

# Pajama Outfit Chic for Vacation

By **CHERIE NICHOLAS**



Not by this generation can it be proved that "all work and no play makes Jack a dull boy," nor Jill a dull girl, for that matter. Rather, would it seem according to the present program of life that most of us are holding the thought "if business interferes with pleasure, then give up the business." At any rate we are doing a lot of golfing and tennis playing and swimming and beach promenading and motoring these days and the "spectator" group in the grandstand is registering in ever increasing numbers.

It is interesting to note the enthusiastic reaction of the world of fashion to this mood for sports which now prevails. In the field of costume design, sportswear becomes first in importance in the mind of most fashionists.

Perhaps no other costume so completely falls in with this spirit of play as does that of the very modern pajama ensembles which nowadays include types for every occasion. Since pajamas go most everywhere, from beach parties to summer-night dances, and it is said that they are going to attend outdoor opera during the coming months, it behooves every woman of fashion to plan her immediate wardrobe accordingly.

The shorter-length pajama and the tricolor theme are noteworthy features of the striking sports ensemble

shown to the left in the picture. It is made of a silk material called geshan which is washable and extremely chic for sportswear. The double reversible jacket is in navy and the bright red reversible tie completes the patriotic three-color arrangement. The

## Careful Laundering Will Keep Blankets Fluffy

Fluffy, soft wool blankets can remain fluffy and soft indefinitely if laundered carefully, says the New York state college of home economics at Cornell university.

Wash wool blankets in a lively suds made from a concentrated solution of pure mild soap. The blanket should be gently squeezed with hands or, if a washing machine is used, left in that about seven minutes with the washer at lowest speed. Wet wool should be handled gently. Feed out the blanket, bit by bit, into a pan, looking carefully to see that no spots remain. Squeeze out the water lightly by hand, leaving plenty of water in the blanket. Hang the blanket in the shade and shake it frequently to fluff it while it is drying. A breezy, sunny day is best for drying wools.

big stitched hat is of matching white geshan.

The "Dutch boy" beach pajama costume to the right is a favorite with Schiaparelli, who designed it. The trousers are knitted wool in cocoa brown and the boyish blouse is made of gay bordered scarfs.

If you are spending the summer where to be rural is to be smart before you decide on what clothes to take along, make a survey of the better shops. The clever togs you will see there for the would-be farmerette and the fair sojourner at the picturesque "dude ranch" will be a revelation—blue jeans made specially for girls, bizarre shirts in as loud colors as fancy can picture, gaudy neckerchiefs, and when it comes to garden outfits, there's smocks and huge hats 'n' everything.

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# Watermelons Contain Needed Vitamins

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

Did anyone ever need an excuse for eating watermelons? Probably not. But once in a while a mother may be concerned lest this tempting and refreshing fruit is not good food for her children. Now science comes to the support of instinct and tells us that juicy, fine-flavored watermelons make a real contribution to the day's food supply because they contain vitamins, and several other kinds of vitamins, at that.

Laboratory tests have shown that watermelons are a good source of two important vitamins, A and C, and that they contain detectable amounts of vitamin B and G. Vitamin A is needed for growth and physical well-being, while vitamin C is the food factor important in the nutrition of the teeth and some other parts of the body. Vitamins B and G aid in stimulating growth and normal development.

The bureau of home economics of the United States Department of Agriculture learned these facts by carrying on a series of studies with watermelons of the Tom Watson variety, feeding them to experimental animals. About 90 per cent of all commercial shipments of watermelons are of the Tom Watson variety, and as other red-fleshed varieties are similar in structure and are similarly handled, it is believed that the results of this study apply to the watermelon crop as a whole.

Any mother may therefore feel confident in serving watermelon frequently during the season, that she is providing a wholesome addition to the fruit supply. As with other tempting foods, the "eye may be bigger than the capacity," and some one may indulge a little too freely at the watermelon feast; but this might be true of ice cream or pink lemonade or "hot dogs" or many other foods.

# Sandman Story for the Bedtime Hour

By **MARY GRAHAM BONNER**

Usually a man who takes around a performing bear only has one bear with him, but this man had two, and this happened quite a long while ago.

He would sing songs in a queer sort of voice and in queer sort of language, but at the end he would always say:

"Please, ladies and gentlemen, boys and girls, give pennies, nickels, dimes and quarters for the work of my fine bears."

