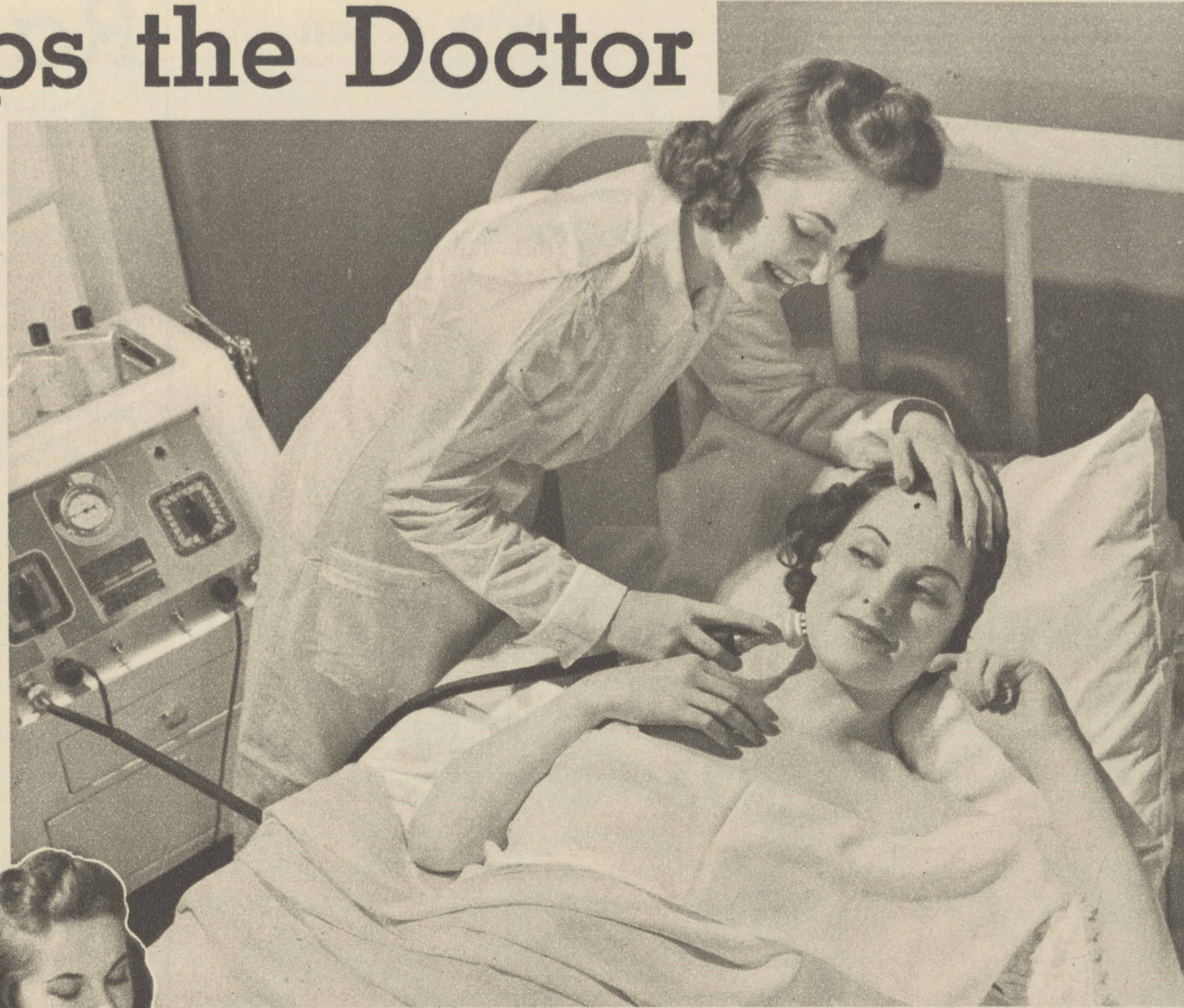


# Beauty Helps the Doctor



A scene that takes place daily in the room of the convalescent woman patient at a large New York hospital. A flattering makeup, given with the compliments of the hospital's beauty shop, lifts the spirits of the ailing.



What convalescent woman wouldn't love a facial? Attachments on the portable machine, used in conjunction with fine liquid preparations, facilitate deep cleansing and gentle massage.

## One Hospital Proves the Psychological Value of Cosmetics

By ELEANOR NANGLE

THE enterprising woman superintendent of a large hospital in New York is responsible for the installation in that staid institution of a modern beauty shop for the convenience of nurses and patients. The success of the experiment is a tribute to this woman's discernment and the hospital authorities' modern-mindedness. But what is most heart-warming to people in the beauty field is the tangible proof of the fact that beauty services have a certain therapeutic psychological value for women who are ill.

The face treatment, the permanent, the makeup are spirit-lifters for the hale and hearty, as every woman knows. And,

as psychiatrists and now the progressive medical authorities are beginning to acknowledge, their value is inestimable for the woman who is depressed, weak, and perhaps discouraged. The knowledge that she looks as pretty as makeup and a hair-comb can make her look is conducive to the mental attitude that physicians welcome in patients they're trying to speed toward recovery.

