

A Page of Interest for Milady

PLAY TENNIS AND BE BEAUTIFUL

BY EDNA EGAN.

WHEN the small girl not out of pinafores was a victim of the feeling which prevailed at one time that physical weakness was synonymous with physical beauty in women. It was not her privilege to go swimming and to climb fences and trees and share in her brother's rough games. She must sit in the room playing with dolls and sewing and, as a young lady of years ago, croquet and archery and only athletic (7) postures and to her. No wonder she was the weaker sex.

There have changed all that. Many who alternate between the tennis court and the study of the theory that training muscles are incompatible with beauty and grace. And, as said before, the stout woman with masses and rolls of surplus fat is the fabled muscled woman. She is generally held to be beautiful anywhere outside of a tan paradise.

It is scarcely a muscle in the tennis does not exercise in. The racket, even if it is one, keeps the arm muscles in the constant running over the particularly if you play singles, the legs even better than.

Furthermore, in serving and in bringing into action. There is bending to return the low ball which ministers to the supple joints.

As the muscle takes off flesh, the racket serves to develop muscles in shoulders, arms and torso. And the bending movement from the hips and waist, the movements with the legs, are all of them called into play in

ration is of great assistance in the of the fatty tissues. Two hours of tennis in the hot sun would have nearly the sweating of a hot bath and a nap under covers, and, if you have any for sports, should prove more enjoyable. If you are not used to playing, don't overdo it. In the afternoon you appear pink, and always wear a shade to protect your eyes and skin. But if you play the more pounds take off.

Beautiful lines and contours of the figure are formed only by a state of rest. There is a great but mistaken notion muscles are hard, knotty and are the fitting development except the professional athlete. This is a mistake. The muscles that have come down from antiquity and that are accepted as ideal personification of beauty, it is the muscles and not the muscles that form the rounded arms, hips and the carefully modelled. The surface layer of fat is very thin, and is distributed so that the form itself is in no way

keleton shows itself too prominently there are not enough muscles in the form to oblige it to certain impression of flatness before of ugly angularity. The muscles are disposed, in lumps, and bulging rolls, and if a net is worn the reduction of measurements at one point is aided by the unpleasant pressure above and below.

VALUE OF LEMONS

BY LUCILLE DAUDET.

LEMONS are surely the staff of life in the hot days of summer, and wouldn't we all love to have a tree in the back yard or on the fire escape? To make lemon extracts and use at home, and it is so easy. Extract, wipe the skins of fat, wash with a wet cloth, dry, and grate off the oil with lumps of sugar.

Put the lumps in a tight jar and flavoring.

Remove the yellow rind and with pure spirits of alcohol, get a lemon extract stronger than you can possibly buy. To make lemon juice early in the day, so that when the hot part of the day is over you are prepared for it.

Strain the juice from six dozen lemons away all the seeds or pulp carefully, put with this sugar as the juice will take keep in tightly sealed jars.

For this you have always ready for any number of different drinks, and the flavoring light lemon punch or sherbert, or popular summer drink is exactly like lemonade except use ginger ale in place of

the ginger ale and the lemon both very cold (I forgot to say should always keep some jars in the ice box), for putting in it destroys the sparkle of the ale.

After mixing well, slice and other fruits in season, strawberries or raspberries, or slices, etc.—put in lemonade and let it get a little sticky up flower-like from the pitcher.

It will have a delectable warrant, to please, and to puzzle for, before, it will keep the most "mixer" guessing to solve the ingredients.

Little lemon flavoring to every one make and you will find it them all, for there is a certain quality about the taste that no other flavor fur-

blackberry, strawberry, or any other fruit can be made into delectable drinks by the addition of lemon juice and effervescent

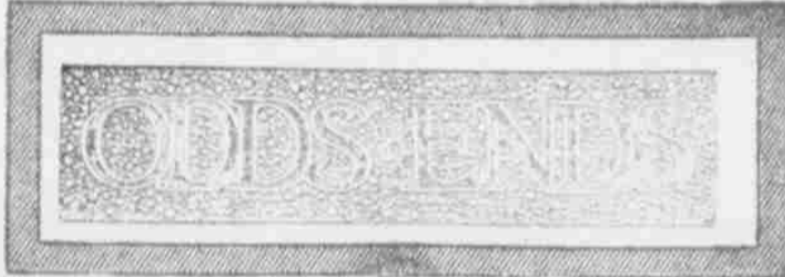


THE AMBIGUOUS THAT THE APPLE CONTAINS MAKES IT A BANNED FOOD BY HIGH VALLEY

HOW TO KEEP YOUNG

IT is every woman's duty to keep young as long as possible, but, unfortunately, she does not always know the best way to live up to that duty.

