New Fashions in Foods

By KARINE HOLMES

In the warm weather the meal planner keeps all left overs of vegetables and fruits for salads. Or if she's studying the diet of her family at all, she knows that vitamines are in all green foods, that many of salts needed are in the root vegetables and so she places these tempting viands where meat has failed to give the proper health and vitality.

She also knows we cannot trust to our appetites for proper feeding. For instance, the 15 or 18 months-old

KARINE HOLMES

child will actually crave the too stimulating foods, such as meats and sweets—instead of the milk he should be anxiously awaiting at the stated meal hours. Eating between meals is most ruinous to the normal child or adult.

One cool sounding salad is just as applicable here as in the north woods even though its name is

Adirondack Salad

1 can peas
3 tablespoons onions (chopped)
4 " cream cheese
4 " sweet midget pickles
salt and paprika

Boiled (or mayonnaise) salad dressing. Cut onions very fine and cut cheese and pickles in small pieces. Serve very cold in beds of lettuce or chopped cabbage.

Cupid Salad

½ can tomatoes
Small pieces bay leaf
Small piece mace
1 teaspoonful salt
1 " sugar
1 " onion extract
paprika and gelatine.

Cook tomatoes, bay leaf and mace together 5 to 10 minutes, strain through fine strainer and add salt, sugar and onion extract, or a little chopped onion is just as good, shake in paprika. Dissolve 2 tablespoons of gelatine, put in 4 drops of red fruit coloring and pour into a mold. When very cold turn out on plate and cut in squares or fancy shapes such as hearts,etc., or stars and place on crisp lettuce leaves. Prepare one cup pitted olives, dried and chopped cucumber pickle, mix with boiled dressing and heap upon each heart or shaped jelly jiece.

Salmon and Cucumber Salad

Upon a steak of cold salmon (having first put your can on ice 24 hours before opening) arranged on lettuce leaves, place a layer of very thinly sliced cucumber, garnish with nasturtium blossoms or leaves. Serve with French dressing.

Individuality is quite as much appreciated in salads as in character and clothes. This age of copybook cookery—recipes like the neighbors all enjoy is not always the most appetizing for your family. Quite by accident I know a beautiful cook, who found grated young carrots piled on lettuce leaves and served with French dressing was not only very palatable, but the iron in those carrots was worth dollars to everyone who partook. The iron content in young carrots and freshly cooked spinach is worth more than a dollar bottle of Beef Iron and Celery. Why? Because in the fresh vegetables, carots and spinach especially is naturer's way of storing it for our good. The iron bought from drugstores is a mineral or salts from a less nutritive source.

Prune Salad

Prunes some families ignore. But let us reflect a moment. They are dried in their natural state under their native born sunshine, hence not much more than the water content has been lost, and when we cook them slowly, adding the sugar after the cooking has been finished, if at all, we have very much the native fruit.

A few cold prunes pitted and laid on crisp lettuce leaves and a bit of boiled dressing or French dressing poured over makes a delicious luncheon foundation, with good bread and butter, some cold tea (properly made) or a glass of delicious milk is most satisfying for the noon meal on a hot day. When mint grows so profusely in the wild state, a sprig crushed and dropped in with the tea before pouring on the water makes a most pleasing flavor for your glass of cold tea. A little orange juice dropped on the ice after it has been put into the serving glasses also brings out most delicious flavoring in your cold tea. A clove will be appreciated by the tea drinkers as a change in flavor, if one be dropped in the teapot when brewing your beverage. All of these things do stimulate the flow of saliva juices in the mouth and are all valuable to increase, or speed up digestion when the same might on a warm day become slow and below normal.

FEMININE TOPICS

For bottles of furniture polish, or any oil which soaks into the corks, try using wax stoppers. They can be made by taking the drippings from candle sticks and melting them. While still soft they can be formed with the fingers into bottle stoppers.

