

Beef No Longer in the Luxury Class, Which Should Be Good News to All

Shad Are Just Making Their Appearance on The Market Stands

Vegetables Plentiful,
But Remain About
The Same Price.

By FRANCESCA McKENNEY.

THE price of beef should be good news to most people, especially men, for there is nothing like better than a nice piece of juicy rare beef, in any one of its many forms. The housewife who has been trying to keep her market bills within her budget should now take advantage of this and add it to her menus. Beef is just about half the price that it was earlier in the season, so now is the time to buy any one of your favorite cuts. Don't overlook the fact the less expensive cuts are just as nutritious as the higher priced ones.

Pork and lamb are also excellent buys this week end, as there is plenty of it, and the prices are also very attractive. Lamb is particularly nice for these warm days we are having, but the weather man has promised colder weather, and then is the time for a nice piece of roast pork. For to me nothing seems quite the same as pork on a very cold evening.

The stands in market are laden with all kinds of vegetables just in from the South, Texas and California. They remain about the same in price as they were last week. Avocado pears seem to be plentiful and are inexpensive, as are the large strawberries. Avocado pears and strawberries always give a very party atmosphere to a dinner, regardless of the price, so this is the time to add them to your dinner and enjoy these luxuries. Those who like chives for seasoning will find them in the market stands looking very fresh and green.

Eggs are extremely plentiful and cheap for this season of the year and are running unusually large, so don't overlook them, as there are many delicious ways of cooking them. Those who like shad will be glad to hear that this tasty fish is now in the market. At present they are small, as they are being caught off the coast of Florida. The farther North they come the larger they will be, so you will have to wait a little longer for the large ones.

A new find of the week is a smoked turkey paste that should appeal to those who are always in search of something new for their hors d'oeuvre plate. This is just the thing you should keep handy on the pantry shelf, so as to always be prepared for any unexpected guests who might drop in on you.

SUNDAY DINNER MENU.
Hot Chicken Broth
Oyster Crackers Celery
Hamburger Patties
Hot Buns
Tomatoes Stewed with Okra
Cheese Souffle, Lettuce Salad
Lemon Ice with Strawberries
Coffee.

A well-made and properly sized hamburger bedded in a bun with great slices of pickle and sweet onion is nearly always the best thing any

My Neighbor Says:

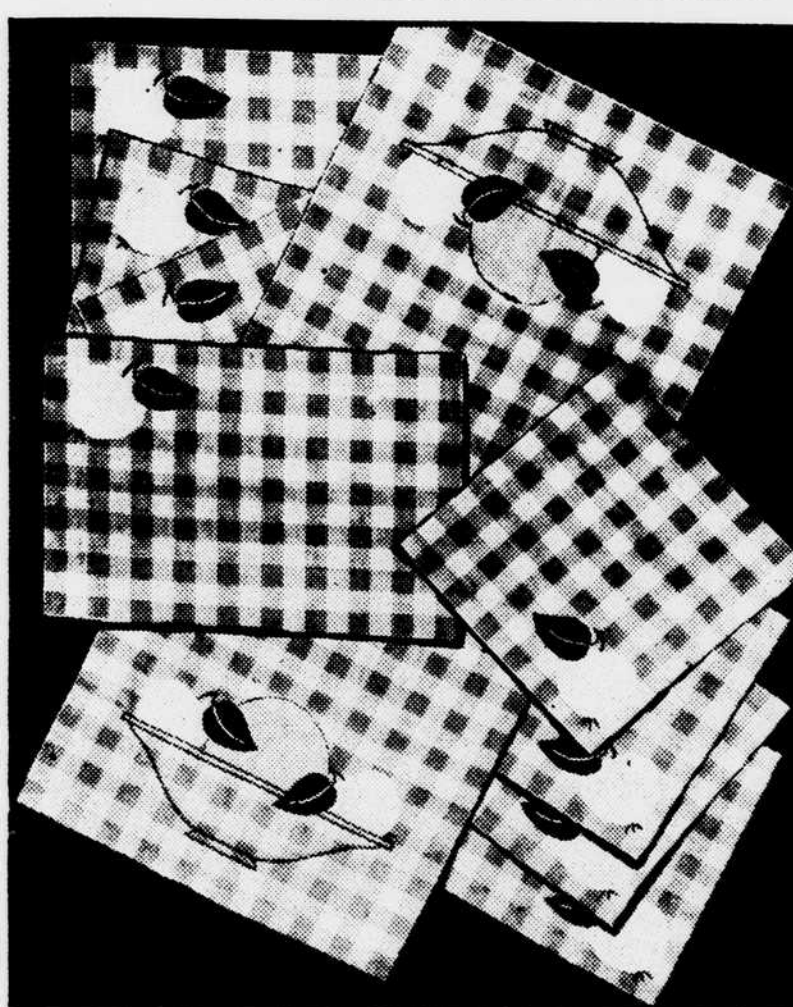
During the growing season and while buds are constantly appearing, cyclamen should be watered every day. Lack of water causes cyclamen plants to lose their leaves and buds are blighted. Do not wet leaves, just the roots.

