FOR AND ABOUT WOMEN

WORN AT THE OPERA.

—(The Ladies' Field.

PRIZE OF $1,000.

Chance for Scientific Woman to Win It by Thesis on Original Work.

The Association for Maintaining the American Women's Table at the Zoological Station at Naples and for Promoting Scientific Research by Women is continuing its extremely practical efforts to encourage scientific study among women. For the last two years a prize of $1,000 has been awarded for the best thesis written by a woman, on a scientific subject, embodying new observations and new conclusions based on an independent laboratory research in biological, chemical or physical science. This year a third prize of the same amount is offered, and an effort is being made to publish the fact as widely as possible.

The theses offered in competition are to be presented to the executive committee of the association and must be in the hands of the chairman of the committee on the prize, Mrs. Ellen H. Richards, Massachusetts Institute of Technology, Boston, before December 31, 1906. The prize will be awarded at the annual meeting in April, 1907. Each thesis must be accompanied by a sealed envelope, inclosing the author's name and address, and superscribed with a title corresponding to the one borne by the manuscript. The papers presented will be judged by a board of examiners, representing the three departments of science above named. This board is made up as follows:

Biological sciences—Dr. William H. Howell, Johns Hopkins Medical School; Dr. William Trelease, Washington University; Dr. Charles O. Whitman, University of Chicago, and Dr. Edmund B. Wilson, Columbia University.

Chemical sciences—Dr. Russell H. Chittenden, Yale University; Dr. John U. Nef, University of Chicago; Dr. Ira Remsen, Johns Hopkins University, and Dr. Theodore W. Richards, Harvard University.

Physical sciences—Dr. Carl Barus, Brown University; Dr. Albert A. Michelson, University of Chicago; Dr. Edward W. Morley, Western Reserve University, and Dr. Arthur G. Webster, Clark University.

The association reserves the right to withhold the award of the prize if the theses presented are not, in the judgment of the examiners, of sufficient merit to deserve it.

The association is made up of individuals, institutions and organizations subscribing $50 annually toward its support. The subscribers this year are: Association of Collegiate Alumnæ, represented by Florence M. Cushing; Barnard College, by Laura D. Gill, dean; Brown University Women's College, by Annie Crosby Emery, dean; Bryn Mawr College, by M. Carey Thomas, president; Massachusetts Institute of Technology, by Ellen H. Richards; Mount Holyoke College, by Mary E. Woolley, president; University of Pennsylvania, by Josiah H. Penniman, dean; Radcliffe College, by Agnes Irwin, dean; Smith College, by Elizabeth Lawrence Clarke; Vassar College, by James M. Taylor, president; Wellesley College, by Caroline Hazard, president; Western Reserve University College for Women, by Charles F. Thwing, president; Woman's College of Baltimore, by Dr. Lilian Welsh; Women's Committee of the Johns Hopkins Medical School, by Mary E. Garrett; Woman's Education Association of Boston, committee on science, by Lilian Horsford Farlow, and Miss Helen Collamore, Mrs. Phœbe A. Hearst, Mrs. Thomas H. Morgan, Mrs. Alice Upton Pearmain, Mrs. J. M. Arms Sheldon, Mrs. Elizabeth A. Shepard and Miss Sarah E. Doyle. The president is M. Carey Thomas, of Bryn Mawr College, and the secretary Ada Wing Mead, of No. 283 Waylandave., Providence, R. I.

Housewives' Exchange.

A MEAT PROBLEM.

A contends that a leg of mutton should be carved according to the following diagram, from 1 to 2:

B contends that that is the old fashioned plan, but that experience has shown that the former way was wrong, and that people now carve mutton the same as beef, as follows:

Which is correct? Will experienced carvers please reply? A HOUSEKEEPER.
Asbury Park, N. J.

THIS SIDEBOARD PLAYS SAME TRICK.

I would like to say to "Housekeeper" that we also have an old mahogany sideboard, and that it plays the same trick; a fine red dust collects in cups and dishes which are not often used, and I am quite sure it is only from the grinding caused by opening and shutting the drawers. We have never tried any remedy, knowing the cause, but perhaps sponging the edges of the drawers might prevent it. M. C.
Portland, Conn.

If F. B., of Brooklyn, will inquire at an art store she can probably procure a copy of the picture she desires.

PERFECT HOT GINGERBREAD.

