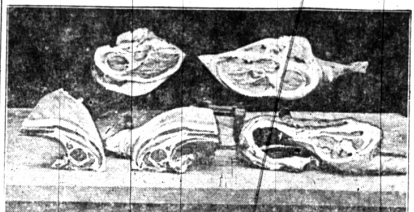


LAMB MAKES HIGHLY APPETIZING DISH WHEN PROPERLY PREPARED



Five Main Cuts of Lamb Carcass.

Prepared by the United States Department of Agriculture. Earliest records mention the use of the flesh of sheep for human food...

Prepared Leg of Mutton. One pound mutton, medium-sized, 40 minutes or better. One carrot, 1/2 cup of water, 1/2 cup of milk, 1/2 cup of flour, 1/2 cup of butter...

Stuffing for Braised Leg of Mutton. The stuffing for the braised leg of mutton is made as follows: 1/2 cup of cracked wheat, 1/2 cup of raisins, 1/2 cup of currants, 1/2 cup of prunes...

Brown Gravy for Roast Mutton. In making gravy for roast mutton or any other roast meat, allow two level tablespoons of butter and one cupful of gravy desired, pouring off...

Tomato Good for Children. Valuable as Source of Important Ingredient of Diet—Now Recommended for Babies. One of the easiest ways to be sure of getting sufficient amounts of vitamins...

Salt is Effective in Setting Colors. Dyes in Various Fabrics are Not Always Permanent. Colored Clothes Should be Washed in Lukewarm Water and Neutral Soap Solution—Should be Ironed on Wrong Side.

Manufacturers endeavor to set the color of the dyes in their fabrics, but are not always able to do this permanently. Special treatment before washing will sometimes help, according to Farmers' Bulletin 1490 on home laundering...

Colored clothes in general should be washed in lukewarm water and neutral soap solution, and the fabric squeezed rather than rubbed, according to the bulletin. Unless the color is fast, no colored clothes should be soaked for any length of time...

Ornamental. Grapefruit seeds, planted in a pretty round tin, make an exceedingly attractive ornament for the dining table. Saves Ice. Wrap newspaper around the ice in your icebox. This will help the ice last much longer and cut down your ice bill.

Coffee Hints. Try a half teaspoon of vanilla in the coffee. It adds to the flavor. Keep the attic clean, well ventilated and clear of all except such possessions as will be actually used in the future.

Net curtains can be dried by hanging them up on rods while still wet. They will hang gracefully if done in this way. Kerosene will remove stains left on clothes when scraped off with a brush.

Excellent cherry roly poly is made with a biscuit crust. One level tablespoon of flour will thicken one cupful of liquid for soup. When doing any heating on velvet use sewing silk instead of cotton. This is not so liable to leave traces after the bastings are pulled out.

White in Separate Skirts; Hats Now Have Wider Brims

IN SEPARATE skirts for sports and smartness, the demand has swung round to white or patterns in which white dominates. Whatever the material, whether silk, wool, linen or cotton, the skirts of the hour emphasize all-white or white with fine cross-stripes or hair-line stripes that make little impression of color.



HANDSOME SKIRT IN WHITE AND BLACK

they launder easily and nothing looks quite so cool and crisp, unless it be a well-balanced combination of black and white. The active sportsman likes white, revealing superb workmanship. Crowns of linen or white flannel when she plays are usually round in both fabric and tennis, white or otherwise enjoys the white, with cross-hatched and beading of orange for blue or green. Orchestral, pearl gray, almost black with a sweater in matching color, and brown called "amateur" are made for a dresser model she might well select white crepe or a combination of white and black like the handsome skirt pictured. These silk skirts, one fabric model and one combining both straw and white the wrap-around and plain fabric, compose the group pictured here. A very wide-shouldered hat with white tulle at the top, has its brim swathed with a twisted mill of orchid velvet and a huge shawl of velvet and georgette mounted at the front of the crown. The lovely and intricate leg-



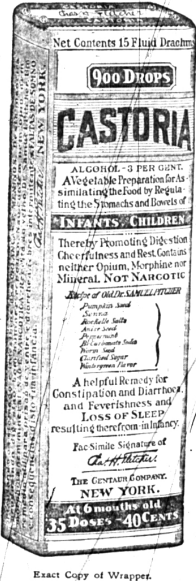
MIDSUMMER HATS HAVE WIDER BRIMS

With the help of an elastic band near the hem, which permits necessary freedom for walking. Nothing makes a lovelier or more useful semi-dress skirt for midsummer than white crepe de chine. Canton crepe, silk kasha and white pongee are rivals. "With what a glory comes and goes the year!" Women contrive to herald each of its seasons, and almost each month, by their millinery. Flower-laden hats met the spring with a burst of color; advancing summer finds tones becoming fainter and muted.

