

Health, Beauty And The Home

Vacuum Cleaners

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

AFTER almost every lecture women ask, "What vacuum cleaner do you recommend, Mrs. Frederick?" It is evidently a subject in which women are keenly interested, especially since so many of them are doing their own work and since sweeping with the old corn broom is so unsatisfactory.

Now I never "recommend" anything; but I am willing to tell why I think certain makes preferable or what are the good points of this and that cleaner and why. But the first thing to understand is the principle underlying all vacuum cleaning.

In the first place every vacuum cleaner operates on the principle of suction. This suction or withdrawal of air is so directed to the dirty carpet that dirt is pulled or sucked out of the fabric and conducted into what is called a "dust bag." No matter what the make, this principle of suction holds good. But what makes the suction? This is caused by some sort of "fan" which is operated by a motor or by a bellows operated by hand power. Now it follows that the strength of the suction depends on the strength or quality of the motor. That is, if we have a motor of little power it will follow that we have little suction.

The first thing for a prospective customer to notice is the motor of her vacuum cleaner. If possible select a motor made by a well-known firm which specializes in motor manufacture, even though the rest of the machine be assembled by another firm. And don't expect to buy a high-grade, efficient motor for too low a price. A good motor alone, whether for a sewing machine, a washer or a vacuum cleaner, will cost from \$15 to \$20 and up. In other words, the woman must not expect to get a "cheap" machine which will give good, permanent service.

We have said that the motor sucks up dust or such dirt as may be said to be almost microscopic unless taken in a mass or handful. However, on every carpet there will be found what we may call "thrums," threads or pieces of waste which are not dust proper. Such threads cling to the carpet and cannot be removed even by vacuum cleaning. They have to be brushed off. Therefore the ideal cleaner is that which has a brush attachment or in which the suction is sufficiently powerful or so manipulated as to remove threads and waste as well as dust.

In the old days (which are really

not more than six years back) vacuum cleaners were made very heavy. The machine itself was heavy and the hose was almost as large as a street fire hose. But this kind of vacuum cleaner was soon found to be too heavy for the average woman to lift and move about. So has arisen the type called the "portable" cleaner, which is more like a mop handle fitted with a foot at its base.

In this type the parts are generally aluminum, which makes it much easier to lift and also much neater in appearance. The rubber hose is eliminated and the foot of the cleaner is pushed directly over the carpet, back and forth like a carpet sweeper, but with a slower motion. The current is transmitted through a heavy wire tubing, which is fitted with a plug and which may be attached to any electric light socket.

Speaking of sockets reminds me that there is now on the market what is called a "two-way plug." This enables the use of both a light bulb and a utility at the same time. In other words, it is not necessary to unscrew a bulb in order to attach a vacuum cleaner or other utility. Several of these two-way plugs would be useful in any home.

We spoke a moment ago of the strength of the motor. However, let me give a warning: It is not wise to purchase a cleaner with such a strong motor that it will remove the nap from the carpets as well as the dirt.

I have known of several cases where beautiful rugs were injured by the use of a too powerful cleaner. In my own experience I have found that what are commonly called "jute" rugs or "Japanese fiber" rugs must never be cleaned in this manner. The cross weaving is not securely woven in and a high-powered cleaner just sucks up the rug piece after piece, leaving only the canvas back. So, beware!

The best cleaners to-day are made with sets of attachments, and it is worth while for the woman to purchase such attachments at the time she buys her cleaner.

I don't know how it is, but many women seem quite crazy to buy "attachments" of some sort, such as for a sewing machine, and then never use a single one of them. I'm quite sure that this is true in regard to the average woman who pays for a tucker, a plaiter or other accessory, and I am afraid that the same is true of the woman who buys a vacuum cleaner set of tools. This contains a wall brush, a mattress tool, a floor polisher, a drape tool, etc. But there is no rea-



"The setting of a pair of beautiful eyes are almost as important as the eyes themselves."
Photograph Posed by MISS GRACE DARLING at CAMPBELL STUDIO

son why such attachments cannot be made of real value.

During the annual house cleaning is the time to get 100 per cent out of a vacuum cleaner and its attachments. Why drag mattresses out into the yard and thrash them for an hour with a wire carpet beater when three times as much dust can be removed while the mattress rests quietly on the bed and the mattress cleaning tool is used on it? Why need one get up on a rickety stepladder and use one's hands to dislodge the dust from the door ledge when every particle can be removed by the use of the vacuum wall cleaning attachment?

