# THE HERALD'S PAGE FOR EVERY WOMAN

EDITED BY JULIA CHANDLER MANZ

## FRUITS AND VEGETABLES AS TABLE DECORATIONS

There are many artificial ways to make lovely decorations, but in the study of vegetable flowers we can show a simple way of making our everyday meals more appetizing and still not interfere with the palatable part of the dishes we prepare. These things will appeal to every one who may be interested in making home dishes with pretty garnishes. For instance, the small vegetable can be cut into flowers, as follows:

**Beets.**

Cut beets in fancy shapes, they make a pretty garnish for any salad; cut as cups to serve salad in carries out the red color scheme; sliced and cut like hearts carries out the valentine idea.

**Cabbages.**

Cut cabbage head like flower; take out center and make into slaw and serve in head. You can also serve hot cauliflower for luncheon in cabbage head or any other vegetable salad.

**Cantaloupes.**

Cut cantaloupe in half, scallop, fill with green grapes and serve as first course; can also serve ice cream in the halves.

**Celery.**

Cut celery about three inches long, slash each end with scissors and stand in ice-cold water until it curls; then serve on lettuce leaves with mayonnaise. Fill long sticks of celery with cheese, nuts, and mayonnaise; this makes a good relish.

**Cucumbers Used as Cups.**

Fill with what you take out and add a little onion, also French dressing if you like; serve with fish. Boats made of cucumbers and filled with thin slices of same with mayonnaise. Cut in rings to hold asparagus when you wish green. Baskets made of this vegetable are also pretty.

**Lettuce.**

Cups are pretty to serve salad in. Use fresh, crisp lettuce.

**Peppers.**

Cut peppers into cups and use for any kind of creamed dishes, such as corn, celery, sweetbreads, chicken, asparagus, &c.

**Potatoes.**

Boil and cream well by running through ricer, season with a little butter, milk, white pepper, and salt; when a little warm, color delicately, put into tube, and make into roses, sweetpeas, &c., or mold into morning glories or nests and eggs. Make into cups large enough to hold raw egg, run in stove until egg is cooked, and serve around steak. Make mound, serve chops around it, and sprinkle with peas at base.

**Radishes.**

Small red radishes can be cut to look like carnations or tulips; they make a beautiful garnish for aspic in green, and are pretty on lettuce with salad; cut in slices, they look pretty on meat salad; cut with celery, they are nice to serve in peppers with a taste of onion. The long white ones make beautiful lilies and are a pretty garnish for any vegetable salad.

**Rice.**

Boil rice and color green, pink, or yellow, and make into nest for broiled chicken; make into wreaths to serve potatoes, cauliflower, or any vegetable.

**Squash.**

Select nice, small summer squash, even in size, with stems. Cut off top with stem, and tie with any color ribbon, and put in refrigerator or cool place; take out center, steam, season with butter, pepper, and salt, put back into the shell, and add top when ready to serve. This shell can be steamed if you do not care to serve it raw.

**Tomatoes.**

Cut tomatoes like pound lilies; serve with slices of cucumber as a salad. Cut as cups, take out center, mix with cucumber and celery, and serve with mayonnaise; these cups can also be used for sweetbreads and chicken. Serve in slices, with cottage cheese between. Cut nice tomatoes in half and put cheese flowers in center; serve on lettuce leaves.

**Apples.**

Apples are beautiful in red and green, whatever the color scheme, and can be filled with Waldorf salad, using the meat of the apples. They can be served with meats also, using the hearts to stew; then add pecans, a little butter and sugar, and put back into apples. They can be colored by steaming a little after color has been added to sirup. Take crab apples, stew in sirup until tender (with stem removed), place on platter or crystal dish; cook sirup until it jellies and pour over the apples when it is cool enough not to break the dish, but not cool enough to set; this makes a beautiful dish for meat courses.

**Grapefruit.**

Grapefruit served with strawberries makes a beautiful fruit course, or used as baskets can be filled with fruit salad, ice cream, or sherbet.

**Lemons.**

Cut lemons in half and hull out for cups; serve pickle or any kind of relish in them.

