

The Woman's Page

KITCHEN CUPBOARD

By NELLIE MAXWELL

Everyday Good Things
WHEN you don't know what to buy for luncheon or supper, try:

Spanish Toast.—Cut up two green peppers, add a slice of onion, two sprigs of parsley minced, and a cupful of thick tomato sauce. Simmer the mixture until smooth. Toast rounds of bread, butter and put a spoonful of the tomato mix on each round of toast with a poached egg on top.

Fish Balls.—Make a white sauce using one tablespoonful of butter, one of flour, with salt and pepper to taste, one-half cupful of milk, and two well-beaten eggs. Cook until smooth, then stir in the flaked fish. Drop this batter by spoonfuls into hot fat. Drain on brown paper and serve at once.

Ham and Hamlet.—When there is a bit of ham left from dinner, mince it and add it to cooked ham which has been fried in ham fat, adding minced onion or parsley to the mixture; serve hot.

Haricot de Mutton.—Fry two tablespoonfuls of butter, add one and one-half pounds of mutton cut into two-inch pieces, salt and pepper well and cover with boiling water. Cook slowly until the meat is tender. Serve with buttered lima beans.

Apple and Marshmallow Dessert.—Peel, quarter and slice two juicy apples. Have ready one third cupful of seedless raisins, one cupful of sugar. Arrange the apples and raisins with the sugar in layers in a buttered baking dish, add one-fourth of a cupful of water, cover and bake in a moderate oven until the apples are tender. Finish with butter and arrange marshmallows on top.

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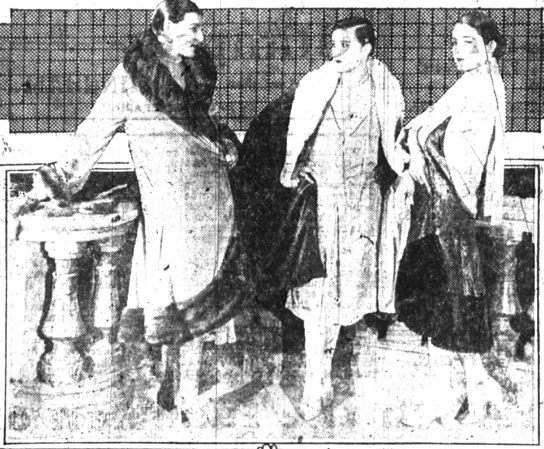
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METAL CLOTHS, VELVETS FASHION WRAPS



The handsome evening wraps pictured are Parisian models. They are fashioned of velvets and laces with shawl-lane staff collars. All are of long models.

BOYS AND GIRLS

Henry Rominger, a fair boy of Pelican Rapids, Minn., sold his prize-winning horse, "Jury," for \$427.50, after it had won the grand championship at St. Paul.

A statue of Mildred Marcia Pinkfield of Brooklyn, who was recently adjudged a perfect baby by 15 doctors, is being modeled by Ernesto Poggi, a prominent sculptor.

When Billy Joyce, 4, of Dubuque, Ia., was hired in mid-summer to stand by him barking for 15 hours until he was rescued.

Right for Sports

These flowers of unreality are not used with an eye to deceit. They are very frankly what they are and are introduced for their effect in evolving a decorative scheme. One can make the most beautiful of "flower pieces" with them; giving light and color and form where it is much needed.

Many of the flowers are exquisite in shape and of various sorts of material—glass, shells, silk, muslin and beads.

For very subdued color effects the flowers made of glass beads can be used. They are quaint and might not have as general an appeal as the other kinds that are being shown.

The silk flowers are often in the realistic effects such as great pink roses and some of the garden flowers.

The French muslin flowers are very beautiful, and have a texture which approximates very closely the lovely velvety surface of flower petals. Imagine what entrancing effects you could obtain with brilliant sprays of graceful bleeding-heart or spikes of gladioli or great clusters of pink and purple petunias.

The shell flowers are most certainly a surprise. One thinks of them as probably stiff and unyielding. Yet the apple blossoms made of tiny white shells have delicate and fairylike appearance. Decorative creations called flowers but not of flowers in their oranges and yellows and pinks blinks.

The smartest coats for spring and fashioned after the boy friend. They are untrimmed, have raglan sleeves, and fall into folds from loose but smooth shoulders, and they hang below the skirt.

