

# Health, Beauty And The Home

## Easier Baking Days

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

I HAVE watched myself and others at work and I know that it is not the actual preparation of the cake or pie which takes the time, but the gathering together of the materials before we begin and the clearing up after finishing. Whenever we cook several dishes at once we save a great deal of time. This is because we can use the same bowl and egg beater without separate washings. Also, and equally important, once a person starts any piece of work she becomes more skilled and works faster the longer she stays at it.

These are my steps to make less work of baking: 1. Decide on all the recipes in advance and the order in which they are to be prepared. 2. Have the oven in first-class baking condition. 3. Gather together all materials and utensils needed for all the work. This last is most important because it is the stopping to hunt for a pan or the running to get another half cup of something which delays the work.

In my baking plans I reserve one bowl exclusively for beating the yolks of eggs, and a small platter especially for whipping the whites, and I use them straight through all the recipes without washing. The measuring cups, one for dry ingredients and one for liquids, serve the same end. By keeping a small pan of water on the table and having a short towel pinned to my belt I can wipe off any utensil so that any useless tracking across to the sink is entirely avoided.

My one indispensable tool is a small, pliable spatula, like a palette knife, which I use to scrape bowls, pans, etc. A bowl scraped with a spatula is most easily washed. A high stool before my table enables me to work readily.

Most housekeepers now follow my plan of writing recipes on separate 6x4-inch cards. When in use each card is placed on a hook in the wall or on a shelf above the table, at the eye level. Even if a cook book is used it should be placed on a rack above the table, where it cannot be soiled during the cooking.

The results of one morning's baking in my kitchen were: One lemon-meringue pie, one raisin pie, two pastry shells, one layer cake

twelve inches square, twelve chocolate puffs, one large loaf of peanut tea bread, forty two-inch sugar cookies and six cup custards.

The pastry was chopped and made first so that while it was in the refrigerator to chill I could mix and bake the cookies. While they were baking I prepared both the raisin and the lemon fillings and kept watch over them as they simmered slowly on separate burners. As the peanut bread had to rise for twenty minutes it was made next, before the cake, so that when both kinds of cake were baked the oven would be just ready for the bread. The icing and the filling of the two pie shells came last, just before the cup custards were made.

My simple order of work, with the approximate time, was as follows:

	Minutes.
Assemble all materials and utensils	5
Oil pans	4
Mix and chop pastry	15
Mix and bake cookies	40
Mold peanut bread	10
Mix layer cake	12
Mix chocolate puffs	5
Roll out two pie shells	5
Cake icing	5
Fill shells	4
Mix cup custards	3
Lay away ingredients and wash up utensils	18
Total	128

Not two hours and a half! Nor was the work done at a very hurried tempo, but taken in a moderate way and all done on a four-burner oil stove with a top portable oven.

The important point was that I baked the whole time and did not spend one moment tracking across the room to search for anything. In my own kitchen arrangement the preparing table and the stove are adjacent, so that in the whole two hours, once I began, I never stepped away from a surface about five feet wide.

There is an old cooking adage, "wash up as you go." But this no longer holds good when a large amount of work is required. Intensive cooking can be done in less time if there is no stopping to wash up each separate bowl and beater.

Your favorite pastry recipe may be followed, the idea being to bake several extra "shells," which can then be used later with any pre-



"Get the habit of using your muscles in certain definite ways every morning while getting your eyes open and putting on your clothes." Photograph posed by MISS GRACE DARLING at CAMPBELL STUDIO.

ferred filling. One shell may be filled with sliced peaches and covered with a meringue, the other utilized with berries. I sometimes cut strips of the crust and lay them crosswise into a lattice, and bake on the reverse of a tin plate on my regular "day." Then I lay this whole lattice across the filling pan in several days later, warm it in the oven and serve.

It would have been equally easy to make a boiled mayonnaise while

watching the other baking. Frequently the cake may utilize just the whites of the eggs, and the yolks may be reserved for this dressing. Most cake recipes can be made to cover two or three variations. That is, use one recipe and produce several different cakes by adding different flavorings to each half and cooking in different shaped pans with different icings.

Many times also a baked dinner may be arranged while the oven is

full of the first set of pastry or cake. For example, it would be easy to make a meat loaf, scalloped potatoes and a brown boty on baking day to be put into the oven after the regular baking is done.

Other housework should be put aside entirely on baking forenoon. The secret of making this important work easy is not to stop or be interrupted, but to bake, bake, bake!

## "Getting Up" Exercises

By Lina Cavalieri,  
The Most Famous Living Beauty.

