

Health, Beauty And The Home

Buying White Goods

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

At this time of year almost every large drygoods and specialty shop advertises special sales of "white goods." It is then that the thrifty housewife is given special inducements for the purchase of towels, table napery and white wearing apparel at a considerable saving.

This year it is more important than ever for the woman shopper to know more about the textiles she is buying, and how to select the best quality. For to-day the price of all cotton and linen is soaring. Even a simple dish towel costs as much as what an entire Summer dress could be bought for before the war.

Cotton prices are high to-day for two chief reasons. The grower in the South has found out that he can get a higher price for his product. He used to think that 15 cents or 20 cents was a good price for the raw product, but to-day he is getting 35 cents, or thereabouts. Naturally the price of the finished material is proportionately high. The second reason is involved in the shortage of the crop, due to rains, and the fact that there is such a tremendous demand for the export trade that the growers have had an easy foreign market, and therefore we at home have to pay higher prices.

Further, the materials which are being now produced are of very poor quality. Compare even the sheets of a few years ago with what is the best quality to-day. The weaving is poor, with imperfections, looser, and entirely second rate in most materials.

Linen production entirely stopped during the war, except possibly in Ireland, for the Belgium mills were destroyed during the German invasion. Naturally this has made linen costly, and almost impossible to secure in good quality. Most of the stocks now being offered have been in storage, and are now being brought out from warehouses. The goods are not the product of the past four years.

In view of these conditions it behooves the woman purchaser to look well to quality when she buys.

Also, she must entirely re-organize her former scale of values and prices. It is safe to say that a 100 per cent increase must be anticipated in all cotton and linen goods. For this reason she must not look for the same quality at the same price, or be tempted to purchase for about the same sum which she formerly expended. She must be ready to double her money. Unless she is, it will be wiser to refuse to buy at all. Indeed, unless the necessity is urgent, or the quality unmistakably good, it will be the better part of sense not to buy this season, when stocks are so mixed, and when values are so high.

And before purchasing at all, I wonder how many women would be willing to read a most excellent book on textile buying? I refer to "Textiles," by Mrs. S. Woolman, published by the Macmillan Co. I know of no one book so clear and helpful in describing every textile and how to purchase it. Although most women pride themselves on being "good buyers" of all yard materials, I think every woman would be helped by first reading this excellent book. Indeed, it is safe to say, that its price would be more than saved in the greater skill it gives as a buying expert.

Formerly it was the custom to use only linen cloths and napkins on the dining table. But there are now manufactured cotton materials which, take it all in all, will give better service than poor napery of linen. Even though the price of good cotton napkins is about the same as poor linen ones, naturally the cotton will give better and longer service. Try the "tongue test," the boiling test and the various other tests for fabrics on these materials before buying them.

In selecting a cloth and napkins, choose a pattern which is neutral and which will combine with any other set of napkins, since one tablecloth usually outwears two sets of napkins.

Very large dinner napkins used to be the correct style, but owing to thrift and shortage all napkins are now being made smaller, and most sensibly, too. Also, the very long cloth, which hangs over the table



"With a light rotary motion, massage from the corners of the eyes to the hair line."

Photograph Posed by MISS GRACE DARLING at CAMPBELL STUDIO.

eighteen inches or more, is not considered good taste—it need now only cover the table with a small overhang.

I personally am greatly in favor of the growing custom of using colored cloths, table runners, etc., instead of the long white cloth, which I think should be saved exclusively for exceptional use. The pretty colored runners of Japanese toweling, of various colored crepes, and of cretonne, deserve to be more fashionable. Where children are present the washable oilcloth in a fancy pattern is the best table cover possible, as then a slight washup with a damp cloth makes all fresh and clean and saves laundry.

The point is—and I must make women try and see it—that now when we have such a serious servant shortage we cannot continue to keep our homes on the same scale and with the same elaborateness which was possible only in the face of cheap and plentiful labor.

For example, I often come across in a big trunk of mine a bundle of my own baby clothes. Beautiful, yes! Long handkerchiefs, with inserts of lace, and jabots, and frills.

But where could we get a laundry to-day to iron those creations, and what would it cost? I think that about 75 cents a day was the regular wage paid to the colored woman who spent two or three days laundering my baby apparel. But to-day, when we have to pay \$2.50 and up (generally up!) for all similar work, when fuel is at its present price, when soap is as dear as steak, we must change our standards—and be happy in doing it!

It is not necessary to have drawers full of white linens and napery in order to be either an efficient or a happy housewife. It is no mark of poor housekeeping to use plainer articles, which are capable of less costly upkeep. Do not apologize for the simplicity of

your furnishings.

