

# A Page of Interest for Milady

## At Thirty-Five a Woman Should Redouble Her Efforts To Retain Her Beauty



ABDOMEN REDUCED AND BACK STRENGTHENED BY THIS MOVEMENT

### YOUR SKIN

**S**OME skins are sensitive to cold and direct contact with wintry winds is hard on them. But though yours is delicate it need not keep you from going out this winter if you will give it reasonably good care. A coat of good skin food cream, well rubbed in and dusted over with rice or talcum powder, should be applied as soon as it begins to get cold. This will prevent the wind from chapping and drying the skin too severely.

It is quite fatal, too, to bathe the skin immediately before or soon after exposing it, for this takes the oil from the skin and causes it to chap. On coming inside it is best to rub a massage cream on the face, and after allowing it to remain on long enough to soften the skin surface, wipe it off with a soft muslin cloth. Then if the skin is in need of it, it may be bathed with warm water and soap. An astringent lotion should be used after to close the pores.

Try the following liquid soap recipe for green liquid soap, which is recommended for fine skins or for those which have the pores extended. Take equal parts of glycerine, water, alcohol and green castile soap. Shave the soap over the water and stir over the fire until the mixture is smooth. Add the glycerine, and lastly, after the kettle is removed from the fire, add the alcohol. Add a tablespoon of eau de cologne if perfume is desired.

In a case of blackheads the face should be steamed and treated twice a week. Always apply the cleansing cream to face and throat and wipe it off thoroughly before steaming. The blackheads should be removed immediately after the steaming. Then massage for ten minutes with a soft towel, which will remove all the grease. Use a cleansing cream every night and a toilet water in the morning instead of ordinary water. Take a tub bath daily, use a bath brush on the body, but not on the face.



TO INVIGORATE MUSCLES OF ARMS, CHEST AND BACK



CLIMB A LADDER TO STRENGTHEN LEGS AND HIPS



TO MASSAGE AND KNEAD THE ABDOMEN AIDING DIGESTION



THIS EXERCISE TO STRENGTHEN THE FORM AND INCREASE ONE'S HEIGHT

### NEW IDEAS IN FUR SETS

BY LUCILLE DAUDET.

LOVELY fur set was seen this week, which consisted of a large muff, a small tie and one of the new Lancer toques. This set is all that is new and attractive in the world of fashion. It is a model created by one of the famous dressmakers in the Place Vendôme and yet it is within the grasp of all. It need not necessarily be expensive. It certainly would not be difficult to make.

It is frequently pointed out that the fashion of the present season is a combination of ultra-large muffs and small ties, and vice versa. This is a quaint one, and the real test can judge is eminently picturesque.

All the new sets are made of soft fabric, such as velvet, duvetyne, satin and so forth, combined with bands of fur.

Those who possess handsome ties and muffs are, of course, wearing those who find it necessary to have something new invariably a clever combination of material.

For example, the big "Chinese" muff—for that is the name of this special model—was made of black velvet lined with lambswool and trimmed with light blue fur.

The delightful little tie, which was made off at the left side with a bow made of the same material as the high Lancer toque. For example, the materials might be blue velvet and imitation fur, with linings of black satin; or gray velvet trimmed with gray squirrel or with that fur which looks so like chinchilla but which is in reality cleverly imitated; or black velvet with imitation white fox, the lining of ivory white satin.

The ties are skillfully lined, and so that they make a frame for the face; at one side they are tied in a bow, after the manner of the tour de cou is made and fur it is now the fashion to tie off with a very large bow and made of wide satin ribbon.

The combinations suggested give splendid results, especially sapphire blue velvet, imitation black fox and black satin. Duvetyne any soft pastel tint, might be used instead of velvet and bands of fur instead of fur.

And, the bersaglieri is the leader of the moment. This chapeau is worn for all the world like that of a military man, and the big flat top of coque plumage is supplemented with mass of feathers which cascade down to the shoulder.

### FASHIONS

BY MRS. KINGSLEY.

Wear at home the picture frock arrives. It has never been more welcome than now, this easily assumed toilette brightens the individuality and of every wearer, and is an extremely comfortable choice.