Almost everybody is fond of hot molasses cake. I should like some of the housewives to try my way of making it, for I am sure they will find it as delicious as my family does. To be successful, hot molasses cake should be baked in pans that will allow plenty of crust, and in order to give the desired "shine" and crispness to the exterior the butter should be poured boiling hot on the molasses. To keep the mixture properly dark, beating must be avoided and but little milk used. Careful mixing will render the batter free from lumps and smooth without beating. For perfect results make sure of a hot oven, then into a mixing bowl containing a cup of New-Orleans molasses pour a scant half cup of hot butter and lard, half and half, and blend with one or two twirls of the spoon. Now add a well beaten egg, a tablespoonful of milk and ginger or other spices to taste; do not stir until a cup and a half of flour sifted with a teaspoonful of soda—not baking powder—has been added. Measure the flour after sifting and use care not to over measure. Have the plates, or rather flat pans, ready greased, then mix the contents of the bowl into a light dough with as few turns of the spoon as possible and bake as you would sponge cake. Remember the molasses neutralizes the soda; baking powder contains cream of tartar; no acid should be used. Instead of spice the finely grated peel of half a lemon is a delicious change. F.
Manhattan.

CHEESE SAVORIES.

Let me contribute a few recipes that we have found to be good. It is well worth buying the little white corrugated cases that come on purpose for cooking individual dishes. These need not always contain cheese. For instance, there is given below, besides the savory, a concoction of grated sweet corn or cornlette in winter, which, cooked and served in this way, is a most delightful dish at a dinner party, and is sure, once tried, to become a family favorite. These cases are cheap, pretty, too, whether blue or brown, with white lining, or all white. Ask for them at any good housefurnishing or department store, and also for fluted shells in which to cook creamed fish. When possible to prepare fish for recooking in dice don't flake; the latter gives a "mushy" result that often makes this really delicious entrée unpopular. This rule also applies to creamed chicken, etc.

With case buttered ready to fill proceed for the savory thus: Make two even tablespoonfuls of butter boiling hot in an agate saucepan; stir in a tablespoonful (even) of sifted flour; add slowly a cupful of milk; stir until smooth; now stir this into the beaten yolks of two eggs and stir in three tablespoonfuls of grated cheese. At the last add the stiffened whites of the eggs mixed lightly throughout. Bake from ten to fifteen minutes, browning at the last. If desired to omit whites of eggs put egged crumbs on top. All creamed dishes, to be successful, must be made with a sauce which appears too thick; thinness is fatal.

Corn Yorkshire individual puddings are especial favorites with the men folks. When very young sweet corn for grating is out of season use the fine variety of cornlette (don't be put off with a coarse brand), which also makes perfect soup. To each cupful of corn allow a small one of milk, about half a teaspoonful of sugar and one egg, of which the white, if preferred, may be omitted. The sugar must not be noticeable, but, unless the corn is exceptionally sweet, it is an improvement, as is also a soupçon of cream (wanting this, use a little melted butter); white pepper and salt to taste. Allow fifteen minutes for baking; serve hot and, without fail, stand it in a pan of cold water while cooking; this only will insure proper smoothness, by preventing curdling.

Corn soup par excellence may be made in a "jiffy" and is truly delicious. Rub a can of cornlette through the soup sieve; add salt and white pepper to taste, and always a little sugar. Bring a large tablespoonful of butter to boiling point in a two-quart agate saucepan; then stir in two small tablespoonfuls of flour; when smooth add gradually the sieved cornlette; stir until the consistency of thick cream; strain and serve. E.
New-Jersey.

A certain little frock, made entirely of tiny frills of valenciennes lace, one above the other, and mounted over white chiffon, which in its turn has a foundation of soft, white satin, is especially adapted to the debutante. The dress in question has a touch of color in the deep girdle of folded satin in pale orchid mauve blue and a soft sea-green, and the little valenciennes "tucker" around the neck is threaded through with pale blue satin ribbon, caught with crystal drops.

Lace mittens are said to be in special demand for dinner and theatre wear now in London.

A pair of dainty white lace stockings has a real lace butterfly poised on each instep.

Moleskin and ermine are combined in a beautiful double cape. The upper part is of ermine, and the cape is finished with long stole ends composed of both furs. A fringe of ermine tails completes the scheme.

In the matter of gowns, the tendency of young girls to adopt the fashions of their elders and of mature women to wear garments only suitable for debutantes is plainly seen. A fashion writer who sees fit to preach a sermon on this subject gives an example of two beautiful white frocks that she encountered recently at an up to date couturière's. One was a chiffon creation, with a gathered bébé bodice and tiny puffed sleeves. "It was trimmed around the décolletage," says the writer, "with a wreath of white violets nestling modestly among their leaves, and half hidden in the soft white chiffon ruches at the hem, were tiny bunches of the same." At the first glance it was evident that this frock must belong to a girl in her teens; just as the other gown—a stately Pompadour style of white figured silk, "gathered into rich folds all around, and opening over a petticoat of chiffon elaborately embroidered in silver and crystals, with a straight tight bodice"—was the very thing for a married woman past the heyday of her youth. However, when the fashion writer next saw these gowns the tables were turned, for the girlish gown was trying its best to bring back lost youth to a well known fashionable woman of many seasons, and the Pompadour gown was worn by a little girl just "out."