Several cans (different sizes) of fruits stored in the refrigerator can be quickly transformed into salad or dessert. A little of each kind will be required, the rest can be stored for use later.

To cool a dish of pudding or any hot food quickly, set it in a pan of cold water that has been well salted.

When roasting a ham in a double-roaster sear it first on both sides before putting on the cover. By this process of baking the juices are retained.
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NEEDLEWORK ARTS



ROSY apples and plump grapefruit make such a gay and appropriate motif for a luncheon or breakfast set. It's an especially economical idea, too, for the material used can be torn off as you wish. The applique pieces are so small your scrap bag could easily furnish them. Or, if you prefer, instead of applying the motifs, embroider them in the suggested colors. Enough motifs are included to make a set of two runners, six place mats and six napkins. The pattern envelope contains hot-iron transfer for 4 runner ends, 6x11 inches each; 12 motifs for mats and napkins, averaging 3x5 inches each; cut-out pattern for each applique patch; also complete, easy-to-understand, illustrated directions with diagrams to aid you, what material and how much you will need; color suggestions and illustrations of stitches used.

To obtain this pattern, send for No. 583 and include 15 cents in stamps or coin to cover service and postage. Address orders to the Needlework Editor of The Evening Star.

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A Dish That Never Fails to Please



What could be better than hamburgers, garnished with pickles, onion rings and water cress? Serve with this piping hot bun.

School Work Exhausting To Child

Household Tasks Should Not Be Awaiting Her.

By ANGELO PATRI.

CHILDREN who go to school and do the work required of them are workers, and their work tires them. Most people think of school as a place where children sit, or play, or just stay. They forget that sitting still is against a child's nature; that listening is fatiguing work; that trying to do things for the first time, and that to a high standard, is exhausting labor. They do not seem to know that a school child is tired enough to need rest at the end of his day.

"Just as soon as you put your things away, Mary, I wish you would get at the dishes, and then tidy the dining room. I've been so busy today. Now hurry along. Go. And stop in Helen's room, and pick things up there. I did the bed, but I had to leave the rest for you."

"Goodness, mother. Give me a few minutes rest. As soon as I come into the house I have a hundred things for me to do. Why can't Helen pick up her own things?"

"Helen works at the office hard all day. When she comes home she is tired."

"And when I come home I'm rested up, I suppose? You think because I go to school I have nothing to do but enjoy myself. I have to work like a dog to keep up to my class. I've got four hours of homework to do tonight yet. Helen will doll up and go to the movies with Pete. But she is tired. Poor Helen. She'll get up tomorrow morning and start for the office sometime before half-past eight. I'll be on my way with a good two hours work done before that. But Helen is tired. I'm just sick of being the family horse."