"Fifty cents are nice, too." The bears had always performed many tricks when the man said this.

One day a little girl said: "How about ten cents?" But the man didn't know what ten cents meant, he had only heard them called dimes, and in the country from which he came they had quite a different name for money.

At any rate he stayed in this town for quite a few days and made a good deal of money for his bears did very fine tricks and the people enjoyed seeing them.

Now one of the bears was quite happy walking around the streets and doing his tricks every day.

His master was kind and he gave him plenty of food. And he got better food than ever on the days he did his tricks best.

Of course you can understand that, for on such days the man got more money and he liked to give his bears nice things to eat.

But the other bear did not like doing tricks. He was tired of performing.

He was becoming old and he felt it was a great strain for him. He particularly disliked having to climb a pole, and that was the trick that always got the most money and the greatest amount of praise.

He wouldn't have minded climbing

a tree, but he did dislike a pole. And how he did hate to dance on his hind legs.

Particularly now that he was growing old. It didn't seem a dignified thing for an old bear to do.

After the man had gone to sleep and the bears were supposed to be



Doing His Tricks Every Day.

asleep, too, they would talk over the day's work.

They had to whisper very, very gently, for if they really talked it would wake up the whole country around and they would be most unpopular.

"Well," said the second, the older bear, "I am so tired of being made to dance."

"It is so silly, too. People like to see bears dance on two legs because they have four, and we don't ask them to dance on one leg because they have two."

"It would be just as sensible if we asked them to do this!"

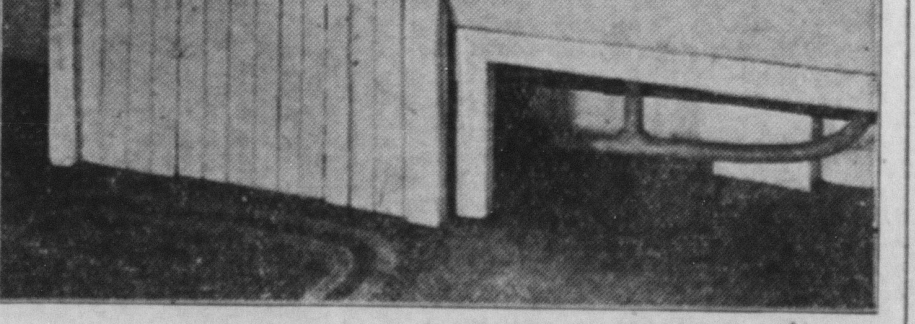
The first bear laughed in a low tone. "The trouble is I am old. And these things seem very silly to me. I wish I didn't have to do any more."

And the bear's wish came true. He was given to a zoo after this and he never had to do any more work!

It was really time for him to rest. He had worked hard and long and he was too old to be asked to dance on his hind legs.

(© 1931, Western Newspaper Union.)

# Plan for Grouping Laundry Equipment



Well Lighted Arrangement of Sink and Tubs.

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

While the ideal arrangement for home laundry work is to have a separate room for the laundry equipment, this is often impossible. Space for tubs, washing machine, ironing board,

and laundry supplies must be provided in the kitchen. When this is necessary it is advisable to group the laundry equipment in such a way that food preparation and laundry work will not interfere with each other.

# HOUSEHOLD HINTS

Remove stains from fabrics when the stains are new.

Cook vegetables quickly in an open kettle to keep them green.

If the pots and pans and kettles are soaked during the meal it lightens the work of dishwashing afterwards.

Parents should not have family rows at the table; if only for the sake of not spoiling a child's appetite for food.

Clothes closets should be well-equipped, well-lighted, and well-ventilated, with convenient racks for shoes, hats and garments.

Can vegetables as soon as possible after they are brought in from the garden. Flat-sour may develop if vegetables are allowed to stand in a warm kitchen.

The picture shows a farm kitchen in Massachusetts where the tubs have been set next to the sink, for convenience in placing water and drain pipes, and also because of the good light from the window and the door opening on the back entry. The tubs are provided with a cover which can be used as a worktable. Such a cover may be hinged, but if there are projecting articles on the wall behind it such as the coffee mill and kitchen utensils shown in the illustration, it is probably better to lift it off entirely when the tubs are required. A piece of linoleum has been fitted to the cover in this kitchen, for easier care and imperviousness to water and grease.

