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Helpful Hints

Menu Hint

What to feed the child between the ages of four and eight is often the problem. Following is a basic menu for a day, which may be varied according to the season and the circumstances:

Breakfast

Five stewed prunes, one baked banana or half a cup of either stewed small fruit or fresh fruit.

Bowl of well cooked cereal with whole milk.

Two slices well toasted bread, lightly buttered. Glass of milk.

Luncheon

Bowl of well cooked vegetable soup, crackers. Baked potato, boiled rice or creamed macaroni. Green vegetable or stewed fruit. Custard, bread pudding or junket.

Supper

Scrambled or pouched egg on toast bread and butter. Two plain cookies, lady fingers or sponge cake. Cup whole milk.

Seasonable Recipes

By way of varying the noon meal a bit of fish, boiled or steamed and then creamed may be given, or the heart of a broiled lamb chop, bread and beef gravy—not too rich—and occasionally a little of the breast of chicken.

The vegetable may be spinach, asparagus, boiled beets, young creamed carrots, summer squash, creamed thoroughly, washed and cooked.

All fruits, before stewing, should be well washed and stewed gently with a small amount of sugar. Too much sugar is not good. Fresh, whole milk, cool but not cold, is best for drinking.

Authorities differ about feeding children between meals. If the child seems undernourished, is hungry a glass of milk and cracker at ten in the morning and three in the afternoon is good.

Nut Bread

Four cups flour, three fourths cup sugar, one egg, four teaspoons baking powder, one teaspoon salt, one cup of milk, one cup English walnut meats, broken. Place in bread pans and let rise one hour. Bake three-quarters of an hour.

SUGGESTIONS

Important Trifles.

Cold water is first aid for egg stains whether on dishes or clothes.

Before hanging another picture on the wall consider whether it will really make the room more beautiful or will simply fill up space.

In making sauces to accompany hot or cold asparagus or other vegetables, use some of the vegetable water for the liquid called for in the recipe.

Hollandaise, boiled salad dressing, and mayonnaise are all improved by the vegetable liquid.

The waffle iron should never be washed. Instead, after baking waffles place the iron in a paper sack and tie it tightly around the iron. Thus it will be kept clean and ready for use.

SHOPPING BLINDERS

Sometimes I hie me blithely forth
To buy a simple frock,
And end by falling deep in love
With the highest-priced in stock.
I once set out to buy some plates
At the lowly "five-and-ten."
I saw some Wedgwood on the way,
And I was ruined then!
Cotton sheets and pillowslips
And tablecloths will do;
But ah, the heart-aches and despair
When linen comes to view!
Safely to buy the modest things
I secretly despise,
I'll have to go along the streets
With blinders on my eyes!

STYLE WHIMSIES

Jumper dresses for morning wear and one-piece for afternoon are sponsored by at least one style house in advanced fall modes.

Bias cuts giving diagonal lines and flared skirts are noticeable in the Paul Caret dress showings at Paris. Veiled effects are also prominent, being generally of black lace or chiffons over embroideries and brocaded foundations.

Lightness and daintiness are the keynote of the evening frocks for the new season as viewed at the Paris openings. Bouffant gowns of black taffeta with skirts of diaphanous fabrics such as tulle, lace or chiffon are garlanded with flowers and ribbon bows.

Shades for fall are: Elephant gray, pine needle green, Chianti red, storming blue, obergne purple, tawny birch, dogwood, leafmold, malabar and reptile.

A wide, flaring sleeve section extending almost the full length of the coat, is a recurrent feature in evening wraps.

The New Ford

THE interest in the new Ford model makes Eve's curiosity regarding the apple look like incurable boredom!

The entire motor world is guessing—"What—?" When—"?" "—Where—?"

Everybody wants to know. Curiosity peers with its thousand eyes and Rumor speaks with its thousand tongues. But nobody knows! A veil of impenetrable mystery shrouds the new Ford Model.

Our bet is that you are guessing as hard as the next one. We'd like to tell you — but, MEANTIME, "Mum's the word!"

We can tell you, however, that the new Ford model will be here soon. It's well worth waiting for. Just as soon as we can, we will let you know when "the mystery car" will be on view at our showrooms and when our experts will demonstrate and explain its distinguishing features.

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