

Health, Beauty And The Home

Easier Tuesdays

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

WHILE many housekeepers may be of the opinion that cooking in hot weather is the more fatiguing, there is much to be said for the argument that standing long hours at the ironing table is equally tedious and tiresome.

True, while ironing is only a once-a-week task in some households, it takes a whole day, or even two days, to iron the washing of the summer season, when everyone wants to have more changes of linen and when clothing becomes so much more soiled with perspiration and dust.

Some may advocate the service of the commercial laundry as the means to relieve either housekeeper or maid from the brunt of the work, but while the commercial laundry in the center of a large city is well established, and as a general rule does work well and in some cases reasonably, the suburban home or the country home is frequently beyond reach of a laundry route.

And even if there is a laundry available it has been proved that family ironing mounts too high when done at the ordinary rates. For instance, a child's dress frequently costs 25 or 30 cents; a boy's blouse, 20 cents; women's petticoats, nightgowns, etc., from 15 cents up. In some sections the very reasonable rate of 25 cents a dozen for flat pieces—i. e., bed sheets, tablecloths, towels, etc.—obtains, but just as frequently each pillowcase or sheet costs two or three cents, each tablecloth 15 cents and so on. This makes even the washing of a family with only a couple of children amount to \$5 or \$6 weekly if done entirely by the commercial laundry.

How can the housekeeper meet this situation and at the same time save her own energy and cut down the time required by the laundry? It is safe to say that the electric iron is the most useful of any one piece of electrical equipment. Any house wired for electricity can have the use of this convenience by merely inserting the connecting plug in any lamp socket. The modern types of gas iron with flexible tubing are also now perfected so that they give the same results at about the same cost.

No matter what kind of iron is used some time should be spent in selecting the right kind of ironing board. The common type supported on an adjustable standard is a

improvement on the board placed over a chair back, but still it is not so efficient as the permanent board securely fastened to the floor.

This type has a semi-circular metal "leg" which can be riveted into even a concrete floor. If there is not sufficient room to have such a board permanently extended out into the laundry, there is a new type of board which can instantly be raised to the wall and fastened fit, but which still has a permanent standard.

This type of board is emphasized because such a steady board kept always in position permits of quicker ironing. It should be the right height, and this will depend on the height of the worker and the length of her arm. For a woman 5 feet 6 inches tall the ironing surface should be about 34 inches from the floor.

A piece of equipment which is all too seldom found even in the home of means is an ironing machine. This is sometimes wrongly called a mangle. It consists of a cylinder, covered with padded felt, which revolves against an outer "shoe" of polished steel, corresponding to the face of a flatiron. By inserting the dampened pieces over the roll and next to the heated shoe each piece is thoroughly pressed and dried.

The writer herself was somewhat skeptical as to the value of this ironer and thought it was suitable only for flat pieces, and was, therefore, too expensive to justify itself. But recent tests have shown that it not only irons all flat wear, but many other articles as well. For instance, all the lower portion of a nightdress, petticoat, underdrawers, pajamas, aprons and baby dresses can be ironed upon it. The ironer, indeed, will work almost miraculously on any article without buttons, hooks or fasteners. By a little careful handling it is possible to iron garments up to the line of the buttons, then unroll it and finish the portion between the buttons by hand.

These ironers come in different lengths, adjusted to the folding size of the tablecloth. The 42-inch ironer handles a two-yard-wide tablecloth folded once, or a family size sheet for a single or quarter bed, also folded once, or two pillow cases, two napkins and two face towels can be put through and done with the same turning.

The ironer costs about \$35 and



"Beautiful shoulders must first of all be symmetrical shoulders."

Photograph Posed by MISS GRACE DARLING at CAMPBELL STUDIO

the most common type is that heated by city gas and operated by a crank handle by hand. In houses without gas connection it may be safely heated by gasoline. In both cases the cost of operation is about two cents an hour, or less than ten cents for a large ironing. The ironer can be permanently fastened to any regular kitchen table or the more expensive types can be fitted with their own stand.

It will seem to many that this is too expensive a piece of equipment. But its first cost should not be considered alone. Consider rather the cost distributed over the life of the mangle, a period of six or ten years. Estimated in this way

the mangle costs about fifty cents a month. Would it not be worth that sum to cut down the time of ironing, say, from six hours of hand work to two hours of machine work? Even if a laundress is employed her time, at twenty cents an hour, is worth estimating. If we can save three hours of her time weekly we will have paid for the month's cost of the ironer in one week.

