

Health, Beauty And The Home



Holiday Garnishes

By Mrs. Christine Frederick,
The Distinguished Authority on Household Efficiency.

ANYTHING we can do to prepare food attractively or make its service attractive will enhance the desire and appetite for it. It is on this theory that famous chefs operate when they garnish and decorate our dishes. Some housekeepers totally ignore such aesthetic additions to food and continue to serve pot roast and gravy and mashed potatoes in the same perfunctory way. But, ah, the taste, the charm, the delight of the attractive dish! Even a far simpler dish if neatly arranged on the platter, if brightened by a sprig of parsley, celery top or cut lemon looks better than food served in "sops," as if it had been cooked by the ton.

At holiday time there is more chance to decorate than at any other season. We want to be gay, and the foods should look gay also. How shall we do it?

First, the arrangement of the table is important. It should be symmetrical and balanced and never have the appearance of overcrowding. The beauty of the formal table is just this symmetry and restraint, without fussiness. If there is to be a centerpiece here it rightly proportioned to the size of the table, not too large or too small. If it be fruits or some form of Christmas scene be sure that it is finished and complete.

Many attractive centerpieces may be arranged with the aid of the trinkets from the tree—sleds, and chimneys, and a tiny tree, or little elves, etc., all found on the favor counter at many stores. One charming table piece was made with the aid of a platter mirror, with a sled alongside, a small red house near by, and, of course, Santa Claus within call. The whole was sprinkled with powdered mica.

Pinsettia or holly is another more dignified decoration. The paper or velvet flowers are not dear, and against the snowy cloth make a rich effect. A place card of one flower should be at each place to correspond with the central decoration. The stores which make a specialty of Christmas decorations, such as the paper novelties, are well worth visiting, as they put out new things each season and will often demonstrate to the shopper how to produce certain effects with their products.

I recall that once we wanted mistletoe to add the final charm to a table of green and white. But this plant was so scarce and dear that we couldn't procure it. So ingeniously and a pair of scissors cut leaves from holly into the same shape as mistletoe leaves and a few pearl beads sewed on here and there gave a wonderful effect quite prettier than the real beads.

When we come to the preparation of food we have many little helpers to make the dishes more attractive. There is to be bought in the shops an orange duster, which removes the skin of the orange or grapefruit, leaving the fruit whole and the skin in shreds, to be a basket for holding jelly or candies. Again, there is a small perforated tool which runs out the edge of the orange or fruit rind, thus making a fretwork design which adds greatly to the effect.

A set of vegetable parers comes with little tubes or cutters which, if pressed down on a carrot, beet, etc., will cut it into shaped and pretty julienne or other strips. These are easy to operate and the children love to use them. By pressing in one direction the strip is sliced, and by pressing the other way the strip is cut off.

The small molds or cutters so much used by the French cooks should be more used by the housekeeper. These are tubes with different patterns at the end—half moons, stars, flowers, etc. They cost about ten or twenty cents each.

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Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	CHRISTMAS	FRIDAY	SATURDAY	SUNDAY
Breakfast Cereal, Egg, Bacon, Orange Juice, Tea, Coffee, Custard	Breakfast Fruit, Cereal, Hard-boiled Eggs, Egg, Bacon, Custard	Breakfast Omelet with Bacon, Scrambled Eggs, Tea, Coffee, Custard	Breakfast Omelet with Bacon, Scrambled Eggs, Tea, Coffee, Custard	Breakfast Boiled Ham with Apple Sauce, Egg, Bacon, Custard	Breakfast Egg, Bacon, Custard	Breakfast Egg, Bacon, Custard
Lunch Egg, Bacon, Custard	Lunch Egg, Bacon, Custard	Lunch Egg, Bacon, Custard	Lunch Egg, Bacon, Custard	Lunch Egg, Bacon, Custard	Lunch Egg, Bacon, Custard	Lunch Egg, Bacon, Custard
Dinner Egg, Bacon, Custard	Dinner Egg, Bacon, Custard	Dinner Egg, Bacon, Custard	Dinner Egg, Bacon, Custard	Dinner Egg, Bacon, Custard	Dinner Egg, Bacon, Custard	Dinner Egg, Bacon, Custard

and can be used to great advantage to make little odds and ends of food for more decorative and appetizing.

Small, patterned and other are all capable of doing something on plain cards and table decorations, especially for Thanksgiving or Christmas. It is quite simple to make a doll figure of faces and ribbon, with whole cloves for eyes, to stand at each place. Pommes painted on testicles give the same effect.

Many of the paper novelties used as "top" or bottom for the table in the store can be quickly copied at home at less cost. There is a standard way of making a hot water out of paper paper in a few moments. This may then be covered with crumpled paper in any desired shade, and the handle twisted on.

