

Health, Beauty And The Home

Signs of Spring

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

SOME one wrote me the other day and asked me if I thought it was necessary to clean house in the Spring, and didn't I think that if a house were kept thoroughly clean all year we could eliminate this annual housecleaning bugbear.

I replied that no matter how well a house was kept all year there was every reason for an annual Spring house cleaning. In the first place, at this season we change fuels and stop using furnaces and stoves of a Winter type. This means that all such stoves must be thoroughly cleaned for the Summer, and especially that the boiler, which has had such hard use all Winter, must be thoroughly overhauled. In cold weather, for instance, it is impossible to remove ashes, garbage and cellar waste adequately owing to the low temperature. The cellar, outhouses, drains, etc., must be made ready for Summer service. And the time to do this is the Spring.

Again, this is the time of year when we naturally send for the carpenter, the painter and the repair man. We want this or that thing refurnished, redecorated, etc., and any such work makes confusion and dirt anyway, so why not have a general clean up at the same time?

Still further, the first signs of Spring generally bring a general town and city clean up. At this time various health associations and women's clubs devote a week to a special clean up of basements, streets and houses. In many places the Street Cleaning Department increases its service, and organizations such as the Salvation Army make special calls with their wagons for what might be called waste, but which may be of still further usefulness to those in different circumstances. It is therefore logical that the individual housekeeper co-operate with such civic organizations and keep abreast of the season by putting her own house in order.

But last, and in my opinion the most important reason why we need a week of house cleaning is a psychological reason. In other words, I think that almost every woman needs a week of house cleaning in Spring. Spring is a time of moods and feelings and possible irritation. We have not yet gotten over the confinement of Winter. Our limbs are housebound, we may say. And yet it is not warm enough weather to get outdoors very much and we have not quite passed the transition from cold to warm.

You know how frequently it happens that we seem to need a tonic at this season, that we yearn to do something different and that the smallest matters often annoy us greatly. If we are wealthy we can

go South for the golfing or West for the bathing. But if we are just the plain, stay-at-home kind of woman all we need do is grab a carpet beater and use it on the rugs in the back yard for half a day. House cleaning is the best kind of an outlet to the fretful, fabled nerves of the woman who has been much in the house all Winter. It braces her up to see the dirt fly and she feels refreshed and virtuous and satisfied when she sits down in the house that she has made clean by her own efforts. It is for this reason mostly that I think every woman needs at least to oversee a Spring housecleaning every year.

But like every other good general she ought to first plan her Spring cleaning campaign. This year, more than ever before, labor is scarce and any kind of painting, renovating or other work may be greatly delayed. This Spring it is first catch your carpenter and put salt on his tail or be willing to marry a painter in order to have your work done when you want it!

If there is any new covering to be made, any new hangings or draperies, this also should be attended to in good season. Conditions show that there is a shortage of all such textiles and an increased price for making up curtains, pillows, etc. to measure.

The manufacturer of ready mixed paints has placed at the hands of the woman in the home a means of fighting present high labor costs. There is scarcely a woman who cannot do interior painting very well indeed if she tries. I have recently had an estimate on varnishing my living room floor, having received a price of \$15 on the work. But I found that it would require only one gallon of the best varnish, which at even present high prices is not \$4. Also I knew that three hours of my own time will make a good job of it. Why not then put the extra \$11 into savings stamps or the children's education fund?

Often in the Spring radiators and steam pipes look dingy. There are prepared gold and silver powders to be bought which can be easily mixed with a fluid having a strong banana-like odor. Patience and a small brush will transform the soiled radiators into attractive, shining ornaments. Let me suggest that the one doing the work place heaps of old rags under and around the radiator or pipes while working, since a spot of this fluid on a wooden floor is most difficult to remove.

For a long time the putting in of window glass was a mystery to me. But one day I watched the man most carefully, saw how he inserted the glass, fastening it with small triangular brads and putting the putty on last. Now no man will receive fifty cents an hour from me



Photograph Posed by MISS GRACE DARLING at CAMPBELL STUDIO

"Drinking water freely between meals helps to keep the nose looking its best."

for mending broken panels!