Pillows, tufted cushions and all similar forms of padded and cov-

ered furnishings can be thoroughly cleaned in a short while by the use of a vacuum cleaner. Bookcases, ornaments and all kinds of grill work can be thoroughly cleaned only by the vacuum method. I never knew what it was to have a thoroughly clean typewriter until I had used a vacuum cleaner on the bottom of it. The result was marvelous.

The old idea of cleaning was merely the scattering of dust, while the new idea is absorption. When we use the old corn broom we never really remove the dust from the room at all. We merely beat it out of the floor covering into the air, from which it falls for us to remove again. The result is what we might call a vicious circle.

The vacuum cleaner stands at the head of the list of all utilities of the absorptive type of cleaning. For the woman who does her own work there is unquestionably no other one piece of equipment of such every-day value. A room which is vacuum cleaned stays clean for longer than the room swept with a corn broom, even when perfectly swept. To-day our standards of cleanliness are higher, and what was considered clean even a few years ago does not meet with the demands of the modern housewife.

Stop, look—and purchase the best make of cleaner that your purse affords, and rest assured that your household tasks will be easier.

The Eyes' Settings

By Lina Cavallieri,
The Most Famous Living Beauty.

THE surroundings of the eyes are almost as important as the eyes themselves. Keep lines away from the eyes by keeping them well rested. Also massage lightly about them for four or five minutes. Never longer, because too much massage will tire the exceedingly delicate muscles about the eyes and cause them to sag.

Massage them just before retiring with any good cold cream. Rub with a light rotary motion, with the tips of the second and third fingers, outward and away from the corners of the eyes. With the same fingers stroke the muscles that lie along the upper edge of the cheekbone. The stroke should be a slow, sweeping one from the lower corner of the eye to the edge of the hair-line.

Never touch the soft, flabby skin beneath the eye with any but the gentlest pressure possible. Otherwise it will make wrinkles. A third valuable stroke is above and along the upper edge of the eyebrows. It is most soothing and restful.

The eyelashes depend for their length and beauty upon the condition of the eyelids. Do not allow them to become inflamed. If they are irritated the lashes will be weakened and will stop growing or will fall out. To make them grow long and evenly they should be clipped two or three times a year.

If the eyelashes grow thin and straggly looking it may be because the eyes are strained and the lids inflamed. To remedy such a condition I recommend the following prescription: Rosewater, 1-3 glass; witch hazel, 1/2 glass. Warm and apply by opening the eye when covered with an eye-cup full of the mixture, thus giving the eye a thorough bath.

Another remedy which I will give will quickly allay a more serious inflammatory condition of the eyes: Camphor water, 1 ounce; powdered borax, 3 grains; infusion of sassafras pith, 2 ounces. Apply with an eye-dropper, the glass tube with a rubber bulb attached that can be obtained in any drug store. Apply as frequently as is needed to allay the inflammation.

The growth of the eyelashes can be promoted by frequent brushing with an eyelash brush, also by carefully clipping the ends twice a year. Brush the lashes upward and the brows toward the temples,

training the arch to be high and piquant. For eyebrows that are weak and thin this lotion is excellent and should be applied frequently: Sulphate of quinine, 10 grains; oil of sweet almonds, 2 ounces.

The eyebrows should be kept clean by brushing with a tiny eyebrow brush. Half a dozen strokes upon each eyebrow are enough. The lashes should be brushed upward. That makes them curly. Sometimes eyebrows grow unevenly. They begin well, but end drearily, in a straggling line of sparse hairs, or in no hairs at all. Massaging the scant part of the eyebrows with lanolin will improve them wonderfully.

Occasionally the eyelashes show a bothersome tendency to curve inward, usually on the lower lid. To insure comfort and avoid dangerous irritation of the eyes they should be removed by careful manipulation of hair forceps made especially for the purpose.

Girls often ask me how to make their eyelashes darker. There are plenty of dyes and stains for the eyelashes, but I do not recommend them because they are likely to be injurious. The application of any one of them to the eyelashes by an unsteady hand might allow some of it to get into and so permanently injure the eyes.

Eyelashes are often too light because they are faded. To restore them to their original color, try clipping the ends carefully but very slightly every two months. This sometimes strengthens, stimulates and so darkens them.