Harriet Beecher Stowe, immortalized as a novelist, or Gene Stratton Porter of to-day, or many of our well-known actresses and women of affairs, live the simplest lives. Not long ago I was asked to install the lighting system in the home of a famous woman farmer. She insisted in having her home all so simple. She used only bare painted tables, the smallest rag rugs and plainest furnishings. And by thus simplifying her material needs, she was able not only to keep a charming home, but to have hours each day for "other things"—her favorite work.

This is a time when we should practise thrift more so even than during the war. It is because we are all buying recklessly right and left that prices keep high—and I want this point to strike home to the woman who has the pocketbook and who spends the family income. Buy less—and prices will tend to become lower.

Bedtime Hints

By Lina Cavallieri,
The Most Famous Living Beauty.

PERHAPS you have had a very hard day. You have come home thoroughly tired and exhausted by the strain that has been put upon you. The thought of your comfortable rocker and the restful privacy of your own bedroom fills your soul with an ineffable peace. Now, at last, you can relax and take things easy for awhile.

This is all right as far as it goes. But there is something you must do first, that is, if you have any real regard for your complexion. Before you hunt up your favorite magazine or novel, put on a loose-fitting robe that shall not bind or pinch you anywhere. Then take out your jar of cold cream and with this skin food massage away the wrinkles made by your hard day.

With a light rotary motion, massage from the corners of the eyes to the hair line. In the same way with the tips of the fingers iron out the lines which concentration has written between the eyebrows. With the tips of the middle fingers massage the ugly lines upward from the corners of the lips to the nostrils, and try to eradicate those tell-tale lines in front of the ears by rubbing gently upward.

Let me give you a word of advice just here. It is intended for the woman who hates to go out of doors because of the alleged injurious effect on her complexion. You are making a serious mistake if you believe this fallacy. It is not by staying indoors all day and avoiding exposure to the sun and air that a good complexion can be secured. Close, impure air of any kind is just as bad for the complexion as it is for the health. Fresh air is the life of a clear, lovely skin as it is of the body, and you cannot have too much of it.

This means that all of your windows should be opened both top and bottom and kept open all night. Only by this method can your bedroom be thoroughly aired.

The care of the complexion in the Winter, too, differs considerably from that in the Summer. For ex-

ample, to counteract the coarsening, drying effect of the Fall and Winter winds I use more than the Summer quantity of cold cream. Winter is a greater promoter of wrinkles than Summer because it dries the skin, and the wrinkled skin is always a dry skin.

The following formula will be found a valuable aid when the skin shows this distressing tendency to dryness: Oil of sweet almonds, 60 grams; cocoa butter, 12 grams; white wax, 12 grams; spermaceti, 12 grams; oil of rose geranium, 12 drops.

For a few complexions cocoa butter is an irritant. For these I would recommend this cream as more soothing: Oil of sweet almonds, 100 grams; white wax, 20 grams; spermaceti, 100 grams; rosewater, 10 grams.

Whatever cream is used it should be well rubbed into the skin, after which what remains—what the pores will not take up—should be wiped off with a soft cloth. The skin that is much exposed to the air should be especially well fed.

In Winter, more than Summer, the face marred by unsightly red blotches shows its unlovely bent. First, I should try for this, internal remedies of a cooling, laxative nature. Sour or buttermilk drunk in large quantities, say six glasses a day, is much used at present to that end. It has the effect of cooling the blood and is milder than many such agents.

Another help in clearing a mottled skin is the complex mask. There are many mask pastes of various sorts which are admirable for this purpose. From these I select this one as the most worthy and effective of all: Liquid honey, 1 ounce; barley meal, 2 ounces; white of one egg.

After thoroughly cleansing the skin first with cold cream, then with warm water and a mild soap, apply the paste, spreading it smoothly and evenly with the fingers upon the cheeks, nose and forehead. In the morning add ten drops of tincture of benzoin to a quart of warm water and with this remove whatever of the paste still remains on the skin.

Beauty's Question Box

DO you think clipping the ends of my eyelashes will make them grow any longer?—JOSIE.

Yes, if the cutting is carefully done, not by yourself, but by another person whose nerves are steady. This should not be done oftener than once in three or four weeks, and it is usually better to cut each hair separately at the tip. Any barbarous cutting in a straight line, wholesale fashion, is sure to result in an uneven effect and in a coarse or stiff growth.

DO you know of anything I could use to make my child's hair curly?—A MOTHER.

