

of the habitues of fashionable southern beaches, where styles are now being fixed for northern resorts.

Nothing less expensive than silk velvet goes to the making of some very wonderful beach costumes. The water does not injure them, although, as a rule, their wearers seldom go into the sea.

Bathing caps reflect the trend of millinery styles. They are often fashioned of the same material as the suit and many are trimmed with rubber-petaled blossoms.



Of course you know Tom Duff, the funny little fellow in the famous comic strip "Doings of the Duffs," appearing daily in *The Day Book*.

And of course you know Tom is the proud father of a baby boy.

Tom is in the market for suggestions for a name for the little shaver. What do you suggest? Send your suggestions to the Editor, Comic Department, *The Day Book*.

After the suggestions are considered, the baby will be given a name and the name will be revealed in the Duff strip appearing in *The Day Book*, Monday, March 19.

MEATLESS MENUS FOR LENT
By Biddy Bye

"A loaf of bread," the walrus said,
"Is what we chiefly need.
Pepper and vinegar beside,
Are very good indeed."

—Lewis Carroll.

And pretty soon we will be reduced to only the pepper and vinegar, it would seem, unless housewives take to planning their menus with extreme care. The Lenten menus printed today are expensive in the matter of the labor required to prepare them rather than in the ingredients.

Lenten Menus For One Day.

BREAKFAST.—Fried bread with cheese, coffee, ginger cookies.

LUNCHEON.—Brown bread, lettuce and nut sandwiches, baked bananas and tea.

DINNER.—Clear tomato soup, Boston roast, French salad, cocoanut blanc mange, coffee.

Boston Roast.

The ingredients are a one-pound can of kidney beans, $\frac{1}{2}$ pound grated cheese, bread crumbs and seasonings. Mash the beans, grate the cheese and add it to the beans, season with salt, and mix to a stiff dough with bread crumbs. Shape into a roll, and bake in a well buttered pan. Serve with tomato sauce or add chopped onions to the beans before they are mixed with the crumbs.

Ginger Cookies.

Sift $2\frac{1}{2}$ cups flour with 1 tablespoon of ginger, 1 teaspoon of salt, and 2 teaspoons of soda. Add $\frac{1}{2}$ cup of shortening, 1 cup of molasses, and 2 tablespoons of warm milk. Roll thin and bake in a quick oven.

TODAY IN ILLINOIS HISTORY

March 9, 1832.—Abraham Lincoln issued a communication to the people of Sangamon county on his candidacy for member of the legislature dated New Salem, March 9, 1832.