



Porch Picnics

By Mary I. Barber,
Kellogg Company.

THE other day our attention was attracted by enthusiastic voices coming from the porch of one of the pretty little houses on our street. It was the end of a sultry day, and a wise young mother was giving her family—composed of three boys aged 4, 6 and 8—a porch picnic. What fun they were having!—and each boy had his share in the preparation and in the cleaning up. The latter process was the cause of much merriment. The boy selected to sweep the floor

wanted to do it before the other two had cleared the table, and the result was a general tieup in the traffic of feet and broom.

"On hot days when the children are restless, I let them help and we have a picnic," the mother explained. "Each boy does his share and we have a good time without the effort of collecting bathing suits and packing baskets to go to the lake. We use paper cups, plates, spoons and napkins, so the cleaning up is easy. Have you ever noticed how good everything tastes at a picnic—even foods that we are not fond of when they are served in the dining room? Our picnic suppers are simple and nutritious. Tonight we had peanut butter sandwiches, lemonade, fruit salad and corn flake macaroons. At our last picnic we had stuffed eggs served on a bed of marinated spinach instead of lettuce, bran

muffins with raisins, iced cocoa and cookies.

"Sometimes on hot Sundays we serve bowls of ready-to-eat cereal with milk and berries, if they are in season, or we have a popcorn supper."

Adults enjoy porch picnics as much as children—and it is a relief to the housekeeper not to have piles of dinner dishes to wash in a hot kitchen. There are several things that a woman can have ready for these informal suppers. Keep a jar of sugar syrup in the refrigerator for use in sweetening cold drinks. You know how difficult it is to make sugar dissolve in iced tea or lemonade! In syrup it is already dissolved. Put one part sugar to one and one-half parts water in a saucepan and cook, stirring until the sugar is dissolved. Keep in a covered glass jar until needed. Cocoa and sugar, mixed in equal amounts, will mean that only one can, instead of two, need be opened when cocoa is to be made.

Russian chocolate is delicious. Make extra coffee at breakfast time and pour it off the grounds to cool. Make a rich cocoa and combine with the coffee in equal parts. Pour into iced tea glasses filled with crushed ice and garnish with whipped cream.

Corn Flake Macaroons.

Two egg whites, 1 cup sugar, 1/2 teaspoon vanilla, 1 cup cocoanut, 2 cups corn flakes, 1/2 cup nut meats (chopped).

Beat the egg white until stiff, add the sugar gradually, then add the vanilla, cocoanut, corn flakes and nut meats.

Drop by spoonful on a buttered pan, and bake in a moderate oven (400 degrees F.) until the macaroons are a delicate brown.



Baby and Jun

If You Would Have a Slender Graceful

By MADAM DAHL of Herzbergs

WHAT is more feared today than the thought of becoming fat, and to what ends will the woman of today go to avoid excess flesh, and yet, within the reach of every woman is a new and simple process through which the slender, boy-like figure may be maintained. This new and truly wonderful flesh reducing article is none other than the rubber reducing girdle.

The moment you put on this new kind of girdle your waist and hips look inches thinner—and you get thin while looking thin, for this new invention produces the same results as an expert masseur. Makes fat vanish with surprising rapidity while you walk, play, work or sleep, yet does it so gently that you hardly know it is there. No more heart-straining exercises—no more disagreeable starving diets—no more harmful medicines—no more bitter self-denials.

At last! A wonderful new scientific girdle that improves your appearance immediately and reduces your waist and hips almost "while you wait!" The instant you put on the new girdle the bulky fat on the waist and hips seems to vanish, the waist-line lengthens, and your body becomes erect, graceful, youthfully slender! And then—with every step you make, with every breath you take, with every little motion, this new kind of girdle gently massages away the disfiguring useless fat—and you look and feel many years younger!

Look More Slender at Once!

Think of it—no more protruding abdomen—no more heavy, bulging hips. By means of this new invention, you can look more slender immediately! You don't have to wait until the fat is gone in order to appear slim and youthful! You actually look thin while getting thin! It ends forever the need for stiff corsets and gives you with comfort fashion's straight boyish lines!

It is different from anything else you've seen or tried—far different from ordinary special corsets or other reducing methods. It does not merely draw in your waist and make you appear more slim; it actually takes off the fat, gently but surely!

Actually Reduces Fat

The rubber reducing girdle is built upon scientific massage principles. It is made of the most resilient rubber—especially designed for reducing purposes—and is worn over the undergarment. Gives you the same slim appearance as a regular corset without the stiff appearance and without any discomfort. Fits as snugly as a kid glove—has garters attached—and so constructed that it touches and gently massages every portion of the surface continually!

The constant massage causes more vigorous circulation of blood, not only through the parts, but throughout the body! Particularly around the abdomen and hips, this massage is so effective that it brings about a remarkable reduction in weight in the first few days.

For the woman with whom they have fashioned the reducing brassiere which follows the same principle of corsets. I shall be pleased to answer personally any question you may care to ask. Address: Madam Dahl, care Practitioner, Omaha Bee.

Recipes For

Barley Water

This is often used as a water to dilute the milk in order to make the curds of the milk more digestible:

One heaping tablespoon of barley flour and a pinch of salt are mixed with a little water to form a thin paste and added to a quart of boiling water. Boil and boil for 20 minutes. Add enough water to make one quart. Pearl barley requires more boiling. It should be boiled at least three hours and strained before using. Use daily.

Oatmeal Water

This is used in the same manner as barley water, but it has a different effect: Stir two tablespoons of oatmeal and a pinch of salt into a quart of boiling water and simmer for three hours. Strain the water that evaporates and there will be a quart of water left. Strain. Make fresh daily.

Egg Water

To be used when the baby does not digest milk: Stir the yolk of one egg into one pint of water, add a pinch of salt, and strain thoroughly and strain. This can be kept in the ice box or a cool place.

Beef Juice

Take rare broiled beef and cut into small pieces. Press out the blood from this and dilute with plain water and barley water.

Broth

Take one pound of meat from fat, and cook in one quart of water for an hour from time to time so that there be one quart of broth. Cook, move fat, strain and add milk.

Whey

Warm one pint of milk to heat and add one teaspoon of pepsin or rennet. Let it stand until it curdles and break up the curds with a fork. Strain through a cloth. What is left through is called whey and when babies cannot digest milk.



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