By careful test it takes from ten to fifteen minutes to iron a three-yard tablecloth well. A petticoat means another quarter of an hour; even a nightdress or sheet hastily smoothed takes about five minutes; yet it is possible to iron a table-

cloth beautifully in four minutes with the mangle—a nightdress, petticoat or sheet in about two minutes. This is because the hand iron, with a six-inch surface takes so long to go over the large area of a sheet, etc., while the ironer with one movement irons 50 per cent of the sheet's surface. The ironer is really equivalent to about twelve hand irons in the extent of its surface.

In hand ironing good results depend upon the amount of pressure exerted by the arm of the worker herself, while in the case of the machine the pressure is entirely mechanical and no effort at all is needed from the worker.

Shoulder Beauty

By Lina Cavallieri,
The Most Famous Living Beauty.

OF no part of the body is it quite so true that curves are the lines of beauty as it is of the arms and shoulders. A lovely woman in a low-cut evening gown always reminds me of a beautiful bouquet rising out of a vase. The woman's head and shoulders and arms are the flowers, while the gown and the rest of her body are the vase.

Fancy a bouquet with one freshly plucked pale pink rose in the center and all about it withered yellow flowers. It is not a pleasant picture to think about, but that is precisely how the woman with a charming face and unlovely arms and shoulders looks to the unprejudiced beholder.

Beautiful shoulders must first of all be symmetrical shoulders. They must be just broad enough to balance finely the figure. If the figure which they surmount be slender, the shoulders should also be slender. But they should never, never be thin. For beauty's sake they must also be soft and white, not muscular. They must be overlaid with a veiling of firm flesh. They must slope gently into the lines of the arms and the bust and back by almost imperceptible degrees. While they are plump in front they should be agreeably thin in the back. A roll of flesh at the back of the neck or between the shoulder blades is unsightly and gives the appearance of age.

After the shapeliness of the shoulders in importance comes whiteness and softness. Shoulders well cared for should be the whitest part of a woman's body. A third important element in the beauty of the shoulders is the texture of the skin. It should be of satin smoothness and fineness.

To attain shapely shoulders begin with the chest. The woman with a high chest and a well-shaped bust generally has most beautifully molded shoulders. A shop girl in one of New York's department stores had so fine a development of chest and shoulders that I asked her how she had achieved it.

"Yes, haven't I done fine?" she answered. "Two years ago I was the scrawniest thing you ever saw. My neck and shoulders were so thin and angular that they looked like woodpile that had tumbled over itself. I was all sharp cor-

ners and I was so ashamed whenever I had to wear an evening dress. But I heard of this new deep breathing and I tried it.

"Most of it I did on the platform of the 'L' trains. Winter and Summer I rode downtown from the Bronx to work, and instead of sitting in the car I stood on the platform. At first it made me tired, but after I got used to it I began to look forward to feeling the clear, cool air rush through my lungs. Now it's the best treat of the day. Maybe I would have become lazy and not kept it up, but to my delight I saw the flesh beginning to pad all the corners of my neck and shoulders. My chest soon lost all its caved-in look. You just bet that deep breathing pays."

And deep breathing does pay. It pays a large dividend in health and beauty.

But next in importance for the woman who would have attractive shoulders is massage. Give me an excellent masseuse and I could guarantee to turn up as pretty a pair of shoulders as you ever saw. It is the truth. Thin shoulders can be quickly plumped and fat shoulders reduced by the right kind of massage.

If they are thin a light massage, using a rotary movement of the palms of the hands, applying olive oil copiously, will gradually round them out into the most enticing and adorable curves. If they are fat the massage should be much deeper and more vigorous. They should be kneaded as near the bone as possible.

For a massage to make thin shoulders more plump, here is a cream that is excellent to feed the tissues: Oil of sweet almonds, 20 grams; lanolin, 30 grams; tannin, ½ gram.

And here is yet another cream that is a splendid builder up of flesh: Lard, 50 grams; alcohol (95 per cent), 10 grams; oil of rosemary, 6 drops; oil of bergamot or orange, 6 drops.

If the shoulders are fat the massage must be much deeper and more vigorous. It is important to get down as near to the bone as possible. But you should use neither oil nor cream, but instead some astringent lotion like this: Rosewater, 12 ounces; tincture of benzoin, 1 ounce; tannic acid, 5 grains; elder flower water, 4 ounces.

