

Health, Beauty And The Home

A Health Room

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

IN speaking to an audience not long ago I accidentally made the phrase "health-room" when what I had intended to say was bathroom. It seemed a "slip" at the time, but since thinking it over I believe that the word "health-room" is a wider term and one that might be adapted with justification. For in the right kind of bath room we not only take baths but we should keep ourselves well. The bathroom is really a general utility room for all the practices and treatments that help keep our physical selves in good condition. It is one of my dreams to wish that I had sufficient money to build the kind of a health-room I have in mind.

In the first place it would not look like a chilly operating room. I would have no tiles on the wall nor any tiles on the floor. I would have the walls of warmly colored plaster, probably with a design such as we find in the old Roman rooms. I would have the floor of composition material in a corresponding warm tone, and with a two-foot "cove baseboard" to avoid all danger of splash floor. Thus both the wall and the floor would be more comforting, more inviting than the usual chilly tile effect so prevalent in our modern bathrooms.

Of course, the tub should be built in and not set upon legs. This latter type of tub results in a trap for the collection of dust underneath where it is almost inaccessible to the housekeeper, who must practically kiss the floor to get at the dust behind the tub. Another point, no medicine closet should be set out from the wall. It should always be recessed, flush with the wall, in order to avoid the unpleasant effect of bumping one's head into it. A linen closet should never be built in the bathroom because of the proximity of odors.

In my opinion, a bathtub or foot bathtub attached to plumbing connections is invaluable in a home where there are women and children. It requires a small amount of water and is often far more suitable than the usual six-foot tub. There should be some kind of a comfortable chair in the room. It is so useful when someone wants to take a hot foot bath or when the mother wants to bathe the baby. The bathroom which has only a stiff, small stool is not properly furnished.

I have never seen a shallow closet built into a bathroom wall to contain hot water bags and other large appliances which are so commonly used and for which there never is a special place. I can imagine a closet built from the floor

to a height of six feet, having shelves of double widths, which would contain all such apparatus as well as medicines, soap and other supplies.

If possible bathroom windows should never be placed on a level which will enable persons from outside to gaze in. The ideal arrangement for bathroom windows is a set of small unit windows grouped together high in the wall to let in adequate light and to let out the maximum amount of steam.

Keeping the bathroom clean and sanitary is quite a task, especially for the woman who does her own work. But even the disagreeable task of cleaning the bowl can be made easier by the use of the right brush. There is on the market today a brush of bristles twisted into wire, mounted on a long handle, which is ideal for this purpose. The bristles are stiff enough to clean thoroughly and they can be sterilized immediately after use. A screw eye in the handle enables the brush to be hung on a strong nail outside of the window.

The bathtub also presents a cleaning problem, but here again is an excellent bathtub scrubbing brush of a peculiar shape mounted on a handle with which the tub can be cleaned most satisfactorily. There is also a similar shaped brush on a short handle for cleaning the hand basin. These brushes have the peculiar oval-shaped bristles which enable them to clean the curve of either the bowl or the tub most thoroughly. If such brushes are left hanging where all users of the bathroom may use them the work will be greatly lessened for the housewife.

As a busy mother of four children I have found it the best plan to give each child a hook low down on the bathroom door, with a label so that each child may be able to hang up his own towel and wash-rag. By having a different color initial on the towels for each one it makes the problem of keeping things in order much easier.

On the inside of every medicine closet door should be tacked an inventory of supplies, and this list should be checked up from time to time to see that the necessary supplies are always on hand. The supplies in Summer will vary a little from those in Winter. Particular attention should be given in Summer to those things which keep off insects and which are needed for Summer cuts and bruises, for perspiration, insect stings, etc. The most economical way to buy all medical supplies is to buy them by the pound or in a large quantity and put out as needed in small containers or glass jars. Clean, well-washed jelly glasses, pint glasses

or even quart jars with covers are excellent for storing absorbent cotton, gauze, etc.

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Photograph Posed by MISS MARION DAVIES at CAMPBELL STUDIO.

