

Health, Beauty And The Home

Summer Table Covers

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

SURELY if Summer means anything it means color and brightness and festivity. The housekeeper may revel to her heart's content in bright cretonne, chintz and the gay, almost fantastic pottery and china, generously governed by the term "cottage china."

Still there are many women who adhere strictly to dressing their tables in white nappery only, and who refuse to see the picturesqueness of the colored table cloth. It must be admitted that for strictly formal affairs, nothing takes the place of beautiful white linen, but Summer time being an informal season, is just the time when the wise housekeeper lays away her precious white linens and replaces them with coverings of a less expensive kind.

The idea of using colored cloths probably started in the studio, which is so often a combination living and dining room and where a colored cloth is more in harmony with the other studio surroundings than the dazzling white of the typical dining room. The use of colored cloths has spread from studio to home, largely because they are so artistic, much less expensive to buy, and so much less costly to launder.

For example, there is a wide selection of Japanese toweling in a gray cotton with patterns in blue and green on white. Such cloths can be secured in every size, for large or small tables, with corresponding sized napkins. Or, the woman with clever fingers may purchase this toweling by the bolt and make it into any size cloth she prefers by the simple plan of fagoting the two edges together.

Plain cotton crepes also make desirable nappery, especially in shades of green or cream and even pink or orange. Even the plainest meal or snack takes on added delight when eaten from tables covered with such attractive cloths. The colored cloth immediately "lifts up" a meal and renders it picturesque.

But now a few moments on the practical side, which generally appeals to most women. Whereas the usual linen nappery must be ironed to a high gloss to be presentable at all, most of the crepes

or art coverings need no ironing whatever. They should be hung up very carefully while damp, stretching a large cloth on the double with ends carefully planned together so as to keep even length on the edges. Hardly a slight pressing is required. Also the colored cloths keep clean longer, especially when used only by adults. With care one cloth will look well a week, whereas it would require several white ones in the same period.

Other materials much used are denim, variations of ramie linen and Indian Head. If these materials cannot be secured in attractive shades it is no trick at all for the clever housewife to dye them in the shades she prefers with the aid of cold water dyes such as are now sold in cake and soap form. A table cloth to match every kind of china—what a delightful idea!

One attractive set seen recently was made of gray green Japanese crepe, costing about 40 cents a yard. The cloth was made perfectly square with a deep 2-inch hem. Cretonne was purchased separately, having an attractive wreath pattern, and this wreath was cut out and then basted on each of the four corners and the center of the cloth. In addition to these five decorative motifs, a small bunch of flowers was cut out and applied to each napkin.

Thus resulted, with no very great labor, a most beautiful lunch set of green with cretonne trimmings, suitable for the most elaborate luncheon, tea or afternoon refreshment on the porch or in the sun parlor. Such a set is seen in the shops for \$15, while it requires about \$3 worth of material to make it at home. Another set seen is an orange crepe with a faint blue and green lily pattern used in the same way.

Although china has trebled in price in the past year, still housekeepers are buying it and there is an increased vogue for colored china in solid colors, such as old rose, Alice blue, yellow, etc. The best of these chinas used to be made in Austria, but now Japan is flooding the market with what, it must be admitted, are inferior imitations. Still, good sets can be bought which add greatly to the color scheme of serving Summer meals. Dear old Sedji ware still

"A woman's foot, like her hand, should be in perfect harmony with the rest of her body—plump if she be plump, and thin if she be thin."



Photograph
Posed
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Page by
MISS GRACE
DARLING at
CAMPBELL
STUDIO,
New York.

holds its own with its beautiful translucent color and can be obtained in "open stock" at many stores.

The woman with small means does not buy large sets of china, but only those pieces with which she can serve the greatest variety of meals. For example, instead of buying the large dinner plate, the breakfast plate and other sizes, she chooses the large salad plate, which can be used for supper, breakfast, salad and even the home dinner. A bowl which will do for salad will also do for serving baked dishes by the simple expedient of cooking the food in a glass baking dish of the right size and then using the salad bowl as a serving dish.

Even men notice the gay note

supplied by different kinds of china and cloths, and in some way it makes the meal time less prosaic.

Also, do not forget the white paper table cloths and paper napkins which so often are sufficient for simple meals, for the housewife's lunch when alone, for children, and always in the fruit season. A visit to a large paper novelty shop is worth while, because all this kind of goods is much improved in quality of late, so that really attractive napkins, dishes and cloths may be bought.