If your eyelids are encrusted when you wake up in the morning, don't attempt to remove the encrustations until you have first moistened them with a lotion from your eye-cup. The best one for this purpose is made by dissolving an ounce of boric acid in a pint of rosewater.

Styes are ugly and disfiguring. In their first stages they can be removed by bathing with peroxide of hydrogen, or by applying etheral colloidion with a camel's hair brush. Do not get any of this into the eye itself, however. If the condition has progressed far, a tiny fassseed poultice soon brings it to the "ripe" stage, after which it can be lanced by an ordinary needle that has been sterilized by passing it through a flame.

Beauty's Question Box

WHAT can I do to make my oily skin look dry?—CONSTANT READER.

Avoid vanishing creams or cosmetics of any kind, except a little powder occasionally. Cold cream can be used with a facial massage once a week, but not any oftener. To overcome that excessive oiliness bathe the skin frequently with a simple camphor water lotion, which is astringent in its effect and will minimize the sebaceous secretion by contracting the glands and other vessels containing it. Avoid the use of glycerine when the skin is oily. Rosewater is good and so also is the following preparation:

Bicarbonate of soda.....1 ounce
Powdered orris root.....1/2 ounce
Pulverized spermaceti.....1/2 dram

WHAT will cure painful toenails?—K. C. R.

Stop wearing shoes that cause any undue pressure over this region. The rubbing of an ill-fitting shoe will create more painful granulations and ingrowing toenails than anything else. Bathe the feet nightly in hot water and then apply a good antiseptic lotion to the nails. Pare them carefully and keep a piece of absorbent cotton under the corner of the nail until the ingrowing tendency is cured. Cutting a V-shaped piece out of the centre of the edge of the nail will also help to remedy this condition.

WHAT should I do to remove wrinkles from my neck? I want to make it plump and pretty.—ANXIOUS.

A very simple way of removing those telltale wrinkles from the neck is to bathe it several times a day with the following astringent lotion:

Witch hazel.....1 ounce
Rosewater.....1 ounce

Then at night rub into the skin a good skin-food like lanolin.

HOW can I rid myself of freckles?—CONSTANCE.

Here is one of the best freckle remedies I have ever used:

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

Apply a small quantity of this to the unwelcome spots every night before you retire.

IS there any permanent way of removing superfluous hairs?—KATY.

There are a number of preparations that will overcome this trouble temporarily, but why bother? Unless it is very conspicuous I do not in the least object to its growth. It is like the down on the peach. And who can truthfully say he prefers the appearance of the smooth-skinned apple or pear to the peach?

St. Patrick's Day Recipes

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

Irish Pancakes.

SCALD 1 cup milk with 3 ounces butter. Add gradually 1 pound whole wheat flour and 1/2 teaspoon salt. Beat thoroughly. Roll out about 1/4 inch thick, cut into squares and cook on a griddle, turning often, for an hour or more. Serve with butter and jam or preserves.

Cream of Green Pea Soup.

DRAIN 1 can green peas, rinse with cold water and set aside, if time permits, to reoxygenate. Add 2 cups cold water, 1 teaspoon sugar, 1 small onion, 1 teaspoon salt and a dash of pepper, and cook gently 1/2 hour. Press through potato ricer, reheat and combine gradually with 2 cups white sauce made as follows: Melt 2 1/2 tablespoons butter, add 2 1/2 tablespoons flour, blend well and gradually add 2 cups milk. Stir constantly until smooth and thick.

Perfection Salad.

CUT 2 cups cold cooked chicken in small cubes. Wash, scrape, if necessary, and dice 2 cups tender white celery. Wash, skin, seed and cut in halves about 1 1/2 cups white grapes. Mix lightly and marinate with enough French dressing to moisten. Set in ice box until ready to serve. Arrange in small nests of crisp lettuce leaves, decorate with a little cooked cream dressing and sprinkle finely chopped pistachio nuts or parsley on the dressing. This is an exceptionally good salad.

Savory Green Sandwiches.

WASH about 1/2 cup butter and heat until creamy. Add a very little green vegetable coloring, taking care not to get butter too dry. Drain 5 anchovies, wipe perfectly dry, remove bones and pound to a smooth paste. Add gradually to the colored butter. If desired, add a little finely chopped parsley or cucumber pickle. Use as any sandwich filling. Three radishes may be substituted for the anchovies.

Green Mayonnaise.