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towel bars are not as strong as those of metal or even wood. For those who have to economize it will be found that sections of typical curtain pole wood, white enameled, will answer every purpose for holding towels. The towels slip off less easily from a wooden bar than from a glass one. Incidentally, never place the towel bar above the bathtub, because, of course, the

towel will fall into the tub if it slips off.

A blacking box is a necessary adjunct to this utility room, because it is wiser to polish one's shoes in the bathroom, with its impervious floorings, than in a bedroom, where there are coverings. Also this somewhat unpleasant task is preferably done before washing one's hands and finishing dressing.

Complexion Hints

By Lina Cavalieri,
The Most Famous Living Beauty.

WHAT woman has not, at some time or other, bemoaned the fact that she must shine at a particular social function that night, and yet her skin is marred by an unexpected crop of unlovely pimples or ugly-looking blotches that fill her soul with apprehension and dread? She wants to look well, but how can she?

There is no time for diet, for consulting a physician or for any of the thorough roads by which one arrives at the goal of a good complexion. What she does must be quickly done.

Very well, then. We will suppose it is two or three angry-looking pimples that mar the curve of her pretty cheek. What shall be done? I will tell you. Use acetone.

Acetone is a colorless, ethereal liquid. It is used often to dissolve fat and resins. It is effective for asthma. Under the form of a 50 per cent solution, with 2 per cent of iodine of potassium, it has been much used in hay fever and similar irritable conditions of the respiratory tract.

Into a one-ounce bottle of acetone dip the wooden end of a match and press it firmly upon the pimple. Then with a silk sponge or a bit of absorbent cotton saturated with alcohol press the spot to disinfect it and neutralize the acetone.

Another of the hasty remedies I would recommend highly is this: White zinc, 1 ounce; a pure cold cream, 1 ounce. Mix these thoroughly together, and apply with a small piece of cotton cloth to the pimples and leave on for a few hours.

For blackheads I have successfully used an entire face bath of a 4 per cent solution of borax, wiping it off soon after and giving it a second bath of rosewater to soften the skin.

A quick-acting ointment for the removal of blackheads prescribed by a French physician whose specialty was treatment of the skin is made up of the following ingredients: Ergotine, 3 grams; oxide of zinc, 7 grams; vaseline, 30 grams. I have even seen pimples removed by half a dozen applications of bicarbonate of soda, dampened slightly and placed with the tip of the finger upon the irritated surface. Another simple remedy for the disfiguring pimples is this:

Bicarbonate of soda, 36 grains; glycerine, 1 dram; spermaceti ointment, 1 ounce. This should be applied with absorbent cotton, allowed to remain on the affected part for a quarter of an hour and then removed.

For the blotched condition of the skin which is not brought on by indigestion, but is caused by the sun in Summer and wind in Winter, if the skin be delicate, I recommend this: Borax, 1/4 dram; glycerine, 1 ounce; elder flower water, 7 ounces. Steaming is often recommended, also, for clearing up the face quickly. I do not like to use it too frequently, however, because I think its tendency is to make the skin too sensitive; to detach it from the muscles and to cause premature and deep-seated wrinkles.

Powder, judiciously used at night, especially, is a great aid to beauty. Its use in the evening is an indication of refinement provided its employment is not abused. Any dainty powder fluffed evenly upon the face before going out, especially if cold cream has been first applied, is an excellent protection from the cold or heat or from a high wind. But it is absolutely necessary that the powder be pure.

Rice powder is harmless to the skin. It protects the complexion as would a fine veil. And it removes that disagreeable "greasy" look from the face that makes the best-groomed woman in the world look vulgar at night without it.

Here is a powder which I often use and which I have found extremely valuable when I have to make a hasty toilet and my face happens not to be in the best of condition:

Rice flour, 6 ounces; rice starch, 6 ounces; carbonate of magnesia, 3 ounces; boric acid, 1 1/2 ounces; powderedorris root, 1 1/2 drams; essence of bergamot, 10 drops; essence of citron, 15 drops.

And last, but not least, try to train your muscles so that you will have a pleasant expression always on your face. This does not mean that you are to grin constantly, like a Cheshire cat, but you must make an effort to keep your face set in pleasant and attractive lines. It is an unwritten social law to "look pleasant" at all times, and even the plainest woman will find herself improved in appearance if she will remember this friendly suggestion.