**Oranges.**

Cut oranges like chrysanthemums to serve ice cream or sherbet; they can be used for any salad. Make border mold of chicken aspic, fill center with cherries (white) and nuts, put wreath of oranges around filled with salad.

**Turnips.**

Take out center of turnips, and cut outside to look like rose leaves; tint with vegetable coloring, and fill with any kind of salad that harmonizes. Creamed meats can also be served in these cups.

## For the Dining Table

The ever present fern dish as a centerpiece for the dining table has become almost as much a part of the service as the knives and forks or as cereal for breakfast in the American household, and when one ventures to suggest that a change would be quite cheering to the spirits as well as the eye, everyone says "but there's no other plant that can be depended upon!" There is, though, and a very hard one. This is the flowering cyclamen, either white or the deep rose color, which will put forth new shoots and new blossoms continually from November to April, and it is such a graceful, pretty plant, which instead of growing less attractive after a few blossoms have bloomed and fallen, becomes bushier and more interesting each day.

The original cost is small, a dollar or so buying a very good specimen, and if planted in a wide, low flower pot and set in a pretty basket, one has a charming plant, suitable for any one or all of one's informal home meals.

**Room Names.**

Parlor is a word closely connected with the word parliament—from the French "parler," to speak, "a derivation sufficiently denoting the uses of the parlor. The needs of the family led to less formal parlors, where the members of the household could meet and feel at home, and naturally the decorations in these lesser parlors were less impressive than those in the state reception rooms, but lightsomer and more homelike.

"Then the feeling of home was rising with the wane of feudalism, and the greater sense of security, and in all the association of home life the influence of the feminine element became more and more prominent. New times, new wants, the lady's bower, divided from its utilitarian use of bedroom, became the boudoir. This is her own room, too sacred for visitors, save the most congenial.

"The parlor has rather much of a mannish element in it for her visitors alone, and so a new room has to be invented. The custom of the ladies withdrawing after dinner, while the men sit over their wine, supplied the name (it was originally withdrawing room). Royalty gave a great impetus to the use of the name as opposed to "parlor" by the institution of drawing room."

## FOR THE LITTLE FOLKS.

A printed brown and white pongee, lined with the same material in light blue, was made up as shown. The buckle is covered with the blue and sewed flat to the garment, a small button fastening the belt after putting on.

The plain coat is made of ecru poplin with cords and covered buckle of the same material. The belt is stitched flat all around the top of the skirt.

**Concerning Eggs.**

The best cold storage eggs are gathered and stored when the hen is at her best and the weather most favorable. The average hen in our latitude lays from sixty to one hundred eggs per year. Most of these are laid in the months from March to September, inclusive. She lays a few eggs in October, but unless especially housed and fed for the purpose, she will not lay in the months of November and December. Along in January we get a few eggs from the South, and some of the Northern hens, especially pullets, will lay intermittently, but the supply is very small. An April egg is the finest egg laid in any season of the year. Therefore, it is the finest cold-storage egg. It is kept in very nearly perfect condition in modern cold storage and is worth more today in the wholesale market than many of the receipts coming directly from the country, as these have been held from the September and October lay.

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## EVERY GIRL MUST LIVE HER OWN LIFE

### Billie Burke Advises Washington Girls Not to Yield Happiness to Prejudice.

### Declares that, Aside from Talent, Patience is First Requisite of Stage Success.

By JULIA CHANDLER MANZ.

At least two months ago I had a call from a most anxious mother whose mind was filled with horror because her perfectly well-bred young daughter wanted to go on the stage. The very fact that the girl had had all the cultural advantages which discriminating parents could possibly give, for some strange reason or other, made the mother's disappointment in the trend of her aspirations all the more poignant, and nothing I seemed able to say could convince the adoring maternal parent that every educational advantage her daughter had been given would assist in making her stage work intelligent. She had gone the way of many mothers, mapping out a stereotyped ("womanly" is the word she used) life for her girl—parties of all kinds after her social debut; a brilliant enough marriage, financially and socially, to assure an idle, useless future all the days that should follow her marriage—the most vital crisis in a girl's life.

