Cheese Toast After Tiresome Trip

**** (Prepared by the United States Department of Agriculture,)—WNU Service. You've been out for an all-day or all afternoon motor trip. Perhaps the whole family was included, and you've all returned hungry, somewhat tired, and a little chilly. You want something appetizingly hot that can be made ready in a jiffy. The speed with which a picked-up meal of this kind can be produced depends, of course, on your previous preparations. A good nucleus for it would be cheese toast, which can be almost entirely prepared before the ride, accompanied by cocoa, reheated, or quickly made tea or percolator coffee, or a hot broth of some sort. The bureau of home economics

gives the following directions for mak-

ing cheese toast with plain American

tsps, baking

1 lb. cheese

cheese:

a few grains of cayenne pepper A little onion juice, 1 cup rich milk or cream 2 tbs. flour mixed

tbs. flour mixed if desired with 2 tbs. water ½ tsp. salt 4 drops tabasco, or powder

Cook slowly and stir constantly until the cheese has melted and the mixture is thick and creamy. Allow it to cool, then add the baking powder. Toast one side of the bread. Spread the cheese mixture thickly on the un-

toasted side to the very edge. If the cheese mixture does not come to the edges of the bread, they become brown and hard. Brown the cheese delicately, under a low gas flame or in the oven. The slow heat allows the cheese mixture to heat through before it browns, gives it a chance to become light, and keeps the cheese tender and soft. Too great heat makes the cheese a strip of crisp bacon across each slice cauld.

Shave the cheese into thin small

pieces. Heat the milk or cream in a

double boiler, thicken with the flour

which has been mixed with the water.

and cook for five minutes. Add a

small amount of this mixture to the

beaten eggs, return to the double boil-

er, add the cheese, and the seasonings.

of cheese toast. Serve it hot from the oven. This recipe makes enough for 12 to 14 slices of bread. The cheese mixture may be prepared-except for the baking powder-the day before it is to be used. Since the mixture stiffens on standing, heat until soft in a double boiler, let it cool, and add the baking powder. Then spread the cheese on the toast.

Cosmetics Long in Use

The knowledge of cosmetics dates back to remote antiquity and their annals comprise the history of the folly, luxury and extravagance of past ages. The number of simple and compound substances employed as perfumes is incalculable and almost fabulous and the books written by Egyptians, Greeks and Romans on the subject almost constituted a library in themselves.

Firmness and Gentleness

It is only people who possess firmness who can possess true gentleness. In those who appear gentle, it is generally only weakness, which is rapidly tough and stringy. If desired, place | converted into harshness .- Rochefou-

Correct Posture Important When Sitting



A Slouching Sitting Posture Induces

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

Did you ever catch yourself sitting in a slovenly way while you peeled the vegetables or finished other seated work when you felt "just dead tire"? The farm woman in the first illustration gives one an impression of discouragement and fatigue entirely out of proportion to the simple task she is engaged in. Notice how her head, shoulders, and abdomen are slouched forward, while her feet, rather tensely wound around each other, will soon add to the general weariness induced by her bad posture. Perhaps she has been "on her feet" a long time; she has flung herself down to start dinner by peeling the potatoes, erroneously believing that she is relaxing her muscles. In reality, she may be giving them some bad training.

She would feel much better if she sat well back in her chair, letting the



Good Sitting Posture.

spindles support the lower end of her spine, with her feet firmly on the floor and her shoulder blades flat. As nearly as possible her head should follow the line of her spine, so she will lean forward slightly to see what she is doing without straining. This enables her to keep her abdomen back instead of slackly forward, and results in much less fatigue than the other position

Farm women in Hampshire county, Massachusetts, made studies of correct posture for doing various household tasks, under the direction of the home demonstration agent. The photographs wer taken by the United States Department of Agriculture. The group studied correct and incorrect posture for dishwashing, mopping floors, handling food at the oven, writing a letter and various other activities that occur very frequently in the ordinary household routine.

Your "best friends won't tell you." either, when your clothes don't become you.