Often the tiny flowers can be cut by hand. In most of the stores selling paper novelties there are also to be found sets of boxes, napkins, as vases, pens, etc. It is only necessary to give a command like "through that and that" and there is a paper flower. Some of the more elaborate paper flowers are not difficult to make, and will show off great charm to table or room.

Cranberries are another bright holiday touch which it is possible to utilize on food and on the tree. A big roast goose with his turkeys being decorated with cranberries on bushes is delightful. Strips of cranberries look like beads on the tree, and their making is a good employment for small hands during the holiday week.

In speaking of decorating we must not forget the small pens and cooking spoons which make various foods so attractive. Fancy pens with silver edges should be in every pantry drawer. Individual wine glasses and china coasters in them look

About Your Feet

By Lina Cavalieri
The Most Famous Living Beauty.

Did you know that it is nearly impossible to have shoes and feet that make a woman old long before her time? It is true, but it is a condition that can be easily corrected. It is the continually repeated pressure of the feet that makes for short life.

We are born with feet adapted to carrying our weight and to doing all the walking that is necessary. They are ready for all the ordinary activities of life, but they are not ready, and never will be, for the extraordinary demands of the ill-fitting and fashionably tight shoes with the narrowing French heel.

their proper width and to let the toes be loose and independent of each other. They give the feet the needed air and light which are so seldom permitted them.

Excessive perspiration, or, rather, its unpleasant effects can be checked by sprinkling the feet, especially between the toes, with boracic acid powder. The unpleasant effects can also be removed by adding a few drops of ammonia in the water in which the feet are bathed.



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My Secrets of Love News—When You're Engaged By Elinor Glyn

(Continued from Front Page.)

to sleep too long. If she lets it sleep she may know that it is always possible that some other woman will awaken it!

We will say that Henry has been drawn to her by her sympathetic understanding of himself. She has created the picture in his mind of one who will be a saint. Then she must let him see that she will only continue to be that while he also plays the game and gives her love and tenderness in return, but that he will lose this good thing unless he minds his p's and q's!

She must never be too familiar with him, or allow him to crowd her over much! Enticement and closeness are potent charms! Men tire of anything they can have at any moment and without effort—and, presumably, during the engagement, Henry will spend a great deal of time with his fiancée. She must never let him feel that he is satisfied and that she is no longer an ardent attraction to him, but is simply the ripe peach ready to fall into his mouth.

If she has really studied his character she will know exactly how to act towards him, her end being always that he shall go on loving her. She will have discovered which of them has the stronger will. This is a most important matter to ascertain as soon as possible.

Do not throw dust in the eyes and try to delude yourself on this point, Celia!

Your vanity may suggest to you that "you can make him do anything you want to." So you probably can while he is under the glamour of new love. But if his will is in reality stronger than yours, if you seek to thwart it continually, a sense of irritation will be produced between you, and you had better make up your mind once for all that he will rule in the end, whether you like it or not—and so have the intelligence to make the best of it, strengthening your own will and self-respect, so that on points of what you think right or wrong, he cannot influence you.

Keep your own quiet dignity, but if his character is stronger than yours do not try to combat it. Attend to his emotion for you, it will be the only way you can influence him.

If, on the other hand, you have discovered that you are the firmer in will of the two—accept your responsibility, and realize that it is a great one and may tax your very love itself—for then you will be loving in spite of something—not because of something. There is always an element of protection in affection for one weaker than oneself. Women frequently love men less strong in character than they are themselves, but without knowing it their emotion is half a mother-instinct and half a sex-

instinct, and it is not really perfect love.

If this is your case, Celia, I am that you have discovered that, although as he was to win, Henry is a weaker character than you are, you must do your utmost over him to the very highest, studying how you can raise him to do the best in his business, and in every relation of life, because in a such like marriage the moral responsibility of how the thing works rests always with the stronger will, regardless of sex.

But no matter what is the strength of character, happiness will not be attained unless the woman can keep the man loving her—otherwise the bond develops into the man desiring the woman and doing anything just for peace.

So while Celia is engaged to Henry she must never lose her head and just drift on, however delightful it may seem—a bark without a helm can float upon the rocks!

Why should any one imagine that love will continue at the same pitch just because the woman has apparently secured it? No battle will go on boiling unless the fire beneath it is kept up. And Henry will not continue loving Celia unless consciously, or unconsciously, the thing in her which caused him to love her continues to act as a magnet.

How many engaged couples, I wonder, if it were not for the scandal and bother of a divorce—would not back out of the affair at the very last moment? One or the other has become "revulsed" (that word my little friend so aptly coined and which I employed in my former paper). And because of psychological reasons of primitive instincts act—-it is more often the woman who has become bored during the engagement—as it is more often the man who tires in marriage. But in our affair of Celia and Henry, as it is she who had to use all the perspicacity to secure him, she is not likely to grow out of love as soon as he will. "Watch your step" is the advice I would give to any woman who has won a man, so to speak, by the skin of her teeth!

