

Health, Beauty And The Home

The Full Lunch Box

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

VERY happily the movement to establish school lunch-rooms in connection with schools is growing, for educators and other investigators alike have proved that the reason many hundreds of children are low in their studies is because they do not have proper nourishment. This is true particularly in the crowded quarters of large cities, but still it is almost equally true with children who come from well-to-do parents, for in this latter case the lunch too often consists of sweetmeats, cakes and non-nourishing foods.

It is an old subject, but still one that recurs every year, and as each year the problem becomes a new one to many thousands of readers it seems worth while to discuss it for a few moments. In the first place, let's recall that a child is doing two things. He is actually making body tissue continuously every day and night, making new bones, muscle, blood cells to evolve into an adult body. Second, the child at school is studying and using up energy, immense amounts of nervous energy, in both study and play. That is why the appetite of children seems so enormous; why, indeed, there seems "no bottom" to it. It is perfectly true that a ten-year-old boy eats as much in quantity as an adult man, and he should in order to keep him going.

The thing for mothers to know is that a large part of this food need must be met by the lunch the child takes to school or by the lunch provided by the school. In many cases, as has been suggested, it is preferable to have a school lunchroom, particularly for the high grades. This does not mean free food, by any means. It simply means food prepared at cost and arranged for wholesome choice.

For instance, the child that might formerly spend a nickel for buns and a nickel for a cream cone could for the same sum secure a bowl of soup, a dish of macaroni and some form of pudding. Let me repeat that every possible chance mothers have of working for such school lunchrooms should be pushed to the greatest success.

But if this is not possible, owing to the neighborhood or other conditions, then it is the mother's responsibility to provide an adequate lunch. If the child can go home at noon of course it is far better to have a hot meal than simply sandwiches.

We must not be thought harsh in saying that too many women fail to provide a noon meal of the right kind. Sometimes they have only a piece of sausage and bread or simply left-over portions from the previous night. No mother should be unwilling to take the trouble to make the children's noon meal adequate and satisfying, both to health

and appetite. Supply and cook warm dishes in cold weather and see that they include sufficient body-building food, such as either meat or eggs, peanut butter, and especially milk. A milk soup is an ideal cold weather noon lunch for children.

But if, unfortunately, the child has to take a lunch box, then that, too, should be the object of the mother's greatest solicitude. I know from experience that it is a somewhat tedious thing to prepare lunches day after day. There seems to be so few new foods!

Children get tired of the same things easily, and here is a chance for ingenuity and love to be shown in a concrete way. A great many left-over pieces of meat can be run through the food chopper, seasoned and used as sandwich fillings. Similarly, cheese may be ground to a paste, spiced and used in sandwiches. A glass jar holding a half-pint or less, with a close-fitting cover, is excellent for carrying stewed fruits, desserts and similar dishes.

Many kinds of dried or canned fish are wholesome changes. Salad dressing or mayonnaise makes some of the plainest foods appetizing. Cake seems a necessary adjunct, but it is better to have a small cookie or cup cake than a slice of layer cake, which does not carry so well.

The success of the school lunch box depends on putting foods in separate wrappings, so they will not mash and become soft. There are several new models of lunch boxes on the market, some of excellent tin having a compartment for sandwiches and another one to hold a vacuum bottle. These small, unbreakable bottles will keep any liquid hot for hours and offer an excellent way of giving the child a hot food drink, such as cocoa, malted milk, etc.

Nuts are not to be omitted from the lunch box, for they are rich in fat, minerals and energy, and if well chewed make one of the best foods for growing children.

Chocolate is another food which should be liberally included. Every normal child has a decided sweet tooth and it should be satisfied in the right way. Chocolate has fat, starch and sugar—three important food elements. The child who is given sufficient chocolate or other sweet foods, like dates, raisins, figs and honey, will not crave so many of the artificial sweets of the stores.

Honey is an excellent food for children and its cost should not be considered an extravagance. Nor should nuts, raisins or figs be regarded as dainties. They are most wholesome foods whose cost is no more than beef or pork and whose results are far more important.



"With the softest towel I can get I pat my face until it is nearly dry." Photograph Posed by MISS ARLINE CHASE at CAMPBELL STUDIO

Most young girls do not include sufficient spinach and green vegetables in their diet. Girls especially need more iron in the system than they usually get. It is a mistake for them to concentrate on pastries and on starchy foods. The

boy, too, needs plenty of vegetables and fruits to give him the necessary vitamins or mineral elements. The children, therefore, should have a hot dinner in the evening, including vegetables and fruit. The lunch problem is a most im-

portant part of the whole problem of bringing up a child so it shall be healthy and able to do its work in the world.

The "full lunch box" is as important a slogan as the "full dinner pail."

The Right Face Bath

By Lina Cavalieri,
The Most Famous Living Beauty.