Entrance Gates
Front Doors
Railings
Marquises
in Bronze or
in Iron.
Wm. H. JACKSON COMPANY
Union Sq. North—29 E. 17th St.

A QUESTIONNAIRE.

Wellesley Club Sends Interesting One to Alumnæ.

With profound apologies for the amount of time and earnest thought involved in answering them, but actuated by the desire to have college bred women themselves shed some light on the subject of the higher education of women, the New-York Wellesley Club has addressed to its members a long series of questions relative to their college life and experiences. A "questionnaire on the education of women" it is called, and it has been prepared and sent out by a committee composed of Mrs. Charlotte J. Allen Farnsworth, No. 1,230 Amsterdam-ave., chairman; Mrs. Luther Gulick, Mrs. P. C. C. Farrar, Mrs. Philo P. Safford and Mrs. A. L. MacFarland Flower.

"It seems as if a comparison of our own experiences and conclusions might clarify our minds as to what we wish for our daughters and friends," say the committee in their preface to the questions, "as well as suggest directions for educational advance." But they grant that such a comparison of experiences is peculiarly hard to get, for one reason because "women as a group are by nature conservative in social matters and tend to be loyal to what has been to such an extent that an inquiry as to the wisdom of the past seems in itself disloyal; and, second, because in the nature of the case the experiences that shed light are not only among the deepest and most sacred that we have, but are unformulated and hence difficult to state."

All communications received will be regarded as sacred. Names are not asked for, and the original returns containing the handwriting will not be available for others than those who are to study them. Replies should be in the hands of the chairman of the committee by January 15.

Before beginning on the questions each recipient of the questionnaire is requested to give her class or years at Wellesley, her occupation since leaving college, and if married, the number of years and the number of children.

The questions are grouped under general captions, such as physical, æsthetic, etc. Here are some of them:

PHYSICAL.

First—What gymnastics did you have? How much? How much and what out of doors sports? How did these affect you? To what extent are your present habits in these directions a result of your college life?

Second—Were you given instruction as to how to care for yourself in eating, bathing, care of teeth, eyes, hair, hands, exercise, recreation, sleeping, clothing, ventilation, etc? To what extent do you wish you had been given such instruction? What other study would you be willing to omit to get this one in?

Third—How was your health affected by the four years of college life as to sleep, digestion, headaches, nervousness, backache, worry? Were your health and strength at the end of each school year better or worse than at the beginning of that year? To what extent do you think the college should pay attention to these things? What kind of care in these regards would you wish for your own daughter? To what extent would you want scholastic requirements altered to meet the best health conditions?

INTELLECTUAL.

First—Of your college studies, which would you lose from your memory and the effects from your life with the most regret?

Indicate by underlining—Latin, Greek, modern languages, mathematics, physics, chemistry, astronomy, history, sociology, economics, logic, psychology, philosophy literature, fine arts, biology, physical training, physiology. What did you gain from these studies?

Same question, but least regret. Latin, Greek, modern languages, mathematics, physics, chemistry, astronomy, history, sociology, economics, logic, psychology, philosophy, literature, fine arts, biology, physical training, physiology?

If you were going to college all over again, what three or four topics would you want prominent, and what five or six secondary? Indicate reasons.

Second—Were you taught to mark your own books, to use libraries? Did you gain any method of reading, or, if interpreting, better ways of expressing yourself in writing or in speaking? If so, in what ways?

Third—If possible, divorce in your mind the effects of the subject matter of the various courses from the effects of the personality of the teacher and the class atmosphere that she made. So far as you can, tell which influenced your life the more—the subject matter of the studies or the personality of the teacher.

To what extent were your ideals of life shaped by those of your teachers and by the subject matter? To what extent have lack of these sets of ideals endured to the present time?

Our college professors were learned single women, whose lives had predominantly been lives of scholarship rather than of domestic life. Do you regard the effect of exclusive instruction by such women to have been the best or not for your own ideals of what is most worth while in life and how to secure it?

What was your highest personal ambition when you went to college? When you left college? At present? How do your ideas differ from those of the girls among whom you grew up? Are these differences due to college influences or were they earlier than college experiences? Are these differences desirable or not?

