

FASHIONS TO PUT ON ICE

by Corinne Lowe

NEW YORK.—(Special Correspondence.)—If we belong to the ice crème de la crème of fashion there are certain inexorable laws of dress. For example, none of the butterflies who throng annually to St. Moritz would think of appearing on the skating rink in the same costume that graced their reckless skimming of the landscape on skis. Nor is this all. These women bring to the great European Mecca of winter sports fanatics a dazzling variety of togs for each of the separate sports.

Our own Adirondacks and the other winter resorts that are constantly stimulating interest in these fascinating exercises provided by snow and ice are not yet so punctilious. The home talent places are more lenient with folk who want to make one costume do for everything—skiing, tobogganing, snowshoeing, sledging, and the rest. Here, in fact, we do not necessarily court the brink of disaster when we skate in skiing breeches instead of the skirt prescribed at the Snow Queen's court.

For the practical American sportswoman who spends an occasional week-end among the snows there is nothing better than a combination of skiing and skating costume. Such costumes, including both the knickers for skiing and the skirt for skating, are available in numerous fabric and color combinations. On this page we illustrate this idea by the fourth sketch from the left.

Here is a brown velvet—or velveteen—skirt topped knickers of a beige suede cloth in rubberized version. A free flare station—this skirt! For it opens down the front, and even when skating those decorative beige knickers may be detected. Then, when we pass from the rink to the snowy landscape, the upper garment is doffed entirely in the interest of that birdlike swoop down the hills which the skier is supposed to attain after her patient five toe exercises.

When, too, the wearer of this costume puts on her



We might call this skating costume at the left an iced fruit stand—considering that the skirt of lemon yellow tweed is topped by a matching sweater dotted in orange and scarfed in self color fringed in orange.

Next, a costume which will do duty by either skates or skis is developed in a white

woolen material trimmed with white brushed wool and with gayest of leather flowers.

Exclusively for skiing is the central model—one uniting a jacket of brown corduroy and trousers of plaided wool.

Fourth, another costume for either skating or skiing is encountered in a divided skirt of

brown velvet opening over knickers of beige water-proof suede material and a sweater striped in beige, brown and red tones.

Last, for the proficient skater comes a princess model of black velvet trimmed with fox and set off by a scarf of white velvet appliqued in fox. The cap, also of white velvet, is banded in fox.

enough to cover the sweater, and for that touch of color so vital to the poster requirements of the winter sports devotee one suggests a red leather belt and a silk handkerchief scarf of the same color.

The sweater worn with this costume is a conventional design in red and brown, and the cap is of matching material.

Another suggestion for the all around winter costume is encountered second from the left in a model of white woolen fabric appliqued in colored leather flowers and edged with clipped wool. It has a charming beret to match, and when not being used for skiing a flared skirt worn over the knickers will

for that sport, and they are made of a stunning plaided fabric of brown, green, and red.

Corduroy is one of the most stunning materials to which any sportswoman may turn, and though of course its most glamorous function is in connection with the hunting costume, it is often chosen for both skating and skiing. In this costume under discussion it forms the medium for a new type of jacket, one which closes at the side and is otherwise reminiscent of a Russian blouse. The color chosen is a

do all that is required for any rink.

Of course, the disadvantage about these costumes that pay obeisance to both of the principal sports is that the short trousers are really not satisfactory for skiing. The perfect skiing trousers are long and fitted in under the boots. This same ideal is responsible for numerous skiing jackets that make a monkish little cap in one with the garment.

Jane Regny did several models last season in which the amalgamation of cap and collar were a sensational feature, and this season imported models from other houses sponsor the same idea. Whether the cap be in one with the jacket or separate, it is better—except for decorative purposes—to reject the more becoming beret in favor of a very close fitted cap. This latter is decidedly the most practical for the long sail down the snowy hillside. Nevertheless, berets often triumph over such arguments of the practical nature, and we show several of them on the page.

In the center sketch we show one of those winter sports outfits which never possibly could be at home on any rink. It is designed for skiing and for skiing alone. Here we have the typical trousers

soft dark brown, and this is relieved by a belt and an attached high collar of the trouser material.

