



Homemakers' Page



Summer Brings Variety to Your Daily Menu

ALL sorts are here that all the earth yields, variety without end," said Milton.

This suggestion of the poet might influence the food imagination of the housewife in the summer time. Fresh vegetables, fresh fruits—truly, variety without end. That is what she has to choose from.

Although our city wives have the joy of fresh vegetables transported from the rotating crops of California, Washington and the southern and midwestern states all winter, the housewife in smaller towns usually has to wait for spring to indulge in the preparation of a great variety of fresh vegetables and fruits. Then she can give her family all the vitamins, all the iron and other minerals they need.

The noodle ring with creamed chicken is a delicious and nourishing main dish, for it combines eggs and milk. Eggs are exceptionally cheap this season, so you can use them unsparingly.

Vegetable salad is very refreshing and can be arranged attractively in individual salads or served in a pottery bowl at the table. If the strawberries in your garden are not ripe yet or your market has not received a shipment of them, buy frozen strawberries. They have the true fresh fruit flavor and natural color.

Below is a summer menu which will prove most appetizing:

NOODLE RING WITH CREAMED CHICKEN	
Hot Biscuit	Butter
Iced Tea (Mint)	
Spring Vegetable Salad	2 tbsp. lemon juice
(Radishes, carrots, green onions, shredded leaf lettuce, cucumber, sour cream dressing)	Few grains salt
Strawberry Ice Cream	2 cups milk

In making the combination salad, use a combination of thinly sliced crisp radishes, green onions and cucumbers and shredded new carrots. Sprinkle with salt and toss lightly together with a sour dressing made of two parts milk to one part vinegar. Serve on shredded leaf lettuce.

For the noodle ring with creamed chicken try the following:

2 4-oz. Pkgs. broad noodles	4 eggs
2 qts. boiling water	1 cup milk
1 1/2 tsp. salt	Black pepper
	2 tbsp. butter

Drop noodles into boiling water. Add salt. Boil briskly 10 minutes. Drain. Rinse in cold water and drain again. Measure noodles. There should be four cups. Add beaten eggs, milk and pepper. Turn mixture into well buttered ring mold, dotting top with butter. Put mold in pan of boiling water and bake in a slow oven 325° F., until set but not brown, about $\frac{3}{4}$ of an hour. Turn onto cold platter. Fill center with creamed chicken. Yield, 12 servings.

In preparing the creamed chicken take the following:

1 qt. diced chicken	3 cups milk
6 mushrooms	3 cups chicken broth
2 tbsp. butter	Salt
4 tbsp. butter	Pepper
1/2 cup flour	

Wash, peel and slice mushrooms. Sauté in 2 teaspoons butter about six minutes. Prepare a white sauce of the four teaspoons of butter, the flour, milk, broth, salt and pepper. More salt may be needed if chicken is not well salted. Add chicken and mushrooms and heat thoroughly in top of double boiler. Yield, 12 servings.

Two chicken bouillon cubes dissolved in 3 cups boiling water may be substituted for chicken broth.

And now for the recipe for the strawberry ice cream.

1 qt. strawberries	2 tbsp. lemon juice
1 to 1 1/2 cups sugar	Few grains salt
depending on sourness of berries	2 cups milk

Chill the milk. Mash the hulled, washed berries and put through a potato ricer. There should be two cups of pulp and juice. Add sugar and let stand twenty minutes to dissolve. Add lemon juice and salt; then pour strawberry mixture into chilled milk. Freeze at once in a 1:6 salt-ice mixture. Yield, one and one-third quarts of cream.