Also do not forget the paper doilies which are invaluable laundry savers in the Summer time. These may be used in place of linen doilies at each place in serving luncheon or breakfast, and for all

tray meals. A glass top on the table with such doilies underneath almost solves the eating laundry problem. If the housekeeper does her own work, especially, every piece saved from washing is the saving of her own strength and time for something more important. The paper doily is so beautiful that it looks like the finest clumsy or maderia.

With all of which talk surely no readers will write me, telling about their burdensome Summer laundry problems, or how they have to spend one-half hour ironing a three-yard table cloth. In this era of less service we simply must abandon tradition and use the furnishings which require less upkeep and, withal, often are more artistic and attractive.

Foot Wisdom

By Lina Cavaleri,
The Most Famous Living Beauty.

DO you know why it is that we consider a baby's foot beautiful? It is because it has a perfectly natural shape and is unmarred by ill-fitting, cramping, distorting shoes.

Just in so far as the foot has departed from its original shape and habit is it less than perfect. It is very hard to find a beautiful foot among adults. You have probably heard the story of a New York sculptor who, searching for a perfect foot, dismissed three thousand models who were applicants for the honor, declaring that there was not one beautiful foot among them.

By the established modern standard the foot should be neither small nor large, though it is preferable that it be small rather than large. The tiny foot of a large woman is absurd. It suggests deformity. So does the short foot on the tall woman. The foot should seem to belong to the woman, not to have been loaned to her for the occasion.

Like her hand, a woman's foot should be in perfect harmony with the rest of her body. If the owner be plump, the foot should not be thin. If she be thin, the foot should not be plump.

It should be neither bony nor too fat. The bones should be well covered, but their outline should be plain enough to give a certain distinction called "character" to the foot. The toes should be spread comfortably apart, yet there should not be unseemly spaces between them. The spaces should be slight and even, like those between regular and well-kept teeth. The skin should be smooth and pinky white. The nails should be strong but smooth and semi-transparent and delicately pink.

Above all, there should be no blemish, no disfiguring corn on the small toe, no enlargement of the joints nor bunion, no calloused spots upon the sole. The high-bred foot lies, according to existing standards, not flat upon the ground, but rests upon the heel and from part of the sole, so that a mill of water may easily run under it. To correspond with this natural bridge there must also be an arched instep.

This is the standard. Now how to achieve it. First, wear shoes that are large enough, and let them

be of soft, pliable leather. Large enough they must be, but not too large. The foot that slips about in large shoes is as likely to get calloused disfigurements as the one that is pinched.

Heavy leather and thick soles have no place on a woman's delicate foot. The stiff, unyielding boot may be all right upon the masculine foot, and it may keep more perfect upon the inch-thick sole, but the skin of a woman's foot is too tender for this. The leather should be close but fine, the soles of medium thickness.

However, I cannot lay too much emphasis upon the need of a straight, even heel on the shoe. The heel is to the shoe what the cornerstone is to the house. It is quite as necessary that it be well laid, straight and secure. The crooked heel threatens the health as the insecure cornerstone the security of the house.

The run-down heel disturbs the adjustment of the internal organs. It pushes them close upon each other, draws others away from their natural support. It destroys the balance of the foot, causing blisters and callous spots. It throws the weight where it should not be, doing violence to the centre of gravity.

Watch your heels as closely as you would the running time of your watch. When the bottoms of the heels disclose an inclined plane at the back or the sides you will find a corresponding blister or a callous spot on the sole. Your ounce of prevention is sending the shoes to the cobbler the moment you see the hint of crookedness in the heels. They can be planed or built up to their former evenness at very slight expense. The money spent thus is much less than the fee of a chiropodist that you might save.

Having formed the habit of wearing comfortable shoes, see that the feet are often released from their prison. Even the best pair of shoes is nothing less than a prison.

In your own room wear the Japanese sandals that protect the delicate soles from the floor but that leave the toes free to lie loosely apart, although they are secured by strong cross-bands. These give the muscles of the feet a chance to relax. They are much better for this purpose than the felt slipper or shoe, which is too closely woven to admit of proper ventilation.

Health in Hot Weather

By Brice Belden, M. D.

