

Health, Beauty And The Home

"Decoration Day" in the Home

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

TODAY is "Decoration Day" in the home, but I am not going to speak about the historic holiday which we are celebrating, but about "decoration" in the home every day in the year. It is an old subject, and I would not take it as the topic of my talk this morning again were it not that I have just returned from a visit to a certain home. This home was such an "example" of the wrong kinds of household decoration that I feel that I must ease my mind to my readers.

It was indeed a pretty house, but from top to bottom it looked more like a museum than a home. In the dining room, for example, the plate-rail was loaded with ornamental mugs, fancy plates and photographs. The sideboard and buffet groaned under an array of fancy silver and cut glass; the wall above the rail was covered with pictures of fruits and similar pieces. When I went into the living-room my eyes were caught with vases and flower bowls and fancy sock pillows, with shell portieres, I could not look around but my attention was distracted by some object. In the bedrooms it was the same—there were fancy pillows and pincushions covered with lace and a thousand articles of ivory and silver on the toilet tables.

True, the things themselves were beautiful and generally expensive, but there was no unity, no harmony between the furnishings and the rooms. If one word could have described the effect I should say that one word was "clutter."

And it was this same housekeeper who poured in my ears her tale of woe about the drudgery of housework, and especially how many hours it took her to keep things clean. No wonder! That house would have required the services of both an upstairs and a parlor maid in order to keep it in a condition of genuine cleanliness. Yet she alone wondered why "things never looked clean" and why her days were one continual round of work.

As Kipling said, "It's pretty, but is it art?" And I ask, "Is it decoration?" Why, indeed, must so many of our American homes resemble curiosity shops or ten-cent stores in the array and variety of their furnishings? Aside from the



MISS MARION DAVIES, the Charming American Beauty, in a Photograph Posed Especially for This Page at CAMPBELL STUDIO

ing the interiors of our poor human bodies by good cooking—but even an amateur can tell the difference between good and bad taste if he takes pains and uses all his intelligence.

It is a hopeful sign, too, that so many commercial firms of to-day maintain a "service bureau" which will help any prospective home-maker or those desiring assistance with suggestions, ideas and plans for an entire color scheme, the right choice of furnishings, etc. Various paint companies, for example, will help any person plan the right colors for each room.

So, my dear housekeeper reader, will you not consider "decoration day" in the home? When you have read this little chat turn around and look at your home as if you were a stranger.

Simplicity, harmony, symmetry—these three; but the greatest of these is simplicity. Take for your watchword, oh, housekeeper, "Eliminate," and see how marvelous are its results in the achievement of less labor and more charm.

In Beauty's Garden

By Lina Cavaliere,
The Most Famous Living Beauty.

EVERY woman who has even the tiniest bit of a garden should try to grow some of the simpler medicinal herbs used in making creams and lotions for the skin. "Simples," our grandmothers used to call them in their quaint, old-fashioned way.

Can't you just glimpse a delectable vision of a gentle, sweet-faced lady in her garden of lavender and rosemary and majoram and thyme and rue?

In the garden of my home I have reserved a little space which I call my Complexion Garden. In it are herbs, little old-fashioned plants, and beside it grow great bushes of elder flowers. These herbs and flowers and plants are used as delectable chickweed, and teas. They are the simplest, the oldest and best things in the world for a woman's complexion and her general health.

You see, in these days of adulteration, one never really quite knows what one is getting in the alleged articles one buys. But one knows what one is getting when it comes out of one's own garden. And the pleasure of growing these plants and preparing them for lotions, cosmetics and drinks is enough in itself to make a woman younger and prettier at the same time.

In my garden I have great rose-bushes from which I make rose-water. Also I have a patch of your ordinary chickweed, and this is invaluable for swollen or inflamed skin when it is made into a decoction and applied locally.

By an intelligent use of these simple herbs a woman can do much to preserve her beauty and keep herself in good health. Of course, one must understand their use and prepare them properly. Thus made, they have the great advantage over commercial products that they are absolutely pure and wholesome.

The knowledge of herbs and their medicinal value requires considerable experience, but you can get books on the subject in any public library that will be of great aid to you in studying out their proper uses. I can only suggest in this article the attractions and possibilities of the pursuit.

First of all, I would cultivate lavender in my herb garden. It is so delightful and can be used in so many ways. It gives a most exquisite perfume to linen and clothes, and has a distinctly hygienic and antiseptic effect. It is used both as an internal and an external medication. And it has a fragrance against which the most fastidious critics of perfumes have never protested. I will give below some of the simpler uses of lavender:

To perfume linen, gather the lavender flowers when they are full blown. Lay them out on paper in a dry, sunny room. When they are sufficiently dry, rub the flowers off the stalks and put the flowers into muslin bags to lay among the household linen.

