

Chefs' Appetizers Easy to Prepare

By MISSIS PHYLLIS

ARE you one of those women—nice women, too—who, whenever they want to show their family a rare treat, carry them off to a beautiful and expensive restaurant where they have practically to buy the dining room and half the fixtures to pay for the meal?

It's foolish, for you can make just as fancy and attractive a dinner at home.

Oh, I know, it may be a bit of work, but by utilizing your time to the very best of your ability you can do it even if there are children to be looked after.

And not the least of the preparation may go into the appetizer.

I don't know why it is, but so many women think that appetizers are rare and difficult things to be made and that they are to be avoided by all but the most experienced cooks.

But why start with a plain, ordinary fruit cup when you can make an appetizer the counterpart of which may be found on a fashionable bill of fare at a dollar a serving?

There is nothing mysterious about preparing them. Here is an appetizer that has been called

ANCHOVIES A LA PARISIENNE

You will need: shredded lettuce, lemon wedges, chopped hard cooked egg white, sifted hard cooked egg yolk, parsley or cress or other green garnish and anchovies.

The plate is a small one, about the size of a bread and butter plate. In the center a mound of shredded lettuce, over which the anchovies are arranged in the shape of a star. The number of anchovies to be used will depend very largely on your pocketbook. Four on a plate could be made to do the work. Six is better. Eight the limit. Now around the lettuce for a semi-circle sprinkle the egg white. Around the other half of the mound of lettuce and anchovies the sifted egg yolk. Put a bit of green at one side for garnish and on the other side a wedge of lemon. The lemon looks handsome if it has a pastel plume sticking up from the end, but such trifles can be dispensed with.

This is not a cheap appetizer. But remember this: it will cost about a quarter as much served from your own refrigerator to your own table as it would if served at a modish restaurant.

Everything on the plate must be cold.

MINCED SARDINE APPETIZER

This appetizer may be made with Russian caviar and indeed is very good that way. But caviar has a very decided flavor which you may or may not like. It is the sort of thing that is hard to eat if one doesn't like it and hard not to eat if one does. Unless you are very sure of the tastes of your guests it would be best to serve something a little less striking in flavor. But all appetizers to be appetizers at all must have a nip and a high flavor about them.

If you use sardines, take all the bits of skin and bone from them. Mince very finely and mix with a little catsup, a little tabasco sauce and a little prepared mustard. This mixture will have to be made to taste—and your taste must be the judge. Remember to make the seasoning a bit more nippy than in the ordinary courses of a dinner.

Now cut rounds of stale bread and brown them in olive oil in a skillet. Spread the rounds with the sardine mixture and sprinkle the edge with sifted hard cooked egg yolk. Garnish with parsley or any other bit of green and serve a wedge of lemon. A half gherkin standing upright in the middle of the appetizer adds something, too. These touches are an important part of appetizers but are by no means indispensable. It is not necessary to make your creations "fussy" to be successful—merely attractive looking.

PLATE APPETIZER

Now this is a simple way of arranging to have an appetizer. And it is a mighty good



one, too. So if you rather hate fussing and loathe chopping, mincing and slicing things, try arranging some such plate as this:

- 2 wedges lettuce 1 anchovy
- 2 slices cucumber 1 ripe olive
- 1 stalk celery 1 slice pickle
- 1 wedge or slice of tomato

Marinate the cucumber and tomato in French dressing. Have all ingredients very cold and serve French dressing with the course.

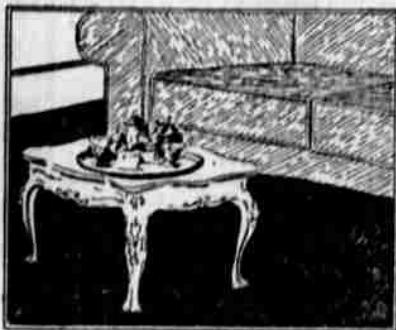
ANOTHER PLATE APPETIZER

This is very simple. On each plate have a spoonful of corn relish (or any other relish), two tablespoons cole slaw, two slices of tomato and a couple of radish roses.

