

Health, Beauty And The Home

The Home Maker

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

WHAT I really mean to speak about to-day is this: What professions may lead out of the common paths of housekeeping? I bring this question up now because I am so frequently asked what opportunities there are to take up for a young woman who may be interested in home-making subjects.

For example, a young woman tells me that if she decides to become a stenographer she will have the opportunity of later becoming a private secretary, assistant to an executive, of the firm, or some other position of more pay and opportunity. Or if she decides to become a teacher she tells me that in a few years she may have a chance of being promoted to a better school or becoming a superintendent. In every other field the young woman says she has an opportunity to advance and receive more pay, while if she thinks of housekeeping she sees herself sticking away there at the same old jobs forever and ever.

What I want to prove in this short talk is that, in my opinion, there are just as many chances to work up along home-making lines as along those of any other business, if the girl will seek and develop them.

In the first place, there is a great demand for trained dieticians, either for lunch rooms, schools, association houses, clubs, etc. I know many firms who pay high salaries to the lunch room manager who handles the cafe for either employees or executives. Many more firms every year are operating their own lunch rooms and are seeking competent and intelligent women to buy, plan and cook for such eating places.

Just the other day I had a visit from a young girl from a large college. She came out to ask me the opportunities in the line of household engineering for women in the home. I told her that I thought there were many women who would gladly pay a moderate sum for information about foods and the practical managing of their homes.

Another development is the opportunity to be a food specialist in connection with large food manufacturers and advertisers. To-day many of the large firms producing

food products conduct experiment kitchens in their factories and require the services of trained women to originate recipes, suggest further improvements in their products, etc., etc. The field for this work has just opened, and there are not nearly enough trained young women to fill such positions.

If the woman is older there are many opportunities in the line of what I call "professional grandmas." This is a woman who has had a home of her own, but who is willing to take up new ideas, follow a special course of study, and fit herself to do some branch of home demonstration work. As my readers well know, many States support a number of such home demonstrators and pay them for visiting country women and others, conducting canning campaigns, and bringing into the home the best of practical experience and theory.

I have never yet met a young girl who is not just crazy to run a tea room. There is something in running a tea room or inn which evidently makes a very wide appeal to many women. One of the large cities contains more than 150 tea rooms.

One day not long ago I was looking for a tea room of which I am very fond. But in some way I got into the wrong side street, and while there ran into another place. This, indeed, was no other than one where nothing was served except baked beans and beverages, and possibly a slice of pie. This woman, whom I met and talked to, made a wonderful success of cooking the humble baked beans. She baked them in small individual casseroles and sent them out to her customers' homes in pots of various sizes. Another place I know has built up its entire trade on waffles.

But the average tea room manager must be an all-round housekeeper, buyer, cook and maid of all work. It is necessary. As far as I know, hundreds of women are making this a profession, and yet if we stop to consider we see that running a tea room is not at all different from running one's own home.

Being a demonstrator for either a food product or equipment is another interesting line of work. To-day every product has its force of trained demonstrators who either make short stops in stores while they demonstrate the product or who appear before women's clubs and other organizations to tell about this product. Many of these women are trained home makers as well as trained lecturers. They must have a good appearance in order to meet other women and impress them.

Just the other day I was called



"Pretty Arms Play No Small Part in a Woman's Beauty." Photograph Posed by DOROTHY KLEWER at CAMPBELL STUDIO.

into consultation by a gentleman who has a new food product on which he wishes to educate the public. He wanted me to train a group of women to be sent out in different States to make appointments to speak at women's clubs, to meet food authorities and to get popular good will for the product. I thought his scheme was excellent and told him so, but when he asked me to take charge of the work I refused, for the simple reason that I did not know where to turn to get the women to train. This is a good instance of exactly the opportunity which I see so clearly opening out from household tasks.