If you would like a delicious cake to serve with the cream, try the following recipe for 1-2-3-4 Cake:

3 cups pastry flour	2 cups fine sugar
4 tsp. baking powder	4 eggs
1/4 tsp. salt	1/2 cup evaporated milk and
1 cup fat (half butter)	1/2 cup water, mixed
	1 tsp. vanilla

Sift flour, then measure. Resift with baking powder and salt. Cream fat. Add sugar slowly and continue creaming until smooth and fluffy. Add

egg yolks and beat well. Add flour mixture alternately with diluted milk, beginning and ending with flour. Add flavoring. Cut and fold in the stiffly beaten egg whites. Bake in a moderate oven (350-475° F.). Spread with Cocoanut Butter Frosting. Yield, 2 layers or 24 cup cakes.

BE CAREFUL OF THE SUN

Light of Old Sol, and Not Heat, Is Beneficial

THE summer season is here once again, and our thoughts turn to week-ends and vacation time. To get "back to nature" becomes the instinctive desire of most of us as we vision the pleasure and health benefits which result from a visit to the seashore, the woods or the farm.

No matter where we go on these junkets away from our "winter quarters," the sun is certain to play an important part in our activities. Old Sol must be visible in the heavens if we are thoroughly to enjoy outdoor recreation; he likewise must be on his best behavior if our bodies are to receive all the extraordinary benefits which come from his life-giving rays. The increase in body energy which follows exposure to the sunlight is known to all of us. We feel better and stronger. Our minds become more active and seem able to do more work. There develops, or is increased, in us a feeling of general well-being, of hopefulness. In short, it's great to be alive!

But don't forget that Sol yields a two-edged sword! Remember that it is not the heat but the light of the sun which has these beneficial powers. Sunlight is powerful, and not everyone can stand the same amount of exposure to it. When you lie on the beach in an abbreviated bathing suit taking a sun bath, it is wise to keep this point in mind: Don't experiment rashly with yourself, for you may end up with a bad burn, sunstroke, or other serious illness. The excessive heat of the sun is enervating, destroys appetite, promotes fever, and devitalizes.

It is a fine thing to cover your body with a coat of tan, but it's even more important to acquire it in small doses.

HINTS ON FASHIONS

For those who do not wish to wear evening dresses, but attend evening entertainments and dinners that are not very formal, a semi-evening gown is quite proper. It should be less elaborate than an evening gown, more simple in design, not cut low and may have long or short sleeves. With the semi-evening gown one wears a hat.

The silhouettes for summer maintain the normal waistline, full skirts, and with the length unchanged, averaging 13, 14 and 8 inches from the floor; for sports, daytime and afternoon wear respectively. For evening the ankle length or just above the floor is preferred. For dancing, two inches above the ankle is permissible. Transparent gowns are mounted with short foundations.

Pleats are much in vogue. They create fullness in daytime dresses. Evening dresses show fan pleats and accordian pleat effects. Short sleeves are with us again and are especially new in puffed styles.

Summer woolens are sheer and loosely woven. Shantung is an excellent material for sports wear, especially in the silk and wool mixtures.

Tunic blouses are still with us. They are nice in printed silk with a plaited skirt of plain material. A dress for general wear for shopping or traveling may be of crepe or light weight woolen. It will be smart with the waist in surplice lines, the skirt slightly flared and lingerie collar and cuffs for decoration.

Among sports dresses, fitted and belted, knitted styles are prominent, both fitted and belted in one and two-piece models. The waistline is ribbed and fitted or held in slightly with soft girdle sashes.

Jackets in contrast to the skirt—jackets with short sleeves—reversible jackets—all indicate the popularity of this mode. Long sleeves of blouses show below the short sleeves of jackets. The short jacket suit is shown in linen, shantung and crepe with sleeveless dress or blouse and skirt. A white jacket and black skirt combine well. Collarless necklines on jackets and coats or with small contrasting collars are shown. The collarless neck has created a demand for scarfs.

Embroidered batiste and organdie make lovely cool summer frocks. Pink

Cotton Blouses that "Go Places"



FORGET your clothes, once you have them on. It is the key to chic, says Chanel, who recently went to Hollywood to advise on screen fashions. Chanel, whose name has long been synonymous with youthfulness in clothes, was one of the first of the great Paris designers to sponsor the mode for cottons. New cottons and old favorites vie for favor in the showings of Paris this season.