At the eastern hospital an operator from the shop, which is on the main floor, makes the rounds of the woman patients' rooms daily, bearing a makeup tray. Every woman who wants one has a complimentary makeup. And you can take our word

for it that a bit of lipstick and rouge does wonders for the low in spirit. Then there are the usual beauty shop services, administered in the shop for those well enough to be wheeled downstairs or in the patient's own room when this is expedient.

Expert dry shampoos for the bedridden are a specialty. And how those patients love the unique face treatments the shop makes possible! A machine operated by electricity—though the electricity at no time touches the body—can be wheeled to the bedside; on it are various attachments for deep vacuum cleansing, stimulating, lubricating, and massage.

Other attachments on the same machine serve in giving



"A woman feels better when she knows she looks better." The psychological value of a bit of lipstick and mascara is acknowledged by hospital authorities. (Tribune Studio photos.)

an excellent hair treatment. Hair, which reflects health so quickly, is a special problem for the ailing. Depleted vitality and long stays in bed almost invariably affect the health of the hair. It is difficult to give brushings to the bedridden. With the machine gentle massage is easily given as often as the patient feels well enough to have a treatment. Men as well as women patients have been so pleased with the result of scalp treatments begun while they were hospitalized that many of them return later to the hospital shop to continue with the scalp circulatory treatments.

In the face treatment only liquid preparations are used. These fine cleansers, lubricants, and tonics constitute what the operators refer to as a "bland diet" for the skin. The makeup accessories are companion pieces made by the same beauty house.

One interesting point brought out in a recent study of this beauty shop within a hospital was the fact that the beauty services were not installed with the idea of coddling the neurotic. The average woman patients at this institution are neither of the temperament nor the income level which permits great self-indulgence. The women like the facials, the makeups, and the shampoos not because they are luxuries but because they are a distinct aid to improved spirits.

The creation of this beauty shop in a hospital was based on the theory that a woman instantly feels better when she knows she looks better. We women have known this for a long time, but it's gratifying to the entire beauty profession to have at least tacit medical approval of the theory. Let's hope more hospitals follow in the steps of this one in the east.

## Christmas Snow Cake Does a Command Return Performance

By MARY MEADE

HERE IT IS at last—the recipe for our famous Christmas snow cake! When these photographs first appeared in The Tribune last year thousands of women wrote in for the recipe, which we sent out in mimeographed form. Last April readers still were asking for the snow cake recipe. In June the letters continued to come. A few straggling requests came in August, September, October—and we decided that any Christmas recipe which had so great a year-around popularity would bear repeating.

Now, instead of asking readers to send in a stamped, addressed envelope for this recipe, we're going to come right out with it in print! Make it for Christmas or New Year's open house, for a wedding reception,

or for any occasion which might be graced by the presence of a fluffy, fine-textured cake with fruity eggnog filling and thick, soft white frosting. The recipe has been thoroughly tested in the kitchens of the Wheat Flour institute (to say nothing of the thousands of private tests made in the kitchens of our readers) and we've made the cake a number of times ourselves. So we know it's good.

### SNOW CAKE (Two 9-inch layers)

- 1 cup butter
- 2 cups sugar
- 3 cups sifted flour
- ½ teaspoon salt
- 3 teaspoons baking powder
- 1 cup milk
- 1½ teaspoons vanilla or other flavoring extract
- 6 egg whites

