

The Woman's Page

HOUSEHOLD HINTS

MENU HINT
BREAKFAST
 Orange Fruit Prunes with Rice
 Coddled Eggs Marmalade
 Toast Coffee

LUNCHEON
 Oyster Soup Oyster Crackers
 Baked Apple
 Whole Wheat Bread and Butter

DINNER
 Baked Ham Mashed Sweet
 Potatoes
 Apple Sauce Salad Supreme
 Orange Pudding Milk

The menu was planned for six people, the ham should last about three meals. It may be reheated once and served cold the third time. Scrape may be finished in an omelet. The sweet potatoes are enough for eight, permitting a second helping for the younger members of the family.

Today's Recipes
 Baked Ham—It is eight pounds; celery, eight pieces; whole cloves; one-fourth pound peanut butter; bay leaves, five or six. Soak ham over night, next morning put in fresh water and boil slowly for one hour; remove skin, spread the top with the peanut butter, the fat side, stick into this a number of cloves. In the pan put the rest of the peanut butter, celery and bay leaves. Roast slowly for two and a half hours. The peanut butter gives it a very delicious flavor.

Mashed Sweet Potatoes—Boil six medium size potatoes, cut in one-half or smaller if large. Mash, add one-half cup butter, one-fourth cup sugar, one-half teaspoon salt, one-fourth scant teaspoon nutmeg, one-fourth to one-half pound marshmallows; beat till light and fluffy; put all in buttered baking dish, dot with marshmallows and brown. Excellent.

Salad Supreme—Take one package of lemon gelatin, one pint of boiling water, two tablespoons vinegar, one-half teaspoon salt, dash of cayenne, two cups of finely cut cabbage, one cup of

CO-ED TAKES MILITARY HONORS



Students enrolled in the R. O. T. C. at the University of Wichita, Wichita, Kas. this year will have the pleasure of gazing upon the fair features of Miss Ina Sutter, above, at all of their official functions. She has been elected honorary colonel of the organization and is a senior at the institution.

Start apple cut fine and eight stuffed olives cut fine. Dissolve gelatin in the boiling water, add vinegar, salt and cayenne. Chill and when slightly thickened stir in cabbage, apples and olives. Put in individual molds and chill until firm.

The largest private radio set in England has been installed at Balmoral for King George.

SALLY'S SALLIES



A doubt in the mind is better than nothing at all.

Mrs. Nellie Brook Stull of Elvira, Ohio, who is president-organizer of the Widows' and Widowers' Club, has received 15,002 proposals of marriage.

HOW to Achieve Beauty

By Mm. Helena Rubinstein

A Diet for the Fall and Early Winter

I have talked to you a great deal lately on the subject of diet, and the more I talk, the more optimistic I become, for there is no more important subject to the woman who is interested in keeping up the beauty of a clear skin and a youthful figure, for this can only develop when good health has been cultivated, and good health, as you know, comes from the inside.

Naturally, with the frost creeping into the air, your appetite takes on new energy, the light foods which were appetizing in the summer are most insufficient now, for the early winter winds put a sharp edge on the most blasé appetite. Nature knows exactly what she is doing. When you desire heavier foods in the winter time you may be very sure that you need them. Your body must create heat if it is to maintain the normal temperature without which, of course, we would be victims of all sorts of cold and disease.

All body heat is created from the inside, and you know we must eat to generate this heat. As a consequence, in the winter months, your system will require more carbohydrates and sugars to create the large percentage of minerals and vitamins which were such a large part of your summertime diet. But don't make the mistake now, because you are a little bit hungrier, of overeating. Too much self-indulgence in the matter of foods will result in stretching the capacity of your stomach, enlarging your appetite and eventually developing too much surplus pounds. Eat more nourishing and more energy producing foods, but don't eat too recklessly of them.

