

Health, Beauty And The Home

From Foreign Lands

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

ASKED in this page several weeks ago if readers would send in some of their best foreign recipes so that we could find out what dishes from foreign lands could be best Americanized. And from the quantities of mail coming to my desk I find that readers of this page are most interested in adapting novel dishes to use in this country.

One reader sends a splendid recipe for lentils, and this makes me want to say a few words about this humble member of the bean family. Lentils are the small, flattened seeds, gray-green, which some persons know only as things for kindergarten children to use in making maps or pictures. Lentils are that historic food so often mentioned in the Bible as "pottage." They were known on the kings' tables in Egypt and other ancient countries. They have the most delicate flavor of all the beans and they are the most easily digested. There is not one ounce of waste, every seed can be eaten, and they are as nourishing as steak or more so.

Here is the way one reader of this page says she cooks them: Wash over and clean two cups of lentils and let soak overnight. Place in fresh water and boil slowly with two small onions, peeled and sliced, and a bacon or ham-bone end. Have just enough water so that at the end of the cooking there will be none to throw off. Just previous to serving add one-half can tomato soup (possibly more to some tastes), a little salt, pepper and thyme. Serve as the chief dish, thick, but with every lentil perfect, not mashed. Slices of fried bacon can be added at last, or Frankfurters, skinned and laid on as a garnish.

I hope many readers will try this simple dish at once, as I know of no more delicious one for a chilly night. Even the children can eat heartily of it. The cost is about forty cents, I should say, for about six servings, and no other meat would be needed, as lentils are meat equivalents.

Our next recipe is about onions. Just plain onions! I wonder how many of us use onions baked or stewed as much as we should? The onion contains sulphur and various other cleansing salts, is an antidote for colds and one of the most healthful of the winter vegetables. It is nonsense to say "I can't eat

onions" and to regard their use as plebeian and "cheap." Try this recipe for stuffed Bermuda onions and see if it doesn't change your opinion.

Butter a baking dish and lay on it four large Bermuda onions, cut in half crosswise and with the cut end up. Take the meat of two or three sausages from their skins, mix with fork, and add chopped parsley and the juice of half a lemon. Spread across the top of the onion slices and lay in slow, moderate oven for a half-hour, being careful to baste often with sausage fat or a little added water. Season with salt and pepper.

Such a dish ought not to cost more than fifty cents for serving six persons heartily, and it combines meat and vegetable in a fine way. I think, however, it must be watched in cooking, as on a gas range especially it might get overdone. I would add a dash of tomato sauce, too, for a change.

Banana tart is the next on our list. I choose this because of its novelty and because it can be copied in any section of the country. Even at present prices bananas are no dearer than other fillings. This is the way one of my readers says to make this dish:

Lightly grease a large pie plate and cover with a medium rich crust. Spread bottom of crust with three tablespoons orange marmalade. Take eight very ripe bananas, add four tablespoons sugar and one-half teaspoon vanilla. Beat well and spread over the marmalade. Set in hot oven twenty minutes. Then beat the whites of three eggs to stiff froth, add two tablespoons powdered sugar and make a meringue. Smooth over pie, adding one tablespoon grated coconut, and brown again in oven. Make this in small, separate patty tins. It is excellent for the children's lunch boxes.

Our next dish is a potato puree from a reader who says it is a Lithuanian dish. Well, it seems to me good enough for an American family, as it is so nourishing and sounds most appetizing. I could think of nothing better as a dish for the children some winter noon or as a prelude to supper at this season of the year. It is made as follows:

Place a half-pound salt pork cut in small dice, four sliced leeks, two bay leaves and two tablespoons



Lina Cavallieri.

(Photograph by Charlotte Fairchild.)

butter in a saucepan and fry out for ten minutes until brown. Add six large pared potatoes and three pints strong meat broth and cook slowly until tender, about forty minutes. In a separate pot cook two tablespoons pearl tapioca in a pint of boiling water, then drain. Add, with one pint of hot milk, to the previous mixture, which has been passed through a coarse sieve. The dish is made like this:

Brown four tablespoons diced raw ham with one tablespoon melted butter. Add one-half teaspoon curry powder, a little parsley, one cup canned tomato soup and heat through. Next butter six cocottes, or custard cups, and divide this

sauce among them. Break an egg into each cup and, last of all, pour over a tablespoon of cream into each cup, and season with salt and white pepper. Set in oven for five minutes and serve at once.

Well, what do we think of our first handful of "adapted to America" recipes? I think they are most economical, tasty and seasonable. I wish you would send me in some good ones for fish, for more soups, for cheap meat or meat dishes, some adaptable dumpling or pastry from "over there." Remember, that to be given preference the recipe must be seasonable to winter, economical, "different" and of as general appeal as possible.

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Those "Little Things"

By Lina Cavallieri

The Most Famous Living Beauty.

THERE are so many "little things" in the care of beauty that the careless person thinks not worth while. But I want to assure you that every one of them is very much worth while.

For instance, it seems a little thing and scarcely worth while to comb the hair in many small bunches, giving to each of them an individual place, so to speak, of its own. But it makes the difference between a cloudy mass of hair-like hair softly framing the face or a sticky-looking mass revolting to the taste of every refined woman who looks at it.

