

Health, Beauty And The Home

Sunday Suppers

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

EVEN though a housewife may not care much about preparing the regular daily meals, there is certainly one meal which she enjoys arranging, and that is Sunday night supper. Of all the meals of the week this is perhaps the most intimate and delightful.

Perhaps the most delightful point about the Sunday night supper is its informality. In the author's home it is a variable feast which can be eaten anywhere. Why indeed should we sit stiffly back in the regular chairs at the formal dining table when there are so many ways of being more comfortable when we eat? If, for example, there is a fireplace in the home, this forms an excellent background for the Sunday night supper. The warmth of the fire, the intimacy of the circle surrounding it add a pleasant spice to the meal.

Either a serving tray on wheels may be used or hand trays or any one of the adjustable tables. For a long time, our family and friends have enjoyed a "fire-place tea" eaten from the two shelves of a portable tray on wheels. The entire meal is arranged on this tray in the kitchen and wheeled direct to the fireplace, where it is eaten. By having a cord or combination plug in the electric socket it is easy to use the toaster, percolator, chafing dish or grill for preparing the meal.

In one case the author knows of a permanent tea tray with electric connections and a three-way switch under the ledge of the table. This permits using three utilities at one time, such as the percolator, toaster and table stove. If current is not available then the same devices can be operated by liquid or solid alcohol. The point is that doing the cooking direct makes the meal more intimate and also permits the food to be served at exactly the right point of heat and deliciousness. There is no tracking from kitchen to dining room, no complex serving. It has all the charm of a camp meal placed in highly efficient surroundings.

But, however the meal may be served, the success depends on the right kind of menu. What the right kind is I can express best by saying that it is everything that the usual meal is not. No one wishes on the evening after a heavy dinner to indulge in more heavy food. After a late afternoon meal no one could

think of repeating a menu of roast, potatoes and dessert. No, indeed, the Sunday night supper must consist of one or possibly two dishes as exotic and queer as possible.

Here is a chance for the clever hostess to get in all the "deviled," "grilled" and similar kinds of dishes. We want to eat such things as the old but ever toothsome "little pigs in blankets," which is the camouflaged way of speaking of oysters broiled in bacon and eaten between hot rolls, and such odd delicacies as mackerel roe, lobster paste and curried eggs.

One dish, if it is made right and served right, with a suitable beverage, will be quite sufficient for this Sunday meal. The whole point I am trying to make is that this one dish must be odd, very tasty and carefully served. One such dish and possibly the lightest of dessert or jam with biscuits forms a delectable meal.

To any who say that such dishes are expensive, the reply is that we are not expected to eat heartily on Sunday night! We must make up in spice, flavor and artistic serving what we lack in amount and bulk! Better indeed, one deviled egg and hot toast with some sort of a punch than three times that amount of plain food, at this meal.

There are many books on chafing dish cookery and ways of preparing attractive impromptu meals. For the benefit of my readers let me mention "The Something Different Dish" by Marion H. Neil. Another is "Sunday Night Suppers," by Miss C. T. Herrick. Another is "Sunday Suppers," by Alice L. Williams. Others with good suggestions are "One Hundred Salads," by Miss Larned, and "One Hundred Cold Desserts," by the same author. Still a last one is "Salads and Sandwiches," by Mary Wright.

At this meal also one may use all kinds of fancy odd china and nappery. The heavy white cloth is out of place and we should use instead colored fabrics and napkins. The most attractive of these can be found in various kinds of Japanese designs or made up of crepe and contrasting crettons.

Many quaint kinds of china are to be found which do not look well at any other meal but this. Some of these are spoken of as Welsh Rabbit Sets—that kind of china where hunting scenes and other odd drawings are represented. Very

"Unless you want your eyes to lack their usual healthful sparkle, don't fail to give them two baths a day."



Photograph Posed by MISS ARLINE CHASE at CAMPBELL STUDIO

attractive, too, is the dull glazed china in solid color, such as old rose, old blue, yellow and various shades of purple and green.

The hostess who wishes to make a success of chafing dish cookery must learn the principle of assembling all her materials before she begins. The one thing that will interfere with the smoothness of such a meal is the having to jump up or down to get some needed article.