You see, you can arrange such a plate almost with what you have on hand. It is particularly easy in summer, when cucumbers, tomatoes, radishes and lettuce are all so good and so easily attainable and cheap. Moreover, there is nothing better for the opener of a summer dinner than a plate of crisp, cool appetizers to whet appetites that have become jaded by the heat.

Try serving things like these oftener. They lend an air of distinction to your dinner that makes decidedly worth-while the little added effort expended in their preparation. For after all, there are few features of a dinner that are more liable to attract favorable notice than attractive appetizers.

Occasions for Occasional Tables



Graceful proportions . . . restrained carving . . . earmarks of an aristocratic French coffee table.

By ALIDA VREELAND

AMONG the many reasons you have to be grateful to the increasing interest in antique furniture, is the one which brought the occasional table back to its original importance in the art of house furnishing.

Today if someone were to walk into your home and take away your various end tables, wall tables, low tables and high tables, leaving you just the chairs and perhaps one round table in the center of your living room you would feel that you had lost an essential liveable quality from your home.

Yet the living rooms or parlors, as they once were called, of the late nineteenth and early twentieth century middle class home very often possessed no more than two tables, and one of these was generally to be found in the center of the room. Around this the cumbersome large chairs of the room grouped themselves in a circle—a kind of family council formation. Invariably the table itself held a few books and magazines to which one migrated every time he wanted one.

Only those who had inherited tables from their eighteenth century ancestors seemed to be aware of the decorative value of tables. During that century, so important to furniture history, both France and England allowed fancy free rein in creating tables. Craftsmen vied with one another in their efforts to create grace. One, three and four-legged styles, with and without pedestals, became popular during this period, and now that their beauty and utility has again been recognized, many are being reproduced because the supply of old ones no longer can satisfy the demand.

The tables shown in the accompanying illustrations are all old French pieces, however, whose proportions and delicate curves it might be worth while to become familiar with, not only in preparation for the opportunity to buy

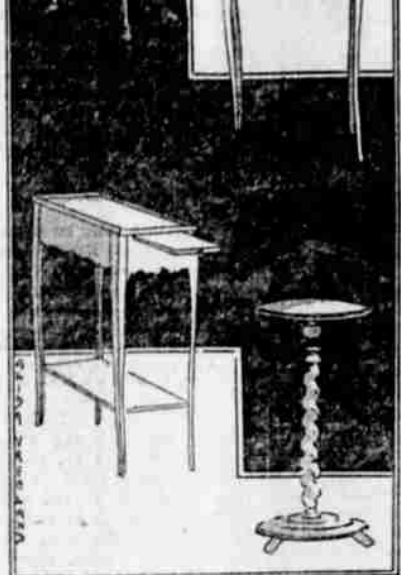
something similar, but also to be better able to compare them with modern reproductions.

A DELIGHTFUL example of French coffee table is illustrated in front of the divan. The natural tone walnut, the delicately shaped Louis XV legs, the restraint shown in the carving are all significant of its regal lineage.

Placed before a large sofa with a hospitable coffee tray, it provides a most convenient way for a hostess to serve coffee after dinner in the living room. When the tray is removed it makes an ideal place to leave the book or magazine one may be finished reading, preparatory to a precious 40 winks. Tables for this purpose are becoming more and more popular and of course can be obtained in varying styles. The essential point to consider in purchasing one, aside from good lines, is that the surface be adequate for a tray and that it be low enough.

It may be noted that the majority of occasional tables come from France. A consistent lightness in construction makes them easily shifted from one place to the other either for work or reading. One reason for this is that many of these little tables were used as candle stands in provincial France.

In addition to the duty of holding the candle or possibly a small oil lamp, they usually contained one or more drawers for sewing materials, arranged according to the individual taste of the cabinet maker. All the little tables shown in the large sketch, with the exception of the little round one, served this dual purpose.



Suspended shell-like drawers . . . or chaste inlaid roses for decoration . . . perhaps a slide . . . planned to hold a candle . . . or a book . . . a pedestal, if you prefer.

