

Health, Beauty And The Home

Spring Planning

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

HOUSECLEANING, let us suppose, has come and gone. We have cleaned and scrubbed and polished and made ready for the warm days of Summer. Our houses are in order, every useless and outworn object has been thrown away. But how about us, the keepers of the houses? Are we, too, in order?

It seems to me that women often spend so much more time on the actual physical things in the home than they do on the mental ones. We are willing to slave, to scour, to scrub, those "three R's" of housework—but often we do not take as much time for ourselves as we give to the bathroom, the porch and the linen closet.

And so I ask this morning: Are we, ourselves, in order? I know we have all worked hard this Winter; we have become still more tired by housecleaning, and in a short while it will be time to put up fruits as they come in season.

These last weeks in Spring are a "tween seasons" period in housekeeping—a half-way stop between the work of Winter and the actual Summer work. So that we should look on it as a time of rest, just a big "breathing spell" before we have to endure the heat of the Summer and the many peculiar Summer tasks.

I think one of the best things we could do in this quiet time would be to think out some plans. In the Winter we are so busy that we barely have time to think—just work, work, work! But now we can plan ways to make the Summer work easier, the books we want to read, some quiet things we want to do.

Have you really thought about the "balanced menu" carefully?

Have you given it a trial, so that you can prove to yourself that you are, or are not, following the best dietetic rules?

Have you ever given the "meals-for-a-week plan" a tryout? Or do you still buy from day to day? Why not think a bit about this now and plan to give this money-and-time-saving idea a fair test?

Then there is the "long-and-short" cooking plan I have advocated so frequently—the plan of cooking a double quantity at one time and serving part in one style and the other half in a different way, but with one cooking, which will save fuel and time, both so important in the Summer. Have you thought about this? And doesn't it appeal to you?

Have you worked out any kind of daily schedule? Day after day I receive letters asking help because the women never know how to plan or manage and are thus "all tired out." Summer is a good time to begin to make a schedule, marking the time at which certain work must be done, and about how long it takes to do it. The schedule will save time and particularly wasted effort.

There are so many good books written which would help you greatly. I don't believe so many books ever were written as now on every phase of home, on children, on food on cooking, on management and on the new efficiency idea in the home. Just a paragraph or chapter in one of these may help you remodel your kitchen, tell you more about fuel, labor-savers or better planning.

You know how fast the industrial world is growing. What was the most advanced science yesterday in



"Notice whether your smile is simple, natural, unexaggerated."

Photograph Posed by MISS ARLINE CHASE at CAMPBELL STUDIO.

electricity and other branches has been replaced by something better.

Our standards are daily changing, but even greater is the change in modern demands on the home. Every day there are new methods, devices and equipment put at the service of the homemaker. If we want to be abreast of these changes we must keep constantly informed on what is new, better, or labor-saving.

So I feel that in this lull in the busy work of all our homes we can think a bit more and read a bit more and prepare ourselves to face the Summer and its problems in the most efficient way. We were too busy in the Winter. We may not have time later. Now is just the time to put our own selves in order, to be sure of what we want to do, how we want to do it and to readjust ourselves so as to face

the new season with rested, happy spirits.

While we have cleaned our own houses thoroughly, many of us perhaps have not thought of the town or city which we all occupy and which should be as clean as any individual home.

The garbage which has accumulated around the alleys, the refuse which has come from our own Spring cleanings, the drains and wet places, the materials stuck in the Winter snows—all must be inspected and "cleaned up." Cold prevents bacteria and germs from developing; but the moment we have warm weather, every bit of refuse and manure will spring into life and be the developing ground for all kinds of flies, pests and germs.

It would be well to lay in a stock of antiseptics and germicides: Chlor-

ride of lime for outhouses, garbage and drains; kerosene or crude petroleum against flies; cresol for washing stock, animals, porch floors, etc.; sani-flush for indoor toilets; formaldehyde candles for disinfecting cellars, rooms and other places against disease and insect pests; cedar and tar paper and balls against insects.

Now is the time to enlist the children against the fly nuisance. Get all boys to help. Teach them that garbage is filth—that carelessness will result in sickness for the whole family. In many cities last Summer children were given fly traps and enlisted in "fly-campaigns." Flies kill more people in one year than the casualties of one year from any war. Start the "clean-up" in your town, or join forces and organizations already active on this line.

