

Health, Beauty And The Home

About Beds

By Mrs. Christine Frederick,
The Distinguished Authority on Household Efficiency.

I THINK it was Mark Twain who said that beds are the most dangerous of places, since over eighty per cent of all persons meeting death, meet it lying in bed! And if we stop to consider that most of us pass from six to nine hours of every twenty-four in bed, it seems worth while to consider what those beds are made of, how constructed, and what will make them most sanitary and comfortable.

Many of us recall the old-fashioned black walnut or mahogany bedsteads, some seven feet long, with a back or headboard as large as a wall, and so heavy that it required three men to lift it in place. These stately beds, with their posters and canopies, belonged to the era of high ceilings and much space. To-day they have no place in our compact and low-ceiled houses.

Also, there was always a question of a wooden bed being perfectly sanitary, and as it was more difficult to disinfect in case of illness, we have, as a nation, come to adopt some form of the sanitary enamel, hospital type of bed.

An enamel bedstead is made of hollow or solid tubes of enameled iron, and may either have the spring and sides in one piece or separate. I personally prefer the spring and framework all in one piece instead of having the spring a separate fixture consisting of numberless coils of wire springs.

An excellent type of bedstead, especially for the small room, or for children, is one where the spring is of closely woven wire, and so made that it can be folded back into a one-piece flat outfit, like a collapsible go-cart.

The way to judge of the quality of a woven spring is to count the number of cross wires to the foot or yard. Two springs which look exactly alike as to the number of lengthwise wires, will show a varying number in the cross wires. Naturally, the greater the number of wires across, the stronger the spring.

It is always well to see that the bed is so well made that it does not catch on the bedcovering. For years I have had a good bed which has this fault—the sheets especially catch on the crossbars of the spring, and if I had known as much when I bought it as I do now, I should not have made the purchase. Torn sheets are expensive, well finished bed frame should have no rough places.

To-day there are being manufactured excellent beds of iron, but having a cane, wicker or wood appearance. These, of course, have all the sanitary requirements and are more attractive in addition, since they come in "period" designs and match other furnishings.

The old idea used to be that the best mattresses were always made of hair. And I believe that a well-made, fine hair mattress cannot be excelled—if you can find it to-day! But rather than a poor quality hair mattress, it is preferable to buy the best laminated cotton mattress. Such a mattress is made of the pure cotton bats, sterilized, and so beaten and shaped and made in layers as to give resiliency, without matted or lumping. But nothing is worse than a cheap cotton stuffed mattress, which will soon "lump" and be as uncomfortable as a "comforter" which has been washed into bumps.

A good mattress costs quite a small fortune to-day, but it is one furnishing that should not be skimmed on.

And do not have it covered with the old-fashioned, ugly blue and white ticking, when there are so many other tickings of better appearance. Stripes of pink or lighter blue, floral designs, or even solid colors, are more attractive and cost no more.

With any mattress a closely stitched, padded quilt of white cotton should always be laid under the sheet, and between it and the mattress cover proper. This latter cover should be used on every bed, if the housewife wishes to be neat and sanitary. Such a cover is made of heavy unbleached muslin, shaped like a bag, to just fit the mattress. One end is left open and strings or tapes used to tie it shut. This completely covers the mattress, and may be washed easily, when the mattress could not be washed.

Unless a mattress is for a large double bed—and I wish that no more of these would be manufactured—the mattress is better made in two pieces. But if very large, then two portions are easier to turn, although with our modern methods of vacuum cleaning there is less need now for personal handling of the mattress.

An entire chapter could be written on pillows and their fillings. Most pillows are filled with grades of duck or other fowl feathers. One has to be careful not to buy the loosely packed pillows filled with



Lina Cavalieri, the Most Famous Living Beauty.
(Photograph by Ira L. Hill's Studio.)

"floss" or cotton fibre, which looks and feels plump at first, but which mats into a lump after a short period of use. Many pillows are filled mostly with the short cuttings of feathers and not with the whole plumy part, and hence are stiff and hard. Make the dealer show you a sample of the filling both of mattress and pillows before buying.

In our home we have something like \$300 worth of blankets and beddings, because most of us sleep outdoors. When any one asks why we have so many blankets and not the so-called "comfortables," I reply that we have not found the "com-

fortables" satisfactory. "Comfortables," as popularly known, are the quilted (by machine) coverings, containing cotton batting of different grades, and covered with sateen or silkolene. Of course, there are good and light comfortable; but as a general thing I have found that they cost as much as a good blanket and do not give nearly as good service. Above all, they are heavy and not light. But I find the chief objection is that they cannot be washed.

