

# A PAGE FOR THE WOMEN FOLKS

## Surprising Diversity of Fashionable Silhouette

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**M**LADY may like the flowing lines of the long tunic or the dainty, ballet dancer effect of the short tunic, or she may fancy the straightened tunic, the three styles favored by Dame Fashion. If we can assume that fashion has any favorites, for never has there been a year when the fashions have been so diversified and so susceptible of individual adaptation.

At the extreme left of the illustration is the very newest tunic for advanced summer styles. This particular gown is developed in two materials, which give the frock a very smart effect. Colored striped cotton ratine is one material used, combined with a sheer cotton voile. A unique coat effect is carried out in the striped ratine. Long sleeve sleeves and a collar and vest of sheer organdie complete a very chic costume.

The hat pictured at the right of the gown is a Panama turned up at one side and faced with black velvet. For the summer girl this is quite the prettiest outing hat shown.

The blouse is built of white ratine,

combined with tango yellow ratine for collar, cuffs and covered buttonholes. Tango yellow is a particularly becoming color to the black haired beauty, but the blond tressed girl will be wise to shun that particular fashionable color.

The gown in the center is developed of ribbed crepe and shows the fancy for the double hip length tunic still liked by slender women. A simulated plait of the crosswise striped material extends from the top of the waist to the bottom of the double flaring tunic. The plait is further ornamented by green crystal buttons. The collar and cuffs are of sheer organdie embroidered in delicate leaf green, and the tulle parasol has a border of pink

roses and green leaves. Green in all its variations is a delightful summer color.

The frock upon the extreme left of the picture is built of figured crepe very simply, with two tucks about the hips to simulate a double tunic. For a wash gown this is one of the most sensible fashions of the season. The blouse is simple, having as garniture only a strip of sheer ballet embroidered, set in below the yoke and unique-

ly continuing to the bottom of the sleeves, which are finished with a band of the embroidery.

Do you know that the lace dress is considered the ideal summer gown? The shops are showing attractive lace

flouncings at prices which put them within reach of the economic woman. Another recommendation for the lace

gown is the fact that any one with the slightest knowledge of sewing can easily make one.

### COOKING EN CASSEROLE

**W**E are a nation of borrowers, as we are also a nation from which much is borrowed, which is eminently fitting and fair. In the case of the casserole we borrowed to some purpose for milder looking these days for labor savers, and the casserole used in conjunction with the fireless cooker is a labor saving device without a rival.

The ordinary ones are made of tough brown glazed earthenware, which with-

stand away to cool. When cool take out the center of the rice, leaving a well and bottom about an inch thick. Fill this cavity with a nice white tricasee of chicken. Use the rice taken out for an upper covering. Be careful not to press out the sauce when covering. Brush the top with beaten egg and put in a quick oven to brown. When brown place on a dish, draw the little rods that fasten the mold together and remove the mold, leaving the bottom under the casserole on the



stands the attacks of heat; it also retains it for a long period of time. Below are some recipes for the casserole:

**Casserole of Chicken.**  
Two cups of rice, three quarts of water, one tablespoonful of salt, one tablespoonful of butter, one-half cupful of cream, pepper to taste.

Wash the rice in cold water. Put it in a sauceman with cold water. Boil slowly for one hour; then drain in a colander, mash and add the butter, cream, salt and pepper. Brush the casserole with butter and then with cold milk. Press the rice into this and

dish. It will not show, and it spoils the casserole to move it. If your mold has no bottom it must be served on the dish you browned it on. Pour steamed mushrooms around and serve.

**Casserole of Fish.**  
One cupful of any cold fish, flaked, seasoned and moistened with a little cream, the same quantity of mashed potatoes and two hard boiled eggs. Butter a small mold and put in alternate layers of potatoes, fish and slices of egg. Steam twenty minutes, turn upon a hot platter and garnish with parsley.

### A COLOR BRINGS OUT A COLOR

**H**AVE you noticed how the color of your eyes changes sometimes with the weather and sometimes with the color you wear?