Forehand is forewarned. This is the time to order a supply of disinfectants like chloride, carbolic, turpentine, etc. Soap cleansers, all the good friends of rub-a-dub-dub, should be on our shelves long before our actual house cleaning begins.

Speaking of housecleaning leads me to mention the following good books which any woman would do well to have and study before she

begins to clean: "The Complete Housekeeper," by Emily Holt; "The Housekeeper's Handbook of Cleaning," by S. J. MacLeod; "Housekeeper's Handy Book," by L. M. Baxter; "Insects Injurious to the Household," and "The Chemistry of Cleaning," by E. H. Richards.

If there is one book I could not do without it is "The Complete Housekeeper." If ever I want to know how to clean silver or glass or mend wall paper, or glue bric-a-brac or

paint a floor or polish a table top, I will surely find what I want to know in this book. It is a perfect compendium of information on every subject of cleaning, repairing and making over.

Don't dread the annual housecleaning. Remember that the first signs of Spring should occur not only in the garden or among the birds, but in the heart and mind of every woman, wherever her home may be.

Pretty Noses

By Lina Cavalieri,
The Most Famous Living Beauty.

WHEN not due to over-indulgence in alcohol, an excessively red nose is usually the result of indigestion or clothing that is too tight. In the first stages of the trouble I would bathe the unfortunate feature with this lotion: Distilled water, 50 grams; rosewater, 50 grams; tincture of benzoin, 1 gram; sulphate of potassium, 1 gram.

If the redness has persisted so long that it has become chronic, then I would massage the following preparation freely into the affected organ: Rectified alcohol, 8 grams; pure glycerine, 8 grams; precipitated chalk, 8 grams; cherry laurel water, 8 grams; precipitate of sulphur, 8 grams.

Also it is essential that you eat plain foods, very little meat, many vegetables and salads and much fruit. Drink water freely between meals.

You can often improve the shape of an ugly 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. Dip a soft complexion brush into green soap, which you probably know is a liquid, and scrub the parts affected by blackheads. The more obstinate of them may have to be pressed gently out with the fingers or a comedone extractor. Afterward apply cold cream to heal the skin irritated by the treatment.

Should you happen to be afflicted with that bane of an oily, shiny nose, try dusting it repeatedly with this powder: Bicarbonate of soda, 2 ounces; pulverized orris root, 1 ounce; pulverized spermaceti, 1 dram. Mix thoroughly and keep in a dry place.

It is well known to the medical profession that a sparing diet, chiefly of fruit and liquids and copious water drinking would soon clear the complexion. Alternate hot and cold cloths to the skin of the nose will help to clear it. A pinch of iodide of lime in a glass of water in daily doses for a week will aid in the body cleansing which is necessary if your nose is afflicted with unsightly boils. A few Turkish baths will aid wonderfully in the work.

Sometimes it chances that the nose is harassed with a continually recurring crop of blackheads, par-

ticularly in the creases on the side. For this trouble I would recommend scrubbing the affected parts with green soap, using a complexion brush. When they have been properly softened, then press out the blackheads with the side of a needle that has been sterilized by passing it through a flame or through boiling water. After pressing out the blackheads, put cold cream on the affected parts to heal the irritation.

After this treatment, you are likely to be distressed with enlarged pores, which are ready to become filled once more with an accumulation of grime and sebaceous matter until a new crop of blackheads result. To avoid this, bathe the nose frequently with this lotion, which is most excellent for decreasing the size of open pores, and also for checking any tendency of the skin toward excessive greasiness: Rosewater, 3 ounces; elder flower water, 1 ounce; tincture of benzoin, 1/4 ounce; tannic acid, 5 grains.

If it is indigestion that has caused this unpleasant redness of your nose, then you need not despair, for indigestion in all its various forms can be corrected if you will go the right way about it.

The best method of curing it is by walking in connection with a careful diet. Indigestion is a physical failing, especially peculiar to some men and to many women. Walking by bringing into play unused muscles and by making deep breathing necessary, as a long walk always does, relieves this condition. Bear in mind that whatever clears the internal organs brightens the eyes. Whatever promotes deep breathing lays in a new stock of vigor, as we fill our cellars with coal in the Winter.

