

Sleeveless Dresses for Hot Weather

(Prepared by the United States Department of Agriculture.—WNU Service.)
Perhaps you have had a child try naughty Marjorie's solution of hot weather discomfort. Marjorie simply took her mother's big shears and cut the sleeves right out of one of her play dresses! Probably Marjorie was punished for such an act of apparent vandalism. But should she have been? Shouldn't her mother have realized that both Marjorie and the season were several jumps ahead of her preparations for warm weather? And that



Sleeveless Print Summer Dress.

Marjorie probably had no idea that little girls' clothes are not left with raw edges, like doll clothes, or that she was destroying some useful cloth by cutting the sleeves?

If Marjorie's mother were a very wise woman, she might even have been able to explain the matter to her child, so that Marjorie would want to help repair the damage by hemming the cut-off parts, or by helping to hem binding on the armholes. There are ways to use almost any happening in a child's day to give her new ideas and a better understanding of the reasons behind the things that grown-ups do.

The mother who believes in preparedness would, of course, have had on hand a supply of comfortable sleeveless wash dresses for her little girl. She would have made them of lightweight, attractive prints, or cool, smooth cotton broadcloth, or other suitable warm weather washable fabrics. With a lightweight coat or thin sweater worn during the cooler periods of the day and bare arms started on their spring sun baths when the temperature mounted, any little girl of five or so would have been spared the need of taking matters into her own hands.

For the mother who is making summer clothes, here's a sleeveless dress recommended by the bureau of home economics of the United States Department of Agriculture. The body or

skirt part is loose and full, so the young wearer can be as active as she likes. The fullness is kept away from the shoulders and face by flat, inverted, box pleats, set on a round, fitted yoke, which serves instead of a collar. The inverted pleats are held in place by faggoting, done in a contrasting thread. The same thread is used to outline the round yoke. It is best to cut the yoke single, binding the neck and front opening, and over-casting the yoke line so that all raw edges are covered. The neck line is rounded out for coolness and freedom, its edge finished by plain stitching. The armholes are bound, also the front opening. Two flat buttons fasten by means of firm crocheted loops. With this little dress the child wears four-button French panties of matching material.

A commercial pattern can be bought from which this little dress can be cut.

All Around the House

Some sweet pickle relish makes raw cabbage a more popular dish.

Plenty of vegetables and fruits help make all-over meals attractive and wholesome.

The meringue on pies will be fluffy and will hold its shape better if it is not beaten too dry and is baked in a moderate oven.

To save time in doing the home laundry fold towels after the last rinsing, run through the wringer smoothly and hang straight to dry; they will not require ironing.

In caring for floors, remember that the less water used on a wood floor the better. The spot on which something has been spilled should be cleaned as quickly as possible.

Some Good Things for the Table

By NELLIE MAXWELL

Search thy own heart: what paineth thee in others, in thyself may be.—J. G. Whittier.

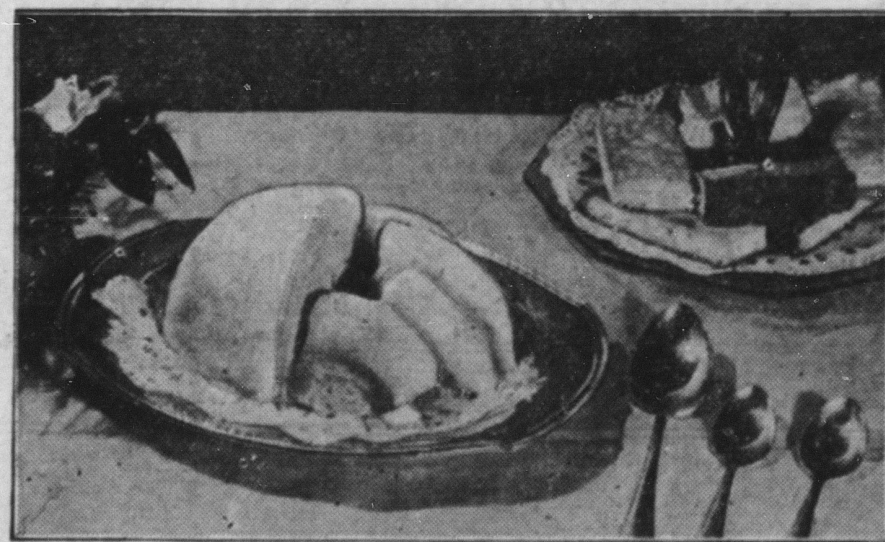
I don't think much of a man who is not wiser today than he was yesterday.—Abraham Lincoln.

