Health, Beauty And The Home

Ready for Canning?

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

THERE is some old proverb about "forewarned is forearmed." This might well apply to the housewife who considers canning as part of her Summer routine. To all appearances now, at least, sugar will be scarce and high; glass also will be high—but then what is not high to-day? In spite of prices either of foods or canning materials, the housewife should definitely decide on doing some amount of home canning.

In any section where food products may be secured reasonably low at the height of the season, it is economy to can foods at home. For example, in many sections string beans can be obtained for 10 cents or less a quart, tomatoes for 50 cents a half bushel basket, and peaches and other fruits at correspondingly low prices. When this is possible it has been proved in every case that to pack such foods at home is an economy.

One can prove this instantly by comparing a quart of home-packed string beans with any "can" of commercial make. The home-packed product will contain almost double, or even more than the commercial can. If, for example, it cost about 13 cents, including product and fuel to pack a full quart of string beans at home, we would have to pay about 35 cents for an equivalent amount of commercially packed string beans; here we have a clear gain of 22 cents in favor of the housewife.

Many women feel that canning is a great deal of labor. However, modern canning after the "cold packed" method is neither laborious nor exhausting. There is no standing over an open steaming kettle; the foods are packed cold into jars and put into a sterilizer. While they are sterilizing the woman need not even be in the kitchen if she keeps accurate note of her clock and the time.

Also it is not necessary to can such a huge quantity at one time. For the ordinary housewife it is, indeed, much more efficient to put up a few jars at a time rather than to do the job wholesale. That is, if berries are cheap to-day, buy a dozen or so boxes and put them up in the early part of a forenoon.

The modern steam cooker is the simplest, least fussy canning device to use. This consists of a small square box with a water tank at the base and fitted with two adjustable shelves. All that is necessary is to fill the lower compartment with water, let it come to a boil and then put in the jars. Count time from the moment the water in the jars begins to boil.

An accurate time card for all canning may be secured by writing to the Department of Agriculture or to the Boys' and Girls' Canning Club Bureau, Department of Extension Work, Department of Agriculture, Washington, D. C. Every housewife should possess one of these simple, practical guides to successful canning.

In buying new jars, do not buy the type on which the top part is metal with a rubber composition around the edge. Such a jar can be used only once and is too expensive to replace. The best type is that in which there is a wire spring and a glass top. This requires only a new rubber each season. Such jars come not only in pint and quart sizes, but also in three-quart size, which is very convenient for canning corn on the cob.

The woman who puts up her own food should look at it from the business point of view. She should take out in the Summer from her food allowance money with which to buy food products and canning materials, and then, when Fall and Winter comes, she should credit the amount she saves by having home-packed foods against the food allowance for the Winter months.

For example, suppose it cost her 15 cents to home pack a quart jar of peaches. Suppose it costs 40 cents to purchase a comme ial "can" of peaches large enough to serve the same number of persons. Let us say that she uses her home-packed jar of peaches in December. Now the way to look at it from the business point of view is that when she takes this jar of peaches off her shelf in December she is really saving 25 cents on her December food bill. If she had bought this product it would have cost her 40 cents out of her food allowance, but since she put it up herself in the Summer at a cost of 15 cents, she is really saving one-quarter of a dollar on her Winter food budget.

This is the attitude which she should take toward all of her canning. Above all things canning should not be looked upon as a luxury or something to be done only by those women who prefer this kind of work. It is a straight business proposition—the woman who puts up food products in Summer, when they cost the least, is making a definite saving on her Winter food bills.

The way to compare the saving between home-packed and commercially packed foods is to compare the number of portions they contain. How many people does the home-packed jar serve? What would have to be paid for a can of commercially packed in order to serve the same number of persons? This is the real comparison. Also the housekeeper may go further and estimate what it would cost to serve the same number of persons in Winter with the same kind of fresh or dried fruits or vegetables.

The fact that sugar may be scarce and high should not deter the housewife from canning at home, because very many products can be put up without any sugar at all. As a matter of fact, I have not tasted in three years a commercial can of food that I felt sure was put up with sugar. Most syrups for commercial products are made with glucose, and if the canner can use this sweetening, so can the housewife.

Also, it is possible to accustom one's taste to a less sweet syrup on many fruits. Others can be put up without any sweetening and the necessary amount of sweetening added when the jar is opened and when, possibly, the supply will be greater. And all vegetables are put up without sugar, so that this excuse does not hold here.