France offers them all. (Sketches courtesy of Lawson-Taylor, Inc., and C. Vande Vere Howard, Inc., New York.)

OF unusual charm and quaintness is the walnut one at the top. There is a little wooden "gallery" around the top and two little drawers suspended beneath. The whole seems to balance on a beautifully turned support, terminating in a three-legged pedestal—the legs are carved in the shape of cloven goat hooves.

So distinguished a table deserves to be placed against the wall, perhaps near a window and within easy reach of a chair. A small bowl of flowers and a lamp can make it feel native to the modern home as if it were in sunny France.

The table below is another Louis XV piece having a drawer at one end and a sliding groove for a candle stand at the other. This type makes a delightful end table, for with its many surfaces above and below it can hold an abundance of things.

The dainty little walnut table with the single drawer is quite typical of the simple French type, confining its decoration to a few inlaid roses on its top. The round candle stand below was used for such a purpose alone in the old days. Now, however, it is pressed into all kinds of service next to and between chairs because it takes up so little room, yet is always convenient to the reader, sewer or smoker.

French tables, quite often, seem to be cabinets and tables in one. Some oval shapes have little brass galleries around the top either all or part way around with two or three small drawers below. Round tables of double surface often reserve the lower for books.

But most common of all is the gate-leg, without which the small apartment could scarcely exist. It has a clever way of almost disappearing when it stands against the wall with its eight legs all tucked in together. Then in the twinkling of an eye it can become the center of attraction with its large sides outspread and transformed into a groaning festive board.

Kindness to Bad Boys

By OLIVE ROBERTS BARTON

"COPPY" HERBSTER held up two fingers and giggled them, at the same time arching his eyebrows inquisively. Jim Overday laid down behind his geography and grinned at him, as he also inverted two fingers and giggled them in answer.

The giggling went on all over the room and in about five minutes the grapevine telegraph had wigwagged that 12 boys from Number Eight were "goin' swimmin'" at four o'clock.

Now in one way it didn't matter, but in another way it did. School was about over, final examinations were on, and the next day was geography exam. It had been a difficult grade and Miss Parker was anxious.

"I want every one of you boys to take your books home and study as hard as you can," she said, sorting them out of line when the pong sounded and sending them back to their seats.

"I got to go away," protested Coppy. "So've I," declared Jim.

"Do as I say," said Miss Parker relentlessly. "And you'd better not 'go away' today. You'd better go right home and study as hard as you can."

Now geography books and when the 12 amphibians gathered at the corner below the school they looked like 12 frozen Spartans with 12 stout shields.

"Well of all the luck!" growled Coppy. "Wouldn't you just be dog-goned!" Jim drawled his disgust.

"We can't hop trucks with these elephants!" "What'll we do with 'em?"

It was Coppy who had the bright idea. On the corner stood a grocery store and in the grocery store stood Mr. Peters, a friend.

"Pile 'em up on that cracker box, kids. That's all right. Swimmin'! Humph! For two cents I'd go along. Close at six or a little after. Get 'em any time up till then."

Two empty vans delivered the boys 20 minutes later at Adam's Mills, from which there is no finer swimming in five counties.

AT 5:30 four of the boys, the first to return, hurried to Mr. Peters' store—to see a little black bordered card tacked on the door and the door locked!

Mr. Peters' father in another town, the card announced, was dead. The store would be closed for three days!

As the other boys arrived they were informed of the catastrophe.

Oh, no! They weren't worried about passing. It was worse than that. Each day just before examination the text books of that subject were checked off and piled away in the book cupboard until fall. It was a case of put

up the book or "cough" up the money. Geography cost two dollars apiece.

They knew, for hadn't Jerry White "just caught thunder" for losing his? And hadn't they seen Jerry, after a week's dispute, hand over two crisp one-dollar bills to the teacher?

Whew! Three days! School would be over!

THE next morning at nine the principal came in with a boy beside her carrying 12 geography books.

