

## TASTEFUL FROCKS FOR YOUNG GIRLS



LENT usually finds the children's spring sewing well under way, if their clothes are made at home, or shopping industriously carried out if their belongings are bought ready made. The shops furnish as tasteful things as any one can ask for and are reasonably priced when the cost of labor is figured in. But there is some economy in making children's clothes at home and eliminating the price of labor. Besides there are little individual touches that may be put on by the home dressmaker.

Whatever the means of getting these outfits together, suggestions as to styles are thankfully received at about this time. The more important matter of selecting spring apparel for grownups calls for attention, with master close at hand and proves distracting. Two frocks for little girls are shown here with the recommendation to buy them if they can be found—or something similar to them, or to buy materials and copy them exactly. One cannot hope to improve

on the designs but colors may be selected according to their becomingness to young wearers.

All white or light colors in any of the substantial cotton weaves will make the dress at the left with its box-plaited skirt and belted smock. It fastens at the front where it is laced with narrow black ribbon that slips through buttonholes on each side of the opening. A very simple spray of embroidery adorns the smock at each side near its hem and at the shoulders. There is a narrow belt that buttons at the front.

Chambray with collar, cuffs and vest of pique make the pretty one-piece dress at the right. It has a shirred front panel in the skirt with the lines of shirring defined by stitches in black mercerized floss and the remainder of the skirt side plaited. A black silk tie finishes the neck. A mercerized cord, that slips through slides in the bodice and ties at the back, is the particular pride of this frock.

## The KITCHEN CABINET

The heights by great men reached and kept  
Were not attained by sudden flight;  
But they, while their companions slept,  
Were toiling upward in the night.  
—Longfellow

### SALAD GREENS AND SALADS.

Salads will always be in style, for they are generally popular, refreshing, and with a good dressing also nourishing. The very early salads may include the vegetables which we have always considered as greens. Young dandelions which have grown under boards or the wood pile make the most dainty and succulent of salad plants. Serve with a good French dressing, with or without a sprinkling of minced onion.

One may use any desired salad dressing, but oil is so appetizing, meaty and full of nourishment that everybody should learn to like good olive oil. The corn oils are much less expensive than a good grade of olive oil just now, and they are good and can be used in the same manner in making a mayonnaise dressing.

If one is fortunate enough to live near a small brook or creek where the watercress grows, there is always a most wholesome supply of a most wholesome green. Serve with lamb chops just as a garnish. When eaten without any dressing it is a most piquant and tasty salad. Mixed with lettuce or peppergrass or served alone with French dressing, three or four parts oil and one part vinegar with salt and pepper to taste, it is a salad par excellence.

Outside leaves of lettuce rolled and cut with a sharp knife, left unrolled, make very attractive salads and a pretty garnish for many different combinations. The leaves should be fresh and crisp; let the lettuce stand in cold water to freshen.

Radishes cut to simulate tulips make very pretty garnishment. Radishes cut in thin slices and arranged in overlapping rows are another pretty garnish. The red of the radish should not be used with the red of beets or the orange of carrots, as too many of such colors clash. One may use the artists' taste in the arrangement of food as effectively as with paints.

Beet Salad.—Boil eight small beets in boiling salted water; salt when nearly cooked. Remove the skins and cut in one-fourth-inch cubes; mix with shelled pecans and serve with mayonnaise, colored red. Serve in nests of lettuce.

Cottage Cheese Salad.—On head lettuce leaves arrange a ring of seasoned cottage cheese; put through a ricer or sieve. In the center place iced hard-cooked egg yolk and serve with a highly seasoned dressing, passed in a bowl.

Beautiful thoughts make beautiful lives,  
For every word and deed  
Lies in the thought that prompted it,  
As the flowers lie in the seed.  
—A. E. Godfrey.

### SEASONABLE DISHES.

A good meat extender will be found in the following dish:

**Beef and Oatmeal Scruppie.**—Take two pounds of any of the cheaper cuts of beef; the upper part of the shank is good because of the marrow. Save the marrow to fry the scruppie or chop it with the cooked meat. Cover the meat and bone with boiling water and cook until tender. It will take several hours. Let the meat stand until the next day, then chop fine. There should be three or four cupfuls of broth; add a teaspoonful of salt for each pint of broth and when boiling stir in about three cupfuls of oatmeal to make a smooth mush, neither too thick nor too thin. When the meal is thoroughly cooked stir in the chopped meat. Add such seasoning as is desired, celery salt, pepper, paprika, onion juice or poultry dressing. Let cook over hot water until hot throughout, then turn into well greased single loaf breadpans to mold. When cold, slice in even slices and fry brown on both sides.

