

Health. Beauty



And The Home

The 8-Hour Household Day

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

EVERY branch of industry is insisting on no more than eight hours of actual work. Railroad men, factory hands, all workers are demanding that their daily period of labor be compressed into this number of hours. And it seems reasonable that this amount of time spent in work, not dawdling, will suffice to satisfy the needs of any business.

But in the home, the last stronghold of tradition, incompetence, and medievalism, the housewife still insists that it takes more than eight hours to cover the work of the household.

Now, an investigation into the facts disproves this. It shows that the time spent is not in actual work, but partly in sitting around, in talking or in dissipated energy. It is the author's feeling that any household of not more than five adults can have its work performed well within an eight-hour period. The first step, as has been so often said, is to plan the work. In this article we are going to deal exclusively with the household in which the woman herself does all the work except the washing.

In this Summer weather how shall work be planned on an eight-hour basis? Although the needs of each family will vary according to its size, occupations of members, arrangement of house, etc., the following is a helpful schedule:

7 o'clock—Start breakfast.
7:30 to 8—Eating.
8 to 8:30—Clear table and stack dishes; inspect ice box and plan day's menus; phone if necessary.
8:30 to 9—Make beds and brush up three bedrooms.
9 to 10—Cleaning of living room, dining room, hall or other downstairs rooms.
10—Return to kitchen and make advance preparations for lunch, also frequently making dessert and preparing vegetables for the night meal while watching the lunch cooking. This should not take more than an hour and a half, and may often be done in an hour.
11:30 to 12—Rest period; reading, sewing or some work not connected with the household duties.
12 to 1—Serving and eating lunch.
1 to 3:30—Wash both breakfast and lunch dishes; give kitchen special cleaning, or clean silver, pantry or other special tasks.
3:30 to 5:30—Rest period.
5:30 to 6—Finish preparing supper and serve.
6 to 7—Eat supper.
7 to 7:30—Clear up after supper.
The total work hours, exclusive of rest periods or time consumed in eating, are eight.
But some women who read this schedule will say, "When will I do the laundry or

special baking?" The answer is that this may be done in the time given in this schedule to cleaning the rooms downstairs or to doing the silver or other special tasks. The time devoted to these may well be given to other work, but still the schedule holds true.

Notice the importance of the rest period both morning and afternoon. It is arranged this way for the greatest efficiency. But some women may prefer to omit the morning period and use it in the afternoon, thus giving two full hours every day for walking, shopping or attending a meeting. On some days, too, there may be even more free time after the noon meal is over and everything left in readiness for the night.

While this schedule may be altered in detail its main points can be followed out by any worker. It can be said, finally, that any household of four or five adults and not more than eight rooms can be cared for perfectly by one worker on the eight-hour day basis.

Of course, it must be said that during every moment of the eight hours the worker is working—and not dawdling or sitting around or dreaming. These things may be done in her rest period! If she cannot compass the work in this given number of hours it shows lack of efficient planning and ability to concentrate.

The schedule given is planned for a house without children. But since most families have children the schedule will have to be altered to include their needs and hours of feeding. In many cases it is wiser for the tired mother to take her rest period when the baby naps and when she is sure of getting some rest! She should by all means plan to do her most difficult cooking and work at the times when the child is most likely to be good-natured, and to save dish-washing and such mechanical jobs for the periods when he is fretty.

It will be noticed in the schedule given that dishes are never washed more than twice a day, and sometimes only once. Another point to be borne in mind is the importance of preparing almost everything for the evening meal either in the morning or at noon, so that the preparing of the meal at night will take the least possible effort.

If an eight-hour day is the fair thing for motormen, bean-shoppers and stenographers, why is it not the fair thing for the housekeeper who not only must do housework, but must endure the nervous strain of bearing children and having the emotional responsibility of the family in general? It would be a glorious thing if women would organize and insist on the home eight-hour day. The results would be more efficiently managed households and fewer tired-out women.



"Exercise is the best method of improving the figure."
Photograph Posed by MISS GRACE DARLING
at CAMPBELL STUDIO.

Exercising for Grace

By Lina Cavallieri,
The Most Famous Living Beauty.

TO improve your figure, whether you are fat or thin, the best method is by exercise. If possible take it in the open air, but if you cannot, then stand before your open window and fill your lungs as full of fresh air as you can while you are taking it.

If you haven't an extra ounce of flesh on your body and you would like to gain about twenty pounds more, exercise will develop the shrunken muscles and round out your figure beautifully, until you wonder where all the new fat comes from.