Lavender toilet vinegar is delightfully soothing and cleansing. Take a large jar and to every pint of white vinegar add three-fourths of an ounce of lavender flowers. Leave them to infuse for twenty-four hours. Place the jar, well-bedded with cloths around it, into a kettle and allow to simmer for six or eight hours without boiling.

Spirits of lavender may be prepared by steeping the leaves of lavender in alcohol. This, when rubbed on the neck and wrists, is an excellent preparation for keeping away mosquitoes. In fact, all strongly aromatic plants when growing in the garden have the valuable quality of driving away flies, mosquitoes and other noxious insects.

Rose leaves are my favorites, however, for many are their uses. Below is given directions for a preparation of rose leaves which is equally delightful for scenting a room or for use in the bath, in which case it imparts a most revivifying fragrance to the skin:

First dry in a sunny room rose leaves, lavender, lemon verbena and any kind of sweet smelling leaf at hand. Then add half a pound of powdered orris root, quarter of a pound of cloves, two sticks of cinnamon, two ounces of allspice, one ounce of bergamot, and, if possible, one dram of musk. The spice should be pounded and mixed in with the rose leaves. Sweet-scented roses should be used, preferably.

A home-made rose water can be used in making any good cold cream to great advantage also.

It is astonishing how much can be made out of the hardy old-fashioned elder tree. It produces a light wine and perfume with equal generosity.

Infantile Paralysis

By Brice Belden, M. D.

EPIDEMICS of infantile paralysis (poliomyelitis) are confined almost exclusively to warm weather.

Poliomyelitis may occur at any age, but most cases are met with before the third year of life. The two sexes share about equally in its distribution, but after the early childhood period it is more common in males. It is rather rare to encounter it after the age of twenty-five.

The germ of the disease has been identified by Flexner and Noguchi. It is exceedingly minute, but visible under a very high power microscope. Investigators have described a larger germ, but this is believed to be the same organism, modified by certain culture conditions.

Dr. Horace Greeley has found that the germ of distemper in dogs and cats, sometimes known as epizootic, cannot be differentiated from the human poliomyelitis germ. Distemper in these animals often produces paralytic symptoms. The cow is also known to be subject to distemper.

Dr. Greeley believes that poliomyelitis is in most cases, derived from infected cow's milk. The fact that most cases occur in children between the ages of one and ten years tends to support this opinion.

Direct contagion from one person to another is not thought to occur very often. Indirect transmission may be brought about by insects, dust, uncooked food and drink.

The disease can easily be produced in monkeys by inoculating them with the secretions from the nose and throat of one suffering from the affection, showing how necessary it is to destroy material infected by these secretions and to see that the hands of attendants are properly protected by gloves or scrupulously cleansed and disinfected.

There is no positive knowledge that the disease may be communicated by the bites of insects, but it is altogether probable that they may act as carriers of the germs and so infect food and drink.

Flexner and Adams claim that the virus enters the body by way of the mucous membrane of the throat and nose, and from there spreads by the lymphatics.

After infection there is an incubation period of about eight days before the onset of acute symptoms. The symptoms usually develop in the following order: Fever, lassitude, possibly vomiting, headache, restlessness and irritation of the nose and throat. In a few hours or after a day or so paralysis ap-

pears and spreads rapidly, then remaining stationary for from two days to eight weeks, when improvement begins in the part last affected. During all this paralytic stage the patient may be stuporous. In some cases there is very slight indisposition, followed the next day by the paralysis.

The paralysis may either ascend or descend. Wasting and flabbiness of the paralyzed muscles will be noticeable in a week or two after the onset of the trouble. Deformities tend to develop later, due to the over-action of unparalyzed muscles.

Examination of the spinal fluid should be made early. It can be safely drawn off at a certain point. Certain tests of the fluid enable us to distinguish between poliomyelitis and the various forms of meningitis, so that proper treatment may be applied.

In some epidemics of infantile paralysis the death rate is about one in ten; in others as high as one in four. Some impairment of motion and more or less wasting of the muscles almost invariably remain. Few cases completely recover. Marked improvement may occur even after the passage of years if proper treatment is persisted in. One attack confers immunity.

The patient should be isolated during the acute stage and all the discharges disinfected. The nose and throat must be washed out frequently. Cool sponging for the fever and an ice-bag to the head are advisable.

The drawing off of some spinal fluid is highly beneficial and may prevent serious symptoms supervening. It should be repeated at intervals of from one to several days until the acute symptoms have subsided.

A purge during the acute stage is of benefit. There must be absolute rest and quiet, and the diet should be nourishing but liquid. The affected parts must be kept warm by extra clothing and artificial heat. As soon as possible the patient must be taken into the fresh air. A change of scene does good.