THERE'S no longer any good excuse for not keeping yourself in the best possible physical trim. Even if you can't spare the time or money to visit a gymnasium regularly or to use exercisers at home you can still give your muscles the systematic training they need to make your complexion clear, your disposition cheerful and your body strong, symmetrical and graceful.

All that is necessary is to get the habit of using your muscles in certain ways every morning while getting your eyes open and putting on your clothes. When you hear the clock alarm don't jump out of bed instantly or curl up for another nap. The thing to do, according to Dr. Leonard F. Flud, a New York physician is to lie flat on your back with your arms extended above your head.

Stretch hard so as to make yourself just as long as you can. Hold this position while you take a dozen deep breaths, inhaling slowly until the lungs are completely filled and exhaling slowly until you feel as if they were quite empty.

On starting to get up don't simply turn over on your side and roll out of bed. Get some benefit out of the movement by holding your hands on your hips, catching your toes at the bottom of the bed and then slowly rising to a sitting position without a bit of aid from the hands.

This will be found difficult at first, for it puts a severe strain on the abdominal muscles, which through lack of regular exercise often become weak, flabby masses of fat. If you meet with repeated failures try this method of strengthening these muscles and incidentally removing some of the unsightly and unhealthy layers of fat around the waist.

Lying at full length on the back raise the legs with the knees bent until the legs are at right angles to the trunk, then straighten them until the toes point to the ceiling.

After holding this position for a minute or so let the knees sink slowly back to their first position, keeping the knees as unbent as possible.

When at last you are ready to dress don't think of putting on your stockings as you probably always have done, sitting hunched up in a chair with the natural double curve of your spine twisted into an ugly single curve.

The proper way to assist in maintaining the spine's double curve, on which so much of health, strength and beauty depends, is to lie flat on the back while putting on your stockings. This position supports the spine at the shoulders and hips and maintains the proper inward curve at the waist. Raise the right knee to the chest and hold this position while you draw the stocking on; then repeat with the other leg.

If you breathe deeply while taking this exercise—as you can so easily with your chest relieved of pressure from the spine—your circulation will be healthfully stimulated, and at the same time the contraction of the muscles used in bringing the legs up to the chest will strengthen the abdomen's muscular wall and increase the activity of the liver.

An equally revolutionary method should be followed in putting on your shoes. Standing upright, raise the left foot and while balancing the body on the right foot slip on the left shoe. Repeat with the right foot.

To button or lace the shoes with the greatest amount of physical benefit take a standing position. Bend the knees and lower the trunk just as if you were going to sit on your heels. When your body almost touches your heels move the right leg backward, being careful not to disturb the normal condition of the spine. Lace or button the left shoe as you kneel on the right knee. For the right shoe repeat the movement, kneeling on the left knee.

## Beauty's Question Box

WILL you kindly publish a freckle lotion that will surely take off all these disagreeing spots of which I have so many?—L. L. M.

Apply to the unwelcome spots with a small sponge or a bit of cotton a little of the following every day:

- Powdered borax ..... 1/2 dram
- Sugar ..... 1/2 dram
- Lemon Juice ..... 1 ounce

Do you know of anything that will make eyes bright and shiny? Mine are so dull and sleepy-looking all the time.—DISCOURAGED.

Find some new interest in life. If it is necessary to fall in love try that. If you really get in deeply enough you will have no trouble keeping your eyes bright and attractive looking. Bathing them three times a day in warm or hot salt water will be found a wonderful rejuvenator of tired, sleepy-lidded eyes.

My face is long and thin, with a long pointed chin. Is there any way I can build my face out so that the point of the chin will blend into the line of the face?—R. KEENE.

Massage the cheeks and entire side of the face every night before you retire with a good tissue-feeding cream like this:

- Lanolin ..... 10 grams
- Oil of almonds ..... 100 grams
- Rosewater ..... 100 grams
- White wax ..... 5 grams
- Spermaceti ..... 5 grams
- Oil of rose geranium ..... 6 drops

HOW long should massage be employed before it will plumpen a very thin face? Is there anything better than cocoa butter for this?—E. M.

Six weeks or more are needed before any worth while results may be expected. The degree of "plumping" will, of course, be in proportion to the length of time the face has been thin. A great deal also depends upon the diet, which must be a wholesome and nourishing one. Faithfulness and perseverance will do much, provided the cream is carefully massaged into the face every night, leaving it on until morning. Cocoa butter does not agree with some skins, but lanolin, olive oil or cold cream make good substitutes.

EVERY little while my scalp becomes so tender that parting the hair or pressing lightly on the scalp causes pain, and that my hair falls out dreadfully. Can you help me?—R. S.

