

Health, Beauty And The Home

New Year Plans

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

WISHING you a Happy New Year is the timely greeting. And so I extend it to all housekeepers and readers of this page, whom I have enjoyed talking to for the past and dying year. Welcome 1920!

If I could secure for each of you those things which I knew would make you most happy; if I could see into a shining globe where the future stood revealed; if I could only guess each hidden wish and desire in this coming twelvemonth I would obtain it for you, dear readers!

First—I wish that you have a high aim about housekeeping and homemaking. If this is the work now falling to your hands, above all don't deprecate it. Don't say to yourself, as many do to me after a lecture, "Oh, I'm only a housekeeper," and act as if that was the most common, degrading and insignificant of tasks.

You don't hear women say, "Oh, I'm only a trained nurse," or "Oh, I'm only a business woman." Why do you, then, think lightly of this great work of keeping the home, caring for it, making people happy in it, and taking your part in community housekeeping? As some one said, "No one ever went to war in defence of a flat"—they fought for a home. And it is you who keep that home and on whose ideals its efficiency and progress depend.

Second—Think of your actual housekeeping as a work, a task, an occupation—as something in which you can improve the technique and skill with which you do it. Did you ever hear Paderewski play? Do you know how many hours a day he practices in order to so easily and swiftly produce those great harmonies? Why, compared to the hours and hours of finger practicing of any great musician dishwashing becomes a vacation!

Do you ever think of any household task—making beds, washing dishes, setting the table, sweeping a room—and say to yourself, "Am I doing this the best way, the most efficient way, the way which is most neat or deft or skilled? Then I can do it better, I will enjoy it more, and I will not think of it as drudgery." Have you ever thought that to yourself? Improve the technique and ease with which you do household tasks, I would wish for you.

Third—Do you think of your work as a business, as a profes-

sion? Do you read its "trade papers" which tell what is new, what is being invented for household use, how to make new dishes, how better to select textiles? Have you ever attended a convention devoted to household interests? Do you belong to a club which has topics on household subjects? Do you go to hear experts lecture on home-making improvements and modern ways? If housekeeping is to be your subject, then study it, read up on it, go to hear those who are experienced in it, buy books about it—that also I would wish for you in the new year.

Fourth—Does your work make you personally efficient? Are you guarding your health, do you exercise, have you a hobby, a recreation, a pastime, can you enjoy the following out of an entirely new idea? A well-known editor says, "There is no hope for the woman over thirty-five." Can this be true? Can't you do something a different way—even dishwashing—from that in which you have ever done it before? Can you advance?

Ah, that is what I wish most for you—to have the "open mind" of the person who never grows old. "Seventy years young" is the highest tribute one can be granted. And so the housekeeper must also keep young, youthful in body through exercise, youthful and supple in mind by being willing to adopt new ideas and apply them.

Fifth—Is yours a "box" housekeeping? Are you satisfied when you have cleaned up your garbage pail and swept your own house and washed the faces of your own children? Is this the sum and end of all your housekeeping? Shall it stop there? How about the streets of your city—are they swept? Is the town garbage pail clean? How is the health of the other, the less fortunate children? When you have done all that can be done in your own home you have only gone half way—you must go on and extend your work, open the doors of your home into the village, the city, the national home. These, too, need your housekeeping.

Your home cannot stand alone. No matter how clean it is, if the city home be filthy your home, in the end, will suffer. No matter if you wash and keep clean your own children, if you permit disease or dirt or low living to others, your children, in the end, will be dragged down and suffer. And so I wish you to see this—to see that your housekeeping must go out into the city, into every community where you have



"The simple rice powder will adhere better if a very light coat of cold cream has first been put on."

Photograph Posed by MISS ARLINE CHASE at CAMPBELL STUDIO

built your home.