Mouth Mannerisms

By Lina Cavalieri,
The Most Famous Living Beauty.

THE appearance of a perfectly beautiful mouth is often entirely spoiled by careless mouth mannerisms. If your mouth seems defective try to improve the shape of your lips by avoiding the heedless habit of twisting the lips unnecessarily.

Just notice the next time you go out how many pretty women are disfigured by crude, reckless habits of mouthing their words, of chewing their lips and of making ridiculous labial contortions while they talk.

To correct such habits, practice talking or reciting before a mirror. Note particularly whether you draw down the lips while you speak. Note whether you catch them between your teeth and nervously chew them. Observe whether, while you make a short speech, longitudinal lines form on the upper lip.

Notice whether your smile is simple, natural, unexaggerated, or whether you widen your mouth vacuously, or draw it into a prim resemblance to a buttonhole when you smile.

When you have decided whether you have any of these bad habits determine to cure them and see that you really do so. It can be done. There is but one sensible way to cure them and that is by remembering your fault and avoiding it.

To keep the lips flexible and in good condition they should be massaged before falling asleep. For that massage I will give you my favorite pomade. You will observe that in no preparation that I advise for the lips is there any camphor. I dislike camphor for the lips because it is an astringent. The mouth is too much inclined to pucker into unlovely lines without it.

Have your druggist fill this very carefully and then keep it handy on your dressing table: Oil of sweet almonds, 125 grams; white wax, 28 grams; spermaceti, 28 grams; oil of bergamot, 1 gram; oil of geranium, 2 grams.

You will find that this softens the lips wonderfully, effacing all the

tiny lines that form in the lips, thus aiding in preserving their smooth surface during the day. This pomade, however, can be varied by another and more simple remedy: Hydrated glycerine, 60 grams; rose water, 20 grams.

Do not use glycerine alone on the lips, or on any other surface of the body. It is too drying. It has within it the power to draw the moisture from the skin, and this moisture should be replaced by the water with which the glycerine is mixed.

Mouth mannerisms are indeed very serious leaks of beauty. I have often seen self-conscious or diffident young women draw down the corners of their mouths when they talk or when they smile. Or else they twist one corner of the mouth downward, making the mouth one-sided. They even rub their faces with nervous fingers. They elevate one eyebrow and pull down another. They twist a lock of their hair or spend their time patting down or working with a puff of hair over their ears until the beholder could scream almost with nervousness.

Sometimes they are satisfied merely to play with folds of their gowns, pleating and unpleating the cloth until it is all wrinkled and untidy looking. They often play with a pencil or with some handy desk ornament. It is only the deeply learned lesson that it is vulgar to play with articles on the table that keeps them from drumming with their knives and forks or twirling their plates.

This is deplorable, for not only do these petty little tricks actually mar all beauty but they show an utter lack of inward calm and betray the absence of poise—that distinguishing hall-mark of the well-bred. A dozen times a day they should say to that restless spirit within them: "Peace, be still."

Talk if you will, but don't talk unless you have something to say. I assure you that any woman can be interesting, though silent, by being an interested listener.

Secrets of Beauty

MY mother has very long hair that tangles badly when washing it. How should such long hair be shampooed?—READER.

Long hair should be plaited loosely in two braids and tied firmly at each end with a linen thread. In this way the long strands can be thoroughly washed and dried without danger of becoming badly snarled. Except under most unusual conditions it is never necessary to shampoo the hair any oftener than once in six weeks.

PLEASE give me a simple cure for numerous little red streaks in the flesh around my nose.—R. B.

Put yourself on a more wholesome diet. Eliminate meat, as far as possible, and eat more vegetables and fruit. There is no sure way of removing this disfigurement except by means of the electric needle, which is made to puncture the skin downward through the blood vessels. In a short time the skin becomes pale and very small bubbles can be seen moving swiftly through the punctured veins. In the hands of an expert this method is said to achieve splendid results.

THE superfluous hairs on my face are making me miserable. I will be ever so much obliged if you will tell me how to get rid of them.—E. S. B.