The mode for suits is growing apace, for nothing is more practical to the wardrobe than a suit, changing its individuality as it does with each change of blouse. In summertime, when varying activities make so many additional demands upon the wardrobe, the smartly suited woman is always in the forefront of fashion.

organdie embroidered in blue is youthful in a dress Shirred at the waistline to hold the fulness of a wide skirt.

White linen skirts are worn with bright blue sweaters bordered with red and white stripes. Street dresses are smart with trimming of white pique. Scalloped bands of embroidery

It has been said this spring that, "By their blouses shall ye know them." With a mode that is extremely partial to the suit, a varied assortment of cotton blouses is quite essential this year. With the appropriate blouse, the same suit that is worn for sports may double for town wear or even teas.

The ruffled peplum and short sleeves give an exceedingly youthful air in the model shown at the left, while the collar and front ruffle add a feminine touch to the jacket costume.

To the right is shown a blouse of tucked net—a Paris favorite for the summer suit. Fine ruchings give a collar and yoke effect. Again the short sleeves and overblouse styling make this model adaptable to many occasions.

trim frocks of handkerchief linen.

Reviewing the many interesting fashion displays, one marvels at the skill and artistic ability with which colors and materials have been combined. One sees printed silks with plain silk monotone silk and cloth, silk and organdy, organdy and jersey, lace and chiffon.




The TWILIGHT HOUR

A Page Just for Children

Sally Gives Mother a Happy Surprise

SCHOOL was over! And to Sally it was a relief. No more arithmetic problems. No more history—from now on her time was her own, except, of course, when mother asked her to help with the housework. But the afternoons were all free and Sally was prepared to enjoy the summer.

She was only ten years old, and quite studious by nature and took her lessons seriously. She particularly liked her domestic science work, and so when she went for a visit to her Aunt Amelia's, she took great interest in helping prepare meals.

It was summertime. One of these real warm summers, when the thought of hot foods almost took away one's appetite. And so Aunt Amelia prepared cooling salads, fruit drinks, foods without starch and all prepared in most tempting ways.

One evening, as Sally lay in her bed, she received a wonderful inspiration. Of course, Aunt Amelia knew that she was quite competent to get a meal, especially a cool summer one, but Sally's mother had no idea that the course she had been taking in domestic science had prepared her for that task. And so Sally decided that she and Aunt Amelia would plan one of those delightful summer dinners and Sally would select a time when Mother was away for the afternoon, and when she came home, the meal would be prepared.

Sally was anxious to return home and put the idea into practical use, and so that after another week at Aunt Amelia's, she boarded the train for home.

"Now don't forget, dear, plenty of cream in the mayonnaise, and just a pinch of salt, and be sure and let me know how it all comes out," Aunt Amelia said, as the train pulled out of the station.

"I will, and thanks, Aunt Amelia," was Sally's answer as she waved her hand in farewell.

Mother and Dad met her at the station—glad that she had had such a delightful visit and glad that she was home again.

"Was it cool there, dear?" Mother asked.

"No, not very, but Aunt Amelia had such lovely cool things to eat, that it made you forget about the hot weather," Sally said.

"Well goodness knows, it's hard enough to cook these hot days. I wish I could think of something cool to serve," Mother said and Sally smiled. Just wait and she'd show her some really new and tempting summer dishes.

The next morning Sally came downstairs just as Mother was answering the phone. And this is what she heard Mother say:

"Oh, I'd love to come to the party. About what time will it be over? Oh, yes,—well that will give me time to get dinner. It will be a little late, but Sally and Dad won't mind."

And that's all Sally wanted to hear. Here was her chance. She rushed up the stairs and got out the menu Aunt Amelia and she had prepared. She would have the whole afternoon to herself and when Mother came home—well, Sally could see the look of surprise on her face.