It seems unimportant that the neck is stained by high, dark collars, yet if that stain is not removed the young woman possessing it will make a most unpleasant impression in an evening gown, or even in a day frock with a Dutch neck.

It looks like "foolish fiddling" I heard one girl say when I admonished her to brush her eyebrows; yet I consider it just as important to brush them as it is to brush the hair. Every hair in the average eyebrow is precious, and the loss of a few hairs in the eyebrows detracts materially from the beauty of the face. For this reason the most careful attention should be given them daily.

Of course, I know it looks rather absurd to see a woman suddenly seize a bunch of her hair and shake it rapidly and steadily from three to five minutes, but it makes the difference between a heavy arrangement of hair about the face which is never becoming and a fluffy, light one that sets off the features to best advantage.

It may not seem worth while to buy an orange-wood stick, a package of absorbent cotton and a small bottle of peroxide to assure the nails being spotless between manicures, but it marks the vast difference between the slovenly and the well-groomed person.

It may seem useless to cleanse carefully the little dark edges between the teeth every week or oftener, yet it is distinctly worth while to have a wholesome and attractive looking mouth.

Nor is it a foolish waste of time to give the mouth a thorough rinsing three or four times a day, but it is worth while to be a tolerable member of society instead of a disagreeable nuisance.

To spend one day in ten, or at

least, thirty days, in bed, an energetic woman may rate a loss of time, but it is well spent if at fifty, because of that practice, she looks thirty-five. Energy is not a synonym for sloth. Neither is beauty. Beauty, you will find, lies somewhere half way between.

How often we have been warned to brush our teeth up and down, and yet how many of you still persist in brushing your teeth crosswise? I even heard a girl say "It isn't worth fussing about" when her mother told her to use a low pillow, or no pillow at all, but lately I have noticed that girl has grown round-shouldered and none of her dresses look well on her any more.

It seems to the careless a useless waste of energy to bathe the feet every night, yet this tepid-water bath is absolutely essential for dainty feet. If this bath be neglected callouses, spots and corns will multiply at an alarming rate, and an ungainly gait be the result.

In no single respect is care in little things more valuably expended than in the care of the teeth. Do not eat ice cream and then drink a hot demitasse within five minutes afterward. You would not allow your maid and you would not yourself take fine china out of the refrigerator and thrust it into a pan of boiling water. Just as reckless is filling the mouth with ice cream, then with hot coffee. The teeth suffer as much as does the china. The china thus treated cracks. So will the enamel, although you may not be able to detect the difference for a while. But your dentist can.

Some thoughtless persons eat grapefruit and lemons believing that acid will clean their teeth. So it does, but it destroys the enamel, also, unless some alkali is introduced into the mouth immediately afterward—say, milk of magnesia or lime water—to counteract the acid.

And how many thousand times have you heard "candy is bad for the teeth," and yet you do not heed it? If you must eat candy, always rinse your mouth out afterward with something that will counteract the effect of the sugar. This has been used successfully for that purpose: One teaspoonful lukewarm water, two teaspoonfuls of bicarbonate of soda. If you happen to dislike the taste of soda, then, perhaps, you had better use a little of this: Glycerine, 4 drams; carbolic acid, (5 per cent solution), 2 drams; rosewater, 15 ounces.

Beauty's Question Box

WILL you tell me how I can develop my bust?—GENIEVIEVE.

To expand your chest practice the simple exercise of trying to make the elbows meet in the back. Breathe deeply at all times; always hold yourself erect and massage the region of the bust daily with cocoa butter or olive oil.

I AM only nineteen, yet I have deep curves and dark lines under my eyes, which make me look old and worn. Please tell me what I ought to do.—AIDA.

That condition indicates a generally lowered tone of the entire system. You must build up your physical strength by suitable tonics and wholesome food. Lack of sufficient sleep and sometimes even stomach trouble or kidney complications are frequently indicated in this way. I would advise you to consult a physician immediately.

DO you know of something that will keep my skin from getting so dry and wrinkled looking? Ordinary cold cream does not have much effect on it on a windy day.—MRS. B. A.

What your skin needs is more oil. Here is a cream that I can advocate as being particularly suitable for a dry skin. Before going out it would be well to dust on a little pure rice powder, also:

Lanolin 1 dram

Almond oil 3 ounces

White wax 5 drams

Oil of bitter almonds 4 drams

Spermaceti 5 drams

Witch hazel 1 ounce

Health Hints

For Constipation.
ORANGE peel that has been boiled for an hour and then dried is a favorite remedy in the French army for constipation.

Healing Cold Sores.
TOUCH the sores repeatedly with spirits of camphor or paint them with tincture of benzoin compound.

For Insomnia.
A HOT foot bath or a general hot bath will usually produce sleep far better than drugs, which only palliate.

For Canker Sores.
A VOID very hot and very cold foods and drinks and rinse the mouth frequently with a warm boracic solution.

HOW can I reduce the flesh on my jaws and chin and the back of my neck and shoulders?—J. R. A. C.

These particular defects can be remedied by a faithful daily massage of the various parts with the following flesh-reducing lotion:

Camphor water 2 ounces

Iodide of potassium 2 ounces

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