REGULAR

PAINS

out" for the time of month.

If you've ever taken Bayer Aspirin

for a headache, you know how soon the pain subsides. It is just as effec-tive in the relief of those pains

Don't dedicate certain days of

every month to suffering. It's old-

fashioned. It's unnecessary. Aspirin will always enable you to carry-on in comfort. Take enough to assure you complete comfort. It it is genuine

aspirin it cannot possibly hurt you. Bayer Aspirin does not depress the heart. It does nothing but stop the

pain, so use it freely.

Headaches come at inconvenient times. So do colds. But a little Bayer Aspirin will always save the day.
Neuralgia. Neuritis. Rheumatism.

Pains that once kept people home are forgotten half an hour after taking a few of these remarkable tablets. So

are the little nagging aches that bring fatigue and "nerves" by day

Genuine Bayer Aspirin tablets cost so very little after all, that it

doesn't pay to experiment with

peculiar to women!

or a sleepless night.



AFTER 40

bowel trouble

Constipation may very easily become chronic after forty. And any continued constipation at that time of life may bring attacks of piles and a host of other unpleasant disorders.

Watch your bowels at any age. Guard them with particular care after forty. Whenever they need any heip, remember a doctor should know what is best for them.

"Dr Caldwell's Syrup is a doctor's prescription for the bowets. Tested by 47 years' practice, it has been found thoroughly effective in relieving constipation and its ills for men, women and children of all ages. It has proven perfectly safe even for babies. Made from fresh laxative herbs, pure pepsin and other harmless ingredients, it cannot gripe; will not sicken vou or weaken vou; can be used without harm as often as your breath is bad, or when your tongue is coated; whenever a headachy, bilious, gassy condition warns of constipation.

DR. W. B. CALDWELL'S SYRUP PEPSIN A Dector's Family Laxative

He that hath an ill name is half

WEAK, RUNDOWN ... LOST WEIGHT



Wheeling, W. Va. - "A few years ago I was in a rundown condition - lost quite a little weight - and knew I needed something to build up my sys-

Pierce's Golden Medical Discovery advertised as being a fine tonic for one rundown so decided to try it. After taking four bottles, I soon started to feel like myself again and will say it did me a world of good."—Mrs. E. P. Cook, 3701 Chapline St. Druggists.

If you want free medical advice write to Dr. Pierce's Clinic at Buffalo, N. Y. us-ing the symptom blank found in pkg.

6,000,000



Largest Seller in 121 Countries

Black Is Relieved With White

By CHERIE NICHOLAS



Black relieved with much white is | every style-wise woman so covets this an outstanding call of both the evening and the daytime mode. In answer to this plea of fashion for striking contrast comes from the atelier of Jeanne Lanvin a stunning twopiece formal evening dress as illustrated. It is made of black satin for the skirt, with a sleeveless blouse which is of white satin. In this instance the satin is of the supple crepe persuasion which adds to the elegance of its appearance.

The belt which is posed at the normal waistline is decorative in that it is made of milliner folds of the satin which have been braided together. The skirt is smartly styled with a full hemline. It took ten seamed-together gores of the satin to accomplish the snug fit about the hipline which | mode we would like to call attention

season. The fact that this costume is made of satin is very significant in that it announces a continued favor for this material among the haute couture of Paris, which of course means that we in America have grown definitely satin-conscious. So all-prevailing is the present favor for satin, it extends from the region of smart sports costumes on and on through a versatile afternoon program climaxing with a repertoire of formal evening gowns whose superb technique is expressed in intricate and ingenious seaming which leads to lines, of utmost grace and distinction.

Before concluding our remarks about the prestige accorded satin in the

to the fact that washable satin has been launched for the summer spectator sports frock. Tailored to a nicety are these smart one-piece types. Then, too, the costume which poses a white satin jacket over a dark skirt for daytime wear registers among chic fashions of the hour.

And now a word about the two-piece movement which the evening mode has borrowed from the daytime style program. It's the latest, this idea of a skirt of one color, contrasted with a sleeveless blouse of another, for formal dine and dance wear.