Mother dressed and left for the party and Sally, with her notes on the evening meal, went forth into the kitchen.

First Sally prepared the cold luncheon halibut. Then she made the bread and butter sandwiches and the combination salad. She took great pains with the blueberry tarts, and was well rewarded. She had baked them a number of times at Aunt Amelia's, and instead of serving them hot, she was going to serve them cold. She had intended to put whipped cream on the top of the filled tarts and serve them for dessert.

Everybody had ice tea and iced coffee and so Sally planned pineapple-ade. And she found the crushed pineapple in the kitchen cupboard.

Her plans went along smoothly and by 5:00 o'clock in the evening she had finished.

Then she got her favorite book and curled up in a chair on the sun parlor and awaited the arrival of her

Mother. She read for almost an hour before Mother arrived.

"Oh, but it's hot, and I'm so tired and now dinner to get," was Mother's first remark. She went upstairs and took off her hat and laid her purse on the bed. Sally followed her.

"Mother, you know I've been taking domestic science at school and I thought you'd be tired and I've prepared the dinner for you and Dad this evening. I wish you'd lie down and rest a minute until Dad comes at 6:30 and I'll put it on the table," said Sally.

"Why, dear—I didn't know you could do that. What have you?"

"That's a surprise, Mother, but it will be good, because Aunt Amelia knows that I can get it up all right. You just get comfy and I'll go down and finish it up."

And Mother, glad to relinquish the task to Sally, laid down on the bed.

Soon Sally called, "Dinner is served," and the two came down from upstairs to the dining room. It would be difficult to say which was the most surprised, Mother or Dad.

"Why, Sally, didn't someone help you with this?" asked Dad.

"No, Dad, I learned it all at school and from Aunt Amelia."

"Why, Sally, that salad is better than I ever made in my life. Oh, I'm so proud of you," said Mother.

"Well, school isn't any good if you can't really do the things you learn there, and now that I've shown you I can really get a meal, Mother, may I get them often?"

"Just whenever you like, dear. I'm completely dumbfounded. I'm happy, too, dear, for everything is lovely," said Mother.

And it wasn't long before Aunt Amelia received a letter from Sally, which told her that the meal was a complete success, and she was amused when she read Sally's postscript: "Send me some more ideas, Aunt Amelia. I'm running out and Mother has almost given me charge of the kitchen. It's such fun, but I need your help."

A PAGE OF PRAISE from FRISCO FRIENDS

From William Gaterman of the American Stove Company, St. Louis, Mo., to L. W. Price, general agent, Oklahoma City, Okla.

"Yesterday, I boarded your St. Louis train at Oklahoma City, after having purchased a ticket from that point to St. Louis. Upon tendering my ticket to Conductor Wolfe, it was discovered that the destination of my ticket was Tulsa instead of St. Louis. I naturally expected considerable difficulty in getting the matter straightened out. However, Mr. Wolfe asked me to leave the matter entirely in his hands and not to worry.

"Arriving at Tulsa, Mr. Wolfe had a wire from the agent at Oklahoma City correcting the error and authorizing them to furnish me transportation on to St. Louis.

"I wish to thank all who were concerned in this matter for the courteous manner in which I was treated. Mr. Wolfe was unusually courteous and in my opinion you are fortunate in having an employe of this calibre in your service."

From H. D. Hardy, of the J. C. Penny Company, Sapulpa, Okla., to J. R. Dritt, agent, Frisco Lines, Sapulpa.

"I am sure that there is no line of endeavor in which time plays a more important part than it does in selling the style of merchandise we handle. It is almost imperative in this day of close operation and small stock to obtain the fastest possible service on goods that can be out of style and out of date over night.