The charmingly original design was the other day, the quaint details should be emphasized by its position in artistic colorings and shades, such as olive-green, old rose and blue-velvet, with embroidered in dull gold thread on a background of match.

The design is patterned as a four-inch, high-waisted skirt, measuring three and a half yards at the top, which extends about six inches above the normal waistline joined to a living bodice cut with wide armholes to the sleeves. The material bodice is fastened at the left shoulder and side.

It will be the favorite color if light shade can be procured—a by means over-becoming tint. But it will with furs and that in itself nothing. "Tete de negre," plum, and marine blue are other popular ones, none of them making for fuss. Sometimes, too, the purple will fancy one of those delightful checks and plaids with a tinge of green in them which come from the East.



**T**HE method employed to clean light and dark velveteen is a simple one. A lather of white soap is made, into which the velveteen is dipped, then placed on a board or table and scrubbed the way of the pile with a clean nail brush until all dirt has been removed, when it is rinsed in clean cold water, but not squeezed or wrung, as this would spoil the pile. It is dried in the air and sometimes the back is drawn over a hot iron, but this is not absolutely necessary. Light velveteens are cleaned by gently rubbing with a flannel previously dipped in kerosene; or, if the material be soiled in spots only, by rubbing with a piece of fat bacon or butter, when the wrong side requires drawing over a hot iron in order to raise the pile.

**T**AKE a two-pound weight in the palm of the hand, resting the elbow upon a table, and raise and lower it from the level of the elbow to the shoulder. This is exactly the work done by the heart at each beat. Do this about seventy or eighty times a minute, and see how long you can keep it up. The heart keeps it up from before birth to just after death, perhaps seventy years. It never takes a rest; it never sleeps. The heart has been known to break from the strain of sudden emotion. Anger will increase the work of the heart from 152 to 224 foot-pounds a minute. Therefore, "Keep your temper," is good physiological advice. The heart of a healthy man was tested by having him run to catch a train: it was beating 152 foot-pounds of work a minute; it was beating 180 to the minute and doing 360 foot-pounds of work a minute.

**M**ANY Women leave silver spoons in preserves from one meal to another, remarking that the articles are silver and the fruit acid will not ruin them. But do not do this. The silver will be ruined and the fruit will be spoiled. The silver will be ruined and the fruit will be spoiled. The silver will be ruined and the fruit will be spoiled.

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to keep lard in tin or porcelain, acids in glass, sugar in a porous crock or glass jar, salt in a wooden box or glass receptacle and spices in tin that they will not absorb odors or flavors from each other. If placed in paper, keep chocolate in a closed dish or paper box. Bitter or sweet chocolate or cocoa powder will absorb any odor near by, even the wood odor of a cupboard.

**I**NEXPENSIVE dining-room curtains can be made of cream scrim. It is a good idea to work the scalloped edges with dark-green silkateen, then make a scroll design, plain and simple, in green outline stitch along the border edge. One pair of curtains that cost less than a dollar were outlined with pale green and a row of green grape leaves was used as a border design, being outlined with silkateen and veined with white silkateen.

**W**ITH cool nights the good house mother becomes interested in warmer bed coverings. This season the display of soft down quilts and cosy, fleecy blankets is so attractive that many women will be tempted to buy whether there is necessity for it or not. Among the novelties seen is a new and practical idea in the shape of a single blanket. The usual double blanket is heavy and often too warm. The single blanket is double faced and a little thicker than the blanket that is sold in a pair. It comes in solid colors as blue, pink, old rose, yellow, dainty shades of lavender, and two tones of gray. The facing is a flat of cream and the binding a broad band of satin ribbon matching the color of the upper side, some are bordered in Grecian design, others with broken stripes. Only a light weight spread is necessary at night over this kind of blanket, and that only for protection rather than for warmth. The checkerboard blankets are very cosy looking. In white and rose they provide an attractive touch of color in a room. They are the same color on both sides. These, too, are bound with ribbon to match. Then there are blankets showing all-over designs in floral and conventional effects. These will not show soil easily and will be good for beds made up on the porch or for bungalow use. Especially good for the porch is a tan blanket covered with dots and fine stripes in a color, as deep rose, Belgian blue and wood brown.