I have not even touched upon the chances for young women to be

visiting housekeepers in private homes, of which I believe there is a very great need. I see where any bright, trained woman could make a "howling success" of running a laundry in any small community or for a woman's club. If I had the time and nothing else to do I would start into a home laundry business, which I know could be made a great success, both for the manager and for the public, which is just pinning for something of this kind.

If I were much younger and wanted a training to fit me for later having a home of my own, I would certainly take up the work of county agent or home agent in rural sections. A great amount of good can be done by such work; the agent often has her own car.

she meets women who need her help, and in every way has a large experience far and above that given to the average worker in an office or other position which young women so often select. Indeed, I have scarcely touched upon the many real possibilities which open directly out of housekeeping in all its branches.

That housekeeping does not lead to other professions is not its fault, but the lack of vision of women. Why do they so often rush off into a man's business when they have not even surveyed their own field? Let us not run away from our own work before we have thoroughly sifted its opportunities, not only for advancement, but for good pay and service of the broadest kind.

Beautiful Arms

By Lina Cavaliere

The Most Famous Living Beauty.

TO be really beautiful a woman's arms must be well shaped and rightly proportioned. In other words, they must possess symmetry. That is, they must seem to belong to the body and included in the original plan, instead of being added hastily as an afterthought. Of course, the size of the arm depends largely upon the size of the body. But even the tiniest woman can have a perfectly shaped arm.

Do you know what the canons of beauty would indicate as a perfect arm? For a woman whose height is five feet five—the ideal height for a beautiful woman—the upper arm should be exactly one-third shorter than the forearm. The circumference of the upper arm should be thirteen inches, the forearm nine inches and the wrist six inches.

The beautiful arm must look as though it were made for ornament, not for use. No muscle is unduly prominent. The flesh should be as soft and smooth as white velvet. And the flesh should be tinged with a faint, healthy glow of pink.

If the arms are too fat, as is often the case with the rather plumply built woman, they can be reduced by faithful massage with the wringing motion. The masseuse should manipulate the arm exactly as though she were wringing out clothes before hanging them out to dry. You can do this yourself if you will practise the movement carefully.

To develop the thin arm there are many valuable exercises. Small dumbbells, weighing half a pound, can be swung to great advantage. Also, to develop at once the muscles of the shoulders and arms, this is beneficial.

Stretch the arms horizontally from the body until the muscles are tense. Then slowly raise them above the head, trying to keep the muscles rigid. Clench the fists tightly and turn them slowly but determinedly about on the wrists to make the wrists supple. Light massage with olive oil supplements the exercises.

I know a girl who had otherwise a most charming figure but whose

arms were distressingly thin. It took two years of close attention to them to make those arms attractive, but she succeeded.

The means were a change of diet to more nourishing and muscle building food, half an hour twice a day with dumbbell exercises and a daily massage with cold cream or olive oil. The results were soft, well rounded, delicately pink and white arms that delighted everyone who saw them.

Indeed, one admirer went so far as to say enthusiastically they resembled her conception of what the lost arms of the Venus di Milo would look like if restored by a modern sculptor.

Another exercise that develops the arms, and the back and the bust as well, is this: Hold the arms down at the sides and inhale deeply. Clench the fists. Bend the elbows. Bring the fists to the shoulders, moving only the lower arms.

With the fists resting at the shoulders raise the elbows to a straight line with the shoulders. Move the fists down slowly until they fit close into the armpits. Move the fists slowly around to the back, crossing them, and then lowering the arms to their first position. Keep the muscles tense while so doing. This is a famous resistance exercise.

If the texture on the skin of the arms is coarse, a dry rub every day with a soft flesh brush should open the pores, whose long collecting accretions have made the skin rough. This treatment will make the skin tender. If it seems unduly sensitive, apply a good cold cream every morning and evening. After the morning application powder may be added. The arms may be dusted with a pure powder.

