

# Some Smart Style Suggestions for that Fashionable Tunic

Tunics! Tunics! Tunics! Everything has a tunic! It matters little what the frock may be, how simply it may be planned, or to what great elaboration it may aspire. If it's up to the last word in fashion it has a tunic. It may have several. And that's the reason every woman is interested in some new mode of arranging her tunic. The question is not "What style shall I choose for my gown?" It's instead "How shall I have my tunic draped?"

And the success of the answer depends upon the artistic ability of your dressmaker. For tunics while they are becoming to practically every woman may be exalted to the most coveted realm of the artistic, or they may be degraded to an abomination by the artistic or inartistic capabilities of the dressmakers.

For the evening frock the tunic of tulle softly draped about the hips gives a most charming effect. In many of the smartest evening gowns shadow lace flouncing is used for the tunic, as shown in one of the figures on this page. Sometimes it is very much shorter at the front than the back and sometimes the tunic extends merely from the side across the back. Double tunics are shown on many of the frocks.



HAND EMBROIDERED  
LACE FLOUNCING  
MAKES THIS GRACEFUL TUNIC



WONDERFULLY ALLURING  
IS THIS SOFT TULLE TUNIC



DOUBLE TUNICS are among  
the MODISH STYLES



MANY TUNICS are merely  
EXTENSIONS of the BLOUSES

"Pussy Willow," "Nocturne," "Angel Food." These are just a few of the extremely poetic names for the fabrics which will be worn by milady during the spring-time.

For long before the woods are green, she will have discarded her furs, her velvets and her winter things, and blossomed forth fresh and gay in the loveliest of spring-time garb.

And this year, the fabrics from which she will have to choose promise to be more beautiful than ever before. So exquisite are they one well might fancy they were designed by fairies and sprites. Yet so durable they are, though light and filmy, that one need not hesitate to choose them. In fact, there is no alternative.

It is a foregone conclusion it will be a big silk season, but it will also be a season for crepes, the most wonderful of which are the Egyptians with a lovely luster and beautiful raised design. Indeed, the Orient is very largely in evidence in the patterns to be popular.

But then there are those perfectly exquisite Dolly Varden effects to which such names as Kismet, Damier and Imprints are applied without detracting the least whit from their beauty. They come in soft lustrous taffetas, most bewitching in their coloring and beauty. Among the most beautiful is the design called Damier. It has a crossbar over the flower so that it gives them very much the effect of being seen through a lattice.

Altogether, the fabric styles for the coming season are most marvelous in their beauty, and when she sees them, milady will be entirely unable to resist their charm. When she wears them, folded and draped in the most exquisite of modes, none will be able to resist her charms.

## JUST A FEW SUGGESTIONS FOR WELL BALANCED MEALS

Do you, Mrs. Housekeeper, know how to balance your meals? Do you know how, in preparing your menus, to select those foods and those combinations which will be most conducive to the general health and nutrition of your family? Have you ever given any serious study to the subject of food values? As a matter of fact, there is no one branch of housekeeping which is more important than this, since it affects the health and happiness of every member of the family. For the benefit of those who have never given any serious study to this subject, the following table of combinations has been prepared, which will be of much assistance to the housekeeper inexperienced in attaining balanced rations:

Breakfast Combinations.	Luncheon Combinations.	Combinations for Dinner.
Fruits may be served at every breakfast. To not serve acid fruits when a cereal is to follow. Serve simple fruits simply cooked for breakfast. Serve coarse cereals with eggs. Serve brown rice, steamed, with eggs. Serve baked potatoes with cream fish. Serve creamed potatoes with smoked fish. Serve fruit, broiled liver with bacon, and muffins. Serve lamb chops with creamed potatoes. Serve bacon and eggs with waffles or pancakes and syrup. Serve sausage, creamed potatoes, and waffles or pancakes with syrup. Serve nuts and dates, or eggs, with a cereal in place of meats.	Serve a soup, with waffles or grid-dicakes and syrup for dessert. This is an innovation, but will be found even better than when served for breakfast. Serve a made meat dish like a soufflé, a salad, and a dessert. Serve mayonnaise with egg, meat, fish or shellfish. Also with the delicate vegetable salads, as tomato, salad or asparagus. Serve boiled dressing with other vegetable salads: as potato, bean or cabbage. Serve French dressing with all green salads. Serve plain lemon slices, or sweet or sour pickles, with all oily fish, as salmon, mackerel, herring and fried smelts. Or use a green salad with a French dressing. Serve tomatoes with fish in place of the lemon.	Serve a clear soup; a meat; potatoes or a starchy vegetable like rice or hominy; a green vegetable; and a dessert. Serve meat; potatoes or a substitute; a salad; and a dessert. Serve fish; potatoes; cheese dish, as macaroni with cheese; a salad; and a dessert. Serve a soup; fish; potatoes or a substitute; a green salad with French dressing; and cheese; and a dessert. Serve a cream soup; a made-dish of meat and potatoes; a green vegetable; and a dessert. Serve with roasted meats, potatoes, mashed or roasted in the pan with the meat. Serve creamed potatoes with a crisp vegetable like eggplant with beefsteak.

