

STOCK UP WITH DRIED FRUITS

Then You've Always Something on Hand to Go On.

By EDITH M. BARBER
DO YOU keep your pantry shelf stocked with dried fruits? It is a good idea, because if you have forgotten to order fresh fruit, you can easily prepare prunes, apricots or figs for breakfast while you are getting your dinner the night before.

While these fruits cook more quickly if they are soaked, they will be perfectly satisfactory if you cover them with boiling water when you cook them without soaking. Figs, by the way, should not be soaked more than a couple of hours as too much flavor is drawn out by long soaking.

I like to cook my dried fruits in just enough water to cover in a heavy utensil until they are tender. It is not necessary to add any sugar to California prunes, if you let them cool in a covered kettle. Other fruits to which you may like to add sugar should be cooked with it after they are tender until it dissolves and then cooled in the same way.

From soaked or cooked dried fruits you can make a number of quick desserts. The pulp which has been pressed through a coarse strainer may be added to beaten egg whites, chilled and served with whipped cream or with custard. A mixed fruit compote made of cooked prunes, figs and apricots is a good dessert. You know that it is possible now to buy mixed dried fruits put up in the same package. A combination of chilled, cooked prunes with sliced oranges or grapefruit sections also makes a good dessert. Apricots combine well with bananas.

By the way it is possible to cook several pounds of fruit at one time and to put it into glass jars which are then sealed. These will keep for some time if they are kept cool.

Fruit Whip.

½ cup stewed fruit
 4 egg whites
 ½ cup sugar
 ½ teaspoon lemon juice
 Rub stewed fruit through a strainer. Beat the egg whites until stiff, add sugar and lemon juice and mix well. Add strained fruit, mix and chill well before serving. Serve with whipped cream or custard.

Shirred Eggs Dijon.

4 eggs
 2 cups mashed potatoes
 ¼ cup midget onions
 ½ cup mushrooms
 3 tablespoons butter
 ¼ teaspoon pepper
 ¼ teaspoon salt
 On platter prepare a border of mashed potatoes. In the meantime brown the onions and mushrooms in butter. Put browned mushrooms and onions in cavity in center of platter, break eggs on top, season, dot with butter and bake in moderate oven (375 degrees Fahrenheit) until eggs set.

Spiced Cookies.

1 cup shortening
 2 cups brown sugar
 2 eggs
 1 cup sour milk
 3½ cups whole wheat flour
 ½ teaspoon salt
 1 teaspoon cinnamon
 1 teaspoon cloves
 ½ teaspoon nutmeg
 1 teaspoon soda
 2 cups rolled oats
 2 cups raisins
 Cream shortening with sugar. Beat eggs and mix with milk. Mix flour well with soda, salt and spices, and then with the rolled oats and raisins. Add liquid and dry ingredients alternately to the creamed shortening and sugar. Drop on greased pans and bake about 15 minutes in moderate oven (300 degrees Fahrenheit). If a crisp cookie is desired, add milk to make dough soft enough to spread.

Bran Muffins.

2 tablespoons shortening
 ¼ cup sugar
 1 egg
 1 cup bran
 1 cup sour milk
 1 cup flour
 ½ teaspoon salt
 ½ teaspoon soda
 1 teaspoon baking powder
 Cream together shortening and sugar, add egg and bran. Add flour sifted with other dry ingredients and sour milk. If sweet milk is used, omit soda and use two teaspoons baking powder. Bake twenty minutes in moderate oven (375 degrees Fahrenheit).

Baked Beans.

1 quart beans
 ½ pound salt pork
 Boiling water
 1½ teaspoons salt
 1 teaspoon mustard
 ½ cup molasses
 Soak the beans in cold water overnight. Drain, cover with fresh water, and cook until soft. Drain and place in an earthen bean pot. Bury the meat in the beans. Mix salt, mustard and molasses, and add one-fourth cup boiling water. Pour over the beans and add enough boiling water to cover. Cover, and bake in a slow oven, 250 degrees Fahrenheit, eight hours.

Potatoes in Tomato Sauce.

10 or 12 slices bacon
 1 quart potatoes, sliced
 1 onion, sliced
 3 cups strained tomato juice
 2 teaspoons salt
 Pepper
 Cook bacon until crisp and remove to a hot platter. Pour off all but about one-quarter cup of fat. In this cook the potatoes and onion twenty minutes; add the tomato juice, salt and pepper; cover, and simmer for thirty minutes, or until the potatoes are tender and the sauce thick.