Of course, if a tray is used it is most easy after the meal is over to wheel its burden of soiled dishes directly into the kitchen and leave it there until after the company is gone. While in Winter it is not so desirable, it is a good plan in Summer to use some of the excellent paper products now manufactured, even paper serving dishes and cups, which will do away with even more of the dish washing.

The fine art of serving Sunday

night supper is one that should be practised by every housewife. To the husband or family who may take their meals in the hurried rush of the average restaurant every day, or at a "stand-up" lunch, where the confusion and noise prevent any charm in serving, the Sunday night supper will be the most remembered meal of the week. Try it; make a specialty of unique dishes and your reputation as hostess will be made.

Care for the Eyes

By Lina Cavallieri,

The Most Famous Living Beauty.

FOR the daily care of the eyes there should be two baths. The body must have its bath. The face must have its cleansing. Why not the eye? Especially, as the eye, with its thick lid and the fringe of eye-lashes is a dust trap, and the slightest speck of dust allowed to remain beneath the lid may cause irritation of the lid and inflammation of the eye.

For the eye's daily bath I offer you the choice of several lotions. My favorite is: Ten ounces of purest rosewater. Apply with an eye-cup, turning the eye-cup upside down so that the half open eye is completely washed by the contents of the cup. Hold it thus for thirty seconds, or, if not uncomfortable, for a full minute. Throw away this rosewater. Rinse the glass and give the eye a second bath.

If the eyes are unduly irritated the bath can be repeated several times. Ordinarily a bath in the morning on rising and another at night on retiring are enough.

Some of my friends who have beautiful eyes prefer elderflower water to rosewater. It is equally good and should be applied in the same way.

Another excellent eye-bath is one-half an ounce of witch hazel; one-half an ounce of distilled water. Shake well in bottle and apply with an eye-cup. One other bath I must tell you about that is most excellent for strengthening the eyes: Six drops of boric acid, one wine-glass of distilled water.

A bath in borax water is highly beneficial and has the advantage of being always convenient. Even while travelling one may always carry a box of borax. Moreover it is safe, because borax will only form a four per cent solution that is, only four per cent of it will be absorbed by water. A borax bath is very strengthening. If the eyes be delicate or the person so prejudiced against experiments that she is not willing to introduce this substance directly into the eyes, a silk handkerchief or a soft cloth dipped into borax water and pressed upon the eyelids is both efficacious and soothing.

The old-fashioned remedy of cold tea leaves pressed upon the lids has value, not from the tea leaves intrinsically, but from the cool, moist contact. Cloths dipped in water are quite as good.

Whatever reduces the fever and inflammation in eyelids makes for the beauty of the eyes. And here I must utter a word of warning. If

the lids become granular, that is, if tiny lumps form inside the lining of the eyelids, don't attempt to cure them yourself or neglect them. That is dangerous. Give yourself over to a skilled physician's care.

There is nothing more disfiguring or injurious to the eyes than these irritating little lumps. They are caused primarily by eyestrain, and if the strain is removed the granules are likely to disappear. If, however, the case is far advanced you must have medical treatment at once.

As the greatest enemy of the eyes is strain, so the greatest friend is rest. If my eyes were losing their brightness I should first of all make my plans to have a good long rest. But rest may also be taken, to use the druggist's phrase, "in small doses." If I am too much engaged to go into a dark room and rest for days I can at least rest my eyes by taking extra sleep. From the standpoint of beauty every one should retire before twelve to give the eyes sufficient rest.

And there are twenty chances a day to close the eyes for a few minutes. Say five minutes at a time, and twenty times. There we have one hundred minutes. Those chances can be taken on the subway, on the "L" trains or in the surface cars. Often have I seen a man on the train obviously admire a young woman for the demure, downcast glance of her eye. He thinks that is one of her individual looks. Silly man. The girl doesn't even know she has evoked his admiration. She doesn't even know he exists. She is merely taking an eye rest.

When you are bathing your face, when you are massaging it, when you are brushing your hair, while you are being manicured or pedicured—there are countless opportunities to give the eyes the rest they need. Try it for three days and the results will amaze you.

Never use preparations in or upon the eyes unless you have them analyzed. Do not count the cost of analysis. What are a few American dollars, or French francs, English shillings or Italian lire compared with beauty?