Secrets of Beauty

I AM very anxious for you to help me improve my skin, which is afflicted with very large pores.—B. R.

An inexpensive remedy for this trouble is plain camphor water, to which a few drops of tincture of benzoin have been added. Use only a very small quantity of the latter or the effect will be too drying. Below is given another simple astringent lotion which can be applied to the skin every day with a soft piece of cloth:

Glycerine 1/2 ounce

Borax 1/4 ounce

Camphor water 1 pint

AM greatly distressed because my hands are so broad. How can I make them narrow and tapering?—B. E.

Massage your hands gently for a few moments every day, rubbing them lengthwise toward the fingers. To secure the aristocratic hallmark or long, tapering fingers, pinch the end of each finger firmly and massage them frequently toward the tips. Use the following lotion to soften the tissues and keep the skin in good condition:

Olive oil 3 ounces

Almond oil 1/2 ounce

Benzoin 1/2 ounce

AM very much worried and am turning to you for help. My skin is excessively oily and my nose is full of blackheads.—FRITZIE.

To overcome that unpleasant oiliness of your skin you should anoint it frequently with this:

Rosewater 5 1/2 ounces

Alcohol 1/2 ounce

Boric acid 1/2 dram

Gentle massage with a sterilized piece of cotton followed by an application made up of the following is very good for blackheads:

Fuller's earth 4 drams

Glycerine 3 drams

Vinegar 2 drams

I AM only twenty-seven, but my hair is almost entirely white in front. I don't like the way it looks, but am afraid of dyeing it. What can I do?—FANSY.

I do not approve of dyes for the hair because they are mainly compounded of nitrate of silver and other deleterious substances that are exceedingly injurious to the health of the hair and scalp. But

a harmless coloring lotion can be made out of sage tea, which is prepared by steeping the following ingredients together for several hours:

Dried sage 2 ounces

Green tea 2 ounces

Boiling water 3 quarts

Allow to stand twenty-four hours and then strain ready for use.

WHAT injury can French heels do? Are they all right to wear on the street?—K. K.

French heels are absolutely unsuited for street wear, not only because they do not give sufficient basis of protection to the foot, but because they are in such extremely poor taste. French heels are primarily intended for the drawing-room and for indoor use only. They throw too much of the body's weight on the toes and thus cause acute pain and organic weakness of structure in the instep and ankle. For this reason they are not deemed appropriate for long walks or for street wear.

WON'T you please tell me how to reduce thick lips?—H. L. C.

A surgical operation is generally the most effective method of reducing them, but this is not always practicable. They can be reduced, in some measure, by rubbing them daily with tannin or some other astringent lotion. Owing to the extreme delicacy of the lips, however, such substances should be combined with a cold cream in the following proportions:

Cold Cream 1 ounce

Pulverized tannin 1/2 gram

Pulverized alkanet chips 1 gram

WON'T you be good enough to tell me how to reduce my bust in a way that will not harm me later?—S. S.

It is difficult to reduce the bust because of the extreme delicacy of the underlying tissues involved. A less fattening diet will have an appreciable result in decreasing its size. Owing to the grave danger of inducing cancerous growths no drastic method of reduction can be recommended. It will help, however, to bathe the breasts daily with very cold, salty water, or else use water to which a dozen drops of benzoin, or half a teaspoonful of alum have been added.