Unfortunately for the mother's plans the Divinity which shaped the girl had given her ability and ambition, which, from her childhood, would not let her alone, a circumstance which brought anxiety to her mother and a serious unrest to the girl herself.

**Why She Chose Miss Burke.**

Perhaps I would not have found all this out had not the girl come to me one day last week—after I had almost forgotten the visit from her mother—bringing me a letter which Miss Billie Burke had written her in reply to a thousand and one anxious questions which she had asked the young Frohman star.

"You see," confided my young caller, "there is no help for it. I simply must assure myself either that I can or that I cannot be an actress. And there was so much I wanted to know that I wrote Miss Burke."

"Why Miss Burke?" I asked, wondering why she had selected her from among so many stage celebrities.

"First because she is my ideal. Second, because she is the only actress who has made a big success whom I have personally met, and also because I hoped she would let me have a talk with her face to face while she is here at the National Theater in 'The Mind the Paint Girl'."

"And what did Miss Burke say to you?" I wanted to know.

She handed me the letter which she had received from the charming comedienne, and when I had read it I asked her permission to publish a portion of it because I think the advice it gives will perhaps serve some other girl who feels that she has within her the "Divine fire" of dramatic genius.

**Stage Offers Large Returns.**

Here is Miss Burke's letter:

"Dear Washington Girl—I am particularly glad to write to you because you are a Washington girl, for I am a Washington girl myself. Lots of girls come to me and write to me wherever I go asking me questions about the stage—how I got a start, what I did after that—what would I advise them to do.

MISS BILLIE BURKE.

"I know a great many actresses who have succeeded make a habit of discouraging other women from going on the stage. I don't know why they should. I am not egotistical enough myself to think that where I have made a success another woman may not. It all depends. As a matter of fact there is no profession open to a woman which offers as large returns as the stage. That is presuming she has real talent. If she hasn't the talent there is no use trying. She can never reach the top and it is only at the top that it pays.

"Besides talent the greatest requisite of stage success is patience. Every young actress has to wait for her chance. I had to wait, and wait, and then wait some more. And often I thought that the chance was never coming. Did you ever have to wait day after day, week after week, month after month for the thing you wanted most of all in the world? If you never did you have no idea of an actress' life. Sometimes I used to think it was all waiting and that nothing would ever happen. Every girl who makes a success on the stage must have ability and she must be prepared to wait. And, oh, how discouraging it all is! But when you do succeed the joy of it makes up for all the disappointments and heartaches that have gone before.

**Nothing but Prejudice.**

"About your mother's feeling in the matter there seems to me but one thing to say, and that one is that no one who has that something in them which tells them that they have the ability to make a wonderful thing of life can lay aside the voice which calls them for the sake of any other human being—and certainly not for the sake of prejudice. For it is prejudice, my dear, this feeling of many mothers that their daughters are going straight to perdition as soon as they set foot on the dramatic boards. If a mother has prepared her daughter through all her adolescent years for those of maturity she will be safe anywhere. If a mother has not done this her girl will be safe nowhere, least of all in the sort of idle existence which most mothers cherish as the crowning point of success for their daughters.

"Every human being must live his or her own life. No matter how great, tender, and protective a mother's love it cannot shield her child from the experiences through which she must pass as she travels life's road. Only the character she has helped her girl build can do this. It is what we are that counts; what we are that makes or breaks us.

"And it is just because of this that I feel so strongly that not even a mother has the right to map out the life her daughter shall lead—the profession she shall follow. This is not, however, a suggestion that any girl should treat the broader experience, the loving advice and solicitude of her mother with disrespect, for she can find no one in all this world who means so well toward her. It is just simply that it is utterly impossible for a mother who has never felt the call of the stage; the impelling force of ambition; the never-let-go hold of ability; to understand the workings of the mind of her young daughter who is urged to action by all of these things."

This, with a few other comments, constitutes Miss Burke's letter, which I hope every mother of every girl who feels herself called by any special work will read, and read, and read again.

**Before Visiting Sick.**

An infectious disease is more liable to be taken when one has been long fasting than soon after a meal. It is well, therefore, when going to see a friend suffering from a disease of this kind to eat a substantial meal first.