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The Household

By LYDIA LE BARON WALKER

THE subject of textiles is of interest to every homemaker. It is she who buys the fabrics for linen closets, for furnishings, for frocks, and all the many articles made from textiles that are used by the household or in the home. Quality, styles, durability, innovations, new developments, etc., are all features with which she wants to be, and should be, acquainted.

In the early days of silk weaving the smoothness of the texture was not satisfactory largely due to the discrepancies in size of the strands of both warp and weft. The struggle to make these strands free from irregularities has been a long one, the filaments, especially from wild silk, refusing to wind and twist with absolute evenness during the spinning of the threads. Most of us are familiar with the irregularities of this sort found in genuine Shantung. As a matter of fact it is these very discrepancies that are an aid in distinguishing oriental Shantungs from domestic makes—an important matter.



Methods in Variety.

Sizing, weighting and pressure processes have played their part in securing smooth surfaces in silks as well as the present ability to reduce irregularities in silk threads. With all these ways and means, and manifold methods, and processes, of providing smoothness to silken surfaces, today there is a return to old-time effects.

Rough surfaced textiles are in the ascendency, and with this vogue comes the reproduction of unevenness in weaving strands. These are imitated in tussards, pongees, and those silks in which purity of silk threads without smoothing and other finishing processes are most desirable. This return to wild silk weave effects and the accenting of what once were blemishes, and now are modish touches, is another evidence of the cycle of styles.

Non-Crush Treatment.

One of the latest movements in the making of materials has to do with processes that eliminate creases. Non-crushable fabrics range from linens to velvets. In these specific articles mentioned the non-crush feature is especially welcome. Linens ordinarily crease and muss very easily and require frequent pressing to keep them looking fresh and pleasing. Linen sheets and pillow cases, table linens and frocks, have the disadvantage of losing their crisp quality quickly just because of their musing so readily. Frequent ironing is necessary. So it is a fine movement in manufacturing methods that relieves this work, and gets such admirable results.

Velvets are more difficult to restore when they get creases and marks of folds, etc. They have to be steamed either by hanging up in a room with a steamy atmosphere, or in a sheltered spot out of doors when it is foggy or misty. Or small places can be deftly restored by holding the material taut over a bowl of boiling hot water. If very badly creased by pressure or spot marked, they require to go to a cleaners to be restored. So non-crush velvet is a most welcome addition to modern textiles.

Upholstery Fabrics.

Upholstery fabrics that do not crush are a decided innovation and are sure to please homemakers. The non-crush velvets appear at a good time since velvets are among the luxurious upholstery and decorative materials at present. It may be that the fact that velvets can be had that are not crushable, has been one element in fostering their return to style. In the realm of clothes, now is the time to wear velvets, whether crushable or not, but the latter certainly have advantages.

Some mediums react better than others to the non-crush treatments, of course, but all up and down the line of kinds and qualities, the good work of preventing textiles from crushing and musing easily is progressing.

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Pastels for Venetian Blinds

Old-fashioned Venetian blinds are now appearing in increasing numbers in modern homes and apartments. These, however, are no longer in the standard green of our grandmother's day, but are presented in a whole range of pastel colors. Many householders repaint their Venetian blinds in tints which harmonize with the interior decoration of their rooms.

Age Improves

To make varnish, quantities of natural or synthetic resins are put into a kettle with an oil, such as linseed or tung. The mixture is heated, cooled and a volatile thinner added. It is then filtered and pumped into large storage tanks, where it ages indefinitely. Like wine, the longer a varnish ages, the better it is.

For Modern Room

Chartreuse, the color, is composed of yellow tinted with green. It is often used as a wall tint for the painting of rooms decorated in the modern style.

The Marriage Problem

By JESSE LYNCH WILLIAMS
 Author of "Why Marry?" and "The Married Life of the Frederick Carrolls."

Marriage Will Increase, Not Diminish

THERE are radicals who say, and even believe, that in the future there will be no such nonsense as marriage at all. There are conservatives who say, and try to believe, that in the future there will be no change in marriage whatever.

Both, of course, are wrong. They are merely voicing their preferences. That is all most of us use our minds for, anyhow—as mere accomplices to our prejudices and desires. So long as we have not only the mating instinct but the gregarious instinct, we shall have to have an organized society. And so long as we have an organized society we shall have to have some rules and regulations for the control of mating.

So marriage we shall always have with us. In fact, in the future, in my opinion, there will be more marrying than ever; and, instead of no marriage at all, there will probably be at least two different kinds.

I will touch on that again. But, first, before we look into the future, we must take a glance at the past in order to understand the present. There is already today a tremendous change taking place in marriage right under our very eyes, though some of us are not aware of it, because, as yet, this change has not been incorporated in the rules and regulations of the game.