"You ought to be ashamed of yourself to talk like that to your mother, or to speak like that about your sister. All you do is go to school and help me a little with the housework."

"That's all I said I did and I said that I was tired. But you didn't hear that part."

Mary disappeared to cry it out in her room.

She, and all the boys and girls of high school age are tired after a school day. Of course, their mothers and fathers are tired, too, and the sisters and brothers who work come home tired. Why think of them as coming in fresh and gay to do all the odds and ends left over by the rest of the family?

In the household let each do his share. Arrange things so that each one leaves as little work for someone else to do as need be. The outworkers can leave their rooms in order so that there will be no picking up. It doesn't take many minutes to hang up a pair of pajamas and a bathrobe, to put a towel in the hamper, get the dressing-table to rights. But it takes a lot of time and energy for someone to do those chores for five or six people at the end of a working day.

Give every homecoming school child 15 minutes of quiet and a light lunch. After he has refreshed himself and begun to chirk up a bit, he can do a few chores. But consider him. Don't think him tireless because he can play ball, or dance the highland fling at recess time.
(Copyright, 1938.)

Mother and Child Frocks

The Fashion for Dressing Alike Is Revived for the Spring.

By BARBARA BELL.

THIS fashion for mother and daughter dressing alike is one that is revived for spring with new enthusiasm. The silhouette shown in these patterns is the new animated, or ballerina, which is as fresh and gay as the

and lithe. Lace edging at collar, sleeves and front of bodice serves as a gay trimming and emphasizes the springlike character of the design. Mother and daughter wear dresses made exactly alike in these patterns. Choose a printed taffeta or silk crepe and step out ahead in the fashion parade.

Barbara Bell Pattern No. 1341-B (for mother) is designed in sizes 12, 14, 16, 18 and 20. Corresponding bust measurements 30, 32, 34, 36 and 38. Size 14 (32) requires 4½ yards of 35 or 39 inch material plus 2½ yards of lace or pleating to edge.

Barbara Bell Pattern No. 1366-B (for daughter) is designed for sizes 6, 8, 10, 12 and 14 years. Size 8 years requires 2½ yards of 39-inch material and 1½ yards of lace or pleating.

BARBARA BELL,
The Washington Star.
Incise 25 cents in coins for each.
Pattern No. 1341-B. Size.....
Pattern No. 1366-B. Size.....
Name.....
Address.....
(Wrap coins securely in paper.)

The simple, fitted basque with high neckline and short, puffed sleeves emphasizes the slim waistline and makes the figure look young.

Manners of the Moment

IT'S always a blow to a hostess when some one steps into her parlor and asks, as her opening curtain line, "May I use your phone?" But on the whole, the hostess wouldn't mind, except that it strikes her as very odd that a person, hasn't transacted what business she had before she arrived at the party. But when the guest sits down placidly and says, "Long distance, please," the hostess cringes. She had probably just decided yesterday to cut down on her telephone bills.

Anyone knows that isn't quite fair. Yet what does anyone do about it? Well, I think it's time rules were drawn up. It's a game that can get beyond control without rules. And I'd say, first, that guests should try to get their telephoning done before they go calling. I'd say, second, that if they have to telephone from their friends' homes they should wait for a little time after they have arrived before asking for the privilege. And I'd say, third, that if they must make out-of-town calls they should leave the cost of the call lying on the telephone table without more ado. If you ask a hostess about paying, she'll pooh, pooh you. And then she'll resent you badly all the rest of the month. But if you just leave the money by the phone, that's that, and she won't be able to do anything about it. After all a telephone bill is one of life's minor tragedies.
JEAN.

The Matter Of Moles On Face

Consult a Doctor in Regard to Having Them Removed.

By ELSIE PIERCE.
I QUOTE this letter as an indication of the self-consciousness of the young:

"I have read your interesting column for a long time and found several good and helpful hints in it. Now I have a problem that is becoming rather serious, to me at least. Please do help, for this is a problem not every woman has to face, and one very few people know much about."

