Interesting Reducing Menus

Life is a funny proposition. You spend umpty years accumulating money it sit back and take it easy, and then you don't dare take it easy for fear a pound of flesh might light in lumpish fashion between the shoulder blades or underneath the parent chin.

Or, if you make up your mind to take it easy in spite of everything, along comes Mrs. Catt, with the bright and cheery greeting: "Oh, how do you do, dear. You've got so fat I hardly knew you."

You stifle the remark that is on your tongue about her hair being a shade or two redder because—well, because you're not so painfully truthful as she, but principally because you know by stuffed feeling of late you've felt there's truth in it, and your secret is out.

Then you begin on your birdseed diet and pity the poor folk who pity the early Christian martyrs who knew not what renunciation meant at all because their figures didn't figure in their martyrdom.

All of which leads up to the burning question predominant in my mail—How to slim a silhouette so it will fit into the frock the frock is fitted for.

How?

Well, you can do a heap of slimming at your own home table, and to answer the numerous inquiries as to diets I give below a few which you may use for a week, changing daily until the course is outrun, and then repeating. At any rate they give you a fine opportunity to see just how anxious you are to get back to form.

SUNDAY.

One-half grapefruit, without sugar.
One egg poached, on thin slice graham or gluten bread toasted, no butter.
Coffee, clear.
DINNER.
Oysters on half shell (half dozen).
Turkey or chicken, celery, radishes.
One teaspoon cranberry sauce.
Spinach.
Fruit salad: Grapes, oranges, with lemon juice. Apple.
Coffee, clear.
SUPPER.
One slice rye bread.
One slice Swiss cheese, mustard.
Head lettuce and cucumber salad with vinegar, salt and pepper.
Tea or coffee, clear.

MONDAY.

BREAKFAST.
Juice of one orange.
One thin crisp slice bacon.
One egg, poached.
One slice gluten bread, no butter.
Coffee, clear.
LUNCHEON.
One cup clear bouillon.
Slice gluten bread, no butter.
Apple baked with cinnamon and lemon, no sugar.
Tea, clear.
DINNER.
One serving lean roast beef.
Coleslaw, vinegar dressing.
One Serving plain boiled Brussels sprouts.
Fruit gelatin without cream or sugar.
Coffee, clear, or one-half teaspoon milk.

TUESDAY.

BREAKFAST.
One-half grapefruit without sugar.
One thin slice rye bread, no butter.
One egg, poached or boiled.
Coffee, clear.
DINNER.
Clear meat broth.
One serving roast chicken or steak, broiled.
Asparagus tips, plain.
Cucumber and tomato salad, vinegar dressing.
Coffee, clear.
SUPPER.
Steamed oysters (twelve).
Celery and radishes.
Gluten bread, no butter.
Baked pear spiced, no sugar.

WEDNESDAY.

BREAKFAST.
Three stewed prunes, without sugar.
Three ounces broiled hamburger steak.
One thin slice toasted rye bread, no butter.
Coffee, clear.
LUNCHEON.
One cup clear soup.
Poached egg (two) on asparagus tips.
Two soda crackers.
Tea or coffee, clear.
DINNER.
One serving boiled tongue.
One serving spinach, no butter.
Endive, vinegar dressing.
Coffee, clear.

THURSDAY.

BREAKFAST.
Stewed pears or prunes without sugar.
One small slice toasted gluten or rye bread.
One broiled lamb chop or one small cake broiled hamburger steak.
Black, sugarless coffee.
LUNCHEON.
Stuffed egg salad (without mayonnaise).
Spinach with hard boiled or poached egg.
Three small crackers.
Buttermilk or tea without cream or sugar.
DINNER.
One cupful vegetable soup.
One medium slice lean roast beef, chicken or broiled steak.
Celery or olives or radishes.
Stewed or boiled tomatoes or boiled cabbage.
Baked apple.
Black sugarless coffee or tea.

FRIDAY.

BREAKFAST.
One baked apple without sugar, flavored with lemon.
One egg, soft boiled.
One thin slice toasted gluten bread.
Coffee, clear.
LUNCHEON.
One cup clear tomato soup.
Two crackers.
Lettuce and cottage cheese salad with French dressing.
Tea or coffee, clear.
DINNER.
One serving broiled halibut (three inches square) with lemon.
Cauliflower, plain.
Head lettuce, with vinegar, salt and pepper.
One small sliced orange without sugar.
Coffee, clear.

SATURDAY.

BREAKFAST.
Baked apple or stewed prunes without sugar.
One small, thin slice rye bread without butter.
Two eggs poached or soft boiled.
Unsweetened black coffee.
LUNCHEON.
Vegetable soup (enough to satisfy).
Three small crackers.
DINNER.
Broiled or roast beef, lamb or fowl.
Two vegetables (no beans, peas or potatoes).
One small thin slice rye bread.
Unsweetened black coffee or tea or buttermilk.

Lowe Avenue Presbyterian Ladies' Aid Society Re-Elects Officers.

The Lowe Avenue Presbyterian Ladies' Aid society met Friday afternoon at the home of Mrs. A. O. Peterson and re-elected the following officers for the ensuing year: Mrs. P. M. Conklin, president; Mrs. J. A. McClain, vice-president; Mrs. Elmer Johnson, secretary; Mrs. C. L. Vance, treasurer.

