

Wonderful Baby News For Mothers

Direct From Baby Wonderland

By MADAM DAHL of Herzbergs

Just returned from New York, "Treasure Island" of new ideas and nifty knacks. I must hasten to tell you of all the delightful things I saw pertaining to Baby's wardrobe, for I'm sure you're anxious to know. Just bear with me a little while, and I'll unfold one of the most delicious morsels of baby news you've ever heard.

When I arrived in this mart of marts, I fully intended to shop around for ideas among the various manufacturers, when to my complete surprise there was handed to me an invitation to attend the first style show of infants' and children's wear held by "The United Infants', Children's and Junior Wear League of America." "Talk about Luck," I mused, "here's where I get in on the ground floor." Needless to say, I was bewitchingly bedazzled by the luxurious setting of the stage. Fetching breath with pleasurable excitement and wonder, I was fairly transported to another realm as it were, by this gorgeous exposition of baby and infants' wear, complete to the most infinitesimal detail.

Arriving at the Hotel Astor (the scene of the plot), I was luxuriously bedazzled by the fetching breath with pleasurable excitement and wonder, I was fairly transported to another realm as it were, by this gorgeous exposition of baby and infants' wear, complete to the most infinitesimal detail.

Now, all of you fond mothers, attend closely. The first scene, a nursery most elaborately appointed, with exquisitely embroidered dresses, daintily designed Japanese carriage robes, bunnings, and all of the suitable infant garments too numerous to mention, but new creations all, commanding admiration and attention at every turn, to the accompaniment of a lullaby rendered by violins and reeds.

Comes now the scene of the toddler attired in underwear, vest and diaper, followed by the two-year-old comfortably prepared for the night, withal showing creepers, dresses, coats, bonnets and knitwear in styles at once new and interesting.

Then of course last but not least, came the little boys, appearing in the latest creations of Jersey suits and velvets, magnificent and admirable.

And too, toys were displayed on a little girlie dressed in a ribbon hoop skirt to which were attached the various celluloid novelties for baby. Between scenes, all the little models danced and entertained, much to our delight and pleasure.

Oh, sisters, it was splendid beyond description. Space does not permit me to write of all the beautiful things created for the little folks by the gentlemen of the aforesaid league. Suffice it to say what I saw can be rightfully termed "The Wonders From Baby Wonderland."

Anticipating my handicap in writing about all the dear little things for the dear little tots, I thought it best to transport the best and newest things I saw from New York to Omaha where, at Herzberg's, you'll be able to see in miniature what I saw in New York. Gee! It was too beautiful for words.

And now dear Mothers, anything you want to know about correct style in color or fabric for baby, will be cheerfully given you upon receipt of letter or postal.

Yours maternally,

Madame Dahl.

Choose to Chew

By BARBARA BROOKS, Kellogg Company.

The Child Health Magazine published an article recently in which this sentence was used:

"On can be what one chews to be—"

Isn't this an interesting idea? It makes a strong appeal to us to select foods which have to be chewed so that our teeth will be stimulated and strengthened. It subtly conveys the thought that right foods mean no toothaches or cavities, and few visits to the dentist.

Let us plan a day's menu which will be good for our teeth, and nutritious. Breakfast first: A raw apple takes first place. But may persons do not enjoy a raw apple for breakfast. If a baked apple, stewed fruit, or berries are served, add one tablespoon of all-bran to each dish and the fruit will need chewing, all right! Wheat bran also is valuable on account of its mineral content—especially iron and phosphorus, and the latter is needed for teeth and bones.

Make crisp, dry toast. Butter it at the table, so that it will be crisp when you eat it, instead of soft and butter-soaked. Select whole grain cereals rather than those which absorb the cream and slip down too readily.

For lunch and dinner, use whole wheat and bran bread or muffins, crisp vegetables, such as celery, radishes, cabbage, lettuce, and other salad plants.