Mr. Peters in spite of his hurry on receiving the telegram had remembered the books and had sent them over to the school.

He thereby made 12 customers for life.

This is a story, not for parents, but for business men. If you want to build up trade for the future, or any business friendship, start with the children now. They'll all be grown soon and running the world. And they remember kindness, and thoughtfulness.

Odd Sunroom Cushions

SUNROOM incidentals need not be expensive to be attractive. Certain things can be achieved as successfully by the clever woman with a needle as can be purchased in the most modish shops. Cushions, for instance.

The newer types of these are riots of color—sunsets with rainbows running through them. The accompanying sketches show three types that are new and are being sold in New York for \$15 to \$25 each. You can easily duplicate them for much less than half these sums, depending, of course, on the kind of material you use.

If your scrap bag yields nothing in the way of a bright bit of cretonne, scour the shops for the most brilliantly colored hue money can buy. There is no danger of getting it too "loud."

Bring your choice home and make it into an ordinary sofa cushion about 2½ feet long and 18 inches wide, using no cord, ruffle, boxing or other finish on the edge, but simply making it as plain as possible. Now get four strings of big black wooden beads and loop each one into sort of a rough tassel, the irregular loops hanging not more than six inches. Sew one to each corner of your cushion, and there you are!

Another odd cushion is made of bright cretonne in exactly the same way as the first one, except that instead of beads, you will need yards and yards of woolen fringe not over an inch wide.

On the cushion we have mentioned this was a soft sage green. Seven inches from either end of the cushion begin to band it with the fringe, the rows running the short way of the cushion and so close together that no material is visible between them. Of course it is held

As Chemists See Reducing Powder

WHENEVER you see two or three women engaged in conversation for any length of time—and who doesn't?—the chances are that sooner or later the topic of fat reduction will be up before the house.

Here we have Amy, Ruth and Anne deep in such a discussion.

"Well," Anne confides, "I live in a woman's community club and what I see there in the line of reducing fads is nobody's business. Right now, reducing baths are all the rage. Several of the girls have bought the powder—at a dollar for a three or four-ounce bottle—and are following the directions religiously."

One of the girls at Anne's club is a chemist by profession and, hearing the others enthuse over the new fad, decided to analyze the powder to learn what magic chemical it contained.

IN this particular case the analysis showed that the reducing powder was composed of ammonia carbonate and starch. In a general



way it was a fair sample of all such powders, though, of course, the chemical employed may be epsom salt, washing soda, baking soda, Glauber's salt (sulphate of soda) or ammonia chloride.

The milky appearance and smooth feeling of the bath water into which the reducing powder is dissolved, is caused in most cases by the starch with which the chemical is mixed, though the same or similar effect may be produced by using almond meal, oatmeal, etc.

When the chemist told all this to the girls, they were very much interested, particularly when they realized how commonplace and inexpensive the reducing chemicals were.

Equal parts of starch and of one of the chemicals named will make as good a reducing powder, at a fraction of the cost, as any you may buy under a trade name.

But are these powders really able to do all that is claimed for them in the matter of taking off weight? And how? (No slang intended.)

The directions on most brands of reducing powders instruct the user to place a certain amount of the preparation in hot bath water and to keep the body immersed in this for some time. After 20 or 30 minutes the bather steps out of the tub, thoroughly dries the body, and hops into a warm bed, there to remain another half to three-quarters of an hour.

Then the pores of the body pour out perspiration. It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is water from the body tissues and not fat itself that is lost through the medium of perspiration. Two to six pounds of weight may disappear in the course of taking three baths, provided that number be taken during a week's time. Turkish baths should produce the same result.

However, when the tissues are deprived of the fluids which are part of their composition, the body immediately sets up a great thirst. Woe to the reducer, if she listen to this demand, for as soon as sufficient water is taken into the system to replace the deleted quantity, she is back again to just where she started.

It would seem that the point in using reducing bath powders, is to give the too plump person something to think about as she immerses herself in the tub of water for the required number of minutes.