Better leave the hair straight, as nature intended. Especially now, when the bobbed style for children is still so popular. However, if you insist on curls, here is a formula which will add the omnipresent hair curlers to perform their office more effectively:

Gum arabic.....1/2 ounce
Carbonate of potash.....1/2 ounce
Glycerine.....1/2 ounce
Rosewater.....1 pint
Portugal extract.....2 ounces

WILL you please tell me what to use on my neck and arms to make them plump and fair? Also, I would like a good balm for my face.—L. L. F.

To plump your neck and arms I would advise you to massage them every night with sweet almond oil, olive oil, or 4 ounces of sweet almond oil. Use the one which has the most agreeable effect on your skin. For bleaching you will find the following extremely valuable:

Lactic acid.....4 ounces
Rosewater.....1 ounce
Glycerine.....2 ounces

PLEASE tell me how I can develop my bust and fill out my face and neck.—E. M.

There are many beneficial movements that will aid in developing your chest expansion. One of them is to make repeated efforts to make the elbows meet behind the back. Another exercise is to hold the arms straight, and without bending the elbows put them as far back as you can. Deep breathing also adds several inches to your bust measure, as will also a daily massage with cocoa butter or lanolin. Below is given a nourishing cold cream which will serve as a helpful skin food for massaging your face, neck and bust every day:

Lanolin.....2 1/2 ounces
Spermaceti.....1/2 ounce
Oil of sweet almonds.....2 ounces
Fresh mutton tallow.....2 ounces
Cocconut oil.....2 ounces
Tincture of benzoin.....1/2 dram
Portugal extract.....2 drams
Oil of neroli.....10 drops

SOMETIME ago you recommended a hair tonic containing nux vomica. It was very good, but unfortunately I have lost my copy and I would be very grateful to you if you would reprint it.—HAZEL D.

Here is the formula for the tonic you desire. It is especially good for hair that is inclined to be too oily:

Tincture of cantharides.....2 drams
Tincture of capsicum.....1 dram
Tincture of nux vomica.....4 drams
Cocconut oil.....1 1/2 ounces
Cologne.....5 ounces
Shake thoroughly before using and massage nightly into the scalp with the finger tips.

To be successful such a meal must be prepared easily and gracefully. The table must be in perfect order and the ingredients measured and on the table when the guests are seated.

Since a good white or brown sauce is the foundation of so many chafing dish recipes I shall give two simple recipes which can be made richer by the addition of cream, eggs or stock at the discretion of the hostess.

The following menu for a chafing dish luncheon illustrates how even a semi-formal luncheon may be planned:

Fruit Cocktail,
Creamed Chicken with or without Mushrooms,
Saratoga Chips,
Parker House Rolls,
Tomato Salad, French Dressing,
Small Chocolate Cakes or Eclair,
Coffee or Tea.

And here are a number of carefully tested chafing dish recipes which every hostess will find most acceptable:

Plain White Sauce.
MELT 2 tablespoons butter, add 2 tablespoons flour, 1/4 teaspoon paprika and 1/2 teaspoon salt and blend well. When frothy add 1 cup milk or other liquid (cream or white stock) and stir constantly until thick and creamy.

Plain Brown Sauce.
MELT and brown 2 tablespoons butter, taking care that it does not burn. Add 2 1/2 tablespoons flour, 1/4 teaspoon paprika and 1/2 teaspoon salt and stir rapidly until flour is delicately browned. Add 1 cup brown stock or milk if stock is not available, and stir until smooth and thick.