After the acute symptoms have subsided, massage and electricity should be employed, but the nicest judgment as to just when these measures should be initiated is required on the part of the physician. Much can be done to prevent deformity and to give support. Some of the cases had to be dealt with surgically, nerves being joined and muscle tendons transplanted with good results. Muscular re-education constitutes a large part of the treatment programme. Drugs are of little or no avail.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Cereal, Apple Sauce, Muffins, Coffee.	Breakfast Stewed Fruit, Salt Codfish Hash, Corn Muffins, Coffee.	Breakfast Plums, Cereal, Foamy Omelet, Sautéed Potatoes, Coffee.	Breakfast Apple Sauce, Oatmeal, Griddle Cakes, Coffee.	Breakfast Prunes, Cereal, Shirred Eggs, Hashed Brown Potatoes, Rolls, Coffee.	Breakfast Cooked Fruit, Cereal, Griddle Cakes, Coffee.	Breakfast Stewed Fruit, Cereal, Buttered Toast, Coffee.
Luncheon Emergency Salad, Graham Bread, Strawberry Whp.	Luncheon Turkish Pilaf, Lettuce Salad, Gingerbread, Tea.	Luncheon Cold Tongue, Potatoes au Gratin, Radish Salad, Tea.	Luncheon Vegetable Soup, Corn Bread, Baked Custard, Dinner	Luncheon Potato and Sardine Salad, Canned Fruit, One-Egg Cup Cakes, Dinner	Luncheon Creamed Eggs au Gratin, Biscuits, Sliced Tomatoes, Rhubarb Sponge, Cookies, Dinner	Luncheon Cold Roast Chicken, Mashed Potatoes, Gravy, Green Salad, Cold Chocolate Cream Pudding, Supper
Dinner Veal Cutlets, Redishes, Green Peas, New Potatoes, Creamy Rice Pudding.	Dinner Fricassee of Lamb, Riced Potatoes, String Beans and Tomato Salad, Blackberries.	Dinner Rice Soup, Beef and Bread Crumbs, Brown Gravy, Boiled Onions, Rhubarb Tarts.	Dinner Steamed Turbans of Fish, Parley Potatoes, Early Peas, Cornstarch Blanc Manger, Vanilla Cookies, Coffee.	Dinner Boiled Salmon, Boiled Potatoes, Green Peas, Asparagus, Strawberry Shortcake.	Dinner Meat Balls, Boiled Rice, Asparagus, Strawberry Shortcake.	Dinner Creamed Chicken in Toast Caps, Jelly Roll, Tea.

Beauty Questions Answered

PLEASE advise me as to the best way of peeling the face so that I may get rid of my freckles and discolored skin.—X. Y. Z.

You will only make a bad matter worse by attempting such a drastic method of becoming beautiful. You can't wail away real or lasting beauty in this fashion because the new skin will soon acquire all the previous defects and in addition become acutely sensitive to every chance breath of wind. However, it is astonishingly easy to bleach those freckles off by the daily use of the following simple but reliable remedy:

Lactic acid 2 ounces
Rose water 1/2 ounce
Glycerine 1 ounce

ALTHOUGH I am only seventeen, I am unable to wear any of the fashionable evening dresses now so much admired, because I perspire to excess. Can you recommend some preparation I could use to prevent this?—HELENA T.

You are wise not to use any of the patent preparations for this because there is grave danger of injuring your system by stopping this perspiration entirely. Of course, these local applications will relieve this trouble temporarily, but their effect must be closely watched. A useful powder that has slightly astringent properties and is, therefore, good to help overcome the discomfort due to this excessive perspiration can be made up as follows:

Boric acid 1 dram
Oxide of zinc 1 dram
Lycopodium powder... 2 drams
Starch 1/2 ounce
Powdered orris root... 1/4 ounce

THERE are large dark rings around my eyes. At certain times they are darker than others. Is there any remedy for this?—ROSE M.

Those dark rings under the eyes are due to loss of sleep; a too long continued eye-strain, or to some internal physical disorder of the general system. Wholesome food, more rest and sleep, together with plenty of exercise out of doors are the most effective remedies for this trouble.

WILL you kindly tell me how to reduce my bust? I know I would look much better if it were smaller.—DOTTY.

The best way to reduce your bust to normal size is to strengthen the supporting muscles by means of a variety of suitable exercises. Before you get up, in the morning throw back the covers and lie flat across your bed. Now raise your arms perpendicularly in front of you, then drop them down by your side. Repeat until you are too tired to continue. Another splendid exercise is to stand erect and throw your arms in back of you, repeatedly, trying as far as possible to make your elbows meet. Bathing the bust daily in cold water to which a dozen drops of benzoin or which hazel have been added will also aid slightly in reducing its size.