Sixth—Are you housekeeping or homemaking? Are you so concerned in dusting the chairs that you forget to kiss your little girl good-by as she goes to school? Are you so oblivious that you have little to give of comfort and inspiration and cheer to friends and neighbors? Are you a comrade to your husband—what does "home" mean to him? Is it a rather poorer sort

of "club," or is it the place where business cares vanish, where a shelter from struggle and strain is found? Where you, with your optimism and charm, your strong encouragement can help him and the children to "carry on" the next day in the outside world?

In the old fairy books somebody was always allowing "three wishes" to those starting out on a new path or journey or goal. But this year,

as the newly rising year of 1920, I have asked for six wishes for all you, my readers. Six wishes not for you as women, or even as citizens or as mothers—but six wishes for you as "just housekeepers." May all of them be realized, to the end that you, my readers, and those for whom you keep the light burning, have the happiest, the most truly developing and splendid shining year in this new 1920.

Tested Cooking Recipes

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

Oxtail Soup.

COOK 2 oxtails slowly for 2 hours in 3 quarts of water. Then add 1 carrot, 1 small white turnip, 1 stalk celery, 1 onion, and continue cooking 2 hours longer. Season to taste with salt and pepper. Strain, cool and when cool remove fat. Reheat and serve. Use meat that can be removed from bone in a loaf or balls and serve with well-seasoned sauce.

Potted Liver.

BRAISE calf's or pig's liver in well-seasoned stock. When perfectly tender chop fine and pound to a smooth paste. Moisten with a little of the liquid in which liver was cooked, and add 1/4 cup melted butter or butter substitute. Pound thoroughly so that butter may be well incorporated. Pack into glass jars and seal with melted paraffin.

Kidneys, Creole Style.

REMOVE fat from 2 beef kidneys and let them soak overnight in cold water in which a pinch of soda has been dissolved. Drain dry and fry quickly in 4 tablespoons bacon fat with 2 tablespoons finely minced onion and 1 tablespoon green pepper. Add 1/4 cup sifted flour, mix well, and add 1 cup tomato juice and 1 cup hot water or meat stock. Stir constantly until smooth, season to taste with salt and pepper, and cook gently until tender. Serve hot on buttered toast.

Savory Kidneys.

SOAK kidneys overnight in cold water containing a pinch of soda. Drain, trim and slice. Sprinkle with salt and pepper, fry in a little hot bacon fat and remove to a hot dish. Brown 1/4 tablespoon minced onion in a little fat, add 3 tablespoons sifted flour, blend well and add 1 1/2 cups stock. Season to taste, add kidneys and 1/2 teaspoon Worcestershire sauce.

Liver, New Orleans Style.

WET cloth and cut it in one-inch cubes. Sprinkle lightly with salt and pepper and cover with thin slices of lemon and a sprig of parsley. Let stand in cool place 2 hours and then fry in deep fat about one minute. Drain well on unglazed paper. Remove to hot serving dish and garnish with thin slices of lemon and crisp sprigs of parsley.

Creamed Brains.

SELECT very fresh calf or pig brains. Place in cold salted water and let soak about 1/4 hour. Then remove membranes and parboil in salted water for 20 minutes. A few drops of vinegar are sometimes added to the water. Drain and plunge into cold water. Place in icebox until ready to serve. Then cut into small cubes and reheat in white sauce. Season to taste with salt and paprika. An egg yolk may be stirred into the sauce. Serve in a ring of steamed rice and garnish with sliced green peppers or finely minced parsley.

Braised Liver.

WET calf's liver with a clean wet cloth and lard carefully with a little salt pork. Brown 1 small onion in a tablespoon of salt pork or bacon fat. Add liver, and then half cover with hot stock, 1/2 teaspoon paprika, a dash of black pepper and a pinch of poultry seasoning. Cover closely and cook 2 or 3 hours, basting frequently.

Smothered Calves' or Pigs' Hearts.

WASH and remove veins, arteries and blood. Slice crosswise in one-inch pieces. Slice 6 medium-sized mild onions. Brown onions and hearts in 1/4 cup beef drippings. Dredge with 1/4 cup flour and blend well. Add a pinch of bay leaf, 1 clove, 1 allspice berry, 1/4 cup diced celery and 3 cups warm water. Cover closely and simmer gently about 2 hours.