And even after you have used any preparation safely for a time it is wise to submit it again to another analysis, for when an article has secured its vogue through the excellence of its ingredients I am sorry to say that manufacturers oftentimes increase their profits by cheapening the materials and adulterating the article.

Secrets of Beauty

WOULD you please tell me what to do for breasts that are too large and sag heavily?—DOROTHY G.

There is nothing that I would care to advise you to do, except perhaps to massage this region very gently every night with a mixture made up of three parts of camphor water to one part of alcohol. Another simple remedy is to bathe the bust daily with extremely cold water to which a half a teaspoonful of alum has been added.

WILL you please tell me if it is injurious to use these prepared depilatory powders or liquids for removing superfluous hair?—A. M. C.

If you always take the precaution to use only a reliable or standard preparation that is vouched for by your druggist there is no reason why the skin should receive any injury from their constant use.

PLEASE give me a good remedy for dandruff; one that is sure to effect a cure.—C. G.

To remove dandruff wash the hair with this:

Yellow oxide of mercury 10 grains
Glycerine 1 dram
Alcohol 8 ounces
Don't forget that this is for external use only—it is POISON if swallowed.

I AM troubled with tiny, itchy warts on my neck. They are spreading rapidly and I now have quite a few. Will you let me know what to do for them?—M. S.

Those warts on your neck can be removed by repeated applications of this:

Salicylic acid ½ dram
Collodion 4 ounces
Be careful that none of this mixture touches the surrounding skin.

I AM much too stout and would like to be thinner. My husband won't let me diet. He is in favor of exercising, but this makes me very lame. My greatest trouble is a flabby abdomen, but all my flesh is soft.—ELIZABETH S.

Try to spend at least two hours every day walking in the open air. Eliminate all starchy and fattening foods, such as white bread, potatoes and too many sweet desserts. In your own room practice bending over until you can touch the floor with your finger tips. This will help to reduce your abdomen and waist line. Still another exercise that will not make you lame is to lie flat on your back on the bed with arms at your side. Then, keeping the legs straight, try to raise the body to a sitting position. Lying on the back and raising the legs to a vertical position without bending the knees is also good.

Household Helps

Better Hamburg Steak.
CREAM and bread crumbs added to Hamburg steak will make it much more juicy and appetizing.

Hot Water in Bluing.
IF bluing is mixed with hot water before adding to rinse water the clothes will not be streaked even if the water is hard.

Grating Lemons.
LEMONS will grate much more easily and quickly if allowed to stand in cold water for a little while first.

Keeping Cheese.
TO prevent cheese drying or molding wrap in a piece of cheesecloth or muslin that has been dipped in vinegar and put in a covered dish.

For Onion Stains.
ONION stains can be quickly removed from the hands by rubbing with a stick of celery.

Removing Grease Spots.
TO remove grease spots from carpets mix fuller's earth and magnesia together in equal proportions by scraping and pounding. Form this into a paste with hot water and spread on the spots. The next day brush it off and, if necessary, repeat the process.

Steaming a Velvet Garment.
HANG the garment on a hanger or dress form, fit a piece of rubber tubing to the spout of a tea kettle and train the steam on the material. With a light brushing, many spots will be removed and the freshness of the garment renewed.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Cereal, Baked Apples with Bacon, Muffins, Coffee. Luncheon Creamed Asparagus, Baking Powder Biscuits, Fruit, Cocoa, Dinner Italian Spaghetti, Spinach, Thin Corn Bread, Fruit Sponge, Custard Sauce, Oatmeal Cookies, Coffee.	Breakfast Oranges, Broiled Mackerel, Baked Potatoes, Toast, Coffee. Luncheon Split Pea Soup, Toast, Whole Wheat Bread and Jelly Sandwiches, Tea. Dinner Calf's Liver Loaf, Tomato Sauce, Mashed Potatoes, Cabbage Salad, Cranberry Pie, Coffee.	Breakfast Apple Sauce, Bread Crumb Omelet, Toast, Coffee. Luncheon Cream of Tomato Soup, Sour Milk Waffles, Maple Syrup, Tea. Dinner Smothered Pork Spare Ribs, Creamed Turnips, Baked Sweet Potatoes, Wafers, Coffee.	Breakfast Baked Bananas, Frittled Dried Beef, Coffee. Luncheon Corn Oysters, Garnish of Crisp Bacon, Waffles, Steamed Potatoes, Fruit Puff, Creamy Sauce, Dinner Corned Beef, Potatoes, Carrots, Brussels Sprouts, Deep Apple Pie, Cheese, Coffee.	Breakfast Stewed Prunes, French Toast, Corn Muffins, Jelly, Coffee. Luncheon Curried Vegetables, Rolls, Canned Peaches, Cookies, Tea. Dinner Planked Shad, Mashed Potatoes, Green Peas, Radishes, Pineapple and Banana Salad, Coffee.	Breakfast Baked Apples, Cereal, Buckwheat Griddle Cakes, Syrup, Coffee. Luncheon Parsnip Stew (Onions, Potatoes and Peas), Apricot Whip, Tea. Dinner Corned Beef Hash, Tomato Catsup, Carrots, Greens, Doughnuts, Cocoa.	Breakfast Oatmeal, Canned Blueberry Muffins, Coffee. Dinner Spinach Soup, Braised Ribs of Beef, Brown Sauce, Steamed Potatoes, Canned Fruit, Sponge Cake, supper Oyster Plant Stew, Lemon Jelly Cake, Tea.