Secrets of Beauty

WHAT will reduce the size of a badly swollen nose?—X. Y. Z.

The following remedy is an excellent one to reduce a badly inflamed and swollen nose:

Distilled water 50 grams
Rosewater 50 grams
Tincture of benzoin 1 gram
Sulphate of potassium... 1 gram

WHAT is the best remedy for wrinkles under the eyes?—SARAH W.

You need more sleep and more nourishing food for one thing. You must also avoid worry and nervousness. Massage below the eyes with the most delicate delicacy of touch, rubbing very gently with the middle fingers in a rotary motion outward from the inner corner of the nose toward the temples. To help tighten up this loosened skin use a small quantity of this astringent preparation while you are massaging it:

Almond milk 1½ ounces
Rosewater 6 ounces
Alum60 grains

PLEASE recommend a good soap or shampoo that will prevent my hair falling out and rid me of dandruff. My hair is so short and shaggy and always has a dead look.—J. McC.

For a good cleansing weekly shampoo the essentials are:

Warm water 2 quarts
Castile soap ½ cake
Borax 1 teaspoonful

Afterward apply the tonic given below. It will keep the scalp cool and moist and help prevent the hair falling out:

Tincture of cantharides (alcoholic) 1 dram
Spirits of rosemary 1½ ounces
Rosewater 3 ounces
Aromatic vinegar 1½ ounces

MY hair is brown and I would like to make it a lighter color. Will you kindly tell me how to do it?—LOUISE H.

To lighten the color of your hair without injury, add a teaspoonful of peroxide of hydrogen to your shampooing water. Also the following shampoo will help to keep the hair light:

Washing soda 1 tablespoonful
Water 1 quart

The above is not recommended for any one who is very dark brunette in coloring.

WHAT you kindly tell me what will reduce the size of my bust? Otherwise I am very nicely built.—MARY J.

It is extremely difficult to reduce the bust without danger of permanent injury to this delicate region. The simplest thing to do is to put yourself on a general reducing diet. Drink less water; dispense with all sweet and starchy foods; wear a tight-fitting brassiere and bathe the bust daily, not in toilet water, but with cold salt water, to which ten or fifteen drops of benzoin have been added.

WHAT will reduce a very fat back? I have tried all kinds of exercises, but I'm afraid it is no use.—J. D.

The best way to reduce that superfluous fat on the neck between the shoulders is to raise the arms and place the tips of the fingers on the shoulders, which should now be related rapidly in a circle. Have some one else give you a vigorous massage every day with the following absorbent remedy:

Iodide of potassium 2 ounces
Camphor water 2 ounces
Alcohol 2 ounces

PLEASE give me directions for using henna for dark brown hair that is turning gray.—GERALDINE G.

Whether light or dark, henna will give your hair a reddish tinge, but the effect is very beautiful if the work is properly done. Henna tea can be made by steeping ¼ ounce of the henna leaves in one pint of hot water for twelve hours. Strain and apply after first shampooing the hair and drying it thoroughly. Several applications may be needed to secure the desired result. When dry the hair should be rinsed in clear water and dried again in the sun.

MY face is covered with blackheads. When I try to remove them the skin around them becomes hard and I cannot squeeze them out. When I do succeed a small, unsightly hole is the result.—DISCOURAGED.

Those blackheads are caused by foreign substances being ground into the skin and by fillings of sebaceous matter retained in the lax and inactive pores. To remove them scrub the face nightly with tincture of green soap and afterward apply this ointment:

