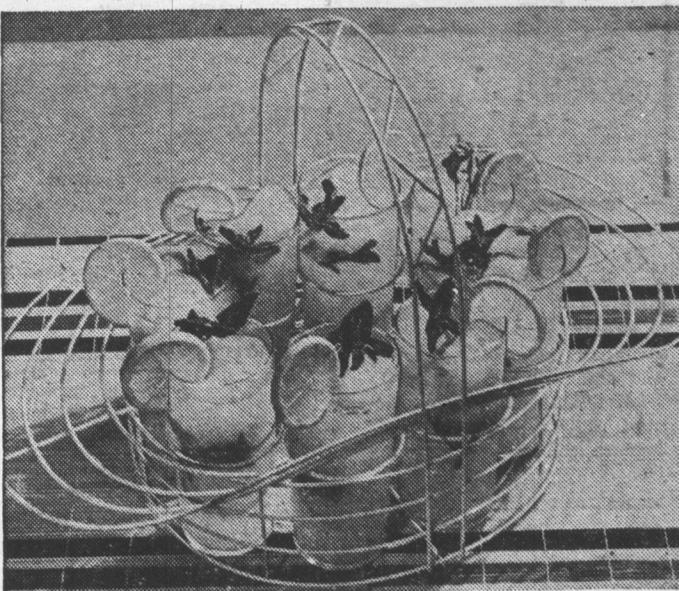


# Household News

by Lynn Chambers

Cool, Ice-Tinkling Drinks Ward Off Summer Fatigue  
(See Recipes Below.)

## Sugar-Saving Drinks

When the thermometer's perched on the highest rung of the temperature ladder, do you feel your spirits sagging, your energy running low? Yes, the warm weather begins to take its toll just about the time you feel you need push and drive most. But, make a comeback, quickly and easily with a healthful, fruit-juicy drink served in a tall, colorful frosty glass.

An attractively served drink will perk up your spirits more quickly than you can say "Jack Spratt." Plan to freeze some of those fragrant mint leaves and those few odd berries left over from the shortcake, with water in the ice cube trays for them make a pretty drink. Or, if you like colored ice cubes that prevent your summer beverage from taking on a watery taste, freeze fruit juices diluted with water into ice cubes. You'll like this.

There's a lot more to be said for cool drinks other than their general nice appearance. Besides providing your system with the vitamin C, in excellent quantity, and A and B in good quantity, the citrus fruits, oranges and lemons, act as alkalis for the system. This acts as insurance against fatigue, which is a big thing in warmer weather.

Milk and ice cream are perfect ingredients with fruit juices for cooling drinks. Not only do they contain most of the requisites for a well-balanced diet, but they are easy to take and lend themselves in pleasant combination with other foods.

Your biggest problem with summer drinks will come in trying to save sugar. But don't let this stump you, for you can use fruit juices that have natural sugars, honey as a sweetener, and milk and ice cream, which need very little or no other sweetening at all.

Try fruit powders, too, using 1 level tablespoon of the fruit powder with 3 teaspoons of honey to 1 glass of water or milk. Fill the glass with shimmering ice chips and you have an excellent thirst quencher in a wink.

Fruit juices used with ice cream and honey are kind to the sugar ration:

## \*Orange Cooler.

(Makes 1 1/2 quarts)

2 cups orange juice

1/4 cup lemon juice

1/4 cup maraschino cherry juice

1 cup ginger ale

2 tablespoons honey

## Lynn Says:

The Score Card: Definite news has reached me on the spice situation, so now you homemakers can see exactly what is available in this line.

There's enough to go around freely of: cayenne, red pepper, mustard, chili powder, dill seeds, oregano, paprika, curry, cake spice, mixed pickling spice, celery seed, onion and garlic salt and powder, bay leaves, marjoram, cardamom, anise and black pepper.

Careful use is indicated for these spices: cinnamon, mace, allspice, white pepper, cloves, nutmeg and ginger.

Canning rubbers, lids, jars, etc. are available in sufficient quantity for this season's produce. An extra ration of sugar for canners will be allowed, amounting to five pounds per person for the year.

There's a possibility that coffee, tea, and cocoa may come in for rationing. Homemakers are also advised to save and conserve all fats, grease and oil. If you cannot use the fat at home, keep it well preserved in a cool place to prevent its becoming rancid, then bring to your butcher.