Tripe in Batter.

WET tripe thoroughly clean tripe and cut in convenient pieces for serving. Sprinkle lightly with salt and pepper, dip in batter and fry in a little hot fat. Drain on unglazed paper and serve hot. Prepare batter as follows: Blend 1 cup flour sifted with 1/4 teaspoon salt with 1/2 cup cold water. Add 1 well-beaten egg, 1/2 teaspoon vinegar and 1 teaspoon melted butter. Beat well and into batter dip pieces of tripe before cooking. Serve with chow-chow or chili sauce.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Apple Sauce, Creamed Salt Pork. Communal Muffins. Coffee.	Breakfast Cereal. Sliced Bananas, Eggs Cooked in Tomato Sauce, Bran Muffins, Coffee.	Breakfast Oatmeal, Cornmeal Griddle Cakes, Maple Syrup, Coffee.	Breakfast Prunes, Cream of Wheat, Top Milk, Soft Cooked Eggs, Toast, Coffee.	Breakfast Stewed Dried Fruit, Finnan Haddie Balls, Buckwheat Cakes, Toast, Coffee.	Breakfast Puffed Rice, Bananas and Oranges, Creamed Dried Beef on Toast, Coffee.	Breakfast Puffed Rice, Canned Peaches, Top Milk, Potato Omelet with Cheese Sauce, Toast, Coffee.
Luncheon Corn Custard, Buttered Toast, Stewed Apples, Cookies, Tea.	Luncheon Cream of Cabbage Soup, Crisp Potatoes, Pumpkin Pie, Tea.	Luncheon Puree of Mashed Potatoes, Sweet Cucumber Pickles, Tea.	Luncheon Lamb and Green Pea Soup, Hard Rolls, Canned Fruit, Gingerbread, Tea.	Luncheon Vegetables in Casserole, Bread Sticks, Apple Whip, Tea.	Luncheon Bechamel Carrots, Bread, Butter, Stewed Prunes, Oatmeal Cookies, Tea.	Luncheon Boiled Tongue on Bed of Spinach, Baked Potatoes, Fruit Whip, Custard Sauce, Coffee.
Dinner Smothered Calves' Hearts, Sugar Cakes, Boiled Cabbage, Queen of Puddings.	Dinner Stuffed Shoulder of Lamb, Home Fried Potatoes, Green Peas, Baked Bananas, Raisin Sauce.	Dinner Vegetable Soup, Bread Crumbs and Lamb Loaf, Tomato Sauce, Spinach, Apple Cake, Lemon Sauce.	Dinner Tripe in Batter, Chili Sauce, Scalloped Potatoes, Spinach Salad, Pudding or Pumpkin Pie.	Dinner Salmon Croquettes, Green Peas, Mashed Potatoes, Washington Pie, Half Cup Coffee.	Dinner Veal Fricasse, Baked Potatoes, Jelly, Glazed Onions, Baked Apples with Cream.	Dinner Supper Potato Purée, Crisp Potatoes, Emergency Fruit Salad, Cookies, Tea.

A Rose Petal Skin

By Lina Cavalieri,

The Most Famous Living Beauty.

MANY women think now that Summer is over they can do as they please. So they recklessly put on small, rimless hats, and go out of doors without their wonted protection of veil or sunshade. They cannot seem to realize how easy it is for the delicate skin to receive an irreparable injury even in the Winter.

One too-long skating revel; an automobile tour with the skin frankly exposed to the sun; an all-day walk, tempted thereto by a brisk, cooling breeze, while the hot rays of the sun beat down upon you (though you may not feel them)—and the evil is done. The once beautiful complexion has become a memory. In its place is only a dry, withered remnant of what was formerly a fresh, soft, rose-petal skin.

How to prevent such a tragedy to beauty—for no woman was ever really beautiful without a good skin, and no woman with a clear complexion can be less than attractive—I shall try to tell you. But, first and last and always, I advocate vigilance.