Now, as to the skating outfit. I shall introduce this theme by remarking that I once gave a skating instructor at St. Moritz one of his most memorable moments. Upon appealing to him for instruction, he said, "O, yes, madame, is it the waltz backward which you wish to learn?"

"O, no," retorted I. "I wish to learn to skate." Never have I seen anything so discomfited as his face. It was probably the first time that such an eccentric request had ever been made at St. Moritz—there, where all the patrons seem to have worn skates in their crabs.

If you are one of those who "do the waltz backward" and can tie yourself in a few bow-knots in the air, to come down firmly on your skates, then you are entitled to the sort of affair we show at the extreme right. Now this is the sort of thing which both here and abroad your really earnest skaters are apt to wear—that is to say, a princess model of some such rich fabric as velvet, velveteen, corduroy, or velours.

It is black velvet which is chosen for the model sketched, and the flaring skirt is trimmed with fox. Many of us are black and blue after skating. But this lady chooses to be black and white. For her scarf is of white velvet appliqued with the fox, and self-fringed at the ends. Also is a little white velvet cap edged with the fox of the skirt.

On the ice tweed costumes also are much in favor in the loveliest pastel tints.

At the extreme left we present a skating skirt in soft yellow tweed, with plenty of box plaits to guarantee freedom of motion. It is topped by a lemon colored sweater dotted in orange discs that graduate from the Lilliputian figures at the top to the Gargantuan ones below.

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Other views of today's models.

TEMPTING MENUS FOR THE WEEK

by Jane O'Ddington

FAT FACTS.

APELION on Ossa mass of facts can be assembled and mounted plainly, or ornately. (We like them fancy rather than prosaic and perhaps greasy.) A fat molecule, conceived of as real food gold, requires more calories or, to be exact, a larger fraction of a calorie to measure it than any other type of food molecule whatsoever requires, which is saying that it has the highest potential, as nourishment, for this or any other miserable sinner. A nice collection of such molecules is as fur coat and mittens, gas or electric heater, furnace or oil burner—at any rate a great guardian against the well known, yea, famous Mr. Zero of the thermometer, whose visits are nearly always headlines.

Three, or better four, ounces of fat per day in the diet, or even more in winter, help to keep the doctor away, or are a real protection from those trials which makes the doctor inevitable. This nutriment not only protects but puts pep into the muscles.

Kellogg and Taylor, war-time writers on "The Food Problem," have succinctly expressed two fat facts thus: "A diet low in fat does not lend itself to our normal types of cooking. Foods prepared without fat are not naturally cooked and do not suit the taste. A diet low in fat is rapidly digested and inasmuch as the sense of satiation in alimentation is in part connected with the duration of the process of digestion, fat free foods do not give the normal satisfaction." In other words, it takes longer to make over fats into us, but that is an advantage. As long as the making over is good, or under way we do not feel hungry, which is often inconvenient.

It is not a buoyant fact that "indigestion may ensue in any individual who continuously follows a diet that does not give digestive and physiological satisfaction," but if accepted buoyantly and perhaps belligerently we will fortify ourselves against such a disaster. If we want to be in fighting trim the winter through, and not to be a depleted wreck when spring comes we shall resort to the requisite fats with gain in appetite and all pleasantnesses.

Some people yet living touched the later edges of that era when it was not genteel to eat fats, and when graveyards grew fat in consequence. In scanting fats in their diets, the women, in particular, of that era cut short their lives or perished in youth from what seemed a scourge, but was the direct outcome of a diet deficiency.

The great Galen, the most famous physician who ever lived, and he lived long ago, said what has been modernized thus: "That fellow who eats bacon for two or three days before he is to box or wrestle, shall be much stronger than if he should eat the best roast beef or bag pudding in the parish."



IN the most expensive cookery fat is most indispensable. Often the fat used in such cookery is butter. There are reasons why a cook cannot spoil butter fat without knowing it, as she can other fats and be totally ignorant of the fact, sometimes quarrelsome ignorant. Fats that are cooked with too hot a fire are decomposed. In their breaking up—because subjected to too much fire—they not only become unwholesome foods, but they lessen the value greatly of everything with which they are combined. Neither should fats used in cookery, as a medium, be tepid or half hot.