The housewife who each year looks upon canning as a definite part of the Summer's work is really making a household investment. Each year she will require only a few more jars and new rubbers, and thus the expenses of canning equipment will be less and less.

Often I hear the argument that "the woman's time should be valued." But is it valued in other kinds of housework? When a woman cleans a room do we value her time and say "How much does it cost to clean a room?" Or when she takes an hour or more to shop for a can of commercial goods, do we value her time and add it to the cost of the product? No, indeed! If we have a certain amount of time to be given to housework, there is no reason why some of this time should not be given to canning as well as to washing dishes, sewing or anything else.

Before any woman can convince me that her time is too valuable to be given to home canning, she will have to convince me that her time is too valuable to be spent in useless shopping!

Again let me urge the housewife to consider canning on this business basis. To-day all "guess work" is removed from canning; it is a science. It is also a business. Let the housekeeper figure with pencil and paper what she now pays for string beans, peaches, etc., packed in the commercial way. Then let her most fairly figure the cost of these products when put up at home. See if there isn't a very definite saving in the home packed jar.

"Save Food" is as necessary a slogan this Summer of 1920 as during any other, but we especially need to "Save Our Pocketbook"—and the home canner of common food products will do this in a very efficient, practical way.

Lina Cavalieri, the Famous Beauty.

Hints for Brunettes

By Lina Cavalieri,

The Most Famous Living Beauty.

IF you are a brunette your glory is your eyes, your menace is your liver, and your besetting fault is a lack of cheerfulness. Your tempermental tendency is toward "the blues." Therefore you must correct your brown view of life by some sort of exercise and diet that goads the liver into activity.

As to your eyes first. Their color is in itself a guarantee of beauty. There is no shade of brown eyes that is not beautiful, beginning with the golden brown eyes, which the novelists delight to describe as tawny, but which I have named tiger color, through the red brown shades—that to some imaginative ones suggest cruelty, to myself, the brownish red shades of claret—to the so-called "black" eyes. But place a bit of velvet beside the darkest eyes you ever saw and note how brown the eyes look beside them.

They run the gamut of beauty. Brown eyes, a great beauty expert has declared, are the loviest eyes in the world. Certainly they are the eyes of sentiment, and depth of sentiment and feeling are highly valued the world over.

I have read somewhere that brown eyes ask for love and get it. That is certainly a pretty saying, anyway, however much of truth there is in it. The eyes of the brunette should shine starlike out of a creamy white face as the stars peep through the breaks in a cloud.

The eyes, then, being her glory, the wise brunette takes the best possible care of them. To care well for them she should look out for their surroundings. Eyes are of diminished loveliness indeed if the eyelashes and eyebrows be ill kept. The eyelashes should be thick and soft as silk. They should also be long, and their loveliness is still greater if they happen to be curly. To keep them in best condition there should be no eye-strain.

Reading by a bad light, reading on a moving vehicle, reading in bed, looking at too great distances, or looking too continuously at too bright objects in the sunlight—as at an unshaded lake at high noon or a bit of glass in a high light, continuing at any task after the muscles of the eyes ache, cause eye-strain, and eye-strain causes inflammation of the eye itself, of the linings of the eyelids and of the rims of the eyelids.

Whatever inflames the lining of the eyes inflames the edges of the lids, and from inflamed eyelids the eyelashes fall with alarming swiftness.

Buy a tiny brush made for the eyebrows and the eyelashes. Use it faithfully every morning and every evening. Brush the eyelashes lightly with a downward stroke to make them long, upward to make them curly. Both serve the chief purpose in the culture of the eyelashes, which is to keep them clean. You are most careful to keep your velvet gown free from dust. Be careful, also, of your eyelashes, which are more vitally important to your beauty. Train the eyebrows to a high arch. The face is more piquant if the eyebrows are high.

The brunette, even more than the blonde, should develop by every proper means the brilliancy of her eyes, for while the brunette's chief glory is her eyes, that of the blonde is her hair.

Therefore, the brunette should, besides taking all the rest her eyes need—even more than she needs, so she will be sure to have enough—use cooling lotions. The boracic acid water which so many use I forbid to the brunette because it leaves a sediment which sometimes clings to the lashes and shows while as hoar frost on the dark lashes. But for her there is the refreshing eye-bath of cool, weak tea, or of this applied, fairly warm: Rose water, 1 gill; witch hazel, 1 gill.