IT is best for most people, especially if past middle life and inclined to stoutness, to reduce consumption of meat, fats and hot soups during the Summer. The diet, in other words, should contain little animal food.

This is especially true when the weather is very hot. Spices and strong condiments should also be avoided, as they stimulate the appetite artificially.

It is safest to reduce the total quantity of food consumed to about three-quarters the usual amount. Experience, as well as science, has proven this to be a good rule. These remarks apply to children as well as adults.

Except in special cases the diet must be a mixed one. Reduction does not mean the total elimination of certain foods that are necessary if the diet is to be properly balanced in accordance with the reasonable needs of the tissues. Improperly balanced diet may induce a degree of starvation, and that is never to be aimed at.

If children in hot weather are given a relative excess of farinaceous food and their milk unduly reduced, scurvy, rickets and disturbances of the stomach and bowels are favored. A small amount of foods containing protein, such as meat, should help to balance the diet, and the vegetables and fruits must not be restricted too much, for a reasonable amount of them is essential.

Regulation of the Summer diet must be done gradually, for no matter what the external temperature may be, previous habits and occupations must continue to be taken into some account.

If one leads a quiet life, without exhausting labors or other sources of fatigue, the quantity of meat consumed in Summer may be considerably reduced to great advantage.

Breakfast should be taken earlier in Summer than in the cold season. Since people, as a rule, exercise less in hot weather than in cold, because of the languor induced by high temperatures, their appetite is less and their tissues need less nutriment because of the reduced wear and tear.

The excessive thirst induced by hot weather is often made an excuse for the drinking of alcoholic beverages of one kind or another. All alcoholic drinks ought especially to be avoided, as otherwise the foundation may be laid for Bright's disease or cirrhosis of the liver, despite the reduction of animal food.

There is no objection to tea or coffee, provided they are not abused, and provided one is not of nervous temperament. In the latter case they should not be used at any time. Cocoa and chocolate possess a food value and may be taken moderately.

A pleasant and thirst-satisfying drink known as Summer Zephyr may be made as follows:

Take 1½ pounds rhubarb, cut into thin slices, cover with water; add 1 stick cinnamon and 1 bay leaf; cook until tender; strain, add 1 cup sugar; simmer about 10 minutes; add 1 pint orange juice, juice of 3 lemons and ½ cup of preserved ginger; cool. Serve in tall glasses with shaved ice.

Water must be used more plentifully in hot weather than in cold. Most people drink too little at all seasons. They think it is injurious to drink much at meals and then forget to make up the deficiency between meals.

An average man in warm weather loses 18 ounces of water a day from his skin, 10 ounces by way of the lungs and 52 ounces by the kidney route. This makes a total of 80 ounces.

The food of a mixed diet contains about 50 per cent water, which means that a man takes about 25 ounces of water into his system every day as part of his food. This leaves 55 ounces which he must drink to make up the 80 ounces required. In other words, between three and four pints of water should be taken in addition to the water derived from one's food.

In each twenty-four hours a healthy man absorbs about seven pounds of material (including oxygen and water) and eliminates a corresponding amount of waste, three-fifths of this waste being water.

The great importance of water, particularly in hot weather, is quite evident, for it does six things in the body:

1. It composes a large part of the tissues.
2. It is the chief ingredient of all the body fluids.
3. It moistens mucous and serous surfaces where they rub together, preventing friction.
4. It acts as a solvent of nutritive material in the blood and lymph, carrying it to remote parts of the system and removing waste matters besides.
5. It helps to distribute body heat.
6. It regulates temperature by the way it is utilized to control the processes of absorption and evaporation.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Stewed Prunes, Broiled Bacon, Corn Muffins, Coffee.	Breakfast Apple Sauce, Rice Griddle Coffee.	Breakfast Stewed Rhubarb, Cereal, Toast, Coffee.	Breakfast Fruit, Boiled Rice, Plain Omelet, French Toast, Coffee.	Breakfast Stewed Berries, Potato Pancakes, Coffee.	Breakfast Oatmeal, Cheese Toast, Lobsterberry Jelly, Coffee.	Breakfast Berries, Cereal, Poached Eggs on Buttered Toast, Coffee.
Luncheon Creamed Codfish in Individual Casseroles, Cabbage Salad, Tea Cakes, Dinner Savory Rice, Jellied Philadelphia Rein.	Luncheon Vegetable Salad, Cooked Dressing, Gingerbread, Tea, Dinner Planked Shad, Duchess Potatoes, Green Peas, Pineapple and Banana Salad, Coffee.	Luncheon Potato Soup, Whole Wheat Bread, Marmalade, Dinner Roast Beef, Yorkshire Pudding, Turnip Greens, Cornstarch Blanc Manger, Fruit Whip Sauce.	Luncheon Shad and Potato Salad, Rolls, Brown Bread, Canned Fruit, Dinner Emergency Soup, Cold Roast Beef, Buttered Noodles, Spinach, Cherry Pie.	Luncheon Cream of Asparagus Soup, Lettuce and Tomato Salad, Tea, Dinner Broiled Mackerel, Potatoes O'Brien, Buttered Carrots and Peas, Dutch Apple Cake, Lemon Sauce.	Luncheon Carrot Timbales, Cream Sauce, Baking Powder Biscuits, Baked Apples, Dinner Veal Loaf, Mashed Potatoes, Savory Sauce, Spinach, Tomato Salad, Rhubarb Gelatin.	Dinner Rolled Steak in Casserole, Buttered New Potatoes, Lettuce and Rice Pudding, Supper Sliced Veal Sandwiches, Radish Sandwiches, One-Egg Cakes.

Beauty Questions Answered

WILL you kindly print a harmless home remedy for stimulating the growth of the eyelashes?—N. R. H.

I have heard that rubbing the eyelids several times a day with an infusion of white wine and mint will do much to stimulate their growth, but you must be careful that none of this enters the eye itself.

PLEASE tell me how to reduce a double chin.—ANXIOUS.

As many times a day as you can and at least every morning and evening, give the neck and chin a vigorous stretching exercise. You will also find it very effective to bind a piece of soft cloth, saturated with witch hazel, around your chin at night. Witch hazel is an astringent and will keep the skin taut and smooth. A daily massage with this lotion will also be helpful in melting down the superfluous flesh:

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

I WOULD greatly appreciate knowing what causes my nose to shine, no matter how much powder I put on it. And what I do to prevent this?—READER.

Owing to the excessive delicacy of the skin on the nose the sebaceous secretions are sometimes unduly stimulated by any slight external cause which provokes the activity of the cutaneous glands and cells located in this region. Try dusting your nose several times a day with this powder:

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

I AM a girl only twenty-two, but my face is getting wrinkled at the corners of my mouth and eyes. My skin is also flabby and sallow. Please let me know if anything can be done for me.—ANXIOUS.

You must build up your general health by a more wholesome diet and by out-of-door walks and exercises. The wrinkles themselves are primarily due to the flabbiness of your skin, which must be toned up and made firm. Just before retiring massage the face thoroughly with cold cream, rubbing across the wrinkles and not in line with them. Do not forget to massage the face upward to prevent the skin from sagging. You should bathe the face with a diluted solution of tincture of benzoin which is a valuable astringent and will draw the flaccid skin tighter.

Household Helps

Sugar-Saving Desserts.
RAISIN or prune pies, date puddings and stewed figs, jellied, are some desserts that take very little sugar.

Sweeter Fruits.
THE longer any of the dried fruits are cooked the more sweetness they will develop. Even apples will be sweeter when baked very slowly.

Fish Stock.
USE all the bones, skin, trimmings and broken bits of fish to make soup stock. Cover them with plenty of water and let simmer. Flavor with parsley, herbs, onions, celery, etc. Strain, season with salt and pepper and serve piping hot in heated dishes.

I HEAR sage tea is good for darkening the hair. How should it be prepared for this purpose?—MINNIE E.

The simplest way to prepare it is to take an ounce of dried sage and steep for an hour in a pint of boiling water until a strong tea is obtained. Apply once a week, after first shampooing the hair and drying it thoroughly in the sunshine. This is not only excellent for darkening the hair without injury, but it also acts as a valuable stimulant to the growth of the hair.

WHAT is the best remedy you can suggest for enlarged pores?—MISS A. L. J.