Any of the standard depilatories will remove this growth temporarily, but I am afraid your only hope for permanent relief from this annoyance lies in the electric needle. External applications of peroxide, although slow in results, will eventually bleach out these hairs entirely and thus cause them to appear much less conspicuous.

A Good Housewife

THE good housekeeper works according to a timetable and plan, figured out beforehand, with reference to the various tasks to be performed and the time, money and assistance at her disposal.

She saves much work and many a step by attending to things promptly. When she leaves her bedroom in the morning she turns the bedclothes back to air them while she prepares and takes her breakfast instead of leaving the room untouched and wasting all the time during the morning meal. Before leaving the bathroom she wipes around the washstand, so that work will not want much more afterward.

So elsewhere, says Professor Robert Grimshaw in his new book on "Personal Efficiency." If she "goes through the performance" daily she will always have a neat-

HOW can I plump up my limbs and make them more shapely? I am a dancer and always feel ashamed because my knees are so bony and funny looking.—FAUVETTE.

You need more flesh and you can gain it by eating more nourishing and fattening foods, and also by giving yourself plenty of sleep. Be sure you have an abundance of fresh air in your bedroom at night. Your thinness and underweight are either due to eating insufficient food or to your failure to digest and assimilate properly the food you do take. Dancing is really one of the best of all exercises for leg and muscle development, but you can aid further in their plumping up by massaging them daily with lanolin or olive oil.

HOW can I improve the condition of my skin? My complexion is muddy, and without the constant use of cold cream my skin gets very dry and chapped.—TROUBLED.

The treatment of your skin which will be most effective is to bathe it thoroughly night and morning with warm water and a pure castile soap. A dozen drops of tincture of benzoin in the cool rinsing water afterward will have a tonic and whitening effect on the skin. Below is a good cream which will overcome that dry, chapped effect:

Rose water 500 grams
Oil of sweet almonds 500 grams
White beeswax 20 grams
Spermaceti 20 grams
Tincture of benzoin 1 dram
Oil of rose geranium 6 drops

All this work would not take more than a few hours and she would be ready early to go out and order. (Most women "don't feel like working" after they have been out before the housework is done.) She should choose the food herself, not order by phone, for only an important customer can rely on really good wares ordered that way.

Many a woman starts meals with table laying. She should first put on the fire all that has to be cooked or warmed; during this process she will find ample time to attend to the table.

The efficient housekeeper is through long before others with much less to do and more means to do it with have finished their task. The good housekeeper is through on time; the poor one only in time—an entirely different matter.

Tested Pastry Recipes

IN making pastry remember that all materials used must be cold. Pastry flour is preferred by many cooks because it contains less gluten than bread flour.

Butter, lard, butterine, oleomargarine, crisco, cottolene, clarified beef drippings and other fats may be used alone or in combination. Butter gives a fine flavor to pastry and lard yields a tender, flaky pastry. Equal parts of butter and lard are very satisfactory.

If two crusts are used the lower crust should be moistened around the edges with cold water, the top crust placed over the pie and gently pressed around the edge. Pastry rolls more easily if placed on ice before rolling.

Custard Pie.
BEAT together 3 eggs, ¼ cup sugar, ½ teaspoon salt and a grating of nutmeg. Add 2 cups milk. Line a pie plate with pastry, pour in the custard, lightly sprinkle with grated nutmeg and bake in a moderate oven.

Plain Pastry.
MIX and sift 1 cup flour with ½ teaspoon salt. Work in ½ cup fat with fork or knife. Add ice water to make a dough and mix carefully with a knife. Chill and roll out on slightly floured board, taking care to roll only in one direction and on only one side.

Lemon Pie.
MIX 1½ cups sugar, ½ cup flour and ½ teaspoon salt. Add 1 cup boiling water slowly, stirring constantly, and cook 15 minutes. Add 1 teaspoon butter, 3 egg yolks and the juice and grated rind of 1 lemon. Turn into a baked pie shell made of flaky pastry. Cover with meringue and bake in a moderate oven until a delicate brown. If the meringue is cooked too long it will be tough; if not long enough the eggs will liquefy and the meringue will fall. The meringue is made as follows: Beat 3 egg whites until frothy. Add ¼ cup powdered sugar and 1 teaspoon lemon juice and beat until stiff.