SINCE recovering from a severe illness I find I am getting rather stout, which I do not want to be. How can I get slender again?—D.

It would be too weakening just now for you to attempt any quick method of reduction, because you need to keep all the strength you can get. If I were you I should try to learn the new dance steps—not the "shimmy" or "checking dances," but a really sensible and active dance step that shall keep you in vigorous trim physically. Also go to a gymnasium and learn to swim, if you do not know how already. There are plenty of pools available if you will look for them in the right way. Above all, do not let a day pass without taking at least a two-mile walk, and more, if you can. If you are reasonably careful of your diet, do not eat too many fattening dishes and put a firm taboo on sweets, you can soon regain your old-time slenderness.

Thrift Meat Recipes

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

Left-over Veal and Egg Salad.
CUT left-over veal into dice. To 2 cups of veal dice add 3 hard-cooked eggs, 1 teaspoon salt, 2 cups boiling water, 2 cups strained tomato puree, 1 pound raw chopped beef and cook in a covered dish until rice is tender.

Sausage and Potato Pie.
HAVE ready 2 quarts sliced potatoes and 1/2 pound fresh sausage meat or well-seasoned ground beef. Arrange in a layer of potatoes in bottom of greased baking dish dredge with flour and sprinkle with a few drops of onion juice. Then put in a layer of sausage. Repeat, using alternate layers of sausage and potatoes. Barely cover with milk and bake in a slow oven 2 1/2 hours.

Turkish Pilaf.
SLIGHTLY brown 2 cloves of garlic in 2 tablespoons fat. Add 1 cup rice, 1 teaspoon salt, 2 cups boiling water, 2 cups strained tomato puree, 1 pound raw chopped beef and cook in a covered dish until rice is tender.

Savory Stew.
DICE 1/2 pound beef and 1/2 pound mutton. Finely slice 1 onion. Brown the meat and onion in 2 tablespoons fat. Add 2 quarts water, 1/2 cup diced carrots, 2 cups diced potatoes, 1 cup chopped cabbage and 1/2 cup strained tomato. Place a pinch of bayleaf, 6 cloves, 3 or 4 peppercorns, a sprig of thyme and a tiny sprig of parsley in a cheesecloth bag and place in stew. Cook about 3 hours. Remove seasonings and thicken stew with flour. Season to taste with salt and pepper.

Veal Pie.
CUT 1 1/2 pounds knuckle veal in small pieces. Roll in fine crumbs or dredge with flour. Brown in 1/2 cup bacon or beef drippings. Cover with 3 cups stock or water, add 1 small onion, 1 small carrot and 1 potato. Simmer gently until tender. Thicken with 1/4 cup flour mixed with 1/4 cup water. Bring to boiling point, pour into greased baking dish, have ready a rich baking powder biscuit crust, cover with crust and bake in a moderate oven 1 1/2 hour.

Braised Knuckle of Veal.
WIPE knuckle of veal with a clean damp cloth. Crack bone so that thick part will not be broken and so that this part will be broken several times. Brown thick part in beef drippings or any desired fat. Place 1 cup sliced onion, 1/2 cup diced celery and 1 cup carrot cubes in a baking dish. Place browned meat in the vegetables. Dust with salt and pepper. Add 1 1/2 cups water, cover closely and cook slowly 2 or 3 hours. With the thin part of bone make a soup stock for use on another day.

Mutton Curry.
WIPE 1 or 1 1/2 pounds mutton, cut from forequarter in 1/2-inch cubes. Cover with cold water, bring quickly to boiling point, drain and rinse with 1 quart cold water. Cover with 1 quart boiling water, add 3 sliced onions, a pinch of red pepper and, if desired, a sprig of parsley and thyme. Cook gently until tender, remove meat from liquid and thicken liquid with 1/4 cup flour and 1/4 cup butter. Melt butter and add flour sifted with 1/2 teaspoon paprika, 1/2 teaspoon each curry powder and salt. Cook until smooth. Add to liquid and cook until smooth and creamy. Add meat to gravy and serve in a border of boiled rice. Garnish with parsley.

Chop Suey.
WITH a damp cloth wipe 3/4 pound veal and cook until tender. Left-over cooked veal may be used. There should be about 1 1/2 cups of the diced veal after it is cooked. Place 1 tablespoon sugar in a saucepan and carefully cook it until it reaches the caramel stage. Add the diced veal, 5 finely chopped onions, 2 cups finely sliced celery (diagonally sliced), 2 sweet peppers, freed from seed and veins, and, if desired, a few sliced sautéed mushrooms. Then add 1 tablespoon vegetable oil and 2 cups meat broth or stock and cook gently until tender. Add 1 cup unglazed rice, cooked until tender. Add soy sauce to taste, about 1/2 cup. Season with salt and paprika.