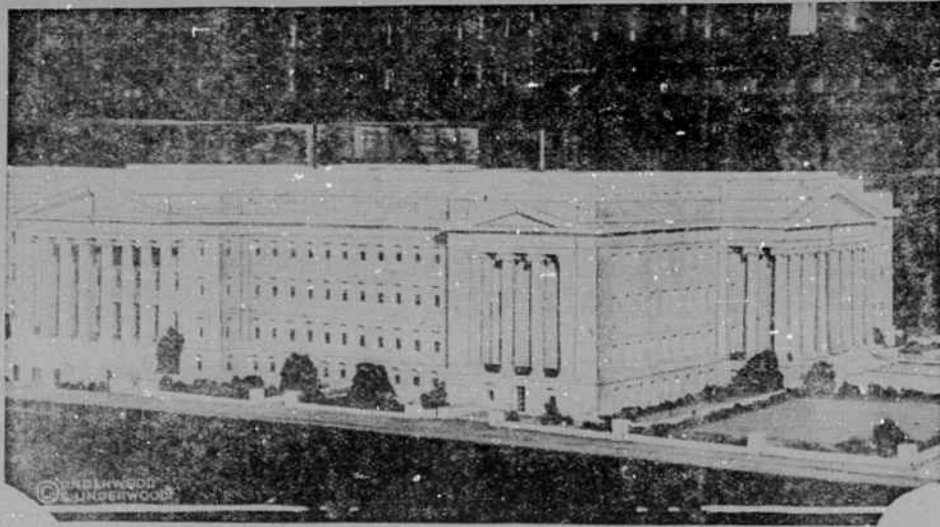


## Approved Model of State Department Building



Model, approved by the national commission of fine arts, showing what the State department building in Washington will be like after the proposed extensive alterations. It will conform with the design of other federal structures in the Capital City.

## Vegetables, Fruits Are Important

By NELLIE MAXWELL

There are many good things which we can all afford, regardless of our circumstances. We can well afford to be tolerant of the opinions of others, because—if we are growing, our own views are certain to change. We can well afford to believe that which is good, because only the good is true—Katherine Franklin.

WHILE we are eating the acid-forming foods in more abundance during the cold weather of winter, we must remind ourselves that green vegetables and fruits must have an important place on the menu. There is nothing more appetizing than a lettuce salad on which is served four or five sections of grapefruit, sprinkled with a bit of chopped celery and with a good dressing. A sprinkling of shredded almonds or other nuts adds to the nutriment.

### Savory Butter Sandwiches.

Put all the following ingredients into a bowl and beat until creamy: Two teaspoonsful each of anchovy paste and lemon juice, two teaspoonsful of mustard, four teaspoonsful of finely cut Roquefort cheese and four tablespoonsful of butter. Spread on crackers and cover with another cracker.

### Bran Muffins.

Sift one-half cupful of flour with one-half teaspoonful of salt, and mix with one cupful of bran, add three-fourths of a cupful of orange juice in which a half teaspoonful of soda has been stirred, add one and one-half tablespoonsful of molasses and two tablespoonsful of melted butter. Beat vigorously and bake in hot, buttered gem pans.

### Walnut Sausages.

Mix one cupful of cooked rice and one cupful of toasted bread crumbs, one cupful of milk, two teaspoonsful of sage, one-half teaspoonful of paprika, one and one-half cupfuls of ground walnut meats, two eggs, one-half teaspoonful of salt, one-fourth teaspoonful of celery seed and a teaspoonful of onion juice. When well

blended shape into sausage-shaped rolls and brown in a frying pan. Garnish with bacon rolls and lemon. Serve with a brown sauce.

### Rice Muffins.

As a most pleasing hot bread, the versatile rice lends itself well. Sift together two and one-half cupfuls of flour, five teaspoonsful of baking powder, three tablespoonsful of sugar and one-half teaspoonful of salt. Beat one egg, add one-half cupful of milk and three tablespoonsful of melted shortening or oil; beat into the dry ingredients. Into the milk add one-half cupful of cold boiled rice, stir

well into the other mixture and bake in gem pans for 20 minutes.