Tested Coffee Recipes

After-Dinner Coffee.

MAKE as boiled coffee or percolator coffee, using twice the quantity of coffee to the proportion of water.

Coffee and Coconut Jelly.

SOAK ½ box granulated gelatin in ¼ cup cold water for 20 minutes. Then dissolve in 2 cups boiling hot coffee. Add ½ cup sugar and ½ cup shredded fresh or canned coconut. Turn into mold and chill. Serve with cream and sugar.

Coffee Custard.

SCALD 1 quart milk with 4 tablespoons coffee. Strain. Beat 6 eggs, add ¼ cup sugar, ¼ teaspoon salt and the strained milk. Flavor with ¼ to ½ teaspoon vanilla or almond. Pour into buttered custard cups, set in pan of hot water and bake in moderate oven until firm.

Coffee Frappe.

BEAT 1 egg-white slightly and add to crushed egg shell (washed before breaking) ½ cup ground coffee and ½ cup cold water. Pour into freshly scalded coffee pot, add 1 quart boiling water and let boil 1 minute. Set on back of stove to simmer very gently for 10 minutes. Strain, add 1 cup sugar, cool and freeze to a mush, using equal parts of ice and salt. Serve in frappe glasses and garnish with whipped cream, sweetened and flavored. A few drops of vanilla or almond extract may be added just before freezing.

Vienna Coffee.

MAKE coffee by either the boiling or the percolator method and serve with whipped cream.

Percolator Coffee.

PUT freshly ground coffee in scalded percolator. Pour in 1 cup cold water to 2 tablespoons ground coffee for each person to be served and replace the glass top. Set on an asbestos or metal sheet over the fire, bring quickly to boiling point and boil 3 to 5 minutes.

Coffee Sauce for Ice Cream.

SCALD ½ cup freshly ground coffee with ¼ cups milk and let stand 20 minutes. Keep the lid on the boiler while scalding. Mix ½ cup sugar with ¼ tablespoon arrowroot (for thickening) and a few grains of salt. Gradually add a little of the strained milk and coffee infusion, mix well and add remaining hot liquid. Cook 5 minutes or more, stirring constantly.

Coffee Filling for Cakes.

DISSOLVE 1 cup of brown sugar in ¼ cup strong coffee mixed with ¼ cup cream. With piece of cheese cloth, wrung out of cold water, wash sides of saucepan to remove any grains of sugar. Cover and boil 3 minutes. Remove cover, with cheese cloth or with finger tips remove any grains of sugar from saucepan, and boil until mixture forms a soft ball when tried in cold water. Then add 1 tablespoon butter and heat well. Nuts may be added to the filling.

By Mary Lee Swann,

The Well-Known Writer
and Lecturer on Cooking.

Coffee Sauce for Puddings.

WASH and cream ½ cup butter. Gradually add 1½ cups sifted powdered sugar. When smooth and creamy beat in, drop by drop, a little strong coffee. Add enough coffee to color and flavor. Serve with puddings, souffles, etc.

Coffee Bread Pudding.