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Flowers of cloth painted in various colors are seen on unusual hats and gowns this season. Kid flowers at the moment are having rather a vogue. The latter have even appeared in New York on some of the sort of lingerie which one sends to the cleaner instead of to the laundress.

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Bone trimming made up of colored squares, brightly polished, is a part of the afternoon frock. The trimming is much like the sort of thing formerly used for belts and it edges panels very strikingly on black velvet gowns.

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The most attractive tea cloths and napkins can be made of cotton-crepe, embroidered in black or bright colors, making a very inexpensive set as well as a very good-looking one.

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Coats for dress wear were never more elaborate than they are to be this season. Wrap about models of pale colored satins are elaborately beaded in self-toned beads and collared and cuffed with ermine.

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The bertha effect has developed into the shoulder drape so popular in Civil war times. Frequently it is caught up with an old-fashioned brooch and the ends allowed to hang to the waistline.

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Figured georgette crepes in large floral designs are shown this season trimmed with tiny ruffles of silk or velvet or of black lace.

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Blouses for sports wear today show the Peter Pan collar which is so comfortable and so neat. The new Peter Pans are in a succession of small ruffles, trimmed with narrow lace.

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A noticeable feature of the season is the preponderance of golf coats. Once upon a time these would have been called sweaters, but they differ from the usual garment of that name by the plainness of their sleeves and backs. The fronts are in checks or plaids or lozenges of contrasting colors.

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Pineapple is one of the few fruits that combine well with fish, a fact that the Chinese know and utilize in their cookery.

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Nervous or highly strung people should not use coffee. One with a phlegmatic temperament may not feel the reaction which coffee always gives to the sensitive one, but the bad effect is there just the same.

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The influence of the bandeau is bringing children's hair ornaments into vogue again. Though the ribbon has not yet appeared as a necessary part of every well dressed child's outfit, ribbons for the hair are a part of the up-to-date child's toilette.

A most striking and yet most simple trimming was seen on a beautiful evening frock recently. The frock itself, made rather plainly with an unpretentious drapery on the left hip, was of pale blue crepe marocoain. The only trimming was a wide scarf of geranium brocaded velvet which hung over the left shoulder to the hip, crossed at the back and came under the right arm to fall in a long pointed train.

A Big Time in
DENTON
at the
CARNIVAL
JULY 4TH
BIG PARADE BALL GAME

TALKS to MOTHERS about THEIR BABIES

By DR. J. H. MASON KNOX, JR.,

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CARE OF THE MOTHER

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ADEQUATE care of the mother after child birth nearly always averts such immediate complications as hemorrhage and infection and tends to prevent also the subsequent ill health of the mother. The mother owes it to herself, to her child and to her home to carry out the doctor's instruction at this important time. It may seem unnecessarily costly, but long experience has shown that proper care now is many times cheaper than carelessness and neglect.

The mother should be in bed certainly for the first week or ten days. About the sixth or eighth day she may be permitted to sit up for a short time, and if all goes well on the ninth or tenth day she may be permitted to sit up in a chair for a little while. All this, however, should be under the doctor's direction, as, of course, some women regain their strength more rapidly than others. Usually the mother is not allowed to go downstairs for a month, and certainly should not take up her ordinary activities before six or eight weeks. The doctor must decide in each case, for it is poor economy to over-do.

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ONE of the striking changes which takes place after the birth of the baby is the loss of weight of the mother. This may amount to 10 to 15 pounds. The mother does not regain her ordinary weight for two or three months.

The careful doctor will want to see each newly delivered mother several times during the fortnight after the baby's birth. He will want almost certainly to make a complete physical examination of her in from four to six weeks. In this way he can be assured that the mother's organs have returned to their normal place and condition, and correct any slight abnormality which may be present. Doctors feel that this examination is most important, and if carried out by a competent physician may avert the beginning of a chronic condition that might lead to a life of invalidism.

Diet.