One of the best cold creams for the purpose is this: Oil of sweet almonds, 50 grams; white wax, 10 grams; spermaceti, 10 grams; rosewater, 20 grams; tincture of benzoin, 5 grams; oil of rose geranium, 10 drops.

While reducing her arms, or before she has succeeded in so doing, the stout woman should not wear sleeves shorter than elbow length. This is because her upper arm will sometimes appear gross and fat. She should veil it, therefore, until she has reduced it to lovelier proportions.

Tested Fish Recipes

By Mary Lee Swann,

The Well-Known Writer and Lecturer on Cooking.

Broiled Salt Salmon.

SOAK overnight in cold water, skin side up. Drain and dry thoroughly. Brush over with vegetable oil. Place in a well-oiled broiler and broil, basting as needed with butter or oil. Serve hot.

Casserole of Smoked Salmon.

SOAK 1½ pounds salmon an hour or more in cold water. Drain and scald with boiling water. Cut into small pieces of convenient size for serving. Wash, pare and slice 6 potatoes. Chop 4 onions. Rinse and drain 1 cup canned peas. Arrange fish, potatoes, onions and peas in alternate layers in greased casserole. Buttered bread crumbs should be sprinkled between the layers and a pinch of bayleaf and a grating of lemon peel should be placed in the casserole. Add boiling water or fish stock to cover and bake slowly 1 hour. Add 1 cup milk 5 minutes before serving time.

Smoked Halibut or Salmon Ramekins.

MELT 2 tablespoons butter, add 2 tablespoons flour and ½ teaspoon paprika and blend thoroughly. Add 1½ cups milk and stir constantly until smooth and creamy. Then add 1 cup of shredded halibut or salmon, previously scalded in hot water, 1 tablespoon grated onion, ½ teaspoon finely chopped parsley and 3 slightly beaten eggs. Mix well, turn into buttered ramekins and sprinkle generously with buttered bread crumbs. Place in a pan of hot water and bake in moderate oven until brown.

Herring Ramekins.

DICE 2½ cups smoked boneless herring. Scald with boiling water. Melt 3 tablespoons butter or butter substitute and fry ¾ cup diced celery, 1 tablespoon minced green pepper and 1½ tablespoons finely chopped onion in the melted fat, taking care not to allow vegetables to become too brown. Dredge with ¾ cup flour. Add the drained herring, ¼ teaspoon mustard and ½ teaspoon Worcestershire sauce. Add 2½ cups strained tomato juice and bring to boiling point, stirring constantly. Pour into buttered ramekins, sprinkle generously with buttered

bread crumbs and brown in a moderate oven. Garnish with crisp sprigs of parsley.

Creole Codfish.

SOAK 1 cup codfish overnight in cold water. Drain and flake. Place codfish, 2 cups cold boiled potatoes, thinly sliced, and ½ cup chopped pimiento in a greased baking dish. Melt 4 tablespoons butter or butter substitute, add 4 tablespoons flour, 1 teaspoon salt and a dash of pepper and blend thoroughly. Add 1 cup of strained tomato pulp and 1 teaspoon onion juice or grated onion and stir constantly until smooth and creamy. Pour over codfish, potatoes and pimientos. Sprinkle with 1½ cups of buttered bread crumbs. Bake in moderate oven until crumbs are golden-brown.

Creamed Codfish.

SOAK ½ pound salt codfish in cold or lukewarm water about 1 hour. Drain, remove bones and flake carefully. Melt 2 tablespoons butter, add 2 tablespoons flour and blend thoroughly. Gradually add 1½ cups milk, stirring constantly until thick and smooth. Add the flaked fish and cook slowly until tender. Just before serving dilute 1 or 2 egg yolks with a little of the sauce mixture and add to the sauce. Season to taste with pepper. Have ready a border of well-seasoned mashed potatoes on a hot serving dish and pour fish into the potato ring. Garnish with finely chopped or crisp sprigs of parsley. Tomato salad is especially good with this dish.