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### THE MOTHER-IN-LAW PROBLEM

BY EDNA EGAN.

**I**HAVE the best mother-in-law that ever happened," said a bride of last spring. "By all the rules of the game you ought to be at daggers-drawn with your mother-in-law by this time," laughingly remarked the friend who was visiting her. "We don't see each other often enough for that," said the bride. "But no matter what disagreements we might have about things, I shall always consider her one of my very best friends. She taught me how to manage William."

"William is a nice boy. He's lovable and I think all the world of him and he does of me—of course. But he's terribly overbearing and he takes the least little chance to be selfish. I rather liked his masterfulness before we were married—thought it was manly, you know. I didn't realize how it might turn out after we were married."

"But William took it into his head that he was supreme boss of the universe, including me, without waiting for the honeymoon to be over. I had to do just exactly as he wanted or there was trouble—and he didn't always suit my needs or convenience by any means. He'd go away, too, without mentioning where he was going or when I could expect him back, and he would arbitrarily change any plans or engagements I'd made, to suit himself, no matter how embarrassing it was for me."

"He also took to dictating what we should eat and what I should wear, and the kind of company I should keep. "At first I tried to please him. I waited on him like any foolish bride, and tried to keep a smiling face for him all the time. I avoided quarrels—we're not a quarrelsome family at home, anyway, and I really didn't know how to quarrel. I cried my eyes out privately, but never let William know it. "Then William's mother paid me a visit. "How's Will doing?" she asked, with a significant look. "I told her he was doing pretty well. "Any unpleasantness yet?" she inquired. "I asked her what she meant. "Has he been trying any of his

high horse act on you?" she asked. "Does he let you call your soul your own? Have you any rights at all?"

"Then I began to cry and told her everything that was eating up my heart."

"Poor youngster," she said, when I'd finished. Just that. She's not a sentimental woman and she didn't take me in her arms and pet me. But she gave me some good advice.

"Will always had that kind of disposition," she told me, "but if you ever see him in my house you'll notice he doesn't try any of it on me or the rest of the family."

"Will started out to boss me when he was a baby. Being the first-born he got his way at first. I didn't believe in whipping children, so I tried everything else first. But one day I used the strong-arm argument with him along with his dad's No. 11 slipper."

"The transformation in Will was magnificent. He was docile and loving for a week. Then he needed another application and he was an angel child for a month. Since then I've applied punishment whenever it was necessary and Will has a heap of respect for his old mother."

"Now you—you're too soft," she said to me. "You give in and Will thinks you're just a pushover. I'll bet he's getting tired of you already—he always does get tired of the things he gets too easy. He hates monotony, too. Stir things up—not a little, but a whole lot. Don't try to look just so nice all the time. Surprise him. Show him you have a temper. Don't cry, for pity's sake. Make a row. Hit him with something—and hit him hard. When he makes things unpleasant for you, make 'em more unpleasant for him. That wouldn't work with all men, but it works with Will. He's got to be bluffed."

"I took her advice," said the bride. "I certainly did surprise William. He objected to my calling my mother to make an appointment for the next day, so I hit him with the telephone and then threw the ink bottle at him. I also made the appointment and William had to eat at a restaurant next day. Also he had to pay for the damages to the telephone and our carpet. And really—I'm beginning to enjoy the game, though William's getting so sweet-tempered that I don't get as much exercise now as I'd like!"

### Sweet Potato Pie.

Boil potatoes until well done, peel and slice. Line a deep pie pan with good plain paste and arrange the sliced potatoes in layers, dotting with butter and sprinkling sugar, cinnamon and nutmeg over each layer. Pour over three tablespoons of whisky and about one-half cup of water. Cover this with pastry and bake. Serve warm.

### Eggs.

For an egg salad remove the shells from a dozen hard-boiled eggs, cut them in two, and take out the yolks without breaking the whites. Rub the yolks to a paste with an equal quantity of sardines, from which the skin and bones have been removed, and season with salt, paprika, and lemon juice. Heap the mixture into the whites and arrange it on lettuce leaves. Dress with mayonnaise.