They have more than one sort of worth when just hot enough, clean enough, right in every way. Fat rightly used in dressing vegetables doubly promotes dietary safety as well as illustrating good cookery, and so on.

Melting Butter Over Steam.

Melting butter is an exact type of cookery at which too few cooks are exact, though the product has so many uses. Without butter we may suffer deprivation of both appetite and nourishment. Only the most careful cook can melt butter directly over the fire. When one is cooking rice or macaroni, to be dressed with it, it may be put on a plate and melted over them as it may over vegetables. It is the very making of asparagus and may be steamed over that or in a double boiler specially.

Savory Fats.

Savory fats are made of such products as lard or suet tried out with such seasonings as onions, carrots, celery, apples, sweet pepper, ginger, etc. Alone these have not sufficient flavor to sharpen the appetite and what they have needs changing. As seasonings these fats may be all that could be desired when a meat sauce is to be made or a hash is to be heated up. They save the time required to use fresh seasonings with each piece of work. These are potted seasonings, as it were, as well as fat food.

Rendering Suet.

Render in a double boiler over gently boiling water, so gently that in two hours it will scarcely waste at all. All raw fats weather rapidly in summer, and a bit even in winter, unless sterilized in some way and this should be held in mind in preparing suet.

In cleaning it, pare off any doubtful surfaces and remove veins. If chilled it may then be put through the food chopper when it is ready for the rendering. Finally, strain and put in little pots which can be closely covered. This is so thoroughly sterile that it will keep for weeks without moulding and is excellent for potting meat and fish.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Orange Juice Hot Cereal Toast Marmalade Coffee Luncheon Meat Hash, Rice Edging Thick Tomato Sauce Hot Bread Beverage Dinner Anchovy Relish Cream of Cress Soup Veal Cutlets Stuffed Baked Potatoes Mashed Squash Orange and Endive Salad Sweet Potato Pie Cheese Coffee	Breakfast Baked Prunes Hominy Grits Toast Jam Coffee Luncheon Thick Vegetable Soup Thin Bread and Butter Fruit Salad Wafers Beverage Dinner Green Onions Tomato Soup (meat stock) Ham and Eggs Baked Sweet Potato Savory Eggplant with Rice Plain Lettuce Salad Caramel Custard Coffee	Breakfast Fried Bananas (caramelized) Prepared Cereal Omelet or Banana Omelet Hot Muffins Coffee Luncheon Stewed Beans with Pork Melba Toast Vegetable Salad Sugar Cookies Dessert Apples Beverage Dinner Mixed Olives Green Split Pea Soup Roast Guinea Hen, Bread Sauce Browned Potatoes Currant Jelly Cauliflower Hollandaise Apple Indian Pudding Coffee	Breakfast Stewed Black Figs Wheat Cereal Toast Jelly Coffee Luncheon Fried Scrapapple Molded Spinach, French Dressing Ginger Snaps Cheese Coffee Dinner Fringed Celery Cream of Carrot Soup Roast Pork Fried Apples Fried Potatoes Celery Root Salad Squash Pie Cheese Coffee	Breakfast Baked Apple White Cornmeal Mush Graham Toast Coffee Luncheon Salmon Loaf, Cream Sauce Stuffed Baked Potato Tomato Salad Wafers Cheese Beverage Dinner Mixed Relishes Fried Smelts Boiled Potatoes Creamed Cucumbers Grapefruit Salad Washington Cream Pie Coffee	Breakfast Tangerine Sections Oatmeal Mush Toast Honey Coffee Luncheon Pork and Beans Chiffonade Lettuce, French Dressing Brown Bread and Butter Winter Pears Beverage Dinner Radishes Cream of Celery Soup Boiled Bacon and Vegetables Beet Salad Toasted Sponge Cake and Whipped Cream Coffee	Breakfast Sliced Oranges Eggs in Shell Toasts Coffee Dinner Hearts of Celery Corn Bisque Larded Tenderloin, Mushroom Sauce Franconia Potatoes Turnip Blocks (pepper, salt, butter) Platter of Cress, Asparagus Tips, Endive Pound Cake Forelle Pears Coffee Supper Stuffed Celery Browned Vegetable Hash Brown Bread with Cream Cheese Fruit Beverage

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