

A PAGE FOR THE HOME

The CLOCK and the FROCK

Costumes for
Morning, Afternoon, Evening



RESTAURANT FROCK IN BLACK SATIN
CHARMEUSE TRIMMED WITH JET.

Slim Purse-- Fine Frocks

"HAVE you a philosophy of dress?" suddenly asked Alicia, her pencil poised in the air over her account book.

"Dear me, yes. Haven't you?" I countered.

"I suppose I have, but I never put it into words until lately, when the thrift fever struck me."

"What is it I am interested in?" I was sincere in this, for Alicia's reasons are always picturesque, if not entirely logical. But, as Alicia is absolutely the best-dressed woman I have ever known, with a dress allowance that I know to be almost as skimpy as her new suit skirt, I really expected enlightenment.

Appropriately Dressed.

"Well, you see," began Alicia slowly, choosing her words. "I have always believed that the first requisite for being well dressed is to be appropriately dressed. Even if you go to but one dance a year, I believe in going in an evening gown or not at all. If you only appear on the golf links three times, it certainly ought to be in proper sporting togs. Now, of course, I know this means money; it's all very well when you are a type, a sports girl, who simply lives in sweaters and plaid skirts and nice, woolly topcoats and tweed suits, who never teas or lunches at smart restaurants, or a business girl, who has no time except for two sets

of clothes—those she works in and those she plays in; or the strictly but-terfly type, who can wear velvet and satin in the morning and get away with it. But when you are a little bit of everything—play a little, work a little and sport a little—it takes planning, my dear!"

"I should say so," I murmured in admiration of Alicia's summing up.

Plan for the Season.

"It is a good plan to take stock of the kinds of things you are liable to do in a season and plan your clothes accordingly. And then, this is the secret of the whole thing, make one dress answer not for one purpose, but for many. I don't know how I could ever have existed in other years without some kind of a dark lace demitote, as the French would call it, a pretty brown, navy or black lace frock, combined with satin or charmeuse, and with fairly high corsage and sleeves. It does for extra dressy afternoon affairs, teas, matinees, evening theater parties where your hostess was not quite considerate enough to mention how you should dress, and for dinners of the same indeterminate degree of informality. I have worn my black net and Chantilly almost to shreds, and vary it with half a dozen different things like wide grosgrain and moire ribbon sashes, ostrich ornaments and fans, etc. Now I am considering getting one of those lovely new chenille dotted nets in brown and making it up over a rich pinkish-tan silk. It can take an old blue, heliotrope, a gray-green deep rose, orange or gold accessories to mystify those whom we think keep track of our clothes, though I believe we always imagine this more than it really exists. We tire of our own clothes long before anyone else realizes we have them."

Redingote Style.

"I was so glad when I saw the redingote come in last Fall. I knew if I spent so much money for that navy turtleneck with its imported leather and bead belt and armlets and its cut-steel embroidery I could not have another street frock this year, so I had it made redingote style, and have several slips for it. One is of black satin, made perfectly plain, you know, and



WRAP OF GRAY SQUIRREL



POINTED FLOUNCES OF CHIFFON
WHICH FORM SKIRT GIVE
YOUTHFUL EFFECT

THE FOX COAT
AND TURBAN SKIRT



Three-Minute Butter Scotch.

Use three-quarters cup of sugar, one tablespoon of water, butter the size of a walnut, one-half a tablespoon of vinegar. Boil until brittle pour on buttered plates.

Uncooked Candy.

Into the whites of four eggs stir as much confectioner's sugar as will make the mixture like a soft dough. This can be used as a foundation for a great many kinds of candy. Put it out on a molding board and form into balls, which can be dipped into melted chocolate and made into chocolate creams. A piece put between a split date with the seed removed and the whole rolled in either pink or white granulated sugar forms another. A piece put between two half kernels of English walnut makes another. Chopped nuts mixed in the dough and then cut in squares forms another. Putting a little red sugar in the mixture as you stir it makes it a lovely pink color, which you can arrange in layers between the white and cut into squares. These are only a few of its

uses. Use any flavoring extract desired, but in small drop quantities.

Jellied Oysters.

Hydrate one-half box of gelatin in one-half cup of cold water and dissolve in three cups of hot fish stock, or oyster liquor mixed with water and seasoned with vinegar, parsley, etc. Pour into a two-quart bowl to the depth of one inch, and let cool. When firm set on this a one-quart bowl; fill this with chopped ice and pour around it enough jelly to come nearly to the brim. When the jelly is firm, remove the bowl (it can be filled with hot water instead of ice, to loosen it from the jelly) and put into the cavity enough cold cooked oysters to fill it. Pour the remainder of the jelly over it and when the whole has solidified, turn out on platter, garnish with lettuce or cress and serve with a good mayonnaise or boiled dressing.