## SUMMER REFRESHMENTS

## I.

\*Chocolate Crunch

\*Orange Cooler

## II.

\*Honey Chocolate Nut Cookies

\*Root Beer Flip

\*Recipes Given

1 pint vanilla ice cream

2 tablespoons sliced maraschino cherries

Mix fruit juices and ginger ale; add honey; mix well. Chill thoroughly. Add ice cream and stir until blended. Serve in chilled glasses topped with cherry slices.

Orange Ginger Ale Punch.  
(Serves 12 to 15)

1 quart orange ice

2 quarts ginger ale

Orange slices

Maraschino cherries with stems

Sprigs of mint leaves

Place orange ice in punch bowl and pour in ginger ale. Garnish with orange slices attractively cut and floated in punch. Add cherries and mint sprigs.

Milk drinks make cool, tempting refreshments, and are just the thing for afternoon or evening snacks:

Orange Quench.  
(Serves 1)

1/4 cup milk

1/4 cup orange juice

1 teaspoon sugar

Combine ingredients and beat until thoroughly blended. Serve chilled.

\*Root Beer Flip.  
(Serves 1)

1/4 cup root beer

1/4 cup milk

1 serving vanilla ice cream

Pour root beer and milk into a tall glass. Add ice cream and serve immediately.

Maple Cooler.  
(Serves 1)

2 tablespoons maple syrup

1/4 teaspoon vanilla

1 cup milk

Few grains salt

Combine ingredients and beat one minute. Top with whipped cream, if desired.

You will be driving around less these summer evenings for your breath of fresh air, but you will probably spend more time on your back porch, having the neighbors drop in and serving them simple drinks and a few sugar-saving cookies for the between-meal snack. You'll enjoy both of these recipes:

\*Honey Chocolate Nut Cookies.

1/2 cup butter

2 squares unsweetened chocolate

2 eggs, well beaten

1/4 cup honey

1/2 cup sugar

1/2 cup sifted flour

1/2 cup chopped nuts

Melt butter and chocolate over hot water and stir until blended. Combine eggs, sugar, honey and salt in bowl. Add flour which has been sifted once before measuring. Mix thoroughly, add chocolate mixture and beat until smooth. Add nuts. Drop from spoonfuls on greased baking sheet, and bake in a slow (300-degree) oven 15 minutes. Remove from sheet immediately. The cookies taste better when mellowed, so pack in a tight container with layers of waxed paper.

\*Chocolate Crunch.

1/2 pound semi-sweet or sweet milk chocolate

1 cup oven-popped rice cereal

Melt chocolate over hot water. Add cereal and stir until blended. Pack into a pan lined with waxed paper. Allow to set until chocolate hardens, then cut into squares.

Send your summer refreshment queries to Miss Lynn Chambers, Western Newspaper Union, 210 South Desplaines Street, Chicago, enclosing a stamped, self-addressed envelope for your reply.

Released by Western Newspaper Union.

## Fitted Suits Are Favored by Those Who Really Want to Swim

By CHERIE NICHOLAS



PLAY clothes are in a very colorful and versatile mood this season, and swim suits are no exception to the rule. It adds to the zest of things that bathing suit fashions present two distinct trends to be considered, for dressmaker fabric types vie with body-molding wool knits.

With some of the selecting of swim suits is a matter of picturesque garb which spends more hours on the beach in the style parade than in the water. To these the dressmaker styles which play up novelty and fabric dramatically make definite appeal.

Then there are the real swimmers who go in for health and exercise and trophies and who want suits which give perfect freedom of action to the body. To these fearless divers and swimmers it is the suit of wool knit which makes appeal. It is efficiency they demand for their suit, with color glory and chic styling added. They will find all they long for in the handsome yet practical fashions illustrated in the above picture. The designing of these models manages the task of allowing freedom of movement while remaining perfectly molded to the figure.

Favored by real swimmers is the one-piece suit pictured to the right. This bright red ribbed knit, subtly elastic and flexible, is a masterpiece. The adroit stirring is brought up into a pretty bow effect at the front, at the same time that it makes the suit conform to the body. Thus it meets the ideal of the ardent enthusiast who is battling with the waves.

Just as the plaid sweaters scored big last season the Argyle plaid wool knit swim suits like that pictured to the left in the group are triumphantly in the lead this summer.

Released by Western Newspaper Union.

