

Fashions — Woman's Page — Helpful Hints

FRUITS, VEGETABLES NEEDED FOR DIETS

Some Practical Suggestions Offered Busy Housewife for Her Aid

Vegetables and fruits are as a group one of the most necessary foods. They contain minerals like iron, lime, phosphorus, sulphur, vitamins, water, cellulose, carbohydrates, and some protein.

We do not know much about vitamins, but we do know that they are substances found in fresh fruits and vegetables, milk and egg yolks and that they are absolutely necessary to keep the body in a good healthy working order and enable it to grow.

Because of the regulatory substances found in fruits and vegetables, they are essential in our diet and especially during the winter months when we are inclined to eat too much meat. Tomatoes and leafy vegetables are especially valuable in the South Dakota diet as fresh fruits are rather expensive. Canned tomatoes compare very favorably with such fruits as oranges and grapefruit.

The diet should contain two servings of vegetables every day besides potatoes, one of vegetables and leafy vegetables at least twice a week, two servings of fruit every day. If possible, at least one of the servings of fruit or vegetables should be in the form of canned tomato, or it should be raw.

If you want something different in the way of vegetable dishes try the following:

Baked Cabbage and Tomatoes. 3 c. boiled cabbage, 1 1/2 c. well seasoned stewed tomatoes, 1 c. bread crumbs, 1 c. ground cheese, 2 T. butter. Salt and pepper to taste.

Butter a baking dish, put in a layer of tomato and then one of cabbage. Sprinkle with cheese and then with bread crumbs. Continue this way until all has been used, making the last layer bread crumbs. Dot top with bits of butter and bake in a slow oven for about 30 minutes.

Songs of a Housewife

BY MARJORIE FRAWLINGS

SOLID COMFORT

I have a book, an open fire, With easy chair before it; No call to work can rouse my ire, For I shall just ignore it.

I am the picture of content, Of "stakin' livin' easy." You'd think my time not worth a cent, To see me here, so lazy.

Solid comfort now and then Is quite an art, I've learned it. Since morn' I've done the work of ten— And that's the way I've earned it!

THE PUP'S NEW HOME. (Suggested by Mr. P. B.) After the kennel's three-foot wall How vast these house-rooms look— how tall! Strange people laugh and pull their ears; Life is a formless void of fears. Men are so huge, and he's so short! But ah, behind the davenport It's dark and safe—and smells of dust— Here he can hide, when hide he must.

And one day folks, walls, chairs, will shrink To size less fearsome, and he'll think Life is a bone-filled realm of bliss— And no place cozier than this!

MY FRIEND'S RELATIONS (Suggested by Mrs. B. L. C.) I've never met her kith and kin And yet I know them all; On Pa's side they are dark of skin And all Ma's folks are tall. I've never seen her maiden aunts— My lands, those girls are neat! But I should know them at a glance On any city street. She is an artist, Describing—

My friend comes visiting, I entertain a throng, Old friends of mine, She seems to bring Her kith and kin along!

NEWEST UMBRELLAS HAVE ARTISTIC BAMBOO CROOKS

PARIS, Feb. 4.—(AP)—Dark blue silk umbrellas with crook handles of light yellow bamboo are the latest and most favored for general usage by Parisians. The handles are short but broad enough to hang easily over the arm without budging. Dark blue and white pin check covers are also in the height of fashion.

Already 135 special weeks have been arranged for 1928. Of course, it is early yet.—Detroit Free Press.

English Type Living Room Furnished at Moderate Cost



By Hilda Hunt

I Have Said in My Heart

By Idah McGilone Gibson

What Is Your Name? Among the other "rights" of women that are being agitated just at present, the right to use her own name on all occasions has come up for discussion.

There is a Lucy Stone club in New York to which a great many women who have made their own names famous belong. These women insist that they shall use their own names under any and all circumstances.

They insist that they shall not give up their identity when they marry any more than shall their husbands. For instance, Ruth Hale, a writer of note, is the wife of Heywood Brown, the dramatist and special writer on a New York paper. She has never been known as Mrs. Brown.

John Barrymore's wife has always been known as Michael Strange. Blanche Bates is the wife of George Creel.