It would have been better, if possible, to put the faucets for the tubs inside instead of above them, not only to get them out of the way but to prevent any annoyance from dripping, suggests the bureau of home economics of the United States Department of Agriculture. This bureau has made a study of both kitchen and laundry equipment and is interested in placing both to eliminate unnecessary labor and shorten the time spent in these work rooms by the homemaker.



# Act Your Age!

You've seen young men with old faces, and old men with young faces. The men in the latter class have learned the secret of youth.

They know that "pep" and interest in life come from perfect health.

Many old men with young faces have told us that Fellows' Syrup is their standby. They take it regularly. They wouldn't be without it.

Go to your druggist's today. Get a bottle of this valuable tonic. Take it three times daily, and watch your "pep" return.

# FELLOWS' SYRUP

## Little Alteration in Ireland, Says Writer

Ireland after eight years of independence is changed only superficially, writes Alexander J. Reynolds in Current History. The old Bohemian life and social splendor of Dublin has gone with the royal troops and the governing circle.

In the countryside, however, the peasant still blames the government for his misfortune, and it makes little difference that this government is Irish. He still has the same cheerful indifference to the penalties of overbreeding and the same old love for landlordism.

"Frontiers disappear, old orders change, rulers die, political creeds vary, feuds wax and wane, but certain things abide—the soul of a people whose roots lie deep in the native soil and form their real anchor."

## Automatic Tire Pump

A tire pump built into bicycle wheels that works automatically when the pressure falls below the full inflation point, is a recent German invention. A cam mounted on the hub operates the plunger of the pump, which is held down by a latch when the pressure is high enough, but released when the tire begins to go soft.

## BEWARE KNIFE

Landing of expensive operations unnecessary, as application CARBOL-BOL, promptly stops pain, stops and heals worst boil often overnight. Get Carboll today from druggist. Good for sores, bites, itch, etc. Generous box 50c. Spurrack-Neal Co., Nashville, Tenn.

## Not Yet

Professor—Natural science has made such progress that we can now send pictures by wireless.

Elderly Lady Listener—Really, ready framed?—Pearson's.

## Marks

"How did they mark you at school in your day, dad?"  
"With a switch."

## Dr. Peery's Dead Shot for WORMS Vermifuge

Worms cause much distress to children and anxiety to parents. Dr. Peery's "Dead Shot" removes the cause with a single dose. 50c. All Druggists.

## PARKER'S HAIR BALSAM

Removes Dandruff, Stops Hair Falling, Imparts Color and Beauty to Gray and Faded Hair. 50c and 1.00 at Druggists.

## FLORESTON SHAMPOO

Ideal for use in connection with Parker's Hair Balsam. Makes the hair soft and fluffy. 50 cents by mail or a druggist. Hanco Chemical Works, Paterson, N.Y.

## PROTECTS COMES FOR FEMINE HYGIENE

Try our safe, reliable and economical "Protects Comes," recommended by doctors. It is made of purest materials, non-irritating, no water or application needed. \$1.00 per box. Write for sample. PROTECTS MED. CO., 4547 7th Ave., N.Y. City.

## Whole and Hole

First Actor (on tour)—How do you like my room, as a whole?  
Second Ditto—As a hole, it's fine; as a room—not so good.

## Just Married

"My wife likes coffee for breakfast, while I like tea."  
"You'll soon get used to coffee."

## Nothing much can be hit with the shot from an absurd little pearl-handled revolver except a husband.

## DR. J.D. KELLOGG'S ASTHMA REMEDY

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: NORTHTROP & LYMAN CO., Inc., Buffalo, New York. Send for free sample.

# Food Suggestions for Summer Days

By **NELLIE MAXWELL**

Although the world is full of suffering, it is full of the overcoming of it.—Helen Keller.

I believe a man prays when he does well. I believe he worships God when his work is on a high plane.—James Whitcomb Riley.

One of the laws of a well planned meal is to see that several foods of the same nature do not appear in the same menu.

When serving a fruit cocktail the entire menu should be considered, as other fruits should not appear in the same meal.