If the eyes ache persistently retire to a darkened room, lie down and place upon the eyes some cool tea leaves, secured there by the useful eye-bandage, or a soft handkerchief of the size used by a man.

If crow's feet appear prematurely about the eyes she should apply lanolin, patting it in thoroughly. Lanolin is the base of most of the skin foods and has no equal, to my present knowledge, as a builder of flesh tissues.

The blonde's complexion fades early because her skin is so extraordinarily thin and fine. The brunette's, as a rule, is the reverse. A fine almond meal is a good substitute for soap for the brunette's complexion. But, as a rule, the brunette, because her skin is thicker, has a tendency to an oily appearance, so she cannot with benefit omit the use of soap entirely.

Courtship and Marriage Problems

Solved by Leonore Carfax.

SOME of the families in our neighborhood have started a community garden in a vacant lot. My husband chose a plot right next to a very attractive widow and I am satisfied he did it for the sole purpose of flirting with her. Many a time I have watched them through the window, and, as far as I can see, all either of them does is to lean on their rakes and talk. What can I do to break up this unbearable situation?—WORRIED.

It would be very unwise for you to attempt to interfere with your husband's patriotic efforts at this time. What looks to you like flirting as you jealously spy on them through your window is probably only simple friendliness and sociability. What is to prevent your going out in the garden yourself and assisting your husband to make his garden a success? Your patriotic motives and the healthy exercise and new interest will be enough to clear your mind of these unhealthy suspicions.

A WOMAN in my neighborhood, who doesn't seem to have a thing to do but drive her car, always manages to be going in the same direction as my husband when he starts out to work in the morning. Of course, she asks him to get in and ride. The neighbors are beginning to tease me about it. I don't like it very well, but I don't know how to go about it to stop it.—H. O. N.

Why should you want to stop anything as innocent as this? What possible harm is there in your husband's riding in this woman's car? For one case where any harm results from a simple exchange of friendliness like this there will be a hundred when a wife, by imputing an evil motive herself, becomes the cause of the evil consequences. Suppose your neighbors do talk! Neighbors must talk about something. It rests with you to treat the incident in such a broad-minded, unsuspicious fashion that the gossip will lose its flavor and become insipid even to the gossipmongers.

WHENEVER we are out in company my husband amuses the rest of the party and makes himself the "life of the crowd" by drawing on his stock of jokes about wives and how badly men are "stung" by getting married. Don't you think this is in very bad taste and an insult to me which I have a right to resent?—BRONX.

No, I should not look upon it in that light at all. I do not believe men who deeply regret their marriage have the heart to joke about it. Those marriage jokes which one meets everywhere, on the stage and in the comic papers, are enjoyed by married men who are in reality quite satisfied with their own situation. It is the somewhat inverted way men have of showing their interest in a subject. It will be well worth your while to cultivate an impersonal attitude toward your husband's jokes and enter into them in the spirit of good sportsmanship. This attitude will afford you many good times which otherwise would be spoiled.

Household Hints

Instead of Almonds.

PRUNE stone kernels, when chopped up fine make a good substitute for almonds in cooking.

For Leaky Bags.

SMALL holes in hot water bags can be mended by cutting strips of adhesive tape to fit, heating them slightly and pressing them over the holes.

Cleaning Leather Furniture.

WASH the leather cushions on chairs and couches with a cloth wrung out of hot milk. When dry varnish with the white of an egg.

Whitening Marble.

DISCOLORED marble can be quickly cleaned by rubbing it with a slice of lemon dipped in salt. Leave this on for an hour, then wash off.

For Painted Walls.

ADD a little kerosene to the water in which you are going to wash painted walls and woodwork. It removes the dirt easily and does not injure the paint.

Using Less Sugar.

LESS sugar will be needed to sweeten acid foods like plums and rhubarb if a quarter of a teaspoonful of soda is added to each quart.

A Gas Saver.

CUT a piece of zinc to fit the top of the gas range. Then by lighting only one burner the whole sheet will be heated sufficiently to cook foods or keep them warm.

Tested Bean Recipes

By Mary Lee Swann,

The Well-Known Writer and Lecturer on Cooking.

Beans en Casserole.

PICK over, wash and soak 3 cups beans over night in cold water. Then drain and add hot water to cover. Cook gently until beans are tender and water is absorbed. Pour into casserole dish, add salt, pepper and butter to taste and milk to partially cover. Bake in a slow oven.