And you must believe me when I assure you that there is nothing so good as plenty of exercise to wear away the superfluous pounds, if you are afflicted with too many.

Oh, but surely the same exercise that reduces the too plump woman will not round out the thin figure? That is just exactly what it will do, because, on the one hand, the exertion will melt down the fat which encumbers the body; and on the other, the thin figure will be wonderfully developed through the constant daily use of its various unused and lazy muscles.

I would like to impress on your mind very firmly that every muscle in the body is there for some use. And every one should have enough exercise to keep it healthy. The muscles of the back are weak, because they are so seldom used.

The best exercises for development of those neglected muscles are those which involve stooping. Spoiled, pampered beauties test themselves by stooping, and if they can touch the floor with their fingertips without bending the knees they pronounce themselves fit. Women less spoiled and pampered have far less anxiety about retaining the best lines of their figure. Their everyday work requires enough stooping to keep the muscles of the back flexible and the muscles of the abdomen firm and of normal size.

Next to stooping, twisting the muscles of the back is a good exercise for strengthening it. But let this twisting be slowly and gently done, or this will be one of the instances in which the remedy is worse than the disease. Too violent exercise will only make the muscles weaker and cause a more severe ache, and possibly a severe injury by wrenching them.

Round shoulders, too, are a sign of weakened muscles. That is, when it is not due to a too great accumulation of fat across the shoulders.

A good exercise to correct this is a simple squaring of the shoulders, drawing in at the

same time lungs full of air. Push back your arms so that the forearms are on a level with the waist and the elbows are pushed back as far as possible. By a gentle sawing motion move the elbows forward and back. This causes a rush of blood to the muscles surrounding the shoulders and nourishes the muscles which you are exercising and banishes the fat cells.

Sweeping, in itself, is an admirable exercise. It gives a variety of activity by causing several of the least-used muscles to stretch and contract. Sweep vigorously and thoroughly and you will feel the rush of blood to the muscles of your forearm, to the muscles surrounding your shoulder blades and to those at the small of the back. But more valuable than any of these, it causes you to bend the body at the waist, thus strengthening the muscles which are weak in nearly all women. I mean those of the abdomen, which have been allowed to become weak and flaccid, causing that part of the body to sag and giving such an unlovely prominence to it as well as that hideous bulge at the hips.

The majority of women have learned to develop and keep in control the upper half of their figures. Fine chests, with a graceful line from the shoulder to the bust, is really quite common among us, but the clumsy walk and the conspicuously awkward lower half of the body still remain. This glaring defect can be corrected by exercise, of which you can easily learn many new ones, and by the well-known and easily available one of walking.

If you are not already an out-of-doors woman, I would advise you to become one at the very first opportunity. Learn some out-of-door sport, whether it be tennis, golf or swimming, and keep it up faithfully all through the long Summer months.

Should the weather be unfavorable, or if you are unable to spare the time for out-of-door exercise, then you will find a half an hour spent in stationary indoors running will prove a most excellent exercise for you. Put on your pajamas and stand in one spot, with your hands on your hips, your thumbs pointing backward, with your chest well up and your shoulders back, and then begin to prance like a horse. Stop and rest at discreet intervals and then resume again.

In short, if you are anxious to acquire or retain a good figure, my best advice to you is to walk, dance, swim, ride horseback, climb, skate, play tennis or anything like that, which will help to exercise your muscles, and so put your body into the finest condition possible.

Health Hints

For Laryngitis.

SPRAY the throat daily with an atomizer containing a 2 per cent solution of alumnol.

To Control Hives.

A 20-GRAIN powder of calcium lactate three times a day will aid in the control of hives.

For Anemic Children.

GIVE 10 drops of the syrup of the iodide of iron three times daily, after meals, in water.

To Prevent Hives.

AVOID eating strawberries, cheese, pickles, pork, shell fish, sausages, sweets and pastry.

Checking Nose Bleed.

BLEEDING from the nose can usually be checked by inserting into the nostril a pledget of cotton soaked in peroxide of hydrogen.

Beauty Questions Answered

MY mother always used a liquid preparation for her face instead of cream, and she had a beautiful complexion. Do you know of any that I could use?—JANICE.

Here is one that women of the old school used with most excellent results. It may even be the one that your mother had, as this was a favorite lotion with many several years ago:

Oil of rosemary..... 1/2 ounce
Oil of lavender..... 2 drams
Oil of petit grain..... 30 grains
Tincture of yew..... 3 drams
Orange flower water..... 1/2 pint
Rectified spirits..... 5 ounces

MY hair has always been kept in beautiful condition, but now I find to my dismay that it is coming out in great handfuls. Can you help me?—A. F. B.