Cleanse the face thoroughly at night so that all accumulated impurities may be removed from the pores. Use tincture of green soap and hot water. Then massage the face vigorously, using a simple cold cream without wax, which would only clog up the pores. Afterward apply this astringent lotion, which may also be used with advantage several times daily:

Rosewater.....3 ounces
Elderflower water.....1 ounce
Tincture of benzoin.....¼ ounce
Tannic acid.....5 grains

MY face is almost covered with a growth of light, fuzzy hair. Kindly advise me how this may be permanently removed.—BLANCHE R.

Skins of unusually delicate texture are most troubled by this growth, which can only be extirpated permanently by means of the electric needle. Bathing these hairs daily with a diluted solution of peroxide of hydrogen and ammonia, using not more than a teaspoonful of each in a pint of water, will bleach them very quickly and thus render them considerably less conspicuous.

Strawberry Recipes

By Mary Lee Swann,

The Well-Known Writer and

Lecturer on Cooking.

Strawberry Ice.
BOIL 4 cups water with 2 cups sugar for 5 minutes. Cool and add 1 tablespoon lemon juice and 2 cups of strained strawberry juice. Freeze.

Strawberry Sauce.
WASH, hull and carefully drain ½ cup strawberries. Cream ½ cup butter and add gradually 1 cup sifted powdered sugar. Add strawberries, one at a time, to butter and sugar, beating thoroughly after edding each berry.

Strawberry Ice Cream.
WASH, hull and drain 2 quarts berries. Sprinkle with 1½ cups sugar, let stand one hour or longer. Press through sieve. Scald 1½ cups milk over hot water, add 1½ tablespoons cornstarch diluted with ½ cup milk and stir constantly until thick. Cook 10 or 15 minutes. Cool, add 1½ quarts rich milk or thin cream, freeze to a mush, add strained berries and finish freezing.

Strawberry Mousse.
WASH and hull berries and press through potato ricer or sieve. Soak 1 teaspoon gelatin in 3 tablespoons cold water and melt it over hot water. Add 1 cup of the strained fruit pulp and the juice of ½ lemon. Sweeten with ¾ cup powdered sugar. When mixture begins to thicken fold in 2 cups of cream, beaten until stiff. Turn into a chilled mold, cover closely and pack into a vessel containing equal parts salt and ice. Let stand for 4 hours.

Strawberry Salad.
PICK over, wash and hull 1 pint choice strawberries and cut in halves lengthwise. Sprinkle with powdered sugar and a few drops of lemon juice. Cover and let stand in icebox until cold. Arrange in crisp heart lettuce leaves and serve with cream mayonnaise dressing made as follows: Add 1 cup cream, whipped, to ½ cup mayonnaise dressing which has been well seasoned. The salad should be garnished with choice strawberries and finely chopped pistachio nuts.

Strawberry Sauce.
WASH, hull and carefully drain 1 quart of strawberries and press them through a potato ricer. Boil ¼ cup sugar with ½ cup water about 12 minutes. Cool and add the strawberry pulp.

Strawberry Whip.
SWEETEN 1 scant cup strawberry pulp to taste. Add 1 or 2 unbeaten egg whites and beat with eggbeater for 15 minutes. Serve on vanilla ice cream or with cream and stale cake.

Strawberry Ice Cream.
SCALD 1 quart of rich milk or cream over hot water. Cool and add 1 cup sugar. Freeze to a mush and add 1½ or 2 cups strawberry juice, 1½ cups sugar and 1 tablespoon lemon juice and finish freezing.

Strawberry Shortcake.
MIX and sift 2 cups flour, 4 teaspoons baking powder and 1 teaspoon salt. Work in ½ cup butter or butter substitute with tips of fingers or t o forks. Moisten to a soft dough with milk. Pat out on slightly floured board, roll and shape as desired. Bake in rather quick oven. Break biscuits open while still hot. Butter generously. Put together with sweetened berries. Cover with berries and whipped cream. The berries should stand on back of stove a half hour or more to extract the juice.

Strawberry Sponge.
SOAK 1½ tablespoons gelatin in ½ cup cold water and then dissolve it in ½ cup boiling water. Strain, add 1 cup sugar, 1 tablespoon lemon juice and 1 cup strawberry juice and pulp. Chill in pan of ice water. When mixture begins to congeal beat with eggbeater until frothy and then add 3 stiffly beaten egg whites. Fold in 3 cups whipped cream. Decorate a large mold with choice strawberries cut in halves, lengthwise, pour mixture into mold, smooth and chill.