COOK 1/2 cup green peas, 1 leaf mint, 1 sprig parsley and a few spinach leaves until tender. Press through fine sieve. Add gradually to the colored butter. If desired, add a little finely chopped parsley or cucumber pickle. Use as any sandwich filling. Three radishes may be substituted for the anchovies.

Spinach Souffle.

MELT 2 tablespoons butter, add 2 tablespoons flour, 1/2 teaspoon salt and a dash each of pepper and mace. Blend well and add 1/2 cup milk gradually, stirring constantly until smooth and thick. Add 1/2 cup or 1 cup finely chopped cooked spinach. Beat 3 egg yolks until lemon colored, gradually add reheated sauce and spinach mixture, beating constantly. Fold in stiffly beaten whites of 3 eggs and pour into a well-buttered baking dish. Bake in a moderate oven until firm in centre.

Shamrock Rolls.

SCALD 1 cup milk, add 1/2 cup butter, 1 tablespoon sugar and 1 teaspoon salt. Cool and when lukewarm add 1/2 yeast cake, dissolved in 2 or 3 tablespoons lukewarm water. Add 1 1/2 cups flour and beat 15 or 20 minutes. Cover and set aside to rise until light and spongy. Cut down and add about 1 1/2 cups flour or enough to make a dough that can be easily kneaded. Let rise again, toss out on slightly floured board, knead and make very small clover leaf shapes. Each roll will require 3 or 4 tiny balls of dough and one small piece rolled to represent a stem. Place in a greased baking sheet, cover, let rise and bake in a hot oven.

Cream of Spinach Soup.

PICK over and wash 1 quart of spinach. Cook in 1 cup salted water with a small pinch of bay leaf until spinach is very tender. Press through sieve. Melt 2 tablespoons butter, add 2 tablespoons flour, 1 teaspoon salt and a dash of pepper and blend thoroughly. Add 2 cups milk and stir until smooth and creamy. Combine with spinach pulp, mix well and serve hot.

Pistachio Ice Cream.

SCALD 1 quart rich milk with 1 cup sugar. Cool and add 1 tablespoon vanilla and 1 teaspoon almond extract. Color as desired with green vegetable coloring. Freeze, using three parts ice and one part salt.

An "All Green" Party

SEND your invitations written in green ink on pale green paper. Furnish green hair fillets for the girls and green ribbon for neckties for the men. These should be made in sets having no two sets alike, says Alice Burrell in "The Party Complete."

You can very easily accomplish this by varying the shade of green just a little or the width of the ribbon.

Each man must go to look for the girl whose ribbon matches his. When he finds her she must tie his tie and he must adjust the fillet on her hair. No matter how grotesquely arranged the ribbons must stay that way. They are partners for the evening.

Limericks are good fun for a St. Patrick's party—particularly if they are personal. Before your guests arrive write the first line of a limerick on a separate sheet of paper and pass them around for the guests to complete. For instance—"There once was a girl named Jeannette," and so on, using the name of each person at the party.

Give a certain length of time for the limericks to be written and then collect them and read them aloud. They should be voted upon by the guests and the best should be awarded a prize.

"The Blarney Stone" is an amusing game that you will want to play. Bring in the biggest stone

that you can get and place it on a table or a pedestal. Tell the men one by one, to kiss the Blarney stone and pick up one of the cards lying beside it. On this card was written the name of the girl to whom he must pay the most extravagant compliment that he could invent.

Here is a guessing game that you will like. Write the following seven questions on a card, leaving room to insert the answers:

What Indian Dance would St. Patrick have prohibited? Answer—The Snake Dance.

What Irish city means a top of 6 bottle? Answer—Cork.

What Irish county would make a good winter coat? Answer—Ulster.

What does an Irishman refuse to eat at breakfast? Answer—Orange.

Why is a paste diamond like an Irish clover? Answer—It's a shamrock.

What country has St. Patrick's colors? Answer—Greenland.

Why should a pine tree be made St. Patrick's emblem? Answer—It's evergreen.

For refreshments serve potato salad, celery stalks, olive sandwiches, pistachio ice cream and cake with green icing. Decorate your table with green crepe paper and flowers made green by putting the stems in green ink. Shamrocks are also appropriate for the table setting.

How to Make Lemon Pie

EVERY housekeeper knows that a lemon pie may be a failure or a success according to the method of making.

