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... OF ...

Interest to Women

**MEAT LOAF A MAIN ATTRACTION
FOR WINTER NIGHT DINNER**

Serve With Carrots, Spinach, Hot Rolls, Grape Jelly, Cream Puff Shells Filled with Ice Cream

(By Frances Blackwood)

Set the table with extra care to-night and plan a dinner that is as good to look at as to eat.

Steaming plates of tomato soup come first, red as holly berries.

Then a meat loaf. For this you need a pound of ground beef mixed with a pound of ground veal and a pound of sausage meat. Beat an egg into the contents of half a bottle of catsup and stir this into the mixed chopped meats with a full cup of coarse bread crumbs, ½ an onion finely chopped, 1 tablespoon of Worcestershire sauce, and salt and pepper to your liking.

Spread 4 thin slices of bacon across the bottom and up the sides of a loaf pan. Pack the meat mixture into this. Bake in a moderate oven about an hour and a half, until loaf is nicely browned. Turn out on a hot platter, and surround with mushroom sauce.

With the meat loaf serve carrots and spinach. Cook well-washed spinach in a little water, uncovered, for about eight minutes. Turn in colander and let drain and keep hot for

about three or four minutes. Cut at once or twice to facilitate serving. Heap it in a mound on a hot platter and arrange the golden carrots around the base. The carrots should be small ones of nearly uniform size. Scrape them, boil until tender but not soft. Cut in almost paper-thin slices and simmer them in a little butter seasoned with a teaspoon of sugar.

The carrots take about half an hour from start to finish, so after you have put the meat loaf on to cook, start the mushrooms cooking for the sauce, then the carrots and last the spinach.

With these serve rolls that are tucked in the oven to heat for about five minutes and a sparkling glass of grape jelly.

And for dessert, cream puffs are good, or if you are in a party mood, fill the empty cream puff shells with ice cream and cover with a chocolate or a chopped cherry sauce, or be really gay with meringue shells filled with chocolate or cherry ice cream.

**BETTY BLAIR GIVES ADVICE
ON STREAMLINED FIGURE**

(By Betty Blair)

The big difference between your figure and a streamlined movie star's may be just that you have a rounded, slack tummy and she has none. Do away with that, and you whittle five years from the age of your figure.

Then, too, she wouldn't just sigh and try to squeeze herself into a tighter girdle if her thighs were broadened with flabby lumps of flesh.

The new high-low waistlines won't be a bit kind to that cushioned waistline and those bumpy hips. Neither will the smoothly curving, beltless frocks and coats that the midseasons are bringing in. They're svelte, young and lovely. You'll want to wear them and they'll draw the eye to that midriff of yours.

Exercise will give you the muscular control that flattens the abdomen, chases away pads of fat, and puts renewed lightness and youth into your walk.

The leg-pendulum exercise is a wonder for trimming you down below the waist if you've time for only one, concentrate on this: Stand sideways holding to a chair back, or in a doorway with the hands braced against the jambs. Hold hard, so you can swing your leg vigorously. Swing your right leg forward and backward as far as you can, keeping the torso upright, with an even movement like a pendulum. Don't touch your foot to the floor. Ten times is none too many. Repeat with the left leg.

You can feel the pull in the abdominal muscles, showing that they are getting some much needed exercise. The same swinging movement reduces thigh bulges.

Another exercise for you business girls who are glued to a chair all day with your tummys relaxed: On your knees with body erect. Swing your right arm back to touch your right heel and at the same time swing your left arm up. You have to twist torso a bit to reach back to your heel, but don't buckle at the knees or at the waist. That won't do you a bit of good. Keep your back as straight as possible to give the abdominal and torso muscles a good workout.

The third exercise doesn't take much energy, but will trim your figure down to smart, new lines. Lie on the floor with your legs straight up against the wall and your arms folded on your chest. Slowly slide the right foot down the wall as far as you can. Then slowly bring the knee toward your chin. Return the foot to its original position. Repeat five times with the right leg and then the left.

KEEP THE SPARKLE IN YOUR EYES

Color Makes Little Difference But They Must Look "Alive"

(By Antoinette)

Asking one of the popular young screen and radio stars what was the first thing about a woman he noticed, without a moment's hesitation he answered "her eyes."

He said it made no difference whether they be black, green, brown, blue or gray, but they must be alive. It is their aliveness, their sparkle, that lends allure.

So you'd better keep the sparkle in your eyes, and that means you can not neglect them. They need a certain amount of daily care if they are to retain their youthful gleam and brilliance. Tired, strained eyes are aged in appearance.

Treat them to an eye bath each day and when you find they are unusually tired, apply compresses of cotton which have been dipped in a boracic acid solution, or hot water to which a little salt has been added. Either will be found delightfully refreshing.

