

Women's Page



from the KELVIN KITCHEN by Joan Adams

(EDITOR'S NOTE: If you have any question about entertaining or kitchen management, you are invited to write to Joan Adams, in care of this newspaper, enclosing a self-addressed, stamped envelope. She will be glad to advise you personally.)

"DINNER AT EIGHT"

It isn't roast duck, scallops en Brochette and Sultana roll with claret sauce that makes a dinner party—it's "two gardenias on your plate," or the equivalent. Much simpler fare will create an equally festive effect, with your most breathlessly fragile china, shimmering double-damask table linen, the silver you put away each time it's used, and all the clever touches you know about: little caps for the soup, candlelight, colored tooth-picks in the canapas, tinted ice around the cocktail, decorated ice-cubes in the goblets, a flavoring of white wine in the aspic entree, blue asters in the finger-bowls, and a crisp apron on the high-school girl you've trained to come in and serve.

It isn't necessary to even go to that extent, if you do not have a servant. Informal home dinners are probably more enjoyable for two or three guests or a small group of congenial people. It implies a compliment to invite guests into the circle of the family meal, and because the dinner is so much simpler to prepare and serve, you may compensate for its informality by its utter perfection, from start to finish. The formal company dinner, on the other hand, must have at least six courses, and experience teaches that even though the hostess prepare the dinner herself, she must have a servant to assist her, if the dinner is to be smoothly and correctly served.

The English service is popular for the smaller dinner party. This is when each plate is served by the host and passed down the table by the guests. Or, if there is a servant, each plate filled by the host is carried to a guest and exchanged for the service plate. Service a la Russe is practical for the larger dinner. Here, service is from the sideboard or butler's pantry and the plate has everything on it for the main course, meat, vegetables and accompaniments, when the waitress places it before the guest. This she does with one hand, while deftly removing the service plate with the other. A third method is to offer each dish of the main course direct to the guest who helps himself. The meat is carved in suitable pieces. A servant passes the meat platter, then in turn the vegetable dishes and accompaniments, such as relishes, on a serving salver. Lacking a servant, the dishes are passed at table between guests, who each helps himself.

The honor guest, if a woman, is seated at the right of the host; if a man, at the hostess' left. The woman or man next to be honored is seated at the left of the host or the right of the hostess, respect-

ively. An outsider at the family dinner becomes the guest of honor; if two or more guests share the meal, precedence is given the stranger over the better acquainted guests, women over men, older persons over younger, and married persons over unmarried (on the assumption that the married person is the older.) The guest of honor is usually served first, though the hostess may direct that she be served first, to put her guests at ease about starting to eat before every plate is served.

Second helpings are in order at the meat and sweet courses, except when there are many courses and this would hold up the progress of the meal, or in the Russian service. And the hostess does not remind the guest that the helping is

OUR CHILD AND THE SCHOOL

By Dr. ALLEN G. IRELAND
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Football

The football season is worry time for most parents. Perhaps most of our fears are groundless, particularly in the case of the senior high school boy. But for the younger boy in the grades and junior high school, football becomes a hazard.



Most leaders in athletics and physical education believe that the boy should not play the real game until he is in the senior school. And then only when he is in the best condition as shown by a physician's examination. Every candidate for any school athletic team should be thoroughly examined before being allowed to join the squad.

As a part of the examination some schools are demanding a tuberculin test and an X-ray of the chest. This practice will become general in time for all students. To the parent of a player, the football season is the ideal time to put the health rules into practice. At this time, the boy will do anything under the guise of training.

The coach and the trainer have a real educational opportunity. Let football be the vehicle for valuable lessons in nutrition, the correct value of milk, sleep, bathing and the like. The boy will get the good effects, so utilize his interest in an effort to have him carry over the health practices when the season is ended.

Dr. Ireland will discuss food essentials for the school child in his next series.

a second, by using "more" or "another" in inviting him. "Let me help you to this piece," she will say, or, "Will you have some potatoes?"

- INFORMAL COMPANY DINNER
- Creme de Menthe Cocktail
 - Tenderloin of Pork with Dressing
 - Candied Apples
 - Browned Potatoes
 - Turnips filled with Peas
 - Olives
 - Radishes
 - Celery
 - Hot Rolls

Chocolate Souffle Coffee

CREME DE MENTHE ICE: ½ cup sugar, 2 lemons, ½ cup hot water, 1 cup cold water, 3-8 cup sugar and 2 tablespoons Creme de Menthe Cordial. Freeze. Serve in a small scoop on sectioned grapefruit which has been placed with two or three tablespoons of sugared grapefruit juice in each cocktail glass. Serve chilled.

Cook and brown the potatoes by placing the raw potatoes around the roast, allowing at least an hour for the potatoes regardless of whether longer or shorter time is required for the roast.

Scoop out the boiled turnips, parsley them by rolling in melted but-

ter and shredded parsley and fill with fresh buttered peas; garnish with paprika.

Peel apples of about the same size, leaving the stem on, if possible. Cook in a heavy syrup to which a handful of red cinnamon candies or some red vegetable coloring has been added. Simmer until apples are tender but do not break.

Las Vegas Lodge No. 1468 B. P. O. E.

Meets every Thursday evening at 7:30 Club rooms open from 11:00 A. M. to 12 P. M. Visiting brothers cordially welcomed.
A. G. BLAD, Exalted Ruler.
PA. GALLAGHER, Secretary.

Vegas Lodge No. 32 F. & A. M.

Stated Communications first Monday. Visiting Brothers welcome
K. O. KNUDSON, W. M.
CLAUDE HAFF, Secretary.

Ribbed Fabrics For Fall Chic



A perfect costume for in-between season wear is a dress of ribbed seraceta crepe in one of the new dark bright shades which are smart for Fall. The three-quarter length sleeves which button tightly below the elbow, the unusual collar and the fact that the dress is one piece but looks like a jumper frock, make this a comfortable and correct dress for daytime wear.