Salicylic acid50 grams
Benzoinated lard50 grams

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Stewed Fruit, Cornmeal Mush, Buttered Toast, Coffee.	Breakfast Oatmeal, French Toast, Jelly, Coffee.	Breakfast Prunes, Boiled Rice, Poached Eggs in Tomato Sauce, Muffins, Coffee.	Breakfast Cereal, Baked Beans, Coffee.	Breakfast Stewed Rhubarb, Potato Omelet, Toast, Coffee.	Breakfast Fruit, Cereal, Brain Muffins, Coffee.	Breakfast Oranges, Scrambled Eggs, Coffee.
Luncheon Baked Meat Hash, Spinach, Gingerbread, Apple Sauce, Dinner	Luncheon Stewed Lima Beans, Thin Corn Bread, Canned Fruit, Dinner	Luncheon Boston Baked Beans, Brown Bread, Fruit Whip, Cakes, Dinner	Luncheon Bread Crumb and Onion Soup, Buttermilk Waffles, Honey, Cocoa, Dinner	Luncheon Shirred Eggs, Spinach Sauce, Baking Powder Biscuits, Tea.	Luncheon Luncheon Spaghetti, Jellied Beef Salad, Toasted Biscuits, Tea.	Luncheon Roast Lamb, Mashed Potatoes, Brussels Sprouts, Spiced Grapes, Tea.
Dinner Meat and Vegetable Soup, Baked Potatoes, Buttered Carrots, Toasted Crackers, Lettuce Salad, Coffee.	Dinner Macaroni and Ham, Boiled Onions, Potato Muffins, Apricot and Banana Salad, Coffee.	Dinner Cream of Potato Soup, Spinach Leaf with Sliced Tongue, Deep Apple Pie.	Dinner Creamed Codfish, Baked Potatoes, Philadelphia Relish, Pineapple Compote, Coffee.	Dinner Cream of Onion Soup, Fish Croquettes, Tomato Soup, Stewed Squash, Snow Pudding, Fruit Sauce.	Dinner Roast Lamb, Baked Rice, Green Peas, Lettuce Salad, Chocolate Bread Pudding, Tea.	Dinner Dried Apricot Trifle, Supper Potato and Cress Soup, Pineapple and Nut Sandwiches.

Love, Courtship and Marriage Problems

Solved by Leonore Carfax.

OUR home life would be very happy if it were not for the constant disagreements between my husband and myself over the bills. He does not seem to expect a woman to buy clothes any oftener than a man does, and every expenditure, except for actual necessities, he calls a luxury which he cannot afford. We move in a good social circle and we either have to dress and entertain accordingly or drop out. Do you consider me unreasonable in this?—BRONX.

Perhaps your husband is a little extreme on this point. Some men have not the faintest notion of what a woman's wardrobe costs, even on a very moderate scale. However, when women talk about keeping up with their set it often means keeping a few paces ahead of all the rest. A capable, resourceful woman can usually manage to look smart and well-dressed enough for any social circle without seriously draining the family exchequer if it is not her ambition to outshine the rest. Even the shallowest, most over-dressed of social sets is looking not so much for dressed-up manikins as for interesting personalities who are wide-awake and possessed of social charm, and I never heard of any family jars arising from a wife's determination to outshine the rest in these respects. Have you?

MY wife has formed the habit of running into my office whenever she comes downtown.

I have a large office force under me, and she seriously interferes with the discipline. She means well, but in her total ignorance of business relations she always says the wrong thing. She talks about things which should never be mentioned before employees, and by so doing she cheapens and belittles both of us. Can you suggest some way to induce her to stay away without wounding her feelings?—M. L.

You might impress upon her in every way possible that home and business should be kept entirely separate. Draw a picture for her of the confusion that would result in the home if you interfered between her and the servant, and then show her that this is exactly what happens to you, only in a much greater degree, when she drags the atmosphere of the home life into your office. I am sure if you can make her see this point clearly it will be all that will be necessary.

I HAVE been married twelve years, and I know I am far lonelier than most people who are not married. My husband is a very generous provider and is always kind and considerate about the house, but outside of that he is a mere business machine. As soon as he returns home at night he settles down to work on some trifling invention, which I know will never amount to anything. We never

go anywhere and live like hermits. Do you not think it a pity for people to let the best years of their lives pass over their heads in this way? What argument can I bring to bear that will pull my husband out of this rut?—MRS. M.

Your husband is evidently a very ambitious man, which is a good thing in itself. Very few men get very far who confine all their working energy to the so-called business hours. Almost all successes are due to overtime and holiday work. On the other hand, it is true that the very energy and determination which makes for success do make one very short-sighted sometimes.

If success demanded that one give up all social pleasures and recreation it would be very dearly bought, but this is not necessary in very many cases. More and better work can be done by a rested body and a brain which relaxes at times to wholesome recreation than by one that keeps on the steady grind all the time. I should certainly not nag him to spend all of his spare time in pleasure. On the other hand, for his own sake as well as your own, you should exercise all your ingenuity to draw him aside into some form of recreation, even if you have to resort to devices of placing him where he cannot help himself, by inviting friends in for an evening or by accepting an invitation for him elsewhere. You must be prepared to meet and overcome opposition. If you do not go to extremes in this matter, he will thank you for it some time, I am sure.