I asked Mr. Creel what he thought of a wife taking her husband's name when she married. He said:

"I think circumstances will settle that entirely. It would have been very foolish for my wife to have married in as 'Mrs. George Creel' after she had made the name of 'Blanche Bates' known all over the English-speaking world."

This name question, like everything else, is subject to many inconsistencies. For instance, the Illinois suffragettes pride themselves on using their husbands' name. Mrs. George Bass, who was the first executive committee woman in the United States, has never signed anything but her husband's name. Mrs. Kellogg Fairbanks has always done the same.

On the other hand, Mrs. John Barrymore was refused a passport to Europe unless it was made out as "Mrs. John Barrymore." Passports of married women must be made out in the husband's name. A married woman cannot sign her husband's name with "Mrs." prefixed to it to any legal document. It is only a cognomen of courtesy.

It has always seemed to me rather foolish to have your visiting cards printed with a name that was not yours legally, and for a business woman to use anything else except the name that is legally hers gets her into all sorts of trouble.

Memo: The ordinary man, however, thoroughly objects to having his wife called by any other name than his.

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former years. A smart swagger effect is now achieved through the new snug-fitted shoulder line, so that though these capes may ripple ever so gracefully below the shoulders, they are snug and form-fitting in perfect tailored fashion at the neck and shoulders.

Full Length Sport Capes Besides the two and three-piece capes suits (some with removable short circular capes attached) the full-length cape which reaches to the hem of the skirt is very chic.

Separate coats and ensembles with detachable capes, or fashioned with cape sleeves only, are

FIGURED DESIGNS NEWEST IN SILKS

Printed Displays Indicate Styles for Spring Wear Along Fashion Row

NEW YORK, Feb. 4.—(AP)—Vertical lines, so long used by the woman of plump proportions for purposes of concealment, are denuded here in the new silks for spring and summer of 1928.

Large or small, the follower of the advance modes is offered material of all-over design or of stripes and figures arranged horizontally.

Displays along New York's great silk way indicate that printed materials will be the things for the light spring and summer costume and there is no half-way measure in the new prints.

Coloring is the only subdued thing about them. The printed chiffons no longer boast a bright rose plastered on a white background. The garden party chiffon of this spring will have just as large a rose, but it will be a pastel pink on a pink-grey background, with petals of a darker and harmonizing grey. The formal designs of blocked figures go around and across the dress.

Silk artists have outdone themselves in obtaining disarming effects in the transfer of flower designs to dress materials. A certain popular print from a distance gives the impression of an old-fashioned garden in mid-summer. On closer examination one discovers that there is no flower form, but rather a skillful treatment of color in the background.

An indefinite arrangement of basket-weave designs in pastel tones is designed for use in light, short-sleeved summer frocks, blouses and scarfs.

The crystal motif, designs based upon the intricately blown crystal household ornaments recently brought to this country from France, are expected to be in great vogue.

The delicate bits of crystal, in the form of trees, fragile-legged antelopes and rose bushes, are popular for the home and a silk designer conceived the idea of transferring the motif to dress material.

Among the colors that are scheduled for summer vogue are all the pastel shades, many of them tinted and toned down to fit the summer softness. Particular emphasis is placed on yellow. It is forecast for both sports and evening wear, and has already been sponsored by three of the most famous Parisian couturiers. Sun-glint is a popular shade of yellow.

Harmony of Color The upholstery fabric is of a striped blue and grey, with a small, faint figure design in rose on the grey stripe. The window curtains are in the same tone, as is the rug before the fireplace. The tile of the fireplace is of the

though there were a number wearing the fingertip length also. Separate coats came to the hem line. And speaking of the hemline, women's knees will still be covered. Skirts hung at from one to two inches below that joint. The cape and the scarf theme were very marked, and many models were fur trimmed. The full length cape ensemble appeared with almost as great frequency as the separate coat.

To give you an idea of the three types of garments shown, I have had the artist sketch a formal afternoon frock, one of the cape, fur trimmed, separate coats, and an ensemble with the vest theme, which is another new note for spring. In the afternoon model the dipping hemline is featured in a frock of lake blue georgette, with fringe trimming the sleeves and the inverted V panels. In the coat the cap theme is achieved with a narrow shoulder capelet which tapers toward the front, providing a youthful silhouette for a coat of taupe silk crepe. Deep cuffs add a separate throw scarf of mountaineer trim this model.