EMOTIONAL.

First—Do you feel more or less vividly than before you went to college, e. g., do you enjoy the pleasures of the table, sleep, exercise, bathing, fresh air? Does your nature respond to the stimulus of beautiful music and superb form and color as it did formerly?

Second—What are your comparative reactions to fear, worry, anger, hope? Are you as enthusiastic, persistent, happy, responsive as before? Is your love life as strong as it was before college? This must, of course, show itself in the comparative feeling for parents, brothers and sisters and friends.

Third—During your years of college life were your desires for marriage increased or decreased? For housekeeping and home making? For children?

ÆSTHETIC.

First—While in college did you learn from friends or lectures better methods of personal adornment? Room adornment? Were you taught to think of design, proportion, color combinations and appropriateness of materials? Was your liking for and judgment in regard to music, painting, architecture, sculpture or poetry increased? For nature? How?

SOCIAL.

First—Were you taught mannars? How to attend to matters of formal and informal etiquette? Did you gain social skill, such as the ability to manage committees, clubs and gatherings of all kinds? How?

Second—Was your comprehension of human nature increased? Did you grow more democratic at college, widening your social circle? Have your college friendships proved the most lasting, both as to present state and influence? What influence do you trace to your college fraternity or society life?

Third—Did your college life weaken your home connections? In what ways? Was it necessary?

Fourth—Did you learn anything as to civic duties? Service on school boards, for public libraries, parks, buildings, etc.?

Fifth—It is said that women have more loyalty to husband and children and less to friends than have men. Can you work enthusiastically on a committee when you and your ideas are in the minority and are not being followed? Does it hurt your feelings when those you love differ from you in opinion on important matters? Does it affect your friendship in any way? Do any of your intimate friends differ from you in opinion on fundamental matetrs?

ECONOMIC.

First—Did you keep accounts and balance them? How and when did you learn the value of money? Did you have a regular income? Did you earn it yourself or was it given to you? Did you learn to plan your income? Can you estimate what proportion you spent on books, clothes, tuition, culture, enjoyment, charities? Were you taught home sanitation, cooking, management of servants, buying, proportionate expenditure of income? Have you applied any such knowledge to your present life?

Second—If you are married, please state your financial relations to your husband and what relations, if any, these bear to your college studies or influences. Is this a matter that affects personal relations and character deeply or superficially?

ETHICAL.

First—What new ideas of honor and honesty did you gain? Along what lines were your feelings of personal responsibility increased? What impulse did you gain with reference to charities, fresh air work, hospitals, the general aiding of the poor? What changes in your religious beliefs do you owe to your college training? With reference to (a) the inspiration of the Bible; (b) prayer; (c) personal immortality? Do your children read the Bible and pray? How has your college course affected your church work? Did you go to church before attending college? Do you go now? Has your college training strengthened your interest in institutional religion, i. e., do you send your children to Sunday school? If not, why? If so, why?

TRIBUNE SUNSHINE SOCIETY

GOOD CHEER.

Have you had a kindness shown—
Pass it on
'Twas not given for you alone—
Pass it on.
Let it travel down the years,
Let it wipe another's tears,
Till in heaven the deed appears—
Pass it on.

THE VOICE OF THE SILENCE.

I am the Voice of the Silence;
I speak in answer to prayer.
Listen, and you will hear me.
Wait quietly; know I am there.

I come through the subtile ether,
With a message of love divine.
Wait patiently; all that you ask for
Will somewhere or some way be thine.

I come to cheer the faint-hearted,
To stay the footsteps that fall,
To uplift the hopeless, down-hearted;
I am ready to come when you call.

I am the Voice of the Silence,
Subtile and fine and clear;
The dull ear does not heed me,
But the soul that listens shall hear.
—(Selected by Fannie E. Peck.

MONEY FOR CHEER.

Mrs. A. has sent her check for $25 to be divided among two appeals in the column; Miss E. H. B., $7, for two special needs; "A Western Friend," $3, as rays of cheer for three members; R. S., of New-Jersey, $1

A letter from "Sympathy," of Massachusetts, dated December 9, was held first for postage, and then sent to the Dead Letter Office, from which it was returned to The Tribune on Saturday. On opening the letter it was found to contain a money order for $40, "to be used for special cases of sunshine where most needed."

SUNSHINE REPORT.