Codfish Balls.

WASH and pare 1 quart potatoes. Place potatoes in a saucepan, add 2 cups of flaked codfish and pour boiling water into the saucepan to cover the potatoes, but not the fish. Cook until tender. Drain thoroughly and dry out on the back of the stove. Press potatoes through a vegetable ricer. Mash codfish to a paste. Combine potatoes with fish. Season with pepper and salt. Beat 2 eggs slightly and stir into potato and fish mixture. Beat well. Shape and fry in hot deep fat, taking care not to get balls too brown. The potatoes must be well drained, before they are pressed through the ricer, so that the hot fat will not "spatter" when the balls are cooked. Drain balls on unglazed paper and serve hot.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast.	Breakfast.	Breakfast.	Breakfast.	Breakfast.	Breakfast.	Breakfast.
Cereal.	Oranges.	Cereal.	Cereal.	Prunes, Oatmeal.	Apple Sauce.	Stewed Figs.
Sally Lunn.	Oatmeal.	Sliced Bananas.	Brown Bread.	Bread Crumb.	Sausage Balls.	Hashed Potatoes.
Marmalade.	Doughnuts, Coffee.	Poached Eggs.	Cream Toast.	Griddle Cakes.	Corn Muffins.	Baked Bacon.
Coffee.	Luncheon.	Toast.	Coffee.	Syrup.	Coffee.	Coffee.
Luncheon.	Cheese Souffle.	Luncheon.	Cabbage Rolls.	Luncheon.	Luncheon.	Dinner.
Vegetable Soup.	Rolls.	Bean Croquettes.	Whole Wheat.	American Chop.	Omelet.	Smothered Steak.
Dried Fig Roll.	Cinnamon Toast.	Savory Sauce.	Muffins.	Suey.	Green Peas.	Mashed Potatoes.
Lemon Sauce.	Tea.	Brown Bread.	Ginger Cookies.	Steamed Rice.	Rolls.	Creamed Onions.
Tea.	Dinner.	Cranberries.	Tea.	Canned Pineapple.	Sliced Bananas.	Stuffed Spiced.
Dinner.	Roast Lamb.	Tea.	Cream of Pea.	Dinner.	Dinner.	Prunes.
Fruit Cocktail.	Browned Potatoes.	Lamb Patty, with.	Soup.	Cream of Carrot.	Horseradish Sauce.	Gelatine with.
Meat Loaf.	Glazed Onions.	Peanut Potatoes.	Roast Pork.	Oysters Mornay.	Mashed Potatoes.	Cream.
Tomato Sauce.	Canned Fruit.	Prune Whip.	Creamed Cabbage.	Heart Lettuce.	Stewed Lima.	Sponge Cake.
Mashed Potatoes.	Vanilla Wafers.	Coffee.	Pickles.	Salad.	Beans.	Supper.
Junket.			Baked Apples.	Caramel Spice.	Celery.	Cocoa.
			Coffee.	Cake.	Rice Pudding.	Buttered Toast.
					Coffee.	Canned Fruit.
						Cookies.

Helpful Hints for Busy Housewives

Slicing Pineapples.

BY slicing a pineapple before paring it the work will be much easier and more of the fruit will be saved.

An Overdone Custard.

STIR a pinch of soda into a custard that has been cooked a trifle too long and it will be as good as ever.

Removing Ink Stains.

WASH fresh ink stains in sour milk and allow to soak over night. Then wash in tepid water and hang in the sun.

Mincing Cranberries.

PUTTING cranberries through a meatchopper before they are cooked will prevent the necessity of straining them and there will be more sauce.

Table Mats.

EXTREMELY useful mats for protecting the table from hot dishes can be made by cutting up old felt hats into round, oblong or oval shapes.

Milk on Shoes.

LEATHER shoes will last longer and look better if they are rubbed once a week with sweet milk. Polish next morning as usual.