I have tried (and succeeded) in washing a comfortable and a down quilt, but I would never try it again. In spite of the utmost care, the

quilt mats and comes from the washing uneven, and with the cotton all hardened into little bats.

Avoid all the bright pink-tinted blankets which look so fleecy. These are made to have such an attractive appearance because the nap is brushed up by machinery and made to look woolly—but it isn't. The more fleeces on the blanket, the more to be swept up in the dustpan and, pardon the pun, the more "fleeced" the poor purchaser. The best blankets small animal-like. They have short hair and like the best travelling "rugs" of the old country, are very light, pliable, and anything but fluffy.

Relaxing for Beauty

By Lina Cavalieri
The Most Famous Living Beauty.

ARE your muscles twisted into tight knots? You do not know, and yet as you read you more or less consciously relax the muscles that have been drawn together as you tie a rope into a knot. Some women frown even more when they are reading than when they are talking.

If you feel yourself frowning, remember that ugly knotted rope and untie it.

If your lips are drawn into a hard straight line that ages your face and makes you look ungracious and unlovely, then untie the rope. If nervousness has made you draw your fingers together into the semblance of monkey claws, relax them. Untie the rope.

Keep the thought of that knotted rope constantly before you. It will be your beauty's danger signal, as the waving red lantern is the warning of danger on the railroad track.

A rope, straight, smooth, new and fresh is not an ugly object. It is, especially, if it be relaxed and loose, at ease and soft, rather graceful than otherwise. But watch it when strained, and study it when knotted. It is like our muscles—graceful when relaxed, drawn when in motion, and ugly when knotted. If you think of your muscles always as ropes, you will govern them better.

Keep them loose when you can, strain them as little as possible and never tie them in knots.

Let me illustrate: There are two sorts of frowns. The ugly lines between the eyebrows may be caused by a fretful disposition. But they are not always signs of temper. They may be the lines etched by intense concentration.

In fact, I have always considered them not temper lines but student lines. I have always contended that close application and beauty are not companions. Habits of concentration bring rewards to the intellect, but not to beauty.

It is true intelligence adds to the beauty a certain flashing attraction of the face, but an alert intelligence is one thing, and the red-rimmed eyes, the stooping shoulders and the knotted brow caused by excessive study are quite another.

At your study, at your work, or even at your pleasure, as while automobiling, remember the ugliness of the knotted rope. Don't frown. Or, if you catch yourself

frowning smile as instantly as though you saw the man you love best in all the world approaching. If you find the muscles about your lips tightening, while you read or write, relax at once. I have seen a rope so knotted that no human being could untie it. That is what habit does to the muscles that are too long used in an unnatural and unbecoming way. For instance, the frown is unnatural. So is the down-drawn expression of the lips. So are the clenched hands. So are the feet drawn tightly together as you sit. So are the knees pressed together.

We learn from animals wonderful lessons in relaxation. Watch a bull terrier sunning himself on the lawn. He spreads himself out almost as flat as a rug. His hind legs are flattened upon the ground. His front paws are stretched out before him, and his head lies between them. How differently we lie! We clench our hands, place our hands firmly on the pillow, twist our feet backward, bend our bodies into a bow and then try to sleep.

Look at your pet cat. Have you noticed how completely she relaxes when she is at rest? She is never rigid except when having troubled dreams.

"But animals rest so completely because they have no worries," you exclaim. But in answer to this I insist that we must learn to rest as nearly as possible in the way they do. Stop worrying for the time at least. As you lie in bed, don't forget to let the bed hold you. Don't do its work by holding yourself on the bed.

You can give yourself up to the bed; relax your muscles entirely and give yourself up to its comforts as completely as you do to the waves when you are on a vessel. Non-resistance is rest. Some authority has gone so far as to declare that it is the unconscious resistance to the waves that is the real reason for seasickness.

If you feel your face hardening and your mouth forming a straight hard line, relax by inhaling deeply and expelling the air slowly from between slightly parted lips.

When your hands and feet are drawn tightly, try to shake them loose. Of course, I do not mean this literally. But shake the hands from side to side and up and down. This side-to-side movement of the feet will also relax them.

Sugarless Desserts

By Mary Lee Swann,
The Well-Known Writer and Lecturer on Cooking.

Oatmeal and Nut Pudding.
MIX 2 cups cooked oatmeal with 1 thinly sliced apple, 1 cup chopped peanuts, 1/2 cup currants or raisins, 1/2 teaspoon cinnamon, 1/2 teaspoon salt and 1-3 cup molasses. Turn into a greased pudding dish and bake about 1/2 hour.