### Baked Bananas With Rice and Eggs.

Cook one-fourth of a cupful of rice until tender and all moisture absorbed. Place in a buttered baking dish and cover one inch deep with sliced bananas. Place in the oven for 15 minutes. Lay on a poached egg for each serving with a crisp slice of bacon. Garnish with parsley and serve.

Take a pint or more of milk, add a cupful of heavy cream. Add salt to taste, white pepper and paprika and a few grains of cayenne. Melt the butter, using two, three or four tablespoonsful as desired and add an equal amount of flour. Prepare as for brown sauce. Do not have the sauce thicker than good cream. Cook and beat, taste often, adding just what it seems to lack. This sauce is served with chicken, whitefish, lobster and any delicate dish. It is suitable for an gratin dishes as well.

(© 1931 Western Newspaper Union.)

### Originally a Prayer

The word head comes from "hede," the old English word for prayer.

## Turning Back the Leaves of Time

By Douglas Malloch

COULD I turn back the leaves of time,

As I can turn this calendar,  
Perhaps no folly and no crime  
The record of the years would mar.  
I would erase my errors and  
Undo the evil I have done—  
But what is written now must stand  
I cannot turn them back, not one

Could I turn back the leaves of life  
And live it over day by day,  
There would be peace where there  
was strife,

And where I grieved I would be gay,  
I would trust more, or not too much  
Or I myself would worthier be—  
But all the moments that we touch  
Are ours, and then eternity.

Could I turn back, but I can turn  
The leaf alone that lies ahead,  
God grant that something wise I learn  
From something foolish that I said

The book is closed, the record there  
Is written for a life, an age;  
But I can be more good, more fair,  
And make the next a cleaner page  
(© 1931 Douglas Malloch.)

## KNOWING THE TREES

### AMERICAN ELM

(Ulmus Americana)

THE American elm is a large ornamental tree, usually with spreading branches and drooping branchlets forming a very wide-spreading top. The trunk divides gradually a short distance from the ground into two or more stout branches, which curve gracefully upward and outward to form a symmetrical, rounded, wide-spreading or vase-like top.

This tree's brownish gray bark is furrowed into perpendicular flat-topped ridges very rough and solid, with whitish inner layers. The tree is marked by drooping twigs, and by pointed leaves which are usually quite rough above, sharply double-toothed, with straight, pale veins clearly marked and extending to the teeth on the margins. The elm is common and thrives in rich, moist soil. With its high-arching crown, its

gracefully drooping foliage of brilliant green, the American elm affords a summer picture not offered by any other variety of tree.

(© 1931 Western Newspaper Union.)



"There aren't any ancient ruins in this country," says Limping Lena, "but it has its share of fallen arches." (Copyright.)

## Birthday Presents for Daughter

By BETSY CALLISTER

"WHAT shall we give Peggy for her birthday?"

That was a question that members of Peggy's family were asking, because Peggy, who was approaching twelve, was just too old for toys and playthings and still too young for jewelry and other grown-up presents—and no one could afford to give Peggy a saddle horse or a canoe or any of the things that would have been precisely what Peggy thought she wanted.

So they decided to get together on the very nicest present that a girl of Peggy's age could receive. They decided to do over Peggy's room and every one who would be expected to give Peggy a present was taken into the secret and assigned some accessory of the new decoration.

Brother Bill and big sister Nell scraped and washed off the old paper and put on new, while Peggy slept in the guest room and was merely allowed to guess what was going on. Mother bought material for new cur-

tains and put them up, and helped sister Nell paint over the old furniture all in the same soft tone of gray. Father bought a new rug, grandma made the covers for a bureau and bed-side table.

Aunt Mary contributed a picture for the wall that she knew Peggy admired, Uncle Tom paid for a desk set. And small vases, lamp shades and candlesticks were chosen for smaller presents from Peggy's other friends.