In planning your winter diet, remember that the food should depend on age, height, sex and occupation. For instance, adolescents need more food and fuel than adults do. Men require more than women. Manual workers more than desk workers, and large adults more than small ones. It is a good thing to know just exactly what the caloric content of your maintenance diet should be. The usual way of computing this diet in calories is to multiply the ideal weight for your size and height by fifteen. This will give you the approximate number of calories you should take daily to maintain exactly the same weight that you are now. If you are heavier than this weight, subtract from 500 to 1,000 calories from this maintenance diet until you are down to normal. If you are underweight reverse the process. It is estimated that a woman engaged in housework requires from 2,500 to 2,800 calories a day. From 1,800 to 2,000 is the allowance for the average woman of sedentary occupation.

Scientists hope to find the element in liver that is of value in the treatment of pernicious anemia, analyze it and produce it in a chemical factory.

Pineapple Waffles

(Mrs. Mary Morton's Weekly Test Recipe)

Beat three egg yolks well and add one and three-fourths cups milk. Add two cups flour, four teaspoons baking powder, and one-half teaspoon salt sifted together. Add six tablespoons melted butter and two-thirds cup drained, crushed pineapple. Fold in the stiffly beaten whites of three eggs. Bake. Serve with the following sauce and pass cubes of American cheese.

Pineapple Sauce: Simmer one cup crushed pineapple, one cup sugar, and three-fourths cup water until syrupy. Add one drop oil of peppermint. Cool to lukewarm and serve on waffles.

JUST AMONG US GIRLS!



Jewels Express Ensemble Idea



By LUCY CLAIRE

Fashion Expert for Central Press and The Eccentric
 Jewelry plays a more important role now than ever in the ensemble. Times have changed. Synthetic stones are no longer imitation. They have a place all their own in the scheme of things. Diamonds are, of course, all the rage in the vogue for wear with any costume, except possibly sports. But the heavy diamond brooch is no longer worn with the light and fluffy chiffon frock. Its place is on the velvet frock. For the lighter material the diamond brooch of light construction like that sketched at the left center, is the thing. Or the diamond dog's head at the upper left of the sketch may be worn with the semi-sports costume. These dogs' heads are quite the dernier cri, and can be purchased in rhinestones combined with the synthetic gems, and very attractive they are.

Bracelet is Important
 Of greatest importance with the evening gown is the bracelet, or better, several bracelets. The newer designs in diamond bracelets sometimes carry a tiny trinket of closed face type set in a diamond and emerald or ruby or sapphire case, like that sketched at the left, which is of emeralds and diamonds. Another design in the type of bracelet that can be had in rhinestones and semiprecious stones, of color is sketched at the right.

Something new in the heavier type of diamond pendant brooch, for wear with the velvet frock, is shown at the left center, and another pendant brooch which can be worn as a pendant or a pin, is of carved green jade and diamonds. For wear with this is shown an imperial jade ring, diamond set.

The pendant is very much in the limelight in the present vogue. It affords a convenient method of matching the necklace with brooch, earrings, bracelet and rings, for even if one is wearing a diamond ring for a dinner ring set with the stones to match the other pieces of jewelry affords a chic touch.

Of course the rhinestone buckle, square or oval, large or small, is the favorite on the evening shoe. If dresses in the plain pump beautifully, and ties up with the diamond or rhinestone buckle.

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ABOUT WOMEN

Mrs. Theresa Hawke, aged 26, almost poverty-stricken died in Vienna, has been willed \$1,000,000 by a wealthy American who was her sweetheart for long ago.

In 28 years of married life 25 children have been born to Mrs. Teodila Miranda Fernandez, aged 45, of San Jose, Costa Rica.

Miss Edith Jorgensen, the most beautiful woman in Denmark, has been hired at \$20,000 a year by Earl Carroll, New York show producer.

Miss Edna Dalben of Dover, was taught trying to smuggle diamonds into England from Holland by her husband.

Black afternoon or evening gown. At the lower left is sketched one of the new pendant watches which are wearing their way into favor. This is in blue enamel set with diamonds. If the lower center is a good-looking pair of forgetties designed for formal wear. They are of white gold and maracite, and when folded make an attractive pocket watch.

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