Indian Pudding.
POUR 1 quart scalded milk over 1-3 cup sifted cornmeal and cook 1/2 hour, stirring to prevent lumping. Add 1 teaspoon salt, 1/4 teaspoon ginger and 1/2 cup molasses. Turn into greased baking dish and bake very slowly 2 or 3 hours. When about half done add 1 cup cold milk without stirring and finish cooking.

Chocolate Bread Pudding.
SOAK 2 1/2 or 3 cups bread crumbs in 1 1/2 cups scalded milk. Add 1/2 cup dark corn syrup or 1/2 cup corn syrup and 1/4 cup brown sugar. 1 well-beaten egg, 1/2 teaspoon salt and 1/2 teaspoon vanilla. Melt 2 squares or ounces of chocolate over water. Add 1 1/2 cups scalded milk or hot water, stir until smooth and add gradually to crumb mixture. Turn into greased custard cups, place in pan of hot water and bake until firm in a moderate oven.

Bread Crumb Spice Pudding.
SOAK 1 cup dry bread crumbs in 2 cups scalded milk. Add 1/2 teaspoon salt, 1/4 cup molasses, 1 egg, 1-3 teaspoon cinnamon, 1/4 teaspoon each of cloves, nutmeg, mace, ginger and allspice, and 1-3 cup each of steamed prunes, raisins and dates. It is not necessary to steam the prunes, raisins and dates more than 5 or 10 minutes. Mix thoroughly, turn into greased pudding dish and bake from 45 minutes to 1 hour.

Eggless, Sugarless Steamed Pudding.
MIX and sift 1-2 cups flour, 1/2 teaspoon soda, 1/2 teaspoon salt, 1/4 teaspoon each of cinnamon, nutmeg, allspice and cloves. Add 1 cup raisins, cut in small pieces. Mix 1/2 cup molasses with 1/2 cup milk and 1 1/2 tablespoons lard and 1 1/2 tablespoons butter. Stir liquid ingredients into dry ingredients and beat thoroughly. Turn into greased molds or baking powder cans, filling them not over 3/4 full. Cover and steam for 3 hours. Serve with molasses sauce or top milk.

Molasses Sauce.
MIX 1 cup molasses with 1 1/2 tablespoons vinegar and 2 tablespoons fat. Blend 2 tablespoons sifted flour with 1 tablespoon cold water and add to molasses mixture. Bring to boiling point and let boil 2 or 3 minutes.

Jelly Blanc Manger.
MIX 1/2 cup cornstarch with 1/2 cup cold milk and stir into 1 1/2 cups scalded milk. Stir constantly until smooth and thick. Then continue cooking over hot water for 20 or 30 minutes. Add a pinch of salt and 1-3 cup apple jelly or orange marmalade. Serve with marshmallow, jelly or marmalade sauce.

Coconut Sauce.
MIX 1/2 cup milk with 1/2 cup freshly grated or canned coconut and 2 tablespoons cornstarch blended with 2 tablespoons corn syrup. Bring to boiling point, stirring constantly, and then cook over hot water 20 or 30 minutes. Flavor with a few drops of vanilla, marshmallow, orange or any desired flavoring.

Suet and Raisin Pudding.
ADD 1/2 cup molasses and 1 cup sour milk to 1 cup finely chopped suet. Mix and sift 2 1/2 cups flour with 1 1/2 teaspoons soda, 1 teaspoon cinnamon, 1 teaspoon cloves and 1/4 teaspoon salt. Add the liquid ingredients gradually to the dry ingredients, stirring vigorously. Dredge 1 1/2 cups chopped raisins and 1/2 cup currants with 1/4 cup sifted flour and add to first mixture. Pour into a well-greased melon mold and steam 4 or 5 hours.

Prune Pudding.
MIX 1 tablespoon butter with 1/4 cup dark corn syrup, 3 tablespoons lemon juice, 1/2 teaspoon salt, the grated rind of 1/4 lemon, 1-3 teaspoon cinnamon and 1/2 cup hot prune juice. Moisten 1/2 cup stale bread crumbs with this liquid. In a greased baking dish arrange alternate layers of moistened bread crumbs and chopped cooked prunes, using in all 2 1/2 or 3 cups of prunes. Pour a little of the liquid over each layer of prunes. Bake in a moderate oven 45 minutes to 1 hour.