President of the T. S. S.: It gives me great pleasure to report the forming of a new branch of the T. S. S., to be called the Friendly Branch of Brooklyn. Miss Juanita Van Auken, the organizer and president, though a "shut-in," has been a most active worker of the Hill branch. Last summer she formed her friends (young girls about seventeen years old) into a club to work for sunshine. They were too modest to call themselves a branch, though doing much more than is required for membership. A quantity of lawn was purchased, and at their meetings they made it up into aprons, for which they took orders, thus supplying their treasury with money. Many cases have been helped by them, and as their Christmas contribution I received two large packages, one containing aprons, fancy and plain; a foot warmer, hot water bag covers, sofa pillow, workbag, handkerchief box, picture frames, calendars and dressing sacques. All these articles were new and most daintily made. The other package contained a large quantity of games, books, toys, also shoes and articles of clothing, all in good order. The fancy articles were distributed among invalids through the State, and the games, etc., sent to the Brooklyn Auxiliary of the "Little Mothers."

In addition, the president reports as part of their Christmas work groceries sent to a poor woman, toys, games and books to two poor families, bedshoes to a blind cripple and also to an aged woman. The names of members will be sent later.

I have also received from the primary department Sunday school branch of the Lafayette Avenue Congregational Church their Christmas contribution of games, toys, etc., also their large Christmas tree, with all its trimmings. These were sent to the Brooklyn Auxiliary of the "Little Mothers," the Hill branch paying the cartage and adding one dozen pairs of mittens.

The regular meeting of the Hill branch was held on January 3 at the home of the secretary, No. 993 Clinton-ave. The time was occupied largely with the Christmas reports. Every aged invalid, "shut-in" and needy member was remembered. To every package some dainty articles were added to the more substantial gifts of comforts for the invalids and clothing for the poor, and in addition, money ranging in sums of from $2 to $5 was sent.

In some cases our packages were the only greetings received, and many grateful letters have been sent to us. The work of individuals was large, two young women who sent a dinner to a family of seven on Thanksgiving repeating kindness at Christmas, sending provisions enough to last for two weeks, in addition to a turkey dinner, with all accompaniments, even to a plum pudding. Another member, who for years has added sunshine to many lives, has taken an aged couple as her special charge, and the great basket of provisions contained all the delicacies that her experience had taught her would be welcome. Special contributions were received of clothing from Mrs. M. L. Archer, fancy articles from Miss Crane and Miss Tuthill and booklets and Christmas cards from Mrs. Turner.

It is proposed to hold a progressive euchre in February. Yours in sunshine.
(Mrs.) ANNIE L. MACON.
President New-York State.

A SICK MEMBER.

John Krell, of No. 86 Ashmun-st., New-Haven, Conn., is painfully ill with abscess in the face which will prevent him, for some time, from sending out his usual contributions of sunshine. Cheery letters to this lonely man will make his illness seem more bearable.

WOULD LIKE PUZZLE.

Mrs. Mansfield, of Connecticut, would like to obtain a "plant puzzle," like the following: "Plant a bag of flour and what will come up?" Answer: "A dusty miller."

RESPONSES.

"A friend in Franklin-ave., Brooklyn," has responded to the request for Pages from a member in South Framingham, Mass. Mrs. Hosmer, who also offered the Pages, has been asked to forward her copies to another T. S. S. member in Massachusetts. This act will entitle Mrs. Hosmer to membership in the T. S. S. Miss Hopkins, of New-Jersey, will give pleasure each week to two young girls in North Carolina by forwarding her copies of "The Youth's Companion" this year.

CONTRIBUTIONS.

A large box of reading matter was received on Saturday from Wetmore-ave.; a package of clothing, from A. E. A.; pictures, from Miss June Fowler; some excellent clothing, from Mrs. Alcott, of Brooklyn; bedroom shoes, small sizes, from "A Friend" in Brooklyn, and magazines, from M. L. B. From a package of calendars received from some unknown friend in Manhattan, the "bird calendar," with illustrations and descriptions of different songsters, was sent to the Bird Club branch at Londrum, S. C., and will be interesting and instructive to the children. The imported picture of the Madonna, from Florence, went as a greeting to an art student. In the calendars and pictures received from St. Albans, Vt., was a cat calendar, which delighted a lover of the felines.

THE TRIBUNE PATTERN.

A Tissue Paper Pattern of Misses' Blouse Waist, No. 4,933, for 10 Cents.

Blouse waists are always becoming to young girls, and many advance models suited to the incoming season are being shown. This one is exceptionally attractive, and is made with sleeve extensions that conceal the shoulder seams and give a broad effect to the figure, and with the deep cuffs that mark the latest style. As illustrated, the material is heavy lace, an interlining of chiffon being used between it and the fitted foundation, but the design is suited to all waistings, silk, wool, linen and cotton.

NO. 4,933—MISSES' BLOUSE WAIST.