However, if you form the daily walk habit for the purpose of curing your indigestion and restoring your nose to its normal appearance, you must see that it really becomes a daily habit. Don't stop indoors because it is too hot or because it is raining. The rain won't hurt you in the least. In fact the dampness in the air is particularly good for your complexion. Wear your raincoat and turban. Put on your rubbers and tilt your umbrella at its most coquettish angle. Thus garbed you won't care how wet it is and the walk will do you a world of good.

Secrets of Beauty

WILL you kindly inform me how to reduce lips that are always pale?—MRS. J. T. D.

Even pale lips that have not been denuded of their natural freshness are far more attractive than the artificial brilliancy imparted to them by the customary paints and lotions for this purpose. Bathing the lips with an equal mixture of glycerine and rosewater will help to keep them in good condition.

WHAT will take the lice and nits out of my hair? I have tried so many things. I use the fine comb every day and still I cannot keep it clean. I am sure people can see them. I am healthy, but my hair is turning gray. Can this be a cause of my trouble?—MRS. M. S.

Wet your hair thoroughly with the following solution:
Dilute acetic acid.....8 ounces
Water.....8 ounces

The above mixture dissolves the glutinous material fixing the nits to the hair, after which the nits may be carefully combed out. Repeat the process as often as necessary. Keep the hair thoroughly clean by frequent shampoos. The gray hair is caused by lack of sufficient oil in the sebaceous glands. Daily massage and the application of stimulating tonics will overcome this trouble.

Household Helps

Salt in Starch.
A LITTLE fine salt added to starch greatly improves its quality.

Removing Iron Rust.
SOAK the spots in fresh lemon juice and hold immediately over the steam from a teakettle until they disappear.

Blowing Bubbles.
THE children's bubble blowing sport can be greatly improved by adding half a teaspoonful of glycerine to each quart of water. This gives tenacity to the bubbles.

CAN you tell me where I can procure a nose clip? My little girl used to have a well-shaped nose, but lately it has been getting too broad.—M. E.

Names and addresses cannot be given in these columns, but if you will inquire at any up-to-date drug store, or even in one of the big department stores I am sure you will be able to find what you want. Home devices, such as a clothespin with a spring in it, or even a stiff watch spring holding pads on each side of the nose can be utilized to advantage.

I AM rather well proportioned except for the fact that my face, neck, arms and hands are too fat. How can I reduce these parts of my body quickly?—AVONTE M.

Heavy massage of the fleshy portions of your body will help reduce them. Use both hands and pinch the flesh vigorously except on the face, which must be more gently handled. If you use the absorbent lotion given below you may expect some slight improvement after a six weeks' trial, but even better results will be secured after a six months' period:

Tincture of iodine.....30 minims
Iodide of potassium.....60 grains
Hypo sulphite of soda.....20 grains
Distilled water.....7 ounces
Aniseed water.....170 minims

For Scorched Spots.
BY holding under running cold water for a few moments the stain left by a too hot iron will quickly disappear.

To Brighten Rugs.
ADD a teaspoonful of turpentine to half a pail of warm water. Dip a cloth in this, squeeze dry and rub the rug vigorously. This treatment will make the rug look like new.