Prune Pie.
PICK over and wash 1 pound of prunes. Cook slowly in a little water until soft. Cool, remove stones and mash pulp. Line pie plate with plain or flaky pastry, fill with prune pulp and juice, place strips of pastry across top of pie and bake in a quick oven.

Blueberry Pie.
LINE a deep earthenware plate with plain pastry and fill with 2 or 3 cups of berries which have been lightly dredged with sifted flour. Sprinkle with ½ cup sugar and ¼ teaspoon salt. Cover and bake about 45 minutes in a moderate oven.

Rhubarb Tarts.
PREPARE baked or stewed rhubarb. Thicken with cornstarch and flavor with a few drops of lemon juice. Line patty shells with plain pastry, bake, and when cool fill with rhubarb mixture. Place tiny baked pastry figures on each tart.

Flaky Pastry.
MIX and sift 1 cup flour and ¼ teaspoon salt. Work in 2½ tablespoons lard with tips of fingers or fork. Moisten with ice water and mix carefully. Turn out on slightly floured board, dust with sifted flour and pat and roll. Dot with 2½ tablespoons lard, fold envelope style to incorporate as much air as possible, pat gently with rolling-pin and roll out thin. Fold and roll two or three times.

Chocolate Custard Pie.
SCALD 1½ cups milk with 2 tablespoons grated chocolate, ½ cup sugar and 1½ teaspoons butter. Add 2 slightly beaten egg yolks and 1½ tablespoons cornstarch diluted with 1½ tablespoons cold milk. Cook 10 minutes, stirring constantly until eggs thicken. Turn into a pastry pie case, cover with meringue and bake in a moderate oven until delicately brown.

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

Rhubarb Pie.
LINE pie plate with plain pastry. Sprinkle with dry bread crumbs to absorb some of the moisture. Mix 1 beaten egg with 1½ cups diced unpeeled rhubarb, 1½ cups sugar and 2 tablespoons butter, and put into pie plate. Put on top crust. Prick in several places so that the steam may escape.

Delicious Pastry.
SIFT 3 cups flour. Cut in ¼ cup lard. When well mixed add ice water to make a stiff dough. Cut in ¼ cup butter. Place in icebox to chill. Pat and roll out. Fold envelope fashion to make three layers, turn half way round, pat and roll out. Repeat four times. Bake in a very quick oven.

Pineapple Pie.
BEAT 2 egg yolks until light, add ¼ cup sugar, and continue beating until well mixed. Add 1½ cups canned shredded pineapple and a grating of lemon rind. Add 1 tablespoon melted butter and fold in 2 well-beaten egg whites. Pour into plate lined with pastry and bake in a moderate oven.

Apple Pie.
LINE pie plate with pastry. Wash, pare, core and slice 6 apples. Sour apples are best for pies. Place a layer of apples in pie plate, sprinkle with sugar, grated nutmeg, salt and lemon juice, and dot lightly with butter. Repeat until all the apples are used. Use in all about ½ cup sugar, 1 teaspoon lemon juice, 1 tablespoon butter, ¼ teaspoon salt and a grating of nutmeg and lemon rind. Moisten edges of under crust with ice water, cover with upper crust and press edges together with a silver fork. Make several incisions in top crust so that steam may escape. Bake about 45 minutes in a moderate oven.

Canned Dandelion Greens.
PICK over cultivated dandelions carefully. Sort and clean, put in a colander, set colander over boiling water and steam for fifteen or twenty minutes. Remove and plunge quickly into cold water. Cut in convenient lengths. Pack tight in jars and season to taste. Add hot water to fill crevices and a level teaspoonful of salt to each quart jar. Place rubbers and tops in position and partially tighten. Place jars in kettle and boil gently for two hours. Remove from kettle. Tighten covers. Wrap in paper to prevent bleaching and store in cool place. This method is also suitable for Swiss chard, kale, asparagus, turnip tops, spinach, beet tops and other similar greens.

Paper Penwipers.
CUT Japanese paper napkins into small squares and keep in a receptacle on the desk to use as penwipers.

Soapy Fingernails.
TO keep your finger nails clean when blacking the stove rub soap on and under them before applying the polish.

Bluing Glassware.
YOUR glassware will always look sparkling if you will add a little bluing to the soapsuds in which it is washed.