There is an old saying that "an apply a day keeps the doctor away," and an onion a day keeps everybody away. A good time to indulge in the odoriferous bulb is at a time when you will not annoy others. Onions are such wholesome vegetables that they should be served at least twice a week in some form during the entire season. An onion sirup cannot be excelled for a cough, and a poultice of



chopped raw onions, mixed with rye flour with a bit of vinegar to moisten, makes a remedy for any lung trouble. This is not pleasant, but it is very effective.

Good Combination of Ice Flavors



Mold of Lemon Ice With Strawberry Ice Cream Center.

(Prepared by the United States Department of Agriculture.—WNU Service.)
If you have a fancy-shaped ice cream mold such as a "melon" or a brick, you may wish to serve an extra festive dessert some day. Molds are often filled with two kinds of ice cream, or with a fruit ice and ice cream combined. A strawberry ice cream center in a shell of lemon ice makes a particularly good combination of flavors.

You might use either strawberry ice cream made by the first recipe, or strawberry mousse, made by the second, in your mold. Both of these recipes, and the one for the lemon ice, are furnished by the bureau of home economics of the United States Department of Agriculture. If you plan to have two flavors in the mold, it will be necessary to freeze each separately and then fill the mold and pack it in ice and salt for several hours before serving.

When both the ice and the strawberry filling are ready, line the mold with the lemon ice to a depth of about one inch, then pack the ice cream into the center as firmly as possible. After putting on the lid of the mold, seal the opening by drawing tightly over it a strip of cloth dipped in paraffin, so that the salty water cannot leak in.

Let it stand in the ice and salt mixture two hours or more.

Strawberry Ice Cream.
1 qt. strawberries ¼ tsp. salt
¾ pt. double cream Lemon Juice if
1 cup sugar desired

Wash and cap the berries. Chop them and cover with the sugar and let stand in the refrigerator for two or three hours. Press the sweetened fruit through a colander. Add the cream which has been whipped, and the salt, and freeze. Use a freezing mixture of one part salt and four to six parts of ice, and turn the crank of the freezer slowly.

Strawberry Mousse.
1 cup double cream, 1/16 tsp. salt
whipped ½ cup sugar
1 cup crushed strawberries well
beaten

Combine the sugar and the crushed fruit and stir until the sugar is dissolved. Fold the sweetened fruit into the whipped cream. Fold in the beaten egg whites to which the salt has been added. Pack and freeze.

Lemon Ice.
½ cup lemon juice ½ cup sugar, or
from 6 to 8 lem- more if desired
ons) ¼ tsp. salt
2½ cups water

Prepare a sirup of the water and sugar and boil for two minutes. When cold add the strained lemon juice and

Jackets Are Favorite Fashion

By CHERIE NICHOLAS



This little jacket went to a garden party, this little jacket went to a high tea, this little jacket went to a tennis tournament, this little jacket promenade on the avenue, this little jacket went shopping, and this little jacket stayed at home preferring to pose over a gorgeous printed pajama costume and so the hosts of cunning jackets which have invaded the style realm are telling a continuous story of romance as well as a practical tale as they enliven the summer program.

Either a costume has a jacket all its own, this season, or else there are several which by clever interchange make the wardrobe seem more extensive than it really is.

When it comes to tuning a costume to occasion, the little hiplength jacket made in a thousand ways and of as

many different materials and in as many colors, does just about everything mildly wants it to do in changing the character of a costume. Per

example, after a game of tennis the red and white coin-dotted shantung dress in the picture becomes a smart ensemble for the country club porch by adding a little flaring jacket of Lyons-type velvet in bright red to match the dots. The sleeve detail which involves intricate seaming and the unique tab-fastening at the front which forms a bow effect, contribute in no little degree to the chic of this handsome jacket.