Neither should one go into an affected area when very warm or after a long, quick walk, when the pores of the body are all open.

## PRACTICAL RECIPES FOR HOMEMAKERS

By LIDA AMES WILLIS

**Grilled Beef on Toast.**

Melt a large spoonful of butter or pork dripping in a frying pan and when it is hot lay in slices of cold beef and heat through thorough. If the beef "leftovers" are not in slices, but scraps, then chop coarsely, and heat. Make a sauce of two tablespoons hot water, two of butter, a tablespoon each of Worcestershire sauce and tomato catsup, a dessert spoonful of made mustard; quarter of a teaspoonful of salt, pepper to taste and a teaspoonful lemon juice or vinegar. For those who like onion chop half a medium-sized onion and brown it in a tablespoonful of butter and add to other materials. Thicken with a tablespoonful of flour rubbed smooth with a teaspoonful of cold water. Lay the delicately browned slices of hot buttered toast in a hot platter; lay the grilled beef in the toast, pour the sauce over the meat and toast and serve very hot.

**Hominy Waffles, Raised.**

Use the small hominy for these. To a cup of boiled hominy add a pint of scalded milk, and a tablespoonful of butter, a pint of flour, half teaspoonful of salt, tablespoonful of sugar and scant half cup of yeast. Beat well, cover and set in a warm place to raise over night. In the morning add two well-beaten eggs, yolks and white beaten separately, and bake in hot, well greased waffle irons. This receipe will answer as well for waffles and muffins, making the batter a little thicker.

**Apricot Fritters.**

Make a batter of one cup of flour; one tablespoonful of butter, half a teaspoonful of baking powder; pinch of salt, and one well-beaten egg. Then the batter with the juice from a can of apricots, using about half a cupful. Have ready enough hot fat to float the fritters; take up half an apricot, dip into the batter and then fry. Dust the fritters with powdered sugar. Half a can of apricots will probably be enough for family luncheon, the remaining half can be used next day in a dainty dessert.

**Prune Cream Pie.**

Stew, stone and press through a colander enough prunes to make a pint of pulp. When thoroughly cold add a cup of thin cream, thickened with a teaspoonful of cornstarch rubbed smooth in a little cold milk. Add the well-beaten yolks of two eggs and third of a cup of sugar. Put in one or two spoonfuls of apricot juice left from the luncheon dish. Line a pie plate with good paste and fill with the mixture and bake in a brisk oven without burning. Beat the whites up stiff and white and when the pie is baked, stir two tablespoonfuls of powdered sugar into the beaten whites and heap up over the pie. Brown slightly and eat hot or cold as preferred.

**Almond Blanc Mange.**

Scald a quart of milk in a double boiler. Mix together four tablespoons of cornstarch, four of granulated sugar and a pinch of salt. Pour the hot milk gradually into the dry materials, stirring constantly. Return to the double boiler and cook and stir until it thickens; then stir in about half a cup of blanched and chopped almonds and turn into molds. Set on ice to chill and serve with whipped cream, plain cream and sugar or chocolate sauce.

**Ham Balls.**

A nice way to use up scraps of lean boiled ham. One cup of minced ham, one egg, one cup of soup stock or water, saltspoon of dry mustard, teaspoonful of Worcestershire sauce; one tablespoonful of butter, and teaspoonful of flour, rubbed with the butter. Heat stock or water to boiling point and add flour and butter. Add ham and seasoning and beaten egg. Boil up a minute and take from the fire and cool. When cold make into small balls, drop into a batter made of one cup of flour, two teaspoonfuls of melted butter, one cup warm water, the beaten white of an egg and little salt. Fry in hot fat until nicely browned.

**Potato Griddle Cakes.**

Grate two large potatoes and add half a cup of milk. Sift together, one cup of flour, a teaspoonful of baking powder; half a teaspoonful of salt, and stir in the grated potato and milk. Beat to a smooth batter, and fry on a well-greased, hot griddle.

**Prune Loaf Pudding.**

Stew half a pound of prunes until tender. Dissolve half a package of gelatin in half cup cold water, add the juice of a lemon and half a cup of sugar dissolved to a sirup in two and a half cups of the juice from the prunes. Pour this hot over the gelatine; add the prunes chopped fine. Pour into a dish and a set away to harden. Serve with cream.