In the ensemble we come near to the mannish type of costume as we may expect to see for many months to come. Here a tan rep wease is chosen for a tailored three-quarter coat ensemble with a mannish vest of tan stripes with red. With this is worn a copper colored satin blouse but toned high at the neck. The skirt is laid in what is known as "trouser" pleats. Kid oxfords or marron glaze were worn with this costume, topped off with a little tan hat of intricate and irregular brim. The hose were beige.

It is said that Bulgaria has more people over 100 years of age than any other country and that nearly all these patriarchs drink butter milk and play some musical instrument. But we are willing to give a little odds that you won't find many saxophone artists among them.

Ensembles Persist The ensemble showed a determination not to be ousted by the separate coat. Most of the ensembles wore three-quarter coats.

Three colors led all the rest. They were presented in families and were the independent blue in three shades of vany, a green toned blue called lake or water, also in three shades, and three shades of beige, the natural, which is slightly grayish, the slightly yellow and the slightly rose. There were a few grays.

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You may think that your skin is "weather proof" and will not be affected by extremes of climate. But I have found that there is no such thing as a naturally "weather proof" skin. Sooner or later the sturdiest skin will, if neglected or improperly cared for, show damaging effects of wind and cold, smoke and dirt.

For protection, your skin needs plenty of good creams in winter. Always use a cream for cleansing before you go to bed at night, preceding it occasionally by washing with a penetrating blackhead and open-pore paste that will go deep down into the pores and purge them of the impurities that cause blackheads and blemishes.

Do not use water for washing oftener than is necessary. It is better during the winter months to cleanse your face with a cream and follow this with an astringent skin-toning lotion to remove all traces of the cream, close the pores and give the skin a good surface. Or you can use the lo-

tion alone for cleansing. Which Hazel makes a very good astringent with which to finish your cleansing.

One of the most essential steps for the winter care of your skin is stimulation. Almost every woman gets a little sallow in winter, from the enervating heat of indoors and from lack of the outdoor exercise she indulges in during the summer. A skin-clearing cream with stimulating qualities is all the younger woman will need, although for the older woman I advise a lotion that will immediately whip the blood up to the surface, get the circulation stirred up, and give the skin the benefits of a regular internal massage. Use the stimulant after cleansing with a cream, and then follow it with whatever corrective preparation you use—whether it is a nourishing anti-wrinkle cream, a rejuvenating cream, muscle tightener, or bleach. The action of the stimulant doubles the benefits that come from the correctives.

The eyes present a problem of their own in winter, and I shall take this up in my next talk entitled, "Protect Your Eyes Against the Harm of Winter Glare and Squinting."

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What to Wear and How to Wear It

Straight Silhouette Remains but Boyishness Is Gone



By Lucy Claire

(Fashion Expert for Central Press and The Statesman) 6 pt. According to the Garment Retailers of America, in their spring and summer annual fashion show, at the Hotel Astor, New York, recently, the flair for the flare has settled itself for another six months. In the 125 models shown, the uneven hemline and the little drape were absent from all but the formal afternoon and evening dresses, with the one exception of the evening robe de style.

This last, as you know, carries the very full skirt up in the front and dipping in the back, with the fitted bodice. Generally speaking, the silhouette retains its vertical contour, but the figure itself is the only evidence of boyishness left with the return to this greater femininity.

Simplicity Passing Simplicity, which has been persistent for the past four seasons, is surely passing with this introduction of the genuinely feminine trend. To begin with, the fabrics themselves are much more delicately feminine. Even the tweeds are "dotted" down to a weight almost as light as the wool crepe, and almost as transparent. Silks, if anything, are sheerer than ever. There's a fluffiness all along the line. With the afternoon costumes, even to the very dressiest, and the ensembles and sports clothes, kid shoes, in keeping with this lighter and more feminine touch, completed the picture.

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SCRAPS OVER SCRAPS THING OF HISTORY!

Condition Prevails When Cooks Become Real Artists In Their Line

Tasty dishes, which are economical as well as appetizing, may be made from meat scraps. In deciding whether meat left-overs are worth using again, one must consider the expense of additional ingredients used and the amount of labor and time spent in preparation, says Mrs. Jessamine C. Williams, head of the department of foods and nutrition at Oregon State College.