Stewed Beans With Bacon Garnish.

PICK over, wash and soak 2 cups small lima beans in cold water over night. Drain and cook in gently boiling water until tender. Add salt, pepper and butter to taste. Turn out on shallow serving dish and garnish with a few crisp pieces of bacon.

Bean Croquettes.

PASS 2 cups cooked beans through meat chopper, add 1 tablespoon onion juice, 1 tablespoon molasses, 2½ tablespoons butter, 1 teaspoon salt, ½ tablespoon vinegar, ½ teaspoon paprika and 1 well-beaten egg white and shape into small balls or croquettes. Dip in yolk of egg, diluted with a little water, and then roll in stale bread crumbs. Fry in deep fat, drain and serve with tomato or cream sauce.

Bean Sausage.

MIX 1 cup cooked dried beans which have been pressed through potato ricer with ½ cup dried breadcrumbs, 1 egg, 4 tablespoons melted butter substitute, ½ teaspoon salt and ¾ teaspoon sage. Form into balls, roll in flour and fry in bacon or sausage drippings.

Boston Baked Beans.

PICK over, wash and soak 2 cups of beans over night in cold water. Then wash and parboil until skin is tender. Drain and again cover with boiling water, adding 1 teaspoon soda to the water. Continue cooking until tender but not broken. Rinse well with hot water. Put ½ the beans into an earthen bean pot. Pour boiling water over ¼ pound of salt pork and, after scraping the rind or skin, score it in strips. Place the pork on the beans in the pot and then add the remaining beans. Mix 1½ tablespoons molasses and 1 teaspoon each mustard and salt with enough hot water to make it pour easily and pour over the beans. Cover with boiling water. Bake about 8 hours in a slow oven. Uncover the pot during the last hour of cooking and bring the bacon to the top so that it will brown. The molasses and mustard may be omitted.

Kidney Bean Scallop.

PICK over, wash and soak 2 cups kidney beans over night. Cook until tender and drain. Then add 2 tablespoons fat, 1 tablespoon finely chopped onion, ¼ cup tomato pulp, 1 teaspoon salt and 1-8 teaspoon pepper. Mix well, turn into a greased baking dish and cover with 1½ cups bread crumbs mixed with 2 tablespoons melted butter. Bake ½ hour in moderate oven.

Boston Roast.

PICK over, wash and soak 2 cups dried beans over night in cold water. Then drain and cook in boiling water. When tender, drain and reserve the liquid. Press the beans through a potato ricer or sieve, add 2 cups chopped nutmeats, ½ cup soft bread crumbs, 1-3 cup grated cheese, ½ teaspoon paprika, 1½ teaspoon salt, 1 teaspoon onion juice, 1 well-beaten egg and, if desired, ½ cup finely chopped celery. Moisten with the liquid drained from the beans. Shape into a loaf, place in greased baking pan, dot with a little butter or vegetable fat and bake in a moderate oven about ½ hour, basting frequently with a little fat and boiling water. Serve with brown sauce made from sauce in the pan or tomato sauce. Garnish with parsley or green pepper strips.

Beauty's Question Box

IS there any cure for very deep laughing lines around the mouth and under the eyes?—BLANCHE R.

By placing the first two fingers of each hand just underneath the middle of the lower lip and massaging out around the corners of the mouth and upward toward the nostrils you can with patience readily efface those laughter lines. Rub the creases around the eyes very gently from the inner corner of the eye outward and upward with a rotary motion toward the hair line. Use the following astringent preparation while massaging across the lines and the skin will gradually become smooth and unlined once more:

Almond milk	1½ ounces
Rosewater	6 ounces
Alum	60 grains

I HAVE been using a patent remedy on my hair. Lately I noticed a spot on my scalp without any hair at all and my hair keeps falling out by the handful all the time.—EVA E.

Give your hair a thoroughly hygienic course of treatment by means of shampoos with castile soap and warm water every two weeks. Every other night spend at least an hour in stirring up the lethargic scalp to action by means of stimulating tonics or oils and regular massage. Here is a tonic that will correct that condition very quickly:

Tincture of cantharides	2 drams
Bisulphate of quinine	10 grains
Castor oil	1 dram
Bay rum	6 ounces

PLEASE advise me how to reduce my lips, which are altogether too heavy.—FLORRIE.