"I just want to take this opportunity of calling your attention to your Freight Bill No. 411, dated May 20, on a shipment of merchandise which was moved out of St. Louis May 19. Just to give you an idea as to how necessary it was that we have this shipment at once: It covered a shipment of men's straw hats which we found we were short on last Monday after Saturday's unusually heavy sale which was prompted by the warmer weather. This order was written Monday morning, mailed Monday evening, filled Tuesday morning and delivered to my back door Wednesday at noon.

"It is simply the writer's desire to take this means of extending to you our appreciation for service of this kind."

From James E. Chandler, Kansas City, Mo., to E. G. Baker, assistant general freight agent, Kansas City.

"I made the round trip over the Frisco between Kansas City and Jacksonville this spring. I have gone over your road a number of times in the last six or seven years, but this spring was the best yet.

"The service is improved in every particular; the roadbed is much better, and the trains handled 100 per cent. In other words you can hardly tell when they are stopping and starting. I commented upon that particular feature when I was traveling with Mrs. Chandler, and at Memphis I got out of the coach and went up to look at the engine because I wanted to see an engine that could handle a train like that one was handled. It certainly was some big mountain of steel.

"The Frisco service between here and Jacksonville is just as near 100 per cent, it seems to me, as it could be made."

From Mr. H. D. Hubbard, of White and James River Farms in the Ozarks, to E. G. Baker, assistant general freight agent, Kansas City.

"Enroute to Havana last January, I traveled on the Frisco, going by way of Jacksonville and also returned by that route.

"Your system is by far better in every respect than other roads used on previous trips, including the smoothness of roadbed, modern equipment, courtesy of employes, on time operation. I have nothing to criticize, but much to commend.

"In the near future, hope to repeat the trip and will choose the same routing."

From Dr. Chalmers P. Woodruff, department commander of the Grand Army of the Republic, St. Louis, Mo., to Mr. Fred W. Dunard, soliciting freight and passenger agent, St. Louis, Mo.:

"Wish to let you know how much all of the members of the Grand Army of the Republic and affiliated organizations enjoyed the trip over your railroad in the special trains which you provided from St. Louis to Joplin and return.

"The equipment in the trains was first class in every particular and your employes uniformly courteous.

"We also all enjoyed very much the

kindnesses and courtesy shown us by your good self, and I will state that it was a real pleasure to have you accompany the trains and administer to our wants and see that everybody was properly cared for."

From Mr. H. A. Howery, superintendent of meters, Kansas City Light and Power Company, Kansas City, Mo., to Mr. E. G. Baker, assistant general freight agent, Kansas City, Mo.:

"On the recent trip which I made to Chattanooga, Tenn., I took the suggestion of your Mr. Fred Phillips, of Lenexa, Kan., and made my reservations through Mr. Werner of your down-town ticket office.

"I took the Sunnyland to Birmingham, Ala., and then across to Chattanooga. This route I found to be a little over \$3.00 longer, but two hours shorter which was very agreeable and acceptable to me. In fact, this routing suited me so well that I returned the same way.

"One thing in particular in connection with this trip I thought you might be interested in, was the untiring efforts of your employes, with whom I came in contact, to make the travel hours pleasurable."

From Mr. F. G. Ricketts, vice-president, Springfield Seed Company, Springfield, Mo., to C. O. McCain, general agent, Springfield.

"We feel that the Frisco, and in particular, your office, the yard office, and the Red Ball Department should be complimented on the service given us on May 20 on Car 162724, Frisco.

"We received an order for this car about 5 o'clock on the date above, and by the excellent co-operation of the above departments, we were able to get the car set, loaded, billed, pulled out and delivered to West Plains by 6 o'clock the next morning.

"Below is part of a letter written to us by the consignee, the Reed-Harlin Grocer Company, in regard to this car:

"It certainly was wonderful service you gave us on that car, giving you the order about 5:00 o'clock in the evening and it was sitting on our track the next morning."

"We certainly thank you for the service given us on this car and want to compliment you and all of the different departments on the handling."

**Oh, My!**

Stranger at Party: "Very dull isn't it?"
Second: "Yes, very."
Stranger: "Let's go home."
Second: "I can't, I'm the host."