The problem of successful re-heating is to season the meat so that it is appetizing. The art of cookery comes in here—that of knowing just what seasoning is needed and how much. These recipes make tasty and nourishing dishes without that "warmed over" look or taste:

Meat chattrouse.—Mix 2 cups of ground cooked meat seasoned with 1 teaspoon of salt, one-fourth teaspoon pepper, one-fourth teaspoon onion juice, and 1 tablespoon chopped parsley with one-fourth cup bread crumbs and a beaten egg. Add enough stock or water to pack easily. Line a thoroughly buttered mold or baking dish with 3 cups of cooked rice, fill the center with meat, cover with another cup of rice, cover tightly and steam 45 minutes. Unmold and serve with tomato sauce. No meat should show. Mashed potatoes may be substituted for the rice. Cooked fish make a good substitute also.

Shepherd's pie.—Make a sauce of 3 tablespoons of fat from meat, 3 tablespoons of flour, and 1 and 1/2 cups of stock or water. Add 1/2 cup of diced meat seasoned with one-half teaspoon of salt, one-eighth teaspoon of pepper, and one-half teaspoon of onion juice and heat thoroughly. Put in baking dish or casserole. Cover with two cups of mashed potato and brown in moderate oven, 210 F., 410 F., 15 to 20 minutes. Serve with a tart salad.

Meat pie.—Substitute biscuit dough for potatoes in above recipe. Spread dough over entire surface to make biscuits 2 inches in diameter. Bake in moderate oven, 210 F., 410 F., 15 to 20 minutes. Substitute 1 1/2 cups of tomatoes for the water or stock of the above recipe.

Creamed meat.—Make sauce of 1 cup of milk, 2 tablespoons of butter, 2 tablespoons of flour, and 1 teaspoon of salt. Let one-half cup of cooked meat, diced or dried beef, heat 5 to 10 minutes in sauce. Serve on toast. Tomato sauce or brown gravy may be substituted for sauce.

Roast beef, Mexican style.—Heat cold roast beef cut in thin slices in Mexican sauce. For sauce, cook 1 onion, finely chopped, in 2 tablespoons of butter 5 minutes. Add one red pepper, one green pepper, and 1 clove of garlic, each finely chopped, and 2 tomatoes, seeded and cut in pieces. Cook 15 minutes, add 1 teaspoonful Worcestershire sauce, one-fourth teaspoonful of very salt, and salt to taste.

VALUABLE BEAUTY TIPS PROVE TIMELY

"Face Pinching" To Stimulate Skin One of Star's Favorite Secrets

By Norma Shearer

We women of the stage and screen are often asked to give what is termed "our secrets of beauty." For it is supposed by many that there are special methods and rites we employ that work wonders in suddenly changing one from ordinary commonplaceness to ravishing beauty.

Perhaps it is the "swish fulfillment" psychoanalysts talk about which makes us believe in these overnight beauty treatments, when our reason of course tells us "there ain't no such thing."

However, we who work on the screen find it part of our job to keep ourselves well groomed and as necessity is the mother of invention, we sometimes stumble on good methods which, if adhered to, bring marvelous results toward the beauty goal for which all women strive.

Some of these aids to beauty which I have found important and which may help you I shall be glad to give here.

Skin Needs Stimulating Someone has said that no woman who is neatly groomed and has a well cared for skin is really homely. I'm inclined to agree with this. So don't make the mistake of neglecting your complexion. The skin requires stimulating. We have learned to exercise the body—we should also learn to exercise the skin. Massage is good but personally I get the best results from the pinching process. With two fingers of each hand go all over the face pinching it not too gently to fall to get a glow and not too hard to bruise it if it is tender. This should be

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Spring Fashions Forecast Through Clothes Shown for Southern Wear

The Cape Theme Dominant in Coats and Ensembles — Novelty Prints Important

The Deauville 'Kerchief a Smart Accessory—Sport Costumes Are Colorful



1. Printed bath ensemble worn by Marceline Day, M.C.M. player. 2. Cape coat worn by 4. Sport costume worn by Marceline Day. 3. Popular metallic Duvet. 5. Smart Deauville 'kerchief worn by Marion. 6. Sport costume worn by Fay.

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