With almost everything but the eyes it takes contrast to bring out color. For instance, a portrait of a blond woman almost invariably has blue in the background, and somewhere about the portrait of a brunette you will find pink or red. This is because the same shade will be reflected in your eyes. The darker the blue the darker the eyes.

You will see a rosy cheeked girl with a rose colored hat on her head. Remove the hat and replace it by a brown or green one and she will look pale.

A blue hat or veil casts a blue shade over the face, so that the sweetest natural complexion will appear as if painted.

You can make your blue eyes or gray blue eyes deeper in color if you like. If you wear a blue facing or much blue trimming upon your hat the same shade will be reflected in your eyes. The darker the blue the darker the eyes.

### Hints For Mid-July

**M**ANY women suffer a good deal during the heated summer term because they do not know how to adapt themselves to the torrid conditions. The first thing is to take life as easily as possible, avoiding all unnecessary exertion during the hottest hours of the day. That is not easily managed, but it can be done.

Allow yourself plenty of time to get everywhere—hurry and fluster are the most tiring of exertions—and ruthlessly "cut" unimportant engagements, reserving yourself for those that must be kept. Get through necessary shopping as early as possible in the day, for, though the big shops are nearly all delightfully cool, the heat and turmoil of the streets are frightfully exhausting from noon till late afternoon.

Also let nothing interfere with your rest interval before dinner, a full hour if possible of absolute inactivity. Undress, slip on a rest gown and lie down in a cool, darkened room till it is time to dress for the evening; then have a warm bath, followed by a tepid sponge down or shower, and you will feel thoroughly refreshed. A cold shower is not advisable in very hot weather.

Avoid heavy and very rich meals. Light and digestible fare is required, consisting chiefly of fish, eggs, poultry, salads, cheese and fruit, sweets made with milk, cream and eggs, and so on, mostly cold, though too many ices should not be taken. They are responsible for most summer maladies. Iced drinks should also be taken in moderation, and the refreshing lemonade or "cups" made with light wines, hock, moselle or with fruit syrups are best. If spirits are taken at all it should be infrequently.

The face should only be washed with soap and water last thing at night, but it is very refreshing to spray it and the neck frequently with rose or elderflower water to which simple tincture of benzoin has been added, drop by drop. In the proportion of one teaspoonful of tincture to half a pint of rosewater. Dry with a soft handkerchief; then apply a little unfatened face cream. Smooth this off with the handkerchief and dust on a little good powder. The face wash mentioned is wonderfully cleansing and, with the cream, provides a great protection against freckles and sunburn.

One's eyes often feel hot and irritable in dry weather, chiefly on account of the dust, and they should be bathed frequently with this lotion: Dissolve a small teaspoonful of boracic powder in a half pint of rosewater. Nearly fill an eye bath—or an egg cup will serve—with this and add hot water to make it just tepid. Hold the cup up to the eye and open and shut the eye several times in the lotion, which will not only wash and soothe the eye, but will penetrate through the tear ducts to the nasal canal and prevent the so called "summer influenza cold," which is really caused by dust. After washing the eyes in this way at night dry them and smear the smallest possible amount of pure white vaseline on the lashes.

### Let Us Not Have the Ugly Hoopskirt

**O**UR minds have dwelt much upon hoopskirts during the past few years for we have been threatened with them month by month. We came very near getting them, so we thought, when the minaret tunic of last autumn inundated the land, then ebbed, and there is still a fearful feeling among the majority of folk that the present tendency is toward the revival of this obnoxious accessory.

Fremet and Cheruit displayed regular hoopskirts in their spring exhibitions. No woman wore them outside of these salons, but the idea was exploited, and here and there saw evidence that it had taken root.

No fashion is widely adopted when it is first started or as it is first started. It is mellowed and moderated and made suitable to the time and the hour. So, while the wild, bobbing, crinoline skirts of the second empire

were not seriously thought of, there are reeds and hoops in several skirts worn by women the last year would have thought the idea grotesque.

**THE CONSIDERATE MISTRESS.**  
THE considerate mistress is, first of all, a woman who has the admirable faculty of being able to put herself in another's place.

She knows how things should be done and understands how to give instructions as to the doing. She does not impose tasks that are impossible of accomplishment within certain time limits.