I am 16. In our family a lovely complexion is almost traditional. My features are good; also figure; my hair and eyes very attractive, but my face is covered with moles. They are the small, flat kind, none of them very large. But to my estimation they are very noticeable and repulsive and make me very self-conscious. I cannot afford expensive treatment, but I surely would like to get rid of them some way. They are only on my face and neck—J. L."

Small moles used to be called "beauty marks." Like a slight sprinkling of freckles, they were considered quite pleasant. Certainly they add a note of distinction—if one can forget about them. And certainly they are not reason enough for self-conscious-

Dorothy Dix Says—

Learn the Difference Between Attention and Intention.

DEAR MISS DIX: For two years I have been going with a young man who tells me that he loves me, but because of certain obligations he cannot marry for a long time. We are not engaged. We don't even keep company, although I see him regularly once or twice a week, and I have no assurance that even if I waited for him several years that he will marry me. I could go out with many other men. I have opportunities to do so all the time, but I am not happy with anybody but him. The question is: Can my love last? And can it be relied upon to hold this man until he wakes up and sees that marriage is desirable? I am 26 years old and I am in a dilemma. I don't know whether to hang on or give up. What do you think?
BEWILDERED.

ANSWER—I think that your boy friend is one of the innumerable men whose attentions are without intentions and that he hasn't the remotest idea of ever marrying you. He finds you pleasant and agreeable. He likes a pretty girl to play around with and to make a little near love to, and that's all.

As long as you are sap enough to let him monopolize you he will do it until he gets tired. Then some fine day when you have got to be an old story he will kiss and ride away, or he will marry some strange girl and you will be left flat.

AS TO your affection lasting through a long period of waiting, that is doubtful, because romance and sentiment get to be pretty thin if they are stretched out too long. But you certainly can't rely upon your love to hold him and make him eager to marry you some years hence, when he is lukewarm about the matter now. No woman ever yet awakened love in a man's heart by her love for him. Quite the contrary. Most men get fed up on the affection that is thrust upon them, and generally speaking, the less a woman cares for a man the more he cares for her. So your hope that just by patiently waiting for this indifferent love you can turn him into an ardent swain is out.

Don't ever take it seriously when a man tells you that he loves you unless he backs up the assertion with a bona fide proposal of marriage. That is just men's line. It is their way of making themselves agreeable and it doesn't mean a thing unless it is clinched by a will-you-be-mine. Even when a man has to ask a girl to wait a long time for him he tries to bind her to him by an authentic engagement if he means business. He doesn't leave it at loose ends, with a vague expression of affection.

I think any girl is very foolish who gives up all her other men friends for one man, even if she is engaged to him, because if she gets tired of waiting or he changes his mind she loses out and it is a hard thing for her to ever get back into circulation again.

DEAR MISS DIX: Why does a boy, when he is out with a girl, want to talk about his past affairs and his old girl friends? Is it because he thinks

ness in an intelligent young woman.

Before attempting to remove them I would suggest that J. L. try one of the blench-covering make-up preparations on the market. And if this is not enough to satisfy her, the best advice I can give is that she consult her physician. No treatment should be attempted at home. The expense involved will depend upon the treatment that the physician feels is best. Still further, the physician may even rule out removal, either by electrolysis or acid, and again I say follow his advice.

I am sorry I cannot offer more definite help, but surely, J. L., with a pretty face and figure, has much to be thankful for. Don't let the little matter of moles distress you so!
(Copyright, 1938.)

by so doing he will make a big impression on the girl, or does he just like to hear himself brag about his conquests? As for myself, when a boy starts to tell me about how all the girls are talking to, because he has fallen madly in love with them and what trouble they have had in shaking them; how many millionaires want to marry them, and so on and so forth. They never dream of what fools they are making of themselves and how the girls are despising them for the bragarts and liars they are.