It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is water from the body tissues and not fat itself that is lost through the medium of perspiration. Two to six pounds of weight may disappear in the course of taking three baths, provided that number be taken during a week's time. Turkish baths should produce the same result.

However, when the tissues are deprived of the fluids which are part of their composition, the body immediately sets up a great thirst. Woe to the reducer, if she listen to this demand, for as soon as sufficient water is taken into the system to replace the deleted quantity, she is back again to just where she started.

It would seem that the point in using reducing bath powders, is to give the too plump person something to think about as she immerses herself in the tub of water for the required number of minutes.

It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is water from the body tissues and not fat itself that is lost through the medium of perspiration. Two to six pounds of weight may disappear in the course of taking three baths, provided that number be taken during a week's time. Turkish baths should produce the same result.

However, when the tissues are deprived of the fluids which are part of their composition, the body immediately sets up a great thirst. Woe to the reducer, if she listen to this demand, for as soon as sufficient water is taken into the system to replace the deleted quantity, she is back again to just where she started.

It would seem that the point in using reducing bath powders, is to give the too plump person something to think about as she immerses herself in the tub of water for the required number of minutes.

It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is water from the body tissues and not fat itself that is lost through the medium of perspiration. Two to six pounds of weight may disappear in the course of taking three baths, provided that number be taken during a week's time. Turkish baths should produce the same result.

However, when the tissues are deprived of the fluids which are part of their composition, the body immediately sets up a great thirst. Woe to the reducer, if she listen to this demand, for as soon as sufficient water is taken into the system to replace the deleted quantity, she is back again to just where she started.

It would seem that the point in using reducing bath powders, is to give the too plump person something to think about as she immerses herself in the tub of water for the required number of minutes.

It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is water from the body tissues and not fat itself that is lost through the medium of perspiration. Two to six pounds of weight may disappear in the course of taking three baths, provided that number be taken during a week's time. Turkish baths should produce the same result.

However, when the tissues are deprived of the fluids which are part of their composition, the body immediately sets up a great thirst. Woe to the reducer, if she listen to this demand, for as soon as sufficient water is taken into the system to replace the deleted quantity, she is back again to just where she started.

It would seem that the point in using reducing bath powders, is to give the too plump person something to think about as she immerses herself in the tub of water for the required number of minutes.

It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is water from the body tissues and not fat itself that is lost through the medium of perspiration. Two to six pounds of weight may disappear in the course of taking three baths, provided that number be taken during a week's time. Turkish baths should produce the same result.

However, when the tissues are deprived of the fluids which are part of their composition, the body immediately sets up a great thirst. Woe to the reducer, if she listen to this demand, for as soon as sufficient water is taken into the system to replace the deleted quantity, she is back again to just where she started.

It would seem that the point in using reducing bath powders, is to give the too plump person something to think about as she immerses herself in the tub of water for the required number of minutes.

It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is water from the body tissues and not fat itself that is lost through the medium of perspiration. Two to six pounds of weight may disappear in the course of taking three baths, provided that number be taken during a week's time. Turkish baths should produce the same result.

However, when the tissues are deprived of the fluids which are part of their composition, the body immediately sets up a great thirst. Woe to the reducer, if she listen to this demand, for as soon as sufficient water is taken into the system to replace the deleted quantity, she is back again to just where she started.

It would seem that the point in using reducing bath powders, is to give the too plump person something to think about as she immerses herself in the tub of water for the required number of minutes.

It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is water from the body tissues and not fat itself that is lost through the medium of perspiration. Two to six pounds of weight may disappear in the course of taking three baths, provided that number be taken during a week's time. Turkish baths should produce the same result.

However, when the tissues are deprived of the fluids which are part of their composition, the body immediately sets up a great thirst. Woe to the reducer, if she listen to this demand, for as soon as sufficient water is taken into the system to replace the deleted quantity, she is back again to just where she started.

It would seem that the point in using reducing bath powders, is to give the too plump person something to think about as she immerses herself in the tub of water for the required number of minutes.