THE question of the mother's diet is an important one, for, of course, one assumes that she is going to nurse her baby. The food should be selected with the idea of nourishing the mother and furnishing milk which will supply the needs of a growing baby. For the first 24 hours one or two pints of milk may be given the mother in small amounts at regular intervals, and perhaps a little vegetable broth and toast. The next two days gruels can be added and custard or poached eggs. Following this, a little tender meat and vegetables can be given, and so a return to a general diet.

This general diet should consist largely of milk, eggs, leafy vegetables, cereal made of whole grain, bread made also of whole grain, and fresh fruit. These are the best milk producing foods. There are no patent foods which have been shown to have any effect upon milk production. Of course, the mother will avoid foods which lead to indigestion, both for her own sake and because of the baby. It is not true, however, that the milk is affected by various kinds of vegetables, provided, of course, they can be digested by the mother.

Must Eat For Two.

ALMOST the only drug which is excreted in the mother's milk is opium or its derivatives and possibly alcohol when taken in large quantities.

The nursing mother, of course, must eat for two, and on this account it is often advisable to supplement the three regular meals by a glass of milk, cocoa, or some other beverage made of milk, during the morning, afternoon and at bed time. This supplementary food should be taken within an hour of the regular meal, so as not to spoil the appetite for the next meal. Regularity is important, and nothing whets the appetite more than plenty of fresh air.

Usually a quart of milk and an abundance of water, in addition to the usual diet, will often enable the mother to nurse her baby successfully.

CHIPS

Not Real, But Loving

A child adopted from an orphans' home was being ridiculed by the other children because he had no real parents. The conversation was as follows:

"Aw, you haven't got any real father and mother."

"Maybe I haven't, but the ones I have got love me as much as yours love you."

"They do not. Ours are our real parents."

"Well, mine love me more than yours do you, 'cause mine picked me out of a hundred other babies, and yours had to take what they got."—Milwaukee Sentinel.

The Waiter's Tip

They had spent some happy weeks in California. The sunshine was brilliant and the hotel fare was good. On the last day the waiter had their table decorated with flowers.

"A pretty touch of sentiment," commented ma.

"More likely good business," declared pa.

"Huh?" asked ma in surprise.

"Have you noticed what these flowers are?" asked the observant pa.

"No. What are they?"

"Forget-me-nots."—Boston Transcript.

Part Of The Loot

It was his first morning at the coal yard and he was instructed to deliver a load. As he failed to return a search was instituted, and he was discovered at the house where he had delivered the coal.

After putting it in the cellar he had taken up his quarters in the kitchen, from which the cook could not get him to leave.

"What do you mean by such conduct?" his employer asked him.

"Why," he replied simply, "I thought I was sold with the coal—I was weighed with it."—Minneapolis Tribune.

Three-In-One Shot

A sportsman with a wonderful power of imagination was telling how at one shot he had bagged two partridges and a rabbit. His explanation was that, though he had hit only one partridge, the bird in falling had clutched another partridge and brought that to earth entangled in its claws.

"But how about the rabbit?" he was asked.

"Oh," was the calm reply, "my gun kicked and knocked me over and I fell on the rabbit as it ran past."—Pittsburg Chronicle-Telegraph.

Lucky Landlord

A landlord in a certain town found it no easy matter to collect his rent with unfailing regularity.

One woman was particularly trying in this respect, and he thought himself lucky if he only received from her part of the rent due.

One morning when he called at her house she offered him half a dollar.

"Is that all you've got for me?" he inquired with a scowl. "You're so much in arrears."

"Go on, now, and be satisfied," was the reply. "You wouldn't have that if my old man hadn't sold the back door."—London Ideas.

No Cause For Worry

Buddy was up before the disability board. The pompous alienist was asking him a long string of questions to determine his mental condition and Buddy was rapidly getting disgusted.

"Quick," shouted the celebrated doc, "tell me this: How many legs has a lobster?"

Buddy looked at him crushingly before replying.

"For the luvva Mike," he said, "is that all you got to worry about?"—American Legion Weekly.

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