Appetizing Menus for the Week

MONDAY Breakfast Stewed Prunes, Oatmeal, Corn Muffins, Jelly, Coffee, Luncheon Codfish and Potato Souffle, Lettuce Salad, Apple Sauce, Small Cups Coffee, Dinner Rice Soup, Shepherd's Pie, Mock Bechamel Sauce, Green Peas, Banana Salad.	TUESDAY Breakfast Dried Apricots, Cereal, Cheese Cream Toast, Coffee, Luncheon Cream of Potato Soup, CROUTONS, Stuffed Apple Salad, Gingerbread, Dinner Boiled Lamb, Cream Sauce, Steamed Rice, Lemon Jelly, Fruit Sauce.	WEDNESDAY Breakfast Baked Apple, Cereal, Chipped Beef, Rice Muffins, Coffee, Luncheon Scalloped Oysters, Cabbage Salad, Wafers, Coffee, Dinner Noodle Soup, Boiled Beef Balls, Creamed Potatoes, Mashed Turnips, Dried Apricot Whip.	THURSDAY Breakfast Steamed Figs, Broiled Bacon, Hashed Potatoes in Milk, Toast, Coffee, Luncheon Cream of Turnip Soup, Toasted Crackers, Prunes and Cream Tea, Dinner Casserole of Beef, Baked Potatoes, Spinach, Chocolate Custard Pudding.	FRIDAY Breakfast Apple Sauce, Oatmeal, Toast, Coffee, Luncheon Spaghetti Croquettes, Cheese Sauce, Brown Bread, Cocoa, Dinner Spinach Soup, Boiled Fish, Egg Sauce, Boiled Potatoes, Celery, Dill Pickles, Pineapple Salad, Wafers, Coffee.	SATURDAY Breakfast Pears, Boiled Rice, Soft Cooked Eggs, Rolls, Coffee, Luncheon Bean Timbales, Stewed Tomatoes, Lettuce Salad, One-Egg Cup Cakes, Tea, Dinner Brown Beef Stew, Buttered Beets, Jellied Glazed Onions, Tomato Salad, Deep Apple Pie.	SUNDAY Breakfast Stewed Fruit, Salt Mackerel, Muffins, Coffee, Dinner Roast Pork, Cream Gravy, Glazed Sweet Potatoes, Sieved Celery, Apple Sauce, Floating Island, Custard Sauce, Supper Minced Pork in Border of Rice, Celery Baked Peas, Ginger Cookies.
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A Jolly New Year's Eve Party

ONE of the most delightful parties I ever attended, says Alice Burrell, author of "The Party Complete," was a "Time Party" given on New Year's eve. Every guest came representing "time" in some way. One very pretty girl was "Summertime," a good looking boy was "Wintertime." Another girl wore a straight black domino on which were pasted pictures of all kinds of watches and clocks. And, of course, all the holidays of the year were there. When the guests were all seated the hostess gave each guest a tiny booklet on which was written the title of an experience or an adventure that they were to describe. These are some of the headings—and, as you will notice, the word "time" occurs in them all: "The Funniest Time I Ever Had," "The Happiest Time I Ever Had," "The

Most Boring Time I Ever Had," "The Shortest Time I Ever Had," "The Longest Time I Ever Had," "The Most Exciting Time I Ever Had," and so on.

These stories were read aloud and the guests were asked to guess who wrote each one. A prize was awarded the writer of the most interesting story.

Another game that called for agility was "A Timely Story." The hostess read an original story in which the word "time" was introduced in some fashion or other every few minutes. Every time that "time" was mentioned the guests all changed seats.

At the beginning there was one chair less than there were guests, so that some one in the party would be left without a seat when all had changed places. After each change another chair was removed. The

players who lost their places stood at one side of the room. When at last only one remained with a chair the others who had lost their places were obliged to give a forfeit or tell a joke on themselves.

Promptly at twelve o'clock all lights were turned out for a minute. In that minute each man was supposed to grasp the hand of one of the girls. Those who were holding hands when the lights were turned on were to be partners at supper.

Decorate the table for a party of this kind with a "Fortune Tree"—a very small evergreen dipped in alum solution and covered with diamond dust. Let slender cords of silver thread radiate from each place to the tree, where it will be attached to the "Fortune" of that guest. These fortunes may be written or may be in the form of favors.

Little Helps for Busy Housewives

String for Dishrags.
SAVE all old bits of string, tie them together and use for crocheting dishrags.

To Stiffen Organdie.
USE two tablespoonfuls of gum arabic to a quart of lukewarm water for stiffening organdie.

Hemming Napkins.
BEFORE hemming napkins by hand run the edges of them through the sewing machine hemmer to crease the hems straight for the hand sewing.