Sometimes thick lips can be reduced in size by rubbing them with tannin or some other astringent lotion. The lips are so delicate in structure, however, that all manipulation of them should be very lightly done. For this reason, also, it is best that the astringent substance be applied in the form of a cream. Melt an ounce of any good cold cream and add one gram each of pulverized tannin and alkanet chips. Allow to stand about six hours and then strain through a cheesecloth.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	*Breakfast*	*Breakfast*	*Breakfast*	*Breakfast*	*Breakfast*	*Breakfast*
Cereal, Apple Sauce, Crisp Rolls, Coffee.	Sliced Pineapple, Cereal, Buttered Toast, Coffee.	Cereal, Prunes, Broiled Bacon Potato Muffins, Coffee.	Boiled Rice, Stewed Fruit, Soft-Boiled Eggs, Toasted Muffins, Coffee.	Stewed Rhubarb, Plain Omelet, Rolls, Coffee.	French Toast, Apple Sauce, Coffee.	Berries, Poached Egg on Buttered Toast, Coffee.
Luncheon	*Luncheon*	*Luncheon*	*Luncheon*	*Luncheon*	*Luncheon*	*Dinner*
Creamed Salt Codfish, Baked Potatoes, Lettuce Salad.	Asparagus au Gratin, Tomato Salad, Cookies, Tea.	Vegetable Salad, Brown Bread, Tea.	Canned Corn Griddle Cakes, Lettuce Salad, Rice Pudding.	Veal Loaf, Sliced Tomatoes, Tea.	Chicken Salad Sandwiches, Fruit, Cocoa.	Cold Roast Beef, Potatoes, Fruit Salad, Sour Cream Dressing, Coffee.
Dinner	*Dinner*	*Dinner*	*Dinner*	*Dinner*	*Dinner*	*Supper*
Braised Knuckle of Veal, Boiled Rice, Dandelion Salad, Strawberry Shortcake.	Turkish Pilaf, Spinach, New Beets, Plum Gelatine, Thin Cream, Coffee.	Beef Balls, Mashed Potatoes, Boiled Onions, Radishes, Vanilla Junket, Caramel Sauce, Coffee.	Boiled Chicken, Steamed Rice, Parsnip Fritters, Cherry salad, Cream Cake.	Baked Shad, Home Fried Potatoes, New England Peas, Pineapple Sherbet, Coffee.	Onion Soup, Baked Veal Croquettes, Tomato Sauce, Potatoes, Cress Salad, Rhubarb Gelatine, Cookies, Coffee.	Brown Bread and Cream Cheese Sandwiches, Cocoa.

A Party for Flag Day

JUNE 14th—Flag Day—is a good time to give farewell parties to June graduates, says Miss Alice Burrell, author of "The Party Complete."

You could give the prettiest kind of a lawn party, using red, white and blue lanterns strung between the trees and long lines of flags of all sizes. Nothing is more charming for a party of this kind that "dancing on the green." If you can beg some of your friends who play the mandolin or guitar to come and play for you, so much the better.

Have your refreshments served at little tables out of doors so that your guests do not have to go into the house.

If, however, the weather is bad, give your party in the house and play some of these games, which are especially appropriate to Flag Day.

Give each guest three pieces of bunting—red, white and blue—and tell them to make our flag in twenty minutes. Offer a prize for the best flag. Be sure to see that it has the correct number of stars.

A new variation of the donkey game is the Flag game. Attach to the wall a large flag with the field entirely covered by a piece of blue bunting. Then give a white paper star to each guest. Blindfold them one by one—turn them around half a dozen times and set them off—to find the flag! Many times they will pin their star to the wall at the opposite end of the room.

You will find "Betsy Ross Housewives" an amusing thing to play at this party. Behind closed doors pose a half dozen of your guests at various household tasks—one is seen at an ironing-board ready to iron; a second stands with broom raised ready to sweep; a third is seated with a pan of potatoes in her lap and a knife in her hand ready to pare them; a fourth stands ready to dust a picture; a fifth is seated at a sewing machine ready to stitch a bit of material; and a sixth is in the foreground on her knees, about to scrub the floor.

At a signal somebody at the piano begins to play "Yankee Doodle" very slowly. The door is opened and your automatons set to work, mechanically keeping time to the music. Gradually the music grows faster and faster and the workers quicken their motions, until piano and actors are going at full speed. Then the piano playing stops with a crash and the figures are motionless.

Try it—it's very funny.

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