

WELL-MADE KITCHEN SINK ADDS MUCH TO COMFORT AND HEALTH



Double Sinks Make Dish Washing an Easier Task.

(Prepared by the United States Department of Health and Human Services.) Two pans on a table, filled with water carried from the stove, to be carried out again when the dishes were washed, was the usual method 50 years ago.

Double sinks make dish washing an easier task. The material of the sink should be the best available, nonabsorbent of grease as well as moisture, and there should be no cracks or square corners to increase the work of keeping it clean.

With No Square Corners. The material of the sink should be the best available, nonabsorbent of grease as well as moisture, and there should be no cracks or square corners to increase the work of keeping it clean.

Iron sinks of good quality are superior to wooden ones, since they do not absorb grease or moisture, and are durable. They are kept clean easily, if smooth and they will soon wear smooth, but they have the disadvantage of neither showing dirt nor proclaiming their cleanliness.

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Some Expensive Sinks. Enamelled iron sinks are smooth, last well with careful use, and are kept clean easily, but they are more expensive than iron. Porcelain sinks are similar to the enamelled ones, but their price is almost prohibitive.

Handy Dish Drainer. Punch holes in the bottom of an old milk pan, and nail four spoons on for legs. In the center, nail an old coffee can or baking powder can for the silverson.

Scalloped Beef and Tomatoes. Take two cups of cooked tomatoes, salt and pepper, one cup of brown sauce, one cup of beef crumbs and two tablespoons of butter.

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To Wear Cottons

Material in New Form Is Supplied by Manufacturers.

Fabric Closely Resembles Georgette Crepe and Crepe de Chine; Woven Embroidered Patterns.

The cotton dress is to renew its popularity, writes a Paris fashion correspondent. It is really a fashionable costume has been prepared for by manufacturers of cotton fabrics who have brought out cotton crepes and other new materials so beautifully woven that they closely resemble georgette crepe and crepe de chine.

Rodier, the well-known French manufacturer of cotton and wool materials, is featuring for 1922 cotton crepes, voiles, plaques, batistes and linen embroidered either in matching or contrasting colors. A white material may carry an embroidered pattern in several colors.

Swiss musing, with its shower of dots, is always a favorite with the American woman, although much little of it by Parisienne. It has lost none of its prestige in this country, and we see it in a variety of wonderful shades ranging from pale grays and mauves to the brightest greens, blues and reds.

Cravats For Street Suits. Separate Collar of Soft Material Crosses in Back and Is Knotted in Center Front.

Jenny shows in her new collection a most original cravat made to be worn with her street suits. This separate collar of soft material, goes around the neck, crosses in the back and is knotted in the center front with streamers which fall to the knees.

Smart new blouses are of dimity, trimmed with gingham. The favorite blouse dresses are made of percales and plain or checked ginghams.

Trimmings on the new spring coats and wraps is decidedly varied, braids and embroideries being much used, with applique work also favored.

The skirt that is seven to nine inches from the ground is short, roomy for comfort, and that seems to be the generally approved length.

Hats with well-dressed crowns, fashioned to fit the head snugly, and trim of medium width are two of the style recommendations for spring and the brim that is narrower in the back than in the front promises to be very popular.

Women are beginning to realize the varied and attractive possibilities of ribbon as a dress fabric or dress trimming, and this season sees some lovely evening gowns in which gorgeous ribbon plays an important part.

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MOTHER, QUICK! GIVE CALIFORNIA FIG SYRUP

FOR CHILD'S BOWELS

Even a sick child loves the "Fruity" taste of California Fig Syrup. If a little tummy is clogged, or if your child is listless, cross, feverish, full of cold, or has colic, a teaspoonful will never fail to open the bowels.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle.

Watches With Two-Hour Hands. The latest fad is the timepiece with the two-hour hands. The owners started it, that they might have railroad time and daylight saving time before them at a glance.

Does Laundry Work and Housework Too Surprised to Find Herself Feeling So Well. Tanton, Mass. "I used to have pains in my back and legs so badly, with other troubles that women

Medical Aid for French Children. Thousands of French children in Paris, Lille, Roubaix, Valenciennes, Calais, and other cities, are suffering from lack of food.

Large Artificial Lakes. Sardinia, one of the island possessions of Italy, will soon have artificial lakes ranging among the largest in the world.

Scotch Thrift. Donald MacTavish lay a-lying. He had been all day about it, and his wife, who had watched with patient expectancy since early morn, began to feel the call of her neglected household duties.

Save the bird in hand. The others may be hard to catch. With enough money, enough time and enough luck, a man may get back the health he has lost—or part of it.

It takes patience, too. And then there may be no success, or only a little. It's better to save what you have than hunt for what you've lost—rests will tell you.

Much of the loss of health is due to faulty, careless diet. Wrong meals at all times and right meals at wrong times load the long-suffering digestive organs with elements of destruction, or starve the tissues and glands of needed elements.

Grape-Nuts is a delicious cereal food which has the qualities of scientific nutrition. It supplies the full richness of those splendid food grains, wheat and malted barley, together with vital mineral elements, so often lacking from foods. Served with cream or good milk, Grape-Nuts gives full nourishment without over-loading the stomach.

A splendid thought for breakfast or lunch, for those who would keep healthy— Grape-Nuts—the Body Builder "There's a Reason" Made by Postum Cereal Company, Inc., Battle Creek, Michigan

Advertisement for Bayer Aspirin. Includes Bayer logo and text: 'Genuine Aspirin. WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 22 years and proved safe by millions for...

Advertisement for E-Z Stove Polish. Includes text: 'Shining-up Days Are Here! E-Z Stove Polish. Western Canada Offers Health and Wealth. and has brought contentment and happiness to thousands of home owners and their families who have settled on her FREE homesteads or bought land at attractive prices.

Advertisement for Absorbine. Includes text: 'Absorbine will reduce inflamed, swollen joints, sprains, bruises, cuts, burns, etc. It is a powerful antiseptic and germicide. Pleasant to use, does not blister, and removes the hair, and you can write the name on the bottle.

Advertisement for Cuticura. Includes text: 'Cuticura Soothes Baby Rash. That itch and burn, by hot baths of Cuticura Soap followed by gentle applications of Cuticura Ointment. Nothing better known, sweeter, safer, or more effective than Cuticura.

Advertisement for Mitchell Eye Salve. Includes text: 'Inflamed Eyes. Don't treat with any of those "big eye" salves with powerful drugs. Mitchell Eye Salve is a soothing relief. It is safe, and does not burn. Best 25¢ per bottle delivered. Stock 3, Springfield, Mass.

Advertisement for At the House Party. Includes text: 'Watch the halla kin! The man who might learn a lesson at ball-halla, suggested the riddle.

Advertisement for Grape-Nuts. Includes text: 'Save the bird in hand. The others may be hard to catch. With enough money, enough time and enough luck, a man may get back the health he has lost—or part of it.

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