Cutting Hot Cakes.
USE the tines of a silver fork instead of a knife to cut hot cake without its becoming soggy.

Saving Your Fingers.
PUT a slit in a small cork and fit it to the back of the knife you use to pare fruit or vegetables. It will save much wear on the fingers.

Water for Bread.
SAVE the water in which spare ribs or shoulder has been boiled and use for making bread. You will then need no milk, salt or shortening and the bread will have a delicious flavor.

Good Fudge.
A TEASPOONFUL of cornstarch will added to fudge before cooking will make it come out nice and smooth and never sugary.

Cutting Flowers.
WHEN cutting flowers for bouquets use a sharp knife and make a slanting cut in order to give the stems a better chance to absorb water.

Muslin on Pies.
TO prevent the syrup cooking out of pies made of fruit pin a strip of wet muslin about 1 1/2 inches wide around the edge of the pie.

When You Entertain

By Ida C. Bailey Allen

WHATEVER the time or the occasion, the hostess who serves coffee, in some form is sure to be right.

To do this it is not necessary to give a dinner. In France, Italy, Rumania, Sweden, Denmark and other European countries this fact is so well recognized that informal afternoon gatherings and evening chats are the order of the day and the coffee pot is the most over-worked utensil in the household.

An older civilization has had time to develop politeness to the "nth degree" and to realize that men guests, as well as women, appreciate coffee more than almost any other one beverage. Our old Southern hostesses realized this, too, and always included coffee in the menu, whatever the occasion.

Men as a rule detest "pink tea." Why? Because the refreshments have no punch and are often so unfamiliar that they repel rather than attract. On the other hand, women like the unusual. The successful hostess, then, must strike a happy medium to please both her men and women guests.

For instance, every one likes pie, so why not serve individual apple pies, baked in muffin pans, topped with whipped cream and accompanied by steaming cups of perfectly made coffee. If you have an alcohol, gas or electric percolator, all the better, for your guests like to watch it "work." (Besides, a woman never appears to better advantage than when presiding over the coffee.) For this service, a tea cart may be used, or everything may be brought in on a tray to a low table in the living-room.

Still another appealing informal refreshment combination consists of fruit salad, nut sandwiches and coffee egg nog. The portions of salad should be small and arranged individually on salad plates, with a garnish of lettuce. A reasonable combination consists of equal parts of halved grapes, sliced apple, diced pineapple and bits of orange, put together with mayonnaise to moisten. Each salad may be decorated with halved grapes and a bit of candied cherry.

The coffee egg nog should be made in the kitchen. To do this, brew some strong coffee, combine it with one-fourth the amount of boiling milk and allow three-fourths cupful to each person, pouring it on to a well-beaten egg. Add a drop or two of vanilla, transfer to tall

glasses and serve, topped with whipped cream. Then pass the sugar.

An easy way to serve refreshments at an informal evening party is "buffet style," as this makes waitresses unnecessary—a big point to be considered in these "helpless" days. A menu should be chosen which can be prepared ahead and arranged on the buffet or the dining table before the guests arrive. Such a combination could include chicken salad, sandwiches, oliver, salted nuts, caramel Bavarian cream, cake and coffee.

The sandwiches may be placed on the buffet just before serving time, and if the coffee is already measured out in the urn it will take the hostess but a moment to pour in the boiling water and to light the alcohol lamp or turn on the electricity.

If a simpler menu is desired the sandwiches may be of cream cheese and nuts, or orange marmalade, or of tuna fish and olives. An ice is always good form, but the Bavarian stands in much easier to serve. By the way, if an informal dance is in progress and it is desirable to have the refreshments entirely cold the same ideas may be used, with the substitution of a coffee Bavarian and a fruit punch instead of hot coffee.

We are all inclined to slight the demi-tasse, yet the service of coffee at the end of the dinner may be made one of the most attractive and restful courses of the meal. But it should be served in the living room, where all thought of haste is dissipated. Again, the hostess should preside.

The coffee may be made in the living room itself. In this case the maid should bring in a good-sized tray containing the after-dinner cups and saucers, the utensil for making the coffee, as well as sugar and cream—for the latter should be provided if you would appeal to all. If a slightly bizarre note is desired, maraschino cherries with their juice may be included—two, with a little of the liquid, being allowed to each cup.

If it is not practical to make the coffee in the living room it may be brought in steaming hot in the pot (the tall, slender pots are the most fashionable), then poured by the hostess. Or, if a very large number are to be served, the little cups may be filled in the pantry and passed to the guests on a good-sized tray, which should also contain the cream and sugar.