Appetizing Menus for the Week

MONDAY Breakfast Stewed Prunes with Lemon, Boiled Rice, Coffee, Luncheon Milk Toast, Apple, Celery and Nut Salad, Tea, Dinner Left-over Ham and Potato in Casserole, String Beans, Raidishes, Caramel Custard, Coffee.	TUESDAY Breakfast Fruit, Oatmeal, Poached Eggs on Toast, Jam, Coffee, Luncheon Emergency Soup, Lettuce and Cream Cheese Salad, Rolls, Tea, Dinner Beef Loaf, Steamed Potatoes, Chinese Cabbage, Banana Whip, One-egg Cake.	WEDNESDAY Breakfast Canned Fruit, Potato Omelet, Reheated Rolls, Coffee, Luncheon Clam Chowder, Crackers, Bread and Butter, Dinner Apple Pudding, Broiled English Mutton Chops, Mashed Potatoes, Banana and Rhubarb Jelly, Coffee.	THURSDAY Breakfast Oatmeal, Soft Cooked Eggs, Broiled Bacon, Muffins, Coffee, Luncheon Creamed Eggs, Toasted Muffins, Lettuce Salad, Gingerbread, Cocoa, Dinner Turkish Pilaf, Spinach Salad, French Dressing, Baked Apples, Coffee.	FRIDAY Breakfast Prunes, Fried Beef, Corn Muffins, Coffee, Luncheon Potato and Sardine Salad, Sliced Pineapple, Cookies, Dinner Fried Smelts, Tartar Sauce, French Fried Potatoes, String Beans, Fruit Gelatine.	SATURDAY Breakfast Plums, Savory Omelet, Coffee, Luncheon Spinach Soup, Toast, Strawberry Shortcake, Lettuce Salad, Vegetables in Casserole, with Garnish of Broiled Beef Balls, Cornstarch Pudding, Coffee.	SUNDAY Breakfast Cereal with Strawberries, Rolls, Coffee, Dinner Broiled Steak, Mashed Potatoes, Glazed Onions, Heart Lettuce Salad, Lemon Sherbet, Cup Cakes, Supper Jellied Fruit Salad, Bread and Butter Sandwiches, Cocoa.
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Surpassing Charms of America's Women

AMERICAN women, away from the damp atmosphere of Western Europe, have not the bright complexions of their transatlantic cousins, but they more than make up for this by the vivacity of their eyes and the charm of their hair, says Frank Dilnot, an Englishman, who recently visited this country for the special purpose of studying American women. Mr. Dilnot continues:

Whether it is the manner of their dress or the natural effect of climate or race they seem to have a slimmness and straightness of figure compared with Europeans. It is the fashion, too, I think. All the same, one's eyes have to become accustomed to it when one is fresh from Europe.

They walk well, the American

women, uprightly, with dignity and grace, though not with the swinging alertness and resilience of, say, the Scotch girls.

The dress of the American woman is a matter of great care, even of elaborateness, and every part of her, from her light lace-like collar to her spick-and-span boots, is groomed to a nicety. A cultured American woman in evening dress is a delight to the eye.

There is, however, discernible here and there a tendency to over-dress, a disregard for the charm in simplicity as against the effect of ornateness. From time to time one meets women who are obviously too expensively dressed for what an Englishman would regard as taste.

These are the exceptions and are the inevitable development of the thoughtful care and precision in

matters of apparel which is an inherent part of the American woman's being.

One of the charms of the best American woman is her vivid interest in those affairs of life in which an ordinarily well-read man finds material for thought and activity. Right down from the richer circles to the woman in what may be called the lower middle class there is a pulsing curiosity about life, a desire to know and understand, a courage which flinches from no unpleasant knowledge—indeed, asks for it—and withal a humor which, if a stranger may hazard an opinion, is even more noticeable than in the American man.

The American woman reads the newspapers fervently. She reads books of all kinds to an extent which I should guess is unequalled in any other part of the world.

Useful Hints for Busy Housewives

Lemon Juice on Shoes.
TO make new shoes take a good shine brush off and rub with lemon juice. Let this dry in and then polish in the usual way.

Is It All Wool?
IF a material is a mixture of wool and cotton the flame will run along the line where the cotton is when you burn a sample.

Making Meat Tender.
A FEW drops of lemon juice added to a piece of meat when it begins to boil does wonders toward making it tender.

Uncooked Cereal.
THE "musty" taste of uncooked cereal is not so apparent if you pour the cream into the dish first and then add the cereal.

Good Without Butter.
BUTTER is not at all necessary in canned string beans if they are seasoned with salt, paprika and a little bacon drippings.

Grinding Tea.
TEA leaves will go twice as far and their flavor will be more delicate if they are ground, before using.

Soda in Milk.
MILK that has become a trifle sour may be sweetened and rendered fit for use again by stirring in a little soda.

