced by various stuffings such as nut meats, raisins, figs, dates, or by preserves of distinctive flavor.

Other baked desserts made with apples by the bureau of home economics of the United States Department of Agriculture are scalloped apples, with crumbs on top; apple cobbler, with biscuit dough; Dutch apple cake, with the dough underneath and the apples above; apple turnovers, and apple dumplings, all made with pastry; apple tapioca pudding, and apple upside down cake. Served in any of these ways, apples are wholesome and valuable in the diet and add to the day's supply of fruit.



# How to train BABY'S BOWELS

Babies, bottle-fed or breast-fed, with any tendency to be constipated, would thrive if they received daily half a teaspoonful of this old family doctor's prescription for the bowels.

That is one sure way to train tiny bowels to healthy regularity. To avoid the fretfulness, vomiting, crying, failure to gain, and other ills of constipated babies.

Dr. Caldwell's Syrup Pepsin is good for any baby. For this, you have the word of a famous doctor. Forty-seven years of practice taught him just what babies need to keep their little bowels active, regular; keep little bodies plump and healthy. For Dr. Caldwell specialized in the treatment of women and little ones. He attended over 3500 births without loss of one mother or baby.

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

## BEWARE OF WORMS IN CHILDREN

Worms quickly ruin a child's health. If your child grinds his teeth, picks his nostrils, has a disordered stomach—beware! These are worm symptoms! Quickly—without delay—free your child's body of these health-destroying parasites. Give him Frey's Vermifuge—America's safe, vegetable worm medicine for 75 years. Buy it today! All druggists!

**Frey's Vermifuge**  
Expels Worms

## Desperate Remedies

Takin' advice an' takin' castor oil is kind of similar. Folks don't do neither one exceptin' as a last resort.—American Magazine.



# Kill Rats Without Poison

**A New Extremator that Won't Kill Livestock, Poultry, Dogs, Cats, or even Baby Chickens**  
K-R-O can be used about the home, barn or poultry yard with absolute safety as it contains no deadly poison. K-R-O is made of Squill, as recommended by U.S. Dept. of Agriculture, over-dried under the Conable process which insures maximum strength. Used by County Agents in most rat-killing campaigns. Money-Back Guarantee. Insist upon K-R-O, the original Squill exterminator. All druggists, 7c, 12c, 25c. Direct if dealer cannot supply you. K-R-O Co., Springfield, Ohio.

**K-R-O**  
KILLS RATS ONLY

## BEWARE KNIFE

Landing an open razor, pocket knife, or any sharp article, as application CARBOL promptly stops pain, ripens and heals wounds, both often overnight. Get Carboll today from druggists. Good for sores, bites, cuts, etc. Generous box 50c. Spurluck-Neal Co., Nashville, Tenn.

**PARKER'S HAIR BALSAM**  
Removes Dandruff, Stops Hair Falling, Imparts Color and Beauty to Gray and Faded Hair. Sold at all Druggists. **Fluorocin Chemical Works, Patchogue, N.Y.**

**FLORESTON SHAMPOO**—Ideal for use in connection with Parker's Hair Balsam. Makes the hair soft and fluffy, 50 cents by mail or at druggists. **Hiscox Chemical Works, Patchogue, N.Y.**

## He Was Wise

Smith—Do you think marriage is a yoke?  
Yonson—Ya, marriage han da fun-nest yoke! Ay ain't going to let no girl play a yoke like that on me!

## Run-Down, Weak, Nervous?

To have plenty of firm flesh and the ability to do a big day's work and feel "like a two-year-old" at night, you must relish your food and properly digest it. If you can't eat, can't sleep, can't work, just give Tanlac the chance to do for you what it has done for millions.

Mrs. Fred Westin, of 387 E. 57th St. North, Portland, Ore., says: "Tanlac cured my stomach trouble completely after three years suffering. It built me up to perfect health, with a gain of 27 lbs."

Tanlac is wonderful for indigestion—gas pains, nausea, dizziness and headaches. It brings back lost appetite, helps you digest food, and gain strength and weight. No mineral drugs; only roots, barks and herbs, nature's own medicines. Less than 2 cents a dose. Get a bottle from your druggist. Your money back if it doesn't help.

W. N. U., BALTIMORE, NO. 16-1931.

# Fairy Tale for the Children

By **MARY GRAHAM BONNER**

There are some fairies called the mermaid fairies because they're in the water more than they are out of it. They had decided to help the little fishes with a swimming party which they were planning.

Every fairy in Fairyland was invited. There were the wood fairies, the dawn fairies, the evening fairies—all of them were invited, and they made great preparations over the way they should go.

In the first place they wore lovely dresses of green seaweed which really were beautiful, and they put on their water wings of green, too, to help them when they got tired swimming.

The Fairy Queen wore a chain of very fine sea shells which once upon a time old Mr. Pickereel had sent her. They had been given to him by one of his relations, who lived in the sea, for of course Mr. Pickereel's home is always in fresh water—such as a lake or a river or a stream.

This swimming party was given in a lake, and Mr. Pickereel was the host. You can well guess how flattered he was when he saw the Fairy Queen wearing the present he had once given to her.

The fairies all arrived in their boats made of glass through which they could see right down to the bottom of the lake, which was very deep. The mermaid fairies and the fishes were all swimming around waiting for them, and when they came all the fishes' fins wiggled with pleasure and

the mermaids whisked their beautiful hair around their heads.

"Splash, splash!" came from Mr. Pickereel, which really meant "delighted to see you."

Then Mrs. Pickereel splashed, too, and after the little pickereels splashed



And Mr. Pickereel Was the Host.

for all they were worth and so on until every single fish had given a welcome to the fairies.

The fairies sailed about in their boat which went under the water as well as on top, and then every little while they would get out from one of their glass port holes and swim around with great glee.

"Now for the races," shouted Mr. Pickereel. "When I say, 'One, two,

three, go,' remember what it means.

"I will give three small splashes with my tail and then I will jump away up, and come down with a terrific splash which will mean, 'Go!'"

All the fairies got ready for the big swimming race, and the little fishes all swam around in circles to cheer them along, for of course the fishes didn't go in the race. That would hardly have been fair!

And when Mr. Pickereel said, "Go," and made the terrific jump and splash with his tail all the fairies jumped and it was several minutes before any of them actually got started.

They had been so startled by Mr. Pickereel's mighty splash.

That amused the fishes and it amused the fairies, too.

Granny Perch gave the prize, and how she did wiggle her fins when she presented it.

The prize was a new set of water wings made out of the softest and loveliest of moss that came from the bottom of the lake and which had been made by Granny Perch into the wings.

Then all the fishes took the fairies to their Pond Lily Cove where they had a banquet of delicious water weed salad, water moss ice cream and pond lily lemonade.

But the winner of the prize was a little fairy named Fairy Perch because she was so at home in the water. Aren't you glad that she won the prize?

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