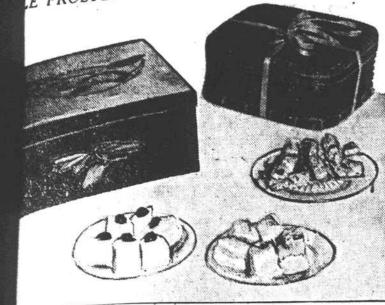
POLK COUNTY NEWS, TRYON, N. C.

E FROSTED CAKES ARE EASILY MADE



Various Shapes May Be Used in Making Cakes.

lcing.

fat.

egg.

states Department | place of two tablespoonfuls of water and continue as in the foundation

Plain Cake.

1.2 . 14 . 14 states Department of s tested the cake recipe en below. This cake, a shallow pan about 9 s well adapted to cutsteril fancy shapes. At mond shaped cakes 11/2 the cut with little the statement given. Other is they, of course, be used. c.Res may then be en-, with white or tinted morated with bits of canor cranberries, angellea, effuit peel, or tinted water-

preserve, citron, or nuts. Cooked Frosting.

4 tablespoonfuls 1 625. cold water. 18 teaspoonful salt.

I in a double boller and beat ag beater until it holds its dd salt and beat until thick spread. Add one-half teavanilla or other desired

te frosting can be made in way by adding 21% squares , melted, to the sugar mixit starts to hold its shape. ng is beaten until stiff and 1. Vanilla may be used or with the chocolate according

ramel loing, half a cupful of ould be caramelized or water added. Substitute espoonfuls of this sirup in little cakes cut as above described.

IS MAY EASILY ERASED AT HOME y Reliable Methods d Act Promptly. by the United States Department

of Agriculture.) tains may be removed easily provided reliable methods are stretched over a bowl or other vessel

soms in that delectable place.

cake is brown.

Uncooked Orange Icing.

2 egg whites, 3 tablespoonfuls beaten stiff. orange juice. 3½ cupfuls confec- ¼ teaspoonful tioner's (XXXX) salt. sugar. ½ tablespoon ful Grated rind of ½ lemon juice. large orange.

Add the water. Beat the egg whites with an egg beater until stiff. Add three cupfuls of sugar very gradually. beating continuously with a spoon. Add the grated rind and juice of the orange, the lemon juice, and remainder of the sugar. Beat until n a pan, and an equal amount smooth enough to spread. This amount

should cover five sides of over 25

until after other substances have been

tried; but for certain stains prompt

application of boiling water poured

from a teakettle held at a height of

three or four feet above the stain is

very effective. This is a good method

SPRING MILLINERY APPEARS; SMART SHOES OF PLIANT KID

Women have gown so exacting in IN THOSE'sunny lands down on the Gulf of Mexico and along the Atlanthe matter of their footwear that tic to beyond the West Indies, spring the art of making shoes has behas already advanced more than half come a very fine art indeed. Beauty way toward summer. And there to of line, style and color are as imporwelcome it and frolic with it, are tant now in shoes as they are in hats troops of tourists from everywhere. and, in addition, shoes must fit "like a They include many fashionables from glove." To make them come up to the frigid North, gay butterflies decked standards that constantly advance in out in lovely spring finery, and the the diversity of types required by vital question before the house iswomen of the day, designers and what are they wearing?

manufacturers spare neither them-They gather, to see and be seen, at selves nor expense and the exquisite the fashionable rendezvous in Palm footwear they have launched for Beach, Miami, Havana and many other | spring proves their efforts worth while. places. If we were to run in upon There is nothing bizarre about the them today at afternoon tea, say in new styles-they are conservative, but For those with the more intimate conthe coconut grove at Palm Beach, it is it would be inaccurate to describe tact of everyday living it seems descertain the first thing to arrest our them as simple, although they have tined to a future of practical developeyes would be the millinery that blos- been so described. This is a compli- ment. ment to their designers, whose fine

A great name is signed to the three and intricate work results in such hats at'the top of the group. At the clean-cut lines that the first impres-

Some Contributions for Spring.