Before you are ready to start you must prepare your skin for its outing. It is best never to use hot water on the skin, but if, for reasons of cleanliness, you insist upon this pernicious habit, at least make a point of not using it shortly before going out, for the hot water renders the skin acutely sensitive to any new influence. The wind cuts more deeply into it. The sun's rays burn farther. They reach the danger line to which I have referred and that really exists.

To prepare the skin for its tussle with the elements the face should be cleansed, preferably with tepid water and almond meal instead of soap. The action of the almond meal upon the face is soothing and cooling. Before starting out dust the face lightly with a simple rice powder, which will adhere better if a very light coat of cold cream has first been put on.

This famous old English cream is one of the best for this purpose:

Cocoa butter, 2 ounces; lanolin, 2 ounces; glycerine, 2 ounces; rose-water, 3 ounces; elderflower water, 1 1/2 ounces.

After you have returned from your outing, whatever it is, you must upon retiring give the face three baths—first with pure cold cream to remove the coarser dust, second with tepid (if possible distilled) water, if not water softened with borax or benzoin, and last a light coat of cold cream, which should be left on overnight.

If the danger line has not been reached these applications should restore the complexion to its former delicacy in a few days. If the case is not hopeless but obstinate, this paste should remove that unbecoming brown hue of tan that follows a deep but not irremediable skin burning. I have given to this, which I have often used after a long automobile ride in the country, the fitting name of "Honey Balm": Orange flower water, 3 ounces; strained honey, 1 ounce; cold cream, 2 ounces; white almonds (pounded to paste), 1 1/2 ounces.

While I am about it, I may as well give you also the formula for a delightfully soothing cream of which I am very fond whenever I think my skin has been rather imprudently exposed to the too ardent rays of the sun: Oil of sweet almonds, 1 pint; olive oil, 1 ounce; cucumber juice, 1 pint; white wax, 1 ounce; spermaceti, 1 ounce. The cucumber juice should be boiled, skimmed and strained before using.

An excellent though homely remedy for freckles, tan and kindred discolorations is this: Sour milk, 1 cupful; horseradish, 1 teaspoonful. Scrape the horseradish into fine shreds and let stand in the sour milk for six hours before using. Then wash the face freely in it, just as if it were water. A good thing to remember, too, is that fresh buttermilk is a cleansing and a wonderfully freshening tan and freckle remover, provided it is faithfully applied every night and left on until morning.

Fruit to Save Sugar

TOO often in these enforced days of sugar saving the value of fruit in the diet is ignored, or is not even known.

Fruit is a valuable item of table diet, rich in mineral ingredients, acids and body-regulating substances. Yet you rarely see it on the table in many homes, says a writer in American Cookery. It is only considered to be good between meals, or to cook with the addition of the valuable sugar; when, as a matter of fact, fruits, many of them, contain sugar that the body needs; and can be used as a substitute for numberless "sweets" we religiously consume.

At the present time dates are plentiful and cheap. They contain a large percentage of sugar. They can be used, and in the using of them the body will not require so much other sugar.

Grapes are always good, and they are one of the most nutritious fruits known. In addition to sugar, which is present in large proportions, they contain many other body-building substances.

Apples, bananas, oranges are good, though it is conceded that the latter are somewhat expensive. Yet when it is known that a single orange contains seventy-five calories of the odd twenty-five hundred to three thousand needed for the daily stoking of the bodily furnace, one can realize that three or four oranges would not do badly for lunch, and they would help clarify and clear out a system clogged up with too much pastry and sweets.

A single apple also contains approximately seventy-five calories, and, like the orange, is a body regulator, containing in a bulkier and more generally "roughage" character a greater amount of cellulose.

This year quinces have been fairly abundant, and they are excellent sugar savers if put up. Of course, with them one must have sugar, and that is hard to get. But if the housewife can squeeze a little from her allowance for the grocer she would do well to preserve a little of this excellent fruit. It will prove economical in the end, for it will take the place of sugar.