When Doors Stick.
WHEN doors and bureau drawers stick in warm weather rub a little brown soap on the surfaces that rub together.

Drying Soap.
SOAP will last much longer if removed from the wrapper and allowed to dry out for some time before using.

Thrift Meat Recipes

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

Corned Beef Hash.
CHOP 1 cup cooked corned beef very fine with 2 cups cooked potatoes and 1/2 green pepper freed from seeds. Melt a little butter in hot pan. Add the chopped beef and potato, seasoned to taste, cover closely and stir occasionally until well heated. Remove cover, dot with butter or drippings and brown slightly. Serve with plain lettuce salad.

Jellied Beef.
GENTLY cook four pounds stick of beef in water to water to half cover. When beef is tender (about 3 or 4 hours) remove from liquid and chop fine. Soak 1 box granulated gelatin in 1/4 cup cold water or meat stock and dissolve in 1 1/2 cups boiling meat stock. Season with 1 teaspoon vinegar, 1 teaspoon onion juice, 1/2 tablespoon salt and a little pepper. Add chopped meat to gelatin and stock mixture. Pour into loaf pans rinsed with cold water, press evenly into pans, chill and slice as needed.

Veal Outlets and Soup.
COOK three pounds veal shank in boiling salted water until tender. Then remove all the meat, in outlet shapes, from the bone. Season well and roll in bread crumbs, slightly beaten egg and bread crumbs and saute in hot fat. Garnish with parsley or green pepper rings. To make the soup add the shank bone to 3 cups meat stock and season with salt, pepper and celery salt. Add 1/2 cup each diced potatoes, turnips and celery. Cook about 1/2 hour.

Baked Stuffed Steak.
WIPE two-pound piece of round or flank steak which has been cut about 1/2 inch thick. Cover the meat with a stuffing made of bread crumbs well seasoned with salt, pepper, onion juice and stock. A little finely chopped celery may be added to the stuffing. Roll meat with the grain so that it may be cut easily. Place a layer of diced turnip and carrot and finely chopped onion and celery in roasting pan. On this layer of vegetables place the meat. Add hot water. Cover and bake 2 or 3 hours or until tender. Remove meat and thicken gravy.

Braised Round of Beef.
WIPE 2 1/2 or 3 pounds cut from round of beef, sprinkle with salt and pepper and dredge with flour. Brown in 2 or 3 tablespoons beef drippings. Place in casserole or any covered baking dish and place the following vegetables in casserole with beef: 1/2 cup diced carrot, 1/2 cup diced turnip, 1/2 cup diced onion and 1/2 cup diced celery. Add 1 pint of hot water, cover and bake slowly 4 hours.

Beef Smothered with Onions.
SEAR three pounds sticking piece of beef in beef or bacon drippings until brown on all sides. Remove from drippings. Sprinkle with salt and pepper. Place with wire rack in closely covered casserole or large kettle. Place 10 or 12 small onions on beef. Add 1/2 cups of water. Cook slowly until very tender. It will take several hours to become perfectly tender.

Beef Loaf.
MIX 1 cup soft bread crumbs with 3/4 pound ground round steak. Add salt, pepper and onion juice to taste. A few drops of lemon juice and a grating of nutmeg may be added. Add 1 beaten egg and mix well. Shape into a loaf. Delicately brown 1 sliced onion in a little beef or bacon fat. Remove onion and place meat loaf in the hot pan. Cover and cook 10 minutes. Dredge with flour and brown as desired. Baste frequently, serve hot with tomato or mushroom sauce or cold as a luncheon or supper dish.

New England Boiled Dinner.
WIPE a two-pound piece of corned beef with a clean damp cloth and tie or skewer in shape. Put in boiler with cold water to cover. Bring slowly to boiling point, boil for five minutes, remove scum and reduce heat. Cook slowly until tender. Remove to hot dish and cook 1/2 head of cabbage, 4 or 5 small turnips, 6 small carrots and 1 dozen potatoes in the liquid from which the meat has been removed. If liquid is too salty add hot water. When vegetables are tender reheat the beef, place in centre of platter and arrange vegetables around meat. Garnish with parsley.