Notwithstanding its frivolous ways the little jacket is really a most economical proposition. With its advent every dress is made to have a twofold if not a threefold and "then some" mission. Hence it stands to reason that a collection of jackets in the summer wardrobe will pay big dividends in that one frock may be made to serve the purpose of many according to the way it is jacketed.

Some of these little jackets which fashion is highlighting so definitely are made of satin, other of taffeta or crepe and the medium which leads in favor is velvet, either the transparent weaves or Lyons type of a medium weight. Designers are having lots of fun choosing the right colored jacket to go with this or that frock. Black velvet, white velvet, white taffeta for these jackets come first and then follows as fascinating a list of tones and tints from which to choose as fancy ere can picture.

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Asparagus Should Be Cooked Without Delay

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

Asparagus toughens and loses flavor very rapidly if allowed to stand. It should therefore be cooked as soon as possible after it is cut. In cities, this is not easy, but it is a good plan to buy asparagus on the same day it is to be used, rather than a day or so beforehand, as is often done with other vegetables.

To prepare asparagus for cooking, trim off any tough ends, brush carefully, and scrape off the larger scales. Wash so as to remove all sand and particles of earth which may have lodged under the scales. Fresh, tender, home-grown asparagus does not need scraping.

Cook in slightly salted water, either whole, or cut up in inch lengths. Very young asparagus, cut up, may require only five to ten minutes' cooking; 20 or 25 minutes at most should be enough. Season with salt, pepper, butter, and a little cream, if you have it. Let stand in a warm place a few minutes, and then serve, either as it is or on toast. Hollandaise or white sauce may accompany the asparagus, or mayonnaise or french dressing.

Cooked asparagus may be added to soups, stews, or vegetable salad. It may also be used in making scalloped dishes, croquettes, fritters, vegetable loaf, or timbales. A very good combination is asparagus scalloped with spaghetti. Asparagus with new (diced) creamed potatoes is also excellent, or asparagus with peas. Smaller amounts of asparagus can be used for these dishes than when the asparagus constitutes the chief vegetable. An asparagus omelet is delicious for luncheon.

Walnut and Salmon Salad.—Separate into flakes one-fourth of a cupful of canned salmon. Take one-half cupful of walnut meats coarsely chopped. Shred three-fourths of a cupful of cabbage, let stand in cold water to crisp. Drain, mix with the salmon and nuts, add one cupful of cooked salad dressing and serve on lettuce and you have something good.

Coco-Cheese Balls.—Cream two cream cheeses with enough thin cream to make into balls. Roll each ball in colored or toasted coconut and arrange three or four balls in a nest of lettuce for each serving. Garnish with mayonnaise.

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Minerals in Sugar

The bureau of plant industry says that in raw cane sugar there are traces of molasses in which are found certain salts and minerals. In refined sugar all the molasses, salts and minerals contained in it are removed.

No Doubt About It

"Our ancestors left us gold, silver and words of wisdom," said Hi Ho, the sage of Chinatown. "There has never been doubt as to which of them have been most valued by each generation."—Washington Star.

Guarding Royal Succession

It has been the custom from very early times to have an official of the state present at the birth of a royal child that may eventually succeed to the throne, to prevent the possibility of any substitution.

Necessary to Success

When men say to me, "I have no time to read," I reply, "Then you have no time to succeed," says John G. Lonsdale, president of the American Bankers' association, in the American Magazine.

Story for the Children at Bedtime

By MARY GRAHAM BONNER

The red-breasted grosbeak birds wear black and white, with handsome vests of rose color, and under their wings they have the same decorations. At least, this is the way Mr. Grosbeak dress. The ladies do not look so handsome. They wear brown frocks, not unlike those of their cousins, the sparrows.

They have some fine relations, too. There are Mr. and Mrs. Blue Grosbeak, and again this Mr. Grosbeak is very beautiful.

He wears a deep blue suit and his shoulders are trimmed with chestnut-colored feathers.

salt, and freeze with a mixture of one part of salt to four to six parts of ice. Turn the crank slowly until the mixture is frozen. Remove the dasher.

To prepare the mold for freezing: Line it with the lemon ice to the depth of an inch, pressed solidly around the sides; fill the center with strawberry ice cream or mousse. Cover the contents of the mold with heavy waxed or parchment paper. Put on the lid and seal the edge with a strip of cloth dipped in paraffin or some fat with a high melting point, and let stand in ice and salt for several hours.