(@), 1931. Western Newspaper Union.)

Nearly all busy people are happy.

Food Hints of Interest to All By NELLIE MAXWELL

Ţ

Fallure is in a sense, the highway to success, inasmuch as every discovery of the false leads us to seek earnestly after what is true, and every fresh experience points out some form of error which we shall afterward carefully avoid .--John Keats.

When making gravy without browned flour, add the flour to the



fat and stir until well blended, then add the liquid and a teaspoonful of caramel to give the gravy a little more brown color.

Molasses Biscuit. -Mix and sift two and one-half cupfuls of pastry flour with one-half teaspoonful each of soda and salt, one-eighth teaspoonful each of ginger and cinnamon, a grating of nutmeg. Three tablespoonfuls of shortening are now added, and when well mixed add three-eighths of a cupful of buttermilk and three tablespoonfuls of molasses. Pat half an inch thick and cut with a small cutter. Bake in a hot oven ten minutes. These are served with butter and marmalade.

Lemon Tarts.-Make a rich pastry and bake in fancy-shaped tins about two inches deep. Crimp the edges of the crust and fill with the following: Mix four tablespoonfuls of cornstarch with one-half cupful of cold water and add to one and one-half cupfuls of boiling water, stir and cook until thick. Beat the solks of four eggs, add two cupfuls of sugar, one tablespoonful of butter, the juice of three

lemons and the grated rind of one. | good broth. Stuff the steak and tie Cook over water until smooth and thick enough to stand up in points when stirred with a spoon. Fill the shells and cover with the egg white beaten stiff with five tablespoonfuls of sugar added. Bake in a moderate oven until a delicate, crisp brown.

Mock Duck.-Take a two-pound steak two inches thick and split to hold the dressing. Season well on the inside with salt and pepper. For the dressing take two cupfuls of tonster crumbs, two slices of diced cooked bacon, one-half teaspoonful of salt and pepper to taste, add one egg slightly beaten, two chopped onlons, a half teaspoonful of sugar, a bit of garlic and one-half cupful of water or any

ient to work in. It is more important

to place each of the major work cen-

ters in the best relation to the others

so that the usual kitchen tasks follow

each other in logical order. Then the

homemaker does not have to cross

her own path repeatedly, taking many

unnecessary steps, in doing her work.

graphed by the United States Depart-

ment of Agriculture. It is furnished

inexpensively, but it is very con-

venient because careful thought has

been given to its arrangement. Light

and cross ventilation are provided by

This kitchen has only a plain iron

sink, which is not ideal, but suffices

at the present. It has running water

from a home-made water system, but

not running hot water. However, the

stove, only a few steps from the sink,

has a "water back" or hot water tank,

and this arrangement is fairly satis-

factory. There is a double drain-

board at the sink, and splendid light, The best height for the sink has evi-

dently been considered, as its level is

The kitchen table has a highly var-

nished top for easy cleaning. Built-in

closets above it take care of food sup-

plies and dishes. The homemaker

has a high stool and a comfortable loca-

tion for sitting at her work. Farther

somewhat above that of the table.

windows on two adjoining walls,

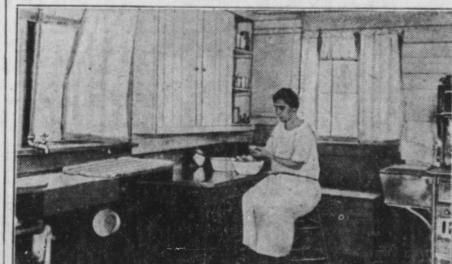
Here is a farm kitchen photo-

securely with a string. Sear all over until brown. Cook in a dutch oven slowly until tender.