You are probably suffering from lowered vitality. The hair is most sympathetically affected by the state of the general health and by the tone of your nerves. Build up your physical and mental condition. Avoid all nervous tension, worry and anxiety, because these things inevitably disturb the circulation and cause the malnutrition of the hair roots. Shampoo your hair once in two weeks with castile soap and warm water. Afterward apply this tonic:

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

## How to Dress a Chicken

TO dress a chicken or fowl, make a small incision between the end of the breastbone and the tail, not deep enough to cut through the membrane surrounding the entrails, says Lucile Stimson Harvey in her new book, "Food Facts for the Home Maker." The fat can be easily separated from the body of the bird and all the entrails can be removed at once if this membrane has not been pierced.

Be careful to remove the lungs, which lie close to the breastbone and which do not come out with the entrails. The kidneys also must be removed separately. The crop can be slipped out through the neck opening without making an incision below the neck.

pulled by making a cut through the skin above the joint before removing the feet. Remove all pinfeathers and singe off the hairs.

After the bird has been stuffed and sewed up it is trussed for baking. One skewer is put crosswise through the bones by the tail; another skewer is put through the body at the largest part of the legs; a third is so placed in the upper part of the body as to hold both wings in place and the end of the neck, which has been brought down to the back.

A string is wound around the ends of the legs and the ends of the tail skewer, holding them securely in place; then it is laced across the back of the chicken around the other two skewers, making a harness to keep the wings and neck in place without

## What to Do for Summer Colds

By Brice Belden, M. D.

COLDS are always due to infections of the head, chest or throat. The germs found in these inflammatory infections are the influenza bacillus, the micrococcus of catarrh, the pneumococcus, the bacillus of Friedlander and the staphylococcus and streptococcus (the two chief pus-producing organisms). As a rule, there is what is known as a mixed infection, that is, two or more of the aforesaid germs engage in team work.

The germs most commonly encountered in the course of acute colds are the pneumococcus and the streptococcus.

In mild and chronic infections the micrococcus of catarrh and the staphylococcus are generally at work. The Friedlander bacillus and the influenza bacillus are not found so often as the others mentioned.

It is clear from the foregoing why colds are "contagious" and how they are contracted from coughing, sneezing and spitting victims who adopt no special precautions against spreading infection.

Prolonged exposure to cold when one is inactive, or sudden chilling of the surface when overheated, lowers resistance and permits invading germs to "start things." Crowded gatherings favor the development of colds because of the vitiated atmosphere and consequent lowering of vitality, and because of the dissemination of infectious germs by close contact.

An indoor life at any season of the year favors colds, because of the loss of vigor consequent thereon.

In the early stages of a cold the attack may be much mitigated, or

even aborted, by certain simple measures. A saline purge diverts the fluids from the head and diminishes the swelling and secretion of the mucous membrane. Reducing the amount of liquid taken as much as possible also reduces the nasal discharge. The following may be sprinkled upon the handkerchief and inhaled for its germicidal effect:

- Terebene ..... 1/2 ounce
- Oil of eucalyptus ..... 1/2 ounce
- Camphor ..... 1/2 ounce
- Menthol ..... 1/2 ounce

Washing out the nasal passages with a small glass nasal douche having a capacity of about one ounce will effect good results if a solution of the right strength is employed. A teaspoonful of salt and a teaspoonful of bicarbonate of soda in a pint of warm water make a suitable solution.

After douching, and, indeed, throughout the whole course of a cold, it is imperative that the patient should blow his nose with the

## Household Helps

**Better Brown Bread.**  
TO avoid having a hole in the centre of your brown bread let the bread stand in the tins for twenty or thirty minutes before steaming.

**Serving Fish.**  
SERVE all short-grained fish by cutting them lengthwise. Use a wide silver fish knife, being careful not to break the bundles of flakes.

**Moist Layer Cake.**  
THE more butter you use in making a layer cake, and the less liquid other than beaten eggs the longer the cake will keep moist and fresh.

**Mixing Fruit Cake.**  
WHEN mixing fruit cake or other stiff dough, a lot of labor and time will be saved if you use your bread mixer. Also the dough will be much smoother.

**Hot Mashed Potatoes.**  
A SIMPLE but effective way to keep mashed potatoes hot for the late dinner guest is to place the covered dish of potatoes in a larger dish of hot water and set on back of the stove.

**Making Butter.**  
YOU will be surprised to see how much butter a few left-over bits of cream will yield if allowed to sour in a small bottle with a screw top and then shaken vigorously for a few minutes.

## Tested Berry Recipes

By Mary Lee Swann,

The Well-Known Writer and Lecturer on Cooking.