Mrs. Grosbeak is of grayish brown and grayish white, having the top side of the second color.

Then there are the evening grosbeak family. Mrs. Evening Grosbeak is paler than her husband but their col-



The Grosbeak Family.

oring is not so different from each other as in the other members of the grosbeak family.

The evening grosbeaks are of brown and yellow with touches of very dark brown and white tipped wings.

And there are the pine grosbeak families. Mr. Pine Grosbeak is of a wonderful shade of red, while Mrs. Grosbeak is of yellow and gray.

The pine grosbeaks are fond of the winter and are not afraid of the cold. In fact they are not afraid of anything, and they trust people and let them come close to them.

They have low, warbling voices and whistle in a beautiful, clear fashion. The evening grosbeaks have very large bills and eat many seeds, berries and insects. But they can sing and whistle, too.

The blue grosbeak family sing, too, in a nice warbling fashion of their own.

It is a song not unlike the song Mr. Indigo Bunting sings, but Mr. Grosbeak's is a little stronger and louder—a little more of a song.

They probably like to sing songs that are somewhat the same as they are both blue birds, and so they have the same tastes in color and in music.

Oh, they are wonderful—all the members of the grosbeak family. They can sing. They eat insects. They have lovely feathers, and they are nice, nice birds.

Do you ever see some of them?
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Dodge Old Age

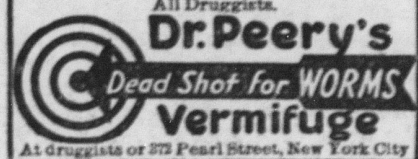
HAVE weariness, "nerves," and sleeplessness made you old in the prime of life? You can recover youth—and hold it—in spite of the passing years.

All you need to do is to help Nature keep up your vitality. Perhaps your system lacks certain valuable elements, which Fellows' Syrup will restore. Soon you can eat, work, play, and sleep—as heartily as when you were twenty-one.

After the first few doses you become more cheerful and energetic. Your stamina increases. Ask your druggist for the genuine Fellows' Syrup, which physicians have been prescribing for years.

FELLOWS' SYRUP

Worms cause much distress to children and anxiety to parents. Dr. Peery's "Dead Shot" removes the cause with a single dose. 60c. All Druggists.



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Landing or expensive operation unnecessary, as application of DR. BOIL promptly stops pain, rips and heals worst bull often overnight. Get Carlson today from druggist. Good for sores, bites, lacerations, etc. Generous box 50c. Spurruck-Neal Co., Nashville, Tenn.

Section Overstocked

Too much game is what is the trouble with the Olympic peninsula, vast wilderness stretch across Puget sound from Seattle, according to F. S. Mavis, United States forest service worker. Roosevelt elk, a distinct species indigenous to the peninsula, are protected by the law. As a result, the animals are multiplying so fast grazing land is disappearing, Mavis asserted.

40-41-42-43-44-45
47-48-49-50



Woman's Dreded Forties

PHYSICIANS call this period "Menopause." It is the dreaded Change of Life. Women should face this period with well-balanced health, or dangerous symptoms may appear. This is the time when deficiencies in general health must be helped. Every woman approaching middle age should take Dr. Pierce's Favorite Prescription, that splendid herbal tonic.

Every package of Prescription contains a Symptom Blank. Fill out the Blank and mail it to Dr. Pierce's Clinic, Buffalo, N. Y., for FREE medical advice.

Observations

"Animals have no matrimonial troubles, for they mate by instinct," says a psychologist. We've noticed a rabbit never marries a wildcat and a crow never ruins its health digging worms for a bird of paradise.—Life.

For Sturdier Breakfasts

Few women ever overestimate the importance for breakfast.—Woman's Home Companion.

Women are gamier than men. They face life with a smile.



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No need to spend restless, sleepless nights. Irritation quickly relieved and rest assured by using the remedy that has helped thousands of sufferers. 25 cents and \$1.00 at druggists. If unable to obtain, write direct to NORTHRUP & LYMAN CO., Inc., Buffalo, New York. Send for free sample.