Gay Fabrics Are Used. The day of the untriumphed black crepe de chine dress is past. All costumes are remarkable for their embroidery, or because they are combined with gay contrasting fabrics. A special mention should be made of the emphasis placed on metal embroidery, whether in steel or copper color. This year dressmakers are showing more elaborate afternoon dresses, in crepe de chine, georgette and lace. The reason, perhaps, that Americans have not been more interested in this type of clothes is that they pass the hours between four and seven in different surroundings. Organdis and Swais. In the line of fabrics, organdi are frequently and effectively combined, plain organdi and dotted swiss may be mentioned for real summer wear, and both of these fabrics are offered this season in such wide color range and in so many interesting embroidered effects that their vogue seems destined to be greater than usual.

The Young Mother.

THE ILLS OF INFANTS AND CHILDREN should be so well known to the youngest of mothers that a reminder or repetition of the symptoms of illness seems unnecessary, yet there are, some mothers who overlook a feverish condition, a little colic, or a disposition to be irritable. If not corrected they may lead to serious sickness. And to correct them, to bring Baby back to its happy self, is so easy by the use of Castoria—a medicine prepared just for infants and children. It will regulate the bowels (not force them), aid digestion and so bring quiet and rest. Fletcher's Castoria has been doing this for over 30 years; regulating the stomach and bowels of infants and children. It has replaced the nauseating Castor Oil, so-called Soothing Syrups, poisonous Paregoric and other vicious concoctions in the homes of true and honest mothers—mothers who love their children. Those mothers will give their babies foods and medicines especially prepared for infants and children.



Children Cry For Fletcher's CASTORIA

A Word About Truth. "Great is Truth, and mighty above all things." So says the Old Testament, yet it is equally true to-day. Truth shows no favors, fears no enemies. From the inception of Fletcher's Castoria, Truth has been the watchword, and to the conscientious adherence to this motto in the preparation of Fletcher's Castoria as well as in its advertising is due the secret of its popular demand. All imitations, all substitutes, all just-as-good preparations lack the element of Truth, lack the righteousness of being, lack all semblance even in the words of those who would deceive. And you! Mothers, mothers with the fate of the World in your hands, can you be deceived? Certainly not. Fletcher's Castoria is prepared for Infants and Children. It is distinctly a remedy for the little ones. The BABY'S need for a medicine to take the place of Castor Oil, Paregoric and Soothing Syrup was the sole thought that led to its discovery. Never try to correct BABY'S troubles with a medicine that you would use for yourself. MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA.

GENUINE CASTORIA ALWAYS Bears the Signature of Charles H. Fletcher THE CENTRAL COMPANY, NEW YORK CITY.

10 Cents Gives Cheerful New Color Tone to Old Curtains PUTNAM FADELESS DYES—dyes or tints as you wish

At one o'clock in the morning the conscientious Smith college freshman tipped downstairs and knocked loudly on the housemother's door. Grabbing her keys and slipping on a robe, she bade the housemother run to the door to see what all the excitement was about. A loud knock at 1 a. m. surely meant nothing less than a fire, "Mr. Henry," said the conscientious freshman excitedly, "I sneezed, a couple of times, and think I may be getting a cold. You know Doctor Gillman said in his lecture that the minute we felt a cold coming on we must tell the housemother about it."

Spring Weather. "Why have you let your entire force go to the ball game." "Well, I got very little work out of them in spring. All their efforts go to putting the windows up and down."—Louisville Courier-Journal.

2 or 3 Cans of Baking Powder Are Not Worth the Price of One

That's Why CALUMET The Economy BAKING POWDER Is the biggest selling brand in the world. Don't let a BIG CAN or a very low price mislead you. Experimenting with an uncertain brand is expensive—because it WASTES time and money. BEST BY TEST



The World's Greatest Baking Powder