**Codfish in Cream.**

Shred and soak half a cup of salted codfish over night. In the morning drain, place in a stewpan, cover with cold water and let simmer gently for fifteen minutes. Add a cup of rich milk. Rub a tablespoonful each of flour and butter together until smooth and stir into the fish. Mince a hard-boiled egg and stir into the mixture. Season to suit the taste with salt and pepper and little minced parsley. Boil up once and serve.

**Hominy Croquettes.**

Season a cupful of boiled hominy; add a teaspoonful melted butter and stir well. Add a cup of milk and mix gradually to a light paste. Add pinch of salt and one well-beaten egg. Roll up into balls, dip into beaten egg, and cover well with bread crumbs and fry in deep hot pan.

**Stewed Kidneys.**

Take two lamb or veal kidneys, cut open, wash in cold water, and cut off the good part, leaving the core. Cut into small pieces and lay in salted water for half an hour. Rinse well, and lay in fresh salted water and put on the stove. When the water boils, pour it off. Chop an onion fine and brown in a little butter. Add a cup of boiling water, a pinch of salt and dash of pepper. Put in the kidneys and let cook gently for half an hour. Ten minutes before serving add a tablespoonful of tomato catsup, and one of flour rubbed smooth in a little cold water. Also add a teaspoonful minced parsley, and serve very hot.

## SOME REASONS WHY WEDDINGS ATTRACT

### Some Go Out of Pure Curiosity. Others to See Pretty Clothes.

"What is the reason for this wedding mania among women?"

"Why is it that at all fashionable weddings one sees so many women inside or outside of the church, fascinated by the spectacle of somebody getting married?"

Some women go to make notes of the bride's dress and the costumes of the visitors!

"My presence at weddings is simply in order to observe the hats and dresses of the ladies," said one woman. "They serve as ideas for my own dresses and those of my friends.

"Quite a number of dressmakers attend weddings for the same reason as myself. 'Lady X. wore this at So-and-So's wedding,' they tell their clients, and so greatly enhance their chance of getting orders.

"At fashionable weddings one sees the highest perfection of taste in women's wear."

One woman says:

"I go to weddings because I can't help going to them. I like to see what the bride looks like, whether the bridegroom is tall and good-looking, and how the guests and friends are dressed.

"When anybody of note is going to be married, I look up their pedigrees and find out all I can about them. Then, when I see them in the flesh, it is more thrilling to me than a play."

Other reasons why women go to weddings are as follows:

"It is because a wedding is the most interesting thing in the world to a woman.

"I know that if I am passing a church where a wedding is in progress, I have to stop and wait for the bride to come out. Why? I cannot say."

A practical business woman said:

"Woman has a mad curiosity for sightseeing. A wedding is a free show and provides a fund of matter for conversation. But curiosity is at the bottom of it—that and envy."

A well-known cynic said: "Wedding habitues are mostly spinsters who are attracted by the romance of the marriage ceremony."

## ODDS AND ENDS.

To remove hot water marks from japanned trays, use sweet oil. Rub it in well till all the marks disappear, then polish the tray with flour and a soft cloth.

A teaspoonful of washing soda and a cup of vinegar poured down the sink will clean out the most stubborn of clogged pipes.

Oil the hinges of squeaking doors by using a feather dipped in some linseed oil.

Mix ginger cookies with cold coffee instead of water. It will improve them.

To clean pewter wash the articles with hot water and fine silver sand, then dry and polish them with a leather.

Rag rugs made of cotton wash well. These are inexpensive and are often just the thing for the kitchen, as well as other parts of the house.

Beetles can be exterminated from any room if the place they infest is sprinkled with ground borax mixed with common brown sugar.

**One-egg Devil Cake.**

One cup of sugar, one-half cup of butter (creamed), 1 egg, one-half cup of milk, 1¼ cups of sifted pastry flour, 1 teaspoon of baking powder, 1 teaspoon of vanilla, one-fourth square of chocolate, scant one-half teaspoonful of soda. Shave chocolate fine, add scant one-half cup boiling water. To this add soda, beat until thick and add to the cake. Bake in angel-cake pan. Frost with any favorite frosting. Bake the day you wish to use it. You'll note it calls for baking powder and soda, which is correct.