IT is neither a simple nor an easy thing to wash one's face properly in order to cleanse it. To perform this part of your toilet as it should be done requires time, patience and care.

I am going to describe for you, step by step, my own method of washing my face, that you may understand the best way to do it. The most convenient time is usually at night before retiring. The place should be in your bedroom or in your own private lavatory.

I am discovered sitting in my easiest chair. It is one of my theories, carefully worked out in my own practice, that making one's toilet should be made not hard work, but an easeful relaxation. That is a great help on the way to beauty.

Beside my chair, on my dressing table or on a small stand or table that can be moved beside me, is a package of absorbent cotton, a toilet bottle of rosewater, a small glass bowl and a jar of some especially good cold cream. On the table also are my face cloths, small, square pieces of cheesecloth or old silk handkerchiefs.

Now I sit down before the mirror, lean back comfortably in my chair and dip the bit of cotton into the cold cream, depositing most of the cream in the places that are the culture spots for wrinkles—that is, between the eyebrows, at the outer corners of the eyes and from the flare of the nostrils to the corners of the lips.

Having done this, I toss into the waste basket the bit of cotton. Then I take a fresh piece, dip it into the jar of cold cream and go carefully over every particle of my face—carefully, but very lightly, for the skin should never be dragged nor drawn by any manipulation. Dragging or drawing the skin of the face makes the very wrinkles which we try so hard to banish.

Always I finish this step of the face washing as soon as I can, for I am invariably revolted by the amount of dust that is removed by the cotton.

Throwing away this second bit of cotton I now select a third clean portion, dip it into the cold cream and apply it to what some have called the corners of the face, but I prefer to call them the crevices or the dark lines. These are the places where the nose meets the cheeks, where the ears are set into the neck, and the hairline, which in some faces that are otherwise clean and dainty might be called the "shadow line."

The lines where the chin meets the neck and the space behind the ears are dust traps and should be closely watched. Special attention

should be given them every day. Upon these I place my last coating of cold cream, assiduously coating up every particle of dust.

I am ready now for the last step in the process; that is, the actual washing, as we usually think of washing with water. The bathroom is the best place for this. But the water in the stationary bowl must be neither too hot nor too cold. The skin should never be exposed to the loosening tendency of the one nor the shock of the other. "Always adopt middle measure" is a good motto for the care of the skin as for most other methods of beauty culture.

I rub a mild castile or a bland toilet soap on my skin or use an almond meal or oatmeal paste for this purpose. From long use I have grown very fond of this: Almond meal, 1 tablespoonful; tincture of benzoin, 4 drops, and enough water to make a thin paste.

I pat the palms of my hands covered with the lather of the soap or with the oatmeal or almond paste, and then rub this on my face. Dipping my hands in the water I bathe the face with long, upward strokes, slow and smooth. These end in the meeting of the finger tips above the eyebrows.

With the softest towel I can get or with one of my cloths I pat my face until it is nearly dry. Then I return to my easy chair, and leaning comfortably back, pour from the bowl a handful of the tepid rosewater and lightly bathe the face with it. I dip some absorbent cotton into the bowl and go over the face lightly but thoroughly.

This, as any man can tell you, softens the face after a rigorous treatment. Men use it after shaving, and a woman can likewise do it to advantage after washing her face.

The next step is a quick, light anointing of the face with cold cream.

But the face washing is not complete without one last final inspection with a hand glass under the best possible light. If this reveals upon chin or neck any stains I set about removing them at once. A complexion brush is an invaluable adjunct to cleansing a face after a long motor ride or a day's shopping.

Lastly, if there be any blackheads in the skin or any pimples, this is the best time to treat them. With a match or toothpick dipped into ammonia touch the blackheads one by one. With the fingers thrust into dampened bicarbonate of soda touch the pimples. Or, if the pimply precedes its disappearance, then you should touch it lightly with peroxide of hydrogen.

Household Helps

For Bitter Tea.

WHEN tea boils the resultant bitter taste can be removed by putting a little cold water into the pot.

Lemon for Potatoes.

A FEW drops of lemon juice added to the water in which old potatoes are boiled will prevent them turning dark.

In the Silver Box.

KEEP a bit of charcoal in the box or drawer where silverware is stored to absorb moisture and prevent rust.

Oil for Pastry.

INSTEAD of lard or butter for pastry try using a wineglassful of salad oil to each pound of flour. Mix the oil first with a little water and then stir into the flour.

A Novel Fortune Party

A FORTUNE party is great fun because everyone is interested in having fortunes told, says Alice Burrell, author of "The Party Complete."

Send the invitations on cards which show a picture of a witch in high-pointed cap. A black card with a red witch and the invitation written in white ink would be effective. Get half a dozen of your girl friends to come and act as the fortune-telling "witches."