The apple is such an excellent article that I cannot refrain from coming back to it. They are not so expensive now and they make an excellent dessert, either for dinner or for luncheon. Cooked as a breakfast dish they require less sugar than preserved fruits or prunes or cereals.

As for a heavier dessert bananas and cream are excellent, or grapes with a few of the richer nuts, as Brazil nuts. They can also be served with any other kind of nut that one especially likes.

It may not be elegant to serve peanuts, but the peanut contains much fat and is a good cold-weather fuel.

Health Hints

Water Before Meals.

A GLASS of pure water taken a short time before meals acts as a real stomach tonic, soothing that morbid craving which impels to excess in eating.

To Stop Hiccoughing.

THE inhalation of the carbonic acid gas from a glass of soda water, drinking a little at the same time, will cure severe cases of hiccough.

Iodine for Burns.

THE use of a 10 per cent tincture of iodine is a good treatment for burns of all kinds and degrees. The treatment is painful during its application and for a few minutes following it, but as soon as the pain so caused is over the burn is completely suppressed and the patient feels a complete relief. The iodine is applied with a piece of absorbent cotton soaked heavily in the tincture of iodine. Only one application is made.

Treating Boils.

FOR local treatment of boils there is nothing much better than compresses moistened with bichloride of mercury solution. Used early they will often abort the furuncle.

For Earache.

FOR earache, tincture of aconite one drop on cotton in the ear gives instant relief. When the pain is gone remove the medicated cotton and replace it with other cotton, warm but unmedicated.

For Burns and Scalds.

A GOOD treatment for burns and scalds is carbolic acid oil. Part to twenty-five parts sweet oil. Apply with a camel-hair brush every two to four hours, or as often as the pain reappears, until new skin is formed. This treatment may be preceded by application of cold water until the first shock and pain is alleviated.

Beauty's Question Box

WILL you kindly inform me of some remedy whereby I may bleach my skin, which became greatly tanned last Summer?—H. H. V.

To restore your skin once more to its former condition of smoothness and fairness you will find the simple juice of a lemon surprisingly efficacious if frequently applied. You might also bathe your face several times daily with a bleaching lotion like the following: Glycerine 1 ounce Lactic acid 2 ounces Rosewater 1/2 ounce

WHAT can you prescribe for a nose extremely fleshy at the end, with the added disfigurement of very large nostrils?—Y. De J.

You can often improve the shape of a too fleshy nose by gently pulling it, beginning at the bridge between the eyes, and pressing the cushions, of the thumb and first finger against the sides of the nose and drawing them slowly, gently, but with firm pressure, to the tip. Your hair should be worn very fluffy and loose around the face. This will detract from the apparent size of the nose. Remember that a large nose indicates pronounced executive ability or unusual brain power.

Household Helps

For Tough Meat.

MEAT that is tough should be rubbed with a slice of lemon before cooking.

Cooking Sausages.

TO prevent sausages from bursting roll them in a little flour before frying.

Serving Potatoes.

NEVER put potatoes on the table in a covered dish, for they will absorb their own moisture and become soggy.

Ammonia for Rugs.

A FEW drops of ammonia added to the water in which rugs are washed will make them look like new.

Good Gravy.

A TABLESPOONFUL of sugar added to the water used for basting roast beef will make the gravy a rich brown color and give it a nice flavor.

Onions in Milk.

MANY housewives recommend dipping onions in milk before frying.

Salt in Mustard.

MIXED mustard will keep its color much better if a pinch of salt is added to it.

Tender Fowls.

A TEASPOONFUL of vinegar added to the water in which fowls are boiled makes them tender.

Saving Oiled Paper.

SAVE the oiled paper in which bread, breakfast foods and other things come wrapped and use to polish the irons.

Skinning Peaches.

THE skins of peaches, tomatoes, etc., can be removed much more easily after scalding if you start at the stem instead of the blossom ends.