Absolutely correct for the golf course is this suit, consisting of gray kasha tulle skirt and jumper of moxie Scotch wool.

The new sports bracelet in leather and gold links is another feature of this outfit.

WITH WOMEN OF TODAY

By MARY LILLIAN CAPPELLE

"Never disappointing these customers on deliveries and keeping her word to her clients are two factors which have contributed largely to the success of Miss Peggy Hoyt, exclusive modiste of New York, she declares.

Also, never if she could help it, allowing a woman to "look unbecomingly fat" has had a good deal to do with it. Miss Hoyt is quoted as saying that "after 12 years of designing hats and gowns I know that many a woman who is considered plain could look positively beautiful if she only knew how to choose the things she wears."

She encountered many difficulties in her first experiments with her own shop. She recently went abroad for the summer at Sweet Briar, Virginia, from July 22 to September 2. While the school is being held on the campus of Sweet Briar College it is in no way connected with the college administration. The summer school is being sponsored by an independent committee of southern men and women, including six workers.

Sweet Briar Summer School
An experiment in a student summer school for women workers in industry will be conducted this summer at Sweet Briar, Virginia, from July 22 to September 2. While the school is being held on the campus of Sweet Briar College it is in no way connected with the college administration. The summer school is being sponsored by an independent committee of southern men and women, including six workers.

ABOUT WOMEN
A beautiful lake in the mountains of an island in Alaska has been named Lake Grace in honor of Mrs. Coolidge. It was recently discovered by airplane map makers.

Miss Garnet Holman, who carried part of her way through college by peeling potatoes, will receive a gold potato along with her diploma when she graduates June from Simpson College at Indianola, Ia.

Edith Wynne Matthison has been awarded the gold medal for good fiction on the stage, presented each year by the American Academy of Arts and Letters. In private life she is Mrs. Charles R. Kennedy.

Miss Ellen Wilkinson is the only woman member of the English parliament who has bobbed her hair.

Miss Helen Bennett is managing director of the third World's Fair to be held in Chicago May 19 to 27, at which the accomplishments of women in more than 100 kinds of activity will be shown.

Mass Meeting for Laundry Workers
The New York Women's Trade Union League recently held a mass meeting for laundry workers at "Peace House," the building made possible by Mrs. J. Sargent Cram and dedicated to the advancement of peace. Headway is being made in standardizing the nation's business of washing and ironing. It is becoming a recognized fact that the wet wash laundry is taking its place as one of the key industries in the country.

Forteen Exceptions
Forteen states in the Union have no women members of their state legislatures.

48-Hour Bill Passes
The 48-hour bill for working women recently passed the New York state legislature and was signed by Governor Al Smith on March 30th.

The Gift Shop
16543 Woodward Ave.
(At Six Mile Road)
Invites your inspection of their selection of gifts, including pottery, bronzes, India and Turkish prints, dainty and personal gifts for the birthday or bon voyage gift.

Woman Not So Black As She Is Painted

By MARGARET MOORE MARSHALL

The question has just been solemnly submitted to a committee of men and women—

"Is the use of cosmetics detrimental to the moral and physical development of American womanhood?"

Seven to two, the verdict is moral acquittal for make-up—

So President Nesler tells the American Master Hairdressers' Association. At its convention in New York this week.

Among those who refuse to charge make-up with being a moral menace

Are the principal of a girls' high school, a United States Senator, a novelist and a feminist.

It seems to us that the common sense of the community must agree.

That the modern woman is not as black as she is painted.

Makeup ever was a moral issue.

Diet Aids Reducing
It is most amusing to see a very fat person stuffing rich ice cream and complaining about wanting to reduce.

Reducing is a thing that must be systematically enforced. You cannot go without food for one meal and then overeat the next, and expect to attain slender lines.

You must find out what makes you fat and avoid such things, and cultivate a taste for the things that are not fattening.

And when you have made up your diet, you must stick to it.

The meal that I had most fatiguing is breakfast. Try sipping fruit juice each morning instead of eating any breakfast. Then do not make up for the "skinned feeling" that you have at first by doubling your lunch.

If you overeat at lunch for the lack of breakfast, your efforts are quite useless. Above all, never eat between meals, if you are trying to lose weight.