Whitening Clothes.
CLOTHES can be whitened very quickly by putting two or three slices of lemon, rind and all, into the boiler with them.

To Clean a Frying Pan.
INSTEAD of scraping a frying pan with a knife boil it in soda water. Otherwise the surface of the pan is broken and will catch little particles of food.

Ammonia on Hair Brushes.
PUT a tablespoonful of ammonia into the water in which the hair brushes are to be cleaned. Have the water tepid and dip the brushes up and down in this until clean and then turn the bristles down to dry.

Dandelion Dishes

DON'T overlook the lowly dandelion when you think you need a tonic to build up your system after the long Winter. Dandelions are remarkably rich in iron and other elements which play an important part in the body's health and there are few more effective blood purifiers. If you eat liberally of them during the short time when they are in season you may save having to call in the doctor or patronize the drug store later on. Here are some ways of preparing dandelions which almost everybody is sure to find tempting to the appetite:

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Boiled Dandelions and Sorrel.
TAKE equal quantities of dandelion and sorrel, taking great care that all the withered leaves be picked off. Wash carefully in salted water. Cook the dandelions first in boiling salted water. When nearly done add the sorrel and let simmer until tender. Chop fine, add salt, pepper and butter or bacon drippings. Garnish with brown toast and hard-boiled eggs.

Dandelions with Ham or Bacon.
WASH half a peck of dandelions thoroughly. Place in a pan, cover with boiling water and allow to boil a few moments. Take from pan, drain thoroughly, cover scantily with fresh boiling water, and then add a pound of bacon or ham, a teaspoonful of salt, a quarter teaspoonful of pepper. Cover and cook until the meat is tender and the dandelions are fairly dry. Serve with boiled turnips or potatoes.

Coffee on Ferns.
COLD coffee applied about once a month is excellent to stimulate the growth of ferns.

To Sprinkle Clothes.
KEEP a cheap whiskbroom in the kitchen or sprinkling clothes. This method not only keeps the hands dry, but does the work much more effectively.

Empty Spools.
SAVE all the empty spools and take them with you to the seashore next Summer. They are useful to slip over rusty nails in your bungalow or bath house and will prevent tears and rust spots on your clothes.

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Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Bananas, Oatmeal, Toast, Coffee.	Breakfast Baked Apples, Cereal, Muffins, Coffee.	Breakfast Stewed Prunes, Cereal, French Toast, Coffee.	Breakfast Cooked Fruit, Cereal, Buckwheat Cakes, Syrup, Coffee.	Breakfast Cereal with Chopped Dates, Muffins, Coffee.	Breakfast Oranges, Potato Balls, Bacon Garnish, Muffins, Coffee.	Breakfast Fruit, Rice Omelet, Rolls, Jelly, Coffee.
Luncheon Asparagus with Grated Cheese, Stuffed Potatoes, Radishes, Brown Bread, Tea.	Luncheon Baked Onions, Spinach, Bread and Butter, Creamy Rice Pudding, Dinner	Luncheon Potatoes au Gratin, New Peas, Cookies, Dinner	Luncheon Green Vegetable Soup, Cottage Cheese Salad, Oatmeal Muffins, Jelly, Tea.	Luncheon Buttered Finnan Haddie, Creamed Turnips, Stewed Fruit, Dinner	Luncheon Hot Cheese Sandwiches, Stewed Prunes, Sponge Cakes, Tea.	Dinner Boiled Fish, Egg Sauce, Boiled Potatoes, Green Peas, Fruit
Dinner Loaf of Veal with Vegetables, Mashed Potatoes, Boiled Rice, Rhubarb Foam, Coffee.	Dinner Roast Beef, Browned Potatoes, Turnip Greens, Spiced Beets, Lemon Gelatine, Coffee.	Dinner Tomatoes with Hamburg Steak, Cold Slaw, Orange Souffle, Bread Pudding, Coffee.	Dinner Vegetable Roast, Celery Sauce, Spinach, Fruit Salad, Coffee.	Dinner French Fried Potatoes, Turnip Greens, Loganberry Gelatin, Coffee.	Dinner Fowl Stewed and Sautéed, Mashed Potatoes, New Onions, Sweet Pickles, Gingerbread.	Supper Creamed Chicken (left-over), Toast, Apple Sauce, Tea.