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## SUPERSTITIOUS SUE



SHE HAS HEARD THAT—

Sailors used to believe that an anchor worn somewhere about them was a hope charm for a safe return when they went out to sea—well, that being the case, it also makes a marvelous mermaid mascot.

(© McClure Newspaper Syndicate.)

## This and That

The hard boiled can have soft heads. Diligence is not necessarily modesty. It may be an ailment.

If you have plucked out your hat with care, it won't blow off.

What should make the world interesting? Its physical mysteries.

When you begin to take life easy it often turns out to be hard work.

Cupid might do more business if he would exchange his bow for a popgun.

## Being of Economic Importance

By JEAN NEWTON

A VERY prominent woman executive recently made a statement of great significance which, because of her own important position, was reported in newspapers all over the country as an almost official announcement on the position of women today.

She said that industry, which has always been a "man's world," is now adapting itself to women. That far from keeping women out, as they used to, employers are now even adapting their plants to "labor demands." In other words, women have now become a vital factor in industry.

This decreasing industrialization of woman, we are told, has given her a greater purchasing power than that exercised when "she was solely a housewife," and this reorganization of society has made the home "less important" in the life of women today.

It is that conclusion that is so significant, followed as it is by this frank declaration: "The home as an economic institution has passed out of our lives. Girls no longer find enough to do in the home and must go out of it if they are to be of any economic importance whatever."

With that I take direct issue. I feel that as long as civilization remains as it is, as long as we have children and families, the home can never be "less important." It must always be of paramount importance.

I believe that the trouble with the home for the alert, modern girl who wants to retain her personality and grow as an individual is not that she "does not find enough to do in the home," but rather that she is in danger of finding too much to do—that is that she needs outside interests to keep her from becoming suppressed by the home. I am the last person in the world to minimize the importance of these outside interests or to object to outside work for which she may feel a temperamental need.

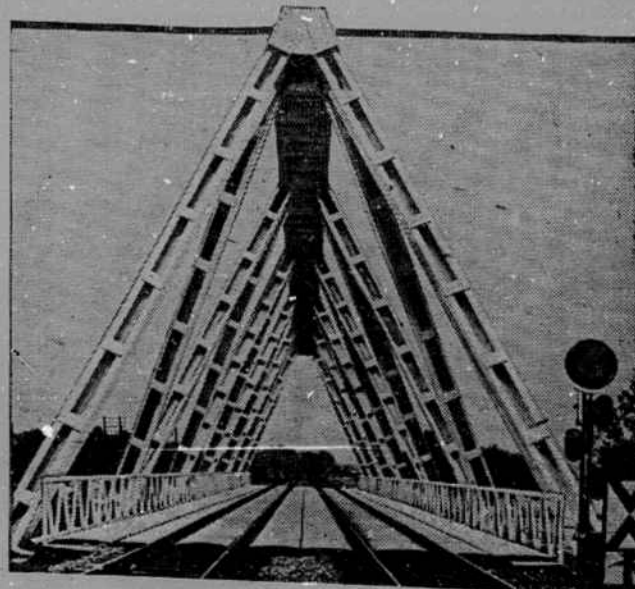
But when such work is an all-day

job for a woman with growing children, when it means that her home has become unimportant in her life, then I think it is too bad. In fact I know it. Incidentally, the combination is a great deal for the nervous system of any one woman. But particularly the objection is on behalf of the husband and those children whose home has been said by a woman industrialist to be unimportant.

It is simple to answer the declaration that we must get out of the home if we are to be of economic importance—assuming that it is vital to you to be of economic importance—by pointing out that a woman who brings up children to live up to the best in them and be good citizens can hardly be said to be "no economic importance."

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## FIRST TRIANGULAR BRIDGE EVER BUILT



View of the first triangular bridge ever built. It is a railroad span at Duren, near Berlin, Germany, and was designed by Dr. Z. Tils, a noted engineer.