- Avoid worry, hurry and getting flustered.
- Learn self-control. Anger is a rapid wrinkle bringer.
- Be temperate. Moderation does not only refer to the stomach. Overdoing in any way makes for premature age.
- Love the open air. Fresh air is not a fad, it is a necessity if one would keep young.
- Get plenty of sleep. Nothing lines the face like nights of wakefulness.
- Keep mentally alert. An intellectual back number adds years to her seeming age. Nothing makes for youth like a young mind, save perhaps a young heart.
- Don't let yourself get sluggish and indifferent. Here is where the benefit of massage, physical culture and a vital interest in life comes in.



SMILING STIMULATES CIRCULATION AND GIVES GRACE TO THE EYES

Live Above Worries and Preserve your Digestion



MARY DESTROYS THE DIGESTION



DO NOT SQUAT TO PICK UP AN APPLE LEAN FORWARD FROM THE WAIST

HOMEMADE SOAP

SOAP making is thought of as one of the industries which belongs to primitive house-keeping, and which we have progressed far beyond, but you should know how easy and economical it is to make a clean, pure white soap, which may be used with safety for certain cleaning purposes, where the strong manufactured soap would not do at all.

There is always an accumulation of grease which cannot be used for cooking purposes. Take a five-pound pail which you may keep just for soap-keeping, and into this strain all the grease which you do not wish to use otherwise. Strain it so that it may be perfectly clean always, and free from sediment.

When the pail is full collect the other ingredients: one-half can of lye, one tablespoonful of borax, one quart of cold water.

Dissolve the lye in cold water, using a large dish pan, and add the borax. The lye makes the water hot, and while it is cooling melt the grease in another large pan, slowly and without getting it too hot.

When the water is cool, and the grease melted, pour together and stir until thoroughly mixed, then pour into a large dripping pan and when cool cut into cakes. It needs to stand for about two weeks to become sufficiently hard, so that it will not dissolve too rapidly when put into water.

A CLEVER way in which one girl announced her wedding was found on the tally cards of an informal evening entertainment. The cards were oblong, the upper one embellished with a picture of a winsome girl. The score card was removed and replaced with a tiny card announcing the wedding day. The two cards were joined with white satin ribbon and a bunch of violets was attached to each card.

needle. The silk will pass through the cloth easier.

DUSTY portieres you wish to clean should be thoroughly shaken and placed in a washing machine in the yard and covered, not just dampened, entirely with gasoline. Throw something over the machine to keep in the fumes and leave for at least half an hour. Do not attempt to rub or squeeze out the dirt, but gently, lift out the curtains, place evenly on the line and allow to drip and dry. When dry beat lightly with a rattan carpet beater. The gasoline loosens dust and dirt and the gentle beating throws it off the same as dust. You will find they are perfectly clean. Leave as long as possible in the hot sun, since heat kills the disagreeable odor.

IN many homes grave cases of poisoning have arisen through a careless disregard for the cleanliness of the cooking utensils or of their perfect condition. As soon as a copper saucepan shows signs of being at all worn it should be retinned, and in any case nothing of an acid nature should be allowed to remain in it while cooking. The same with regard to zinc and lead vessels, which are unsafe for cooking purposes. Those of tin, steel, iron or nickel are the safest to employ. Remember, too, that it is better to use a wooden spoon than one of metal when stirring milk or soups, and that before using baking tins you should grease them inside thoroughly either with butter or lard. In order to prevent them from burning it is well to take the precaution of sprinkling the shelves of the oven with salt.