**Delmonico Pudding.**—Turn a pint can of peaches with the sirup into a pudding dish. Heat one pint of milk in a double boiler; stir one-third of a cupful of cornstarch to a smooth paste with half a teaspoonful of salt and one-half cupful of cold milk, then stir and cook in the hot milk until the mixture thickens. Cover and let cook 15 minutes. Beat the yolks of two eggs, add one-third of a cupful of sugar and beat again, then stir in the hot mixture; continue beating until the egg is cooked, then pour over the peaches. Beat the whites of two eggs very light, then beat in four tablespoonfuls of sugar and let cook in a slow oven ten minutes. Then increase the heat to color the meringue. Serve neither hot nor cold.

**Potatoes and Bacon.**—Place a layer of thinly sliced potatoes in a buttered baking dish; pour over them a thin white sauce. Over the top lay slices of bacon and cook in the oven until the potatoes are tender and bacon crisp.

**The Double Tunic.**  
An attractive suit of wool velours obtains a double tunic effect by means of the flaring coat and loose tunic on the skirt. The bodice buttons straight up to the turnover collar. Some of the material, plaited and held flat by cords, is used for trimming.

*Julia Bottomley*

*Nellie Maxwell*

## FARM DOCTRINE

### BROOD COOPS FOR CHICKENS

Directions Given for Construction of Cheap and Effective Pens for Little Chicks.

The accompanying drawing gives an idea of how quickly and cheaply any number of brood compartment coops can be constructed. It shows only two sections, but any desired number can be put together, saving material. We suggest that only three at the most be united, as they are easier handled when desiring to remove to new quarters, says a writer in an exchange.

The one section shows the door closed and button turned to hold lid up at night. The other section shows the door down for daytime to allow the hen and young free range in the orchard or pasture, wherever the coops may be located.

A very convenient size both for cutting material and the handling of completed coop has been found to be as follows: Twenty-four inches high in front, 18 inches high at rear, 18 inches deep from front to back. One-inch holes can be bored at each end and a line of them through the top of the door, as indicated by the closed door in drawing. Also, if the roof boards are allowed to project over back wall several inches it is not a bad idea to bore a few holes in the back wall. Some farmers have been very thoughtful and constructed similar coops during the cold, wet, sleety weather the last winter when nothing in the field could be done, and they are ahead much when the fields demand so much time and attention at this season.

Shingles or prepared roofing, what ever is convenient, will make an ideal covering for the roofs. We have seen where a farmer having a half dozen such constructed coops used galvanized iron from an old shed in town that he obtained for the hauling.



Homemade Brooders.

**AVOID HIGH-FLAVORED FEEDS**

**Onions Have Been Fed in Sufficient Quantities to Affect Eggs—Color of Yolk Influenced.**

In extreme cases the flavor and odor of the feed have been imparted to the egg. Onions have been fed in sufficient quantity to bring about this effect. Those who desire to market a first-class article should not give feeds of high and objectionable flavor to their flocks.

In no case should tainted feed be allowed to enter the ration. Feed also has an influence on the color of the yolk, according to the United States department of agriculture. Corn fed exclusively will give a deep yellow or highly colored yolk, while wheat fed alone will produce a much lighter yolk. A fairly high-colored yolk is usually preferred and can usually be obtained by feeding a moderate amount of corn. Plenty of green feed also enriches the color of the yolk.

### DO NOT OVERCROWD POULTRY

Few Hens in Small Yard Do Better Than Larger Number in Same Space—Room for Each.

Better results will be obtained from a few hens in a small yard than from a larger number in the same yard. The backyard poultry flock rarely will consist of more than 20 to 25 hens, and in many cases only a half-dozen hens are kept. For a flock of 20 to 25 hens a space of not less than 25 by 30 feet is required. From 20 to 30 square feet per hen should usually be allowed.

### LARGE BREEDS GROW SLOWLY

Brahmas and Cochins Are Profitable Where There is Demand for Heavy Fowls.

The biggest breeds of poultry, like Brahmas and Cochins, grow more slowly than the medium-sized breeds and therefore are not ready for market as soon, but they weigh more and are profitable where the market demands a large-sized fowl.

### NEEDED EXERCISE BY FOWLS

Hens Can Be Kept Busy by Scattering Grain in Litter on Dry and Clean Floor.

Be sure that the floor of the hen-house is dry and reasonably clean and covered with three or four inches of clean litter in which grain can be scattered so that the fowls can obtain exercise scratching for it.

## SCHOOL DAYS



The long, long trail

## Just Folks

By EDGAR A. GUEST

### THE LITTLE SOULS.

He shall never live long who serves only himself,  
He shall never be great who thinks only of self.  
Though he grow to be gray  
In his own narrow way,  
He shall find that the gold  
He has labored to hold  
Is an empty reward for his long years of strife.

And too late he shall learn he has wasted his life.  
He shall never be wise who thinks only of gain,  
And toils for but what he, himself, may attain.  
He shall sigh at the end  
For the smile of a friend  
And shall reap from his years  
Only hatred and sneers,  
And alone he shall sit at the end of his days  
And wish he had traveled by kinder ways.