Layer Cake Recipes

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

One-Egg Layer Cake.

WASH and cream ¼ cup butter, add ½ cup sugar gradually and then add 1 well-beaten egg. Mix and sift 1½ cups flour with 2½ teaspoons baking powder. Add alternately with ½ cup milk to first mixture. Bake in buttered sheets in moderate oven. Put together with lemon filling made like this: Mix 1 cup sugar with 2½ tablespoons sifted flour and add grated rind of 2 lemons, 4 tablespoons lemon juice and 1 slightly beaten egg. Melt 1 teaspoon butter in saucepan, add sugar mixture and stir until syrup boils. Remove from fire when mixture becomes thick. Cool and spread.

Chocolate Nougat Cake.

WASH and cream ¼ cup butter and add 1½ cups sifted powdered sugar gradually. Add 1 un-beaten egg and blend thoroughly. Mix and sift 2 cups flour with 3 teaspoons baking powder. Add flour alternately with 2-3 cup milk to first mixture. Flavor with ½ teaspoon vanilla. Melt 2 ounces chocolate over hot, not boiling, water, and add 1-3 cup powdered sugar. Blend well and add 1-3 cup milk and cook until smooth. Cool and add to cake batter. Bake in buttered tins in a moderate oven. Put together and cover with White Mountain cream or ice cream frosting and sprinkle generously with blanched almonds.

Marshmallow Cake.

WASH and cream ¼ cup butter, add 1½ cups sugar gradually, beating until creamy. Mix and sift 2 cups flour with 3 teaspoons baking powder and ¼ teaspoon cream of tartar. Add alternately with ½ cup milk to butter and sugar mixture. Flavor with ¾ teaspoon vanilla. Fold in 5 stiffly beaten egg whites. Put together and cover with the following frosting: Mix ¾ cup sugar with ¼ cup milk and bring slowly to boiling point, taking care not to stir or jar. Boil 8 minutes. Break ½ pound marshmallows in pieces and melt in top of double boiler. Add 3 tablespoons hot water and stir until smooth. Add hot sugar syrup gradually, stirring constantly. Beat until cool enough to spread and add a few drops of vanilla.

Lady Baltimore Cake.

WASH and cream 1 cup butter and add 2 cups sugar gradually. Mix and sift 3½ cups flour with 2½ teaspoons baking powder. Add alternately with 1 cup milk to butter and sugar mixture. Add 1 teaspoon rosewater. Fold in stiffly beaten whites of 6 eggs. Bake in buttered pans in moderate oven. Put together and cover with frosting made as follows: Boil 3 cups sugar with 1 cup boiling water, until syrup will spin a thread, about 238 degrees Fahrenheit. Add very slowly to 3 stiffly beaten egg whites, beating constantly. Add 1 cup seeded raisins, 1 cup chopped nut meats and 4 or 5 dried or candied figs. Other candied fruits may be substituted for figs.

White Mountain Cream Cakes.

PUT 1½ cups sugar in saucepan with ½ cup cold water and stir until sugar dissolves. Cover saucepan and bring to boiling point and cook without stirring until syrup will form a thread when dropped from tip of spoon or fork. Care must be taken not to allow syrup to become granular. With tips of fingers, dipped in cold water, wash down sides of saucepan as often as necessary to remove any grains of sugar. Four syrup gradually on stiffly beaten whites of 3 eggs, beating constantly until stiff enough to spread. Add ¼ teaspoon vanilla or any desired flavoring. Vegetable coloring may be used to tint this icing any desired color. Nuts, cherries, etc., may be added to the icing just before it is spread.

Spice Cake with Caramel Frosting.

CREAM ¼ cup lard, add 1 cup brown sugar and blend thoroughly. Then add 2 eggs and beat until light. Mix and sift 1½ cups flour, ¼ teaspoon salt, ½ teaspoon soda, ½ teaspoon cinnamon, ½ teaspoon clove and a grating of nutmeg. Mix ½ cup raisins with sifted dry ingredients. Add alternately with ½ cup buttermilk to first mixture. Bake in greased tins in a moderate oven. Put together and cover with icing made like this: Mix 1½ cups brown sugar with ¾ cup rich milk and ½ tablespoon butter. Boil about 10 minutes or until mixture forms a soft ball when tried in cold water. Beat until thick enough to spread.