In reducing, avoid all starchy, highly seasoned, greasy food, and all rich pastries. Don't eat butter or cheese, or any form of pork, or any milk or cream dishes. Eat little bread, no candy, ice cream, olive oil, never macaroni, etc., and above all, never even look a potato in the eye.

Butter will be the hardest thing to give up. Try toast at first, and a little butter, but if you can't sprinkle a bit of salt upon the toast, you will soon find that it is not such a delicious thing.

And now, you will ask, what CAN I eat and still gain back my normal girth? There are plenty of things left that are not fattening, and still palatable.

Sticks of chops, cooked rather rare, as well as all other meats except pork.

Poultry, game and sea food. All fruits with the exception of bananas.

All green vegetables, tomatoes, cucumbers, peppers, etc., but none of the vegetables that are grown under ground.

For desserts, gelatin, tapioca, fruit mixtures, etc.

Do not wash your food down with water during meals. Try to go without water for an hour before and an hour after meals. This also applies to coffee and tea, but if you find that you cannot give up coffee or tea, try drinking as little as possible, using no cream in it, and sweetening it with saccharine instead of sugar.

NO JOB TOO SMALL
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AL HENRY
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Comes for Fortune



After an absence of several years during which the married lady "for two beforehand, left behind in a cold place in the light in which it was cooked, reheated in this, then, kindred, covered with bread crumbs, and sugar, stuck with cloves and put in the oven for final browning just before dinner.

Have you seen the "kitty cat" bonboniers? Little plush dogs and cats in bouquets of flowers. One popular style is a white cat hugging a bouquet of corn-dolls.

Other animals are shown with panies, roses and other flowers.

Mrs. Florence Koonitz of Kansas City ran afraid of what she called the mermaid judgment of the country. He tried her for taking money from her own husband's pockets.

For going to the beauty parlor? Try an Eccentric Classified Ad.

Get the Habit
OF EATING YOUR NOON DAY MEAL AT

The Gray Sweet Shop
REGULAR LUNCHEONS

Including Coffee, Dessert, Etc. 50c

128 S. Woodward

Bring in your old cleaner get the new

low-priced HOOVER

If you are waiting to get rid of your old cleaner before purchasing a new Hoover, don't wait any longer. Bring it to us. We will give you a generous allowance for it on the purchase of the new machine.

Not only that, but we will show you a most unusual value in Hoovers—a new popular-price model which includes the famous new Hoover feature—"Positive Agitation."

You already know what a sensation "Positive Agitation" has been in the cleaning world and now you can have this revolutionary principle in a Hoover at a price so moderate that you will never miss it.

Call us up for a demonstration of this extra-value Hoover, or come in.

Only \$6.25 down, complete with dusting tool. Balance Monthly.

The Detroit Edison Co.
162 S. Woodward Ave.
Tel. Bir. 100

Trust Brings Its Happiness

Why not trust a little more? Confidence poured into your life—confidence in others, in yourself, belief in the right to win—the little heaven that leaves the whole lump of existence.

It sets a standard for others to which they are pretty sure to rise, for an odd thing about human nature is that it strives to meet your valuation of it, whether that be low or high.

If you want love and sympathy and understanding from those about you, you have to pay for it in confidence. Suspicion is a force which works endlessly and in secret and it operates in all directions.

Not only does it place its light upon the most casual and ineffective actions and words of others, marking them all over with the words "ulterior motive," but it sets up a subtle resistance in your personality which surely alienates liking and loyalty.

What if your confidence should be betrayed? It is a great while before you can get your trust back. It is a great while before you can get your trust back.

Most of the quarrels between friends and relatives are caused by suspicion. When you know that one doubts you, it is very difficult to maintain an attitude of sincerity before him. His doubt of you makes you self-conscious; you cannot put forth your best.

Your trust—effort, in the face of that doubt.

On the other hand, one who trusts you increases your trust. It is easy to speed out your best, buoyed by that confidence.

Trust assails pride and destroys a section; it was upon peace and happiness for all that is good.

Mrs. Della Heath of Brooklyn has recently invented a folding vacuum cleaner operated by electricity, although she is 70 years old.

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The Gift Shop

16543 Woodward Ave.
(At Six Mile Road)

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"DON'T KILL YOUR WIFE—LET US DO YOUR DIRTY WORK"

Our Wagons Are in Birmingham Tuesdays, Thursdays and Saturdays

ROUGH DRY 10c lb. - ALL FLAT WORK IRONED

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