to use on white or fast-colored mateleft a combination of straw and geor- | sion is that of simplicity. 'The same rial for most fresh fruit stains when gette is trimmed with a large wheel thing is true in millinery and frocks. still molst. Peach and berry stains usually respond well to this treatment. made of the georgette and tiny flow- On account of its pliancy, kid has been ers and there is a broad collar of chosen for the smart and graceful The stained material should be georgette about the crown. One can spring styles in shoes which so adroitly flatter the feet. Shoes, like hats. imagine the graceful and gracious hat n. Prompt home treatment is from a height sufficient for the water in any of the season's delightful col- must "do something" for their wearwith some stains in order to to strike the stain with some force. ors, as fuchsia, pervenche blue, gold, ers-more is required of them than With some stains, especially those in light green, alcazar red or soft yelmerely to cover the feet. Since womwhich fruit pulp is present, a little low. The hat at the top is of hair- en insist on smartness and style, and rubbing alternated with applications braid and owes its commanding posi- take comfort for granted, manufacof bolling water is helpful. A stain tion to the very high crown topped turers have turned to kid skin in orwith a cluster of flowers. The up- der that the three factors of success lyrolling brim is covered with varicolway be combined. A survey of the best shops reveals ored little blossoms set on separately. golden brown, beige, gray and, of At the right, one of the new turbans with wide coronet is made of sllk. course, black, to be the most popular Narrow braid is applied to the coronet colors. There are many shoes in which in a floral pattern. Below this a love two colors are combined, as black and ly picture hat in straw is shown, with beige or black and brown. Occasionwide facing of silk. The large flat ally one sees the introduction of a flowers at the front are of ribbon higher color, as strong blue with black, that are of a good average size usual-

Motor on Wings to Open Desert?

Contemptuous of the terrors of the burning sands is the motor on wings. The American world fl. ers relate a thrilling tale of riding a sandstorm through the Sind desert in India quite as suffocating at 7,000 feet altitude as at 50. But they navigated the fiery hurricane without resort to the usual methods of the ships of the desert and their swarthy masters. And they did in a day what a carayan could do in 30. The desert will always be associ-

ated by the great mass of mankind which never sees it with beauty and poetry, with sheik and legend, with fair maidens and dashing Bedouins.

Cuticura for Sore Hands.

Soak hands on retiring in the hot suds of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do if Soap, Ointment and Talcum are used for all toilet purposes .- Advertisement.

Old Hebrew Laws Praised

The laws of the ancient Hebrews are ideal for the stabilizing of morals today, Dr. Wilbert W. White, president of the Biblical seminary in New York, told the Sunday Evening club of Chicago.

"These ancient laws," he said, "gave the highest importance to the prompt administration of justice, responsibility of public office, enlightened public opinion, and sacredness of the family relation. The principles laid down produced results, and it is my belief that God wrought out, through the writings of his prophets, a plan for the spiritual world which would stand the test of the most rigid scientific investigation."

An Unexcelled Remedy

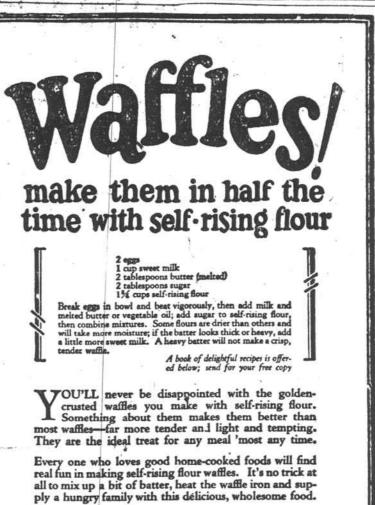
for Cuts, Burns, Wounds and Sores. Hanford's Balsam of Myrrh prevents infection; heals quickly. 35c all stores .- Adv.

Sells Fans to Eskimos

John Harris is the real life counterpart of the comic magazine salesman who could sell electric fans to Eskimos. He has returned to England from the Hudson Bay country in Canada after selling Eskimos a large quantity of fang to provide proper circulation of air in their igloos. The fans are run by storage batteries.

Green's August Flower

The remedy with a record of fiftyeight years of surpassing excellence. All who suffer with nervous dyspepsia, sour stomach, constipation, indigestion, torpid liver, dizziness, headaches, coming-up of food, wind on stomach, palpitation and other indications of digestive disorder, will find



The reason self-rising flour makes such good waffles is be-cause the pure rising ingredients (the kind used in the best phosphate baking powder) are already mixed in pure soft wheat flour-just enough to make the waffle batter puff up light and fluffy. This means that you can't go wrong on your mixing. For this reason self-rising flour is the ideal flour to use for biscuits, muffins, pastries and cakes.

In buying self-rising flour remember that it is sold in a number of different grades just as plain flour. The price you pay determines the grade. The Blue Shield of the Soft Wheat Millers' Association on a bag guarantees you healthful, wholesome, dependable flour.