### Cooked Dressing.

Yolks eight eggs, eight level tablespoonfuls sugar, one level tablespoonful flour, one level teaspoonful salt, a little red pepper, (scant) one-half cupful butter; beat well. Add one and one-half cupfuls of vinegar; cook over slow fire; stir constantly.

### Southern Baked Potatoes.

Bake large, smooth potatoes until well done; cut slices of peeling from the sides, scoop out the potato, wash well with butter and salt, place a portion of the seasoned potato in the empty shell, then a tablespoonful of creamed chicken, made rather thick; finish filling the shells with the mashed potato, return to the oven, let remain there until the potato has puffed and browned slightly.

### Kidney Pie.

Take two beef kidneys, cut up in small pieces, two good slices of pork, one onion, about a quart of water, season highly with salt and pepper; cook about one hour, then add five or six potatoes, cut up in slices, and cook an hour longer; add more water if necessary. Just before done, thicken with a little flour, pour into a deep dish, place on top a good pastry crust, making holes in it, and bake until crust is done, then serve.

### Clam Fritters Batter.

Yolks of two eggs beaten well, add half a cup of milk or water and one tablespoonful of olive oil, one-half spoon of salt, one tablespoonful of lemon juice and one cup of flour, or enough to make a drop batter. Drain the clams, chop the hard part, use liquor of the clams if much instead of the water, add the clams; fry by small spoonfuls in hot fat.

### Salmon and Cream Tomatoes on Toast.

Toast bread to a golden brown, butter and lay on each slice can salmon, cover and place in hot oven five minutes. Put half can tomatoes in a saucepan with a pinch of soda, stew a few minutes then strain. Put a tablespoonful of butter and two of flour, place over a slow fire, stir two min-

utes, adding salt and half pint of cream or rich milk. Then add gradually the strained tomatoes; pour over the salmon and toast and serve. This is delicious.

### Sponge Pudding.

Two heaping tablespoonfuls of flour, two even tablespoonfuls of sugar, one pint of milk, one tablespoonful of butter; rub smooth and cook to a boiling point. Add yolks of six eggs and then the beaten whites of six eggs. Bake one hour in a moderate oven. Set the dish in a pan of hot water while the pudding is baking and remove only when ready to serve. Use any hot sauce with either lemon or cherry juice for flavoring. This recipe serves eight people.

### Creamed Cold Slaw.

To one medium head of cabbage—do not use any of the stalk, as it makes it bitter—chop fine, mix with five tablespoonfuls sugar, five tablespoonfuls of vinegar, five tablespoonfuls of cream, a teaspoonful of salt, and a pinch of celery seed. Mix thoroughly.

### Stewed Oysters with Champagne.

Put two ounces of butter into a chafing dish and on this lay two dozen large oysters. Strew these with fine bread crumbs that have been browned a little with butter; dot pieces of butter over them, sprinkle with a little salt and pour in about half pint of champagne. Cover tightly and let cook for about five minutes, being careful that the oysters do not get overdone.

### Banana Parfait.

Peel three bananas, scrape off the coarse threads and press the pulp through a sieve. There should be one cup and fourth of the pulp. To the pulp, add three-fourths of a cupful of sugar and the juice of half a lemon; cook the mixture over hot water until thoroughly scalded, then set aside to become cold. Beat one cup and a half of double cream till firm. Cut fine citron, candied apricots or pineapple, and Maraschino cherries to fill a cup; pour over these three tablespoonfuls of Jamaica rum and let it stand an hour or, when convenient, over night. Have a quart mold lined with paper and thoroughly chilled. Stir the fruit into the banana mixture, fold the fruit mixture and cream together, and turn into the mold, filling it to overflow; cover with paper, press the cover down over the paper, then pack in equal measure of salt and crushed ice. Let stand three hours.

### Economy Roast.

Take a pork steak with the round bone in it about two inches thick, salt and pepper on both sides, then make a dressing of moistened white bread, about two cups and a half; two large onions or three small ones, a half cup of raisins, salt, pepper, and sage to taste; lay dressing on half of steak and fold the other half over and sew up; put in a roaster and roast with a little water for two hours. When done serve with fried apples and slice down like bread.

## THE KITCHEN