Appetizing Menus for the Week

MONDAY.	TUESDAY.	WEDNESDAY.	THURSDAY.	FRIDAY.	SATURDAY.	SUNDAY.
Breakfast Cereal with Sliced Bananas, Scrambled Eggs with Rice, Toast, Coffee.	Breakfast Stewed Fruit, Oatmeal, Baked Bacon, Corn Muffins, Coffee.	Breakfast Steamed Rice, Apple Sauce, Thin Corn Bread, Tomato Jam, Coffee.	Breakfast Cereal with Dates, Spanish Omelet, Toast, Coffee.	Breakfast Cereal, Stewed Figs, Whole Wheat Milk, Toast, Coffee.	Breakfast Oatmeal with Raisins, Poached Eggs, Reheated Rolls, Coffee.	Breakfast Prunes, French Toast, Coffee.
Luncheon Baked Bean Soup, Lettuce and Prune Salad, Rolls, Tea.	Luncheon Noodle Pudding with Cheese, Stewed Tomatoes, Cookies, Cocoa.	Luncheon Vegetable Soup, Potato Muffins, Prune Jelly, Tea.	Luncheon Potato Croquettes, Turnip Salad, Parker House Rolls, Cup Custards, Cocoa.	Luncheon Potato and Codfish Chowder, Cranberry Sauce, Tea.	Luncheon Spaghetti Southern Style, Canned Peas, Sour Milk Ginger Cookies.	Luncheon Turnips, Spiced Crabs, Steamed Puddings, Coffee.
Dinner Beef Stew, Corn Meal Dumplings, Buttered Onions, Creamed Potatoes, Apple Sauce, Gingerbread, Coffee.	Dinner Beef Tongue, Favorite Sauce, Mashed Potatoes, Steamed Cauliflower, Deep Pear Pie.	Dinner Cabbage Stuffed with Rice and Sausage Meat, Creamed Carrots, Caramel Pudding, Coffee.	Dinner Lyonnaise Tripe, Hashed Potatoes, Ruffaga Turnips, Baked Apple Salad.	Dinner Scalloped Oysters, Mixed Pickles, Green Peas, Pineapple Pudding, Coffee.	Dinner Emergency Soup, Broiled Steak, Glazed Onions, One-Egg Cake.	Dinner Supper Savory Chicken Soup, Toast Strips, Oatmeal Wafers, Tea.

Tested Chafing Dish Recipes

Creamed Sardines.

DRAIN 1 can of choice sardines. Remove the larger bones from the sardines and then mash the fish. Melt 4 tablespoons butter, add 1/4 cup fine stale bread crumbs and mix thoroughly. Add 1 cup rich milk and stir until thick and smooth. Add sardines, 2 finely chopped hard-cooked eggs and salt and paprika to taste.

Creamed Vegetables.

MELT 1/2 cup butter, add 1/4 cup flour, 1 teaspoon salt and a dash of paprika and blend thoroughly. Add 2 cups of milk and 1/2 teaspoon onion juice and stir constantly until smooth and thick. Add 1 cup of cooked peas, 1/2 cup each cooked potato balls, cooked turnips, cut in small cubes, and cooked carrots, cut in match-like straws. A little curry powder (from 1/4 to 3 tablespoons) may be added to sauce if all the guests like the flavor of curry, but don't forget that it is very objectionable to many people.

For Shiny Spots.

RUB the shiny spots on clothing plentifully and vigorously with pure vinegar, boiling hot, and then press as usual.

When Baking Pies.

A TABLESPOONFUL of minute apricot or rhubarb pies will thicken the juice and prevent its running out.

To Mend China.

APPLY very carefully to the broken edges with a camel's hair brush a little of the best carriage varnish. After pressing the broken parts together let dry thoroughly before using.

Crabs, Creole Style.

MELT 1 1/2 tablespoons butter, add 1 finely chopped onion, 1 finely chopped green pepper, 1 finely chopped clove of garlic, 1 teaspoon salt, 1/4 teaspoon paprika and 1 cup of tomatoes. Cook 10 or 15 minutes, stirring frequently. Add 1 cup fresh or canned crab flakes. Reheat and serve hot on toast points or rounds.

Scrambled Eggs.

BREAK 6 eggs into a slightly buttered blazer and beat with a spoon or fork until broken. Add 1/2 cup rich milk, 1 teaspoon salt, 1/4 teaspoon paprika and 1 tablespoon butter. Mix thoroughly and place over hot water or a very low flame to cook. As the egg coagulates or solidifies scrape up from bottom of pan. When entire mixture is creamy turn out in hot serving dish or on hot buttered toast and serve. If desired, 1/2 cup thick cooked tomato pulp may be added to the eggs instead of the 1/2 cup of milk.

Peeling Onions.

HOLD onions under water while peeling to prevent the fumes affecting the eyes.

Boiling Meat.

HAVE the water in which meat is to be cooked boiling at the start in order to preserve all the meat's juices.

Toughening Chimneys.

TO toughen lamp chimneys so that they will not break so easily put them in a kettle of cold water, heat gradually until water reaches boiling point and then set aside. When the water is cold remove the chimneys.

Creamed Corned Beef.

SCALD 2 cups milk with 1 finely sliced stalk of celery and 1 slice of onion. Then strain or remove vegetables. Melt 2 1/2 tablespoons butter or drippings, add 2 1/2 tablespoons flour, 1/4 teaspoon paprika and 1 teaspoon salt and blend well. Add the scalded milk and stir until smooth and thick. Add 2 cups diced cooked corned beef, reheat and serve hot. A cup of cooked celery or peas may be added to the beef.

Planked Shad.