Have the house all in darkness when your guests arrive except for bowls of burning alcohol here and there, which gives a weird, unearthly light. The "witches" should be dressed in red cloaks and high-peaked caps and should be seated on the floor behind great cauldrons in which alcohol is burning. Their faces should be covered with flour to make them look even more strange. Each "witch" will tell a different kind of fortune. One will read the palms of their guests as they come to her. (There are many books on palmistry in the public libraries which tell how to read palms.) Another will tell fortunes according to the month in which one was born. Another "witch" will read a fortune from one's handwriting.

Tested Fruit Pickle Recipes

By Mary Lee Swann,

Former Principal of the Scudder School of Household Arts.

Sweet Pickled Peaches. FOLLOW the recipe for sweet pickled peaches, using pears in place of peaches.

Sweet Pickled Blackberries. PICK over and wash 2½ pounds of blackberries and drain thoroughly. Dissolve ½ pound granulated sugar in 1 cup vinegar, add berries and simmer until thick. Just before the thick stage add cinnamon and cloves to taste.

Sweet Pickled Figs. MAKE a syrup of 2 pounds of sugar, 1 pint of vinegar and ¼ pint of water. Flavor with cinnamon and cloves. Then add 7 pounds of clean, dry figs that are not quite ripe. Boil until figs are tender and nearly transparent. Seal immediately in sterilized jars.

And another will have a pan of melted lead which the guest will pour through a key-handle. From the strange shapes which the lead assumes the fortune is read. A fifth "witch" will tell fortunes by the egg formula. The white of a new-laid egg should be dropped into a glass of cold water. The fortune teller will then translate the meaning of the shapes which the albumen takes.

Give each guest a booklet and pencil before the fortune telling begins. Have him write down in the booklet everything the "witch" has foretold. Then have one of the party read these fortunes aloud and let each one guess whose fortune it is. The one who makes the greatest number of correct guesses receives a prize.

At one "Fortune Party" supper a bowl of walnuts was passed. Within each nut was found a folded bit of blank paper. When held over a candle flame words began to appear. These were all funny little nonsense fortunes. Write the fortunes in lemon juice.

Pickled Barberries. SELECT large bunches of barberries and soak them in salt water for several hours. Drain and pour scalding vinegar, either plain or spiced, over them. Seal in sterilized jars and use for garnishing.

Sweet Crabapple Pickle. WASH 8 pounds of perfect crabapples and dry thoroughly. Prick each apple several times. Mix 4 pounds of sugar with 1 quart of cider vinegar, add a spice bag containing 23 cup mixed spices and cook until the syrup begins to thicken. Add apples and cook slowly until tender but not broken. Transfer to sterilized jars, cover with boiling syrup and seal immediately.

Sweet Pickled Strawberries. WASH and stem 2 quarts of fresh, firm strawberries. Add 2 cups of granulated sugar and bring slowly to the boiling point. Add 1 cup vinegar and boil for 10 minutes. Reduce heat and cook just below boiling point 1 hour. Remove berries to sterilized jars. Reduce syrup by boiling until thick and fill jars to overflowing with boiling syrup. Seal immediately.

Whole Pickled Peaches. WASH and peel 3 pounds of peaches and cut out the blossom ends, leaving the stem. Boil the peaches in a quart of water until they can be pierced with a toothpick. Remove the peaches and add to the pear juice 2 pounds of sugar, 1 pint of vinegar, 1 stick of cinnamon, a small piece of ginger and a dozen whole cloves. Boil 8 minutes, add pears and boil until syrup is thick. Place the pears carefully in sterilized jars, boil the syrup 5 minutes longer, fill jars to overflowing with boiling syrup and seal immediately.

Watermelon Pickles. SELECT a good ripe melon, cut off the thin green rind and cut the remaining rind into small slices or squares. Soak the rind in salt water, lime water or alum water overnight and in the morning drain thoroughly. For 5 pounds of rind prepare a syrup of 6 pounds of sugar, 1 pint of vinegar, the juice of 1 lemon and spices to taste. Boil the rind in this syrup until tender and transparent—about 1 hour. Seal in sterilized jars.

Sweet Pickled Peaches. OIL 2 pounds sugar with 1 pint vinegar and a 1-inch stick of cinnamon about ¼ hour. Dip peaches (about ½ peck) in hot water and rub quickly with towel. The rubbing will remove the "fur" but will not break the peach unless it is overripe. Stick 3 or 4 cloves into each peach, then cook the peaches in the syrup until tender, using a few of the peaches at a time. Lift peaches to sterilized glass jars, fill to overflowing with boiling syrup and seal.