Rest is important. That doesn't mean you must spend most of your time sleeping when you want to rest the eyes. The more the eye muscles are exercised the stronger they become, provided they are used judiciously.

You may read for hours without straining the eyes if you train them to relax. When you read look away from the page form time to time. Do this quickly, just for a second. Then blink the eyes to relieve strain.

Brows and lashes must come in for their share of attention, too. There are tiny brushes with which to brush

brows and lashes into shape. Any stray hairs in the brows should be tweezed, for unruly brows can lend no allure to the eye picture. Brows must be trim and neat, nicely arched.

If either the brows or lashes are their growth, and there always is the homely old remedy, castor oil, which proves its worth when applied to the lashes. Brows or lashes so fair they are characteristics may be improved by the application of mascara or the use of an eyebrow pencil, but take care not to apply either too generously.

Salt Is a Kitchen Friend

Perhaps you don't know that salt will:

Remove egg stains on silver or china if applied damp with cold water. Take away the taste from slightly burned milk if a pinch of it is added.

Prevent colors from running when washing colored articles if a spoonful is added to the rinsing water.

Stop the contents of a cracked egg boiling out into the water if a teaspoonful is added quickly.

Make wicker furniture look like new if scrubbed with salt and water (no soap), as it stiffens the basket work as well as cleaning it.

Makes brooms and brushes last twice as long if they are soaked in salted water before using.

Make new potatoes much easier to scrape if they are laid in salted water. Sweeten the kitchen sink if a handful is thrown down the sink drain.

TRAGEDY OF THE DOUBLE CHIN

Mostly Caused by Letting Head Fall Forward Until Muscles Are Weakened

(By Antoinette)

Some women go along all year, unconscious of a chin doubling or tripling on them, until the cold breezes force fur chokers up tightly around the neck. Then they see what isn't the kind of neckline that looks smart with a richly collared coat.

It's a curious thing how women whose chins get heavy also present a thickening around the back of the neck, too, and across shoulder blades.

It really is tragic how women will go on year after year with neck muscles slackening until the chin line has lost its contour.

Repeatedly, attention has been called to the fact that it isn't age, and it often isn't excess weight that gives

that ugly chin spread in front. It simply is letting the head lop forward until it loses all muscle power to keep itself up.

It's interesting, in a street car or bus, to study a row of women for this very thing of holding their heads up. You can predict who, in that row, is going to have a good throat and chin line three, five, ten years hence, just from the manner in which the head is held.

Besides, you have a lesson in what the forward drooping head does to a woman's looks. You can spend a million dollars on clothes, but never look a nickel's worth of smartness, as long as the head falls forward and the creases show under the chin.

DAYTIME SKIRTS INCHES SHORTER

(By Blanche Krause)

Fashions for southern resort wear and glamorous evening gowns for the forthcoming Assembly and Headress balls formed the theme of a luncheon show presented in the Bellevue-Stratford.

A daytime dress of powder blue was interesting for its adoption of the high Directoire waistline, previously used mainly in evening dresses. A Directoire bonnet with square brim, tied under the chin with narrow ribbons, was of felt in the color of the dress. Skirts for daytime appeared to be several inches shorter than last summer's.

Red patent leather sandals lent a pleasing color note to the two-piece frock of gray linen crash printed with a spaced design of white flowers. A lovely pastel combination was the jacket of yellow suede topping a wool skirt plaided in pastel blues, greens and yellows, worn with a blouse and felt hat of chartreuse green.

Among the evening fashions a favorite was one of heavy white satin with slender waistline of inset panels a spray of bead embroidery across the bodice front. An unusual color effect was achieved in a dress of light blue slipper satin completely veiled with eggshell colored tulle in a full-skirted style. A black lace had a lovely off-shoulder decolletage held in place by a nearly invisible yoke of

flesh-colored net, with two pink roses posed at its front edge.

A dress of pale gray chiffon, slim and form-fitting to below the knees, flaring from there to the floor, was trimmed with bands of opalescent sequins on the full section of the skirt, more sequin bands outlining the decolletage. A pencil-slim black crepe dress had a widely-flaring peplum of black sequins which matched a tiny "monkey" hat of sequins worn with a shoulder-length veil.

Manners of the Moment

The question of who goes first down a theatre aisle and to a theatre seat is one, we think, to be decided by the circumstances. If there is a set rule about it, we've never seen any one who didn't break it.

If the theatre is spacious and the aisle comparatively empty, and the ushers thick around you, of course it is most natural for the gentleman to let the lady go first. But if there is any clearing of the path to be done, it's much nicer, we think, for the big, strong man to lead the way.

But if the seats are on the end, naturally, lady first, with man on the outside, where he can protect her—or at least where he can stretch his legs into the aisle.

When there is a foursome of two couples, one of the men really ought to offer to clamber to his seat first, so that there will be a man on each outer rim of the party. It makes things cosier.—Jean.



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