The Woman's Page

Time Now to Plant Vegetable Garden

By WANDA BARTON

Spring catalogues are spread on all garden lovers' tables, who are actively planning their beloved gardens. The size of the gardens and their location, as well as the family needs and desires, govern the extent of the planting. While it is a joy to have plenty of lovely pickable flowers, it is the kitchen garden that most deeply, and vitally, interests the housewife.

If there is no room for the hardy winter vegetables, melons, or the other things that take up valuable space, it is wise to pass them up in favor of more quickly grown things. Dieticians favor salads and plenty of them, also the quickly grown vegetables, so it is a good idea to concentrate on their selection.

There are many good varieties of lettuce, though the so-called Boston, or old-fashioned kind, is standard. Chicory, romaine, upland cress, chives, field lettuce or sorrel, leeks, scallions, cucumbers, radishes, peppers and mint are valued for salad use. Six tomato plants and four hills of cucumbers will yield as much as a small family can possibly use.

For the hearty use, carrots, beets, peas, beans, string and lima, summer squash, eggplant, oyster plant, cauliflower, chard and a few parsnips will make a good variety. The tomato plants and the cabbage plants may be cultivated and get a good start in the house. If the growing frames are placed when the plants are well started they can be trained on the frames as fast as ready.

Instead of transplanting a great deal of the lettuce to head up, it is easier to use it rapidly, thus thinning out the rows, and after all is used, plant a late crop that may be glassed over for early fall use. Another good idea is to put in a frame over the parsley so it may be glassed in when the cold weather returns so it will be available well into winter, no matter how cold the weather is.

To get back to the flower garden, it is, of course, a great pleasure to have a lot of pickable flowers, the show garden is a matter of pride to its owner, even to the neighbors. To have flowers for the house, especially for the table, is a joy, sweet flowers such as heliotrope, mignonette, gilliflowers, geraniums, leaves of the lemon verbena, tuberoses, lilies of the valley. We almost forgot the old clove pinks that graced our grandmothers' gardens.

Poppies and ragged sailors are always decorative. Sweet peas, if picked every day carefully, will continue to bear well into August, but if allowed to remain on the vines the stems grow shorter as the season advances, so they are not worth picking and soon die out.

Single-colored border plants are much used in England, and they make the garden very attractive in appearance. Blue, pink or yellow plants are known to all gardeners and these border plants grow thick and close if properly planted. Among decorative plants, none are more interesting, colorful and attractive than the tuberous begonias. They are rather fragile and cannot be picked, but make a very beautiful and showy bed.

Massing color is an art in garden planting and it must all be planned at planting time. Another point to remember is rotation of blossoms so that there is no long period of lack and a season of overproduction. This is an important consideration in planting a rose garden, for the plenty of June and July may be in a lesser way continued all summer, if a few monthly roses are included, as well as a few of the delicate tea roses.

One million dollars worth of blueberries are canned in Maine in some seasons. In one county of that State the blueberry crop is the chief source of income of many of the people.

Because of the large number of skippers which may be produced by a single piece of meat, it is advisable to destroy promptly all infested meat which can not be reconditioned by trimming.

In the summer, it usually takes from 52 degrees Fahrenheit in the churn to have the little grains of butter firm. In the winter, it usually takes from 53 to 66 degrees. In the spring, after the cows have been turned out to pasture, if you use the same temperature you do in winter, the butter will probably come in much shorter time and will be quite soft. In that case, all you have to do is use a lower temperature at the next churning.

Do not add water when roasting beef or lamb. Sear the meat at a high temperature, then reduce the heat and cook 15 or 20 minutes to the pound.

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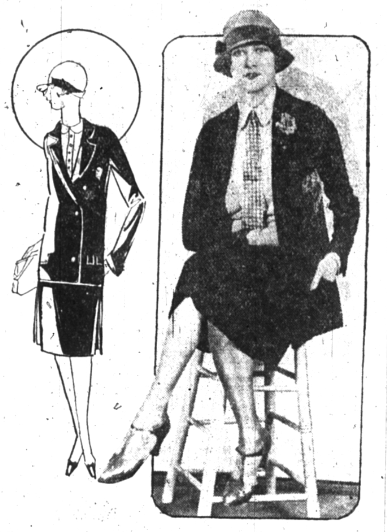


The tailored suit is popular this spring. Above, sketched left, is a tailleur of black velvet. Right, one of the mannish suiting worn by Anna Q. Nilsson.

HOUSEHOLD HINTS

BY MRS. MARY MORTON

MENU HINT

Suppose we have a regular English dinner next Sunday. We will have roast beef, Yorkshire pudding, baked potatoes, and a deep pie. And water cress will be the green. A rib roast or an English cut are nice for the roast. We will heat the oven, put the roast in and let it stand uncovered for half an hour, then add a bay leaf or two, a small onion, salt and pepper, and a little water—say half a cup of hot. Cover and let cook fifteen minutes to the pound if you like your meat rather rare, twenty if you like it well done.