The quantity of material required for the medium size is four and one-quarter yards 18 or 21, three and seven-eighths yards 27, or two yards 44 inches wide. The pattern, No. 4,933, is cut in sizes for girls twelve, fourteen and sixteen years old.

The pattern will be sent to any address on receipt of 10 cents. Please give number and age distinctly. Address Pattern Department, New-York Tribune. In a hurry for pattern, send an extra two-cent stamp and we will mail by letter postage.

The Times, London, November 24th.

A LONDON HEALTH-RESORT.

THE SAVOY RESTAURANT AS A "DIET-CURE."

COPYRIGHT, 1904.

[This series of notes was prepared by a member of the advertising staff of "The Times," who has personally investigated the particulars of the sources and qualities of the Savoy's supplies.]

VI.

[Other notes on the three Savoy Hotels—Claridge's, the Savoy, and the Berkeley—appeared in "The Times" of Nov. 3rd, 5th, 9th, 12th, and 18th.]

The conception of the Savoy as a health resort cannot be more novel to the reader than it would have been to me before I began to study the restaurant from this point of view. But I will come at once to my sweeping conclusion. When a writer aims not to be a prancer, but a useful beast of burden, gathering facts and, without curvets or capers, bearing them to his reader, he may surely take the shortest road.

It has been said of the Rüdesheim "grape-cure" that six pounds of Riesling grapes a day make a good diet for patients suffering from "abdominal plethora" (not to say from over-eating and laziness), because the sufferers are compelled to gather the bunches for themselves on the steep hillside. Sir T. Lauder Brunton has neatly said of the Carlsbad cure that it is curious to find, as one visits the famous watering places, here some chloride, there some sulphate, here some potash, there some magnesium—*but always water*; and that the chief virtue of all spas is perhaps that the patients do more early rising, take more regular exercise, and drink more water in the course of a month than they do at home all the rest of the year. The "Salisbury" cure—living upon minced beef and hot water—induces the sufferer to draw upon his own fat, like a bear in winter time; and the famous "whey cure" is only another system of starving a patient without telling him that habitually he eats too much. I love Aix-les-Bains, yet sculling across the lake in the hot sun to Ginet's, or tramping up the Revard, always seemed to me to be details of the famous cure more important than the fierce onslaught of the massage-men or the solemn ride in the sedan chair. The "Savoy cure" is like none of these. It does not trick one into doing disagreeable things; it invites one to eat a good dinner in a pleasant room. And yet I think I could prove out of the mouths of the highest medical authorities that there is such a thing as a Savoy cure, and that it is a good cure for the three commonest of modern maladies—disorders of the nerves, the stomach, and the circulation—all of them so closely allied that few patients can claim the elegant exclusiveness of an unmixed illness. The victim, if he be a man, often suffers because he overworks, lacking the rare power of choosing the right men to do his work for him; oftener because he smokes and drinks too much and eats too little; oftenest because he eats ill-designed dinners consisting of food ill-bought and ill-cooked. The victim, if she be a woman, suffers often because she has her sex's aversion to a proper breakfast and a proper luncheon; oftener because her task of judiciously spending her housekeeping allowance is more fatiguing than the labour the male expends in earning that fraction of his income. The victim may soon share the habits of the learned pig, and eat too much; though doctors say that excess is better than under-feeding. The only wonder is that neurasthenia, dyspepsia, and defects of the heart or blood are not present oftener than they are. The nerves do their work by a process much like the "sudden evanescent glow of an ember previously black hot," and are as fragile as the looped thread of an electric lamp. And the heart is a pump made of slender fibres instead of iron, a machine as delicate as a motor-car built of cardboard.

What can the Savoy Restaurant do to help those of us who are more or less affected in some one of these three respects? Obviously it can profess to do no more than to nourish us properly; and I fancy I can show that in no private house can one hope to be so wholesomely fed; that a month of Savoy diet is the best of treatment when heart, stomach, or nerves are fagged; and that even the habit of dining two or three nights a week at the Savoy will relieve many suffering patients. I believe that one can quote chapter and verse from the writings of eminent pathologists and show that these experts have unconsciously erected finger-posts pointing to the Savoy. One need only weave together the threads of their various arguments to show that the Savoy-cure is a remedy for the many complaints most frequently brought to them for treatment. They do not write its name upon their prescription-forms, but if one analyses the advice they give upon the subject of nutrition one sees the word "Savoy" between the lines.

AN EXPERT ON SAVOY AIR.