You may have been neglecting your hair lately. Neglected hair is almost sure to come out in quantities. Here is a shampoo that has been successfully used to check the falling out of hair. It should be used once a week for a time until an improvement is noted:

Borax..... 2 tablespoonfuls
Salts of tartar..... 2 drams
Almond oil..... 2 ounces
Oil of Bergamot..... 10 drops

MY skin is annoyingly thin and sensitive. What should I do for it?—MRS. C. H.

If you are strong enough to stand it, you ought to take a daily cold bath or shower. But do not remain in the icy tub or the chilling shower longer than one minute. After that you should have a brisk rubdown, not with the soft linen towel or cheesecloth, but with a big, coarse Turkish towel. A good plan would be to rub the body briskly with alcohol immediately thereafter, as this prevents the possibility of taking cold. If persisted in this treatment will quickly relieve the hypersensitiveness of your skin.

PLEASE tell me how I can make my eyelashes grow. Also the best way to thicken up my eyebrows.—A. S. A.

The growth of the eyelashes can be promoted by frequent brushing with an eyelash brush, also by carefully clipping the ends once every six months. Brush the eyelashes upward and the brows toward the temples, training the arch to be high and pliant. For weak and thin eyebrows this lotion is excellent and should be applied frequently:

Sulphate of quinine..... 10 grains
Oil of sweet almonds..... 2 ounces

Recipes for Invalids and Convalescents

Oatmeal Broth.

STIR 1/2 cup oatmeal slowly into 1 cup of boiling water and continue stirring constantly until the mixture boils. Let boil 5 minutes and then cook over hot water about 1/2 hour. Add 2-3 cup milk, strain and add 1 slightly beaten egg yolk, 2 tablespoon butter and 1/4 teaspoon salt. Serve hot.

Chicken Jelly.

CUT 1 pound of chicken and bone into small pieces. The carefully washed and skinned feet should also be used. Put into a saucepan with 2 cups of cold water, 6 peppercorns, 1 allspice berry and any of the following seasonings that seem desirable: A pinch of parsley, paprika, 1 or 2 mushrooms, a bit of fresh or dried celery, a few drops of onion juice or a bit of bay

leaf. Bring slowly to the boiling point, removing scum as necessary, then simmer gently about 5 hours. Strain through a jelly bag or double thickness of cheese cloth. Season to taste with salt and set aside to become "jelly like." Remove fat, reheat and turn into small moulds or custard cups. Place in ice box to become firm. Invert and garnish with a sprig of parsley or a bit of curled celery.

Barley Gruel.

MAKE a smooth paste with 1/4 tablespoons barley flour and 2 tablespoons cold milk or water. Dilute with 1/4 cup scalded milk and then add gradually to 1/2 cup scalded milk, while stirring constantly to prevent lumping. Cook in double boiler or over hot water 25 minutes. Add 1 teaspoon butter and 1/4 teaspoon salt.

Baked Custard.

SCALD 2-3 cup milk. Beat 1 or 2 egg yolks or 1 whole egg slightly and add 2 scant tablespoons sugar and a pinch of salt. Dilute with a little of the hot milk. Then pour into the hot milk, stirring constantly. Strain into small buttered custard cups, sprinkle with a tiny pinch of nutmeg or cinnamon, place in a pan of hot (not boiling) water and bake in a slow oven until firm. The custard may be flavored with a few drops of vanilla, lemon or banana extract. It should be remembered, however, that pronounced flavorings are nearly always distasteful to sick people and great care should be taken not to use more than a suspicion of any flavoring.

Eggs, Hospital Style.

BUTTER an individual casserole dish or ramekin. Finely chop a little cooked chicken or veal and season to taste with salt and paprika. Line the ramekin with a thin layer of the meat. Brea a fresh egg into a saucer and slip it into the centre of the little baking dish. Cover with buttered paper and cook in a moderate oven until the egg is firm. The egg may be sprinkled with finely chopped parsley or paprika before it is cooked. It may be served in the dish in which it is cooked, or it may be removed from the dish, garnish sparingly with parsley and served

as a combination timbale with a plain milk, flour and butter sauce.

Coddled Egg.

SCALD 1-2 cup milk and add 1 egg slightly beaten. Cook over hot water, stirring constantly until creamy. Add 1 teaspoon butter, 1-2 teaspoon salt and a dash of paprika. Serve hot with small pieces of brown toast.