Have you ever had the experience of baking a lemon pie and having the filling become thinner the longer it baked? This may occur if the main thickening agent is cornstarch or flour instead of eggs. The reason is this: The acid of the lemon with the heat changes the starch to sugar. To prevent this, do not add the lemon to the filling until you have finished cooking the filling. Place the filling in a baked crust. In other words, do not add the lemon to the filling and then cook for any great length of time.

The following method of combining ingredients for a lemon pie will bring good results, says a writer in American Cookery:

Mix cornstarch and cold water and add to boiling water. Cook in double boiler until transparent. Mix the sugar and butter and add to the cornstarch mixture. Mix lemon juice and yolks of eggs, add to mixture and remove from fire. Place filling in baked crust. Cover with meringue and brown in oven. To make a "one-crust pie" stretch the pastry over the outside of the pie plate and press the edges firmly against the edge of the plate. Prick the centre of the crust with a fork.

The baked crust will be of the desired shape and can be easily removed from the pie plate and put on a large plate or platter ready for the filling.

The above method is very simple and will save the housewife the disappointment of the shrunken and misshapen one-crust pie.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Cereal, Sliced Bananas, Creamed Dried Beef, Thin Corn Bread, Coffee.	Breakfast Cereal, Hot Dates, Potato Omelet, Coffee.	St. Patrick's Day Breakfast Stewed Fruit, Honey, Scrambled Eggs, Toast, Coffee.	Breakfast Mashed Potato Cakes, Salt Mackerel, Toast, Tomato Jam, Coffee.	Breakfast Boiled Rice, Apple Sauce, Bran Muffins, Coffee.	Breakfast Stewed Fruit, Cereal, Corn Muffins, Coffee.	Breakfast Oranges, Oatmeal, Buttered Toast, Coffee.
Luncheon Thin Corn Bread, Coffee, Luncheon Boiled Salmon, White Sauce, Green Peas, Apple Turnovers, Dinner Red Kidney Beans with Spaghetti and Broiled Bacon, Jellied Fruit Salad, Cooked Dressing.	Luncheon Carrot Soup, Left over Salmon and Potato Balls, Buttered Beets, Soft Ginger Cookies, Dinner Boiled Tongue, Baked Potatoes, Spinach, Home-made Pickles, Tapioca Pudding, Cream.	Luncheon Potato Soup, Mashed Spinach, Shamrock Rolls, Tea. Dinner Roast Lamb, Potatoes! Green Peas, Perfection Salad, Tiny Sandwiches Green Butter, Pistachio Cream, Coffee.	Luncheon Hot Cheese Toast, Stewed Prunes, One-egg Cake, Tea. Dinner Left-over Lamb in Casserole with Vegetables, Virginia Spoon Bread, Lettuce Salad, Rice Fudding.	Luncheon Creamed Potatoes, Sliced Tongue, Pickled Beets, Boston Brown Bread, Tea. Dinner Breaded Fish Chops, Tomato Sauce, Mashed Potatoes, Boiled Onions, Lemon Jelly.	Luncheon Lima Bean Purée, Buttered Toast, Apricot Trifle, Tea. Dinner Beef Balls with Spinach, Baked Potatoes, Cranberry Jelly, Baked Chocolate Custard, Coffee.	Luncheon Buttered Toast, Coffee. Dinner Smothered Chicken, Cream Gravy, Mashed Turnips, Potato Balls, Currant Jelly, Biscuits, Baked Apples. Supper Scrambled Eggs Reheated Biscuits, Apple Sauce, Tea.

Household Helps

Basting Velvet.
USE sewing silk instead of cotton when basting velvet and there will be no traces left when the stitches are removed.

To Whiten Clothes.
CLOTHES that have become yellow should be washed as usual and then soaked overnight in water to which cream of tartar (one teaspoonful to a quart) has been added.

Cleaning Lamp Chimneys.
IN peeling potatoes do not discard skins, but place in vessel and cover with water. Put in chimneys and set to simmer for three hours on back of stove. They will be as bright as new when taken out and rinsed and dried.

Perspiration Stains.
RUB perspiration stains with soap slightly dampened and lay the garment in the sunlight to dry.

Bread in Pea Soup.
P UTTING a piece of bread into pea soup prevents the peas from sinking to the bottom of the saucepan and burning.

Darning Stockings.
SILK-finished crochet cotton is excellent for darning cotton stockings, because the mended places will be soft and won't hurt the feet, as often happens with ordinary darning cotton.

A Sink Apron.
M AKE a small oilcloth apron and keep hanging near the sink to wear when washing dishes.