## Fashion Fancies

Black satin ribbons in twisted knots are elaborate; bows will be seen on early spring hats.

Tulle scarfs are in again—a yard length that goes round the throat and ties in a spreading two-looped bow at the back or front.

The fronts of dancing frocks are curved upward away from the feet.

Brocade slippers in silver and gold as well as colors, with patent leather heels and vamps, are among the spring shoe novelties.

Some of the new hats show huge flowers cut from brilliant colored velvet, fastened flat against the crown.

Many of the spring skirts will have suspenders to wear with separate blouses.

Hats are very small and close-fitting and unusually jaunty.

Flowered materials in quaint designs are among the season's smartest fabrics.

Among the most fashionable colorings for spring are the sweet pea shades.

## HOUSEKEEPERS' COOKERY CORNER RECIPES WITHOUT EGGS

When eggs are soaring in price around the fifty-cent-a-dozen mark, just naturally the economical housekeeper, or any other for that matter, is turning her attention to a greater or less degree to some plan whereby she may dispense with the use of this luxurious article. Following are a few recipes which will help to place tempting viands before her family, and at the same time take the egg.

**Pumpkin Pie**—To one cup of stewed and strained pumpkin add one and one-half cups of sweet milk, one heaping tablespoonful of bread crumbs—prepared by grinding and sifting well-dried bread—one quarter teaspoonful each of ground ginger and cinnamon, and one-half cupful of sugar. Line a pie tin with paste and fill with the

pumpkin mixture, then add one teaspoonful of cream, and put into the pudding dish with one scant cupful of sugar, one teaspoonful of salt and one quart of milk. Place in a rather hot oven and bake for two hours, stirring thoroughly every fifteen minutes until the last half hour. At the last stirring, add one cup of raisins. If at any time during the stirring period the surface of the pudding has browned over, do not stir in the top, but lift carefully

and stir under or remove altogether. When done, the pudding should be a soft, creamy mass. The sugar may be omitted and a hard sauce served with the pudding. At the last stirring the top of the pudding should receive a generous sprinkling of nutmeg.

**Doughnuts**—Rub into one quart of flour three teaspoonfuls of baking powder, one teaspoonful of salt, one-fourth of a level teaspoonful of ginger and one tablespoonful of lard and one cupful of sugar. Wet with sweet milk, roll out, cut into shape and fry in deep fat. Other flavoring may be substituted, but if not too strong the ginger gives a fine flavor. Following the above directions, only omitting the sugar and flavoring, will give you a good luncheon dish for cold weather.

## LEARN TO LIVE; DON'T PREPARE TO DIE

In these modern days people are learning to live rather than preparing to die.

And I'm glad of it, aren't you? It wasn't so very long ago that people were taught the path of the straight and narrow way in which they should walk that they might avoid punishment after death. They were seeking for some state of future happiness with an eagerness which almost seemed to eclipse their vision of anything which might bring happiness here.

They were preparing to die.

Now folks are learning to live. They're learning the value of service. They're learning the breadth of life and its activities, not its narrowness. They are learning that in every byway there's somebody to whom they may be of service. They are seeking continually some new way to bring happiness. They're trying to increase life. They're doing the work of the Nazarene, whether or not they realize it.

For there's no other purpose in the playground work, in the settlement work, in the social center

work, in the industrial work, in child welfare work, in anti-disease work, in any one of these big welfare and uplift movements which does not have for its basic principle—life and life more abundantly.

People are dealing with the here and now, not with the hereafter and distant. They have learned that all about them there are questions to be settled, vital issues to be decided, work to be done, life to be conserved, happiness to be given, which is far more important than dispute over some doctrinal puzzle.

Race betterment conferences are taking the places of theological debates. People are uniting their efforts toward one big end, that of the betterment of humanity.

It's the trend of the twentieth century—the most practical age the world has ever known. Religion has not lost its place. Rather, it has been given a place of greater honor in the lives of those who are translating their religious beliefs into terms of life. Religion is being given

an expression in service.

Churches are now working as never before for the all-round betterment of the race, through uniting and giving the support of their organizations and their membership to the work which has been inaugurated in the great awakening of the social consciousness.

Today religion is enshrined in the hearts and lives of people as perhaps it has never been before. It is being made a practice. It has passed the stage when it was a theory and a topic for discussion.

And the religion of the twentieth century teaches how to live, rather than how to prepare for death.

It's the hopeful, optimistic, altruistic tendency in the development of the age.

So learn to live, and you won't need to prepare to die.

*Blanche Draper.*