NOW that the lingerie waist is so very generally worn in all seasons, the girl who travels likes to know of some way in which she can keep her supply clean and fresh. It is always better to carry one's waists in the top of the dress-suit case, where they will not become so badly crushed and can be held in place by straps. A very dainty case in which to carry them can be made of some fancy cretonne cut something like an oblong envelope, excepting that the ends should be left square, and should be long enough so that when folded over they will overlap at the center; then bring up the sides, cut to a point so that they will meet at the center just like an ordinary envelope, and tie. The case should be bound all around with satin ribbon, with ties on the points, and when closed should be just large enough to fit into the suitcase.

IN the library of a well-known scholar are some bookshelves with an attachment which is ideal for a person who expects to use books for reference. Under the shelves, about twenty-seven inches from the floor, is a recess the width of the shelves, and about two inches high. In this is a flat board, the width of the shelves and of the same wood, which can be pulled forward by putting the hand in a groove in the front lower edge. This serves as a shelf on which to lay a book, which is being used for reference for a few moments, or to lay out a number of them when some one is looking up a particular subject. All the bookcases are made in this way and every one who has occasion to use them finds the shelves a great convenience.

THERE are almost innumerable place cards that are suitable for luncheons and dinners given to the bride and her friends. One design that is new and attractive shows a roguish cupid aiming an arrow from a white, high-heeled slipper. There is a set for the wedding party the bride and bridegroom, the maids and ushers, flower girls and pages and the minister. Then there is a set that shows trunks and handbags, suitcases and handbags all tagged with white ribbon bows and "newly married" signs. Another set of bridal party figures shows tiny artificial flowers in the hands of all the paper maids and the bride. Floral favors of some sort are prettiest for spring wedding gatties. Little china baskets that can be filled with tiny roses are attractive, so are small baskets of wicker. Then there are paper covered cases of a dozen varieties to hold candles. White roses, chrysanthemums and tulips, and festoons of similar flowers, all make effective



WHY EGGS IN MILK IS NOURISHING AND SATISFIES HUNGER

WOMAN AND HER SAVINGS

BY MRS. McCUNE.

HERE in the paper it tells about a man who is suing his wife for a share in the \$10,000 she has saved out of his salary.

"Seems he's handed his pay envelope over to her all his life and now she's dividing up the money between their children in her will and not leaving the old man anything. Pretty mean deal, I call that. Before I'd hand over all my pay to any woman."

"Aren't married, are you?" asked the older man, who happens to be a lawyer.

"Naw," disagreed. "And if I ever am, you bet I'll be the boss and keep my hand on the pocketbook."

"And when you're as old as the man who is suing his wife for a share in her savings," commented the lawyer, "you won't have a cent to your name. How much have you saved up to date?"

"Gee, you don't think a fellow can save much on my salary, with living expenses what they are?" queried the young fellow. "Gee, it's all a fellow can do to get along without borrowing. With most of the boys payday doesn't mean much more than handing your envelope over to the fellows that've loaned you money."

"Um—I see," chuckled the lawyer. "You'd rather give your pay envelope every week to some other fellow than to give it to friend wife who might save something out of it for old age."

"Aw, come on!" exclaimed the young man. "A fellow's got a right to do what he wants with his own money, hasn't he? But if he lets his wife take it all, he's got to cut out all the good times and his independence, too."



THE KITCHEN

Fried Scallops.
Clean one quart scallops, turn into a saucepan and cook until they begin to shrivel, drain and dry between towels. Season with salt and pepper; roll in fine crumbs, dip in egg, again in crumbs and fry two minutes in deep fat, then drain on brown paper. Serve with sauce tartare.

Loyster En Casserole.
Rub the inside of a casserole with the cut surface of a clove of garlic. Break the meat of a boiled lobster into large pieces and fry in olive oil, adding a tablespoon each of chopped onion, carrot, and parsley. Add a bay leaf, a pinch of thyme, and two tablespoons of sherry. Cook for 20 minutes, then take out the lobster and keep hot. Add to the sauce half a cup of beef stock and half a cup stewed and steamed tomatoes. Simmer for 10 minutes, put in the lobster, reheat and serve.

Oxford Salad.
Small leaves of lettuce, three to each guest. On each a slice of orange, cut not too thin. On each slice of orange place a strip of canned red sweet pepper. Over all pour a dressing made of the juice from ends of oranges, a little of the pepper liquor and plenty of salt.