SCALD 2 cups milk and add 1 cup stale cake crumbs and 2 cups cold coffee. Set aside for an hour. Then add ¼ cup light-brown sugar, ¼ teaspoon salt and ¼ teaspoon vanilla. Add 1 or 2 slightly beaten eggs and pour into a buttered baking dish. Set in a pan of hot water and bake until firm in center. A few chopped pecan nuts improve this pudding.

Coffee Parfait.

SCALD 1 cup milk with 3 tablespoons coffee. Keep lid on boiler while scalding to prevent escape of coffee aroma. Strain and add ½ cup caramelized sugar. Dissolve sugar thoroughly. Mix 3 egg yolks with ¼ cup granulated sugar and ¼ teaspoon salt and stir into the hot mixture. Stir constantly until the mixture thickens. Then add 1 cup rich milk or cream. Cool, strain if necessary, and add 2 cups thin cream and 1 teaspoon vanilla. Pack into half-pound baking powder cans, filling them to overflow. Cover with waxed paper, adjust the can covers and pack in equal parts of ice and salt and allow to stand 3 hours. Carefully remove from mold and roll gently in finely chopped almonds which have been delicately browned in oven.

Your New Dress

FIRST, the design should be carefully considered and this should be controlled by what you need this special garment for. Whether for street, special dress or for all around wear makes all the difference in the world, says Mary Jane Rhoe, author of "The Dress You Wear." Then, the money you can afford to put in it is another consideration.

Never dress beyond your means. If carefully planned and bought one's wardrobe need not cost so much.

To be economical do not buy conspicuous material or use extreme styles. One or two garments a year of good material and well-made means being better dressed than if you buy five or six cheap half-made affairs.

When you have decided what your design is to be procure your pattern, read all the instructions, pin pattern up, try it on and make necessary alterations.

Select material, but do not buy until you find out just how much you will need, then you will neither buy too much nor too little. It is wise, however, to buy a little more than enough and have some left to alter your dress later on.

To determine how much material is needed measure a space on the floor or work table with half the width of the material you are to

use, then place all the pieces of the pattern on this. Be sure to notice if the material has a nap and if so lay pattern on so nap runs all one way.

When you buy the material have it shrunken or shrink it yourself. In wool goods never pay any attention to the salesman who says it has been sponged and shrunken, as you are liable to meet with much trouble by so doing. A tailor always shrinks his material no matter what any one says.

Now you are ready to proceed with cutting and making your garment. Never rush your work.

A student of a fine, high-class tailor in New York was trying to hurry. She was little more than a child and this had long been her ambition—to make beautiful tailored gowns and suits. She had often looked in the windows and watched the tailors work and how fast their hands flew, and, of course, she thought she must do the same.

But the kind-faced old tailor saw how nervously she was trying to hurry and realized what a mistake she was making. He came to her and said: "Little lady, we try here to see how well our work can be done; not how much we can do."

Be master of your work, become sure of yourself first, then practise speed. The beauty of the garment, whether its material is expensive or cheap, is in the construction.

About Your Feet

THE foot, physicians tell us, is a well constructed mechanism, capable of an immense amount of work if properly treated, and giving way with surprising ease to strain if badly treated. The inner side of the foot—the longitudinal arch—is the weak side; the outer border, resting on the ground, the strong side. Thus was created the transverse arch.

In correct walking the feet should be parallel to each other and the weight should fall chiefly on the outer side.

In selecting suitable footwear, Dr. Walter G. Elmer, a Philadelphia student of foot problems, advises tracing an outline of the foot with the weight upon it. The shoe should have a straight inner margin, a medium rounded toe, a square heel about one inch high for a man and one and one-half inches high for a woman. The shoe should be

as wide as the foot across the ball, and for the adult three-quarters of an inch longer than the foot, and one-half inch longer for the child.

In cases of foot strain it is advised that the inner margin of the sole and heel should be raised 3-16 inch. In more advanced cases a steel shank should be put into the shank of the shoe and a pad of firm piano felt fastened in the shoe to support the hollow of the foot.

In cases of metatarsalgia this pad should be extended forward to support the metatarsal arch also, the support being just behind the heads of the second, third and fourth metatarsal bones, a little higher behind the third. The ball of the great toe and the ball of the little toe should rest upon the sole of the shoe.

Massage and flat foot exercises are also advocated. Pain may be relieved by baking in the super-heated oven every other day.