In fact, there are two enormous changes which really reach the dimensions of a revolution in our ideas and in our practice of our most ancient and most important institution.

Sex has always been a bit of a puzzle to civilization, a problem which it has never satisfactorily solved, and probably never will.

We no longer regard the love of man and woman as an unfortunate weakness. Just as a plain, unromantic matter of scientific fact.

The old view of the matter is now considered not only unworthy, but as a kind of blasphemy against the Creator, who knew what he was doing when he made these arrangements for life and the continuance of it.

This higher, healthier and nobler conception of sex love has come to stay, and is now shared by nearly all enlightened people, even by the church itself.

In fact, in modern times the reactionary view of love as something purely, or impurely, physical is seldom proclaimed, except by reactionary young writers, who, strangely enough, consider themselves advanced.

The other and still more notable revolution which is taking place in modern marriage, and will be a tremendous factor in determining the new marriage forms of the future, is due to what is called birth control or voluntary parenthood.

This matter is still in a controversial stage. The moral issue involved does not concern our predictions as to the future of marriage.

In the future there will be a sufficient number of childless marriages to be regarded as the established habit of such a large class that special laws will be required for them.

Let us see what will happen. As matters are arranged today, youth is the time for love, but not for marriage. All of the forces of nature say, "Come!" All of the forces of civilization say, "But you mustn't!"

In the high tide of youth comes the natural mating time, and it is the actual mating time in all forms of life except the highest. Among professional men, for example, the average marrying age is nearer forty than twenty.

The evils and misfortunes of this state of affairs need no expansion; they suggest themselves. Besides, we see them all about us. In the future I see young people marrying at the natural age.

Now the corollary to early mating is undoubtedly a considerable amount of mis mating, and, therefore, remating. That will be unfortunate but inevitable. Easier marriage must mean easier divorce. Regrettable but true.

As for the family marriage, there will always be plenty of couples who desire children. Pessimists need never fear in regard to that.

Parenthood will be regarded as such an important privilege that it will be limited to a few, and they the fittest.

And that does not mean merely the physically fittest, but also the mentally and temperamentally most fit.

In short, we shall have an aristocracy of parenthood, and it will be the greatest aristocracy and the only sound one the world has ever known.

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Monograms Make Your Linens Doubly Precious

PATTERN 1126



Variety's the Spice of Life—and monograms, too, for the smartest ones today combine letters in varying sizes. That's why we included four different alphabets—a large, a medium and two small ones—so that you may "scramble" your own. They work up easily and quickly, using a combination of satin, seed and buttonhole stitches with a bit of cutwork. Anyone with "Hope Chest" linens will find these alphabets invaluable.

Records Minute Action

A new electric measuring device records the action of one millilith of an ampere, or about one-tenth of the "new-power" of a house fly; and the newest X-ray machine produces rays that can penetrate three inches of solid steel.—Collier's.

CARDUI

Cardui is a purely vegetable medicine for the relief of functional periodic pain, nervousness and weakness due to poor nourishment. "I have used Cardui and had good results from its use," writes Mrs. W. E. Barnett, of Taylors, S. C. "I suffered with cramping and headaches and would have a chilly feeling. Sometimes I would feel miserable and have pain more than a day, and I would be nervous. After taking six bottles of Cardui, I had less pain and was regulated. I feel much better." Of course, if Cardui does not seem to relieve your trouble, consult a physician.



PARKER'S HAIR BALM
 Removes Dandruff—Stops Hair Falling—Imparts Color and Softness—Beauty to Gray and Faded Hair—Keeps Hair Soft and Shiny, 50 cents by mail or at druggists, Hiseox Chemical Works, Patheburg, N. Y.

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

uable. They fit beautifully into a diamond or triangular shape.

Pattern 1126 comes to you with a transfer pattern of an alphabet 3 inches high; one 2 inches high; and two alphabets 1½ inches high; information for placing initials and monograms; illustrations of all stitches needed.

Send 15 cents in stamps or coins (coins preferred) to The Sewing Circle, Needlecraft Dept., 82 Eighth Ave., New York, N. Y.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.—Adv.

Lazy Natives

Though fish abound in the waters about Jamaica, the natives never catch them, but eat salted fish from Nova Scotia as a part of their daily diet.

A Three Days' Cough Is Your Danger Signal

No matter how many medicines you have tried for your cough, chest cold or bronchial irritation, you can get relief now with Creomulsion. Serious trouble may be brewing and you cannot afford to take a chance with anything less than Creomulsion, which goes right to the seat of the trouble to aid nature to soothe and heal the inflamed membranes as the germ-laden phlegm is loosened and expelled.