The second reason why boys boast of their conquests to girls is because they haven't enough sense to know that they are taking the worst way in the world to impress the girls they are talking to, because no woman in the world ever wants to hear about a man's girl friends.

She wants him to devote his entire attention to telling her how beautiful and wonderful she is and what a hit she has made with him. Also it gives her cold feet to think that he will add her to his list of victims and exhibit her scalp to the next girl.

Thirdly, the boy who tells one girl of how much another girl was in love with him does it because he is a cad and has no idea of what being a gentleman means.

DEAR DOROTHY DIX: I am a stenographer, working for an employer who I should have a vacation. Whenever I ask for one he tells me to list some of the best reasons I have for wanting one. Will you please tell me what to say to him? FRANCES.

ANSWER—Well, there are about a million good reasons why everybody should have a vacation now and then and not a single reason against it. You might hand your employer these:

Because all work and no play makes Jill a dull girl. If you do the same thing, day in and day out, year in and year out without a break, you get to be just a machine. You lose interest in your job. But if you can go away from it for a little while you come back all pepped up and enthusiastic and can do better work and more of it.
DOROTHY DIX.
(Copyright, 1938.)

For Mother!

For Father!

For Child!

For a better understanding and harmonious relationship, send a stamped, self-addressed envelope for your copy of Angelo Patri's "Family Check-Up"—an up-to-date I. Q. for parents and children. Send requests to the Woman's Page of The Evening Star.

LOOK! LOOK! IT'S JUST LIKE A PARTY WITH THIS LOVELY FUDGE SUNDAY CAKE!

JUST A SIMPLE, INEXPENSIVE ONE-EGG CAKE

BUT SPRY MAKES IT SO LIGHT AND VELVET—TRY IT

TRY SPRY TOO—PASTRY, TOO—SEE HOW TENDER AND FLAKY

FRY WITH SPRY! FOODS ARE CRISPER, TASTIER

SO DIGESTIBLE A CHILD CAN EAT THEM

So EASY to make

JUST try this recipe. You'll say you never mixed a cake so fast in all your life before. For Spry's so much creamier. Cooking experts of 281 home-making schools say, "Creamiest shortening I ever used!"

And what fine flavor all Spry-cooked foods have—cakes, biscuits, muffins, pastry, fried foods. So digestible, too! And no smoke when you fry with Spry. Try Spry today. Get the big money-saving 3-lb. can. Spry stays fresh indefinitely right on the kitchen shelf.

FUDGE SUNDAY CAKE

½ cup Spry	2 cups sifted flour (cake flour preferred)
½ teaspoon salt	1 tablespoon butter
1 teaspoon vanilla	2½ teaspoons baking powder
1 cup sugar	¾ cup milk
1 egg, unbeaten	

Combine Spry, salt and vanilla. Add sugar gradually and cream well. (Now you'll see why women say, "Spry's the creamiest shortening I ever used!") Add egg and beat thoroughly.

Sift flour and baking powder together 3 times. Add small amounts of flour to creamed mixture, alternately with milk, beating after each addition until smooth. Pour batter into 10 x 10 x 2-inch pan greased with Spry. Bake in moderately hot oven (375° F.) 35 to 40 minutes. Serve in squares with Chocolate Sundae Sauce.

CHOCOLATE SUNDAE SAUCE

2 ounces chocolate, cut in pieces	Dash of salt
½ cup water	1 tablespoon butter
1 cup sugar	¾ teaspoon vanilla

Combine chocolate and water in saucepan and cook over very low heat until blended. Add sugar, salt, and butter, and cook only a few minutes, or until slightly thickened, stirring constantly. Add vanilla. Makes about 1 cup sauce.

(All measurements in these recipes are level)

In 6-lb., 3-lb. and 1-lb. cans

Spry The new, purer ALL-vegetable shortening **TRIPLE-CREAMED!**

(Clip and save this Spry recipe)