Sweet Pickled Cherries. WASH large ox-heart cherries, remove pits carefully, trying not to break fruit. Soak 24 hours in mild vinegar, drain and arrange in sterilized jars in alternating layers with granulated sugar. Cover with vinegar and stir gently every day for a week. Use a wooden spatula or spoon for stirring, so that the fruit will not be broken. Let stand for one month and then add to each quart jar 1 teaspoon cherry extract and 1 drop almond extract. Store in cool place.

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Health Hints

For Ringworm.

PAINT with a 10 per cent alcoholic solution of salicylic acid and tincture of iodine.

For An Ulcerated Tooth.

PAINT the gum in the vicinity of the aching tooth with a mixture of equal parts of tincture of aconite and tincture of iodine.

First Aid for Sprains.

THE best first aid for sprains is hot water, plunging the injured joint into a pail of it as hot as the skin will bear.

For Nervous Headache.

BATHE the head in a solution of menthol in cologne water (five grains to the ounce), being careful to keep it out of the eyes.

Beauty's Question Box

KINDLY advise me what to do about reducing my bust. I am twenty-eight, weigh 135 pounds and am five feet two inches tall.—G. H. W.

I am not in favor of any of the more drastic remedies to reduce the bust, because they are likely to cause serious local trouble in the mammalian glands and may sometimes even affect the heart. Your weight is not excessive, but if you insist on trying to reduce your bust the simplest thing I would advise is to bathe that region daily for five minutes in extremely cold and very salty water. This will contract the skin and gradually diminish the amount of superfluous fatty tissue.

MY teeth are badly discolored and yet I have no time to go to a dentist and have them cleaned. Please tell me what I should do for them.—C. C. F.

Brush your teeth thoroughly at least once a day with this powder:
Sugar of milk.....200 grams
Powdered catechu.....3 grams
Oil of peppermint.....4 drops
Oil of arisa.....4 drops
Oil of orange flower.....4 drops
Pour into the sugar of milk a few

drops of alcohol. Add the catechu, stirring it all thoroughly. Then sift through a thin cloth and sprinkle the oil of peppermint, the oil of anise and the oil of orange flower into this powder.

MY hair has come out terribly ever since I had the "flu" and it is now growing rapidly, although I am only thirty. I have dandruff, also. What should I do for it?—MRS. A. B.

Your hair cannot grow while the dandruff chokes up the sebaceous glands, so the first thing to do is to shampoo the scalp once a week with castile soap and warm water. Afterward apply this simple remedy for falling hair:

Oil of sweet almonds.....2 ounces
Alcohol.....2 gills
Aqua ammonia.....2 ounces
Good whiskey or rum.....4 ounces
Gum camphor.....¼ ounce

To overcome that gray tendency you should massage into the scalp on alternate weeks the following:
Sulphur.....2 ounces
Bay rum.....8 ounces

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Baked Bananas, Oatmeal, Rolls, Coffee, Luncheon Egg Croquettes, Cream Sauce, Corn Muffins, Fruit Gelatine.	Breakfast Cereal with Dates, Broiled Tomatoes, Coffee, Luncheon Corn Chowder, Toasted Crackers, Baked Apples, Dinner Calf's Liver in Casseroles with Diced Celery, Carrots and Green Peas, Lettuce and Tomato Salad, Gingerbread Squares, Marshmallow Sauce.	Breakfast Stewed Peas, Oatmeal, Muffins, Coffee, Luncheon Minced Chicken Sandwiches, Radishes, Shortcake, Tea, Dinner Veal Seasoned with Ham, Chives and Parsley, Stewed Potatoes, Heart Lettuce Salad, String Beans, Fruit Puddings, Hard Sauce.	Breakfast Prunes, Cereal, Creamed Beef on Toast, Coffee, Luncheon Eggplant with Poached Eggs, Tea, Dinner Breaded Chops, Fried Potatoes, Peas, Buttered Beets, Lettuce Salad, Hot Water, Sponge Cake, Caramel Cup Custards.	Breakfast Grapes, Cereal, Whole Wheat Muffins, Buttered Toast, Coffee, Luncheon Stuffed Peppers, Savory Sauce, Thin Golden Corn Bread, Fruit, Tea, Dinner Planked Fish, Butter Sauce, Creamed Potato Border, Peas, Tomatoes, Cucumber Salad, Cookies, Coffee.	Breakfast Cantaloupe, Oatmeal, Toasted Muffins, Poached Eggs, Coffee, Luncheon Macaroni Rabbits, Celery, Whole Wheat Bread, Stuffed Dates, Dinner Chicken Soup, Hamburg Steak, Soubise Sauce, Lima Beans, Steamed Squash, Baked Apples.	Breakfast Fruit, Creamed Codfish, Baked Potatoes, Coffee, Dinner Roast Chicken, Corn Bread Creamed Stuffing, Creamed Turnips, Buttered Cauliflower, Tomato Salad, Peach Tapioca, Supper Lettuce and Sardine Sandwiches, Sliced Fruit, Cocoa.