He shall never be big who has never been kind  
But shall always be little of soul and of mind,  
He may scramble and fight  
By the stern rule of might  
And may get to the peak  
By destroying the weak,  
But there he shall find that his conquests are spoiled  
And robbed of their charm by the way he has toiled.

The service worth while is the service men give  
That others in sunshine and laughter may live.  
The big men are they  
Who will pause on the way,  
To play for another  
The role of a brother.  
The great men are they who are gentle and kind;  
They live when they die in the friends left behind.  
(Copyright by Edgar A. Guest.)

### UNDOING

By George Matthew Adams.

FORMATION is always better than reformation. The mended article is never as valuable as the original article. The field neglected and given over to weeds is never so fertile again. In like manner, the cells of a man's brain, given over to foolish and unprofitable thought are never so plastic for useful thought tracks again. Everything is easier and better if always done right—in the first place. The process of Undoing works havoc, not only upon the character of the one who Works or Thinks wrongly in the first place, but in many instances upon countless multitudes, while the time spent in Undoing represents an irreparable loss. Every time you start a new duty or piece of work, bring to the front of your Mind this eternal truth—

Everything is Easier and Better if always done Right—in the first place. If we all could but view our acts in the light of Eternity—not forgetting that a single effort is never lost from influence, we would set on guard our most trustworthy Sentinel to warn us against doing things Wrongly in the first place—which always means Undoing for us or somebody afterward. Why not write this down as one of your daily Mottos—

Everything is Easier and Better if always done Right—in the first place.

The king of Italy was the first of European royalties to learn to drive his own motorcar.

## Rann-dom Reels

By HOWARD L. RANN

### THE JOY RIDE.

THE Joy Ride is a successful method of killing dull care and anything else that gets in the way.

There are two kinds of joy riders—drunk and sober. Most of the automobile accidents which are played up on the front page every few minutes are due to the joy rider who is so full of booze that he can't tell whether he is in the road or the river. Every once in a while an automobile will fall into the palsied grasp of some driver who has become soundly saturated up to his eyelashes, after which he starts out to see how fast the car will run when it is opened up to the bright blue sky. When two joy riders who are in a state of death-defying alcoholism meet each other head-on, there is a noise like blowing up a munitions factory, followed by the still, small voice of the hospital interne.

If every joy rider could be taken out of the front seat and tested for alcohol before being allowed to run down other people, it would be safer



Two joy riders who are in a state of death-defying alcoholism meet each other head-on.

to venture out after day with one's family. What we need in this country is a law requiring every automobile driver to drink nothing but buttermilk for forty-eight hours before starting out for a record run through the main streets. A man with a new automobile can do enough harm to himself without having to dodge a relay of oryried joy riders to whom death in any form would be sweet.

The best kind of joy ride to take is that which a careful husband and father uses when he hauls a cartful of wife and children out in the country. One of the nicest sights we know of is that of a man who would rather ride at fifteen miles an hour, accompanied by six pounds of cold chicken and nine hundred pounds of family, than snort over the roads like a runaway freight engine and fresco the lineaments of sane people with dust.  
(Copyright.)

**MILITANT MARY**

We women are an honest lot—  
We're never going to STAND For graft!  
We'll make the U.S.A. A SORT OF PROMISED LAND!

## IN THE SUNSHINE



Midnight on Bay Biscayne.

A TIDAL wave of tourists from the North has overrun and almost engulfed the coast cities of Florida during the winter months for the past two years. And it is no wonder. The coast resorts are simply heavenly and have reached that stage where they offer in addition to every comfort, unparalleled beauty to their visitors. A new day is dawning for them, too, for great numbers of people are coming to stay, building themselves homes and taking root, intending to spend the balance of their days in this sunny land.

The coast cities have, besides sunshine, the loveliest waters in bays and ocean that ever were. Sunlit, sparkling, white-capped, they are unbelievably brilliant in color, the most vivid blues and greens and purples. Nearly always a snappy breeze is blowing and the bays are full of pleasure craft and other boats. Then there are the palms in groves and noble avenues and the flowering shrubs and trees, oleander, hibiscus and many vines covered with flowers. Nature does not take much coaxing to make enchanting gardens. There are splendid highways the length of the coast, the joy of motorists, lined with Australian pines and this tree makes a most beautiful hedge also. It is natural that many millionaires have chosen to build their winter homes in such a setting and that new people coming in should make even unpretentious homes, places that are enchanting.

Each of the coast cities and resorts has its own particular attractions. Palm Beach is the mecca of fashionables, a glittering gem, finished and

polished to the last degree. There is a marvelous fashion parade there where one may see the best that art has to offer for the adornment of fair women. And the environment is worthy the best efforts of genius. It is an earthly paradise during its brief season. The larger cities have more lasting attractions; great estates and wonderful homes, with the country about them developed and inviting with miles of fruit trees and gardens. But, after all, only a small part of Florida is under cultivation—a great part of it waits for man to make it a prosperous land.