Some girls the moment they become engaged assume airs of proprietorship—and delight in ordering their fiancé about and displaying their power over them. This attitude may apparently not weaken the man's love at the time, but his subconscious mind has registered resentment, and one day it will filter through into the conscious mind, and lo!—love will then fly!

Even at the engaged stage do not be exacting and unreasonable. Try to be as sensible as you would be were you only friends. But if your instinct tells you that Henry is inventing an excuse not to come when you want him, then have the courage to face the fact that your supreme charm for him is

gone, and that in some way you have done something which has caused you to lose your attraction for him. And if you cannot think it again you had better break the engagement. For what woman with a scrap of self-respect would want to lead a man against his inclination? If Henry is away from you and makes the excuse that he has "no time" to write—remember this truth:

"A man has ALWAYS time for that which he most desires to do—if he cannot snatch it from duty he will snatch it from sleep!"

If Henry were eager he would have written to you. But do not reproach him—say to him calmly that it appears to you that he does not care so much, and if this is so you do not wish to hold him. Only do not get up imaginary hurts and be dramatic about it.

Analyze his action first and always lean rather to the belief that he does love you. Do not be suspicious, but on the other hand, do not slip into putting up with casual behavior from him.

It is, alas, true that many men like to run with the hare and hunt with the hounds and will always do so if they are allowed. So if you see real signs of this happening, tell Henry that he must choose either to lose you or cease dividing his attention.

But above all things, Celia, be sure that you have strength really to carry out your ultimatum, otherwise if you want him on any terms, you will just have to put up with his ways and there is no use in threatening. It is always the small, initial step which must be attended to. Let Henry see the very first time that he shows want of consideration that you do not like it and will not meekly stand it again. Respect yourself, in short, and see that he respects you. Because I am supposing that you are being loyal on your side and fulfilling your share of the bargain. You cannot expect Henry to be lovely to you if you are not being lovely to him!

Never try to make him jealous. It is only a demonstration of your own vanity coming uppermost, but it is a tremendous temptation to most women.

Jealousy is a demagnetizing evil current which will poison the atmosphere between you in time! If there is another man who desires you—and Henry knows about it, that will not do any harm, it will stimulate him and make him value you more. But never by your own action encourage the man, or do anything which could deliberately hurt Henry—remember how mad you would be yourself if you saw him giving some other woman reason to think that he was attracted by her, although you would only be flattered if you saw him receiving advances with perfect indifference. It would be a feather in your cap. So be just and see his side of the question

too. So do try to keep your head over your ears, Celia, so that you may have the satisfaction of your wedding of possessing the delightful knowledge that Henry is more in love and more full of respect for your character than the day he asked you to marry him.

Try during the whole engagement to keep in your consciousness that you are anticipating spending the rest of your life with your fiancé—and so do nothing which will militate against your mutual happiness. If you have a small odd job well executed, let him see enough of it to appreciate it, but never enough to bore him. And if he is not as cultivated as you are never let him feel his deficiency—because although it might be a momentary triumph for you, you would have wounded his self-love, and a man never forgives a woman who does that.

I must once more state that I am only giving advice to Celia, who has deliberately done her very best to secure Henry—Celia without great personal charm—or "it!" I do not aim at being of use to more attractive creatures, who are fully qualified to take care of themselves. By attending to the few hints I have given, a very good chance of happiness would lie in front of any young woman.

That sixth sense—the moral antennae, as I call it—should never cease to exercise its powers, but should remain sensitive to all the vibrations coming from Henry—and if he should ever be the least irritated, then instantaneously Celia must diagnose the cause and seek to remove it.

A man who broke off his engagement once told me the reason was because his fiancée got on his nerves, she would call him "darling" each time she spoke, and had a trick of repeating his last word if she did not actually interrupt and finish his sentence for him. At last, he said, he could have screamed. It irritated him so.

He could not contemplate spending the rest of his life with her.

So do be careful, Celia. If you have any tiresome little habits, break yourself of them.

Punch had an immortal picture on the 7th of May of this year; and I think for the final piece of advice for the engaged period—and, in fact, any period between people who want love to last—I cannot do better than tell you about it, for, though cynical, it crystallizes the whole essence of things. The picture is of a pretty young woman sitting on the rug, leaning against a chair before the fire, a small boy from the chair is bending over her. Harold (after a violent display of affection): "Isn't cos I love you—it's cos you smell so nice!"

Don't forget this, Celia—you must please all his senses—with your refinement and deliciousness—and then you will keep him—not only as a husband, but as a lover—to the end of life.

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