CAREFULLY clean and split a medium sized shad. Place skin side down on a well-oiled or greased oak plank and remove as many bones as possible without disturbing the flesh. Sprinkle with salt and paprika and brush over with melted fat. Bake about half an hour in a rather hot oven. Remove from oven and brush over with melted butter. Garnish with mashed potatoes passed through pastry bag and rose tube. Potato baskets may be made and filled with peas. Slices of lemon and parsley may also be used.

Better Stove Polish.

IF stove polish is mixed with milk instead of water it will give much better results.

Testing Eggs.

A FRESH egg will sink when placed in water, but a bad one will float.

Delicious Syrup.

IF you have more syrup than the jars will hold when canning or preserving fruit store it in separate bottles for use as pudding flavoring, with griddle cakes or for flavoring ices and punch. If properly sweetened it will keep.

Hangers to Save Clothes

GET the hanger habit if you would make your clothing keep in good condition and wear longer. Frequent pressing spoils the looks of cloth and injures the fabric, and the necessity for this can be avoided to a large extent if garments are placed on hangers as soon as taken off. Have plenty of hangers at hand and use them freely, not merely as a matter of neatness, but as a matter of thrift.

Many people, particularly men, imagine that to have their clothes look well is all a question of having frequent pressing done, says a writer in The Forecaster. On the contrary, it is partly a matter of avoiding pressing.

But one great point in the handling of woolen clothing is to avoid constant pressing. Hangers for coats, dresses, skirts and trousers should be plentiful, and should be used every time a garment is removed.

A great thing in acquiring this habit is to have enough hangers of every sort. Many people neglect this, and the annoyance of never having quite enough is sufficient to account for many lapses. Another thing is not to leave woolen garments unnecessarily exposed to damp air. Whenever they are not in use they should be in a closet, and on damp days and nights the closet doors should be tightly closed. Much unnecessary pressing will be avoided by observing this simple precaution.

However, it is precisely the good qualities of wool which make it require, under the best conditions, a certain amount of pressing. The same lively fibres which provide air-cells in the fabric, and so successfully shed damp and even water, continually tend to curl and wrinkle it.

It is very easy, indeed, to press well at home. It is worth while, too, for the money saved is really considerable, and the methods likely to be better for the life of the material. A moderately hot iron should be used, with a lintless cotton cloth between the iron and the goods. Great care should be taken to provide a place completely clear of the goods for standing the iron momentarily, so that in turning large or complicated garments no part of them shall inadvertently touch the hot iron.

The pressing cloth should be wet in a basin of clear water each time the iron is applied, and then wrung as dry as possible. When the cloth is removed the material should look soft and fluffy and should be damp. If the garment is undried over the entire outer surface in this way, and then turn it over and iron dry with a somewhat cooler iron on the wrong side. If a lining prevents this, then press as great an area as possible at a time, turning and handling the garment with great care so as to wrinkle the damp wool as little as possible.

Welsh Rarebit

MELT 1 tablespoon butter, add 1/4 pound soft cheese, cut in small pieces, and 1/4 teaspoon salt, 1/4 teaspoon paprika and a dash of cayenne. Stir constantly until melted. Beat 2 egg yolks and add to 1/2 cup rich milk or cream and stir into the cheese mixture. Stir constantly over hot water until smooth and creamy. Serve immediately on untoasted side of bread toasted on one side only. One-half cup ale or beer may be substituted for the cream or milk, in which case 1 egg is usually used instead of 2 egg yolks.

Lobster a la Newburg.

REMOVE meat from 2 cooked lobsters and cut in thin slices. Melt 4 tablespoons butter, add lobster and cook 5 minutes. Add 1/4 teaspoon salt, 1/4 teaspoon paprika, a few grains of cayenne and a slight grating of nutmeg. One tablespoon each of brandy and sherry are sometimes added. Stir thoroughly. Add 1 cup of thin cream into which 2 slightly beaten egg yolks have been stirred. Stir until eggs thicken mixture and serve hot.

Creamed Chicken, Etc.

MELT 3 tablespoons butter, add 2 tablespoons finely chopped mushrooms and cook until tender, stirring constantly. Then add 4 tablespoons sifted flour, 1 teaspoon salt, 1/4 teaspoon paprika and a dash of cayenne and stir until well blended. Add 1 1/2 cups milk, 1/4 cup cream or very rich milk and 1 teaspoon onion juice. Stir until smooth and thick. Add 2 cups of diced cooked chicken and a few drops of lemon juice and reheat. If sweetbreads are used they should first be thoroughly parboiled. Lobster, salmon and other fish should be first cooked and then flaked.