Roast Beef **Yorkshire Pudding**
Baked Potatoes
Water Cress Salad
Deep Rhubard Pie **Tea**

TODAY'S RECIPES

Yorkshire Pudding—Beat together till smooth one cup of milk, one-half cup of flour, two eggs and one-fourth teaspoon of salt. Bake like pop-overs in cups, or in one shallow pan, basting several times with the fat from roast beef. Serve with the meat.

For a breakfast or luncheon dish add one-half cup of bits of meat from a roast and serve with any left-over gravy or tomato sauce.

Deep Rhubarb Pie—Wash rhubarb thoroughly and cut in inch long pieces. Line the top of the inside of a baking dish with a strip of good pie crust. Fill the dish with the cut rhubarb, seasoning with sugar and bits of butter. Put on top crust, cut air holes and bake until thoroughly done. A tea cup without a handle or an egg cup inverted in the middle of the dish will keep the juice from running out. Flour may be mixed with the sugar to thicken the juice.

SUGGESTIONS

Fried Apples

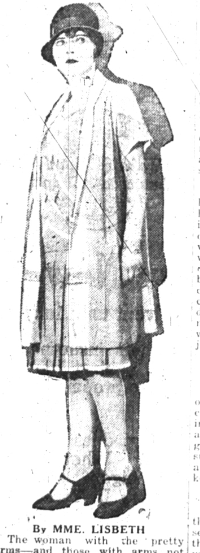
Wash the apples first, cutting out all bad spots, quarter, and core (do not peel) and after frying bacon or salt pork place the apples in the frying pan in the grease, adding salt, pepper and sugar to taste. Cover and steam a while. Then remove cover and keep stirring until a nice brown.

Saving Time

When ironing put the things that need mending on a certain section of the rack so as to have them all together for mending without further sorting.

The red color sometimes admired in devil's food cake is due to the use of more soda than is necessary to neutralize the acid in the sour milk and chocolate. This results in taking into the body more soda, or free alkali than is desirable, as one does when serving hot biscuits made yellow with an excess of soda. Too red a devil's food cake, therefore, is not good.

Sans Sleeves



By MME. LISBETH

The woman with the pretty arms—and those with arms not so pretty—may expose them to the public gaze freely this year, for after a session when long sleeves were the only kind to wear short sleeves or none at all is permissible.

The youthful ensemble pictured is a Premet model in stone blue novelty wool trimmed in white crepe de chine. The dress is sleeveless and the jacket has short sleeves. The skirt is of the ubiquitos pleated variety.

FOREIGN LINENS NOW POPULAR

By GLADYS H. BEVANS

Belgium, Czecho-Slavakia, Ireland and Moravia flaunt their colored banners in our stores in the guise of luncheon cloths and napkins, large and small. Each strikes its own note in weave and color.

The Belgium linens are shown in a new weave called the granite. As its name implies, it is a pebbly finish, but at the same time a satiny one. There are also among the linens from this country some very fresh cloths in solid colors with banded borders. Of these I think the bright pink with peasant china makes, perhaps, the prettiest table of all.

The Irish linens are mostly in the natural color with striped colored borders. These might suit the more conservative minded at the same time that they have a touch of gayety to paint up our lively breakfast and luncheon china.

The Czecho-Slovakian and the Moravian lines run to the damask weaves and quite elaborate designs. There are very informal effects in white with bright, almost grass green checks in the border. There is a very striking looking cloth with squares of gold—the squares themselves being composed of tiny stripes of white and gold. Unusual tones of green, such as sea green and blue-green, are very delicate and in a large enough size would be quite formal enough for dinner use.

An outstanding example of the best of the Moravian importations shows a border design in clear detail of the St. George and the dragon motif in rich ivory and deep natural linen tones.

Careful Diet Aids Health and Beauty

Someone has said, "We dig our graves with our teeth." On food depends our very life, and yet how careless we are in the selection of it! We eat constantly the things that please our palate, and never stop to wonder if that food is building up or tearing down. We give solid hours to the selection of garments that will heighten our beauty, and never waste a second thought over whether the food that we eat is apt to cause blemishes on our faces, or surplus fat on our bodies!

The majority of people eat far too much. Taking three heavy meals a day is not aiding health. It is merely adding ounces to your "tonnage." Heavy eating is largely a matter of habit. To stop this habit, eat a little less each meal, so that you scarcely notice that you are doing it. Do not try to stop it all at once, and punish yourself. When you have your meals down to where you only eat just what your stomach can properly digest, the result will be that your entire system will be better off.

I know a dear old man of 85 who is as healthy and active as a man of 40. I once asked him how he kept his health so perfect, and he answered, "I always leave the table hungry."