Cleaning Jewelry.
ONE teaspoonful of ammonia in a teacupful of water makes a good cleaning fluid for gold or silver jewelry. Apply with a soft cloth and wipe thoroughly dry.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Sweet Apples, Oatmeal, Bread Crumb Muffins, Coffee. Luncheon Creamed Macaroni, Whole Wheat Bread, Jelly, Tea. Dinner Boiled Mutton, Caper Sauce, Steamed Rice, Green Vegetables, Orange Gelatine, Coffee.	Breakfast Cereal, Philadelphia Scrapie, Toasted Muffins, Coffee. Luncheon Tomato and Mutton Soup, Thin Corn Bread, Steamed Dried Figs, Whipped Cream, Dinner Broiled Steak, Spinach, Peach Tapioca, Coffee.	Breakfast Stewed Prunes, Rice Waffles, Coffee. Luncheon Cream of Potato Soup, Crisp Rolls, Oatmeal Wafers, Baked Apples, Dinner Individual Meat Pies, Baking Powder Biscuit Crust, Buttered Carrots, Spinach Salad, Caramel Spanish Cream.	Breakfast Cereal with Hot Dates, Buttered Toast, Coffee. Luncheon Broiled Tripe, Tomato Sauce, Mashed Potatoes, Apple Sauce, Dinner Bean Croquettes, Nut Sauce, Creamed Cabbage, Pickles, Soft Lemon Fruit Pudding, Coffee.	Breakfast Oranges, Broiled Mackerel, Corn Muffins, Coffee. Luncheon Bread Crumb, Onion and Milk Tomatoes, Mock Hollandaise Sauce, Green Peas, Oatmeal and Raisin Cookies, Tea. Dinner Codfish Chowder, Fruit Salad, Coffee.	Breakfast Stewed Apples, Steamed Rice, Brown Bread Toast, Coffee. Luncheon Fried Beef, Southern Spoon Bread, Radishes, Dinner Stuffed Calves Heart, Brown Gravy, Browned Sweet Potatoes, Greens, Deep Apple Pie.	Breakfast Sliced Bananas with Lemon Juice, Baked Bacon, Coffee. Dinner Roast Fowl, Giblet Gravy, Tart Jelly, Boiled Rice, Buttered Onions, Peach Meringue with Boiled Custard. Supper Minced Chicken, Liver Sandwiches, Cookies, Tea.

Cakes with No Shortening

- Delicious Mocha Cake.**
ADD 1/4 cup chopped English walnut meats to the sunshine cake mixture. Bake in angel cake pan, cool, split and fill with sweetened whipped cream flavored with strong coffee.
- Sunshine Cake.**
BEAT 5 egg yolks until light and creamy. Beat 7 egg whites until foamy. Add 1-3 teaspoon cream of tartar and continue beating until dry. Gradually beat 1 cup of sugar into the whites, add the well-beaten yolks and mix well. Fold in 2-3 cup sifted flour and add 1 teaspoon orange extract. Bake in a tube cake pan about 45 minutes.
- Economical Sponge Cake.**
BEAT 3 eggs until very light, add 1 cup sugar and 1/4 teaspoon salt and beat until creamy. Add juice and grated rind of 1/2 lemon and 4 tablespoons cold water and stir gently. Then fold in 1 cup flour sifted with 1/4 teaspoon baking powder. Turn into an average sized loaf cake pan and bake slowly nearly an hour. Sponge cakes are baked in ungreased pans if the pans are kept exclusively for sponge cake. If this is not possible slightly oil or grease the pans and dredge with flour. Turn cake upside down in cake cooler as soon as it comes from the oven and it will usually come out very easily.
- Plain Sponge Cake.**
BEAT 4 egg whites with 1/4 teaspoon salt until light and dry. Beat in gradually 1/4 cup sugar. Beat the yolks of 4 eggs exactly as long as the whites are beaten and gradually beat in 1/4 cup sugar. Add 1 tablespoon orange or lemon juice and grated rind of 1/2 lemon or orange. Beat yolks into whites and fold in 1/2 cup sifted flour. Be careful not to beat mixture after flour is added. Bake in a shallow cake pan about 1/2 hour.
- Hot Water Sponge Cake.**
BEAT 2 egg yolks until light and lemon colored. Add 1/4 cup sugar gradually and continue beating. Add 3/4 cup hot water, 1/4 cup sugar, 1/4 teaspoon lemon extract, 2 well-beaten egg yolks and 1 cup flour sifted with 1/4 teaspoon baking powder and 1/4 teaspoon salt. Bake in a shallow pan about 1/2 hour.
- Angel Cake.**
BEAT 8 egg whites until foamy. Add 1 teaspoon cream of tartar and continue beating until stiff. Add 1 cup sugar gradually. Fold in 1/4 cup flour which has been sifted 3 or 4 times with 1/4 teaspoon salt. Add 1/4 teaspoon vanilla. Bake nearly an hour in an ungreased angel cake pan. When cake begins to brown place a piece of buttered paper over it.
- Standard Sponge Cake.**
BEAT 6 egg yolks until light and lemon colored. Add 1 cup sugar gradually, beating constantly. Add 1 tablespoon lemon juice, grated rind of 1/2 lemon and 6 stiffly beaten egg whites. When yolks and whites are partially combined fold in 1 cup flour sifted with 1/4 teaspoon salt. Bake about 1 hour in a slow oven.
- Orange Sponge Cake.**
BEAT 3 egg yolks until light. Add 1 cup sugar gradually. Fold in 1 cup flour sifted with 2 teaspoons baking powder. Then gently add 3 stiffly-beaten egg whites. Pour juice of 1 orange into a glass cup and add enough hot water to make 1/2 cup. Add grated rind of 1/2 orange and stir quickly into cake mixture. Bake in a shallow buttered pan.
- Ladyfingers.**
BEAT 3 egg whites until stiff and dry. Add 1-3 cup sifted powdered sugar gradually and continue beating. Add 2 well-beaten egg yolks and 1/4 teaspoon vanilla. Mix and sift 1-3 cup flour and 1/4 teaspoon salt. Fold sifted flour into other ingredients. Bake in ladyfinger pans or shape as desired on ungreased paper. Sprinkle with sifted powdered sugar and bake about 8 minutes in a moderate oven.