## Wine and Gray



Wine and gray checked cotton gingham makes this jacket dress for town wear. There are interesting details that give this stunning outfit distinction. The beautifully cut jacket has bias bands of the gingham on pockets and cuffs. The bias idea is carried out, also, in the pleated skirt and the jabot. A very significant detail is this jabot, for it is an innovation for it to be of self fabric. This technique has been used successfully by a leading designer for lightweight cloth suits.

## Gray Chambray Is Ideal for Summer

Refreshingly new and ultra chic is the suit or dress made of chambray in a "Puritan" gray that is lovely for summer. Favor for this gray washable is sweeping through style centers at the moment, the grays challenging the much-talked-of town blacks to a lively contest.

Women love the new gray chambrays, because, for one reason among many, they launder so easily and exquisitely. Then, too, they yield so attractively to white accents, and they have that immaculate looking way about them that is so much sought for by women who do on a perfectly groomed appearance.

A new styling given to a gray chambray dress buttons the surplice bodice over to the left underarm with large white pearl buttons running down the skirt to the hemline. The message of gray satin for afternoon dresses is also being broadcast through fashion circles, but of course these are for "date" wear and such.

The gray chambrays are so definitely practical for all-purpose wear they'll prove a constant source of joy.

## Two-Piece Ensemble Has

## Wide Scarf for a Jacket

When the fall season gets in swing one of the sights you'll see that's good for the eyes is the tweed two-piece ensemble that college girls will adore.

It has a tweed skirt finished off with self fringe (the edge raveled) up and down the wraparound edge to the left. Instead of a jacket there's a wide, shawl-like scarf. The shawl also has matching self-fringed edges. Add a bright blouse to bring the costume to a perfect climax.

## PATTERNS

## SEWING CIRCLE



WHAT a practical idea there is in this cunning small outfit for little girls! Off with the jacket and you have a cunning play dress without sleeves—so that it permits rollicking freedom and plenty of healthy sun tan. It is a dress which your daughter can wear in comfort for hours of back-yard play, beach games and farm life!

The jacket which dramatically transforms the princess frock into a smart street outfit is just waist length, has tiny short sleeves and a simple square neck. You'll like the effect if you apply to the skirt two bands of the material you use in the jacket. Band the panties, too, to complete the cheerful ensemble. Pattern No. 1607-B gives you complete instructions for making each of the three pieces.

Barbara Bell Pattern No. 1607-B is designed for sizes 2, 3, 4, 5 and 6 years. Size 3 years dress requires 1 1/2 yards of 35- or 39-inch material, bolero plus bands for dress and panties, 3/4 yard and panties, 3/4 yard.

## New Dirndl.

A SLICK new long torso frock with a swish skirt—and just shoulder ruffles for sleeves—is ideal for summer wear. You can have sleeves, if you want them, and a bright row of braid to bring attention to the flattering low-cut neckline—as you can see in our smaller view. Just the frock junior girls from coast to coast are asking for this season!

Barbara Bell Pattern No. 1606-B is designed for sizes 11, 13, 15, 17, and 19.



JUST JEALOUS

"Twas Ever Thus

"The price of everything has gone up since the war began."

"No, talk is just as cheap as ever."

And How He Did!

"A burglar broke into our home last night."

"Did he get anything?"

"Yes; my wife thought it was me coming home late."

Fair Offer

"Doctor, let's compromise."

"Compromise on what?"

"On that bill of yours. I'll pay for your medicine and return your visits."

Without Reason

Willie—Pop, what are ancestors?

Pop—Well, I'm one of yours, and your granddad is another.

Willie—Then why does everyone brag about theirs?

He Pushes It

The taxi was a very ancient one and had taken a long time to reach its destination.

As the passenger paid his fare he remarked:

"How do you manage when your fare is in a desperate hurry?"

"Ah," said the driver, confidentially,

"I keeps on changin' me gears and honkin' me hooter."



## Youthful Soul

The soul never grows old—Longfellow.

## CLEAN FALSE TEETH

Properly with our False Tooth Brush. It cleans quickly and thoroughly, removing all particles of food and keeps the teeth in a clean and sanitary condition. It is made of twisted wire with wood handle and has high grade bristles. GUARD ANTBED. Send 50c cash or money order and brush will be sent immediately. (No stamp.)

NATIONAL BRUSH CO.

Los Angeles, Calif.

## CLASSIFIED ADVERTISING

HAVE YOU anything around the house you would like to trade or sell? Try a classified ad. The cost is only a few cents and there are probably a lot of folks looking for just whatever it is you no longer have use for. \* \* \*

## Classified Ads Get Results