The ready-to-eat cereals vary as much as the old-fashioned grains used for breakfast foods. There are enough kinds to give variety all summer, if you prefer them to the ones which are served hot. They lend themselves better to combinations with fruit. Peaches, which are in season, may be sliced and served in the bowl with your corn-flakes and cream. Serving the fruit and cereal together is time saving and takes fewer dishes than when the courses are brought to the table separately.

Appetites sometimes need stimulating in the morning. Fruit and crisp cereal may pave the way for the toast, eggs, and milk

- Breakfast**
- Berries with All Bran
- Cream Sugar
- Crisp Bacon
- Toast Coffee
- Luncheon**
- Toasted Cheese Sandwiches
- Lettuce French Dressing
- Cocoa Graham Crackers
- Dinner**
- Vegetable Soup
- Radishes
- Beefsteak
- Beet Greens Stuffed Potatoes
- Waldorf Salad
- Bran Muffins
- Sliced Peaches

The Mainstay of Life

Bread means health. Since the beginning of time it has been and always will be the staff of Life! It builds sturdy bodies and stimulates vitality.

Give the children bread; bread and more of it, and let it be



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The Italian and His "Tomato"

Traditional association of the Italian and the tomato is—much to the Italian's credit, for the tomato today is known as one of the most healthful of foods—historically authentic.

While Americans, along with the rest of the nations, were still eyeing the tempting tomato with suspicion, since it was supposed to cause "humors," and its acidity was attributed to the undesirable oxalic acid, the Italian housewife, wiser than she knew, was giving her family its beloved "tomato." Italian workmen early insisted, and correctly, as we all know now, that their tomato sauce gave them strength for their tasks. And Italian babies were far ahead of the times, for tomato juice has long been a favored item in Italian infant diets, just as it is in all the world's infant diets today.

Real Orange Marmalade

For those who have tired of berry preserves, orange marmalade should be most welcome. It is exceptionally nice with toasted bread or muffins.

Cut up three seedless lemons and three navel oranges with the peel on, into pieces about an inch long and a quarter of an inch in thickness. Measure the fruit and add twice the amount of water. Place in an enameled ware preserving kettle and let stand 24 hours. The vitreous surface of enameled ware assures perfect safety from any action of acids, which are strong in citrus fruits. After standing for 24 hours, it should be boiled 10 minutes and allowed to stand 24 hours again. Measure the fruit and add sugar cup for cup, and one additional cup of sugar. Boil again for 30 minutes, stirring constantly with a long-handled enameled ware spoon.

If some is to be preserved for future use, put it in air-tight jars while hot.

Easily Prepared Cheese Souffle

This tempting dish is nice for a hot weather dinner or a midnight supper for guests, at card or mah jong parties.

Blend two tablespoonfuls flour, one-quarter teaspoonful salt, one-quarter teaspoonful mustard and a dash of red pepper with four tablespoonfuls of melted butter. Add slowly one cupful milk and let it boil up, stirring constantly. Have ready one-half cupful grated American cheese and one-half cupful bread crumbs. Add to the mixture, take from the fire and add the beaten yolk of three eggs. Let cool, then fold in the beaten whites of the eggs. Turn into a well-buttered enameled ware baking dish and bake in a hot oven to a light brown. Because enameled ware is so dainty in appearance the souffle can be brought to the table in the dish in which it was baked without hesitancy. It is best served hot with toasted bread or muffins.

The "Core" Fruits

"Gimme the core!" is a time-honored formula certain little tomboys use when they see a chum consume one of the "core" fruits, which may be either an apple, a pear, a quince, a medlar or a loquat.

And no wonder. For, clear down to this to-be-discarded core, these fruits as a rule are uniformly sweet and luscious. The seeds are borne in a papery, five-celled ovary, surrounded by the fleshy "pome" which we eat. But the little "tomboys," and others, too, might appreciate these fruits still more if they remembered what a romantic history they have.