It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is water from the body tissues and not fat itself that is lost through the medium of perspiration. Two to six pounds of weight may disappear in the course of taking three baths, provided that number be taken during a week's time. Turkish baths should produce the same result.

However, when the tissues are deprived of the fluids which are part of their composition, the body immediately sets up a great thirst. Woe to the reducer, if she listen to this demand, for as soon as sufficient water is taken into the system to replace the deleted quantity, she is back again to just where she started.

It would seem that the point in using reducing bath powders, is to give the too plump person something to think about as she immerses herself in the tub of water for the required number of minutes.

It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is water from the body tissues and not fat itself that is lost through the medium of perspiration. Two to six pounds of weight may disappear in the course of taking three baths, provided that number be taken during a week's time. Turkish baths should produce the same result.

However, when the tissues are deprived of the fluids which are part of their composition, the body immediately sets up a great thirst. Woe to the reducer, if she listen to this demand, for as soon as sufficient water is taken into the system to replace the deleted quantity, she is back again to just where she started.

It would seem that the point in using reducing bath powders, is to give the too plump person something to think about as she immerses herself in the tub of water for the required number of minutes.

It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is water from the body tissues and not fat itself that is lost through the medium of perspiration. Two to six pounds of weight may disappear in the course of taking three baths, provided that number be taken during a week's time. Turkish baths should produce the same result.

However, when the tissues are deprived of the fluids which are part of their composition, the body immediately sets up a great thirst. Woe to the reducer, if she listen to this demand, for as soon as sufficient water is taken into the system to replace the deleted quantity, she is back again to just where she started.

It would seem that the point in using reducing bath powders, is to give the too plump person something to think about as she immerses herself in the tub of water for the required number of minutes.

It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is water from the body tissues and not fat itself that is lost through the medium of perspiration. Two to six pounds of weight may disappear in the course of taking three baths, provided that number be taken during a week's time. Turkish baths should produce the same result.

However, when the tissues are deprived of the fluids which are part of their composition, the body immediately sets up a great thirst. Woe to the reducer, if she listen to this demand, for as soon as sufficient water is taken into the system to replace the deleted quantity, she is back again to just where she started.

It would seem that the point in using reducing bath powders, is to give the too plump person something to think about as she immerses herself in the tub of water for the required number of minutes.

It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is water from the body tissues and not fat itself that is lost through the medium of perspiration. Two to six pounds of weight may disappear in the course of taking three baths, provided that number be taken during a week's time. Turkish baths should produce the same result.

However, when the tissues are deprived of the fluids which are part of their composition, the body immediately sets up a great thirst. Woe to the reducer, if she listen to this demand, for as soon as sufficient water is taken into the system to replace the deleted quantity, she is back again to just where she started.

It would seem that the point in using reducing bath powders, is to give the too plump person something to think about as she immerses herself in the tub of water for the required number of minutes.

It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is water from the body tissues and not fat itself that is lost through the medium of perspiration. Two to six pounds of weight may disappear in the course of taking three baths, provided that number be taken during a week's time. Turkish baths should produce the same result.

However, when the tissues are deprived of the fluids which are part of their composition, the body immediately sets up a great thirst. Woe to the reducer, if she listen to this demand, for as soon as sufficient water is taken into the system to replace the deleted quantity, she is back again to just where she started.

It would seem that the point in using reducing bath powders, is to give the too plump person something to think about as she immerses herself in the tub of water for the required number of minutes.

It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is water from the body tissues and not fat itself that is lost through the medium of perspiration. Two to six pounds of weight may disappear in the course of taking three baths, provided that number be taken during a week's time. Turkish baths should produce the same result.

However, when the tissues are deprived of the fluids which are part of their composition, the body immediately sets up a great thirst. Woe to the reducer, if she listen to this demand, for as soon as sufficient water is taken into the system to replace the deleted quantity, she is back again to just where she started.

It would seem that the point in using reducing bath powders, is to give the too plump person something to think about as she immerses herself in the tub of water for the required number of minutes.

It is a fact that a pound or two of weight sometimes disappear during this treatment.

AS a general thing it is