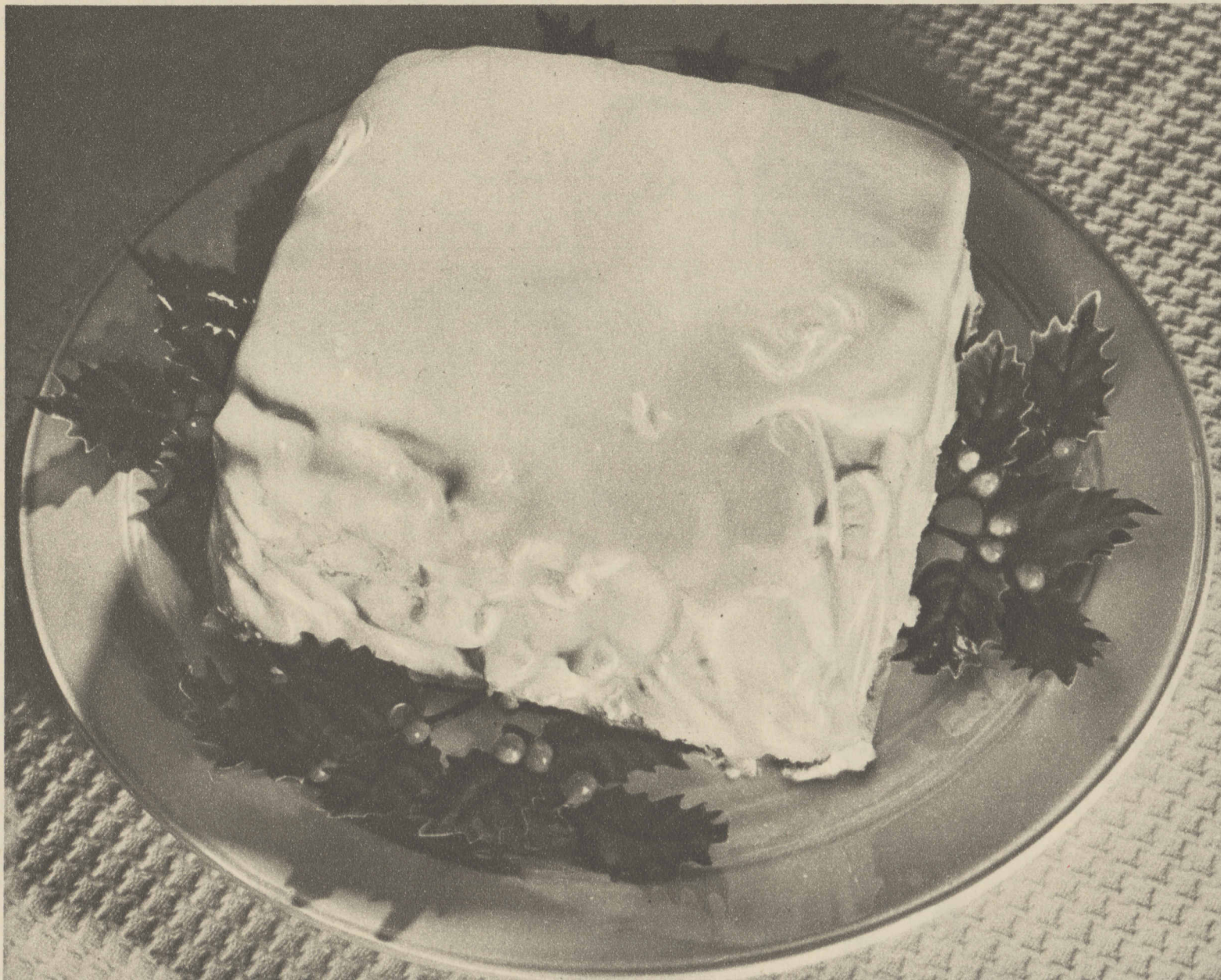
Cream the butter thoroughly until very light. Add sugar a little at a time and beat until well mixed and fluffy. Sift flour once before measuring, then resift three or four times with salt and baking powder. Add milk and flour alternately to the creamed mixture, beating batter until smooth after each addition. Add flavoring. Fold in the stiffly beaten egg whites and mix lightly until well blended. Pour the batter into two greased, wax paper lined 9-inch cake pans. Bake 35 minutes in a moderate oven, 350 degrees. Let layers stand in pans for five minutes on a cake rack, then turn out to cool. Spread eggnog filling between the layers, put them together, and frost the cake all over with seven-minute icing, boiled icing, or white mountain cream frosting.

For cooks who sometimes have trouble producing cakes as light as they should be this variation of the method given may be employed and should give splendid results: Cream only 1½ cups of the sugar with the butter. Reserve the other ½ cup sugar and beat it gradually into the beaten egg whites to make a thick meringue. This meringue is easier to fold into the cake batter than are the beaten egg whites alone.

### EGGNOG FILLING

- 4 egg yolks
- 1½ cups sugar
- ½ cup butter
- 3 tablespoons flour
- Grated peel of 1 lemon
- 1 cup coarsely chopped nuts
- ¼ cup finely chopped citron
- ½ cup seedless raisins
- ¼ cup rum, brandy, or whiskey

Beat egg yolks until light and lemony. Mix sugar and flour



and combine with eggs and butter in the top of a double boiler. Cook over simmering (not boiling) water until thick. Remove from heat and beat until cool. Add fruits, nuts, and liquor. Stir until well mixed. Spread between layers of the cake.

The filling won't be as thick as you'll want it unless it is

Three guesses as to what lies under this fluffy white frosting. Chocolate cake? Spice cake? Lemon layer cake? All wrong! It's that famous snow cake with eggnog filling.

cooked very slowly for a long time. From an hour to an hour and a half gives best results.

There are recipes for other excellent holiday cakes in a new booklet, "Holiday Cookies and

Fruit Cakes," which is available by mail for 5 cents in stamps. In the booklet are also many recipes for those good kinds of cookies which fit so well into Christmas gift boxes. Foreign

and plain American cakes and cookies, all of them tested recipes, are yours for a 5-cent stamp. (The book is only 3 cents if you call for it at one of the Tribune public service offices, Tribune Tower lobby or 1 South Dearborn street, downtown.) Address mail requests to Mary Meade, Chicago Tribune.



Doesn't it look delicious? Nuts, fruit, and rum or brandy go into this snow cake's unusual filling. The cake is light as a feather.