Take the apple. When we see the splendid, red-cheeked specimens usually displayed in the grocer's window, it is hard for us to imagine that the parents of all the apples in orchards everywhere were the little sour, crabbed "nubbins" growing wild on scraggly trees in the southeastern parts of Europe.

Springing from the seed of a core thrown away by some chance traveler, years and years ago, the lineal descendants of these gnarled "nubbins" of insipid flavor, came westward with the drift of population, and was gradually improved. It is now grown throughout the north temperate zone.

The Indians used the native wild crabapples of this country for food; and in both the Americas remnants of the old Indian apple orchards still exist.

Although apples grow far north, they require a hot summer if they are to attain fine flavor, good size and prized color. The climate of Nova Scotia makes that place one of the finest apple-growing countries in the world. Canada, too, is a great apple region; and Vermont and New York produce apples of the finest quality.

The Palatable Pear

The original home of the wild pear was not far from that of the wild apple. We have no native species of the pear. It is, however, a common forest tree in France, and in the Chinese forests. Like the apple, the pear of today, is a far different fruit than the ancestor from which it came.

Pears are unlike most fruits in that they are improved in flavor by ripening indoors. For this purpose, they should be taken when of full size and shape, and when they have begun to color, but before they start to ripen. They may be held for a long time in cold storage, but when

they are to be ripened for eating, they must be put in shallow trays in a moderately warm room and protected from air currents. Did you know that pears are excellent baked—just as you bake apples?

Quinces Are Queerest Core Fruit

One of the most peculiar things about the quince, which is the "queer" one of the core fruit family, is its change from white to deep red when it is cooked. In Portuguese, the word for the quince is "marmelo," so that our other fruits are really masquerading under a borrowed name when they are preserved under the label "marmalade."

The quince was revered in the lore of the ancients. At a later date, it had a high place in our grandmothers' rites of the preserving kettle. It came into cultivation from the wilds of northern Africa and southern Europe.

Quinces require careful handling, for the slightest bruises develop quickly into dark brown spots.

You Can't Mistake a Medlar

Another curiosity of the core fruit family is the medlar, a soft-fleshed fruit of rather indifferant flavor. The core is exposed in most peculiar fashion at the bottom end, as if there were not enough flesh to go around.

The medlar is a wild-tree fruit from central Europe. It is used mostly for preserves, though some people like to nibble at the uncooked fruit when the frost has softened the pulp.

Little Loquat Is "Good Eating"

Still another semi-freak fruit of the core variety, at least in eastern parts of the country where it is little known, is the loquat. However, it is rather common in the fruit stalls of towns in California; and in Sydney and other towns of Australia, it is an often-met market fruit. It grows wild in China and Japan.

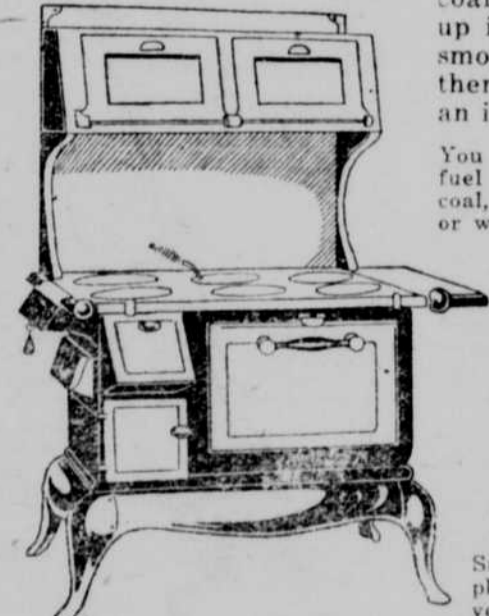
A small, yellow-skinned, pear-shaped fruit, hardly as large as a plum, the loquat makes "good eating," because of its pleasantly acid taste.

Altogether, the "core" fruits as a class are among the choicest members of the fruit family.



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