



### Beets --- Appetizing and Juicy

Many inexperienced housewives serve tasteless, colorless beets, simply because they do not know how to prepare them. They either cut the leaves off too close to the root or test them too often with a fork while boiling. One method is as bad as the other and so is the result.

To get the best results, just cut off the leaves about

three inches from the root—no other trimming is necessary. Scrub the beets gently, put them in an enameled ware saucepan, cover with cold water and add salt. Use enameled ware to be sure that they will keep their bright red color, because this ware does not affect the acids in vegetables. Let them boil for 50 minutes before testing them. When they are good and tender, pour off the water and peel them. Cut in quarter of an inch slices and tuck a few lumps of butter between the layers.

#### Barbecued Ham.

Cut canned lunch ham into thin slices. Fry in about a tablespoon of butter, until it begins to crisp. Transfer to a hot dish and add to the grease in the pan 2 tablespoons of vinegar, a half teaspoon of sugar, and a half teaspoon of French mustard. Stir to the boiling point, pour over the fried ham and serve.

#### Fruit Cocktail.

1 cup canned cherries  
3 tablespoons candied ginger, chopped  
1/2 cup powdered sugar  
1/2 cup orange juice  
1/2 cup grape fruit juice  
1 cup canned pears, cut in cubes.

Place fruit in cocktail glasses, and pour over it the juice. Sprinkle each serving with a half tablespoonful of chopped ginger.

#### Shrimp Patties.

Open and drain a large can of shrimp, and break them into quite small pieces. Make a rich cream sauce, and add to it the shrimp and seasoning to taste, also a tablespoonful of capers, if desired. Heat pastry shells, which may be purchased at any good bakery. Add shrimp mixture and serve immediately.

# Baby and Jun



### A Whole Vegetable Dinner on a Single Platter

Vegetable salads are a very appetizing and healthful dish and should be served a few times a week during the summer months while fresh vegetables are available.

Most housewives know that these salads can be served most attractively and make a tremendous appeal to the members of the family who come home tired out after work on a hot day.

The objection raised is that a salad of this kind should be made up of three or four vegetables and that the cooking of these vegetables requires a few flames burning on the stove for at least an hour, making the kitchen unbearable.

Here is a suggestion for a salad of four vegetables which can all be boiled together, leaving the kitchen cool and comfortable and saving considerable fuel.

Scrape and cut up some young carrots, prepare some string beans in about two-inch lengths, and shell some fresh lima beans and peas. Place all in an enameled ware saucepan, cover with cold water and add salt. When finished, pour into an enameled ware colander to drain and cool. If enameled ware is used there will be no danger of the vegetables becoming discolored.

Cover a platter with lettuce leaves and place the heart in the center. When the vegetables are cold, distribute them on top of the lettuce. If you have any cold left-over potatoes, they can be diced and added to the salad. Garnish with a few sliced hard-boiled eggs, celery, radishes and olives. This will make an elaborate-looking but simply prepared meal.

## PLAY

By DR. C. ELIZABETH LYMAN

PLAY is a God given instinct, and man should not stifle, thwart or misdirect it.

A large portion of a child's leisure time should be occupied in playing games which are conducive to the development of the mind and body of the child. Too much stress is laid on the mental side of the child and physical or health side is neglected.

Father or mother may play gently with a young baby for a few moments and not harm a normal baby, but nervous, delicate babies need a great deal of rest and quiet, therefore the baby should be placed upon the bed in a warm room with little or no clothing and allowed to kick and squirm to its heart's content.

From two until six is the "run-about" age and children are not interested in group games, but will

play together on the same with their toys, and their elders in their play be taught to manage them by the leadership of the

Three to four hours the fresh air is needed by a child from one to the old; the time may be less as the child grows older. parent must be interested in the way the child's time is occupied when it is playing out-of-doors, and the natural movements of the child encouraged, such as leaping, skipping and full of freedom of movement, plenty of rest, and little restraint.

The Froebel and Kindergarten methods used and are very appropriate for the children of the "runabout

## What Shall I Feed My Child

### Dodging the One-Sided Diet.

DO you doubt that there is danger for a child in the decidedly one-sided diet? Then make, with me, a little survey of the types of children that result from the various food overdoses.

Take the child who gets too much starchy food or too much sugar. It is true that he is usually quite fat, but his flesh is flabby, his skin white, his abdomen prominent, his bones sometimes badly curved. Perhaps, too, he perspires frequently, and catches cold easily. Often he is listless and has headaches and vomiting or diarrheal attacks, fevers and restless nights.

The child who has been fed on too much fat has a skin of muddy tinge, a coated tongue, dark cir-

cles under the eyes. The stool is foul, and bowel movements extremely light or show undigested fat.

Or, suppose that a child has been fed on too much protein. He is likely to be thin and his tongue is coated and projects to headaches.

You can often provide a balanced diet by use of the "four food" rule. Some of the foods listed in the "four food" rule may be substituted by milk. Lentil, soy-bean and soups are meat substitutes. Cheaper fruits are often good for the child as the expensive ones are. But cheap milk!

Don't sacrifice quality for cheapness. Variety in diet is truly his "spice of

## Baked Fish With Parsley Sauce

Fish makes a nice light supper very much appreciated in warm weather, and bluefish, weakfish and fresh mackerel offer a variety at this season. It is especially nice baked and agreeable change in the usual routine of roast, broil, fry and boil. Another advantage is that it requires such a short time to cook, and although many housewives realize this they are averse to baking fish because they have experienced some trouble in removing it from the baking pan to a platter. This difficulty can be overcome by using an enameled ware baking pan. No transferring will be necessary then—the fish can be garnished with lemon and watercress and served intact in the china-like pan in which it is baked. Remove the scales by scraping

with a dull knife from the back. Clean, wipe and dry and salt inside and out. Drizzle flour, season with a little cayenne pepper. Place with the inside upward in a buttered enameled ware pan and put a piece about the size of an egg the fish. Place in a without water. As soon as it begins to brown pour a half cup of hot water into the pan and baste repeatedly every ten minutes afterwards. Bake until done and serve with a sauce of chopped parsley and onion with salt, vinegar and oil. New potatoes boiled in jackets on and fresh with drawn butter would be a finishing touch for a

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