CAN'T SAY YET

"To what do you attribute your great age?" asked the city visitor of Grandpa Josh Gibbons.

"Well, I can't say now," replied Grandpa. "Several of them testimonial fellars is a-dickerin' with me."

PROLONGED GOOD MORNING

A firm of solicitors rang up a stock broker, and the following conversation took place:

"Good morning, are you Mr. Denman?"
"Yes, who is it?"

"This is Hullett, Crafting, Studge, Minardy, Gowle and Scarrow."

"Oh, good morning, good morning, good morning, good morning, good morning."

Who?

Three fellows—a doctor an architect and a bolshevist—were talking together, and each claimed that his kind was the oldest and most important.

The doctor said: "When Adam's side was opened to take out a rib to make a woman—that was the first surgical operation."

The architect said: "Yes, but when the earth was made of chaos, before Adam's time, there had to be building plans—and an architect had to make them."

The bolshevist said: "You are right, but who supplied the chaos?"

—Exchange.

HERE AT LAST

Servant Girl: "Madam, master lies unconscious in the hall, with a piece of paper in his hand and a large box alongside."

Mme. X. (Joyously): "Oh, my new hat has arrived."

FAR FETCHED

"Is it true that mosquitoes weep?"
"I don't know, I guess it's possible, I've seen a moth ball."

A Sad Error

A passenger on the steamboat complained to the purser that his clothes were lost.

"What did you do with them," the purser asked.

"Oh, I put them in a little closet with a round glass door."

TRUE TO TYPE

"How did they treat you in Scotland?"
"Reluctantly."

TIT FOR TAT

"You haven't mended those socks."
"No, you didn't buy that coat you promised me."

"No, and I don't intend to."
"Well, if you don't give a wrap, I don't give a darn."

OH! OH!

"Private Rooney," said the cavalry officer, "take my horse down and have him shod."

For three hours the lieutenant waited for his horse. Then, impatiently, he sent for Rooney.

"Private Rooney," he said, "where is that horse I told you to have shod?"

"Omigosh!" gasped the private, growing pale around the gills, "Omigosh! Did you say shod?"

Quick Action

Two old maids were discussing men.

"Which would you desire most in your husband; brains, wealth or appearance?" one asked.

"Appearance," said the other, "and the sooner the better."

TRY THIS

"You are good at conundrums—try this. Take away my first letter, take away my second letter, take away all my letters and I am still the same. What am I?"

"That's easy—you're a postman."

VERY CONSIDERATE

"Yous a liah," said Cal.
"Say dat again," said Wash, "and I'll bust yore jaw."
"Considah it said again."
"Considah yore jaw busted."

Hot Dogs

Ted: "My feet burn like the dickens; do you think a mustard bath would help?"

Ned: "Sure! There's nothing better than mustard for hot dogs!"

AT THE PICNIC

Old Lady (witnessing tug-of-war for the first time)—"Wouldn't it be simpler, dear, for them to get a knife and cut it?"

TO BE REPEATED

Mrs. Slosher heard a man ascending the stairs of the tenement house late at night and, supposing it to be her husband, quickly opened the door and administered a severe thrashing.

After it was all over she looked at the man's face.

"Good gracious!" she cried in shocked tones. "You're not my husband. You're the tenant on the next floor. I'm awfully sorry."

The victim picked himself up.

"And so you ought to be," he moaned. "Now I'll have to go through all that again."

MONEY BACK

Customer—Last week I bought a tire cover from you, and now I want my money back.

Clerk—Why?

Customer—I put it on one of my tires and hadn't driven 10 miles before the blamed thing wore out!

Kipling's Comeback

When the report went around that Rudyard Kipling was getting a shilling a word for something he was writing, some Oxford students set about "ragging" him. Wiring Kipling a shilling, they said: "Please send us one of your words."

And right back came the answer, "Thanks."