### Strawberry and Pineapple Preserves.

COOK 3 cups shredded pineapple in 2 cups water about twenty minutes. Add 5 pounds of sugar and bring to boiling point. Then add 2 quarts of strawberries and cook twenty minutes.

### Canned Strawberries.

HULL, wash, drain and weigh berries. For each pound of berries allow 10 ounces sugar and 1/4 cup water. Cook water and sugar to a thick syrup, cool slightly and pour over the berries, which have been packed into jars. Fill jars to overflow, adjust rubbers and cover loosely. Place on rack in kettle and surround with warm water. Bring slowly to boiling point and boil ten minutes. Tightly cover and let jars cool in the kettle. Store in cool but dry cupboard.

### Strawberry Juice.

SELECT perfect ripe berries, hull and rinse carefully. Drain, crush and heat gradually to the simmering point, about 180 degrees Fahrenheit. Strain through double thickness of cheese cloth. Let stand in a cool place and pour off carefully so that the dregs or sediment will remain in bowl. Add one cup sugar to each gallon of juice. Pour the juice into hot sterilized bottles, put sterilized stoppers in lightly. Set bottles on rack in hot water and cover closely. Simmer for thirty minutes. Remove bottles, taking care to avoid a cold draft. Put sterile stoppers in lightly and when cold dip top of bottle in melted paraffin. This is excellent for ice cream, gelatine desserts, etc.

### Ganned Raspberries.

PICK over and wash the berries. Add a pinch of salt. Then put in preserving kettle with a little water to keep the berries from burning. Cook until soft, stirring occasionally, and pour into sterilized jars.

### Preserved Berries.

WASH and hull berries. Weigh carefully and for each pound of berries allow 1 1/2 pounds sugar. Wash berries and put a layer in a sterilized earthenware jar or crock. Add a layer of sugar and one of berries and continue until all are used. Set in a cold place twenty-four hours, stirring occasionally, and seal in sterilized jars.

### Raspberry Syrup.

PICK over, wash and drain two quarts berries. Sprinkle with one quart sugar. Cover and let stand over night. Then bring slowly to boiling point and cook twenty minutes. Press through double cheesecloth, again bring to boiling point. Fill jars to overflow and adjust covers.

### Hushie Strawberry.

SELECT three pounds of perfect berries. Cook 3 pounds of sugar and 3 cups boiling water until it will thread. Do not stir after the sugar melts. Put in the strawberries and cook twenty minutes after they begin to boil. Pour onto a large platter and set in the sun for two days, or until syrup is very thick. Store in cold jars previously sterilized, cover with melted paraffin, and place in a cool, dark cupboard.

## Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Baked Rhubarb, Canned Corn Omelet, Muffins, Coffee. Luncheon Italian Spaghetti, Fruit Sponge, Cookies, Tea. Dinner Pot Roast of Lamb, New Potatoes, Asparagus Salad, Coffee Blanc Manger.	Breakfast Fruit, Cereal, French Toast, Coffee. Luncheon Salmon Salad, Cooked Dressing, Whole Wheat Bread Sandwiches. Dinner Emergency Soup, Cold Lamb (sliced thin), Creamed Potatoes, Green Vegetables, Apple Charlotte.	Breakfast Grapefruit, Cereal, Poached Eggs on Toast, Coffee. Luncheon Asparagus Loaf with Creamed Asparagus Tips, Pineapple Salad, Tea. Dinner Vegetable Dinner, Creamy Rice Pudding, Coffee.	Breakfast Berries, Oatmeal, Muffins, Coffee. Luncheon Potato and Bacon Pie, Gingerbread, Apple Sauce, Tea. Dinner Jellied Veal Loaf, Sliced Tomatoes, Bean and Beet Salad, Cup Cakes, Tea.	Breakfast Melons, Boiled Rice, Buttered Toast, Coffee. Luncheon Cream of Spinach Soup, Toast Strips, Potato Omelet, Lettuce Salad. Dinner Baked Fish, Baked Potatoes, String Beans, Lemon Gelatine, Custard Sauce, Coffee.	Breakfast Baked Apples, Cereal, Rice Muffins, Coffee. Luncheon Lettuce over Fish and Potatoes, Tomato Sauce, Twin Mountain Muffins, Dinner Baked Ham, Mashed Potatoes, Dandelion Greens, Butterless Chocolate Cake.	Breakfast Cereal, Stewed Fruit, Eggs, Toast, Coffee. Dinner Cold Ham, Creamed Potatoes, Lettuce Salad, Strawberry Sponge, Vanilla Wafers, Supper. Scrambled Eggs, White Corn Starch Pudding, Strawberry Sponge, Tea.