## SPLENDID THINGS THAT THE WOMEN'S CLUBS DO

By FRANCES SHAFFER.

As time goes by, we read all sorts of pleasant words regarding the modern clubs for modern women, and tribute after tribute goes their way for the work that they are doing.

They are said to be in the foreground of useful work, are complimented for their interest in public affairs, and are approved and applauded on every hand.

Now, some folk are rather skeptical of the influence that these clubs wield, quite doubtful of the good that they do. They say that women lightly skim the surface stir things up a bit, make a lot of noise, and let it go at that.

But if any one seriously questions the standing of women's clubs, he is respectfully referred to the newspapers and the magazines and to the things that they say.

**The Impressive Thing.**

Nicely worded compliments and a bit of fulsome praise are all very well, but the thing that really impresses us in regard to the force of women's clubs is this:

When it happens that something comes along requiring steady, united action, something affecting the whole social fabric, first we hear a whisper—

"Why don't women take that up in their clubs?"

Then the whisper becomes a chorus—

"If women's clubs would act together on this question they would hold the situation in their own hands and could make whatever terms they liked."

"Women in their clubs could take hold and bring about reform."

"That little matter would certainly be set aright if women would start the ball a-rolling in their clubs."

That is what they say, and they say it pretty often and pretty seriously, too. And the point of it is, they say it because they know right well what these organized women have accomplished in the years since "service" has been the motto of their clubs. And when they say "if," they do not speak it with a sneer, because they have only to look back upon things that have been brought about to know the things that may be done.

**Could Force Down Expense.**

Just now they are telling us that women, if they liked and if they would, could clean up this worry epidemic of high prices, which is world-wide in its reach. Housewives, in their clubs and in their leagues, could go to work in every city, as they already have in some, and could force down the cost of living to a comfortable plane.

"Well, maybe they could. And one believes this almost the best compliment of all. Because this question of high prices involves a great many important things, things with which the average clubwoman or the average woman anywhere, has not been in close, working touch as yet. There is a big tangle somewhere, a tangle not made by woman's hands or women's clubs, and it certainly is a tribute to the work that clubs have done, and the work that they are doing to say that women can straighten it out.

Yes, it is a tribute, but when the tribute has been paid, there is something more to be said. Because it is not exactly fair to expect women to begin at the finished end and pick out that tangle, long in the making. For the dropping of the old-time market basket is not back of the prices we must pay, in spite of all that is said. Indeed, it is a much bigger figure than that.

The fact is that housewives are already working at the problem, but it is not a problem of their making.

**Power They Might Wield.**

There is no lack of things that the clubs have done, and as we think of the years to come and the things that remain undone, it is rather significant that we find ourselves turning to that old chorus about "women's clubs" and the power they might wield.

There's that age-old question that deals with the woman who sins.

Of all the questions upon which women have put their thought, their work and their care, there is nothing that comes quite so close to the real growth of the world as this.

And with women's clubs grown big enough and purposeful enough to look the sorry issue in the face, to take off their gloves and go to work for the help of all womankind, whether good or bad, fortunate or unfortunate, sheltered or exploited, there is great hope for the good that they may do.

This is a question that has a great many ugly arms, reaching out in different directions, arms that have crushed and destroyed in the past, and the time is ripe for women to take it up and do all that they can.

That they are taking it up is not just one of the best, but it is the truest of all the tribute they earn. And one trusts they may grow earnest and yet more earnest in a cause that has called to them for many long years.

## ADVANCE STRAWS.

The feathered-trimmed hat is made in the elongated shape with a conventionalized tam-o'shanter crown. The brim facing is of deep amethyst velvet. The plume is in black with mixed shades of amethyst.

The other hat is of golden-colored hemp with a black velvet ribbon around the brim, edged with violets. At the side is a bow of the velvet with a rose and violet in the center.