Vanilla Ice Cream.

SCALD 1/2 cup rich milk or thin cream with 1/4 teaspoon salt and 1 or 1 1/2 tablespoons sugar. Cool, add a few drops of vanilla and 2 tablespoons whipped cream. Freeze, using 3 parts ice and 1 part salt. If, for any reason, it is unwise to use the cream, substitute skimmed milk or condensed milk for the rich milk or cream. Evaporated cream makes a most acceptable substitute for fresh cream.

Making Flowers Look Their Loveliest

ALTOGETHER too little attention is paid by the average woman to receptacles for flowers. Like the frame for a picture, or the correct dress for a gentleman, the vase for flowers should be merely the setting which shows off the blossoms to better advantage, says a writer in American Cookery.

A quaint old brown jug, with its

never-failing bunch of golden corn-cobs, occupied a tabourette on a large corner porch all of last Summer and afforded the family and their friends perpetual enjoyment. A unique Japanese hanging basket, lined with zinc, held some riotous California poppies on the same porch.

Tall, old-fashioned unglazed jars of brown pottery, resembling old-time churns, were a delight when filled with tall stalks of tiger or Japanese lilies, gladioli, golden glow, daisies or will asters.

A dark, odd-shaped jar of long-stemmed branching asters, of a royal purple hue, is a thing of beauty. If we Americans could only take lessons of the Japanese, and not crowd our vases or mix our colors! A pretty centerpiece for a dinner table is a silver or earthen bowl of pale pink-fringed asters, resembling chrysanthemums. A low flat dish, fringed with the foliage of the common, Allegheny vine or skeleton geanium leaves, on which are arranged large, velvety pansies, is a delight for days. Nasturtiums, running riot in all their glorious colors, with an abundance of their own foliage, are never more beautiful than when carelessly arranged in a Japanese basket, which has an inner tin lining.

You Might Try--

Cleaning Griddles.

USE dry salt, or, better still, steel wool, to clean the cake griddle on your gas range.

Using Corn Starch.

THE same quantity of corn starch can be used instead of laundry starch when you happen to be out of the latter.

When Darning.

WHEN darning on the machine put a small pair of embroidery hoops around the spot to be darned to hold the goods tight and prevent puckering.

Shapely Sweaters.

TO keep a sweater from losing its shape sew pieces of tape on the shoulder and underarm seams. If the sweater has no seams sew the tape where they would be.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Iced Cantaloupe, Cereal, Toast, Jelly, Coffee. Luncheon Tuna Fish Timbales, Green Peas, Jellied Fruit. Dinner Meat Balls, Brown Gravy, New Potatoes, Steamed Squash, Tomato Salad, Chocolate Blanc Manger, Coffee.	Breakfast Barley, Oatmeal, Coffee. Luncheon Asparagus au Gratin, Bran Muffins, Emergency Salad, Iced Tea. Dinner Planked Fish, Mashed Potatoes, String Beans, Rice Jelly, Fruit Sauce, Coffee.	Breakfast Fruit, Poached Eggs, Baked Bacon, Muffins, Coffee. Luncheon Cereal, Toasted Muffins, Jam, Fruit Whip. Dinner Vegetable Loaf, Tomato Sauce, Glazed Onions, Fine Apple, and 1-egg Cheese Salad, Papier Wafer, Steamed.	Breakfast Steamed Rice, Cooked Fruit Sauce, Coffee. Luncheon Eggplant in Ramekins, Brown Bread and Butter, Sandwiches, Iced Tea. Dinner Roast Mutton, Baked Bananas, Potatoes, Green Peas, Grape Jelly.	Breakfast Cooked Peaches, Broiled Salt Mackerel, Coffee. Luncheon Heart Lettuce Salad, French Dressing, Toasted Corn Muffins, Iced Tea. Dinner Cream Sauce Omelet, Shad Roe Sauce, Buttered Beets, Asparagus, Rice Pudding.	Breakfast Steamed Apples, Milk Toast, Oatmeal Cookies. Coffee. Luncheon Potato and Sardine Salad, Toast Strips, Gingerbread, Iced Tea. Dinner Brown Gravy, Rice, Greens, Sliced Tomatoes, Fruit Salad, Dressing, Coffee.	Breakfast Cantaloupe, Cereal, Rolls, Butter, Coffee. Dinner Cold Sliced Roast Beef, Reheated Gravy, Creamed Potatoes, Asparagus Salad, Cherry Ice Cream. Supper Nut Bread and Cream Cheese, Buttermilk, Cooked Fruit.