**FOR THE NEEDLEWORKER.**  
The latest bath slippers are of white Turkish toweling. They are likewise embroidered in blue in a French knot design.

### WOMEN ARE NOT MORE EXTRAVAGANT.

**I**t is a generally acknowledged fact that the average woman of today looks much smarter and better dressed than her predecessor. And the question naturally arises, is she more extravagant?

The answer is most emphatically "No." The truth of the matter is that nearly every woman nowadays has learned the art of making things for herself. It's so easy with the help of a good pattern, and there are so many excellent patterns nowadays.

### A TENNIS OUTFIT



**GOWN AND HAT FOR THE SPORTSWOMAN.**  
THE hot summer days call out tennis enthusiasts. Here is a gown which would be comfortable and good looking at the same time.

### CEREBRATE A BIT IN YOUR COOKING

**I**t is paradoxical how many women complain of work, of how much discomfort they have to endure, when much of this discomfort is unnecessary. In most of our cooking far too great a percentage of heat is unutilized and goes into the air and thus makes the kitchen warm instead of cooking the food. There are many fuel savers, like the fireless cooker, insulated portable oven, hoods for stoves and the steam compartment cookers, all of which save fuel either by conserving it or by cooking several things over one burner.

But aside from these excellent commercial aids, which every woman should invest in as much as her pocketbook will permit, there are methods and short cuts which any woman can follow at no cost except the use of her gray matter, which is often much more difficult to use than any other "labor saver."

### EAT SUGAR, AND ALCOHOL WILL HAVE NO TEMPTATION.

**S**UGAR was considered an article of luxury in Europe until tea and coffee became usual articles of diet. Sugar was then used to sweeten these beverages and so gradually came to have a prominent part in the daily diet. Before the days of sugar much more meat was eaten and the drinking of alcoholic beverages was much more common. The fair maiden who could not with impunity drink a pint of ale for breakfast was unusual. Perhaps in spite of the fact that most of us eat too much of it, sugar is a blessing. Even over-sweetened coffee and cereal covered with sugar sound more beneficial than a pint of ale and half a pound of beef for breakfast.

### GRAZE FOR WILLOW

**F**irst let there be better planning of meals. By so doing much unnecessary cooking will be avoided. For instance, without a plan for several days ahead, one might decide on mashed potatoes today and string beans, and tomorrow on fried potatoes and tomatoes. Now, with a plan in mind, enough potatoes might be cooked at one time for two meals. Instead of cooking beans today and tomatoes tomorrow enough beans could be cooked at once to use the second time as a cold salad. If one did not wish to have the same food on successive days one day could elapse between, when there are good storage facilities.

All vegetables can be used hot once and cold in a salad, or part in a cream sauce, and the second quantity with drawn butter only. Similarly the same dessert may be varied by placing one half in a large mold and using with one kind of sauce, and the other half in another, or with another sauce, but both cooked at once.

Fish lends itself capably to this idea. First boil a double amount and serve one half with a hot egg sauce; later on you can use the second half in a scalloped form, in a salad or in a loaf. The first cooking probably took thirty minutes; the second or "short" cooking, ought to take about fifteen minutes, and thus save from that to an extra hour on the second day.

Meats also can be planned after this idea, and it is true that more women follow this idea with meats than with any other foods, but far more short cuts can be taken with vegetables, with potatoes, with desserts and fruits, by cooking a double quantity at one time and serving the second half with almost no cooking.

### HOUSEHOLDERS have found that willow furniture is, after all, about the prettiest furniture for piazzas, and manufacturers are vying with one another to evolve unique and useful articles for piazzas and lawns. Pictured here are two pretty articles, which show very clearly their use.



### A ROLAND FOR AN OLIVER.

**M**R. B. who was dining out, had done lavish justice to the good things before him. By way of a graceful apology he remarked with a beaming smile directed toward his hostess: "I've always heard, ma'am, that the highest compliment one can pay the housekeeper is to eat heartily." You observe that I have been exceedingly polite.

"Thank you, Mr. B.," smiled back the hostess. "Indeed, I think that you have carried politeness to the point of satiety."