SOFT WHEAT MILLERS' ASSN., Inc., NASHVILLE, TENN.



0 1924 SWNA

. Would Make a Trade

bedroom to say good-night.

up ot her mother again.

warm."

said, wistfully.

the airplane.

Mother had entered the child's

"It is cold, mummy," said Joan, cud-

"Yes, dear," said her mother, "but

after a moment's reflection, she looked

"I suppose I couldn't change my

angels for a hot-water bottle?" she

Valuable deposits of gypsunr and

borate of lime and Epsom salts have

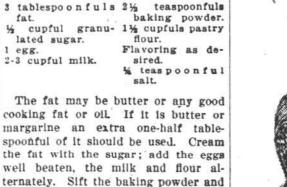
(Write or print name and address plainly)

RUCKER'S SELECT No. 1 COTTON

Heads the list in size of bolls, earliness, seed cotton per acre, turnout at the

gin; and in net profits to the grower. Order direct from originators and

breeders. Price \$3.00 per bushel. Address, Rucker Cottonseed Co., Alpharetta, Ga.



salt with one-fourth cupful of the flour, and fold in last, just after adding the flavoring. Bake in a nine-inch square pan, in a moderate oven (about 360 F.) for about 30 minutes, or until the

few simple precautions article in question from being nd in most cases it is desiraall stains are removed more hen fresh.

ature of a stain should be f possible, before its removal oted, since this determines the t to be adopted, the bureau of onomics of the United States ent of Agriculture points out. insultable stain remover is stain may be "set" so that val becomes difficult or even le. For example, if hot water, sily removes most fresh fruit s applied to stains containing such as stains of milk, blood,

meat juice, it coagulates the



Water Poured From Teakettle ffective in Removing Some

h in the fibers of the cloth and t extremely difficult to remove ain. Similarly, soap, which the removal of grease spots, any fruit stains.

kind of fabric upon which the pecurs also should be known. ethod of treatment adopted deas much upon the nature, color, tinish and weight of the fabric on the kind of stain. Cotton, wood and silk each require spedment in certain cases. Dethese various methods of ng enterent stains will be furw the United States Depart-Agriculture.

eneral, hot water should be

OUSEHOLD HINTS

four may be used in place y flour for cake making, protwo tablespoonfuls of cornare substituted for two tableuls of flour in each cup.

w can be removed from kid by applying strong ammonia just underneath the spots. If them in strong fumes of am-

and the boiling water poured upon it

remaining after this treatment frequently can be bleached by hanging the wet material in the sun to dry. The stains of cooked fruits are somewhat different in character from those of fresh fruit and are usually easier to remove. Ordinary laundering is often all that is necessary. The boiling water treatment can be tried for stains made by the dark red and purple fruits and berries, such as cranberries and black raspberries

Blancmange Is Flavored

Milk With Cornstarch (Prepared by the United States Department

of Agriculture.) Blancmange is practically flavored milk jellied with cornstarch, arrow root, Irish moss, or some similar material. When gelatin is used, without eggs, to stiffen the milk, the result is sometimes called "ivory" or "velvet" pudding. A blancmange or ivory pudding into which egg whites have been folded is often called a "snow" pudding. All of these puddings are excellent served alone, with plain or whipped cream, or with stewed or crushed fresh fruit poured over them. Maple sirup and honey are good when other sauces are not in hand.

Butterscotch Blancmange. 1 cupful brown

1 quart milk. sugar. 1 tablespoonful 24 teaspoonful salt. butter. 6 tablespoonfuls sugar. nilla.

Heat the milk in the double boiler. Moisten the cornstarch in a little cold milk, add, stir until thick, and cook until the starchy taste disappears. In another saucepan melt the brown sugar with the butter until it is waxy, but not caramelized. Add this to the cornstarch mixture and add salt and vanilla. Cool, and serve with cream.

Proportions of Food

It is well to know what proportions to use of the foods in each of the five groups, the United States Department of Agriculture points out. As a rule, the diet will be sufficiently bulky and flavorful and will furnish the right proportions of starch, fat, and sugar for the taste of most people if the vegetables and fruits furnish about 20 per cent of the fuel; the milk, meat, eggs, and similar foods, 20 per cent; the cereal foods, 30 per cent; sweets, 10 per cent; and fats and fat foods, 20 per cent. A diet made up on these proportions will also furnish satisfactory kinds and amounts of protein,

in treating unknown stains mineral substances, and vitamins. When whipping cream cover the top Low heels on one's slippers today of the bowl with white wrapping paper to keep the cream from spattering.

are not indicative of low tastes. Some of the smartest of the evening pumps Make a hole in the center for the and sandals feature Cuban heels of beater and tuck the corners of the paper under the bowl. XV type. . . .

added.