For Ringworm.

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

Bread for Diabetics.

BEAT the white of an egg to a stiff froth. Then add eight ounces of peanut flour, two ounces of casein and a pinch of salt and bake.

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.

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.

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 "Run-Arounds."

LIGHTLY wrap the finger and nail in gauze soaked with a solution of one ounce of aluminum in ten ounces of saturated borax

The Dressmaker's Own Dictionary

By Mary Jane Rhoe,

From "The Dress You Wear."

ACCORDION Plaiting, plaiting laid in plaits, like the bellows of an accordion, by machinery, then steamed and dried to retain this position.

Ajour, an aperture made by joining two pieces together.

Albatross, a fine wool material.

Albert Cloth, each side of a different color.

Allover, design extending over entire material.

Applique, a separate design applied to the garment it is to adorn.

Arabesque, an outlined ornamentation in cords, stitchery or applied pieces.

Armure, a fancy weave with small raised design.

Astrakhan, a long pile, closely curled surface to represent the fur of the Astrakhan goat.

Basque, a tight-fitting waist which extends below the waistline, worn by Basque peasants of France.

Batiste, a cotton material slightly heavier than lawn; French word for lawn.

Battin, cotton or wool prepared in sheets for interlining.

Bayadere, a material having stripes running from selvage to selvage.

"Beaver, a thick woolen cloth, the wrong side of which is finished with soft, thick nap.

Bedford Cord, a closely woven material having a corded surface, used for women's wear.

Beige, an undyed wool.

Bengaline, a plain, round corded weave, covered with silk or wool.

Bertha, a ruffle or cape.

Bias, goods cut on long side of a right-angled triangle.

Bishop Sleeve, used in a bishop's robe, and thus named.

Blind-stitch, a stitch not showing.

Bobbinet, an open lace.

Bodice, a tight-fitting waist or bodice.

Bolero, a Spanish jacket.

Border, trimming usually on edge of material.

Boucle, a woolen material with little tufts on surface.

Bouffant, full of puffy effect.

Bourette, a material on which appears rough threads.

Bradenburg, a fastening for a military jacket.

Bretelle, a sort of cape.

Brilliantine, a mohair with glossy surface.

Broadcloth, a fine, glossy woolen.

Brocettes, a coarse fabric of silk or wool with figured design.

Broche, a brocade which has an embroidery effect.

Brussels New, a plain net made first in Brussels, but now made in other countries.

Buckram, a coarse material, linen or cotton, used for stiffening.

Buckskin, soft as dogskin, with more defined twill.

Butcher's Linen, a plain fabric of linen used for dress purposes.

Cambric, a fabric used for dining in linen or cotton.

Camel's Hair, a fabric made from the hair of the camel or goat, soft and silky.

Canon Flannel, a twilled fabric with nap on one or both sides, used for linings of coats and for underwear.

Canvas, a coarse-threaded cotton or linen fabric used for stiffening in collars, cuffs and coat fronts.

Challis, a soft woolen or woolen and silk fabric.

Chambray, a fine, soft cotton material.

Champagne, ecru with golden tint.

Chantilly, a town in France once noted for the manufacture of lace.

Chenille, a thick velvety, corded material of silk or worsted.

Cheviot, a material of the cheviot wool woven diagonally.

Chic, smart style.

Chiffon, a thin soft silk material usually crepe-like in appearance.

Chiffon Velour, velvet of the lightest and softest kind.

Corduroy, a material woven in ribs with pile-like velvet, usually of cotton.

Corselet, a body dress.

Cravat, a neck-cloth.

Crepe, a fabric made of raw silk with crinkled appearance.

Crepe de Chine, a crimped fabric, made of raw silk, with soft finish.

Crotonne, a cotton material with large floral designs.

Decollete, gown cut low in neck.

Denim, a coarse, cotton drilling of uncertain origin.

Dimitry, a stout, cotton corded fabric.