I do not advocate leaving the table actually hungry, nor did he mean this exactly. What he meant was, when he reached that comfortable point in an excellent meal where one says, "I'm pretty full but I could eat more," he just resists that impulse, and doesn't eat any more.

People eat far too little fruit in this country. Abroad, after each meal, fruit is served as a separate course. And another important thing that should be included in all diets is the green vegetables that give iron to the system. Years ago they fed bran only to the cows, and the green tops of turnips, beets, and things to the chickens. Now people, have come to realize that bran is as good for the human system as it was for the cows, and they are beginning to understand the value of cooking the "greens." Lettuce, celery, and carrots are as important and should have equal place with potatoes.

In planning a meal, think as much about vitamines and calories as you do about pleasing the taste. Eat things that are health-giving. Perhaps you will not like the things that are good for you as well as the other things, but you must remember—you didn't like olives at first. Cultivate a taste for them, and you will never regret it.

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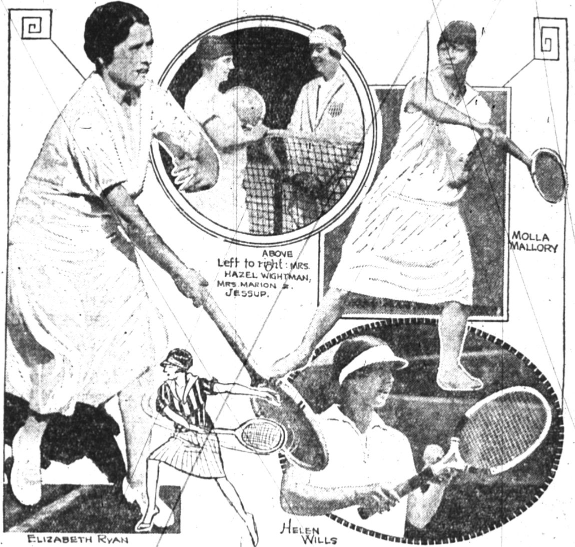
ABOVE
Left to right: MRS. HAZEL WIGHTMAN, MRS. MARION Z. JESSUP.
MOLLA MALLORY
ELIZABETH RYAN
HELEN WILLS

The outstanding women tennis players of America will be considered for the team selected to defend the coveted Wightman trophy in the international matches with the British team this summer. Topping the list named as eligibles by the committee are Mrs. Molla Bjurstedt Mallory, national champ last year; Miss Helen Wills, three times national champ; Miss Elizabeth Ryan, outstanding rival of the two; Mrs. Hazel Hotchkiss Wightman, donor of the trophy; Mrs. Marion Zinderstein Jessup, Miss Eleanor Goss, Miss Martha Bayard, Mrs. Charlotte Hosmer Chapin, Miss Margaret Blake, Miss Penelope Anderson and Miss Helen Jacobs.

STYLE WHIMSIES

All frocks in Paris are belted this season. Sports clothes, afternoon and evening clothes all have belts. Belts for black dresses often have buckles of brilliants. The tailored kid belt to match the dress is possibly the most popular.

A variation of the shoulder rose this season is the large, flat rose worn high on the left shoulder and two matching roses, one on top and one underneath, worn at the right side of the close-fitting hat which is brought well down over the face.

Milliners are using more trimming on hats nowadays. Flowers are the best liked trimming. Chiffon roses on felt hats and leather roses on taffeta are two of the versions noted.

Make-Up Should Fit Complexion

By LUCREZIA BORI

The first thing a girl should do just before she is ready for the street is to take a hand mirror to a window and visualize herself as she appears to the world outside.

I certainly approve of paint and powder, lipstick and pencils and everything else that makes a woman look charming. But there is no charm in a countenance that seems to have been cut out of canvas. Vivid lines and dabs and daubs of color instead of giving beauty merely make people feel like hanging a sign on a girl: "Fresh Paint. DO NOT TOUCH!"

Rouge should be placed high on the cheeks, where the natural color comes. There should be no harsh lines where rouge ends. If using a paste coloring, apply a bit of cold cream to smooth the outline.

If a lipstick is needed, by all means use one. But never use one if your mouth is naturally rosy. Follow the lines of the mouth to a certain extent, but if the mouth is too large it is not necessary to carry the pencil all the way out to the sides. Stop with the center line, thus making your mouth look smaller than it really is.

If you are a blonde and your eyelashes are light, darkening them will certainly make the eyes more expressive and add charm. But never use a black preparation for this effect. Use light brown or dark brown, according to the color of your hair. The lashes and brows should only be a shade darker than the hair to appear natural. In darkening the brows, brush them backward, darken them and form into a straight line with the tips of the fingers, pinching them together.

Select a shade of powder that suits your complexion. Few people need white powder. The proper shade even for most blondes is cream, while brunettes should use flesh and even darker shades to keep it from showing.

Chiffon is printed for daytime frocks and combined with lace for evening wear.

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