The art of eating, as of sleeping, begins with the environment. The air surrounding the Savoy may not be so good as that of Davos-Platz; but, for a reason easily guessed, it is better than that of any other part of London as conveniently placed. An expert told me this after careful observation, and I will try to put in untechnical language the point he makes. Air, like water, is good when it is clean and bad when it is dirty. A Scotchman invented, some ten years ago, a machine by which the soot and other sorts of dust in the atmosphere can be measured. The purest air has been found in the West Highlands of Scotland, where one observation showed only 16 particles of dust floating in each cubic centimetre of air; while the most favourable result in Switzerland gave more than 200, and in London more than 200,000 have been found. Armed with this or some other appliance—I am describing what he did, not how he did it—this observer, a recognized man of science, prepared for me a little chart of London's floating dirt. In my ignorance I should have supposed that as one went westward from the Savoy, always further from the factory chimneys of East London, the air would steadily improve. Yet the westering wayfarer, as he plods from the Savoy past Charing-cross, and on through Clubland, finds the air grow always worse until he approaches Devonshire-house, where the great open space of the Green Park no doubt exercises a beneficent influence. When the Duke of Wellington founded the Carlton Club, the year when the Reform Act was passed, it probably did not occur to him that he would have found better air if he had chosen a site near Somerset House, where land was cheap enough in those days. Nor did "The Marquis's Committee," when they chose Trafalgar-square as the site of the Union Club, suppose that it was too far or not far enough west. At any rate, the investigations of my friend the critic of the atmosphere show that the air in that neighbourhood has—within a few decimals—twice as much dirt as the air he tested at the Savoy. Those of us who lunch at the Savoy, with the broad road of the Embankment to take us after luncheon eastward to resume work, or westward to our pleasures, are fulfilling an obvious dietary duty by taking our nutriment without a needless admixture of soot and dust. Of course the explanation is, like all the facts of science, ludicrously simple. When the streets and roofs are dry, the dirt that falls upon them finds no rest, but is spread again in horrid whirlwinds by every passing breeze and turning wheel. But the Savoy extends itself, as majestically as a Venetian palace, on the water's edge, and all the dust that falls into the river is borne out by the tide past the Nore. No wind can set it afloat in the air again. One has the benefit of lung-food thus scavengered by the Thames, while one is in the heart of town—within three hundred yards of ten theatres and within half-a-mile of ten more—in a part of London within a shilling cab fare of Hyde-park Corner, King's-cross, or Liverpool-street. This is my least argument for the Savoy as a health resort, and it means something to the reader, even if he goes there only to eat a shilling grilled-bone, and to split, with a friend as hurried, a fifteenpenny pint of claret mixed with a jug of Savoy water, from the artesian well bored a tenth of a mile deep beneath the building, or with a little green bottle of Perrier.

A man's body may require food, and yet he may have no appetite; for hunger is a need that is not recognized unless it be accompanied by desire.

PLEASURE AS A DIGESTIVE.

When the digestive apparatus is not working well or the cooking is faulty, hunger fails to show the danger-signal of appetite, and we neglect to take the nourishment we lack.

"'Whatever adds to the agreeableness of life adds to its resources and power' (Matthew Arnold). . . . Appetite is the most powerful excitant of gastric secretion. Hence the importance for digestion of such æsthetic aids to appetite as agreeable surroundings, a well-appointed table, and good cooking, and the use before dinner of . . . the savoury articles usually classed on the menu as *hors d'œuvre*."

I quote this from a lecture delivered to the students of the London Hospital some six years ago. Many of the listeners must be to-day flourishing practitioners, and I wonder whether it ever occurs to them that by sending their patients to the Savoy they would follow this lesson to the letter? The proposition which I am endeavouring to prove in this chapter of my notes is so bold that I must accumulate my evidence, and I will try to explain how important a part properly-cooked food may play even before it is eaten. It is common knowledge that one's mouth waters when a waiter brings a tempting dish; but the excitement of the salivary glands (bringing into action the "ptyalin" which, in the case of food containing starch, enables the mouth to perform a chemical as well as a mechanical part in the task of digestion) is not the only function of the imagination. Gastric juice is needed, and it must not be always of one quality. As we see and smell pleasing food, an unseen apothecary takes down one bottle after another from the shelves within us and mixes just the sort of pepsin that we need, using a little more or less rennet, a little more or less acid. The old physiologists lumped all the varieties as "a kind of *aqua fortis*"; but it is known nowadays that the appearance of a mutton chop excites a secretion copious in quantity but poor in ferments, that bread evokes a concentrated mixture, and that a glass of milk, with its feeble resistance to digestion, meets with such contempt that it hardly receives any attention at all. No one yet knows how far this specialization extends. It seems probable enough that, if the aroma of meat is mixed with that of fish before either dish is brought to the table—and this happens only too often in ill-regulated private houses and restaurants—the listlessness with which one regards food so devoid of savour is shared by the internal dispenser, and it may well be that the very best cooking and the daintiest method of serving food are in this respect, as in others, very necessary aids to digestion. I speak with the uncertainty which an ignorant layman shares with the most learned among specialists, for only the half-schooled are cocksure; but a gastric fever that laid me flat at Liao-yang prompted me to ask many questions. And I do not think that any physician will laugh when I suggest that if a man is forced to dine at the house of a friend whose cook is clumsy, he might do worse than to walk through the Savoy restaurant on his way to dinner in order to sniff something good to eat, or better yet, take a plateful of the Savoy's admirable clear soup, in order that its extractives should muster—if not assort—his gastric juices for the battle. Without being a rabid vegetarian, one may believe that most of us eat too much meat, and that the way in which vegetables are cooked at the Savoy induces us to maintain, there, a better equilibrium.