Even if other remedies have failed, don't be discouraged, your druggist is authorized to guarantee Creomulsion and to refund your money if you are not satisfied with results from the very first bottle. Get Creomulsion right now. (Adv.)

READ THE ADS

If You Have "Acid Indigestion"

ALKALIZE YOUR STOMACH THIS WAY



Alkalizes Disturbed Stomach Almost Instantly

YOU can relieve even the most annoying symptoms of acid stomach in almost as little time now as it takes to tell.

The answer is simple. You alkalize your stomach almost instantly this way:

Take—2 teaspoonfuls of Phillips' Milk of Magnesia 30 minutes after meals. OR—take 2 Phillips' Milk of Magnesia Tablets, the exact equivalent.

That's all you do! Relief comes in a few minutes. Your stomach is alkalized—soothed. Nausea, and upset distress quickly disappear... It's amazing.

Results come so fast because Phillips' Milk of Magnesia is a potent natural alkali. Everywhere people—urged to keep

their stomach alkalized— are finding this out.

Try it. Get a bottle of the liquid Phillips' for home use. Only 25¢ for a big box of Phillips' Tablets to carry with you. Watch out that any bottle or box you accept is clearly marked "Phillips' Milk of Magnesia."

SIGNS WHICH OFTEN INDICATE "ACID STOMACH"

PAIN AFTER EATING SLEEPLESSNESS
 FEELING OF WEARINESS INDIGESTION
 NAUSEA MOUTH ACIDITY
 LOSS OF APPETITE SOUR STOMACH
 FREQUENT HEADACHES

PHILLIPS' MILK OF MAGNESIA

DAD GIVES A GOOD TIP

I'LL GIVE YOU ONE LAST CHANCE, JACK. IF YOU LOSE YOUR TEMPER AGAIN, YOU'RE THROUGH!

WELL—IT'S A GOOD THING YOU'RE LETTING ME PLAY TONIGHT! MY FATHER CAME ALL THE WAY FROM WASHINGTON TO SEE THE GAME!

AW—THIS COACH DOESN'T KNOW ENOUGH TO TEACH A KINDERGARTEN CLASS TO PLAY TIDDLEY-WINKS!

—THAT'S ENOUGH OF YOUR ROUGH STUFF, WALTON! I SAW YOU ELBOW THAT MAN IN THE FACE! GET OUT OF THE GAME!

TELL THIS DUMB REFEREE IF HE'S GOING TO PLAY ON THEIR SIDE HE'D BETTER PUT ON A BASKETBALL SUIT!

I'M JACK'S FATHER, COACH... CAN YOU SPARE A MINUTE?

CERTAINLY, DOCTOR WALTON. IT'S TOO BAD ABOUT JACK—HE'S A STAR PLAYER, BUT HE WON'T OBEY MY "NO COFFEE" TRAINING RULE!

CAREFUL, NOW! THEY'RE GOING TO PULL SOMETHING ON YOU!

BEING A DOCTOR, I RECOGNIZED JACK'S TROUBLE AS COFFEE-NERVES! BUT HE'S PROMISED TO QUIT COFFEE AND DRINK POSTUM INSTEAD!

FINE! YOU STICK TO THAT, JACK, AND YOU'LL GET BACK ON THE TEAM!

CURSES! SWITCHING TO POSTUM, IS HE? THEN I'M THROUGH!

30 DAYS LATER

WAIT WHILE I WIRE DAD... I WANT HIM TO KNOW I'VE BEEN ELECTED BASKETBALL CAPTAIN!

THINK I'LL WIRE HIM, TOO—AND TELL HIM WHAT A FINE DISPOSITION YOU'VE ACQUIRED SINCE YOU SWITCHED TO POSTUM!

TELEGRAMS CAPTAIN

OF COURSE, you know that children should never drink coffee. But do you realize that the caffeine in coffee disagrees with many grown-ups, too?

If you are bothered by headaches or indigestion, or find it difficult to sleep soundly... caffeine may be to blame.

Isn't it worth while to try Postum for 30 days? Postum contains no caffeine. It is simply whole wheat and bran, roasted and slightly sweetened. It is easy to make, and costs less than one-half cent a cup. It's a delicious drink, too... and may prove a real help. A product of General Foods.

FREE—let us send you your first week's supply of Postum free! Simply mail the coupon.

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GENERAL FOODS, Little Creek, Mich. W. N. U.—3-7-36
 Send me, without obligation, a week's supply of Postum.

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Fill in completely, print name and address. If you live in Canada, address General Foods, Ltd., Cobourg, Ont. (Offer expires Dec. 31, 1936.)