Stuffed Mushrooms.

Mushrooms, 10 ounces of butter, one teaspoonful of chopped parsley, a tablespoonful of bread crumbs, pepper and salt, and a little brown sugar. Take some mushrooms, not too large and as much of a size as possible; peel and trim them, chop up the trimmings with parsley, saute them in the butter, add a little brown sauce, the bread crumbs, pepper and salt. Stuff the mushrooms with this mixture, put them in the oven for about 10 minutes. Place each mushroom on a croute of bread its own size and serve very hot.



A TURBAN OF GOLD CLOTH OVER
WHICH IS DRAPED BROWN TULLE



Use for Stale Raisin Bread.
A good way to use stale raisin bread about three days old is to first make a batter as one would for apple fritters, then slicing bread and dip slices into batter and frying in a well-greased frying pan, also sprinkling sugar over slices. It makes a very appetizing dish. Stale cake can be used also in the same manner.

Sanitary Puffs.
Use your old hair nets to give just the right puff to your hair over the ears. Lighter and more sanitary than puffs.

To Starch Things Quickly.
If you are in a hurry to use things such as collars and cuffs and can not wait until you make boiled starch, take a small amount of cornstarch and blend with water and starch your things and iron at once and they will be nice and stiff.

Ironing Hint.
Starch the ironingboard cover. It will keep clean longer, the clothes will slip over it easily and it can be laundered much more easily, a help all around.

Cuff Links for Boys.
For the boy who loses many cuff links, join two large pearl buttons by a heavy white seamstress cord. They are neat, hold together better than metal and cost practically nothing.

HELPS FOR YOUNG MOTHERS

BABY IN BASKET.

I HEARD of a young mother the other day who made a 500-mile journey carrying her six-weeks-old baby in a basket. Outside, it was just an ordinary market basket; inside, it was a thing of down, fine linen and lace. The baby got no jar, no handling. Brakemen, conductors and bus men could all easily hold the basket while the mother climbed off and on trains. In the dining car the baby's basket safely occupied one chair while the mother comfortably ate her dinner on the other. At the journey's end perfect satisfaction was expressed with the experiment.

Good Habits for Young Children.

1. Saving money. Let them begin early with their pennies.
2. Have them get the good habit of Sunday school.
3. Teach them the good habit of never fibbing, begin by never fibbing to them, no matter how trivial. Never let anyone use other than plain, everyday talk in their presence.
4. Another good habit is: Obedience.

Feeding the Family the Right Food

IN order to purchase, prepare and serve food to the best possible advantage, an elementary knowledge of the composition and the nutritive values of foods and the necessary food requirements of the family are essential.

Many books are published on this subject, but from the free government bulletins, alone, an excellent working knowledge on this vital household problem may be obtained.

Briefly stated, food is divided into three great classes: Protein, which builds and repairs the tissue and is furnished chiefly by meat, fish, cheese, milk, eggs, cereals and legumes. Fats, which furnish heat and energy and are supplied largely by butter, cream, olive and other vegetable oils, bacon and other fat meats; and carbohydrates, which act as fuel for the body and are contributed by starches and sugar, such as many of the vegetables, syrups, molasses, macaroni, etc.

People who are eating the proper amount and kind of food, should approximate the normal weight for their sex, age and height; and for the proper maintenance of the body, a man of average height and weight, will for a sedentary life, require about 2,500 calories of food.

A woman under the same conditions will need about 2,300 calories (more or less according to activity) and for those either under or over normal weight, an excellent rule is to multiply their weight by 16, which will give the approximate number of calories that each will require.

Children between the ages of 3 and 5 years require from 1,400 to 1,800 calories daily and from 10 to 14 years from 1,800 to 2,300 calories. Growing girls and boys between the ages of 14 to 17, will need a larger amount of food calories than the adult man or woman. Thus girls between those ages require from 2,200 to 3,600

calories and boys from 2,500 to 3,000 calories.

Of the total number of calories furnished, 10 per cent should be protein, approximately 30 per cent fat and 60 per cent carbohydrates.

Use Variety of Food.

In planning the daily menu, it is not necessary or desirable that the exact amount of each class of food be served daily, but with the idea of the correct proportions of each class of food firmly in mind, it is not difficult to plan nutritious foods that will give perfectly balanced rations.

The home caterer should plan to use in a week as large a variety of food as possible and to avoid an excess of any one class. Meals should be planned in detail at least one day in advance, and if possible outline for several days ahead. In this way "left overs" can be arranged for and desserts and soups planned to suit the food values of the rest of the meal.

Don't serve too much starch and never white potatoes, white bread and rice at one meal. Also, if the meat course consists of a heavy roast, accompany it with a green vegetable (either cooked or uncooked) and a simple fresh fruit dessert.