The reader will be enabled to understand the conclusions which I have reached after a very thorough study of the Savoy restaurant from the dietetic point of view, if he will at this stage consider for a moment the purpose of eating—which is the most important of the duties we owe ourselves. I will not hesitate on the brink of my subject, as I see swimmers shiver on the bank of the Serpentine these November mornings, to search for polite comparisons:—a man at table (and I fear a woman must be no less prosaic) is stoking himself; but he is not only shovelling coal, he is also tending an engine. Some of the food he eats plays the part of fuel and becomes energy; but his boiler wears out more rapidly than any Belleville, and he must be as careful to replace burnt-out boiler tubes as to keep up his head of steam. Baron Liebig, in a book daintily called *Naturwissenschaftliche* Something, from which any schoolboy can quote learnedly with the aid of a dictionary, told the world this; and a year or two after Liebig died, Professor Huxley added the remark that the human needs differ from the boiler's in that certain substances serve both purposes, replacing worn-out tissue and supplying heat. Another great physiologist proved, in a volume of *Ernährungstherapie*, that neither of these authorities was quite in the right. And if the reader desires to decide among the three, his simplest course will be to do what I have done and go to Dr. Robert Hutchison's delightful volume on "Food," where he will find the whole subject clearly treated in English. The substances that serve this double purpose I shall call "Firsts," instead of going to Greek-English scientific slang for the word which describes foods of the first importance. The chief Firsts are white of egg, curd of milk, the muscle-essence of lean meat, and the gluten of wheat. Any one of these, with water and salt, will sustain life. A Scotchman tells me that he has seen Highland shepherds thrive upon oatmeal and water, and I know that I have lived in health if not in comfort for many weeks at a time upon nothing else than tough beef and muddy water. But these Firsts are the foods that least attract the appetite of the very men and women who most need them. A clear soup and an omelette are delicious at the Savoy, but in how many private houses will they make one's mouth water?

For human fuel, in addition to the doubly-useful Firsts, we have another group of foods: the Fats.

There is the fat of meat; butter, which is the fat of milk; olive oil (in Spain and Italy an important article of food); and the fat of grain, which forms only a hundredth part of wheat and half a hundredth part of wheaten bread (two-thirds of the bulk of a loaf is mere gas). Unless meat is admirably cooked the fat is unattractive to delicate taste. I have shown in a previous chapter of these Notes that the Savoy butter is of a quality better than a private housekeeper can buy in any London shop, and the rolls served at the Savoy, baked fresh four times a day, are far more wholesome than English household bread. Many persons suppose that wholemeal bread is more nutritious than wheaten bread; this is a misapprehension arising from the fact that physicians recommend it to patients who lack peristalsis, since it is a mechanical stimulant in this respect. The Savoy rolls, again, are nutritious not only because they are made of the best Hungarian flour but also because they give a greater proportion of crust than does household bread. Crust contains eight times as much soluble Firsts as crumb, three times as much nitrogenous matter, half as much again of starch, and contains less than half as much water. And crust, too, excites the salivary glands. Without being very hungry one will eat three Savoy rolls, weighing 1½oz. each, at luncheon or at dinner, and in order to get the same number of square inches of crust from household bread, one must eat crust-encircled slices weighing hugely more. So much for the Firsts and Fats at the Savoy.

This is as much of the story as can be told in my space. In the next chapter of these notes I will show how the Savoy bill of fare enables one to choose the sort of food one really needs, how Savoy cookery makes it tempting, and how Savoy prices bring it within the reach of those of us who have to think of pounds, shillings, and pence.

[Further notes upon this "diet-cure" will appear in "The Times" of Saturday next.]