Orange peels, dried a little and then cut into small pieces, can be put into bread dough just as raisins are. oves are lined, it is better to Orange-peel bread makes a variation from the usual that is mighty good for picnic sandwiches.

GREEN'S AUGUST FLOWER an effective and efficient remedy. For fifty-eight years this medicine has been successfully used in millions of households all over the civilized world. Because of its merit and pop ularity GREEN'S AUGUST FLOWER is found today wherever medicines are sold. 30 and 90 cent bottles .- Adv.

Weight of Eggs

The Department of Agriculture says that there is no government standard for the weight of an egg, as the weight varies considerably. However, eggs, ly weigh 24 ounces a dozen. Smaller eggs weigh as low as 18 ounces a dozdling down. en, and some exceptionally selected size eggs weigh 32 ounces a dozen.

DEMAND "BAYER" ASPIRIN Take Tablets Without Fear If You

See the Safety "Bayer Cross." Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 23 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.-Adv.

How She Found Out

Husband-I wonder what sort of people our new neighbors are? I saw they moved in this morning.

Wife-Well, they are not well provided with things, anyway. They haven't a lawn-mower, or a knife machine, or a hose for cleaning the windows, or a step-ladder, or-Husband-How on earth did you

find that out? Wife-Oh, I asked them to lend me

each of those things!

When you decide to get rid of Worms or Tapeworm, get the medicine that will expel them with one dose-Dr. Peery's "Dead Shot." 372 Pearl St., N. Y. Adv.

His Idea

"They tell me that Gabe Giggery beats his wife with a bedslat, and-' in the crossroads store began Zeke Yawkey.

"Well, that's a thunder of a way to do-pulling the bed to pieces to get a slat out every time she needs a licking," commented Gap Johnson of Rumpus Ridge .- Kansas City Star.

Most of the mistakes are made by talking.



Large Families To have the full value of family life the family should be large. To alle the members it is much more advantageous to be brought up in a large family of eight children than cover up. The angels will keep you in a family of only one, two, three or four. This is particularly true of the Joan did as she was told. Then, mother. There is no way in which a woman can lead as full a life as by being the mother of a good-sized family. She learns more, she develops more, in living through the lives of her children than in any other possible experience.-Charles W. Eliot, in Hearst's International.

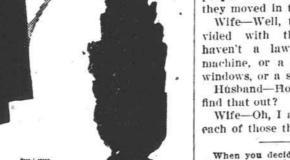
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In bathing suits, men are generally been discovered in Nevada by use of trying not to look self-conscious-and generally failing.



regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep.

To avoid imitations, always look for the signature of Chart Fletchers Absolutely Harmless - No Opiates. Physicians everywhere recommend it.



Smart and Distinguished Shoes.

centered with beads. Think of it in but it is sparingly used in dressy tan, with facing and trimming of al- types. The merging of one color into another shows an exquisite craftsmancazar. No group would be complete without a sports model and at the ship. A study of the footwear shown here will give anyone an accurate idea left we have one of those that belongs of fashionable types in kid shoes for to the semi-sports class. It is made of a novelty fabric and faced with plain spring.

silk and one may imagine it in many beautiful color combinations, as purple and cerise, orange and red, green and brown, navy and red, and so on. Women were never more beautifully hatted than they are, or soon will be, this spring. Colors and shapes are under them. flattering and there is great diversity

in styles, but this group is made up of important and dominating types.

Low Heels Fashion

Charming Gown

(@. 1925, Western Newspaper Union.) **Bow as Ornament**

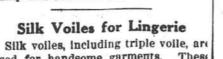
The girl who puts her best foot for ward nowadays is likely to have a rib bon bow on it, adorning a blond tar kid pump with an extremely shore moderate height rather than the Louis | vamp and rounded toe.

Blue taffeta with large overplaids of used for handsome garments. These white makes a charming gown when sheer silks are replacing the fine cot collar and cuffs of white ermine are ton materials that have been so long in vogue for handmade underthings.

Sheer hose in tan, cocoa and "nude" shades, as well as hose to match gray, beige, tan or brown frocks, are fashionable. When the weather is too cold to wear these thin stockings safely

women wear fine hose of angora wool

JULIA BOTTOMLEY.



Silk Voiles for Lingerie

and the second states of the second second