Division leaders and their assistants, who were chosen, include Mesdames H. M. McClanahan, C. D. Hutchinson, W. W. Carmichael, L. E. Caldwell, E. T. Munroe, R. H. Baldwin, E. M. Jones, C. O. Dooley, R. U. Powers and Robert McLennon.

Leaders for the young women's division will be appointed Tuesday afternoon at the home of Mrs. C. E. Lowry, 3027 Lincoln boulevard.

An executive board meeting of the aid society will be held Thursday afternoon at the home of Mrs. H. M. McClanahan, 1312 North Fortieth street.

Mrs. A. M. Livingston, of Springfield, Mo., recently licensed as a preacher, is the third woman in that state to be licensed by the Methodists of that state.

In Which Month Were You Born?

(by DORIS BLAKE)

THE ancients firmly believed that the position of the sun at the time of a child's birth was an unfailing indication of his nature.

Persons born between March 21 and April 19, when the sun is in Aries, are earnest, intuitive, full of determination, self-sacrificing, and liable to fortune and renown. They make good leaders, scholars, and orators.

Persons born between April 19 and May 20, when the sun is in Taurus, are liable to have a strong will, to be courageous and generous. They think a great deal of appearance, and love the good things of life. They lose their tempers easily unless given their own way. The men especially are domineering and selfish unless principles to the contrary were instilled in youth.

Persons born between May 20 and June 21, when the sun is in Gemini, are affectionate, generous, courteous, careless in money matters, and excel in the arts and sciences. They are prouder of accomplishment than of wealth. They are nervous and unsettled, their opinions changeable and easily influenced.

Persons born between June 21 and July 22, when the sun is in Cancer, are characterized by a sympathetic, persistent, and strong willed nature; feelings easily hurt; love money; lazy, fond of fine clothes, selfish and jealous; lovers of home withal; fine intellects, and much executive ability.

Persons born between July 22 and August 22, when the sun is in Leo, have much self-control, magnetism, sympathy, and generosity. They are good nurses, good cooks, and good story tellers. Their intuition often helps them escape from the consequences of their actions. They must fight against prejudice, arrogance, laziness and love for creature comforts.

Persons born between August 22 and September 22, when the sun is in Virgo, have cool, calm, orderly bearing; self possessed, and dependable, excel in every thing they undertake—business, play, study, competition, or effort of any kind; have remarkable memories. Make best teachers and lectures. Somewhat inclined to selfishness and self gratification, but as friends they are devoted.

Persons born between September 23 and October 23, when the sun is in Libra, have conservative, modest, retiring dispositions. They are sensitive and poetical, persistent and competent in the performance of their duties. They have great imitative ability, and it, together with their strong emotional nature makes excellent actors and actresses of them.

Persons born between October 23 and November 22, when the sun is in Scorpio, have a courageous, loving disposition. Have natural dignity and great persuasive ability. Make friends readily. More power over the minds of others than over their own impulses. They are aggressive and executive and naturally fitted to oversee others. They are capable of great things if they can be induced to stay at one thing long enough—but are impatient of results. They are well adapted for government jobs.

Persons born between November 22 and December 21, when the sun is in Sagittarius, are liable to have to travel a great deal. They have an earnest, outspoken frankness of speech and manner that frequently gets them into difficulties and misunderstandings. They are jovial, vivacious and combative and abhor anything that verges on deception or secrecy. Have a keen sense of humor and sarcasm.

Persons born between December 21 and January 20, under Capricornus, are natural leaders in everything they undertake. They have great ideals; are instigators of large undertakings and belong at the head of large enterprises. They are disposed to have things done for them. They are determined and never give up. Are endowed with an ease and freedom of manner that is pleasing; are great talkers and make good business men and good housekeepers.

Persons born between January 20 and February 19, when the sun is Aquarius, are broad judges of human nature and can be relied upon to estimate a person's honesty almost at first sight. They are good "mixers," lovers of public entertainments, theaters, fairs, public ceremonies, absorb information easily and from every possible source. They are clever at mimicry and see the funny side of life. Are well adapted to mercantile or political pursuits.

Persons born between February 19 and March 21, the Pisces sign, have a quiet, loving disposition and make loyal friends. Honesty and purity are theirs and a lack of self-esteem which causes them to be easily deceived by others. They should guard against habits of carelessness, restlessness and inattention and the habit of scolding.

Mrs. L. Edna Hawman, who has been named on the board of directors of the new bank in Philadelphia to be run and managed by women, owned and managed for 10 years the "Dutch Kitchen," one of the University of Pennsylvania's "home" restaurants.

Kid Glove Fancies.

It is truly a feminine instinct to hesitate reluctantly as you throw away the gloves that have finally reached the point where they refuse to hold together through another cleaning. Probably the top lefthand drawer of nearly every woman's dresser would disclose at least one odd glove of white kid living a life of indolence. Why not make the best of them?

Kid gloves no longer serviceable for the hands should be cleaned, then split up the side and spread out to make the most of the material. Make a fancy motif pattern from memory of a clover or daisy or use a small transfer design from some embroidery stamping pattern and cut out kid motifs. These may be left white and appliqued with buttonhole stitch on a background of material or painted and slipped onto stems such as come for making paper flowers.

Odd and pretty patterns may also be developed for the one who does not care for the simpler way by cutting kid crescents and stars, or rings with cut-out centers. These may be painted in orange, black, blue or red, and the result given to fancy work or smock will be "Romany" in full glory.

While the students at the Robert college in Constantinople are Armenians, Greeks, Persians, Tartars and Turks, all the teachers are American women.