Russian Salad.
Mix one cup each cold cooked carrot cubes and potato cubes, one cup cold cooked peas, and one cup cold cooked beans, and marinate with French dressing. Arrange on lettuce leaves in four sections and cover each section with mayonnaise dressing. Garnish two sections with small pieces of smoked salmon, one section with



THE KITCHEN

finely chopped whites of hard boiled eggs and one section with yolks of hard boiled eggs forced through a strainer. Put small sprigs of parsley in lines dividing sections. Good to look at, fine to eat and best of all not much work.

Tomato Soup.
One quart tomatoes (use canned), half pint cold water, pinch soda, one tablespoon sugar, pinch of salt, four cloves, one tablespoon chopped onion, one of parsley. Cook all together ten minutes. Heat one cup milk and make a cream sauce of one heaping tablespoon butter melted and one of flour. Stir into soup and cook ten minutes more. Strain and serve at once.

Frozen Pudding.
Two and a half cups, one cup sugar, one-eighth teaspoonful salt, two eggs, one cup heavy cream, one-quarter cup rum, one cup candied fruit, cherries, pineapples, pears and apricots. Cut fruit in small pieces, and soak two or three hours in brandy to cover, which prevents fruit from freezing. Make a custard of milk, sugar, salt and eggs. Strain, cool, add cream and rum, then freeze. Fill a brick mold with alternate layers of the cream and fruit, pack in salt and ice and let stand two hours.

Raised Oatmeal Muffins.
Raised oatmeal mufcmmfwymfwfw Take three-fourths cup scalded milk, one-fourth cup sugar, half a teaspoon salt, one-quarter yeast cake, dissolved in one-quarter cup lukewarm milk, one cup cold cooked oatmeal, two and a half cups flour. Add sugar and salt to scalded milk. When lukewarm add dissolved yeast cake. Work oatmeal into flour with tips of fingers, and add to first mixture. Beat thoroughly, cover and let rise over night. In the morning fill buttered iron gem pans two-thirds full, let rise on back of range that pan may gradually heat and mixture rise to fill pan. Bake in moderate oven 25 to 30 minutes.

Lobster Cakes.
Mix half a cup of mustard, one-quarter cup of confectioner's sugar and one level teaspoon of salt. Heat one pint of vinegar; when hot pour about half of liquid on dry ingredients, slowly stirring constantly to keep from lumping. If the mustard is too thick add

triple their value for the good of the family. Most of the little homes are bought out of the money the wife saves from her husband's wages.

"Beyond this, men are discovering that a wife is really a human being with some rights of her own, and that she earns her share of the family funds just as certainly as he earns what he gets from his business. Housewifery is her trade, and there is no more reason why she should work for nothing than that her husband should give his services to his employer for nothing but his board and clothes in pay. Moreover, if the husband of today doesn't try to be square the wife of today can hale him into court and compel him to deal fairly with her. Put that in your pipe and smoke it, young man, next time you feel so

gance. That's what sends men to their early graves. A fellow can't afford to support a wife these days. The woman want too much."

"And yet," mused the lawyer, "the most prosperous men of my acquaintance are married. Most of them tell me they never saved a cent before they married, and the majority of them who own property have made it safe by putting a substantial part of it—at least the home part—in the wife's name."

"Aw—" skeptically put in the other. "Don't you know the reason for that? The fellows are getting wise it ain't safe to own property when they get an automobile. Every fellow that owns an automobile is liable to be sued for all he's worth if he gets into an accident. So when he gets his auto he puts his property in his wife's name. That's easy."

"Oh, wise young man!" laughed the lawyer. "There's some sense in what you say. But how do you account for the large percentage of deeds recorded every day in the wife's name, where the deals are for a small home to be paid for in installments and where every cent of the family's savings will be utilized to clear the property of debt? No automobiles possible in those families until the home is paid for, at the best."

"No, my young friend. The average man realizes more today than he ever did before that it's simple good sense to trust his wife when it comes to the family savings. He knows that a man is open to more temptations to spend money senselessly than a woman, and that where he would throw away dollars that would bring no value in return, she will count the pennies and