## JULIA DEAN IS A PRACTICAL SUFFRAGIST

Julia Dean, who portrays the part of Virginia Elaine in George Broadhurst's "Bought and Paid For" company, at the Belasco this week, has many logical ideas to advance in the cause of the suffragists. One of the theories of Miss Dean advances, in which she claims that all women who pay taxes on realty should be entitled to a vote, smacks of logic, and she has made numerous addresses in some of the leading cities throughout the Union in behalf of her sex that have been favorably commented upon because of the common sense and equitable consistency to be found in the arguments she advances.

## A COURSE DINNER IS EASY TO SERVE

### If Forethought Is Used in Preparing Menu, Preparation Will Be Simple.

Many of our housewives who want the elegance of a course dinner, yet who are limited to the services of one maid, would be much amazed at the ease with which they can both cook and serve if a little forethought be used in the menu.

A preliminary cocktail, prepared beforehand from a bottled sauce or catsup and oysters or clams, makes a good beginning, and can be made ready in the early morning and placed on ice to great advantage.

A clear soup with vermicelli or noodles can be cooked the day before and may simmer quietly for half an hour before serving time without further care.

Fish is well represented by devilled crabs, seasoned and turned into little mounds in the center of scallop shells. This may be done any time several hours previous to the feast, and all they need at meal time is a simple browning in the oven.

Large and substantial roasts are not only hard to prepare and serve, but also fill the oven to the exclusion of everything else, so it is advisable to have delicious little steaks, fillet of beef, with canned peas and pomme de terre au gratin, and prepared early in the day from mashed potato and a sprinkling of grated cheese.

Most salads may, without serious injury, be mixed several hours before using and placed in a large bowl in the refrigerator, placing it on the lettuce leaves at serving time. Cheese balls are better made early, and iced.

Certainly for desserts nothing could be more delicious, more appetizing, or more decorative than individual charlotte russe, more popular than ice cream, with hot maple or chocolate sauce and stuffed wafers, or more soul-satisfying than a tutti frutti French cream, all of which may be either ordered from the caterer or made at home early. With bonbons, coffee and cigars this provides for a really elaborate dinner of eight courses, which could be prepared for that matter by the housewife herself in the forenoon, inasmuch as the only thing which must be actually cooked at meal time is the steak. Almost any maid could be trusted to do the rest.

**Coddled Eggs Nutritious.**

Eggs covered with boiling water and allowed to stand for five minutes are much better flavored than the soft-boiled egg that is actually boiled for three minutes. Dieticians tell us, too, that the so-called coddled egg is far more nutritious and more easily digested.

Develop Your Bust In 15 Days
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INSTANTLY SUCCESSFUL.

I don't care how thin you are, how old you are, how fallen and flaccid are the lines of your figure or how flat your chest is I can give you a full, firm, youthful bust quickly, that will be the envy of your fellow-women and will give you the allurements of a perfect womanhood that will be irresistible.

The Charm of a Full, Firm Bust Is Worth More to a Woman Than Beauty.

They say there is nothing new under the sun, but I have perfected a treatment that I want to share with my sisters. What it did for me it can and will do for you, and I now offer it to you.

Others offer to build up your figure with drugs, greasy skin foods, creams, dieting, massage, and expensive instruments and devices. I have done away with all these injurious methods, and have given a legion of women a luxuriant natural development by a treatment never before offered the public. No massaging, nothing to take, nothing to wear.

Why be skinny, scrawny, flat, and unattractive? I claim to be the highest priced artist's model in the United States, and what I did for myself I can do for you.

I don't care what your age may be, I ask only that you be at least sixteen and not an invalid, and I will undertake to develop your bust in two weeks. All I ask is five or ten minutes of your time every day.

Write to Me To-day for My Treatment

It will only cost you a penny for a post card and I will mail you this wonderful information in a plain cover so that no one will know your secret.

Don't let a false pride and a silly sense of shame keep you from enjoying to the full the charms you should have to be a perfect specimen of womanhood. Let me help you. Your communication shall be held in absolute confidence and secrecy. Write me today.

ELOISE RAE
1325 Michigan Ave., Suite 2010, Chicago, Ill.