**Ceylon Tomato Salad.**—Peel three solid tomatoes, cut them into halves and press out the seeds. Chop the tomatoes and put into a bowl, add a tablespoonful of lemon juice, a teaspoonful of salt, a tablespoonful of

onion juice and the same of green pepper, with half a teaspoonful of paprika. Mix and turn into the dish in which it is to be served. Serve with four tablespoonfuls of coconut cream.

**Coconut Cream.**—Prepare coconut cream by grating a good-sized nut and pouring boiling water over it. Wash

## Strawberry Ice Box Cake May Stand Longer

If you are among those who prefer strawberry short cake to be made with real cake—not biscuit dough—although there's much to be said for the other variety, too—you will like strawberry ice box cake. It is composed of much the same ingredients as strawberry short cake, but has this advantage, that it improves on standing, whereas short cake, to be perfect, should be served promptly after it is made. The bureau of home economics of the United States Department of Agriculture supplies the following recipe for strawberry ice box cake:

- 1 lbs. gelatin
- 1 lbs. lemon juice
- 1/2 cup cold water
- 1 cup cream
- 1/2 cup boiling water
- whipped
- 1 1/2 cups sugar
- 1/4 tsp. salt
- 1 quart strawberry- rices, crushed
- Sponge cake

Soak the gelatin in the cold water for five minutes. Add the boiling water and the sugar and stir until the gelatin and sugar are dissolved. Mash the berries, add the lemon juice, and combine with the gelatin mixture, and chill. When partially set fold in the whipped cream to which the salt has been added. Chill again, then spread between layers of sponge cake and keep in a refrigerator several hours or overnight before serving.

## An Easier Way

"You may safely reduce from five to twenty pounds in two months," says a magazine article. But we find that wearing a collar one size too large gives the same general effect.

and stir until all the flavor has been washed from the fiber, then press into a sieve and drain, turn into a cheese cloth to strain. Let the milk thus obtained stand over night. The cream will form on the surface. Remove this and use for the above dish. It is well to remember that a nut after draining out the milk, if placed in the oven or on a hot plate to become very hot, will come out of the shell with little difficulty.

**Italian Cheese.**—Take one pound of veal, one and one-half pound of calf's liver, one-half pound of ham, one small onion, one-half teaspoonful of sage, two teaspoonfuls of chopped parsley, one-fourth of a box of gelatin, two teaspoonfuls of salt, one-fourth teaspoonful of pepper and a dash of cayenne. Cover the liver with boiling water and let stand five minutes, then drain and dry. Chop the liver and the other meats, all raw, add the seasonings together with one grated onion. Mix well and grease a mold, press the meat into it, packing well, cover and steam three hours. Remove the cover, pour off the broth, adding the gelatin to the broth, return to the mold and let stand in cold water for an hour or more.

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## An Extra Closet

With smaller houses now being built, it is often difficult to find enough closet space, points out a correspondent to the household department of the True Story Magazine. Here is how she solved the problem: "Not having much space to store winter blankets and bedding, I bought a garment bag, folded the articles to fit the bag, and hung the bag in the clothes closet. One bag will hold six or eight blankets or comforts, and stored this way they are easy to get at."

## For Negro Advancement

The Spingarn medal was instituted by J. E. Spingarn, director of the National Association for the Advancement of Colored People, for the negro making the highest or noblest achievement during the preceding year. It was inaugurated in 1914.

## Rhubarb-Tapioca Dessert Is Easy to Prepare

Here's a simple, easily made dessert—one of those "mother used to make"—which is sure to be well liked. Nowadays we have quick-cooking tapioca instead of the kind that had to be soaked overnight, but the rhubarb is no different from the kind grandmother grew in her garden. The bureau of home economics of the United States Department of Agriculture furnishes the recipe:

- 1 quart rhubarb cut 1/2 tsp. salt
- in small pieces
- 2 cups hot water
- 1/2 cup quick-cook-
- 1 1/2 cups sugar
- ing tapioca

## Rhubarb Tapioca.

Put the rhubarb, water, and tapioca in the upper part of the double boiler. Cook over steam for 15 minutes, stirring frequently. Add the sugar and salt, and cook about five minutes longer, or until the tapioca is clear and the rhubarb is tender. Chill thoroughly before serving. Plain or whipped cream may be served with this dessert.