Advice to Would-Be Brides

NEVER telephone your fiancé when angry or slightly vexed. Remember that you cannot see the play of the features and you will say things boldly which could never be said "face to face." In fact, do not form the habit of calling him up either at his office or his own home. Many a man has lost his enthusiasm and passion by having too much attention along this line.

Man does not like to make love in the bold glare of the spotlight. He always prefers the moon, and the girl who lets a man's employers and business partners, to say nothing of his sisters and his cousins and his aunts, into his love affair, soon takes all the romance out of life.

Never write too many letters. As a rule men hate to write letters, and do not want to receive them. Letters are apt to be a mania with women. But any man who has had much experience with women is a little shy of written sentiments.

"Walk to Troy, but never write a letter," was the motto of a very wise man. Many misunderstandings and many a divorce court scandal have been brought to light by this indulgence of the pen.

Never look at yourself when in public. Some girls have the habit of boldly displaying vanity boxes right in the middle of a man's heated conversation. Others cannot pass a mirror without taking a

peek. Man is a conceited creature and he wants to have every glance for himself. The clever maiden would rather have a few stray locks and an unpowdered nose than to lose a man's proposal or the best part of his story.

Never be first at a rendezvous, yet avoid keeping a man waiting more than a few minutes. A beautiful actress who made a practise of keeping every man waiting at least half an hour had this simple code: "The worse you treat them the keener they are." Of course, this is not true. But the girl who is too enthusiastic, too ready, is always spurned by men and ridiculed by her own sex.

The wise woman keeps her veil down all the time. She never makes marriage too easy. Men are plucked by something they don't understand, and pique is an invaluable ally, a most potent spur to further interest.

Never forget his personal tastes. The man who hates sweets is greatly relieved when savories are put before him. The girl who, time after time, has to inquire: "How many lumps?" or, worse still, supplies them when a completely unsweetened scheme is desired, is one to whom the proud, sensitive male heart will ever remain cold.

Never speak crossly to your little sisters or brothers or kick the kitten when your betrothed is about. No matter how sweet you are to him afterward, he will begin to think.

Kicking for Youth

ONE of the best methods for developing the muscles of the abdomen is high kicking, says Annette Kellermann in her new book on "Physical Beauty and How to Keep It."

I know that kicking for ladies is considered in bad taste, she goes on to say, but that is because skirts are in bad taste when coupled with any sort of activity of the legs other than stiff-kneed walking. But it is perfectly respectable to kick in your gym suit or in any clothes you like, or in no clothes at all, in the privacy of your own room.

Don't kick in the air, but get something definite to kick at. A piece of stiff pasteboard is good; fasten strings from the four cor-

ners and hang it from a hook on the ceiling or the top of a doorway. Start at an easy height and kick it a resounding whack, first with one foot and then with the other. Now raise it a bit, and keep raising it from day to day. You will be surprised to find how quickly you will be able to kick as high as your head.

Get up a kicking competition with your best chum or your husband, if you are lucky enough to have one who doesn't think that the duties of womanhood are so sacred that he would condemn you to make the bricks of humanity without the straw of health.

But kick, anyway. It is a rare and jolly sport and will keep you youthful of spirit as well as of figure.