Lamb Aspic .- Make a highly seasoned soup stock of vegetables, broth or beef extract, using a package of gelatin for each quart of stock, stir until the gelatin is well dissolved. Rinse a mold in cold water and pour in a layer of the aspic, keeping the remainder warm. When the jelly is ongealed but not hard, cover with thin slices of cold roast lamb and sprinkle with a little mint sauce or spread with the above jelly. Cover with the aspic and repeat, leaving the

aspic on top. Set away to harden. (@. 1921, Western Newspaper Union.)

Convenience Is Needed in the Kitchen



Work Centers Well Placed in Farm Kitchen.

By MARY GRAHAM BONNER

Now Fly-High, you know, is the special bird of the elves. He has a great red body and enormous black wings.

And from somewhere-no one could hardly tell where-Fly-High swooped down into Elfland. "Here I am," said Fly-High. For

plains the trips the elves take. "Hurrah!" shouted Effic Elf. "You came so quickly. We want to see our cousins, the members of the oaf fam-

"Will you take us to Oafland?" "By all means," said Fly-High.

"I am ready," said Fly-High, "I am against them.

"And I want to feel all the little elves on my back."

them want to go with us.

"Do you think you could manage us

"Certainly, certainly, by all means," | and that he would never do them any said Fly-High. "Let's be off." harm. So all the elves and a great many At last they all reached the spot of the gnomes and Bogeys climbed on where the members of the Oaf family

> All the family joined in the trip and a wonderful, wonderful trip they had. At the end of it the members of the Oaf family asked the Eives to send around word once more that there were no dangerous, naughty little creatures among the Oaf family.

So many untrue stories had gone around about them, and the Elves promised.

In fact they wanted to see the members of the Oaf family particularly this time to ask them if they didn't want those messages to go around again.

"And tell them that not a single member of the Bogey family would hurt them," said the members of the Bogey family.

"It's cruel of creatures to say we'll catch children. We wouldn't hurt a single child for anything in the world -whether good or naughty."

And the Elves knew this was true. (©), 1931. Western Newspaper Union.)

His Nose (Knows)

Speaking of remote control, have you noticed how other noses in the family turn up when dad's is kept pressed on the grindstone?-San Franrisco Chronicle.

(Prepared by the United States Department | to the stove and of such a height of Agriculture.)—WNU Service. that it can be used like a window Expensive kitchen equipment is not necessary to make the room conven-

Oatmeal Muffins Are Nice for Breakfast

The best surprises in the breakfast menu for most of us lie in having a different kind of breadstuff, Biscuits or muffins or popovers instead of plain toast, and, among the muffins, there are graham, whole wheat, bran, oatmeal, cornmeal, and many fruited and nutted kinds from which to choose, Here's a simple recipe from the bureau of home economics of the United States Department of Agriculture for oatmeal muffins that every one is sure to like:

1 cup fine rolled oats 1/2 tsp. salt 1 cup sifted flour 1 egg 4 tsps, baking pow- 1 cup milk der 1 tbs. melted fat

Mix the dry ingredients. Beat the egg slightly, add the milk, and stir with the melted fat into the dry mixture. Bake in greased muffin pans in a moderately hot oven (400 degrees Fahrenhelt) for 25 to 30 minutes.

Eclipse Myth

The famous myth of the monsters pursuing the sun and the moon is an attempt to explain the phenomena of around the room, the woodbox is close

Evening Fairy Tale for the Children

"We're Off at Last."

tle creature had a fine, soft, feathery

"We're off at last," sald Fly-High.

"And let's go quickly," said the

They flew along so very quickly,

The birds were not frightened by

the enormous size of Fly-High, for

they knew he was the bird of Elfland.

and as they flew they passed by birds

who were chirping and singing.

FLY-HIGH

Fly-High's back, and his broad black wings spread way out until every lit-"Come, Fly-High," called Effie Elf.

as Fly-High is only a bird of Elfland he can talk, and very often he ex-

"Shall we start right away?" asked all the elves.

just anxious for a good fly. I want to stretch my wings and feel the wind

"That's our wondrous Fly-High," said the elves, dancing happily about. "But, Fly-High, do you suppose there would be room on your back for the members of the Bogey family and the Gnomes? A great many of