

Health, Beauty And The Home

Picnic Meals

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

IT has been repeatedly said that man in his evolution retraces his whole history from the time he was a savage. Certain it is that most of us are barbarians at heart, and that especially at certain seasons we revert decidedly to the primeval savage. Perhaps we do this more particularly in Summer, when we are free from many of the restrictions of conventional life and when we have an inward longing to return to childhood joys.

Surely a picnic brings us closer to days of youth than any more formal festivity. Only a few years ago the picnic was confined to the annual Sunday school event, but to-day most of the world goes a-picnicking every week, and sometimes often. Only a glance at the shops will convince us that manufacturers have been quick to follow the trend of public taste and to put out goods especially designed to encourage and accommodate the wholesale desire to live and eat outdoors as much as possible.

From the housewife's point of view there is every advantage in the outdoor or al fresco meal. For if there is one way to help make Summer housekeeping easier that way is to eliminate so much table service and model our meals on the picnic or camp idea. If there is any method of stimulating appetite it is by eating outdoors. Any camper will confess that boiled beans or flapjacks partaken of under the pine or with a keen breeze a-going will taste equal to a \$5 Delmonico dinner.

The whole point of my sermon this morning is that the outdoor meal should not be looked upon as an occasional or unusual event, but as part of the regular Summer routine, and further, that the housewife should definitely prepare for serving Summer meals in this way.

It is a good plan to decide if meals are to be taken frequently in an outdoor spot near the home or at the end of a more extended trip reached by bicycle or auto. In either case it is best to set aside a "consecrated set" of dishes exclusively for outdoor use, especially when any cooking is done over an open fire. A coffee pot, a skillet or a pot with bail handle are all typical necessities.

For those who can find the location, it is worth while making the investment of a small camp grate. This is a grill or grate of solid wire, resting on four heavier legs, and is sometimes made to fold up to

make more convenient carrying. This can easily be taken along and will greatly simplify the heating of foods in the open.

I recall with the keenest zest various "bacon bats" prepared of frankfurters laid on such a grill, and when juicy sizzling caught up between buttered rolls. This, to the accompaniment of hot coffee and a glorious October breeze, formed a repast which would put the average five-course dinner to shame. Indeed, my two oldest children are in a fair way to be average cooks solely on the experience they gain as overseers of "bacon bats" and flapjacks and boiled beans!

However, it may not be the pleasure or convenience of many families to approach even this simple extent of outdoor cooking. They may prefer to use the sandwich type of meals or such as can be carried in a hamper without any further preparation.

Naturally one of the considerations of the outdoor meal is to have the food served cold or hot, as is required. To this end we fortunately have a number of useful devices, such as the thermos jars, bottles and kits, and various refrigerator baskets. A new one has just come to my attention which is worth describing because of its helpful novelty.

It is a basket made of reed lined with zinc. It has two compartments, a large one for food and a smaller one for ice. With this small ice chamber filled the foods in the other compartment are kept delightfully cold, especially since there is space for ice to last about twenty-four hours. The basket is made in various sizes, one style having straps so that it may be fastened to the footboard of an automobile. Such a compartment is tall enough to accommodate bottles of lemonade or anything stronger which the party may be able to procure!

Another interesting kit for motorists is a type of portable stove and food container which may be unfolded and set up anywhere the motorist desires. It looks like a small table of metal with two burners, under which may be set stoves of solid alcohol. The standard of back part, which lifts up, holds various utensils needed in cooking, and an underneath shelf contains the dishes. This combination table-stove-pantry is indeed of great use to those planning long auto trips.

Among other supplies which should be kept plentifully on hand



An Interesting Photograph of
MISS GRACE DARLING,
Posed Especially for This Page at
CAMPBELL STUDIO.

are paper plates, now found in as white and soft a finish as attractive china; paper napkins, which, though they have skyrocketed in price, are, nevertheless, the great necessity; dishes of paper or fibre, and spoons of the same, which eliminate all need of carrying glass or china dishes. There are also paraffin dishes, especially in a small saucer-like shape, which are most useful for the serving of salads and similar foods, since their waterproof coating prevents moisture from making the container "messy."

But what shall I take on a picnic? This is a frequent inquiry. And many people think of a picnic

exclusively in terms of hard-boiled eggs and ham sandwiches.

As I have tried to show, with the various possibilities of the outdoor fire or the heat of solid alcohol, one may prepare a picnic equally as well as in one's own kitchen. But the choice of cold dishes is also wide, beginning with the universal, never-failing salad. There are salads of meat, salads of canned fish, particularly the inexpensive and adaptable tuna fish, as well as shrimp and lobster, mackerel, roe, sardine or anchovy. Perhaps no salad will stand repeating so frequently as the humble potato in its different guise, not only masked by mayonnaise, but

with a more piquant sauce of vinegar, onions, bacon dice and pickled beets, not forgetting the celestial flavor of whole celery seed!

That housewife to whom outdoor meals are common will become adept in preparing the right kind of "cold dishes." Of these there is no end—veal and ham, beef and beans—they form the solid, substantial dish which may be eaten in thin slices and topped up with mayonnaise, catsup or chutney. And in all such dishes the meat-chopper is the housewife's standby, for despite what our commercial firms say it is cheaper to prepare such "cold" and other picnic delicacies at home.

Summer Beauty Hints

By Lina Cavalieri,
The Most Famous Living Beauty.

"SUMMER is a most pestiferous season," exclaimed a friend of mine who had just returned from a four weeks' stay at the seashore. I gazed at the freckles on her smooth cheeks, marked the too ruddy tint upon her nose and gingerly touched the blisters upon the satin surface of her arms. She winced and held up her hand warningly, indicating they were too painful even for that playful familiarity.

"It is indeed a season of pests," I admitted, but there was no need for you to permit it to become a pestiferous season."

"But how could I help it?" she asked, petulantly pursing her lips and revealing still more the fact that their skin was badly cracked and chafed.

"By that best friend of beauty, prevention," I answered. "If you had patted cold cream into your cheeks and dusted them with rice powder before going out to drive you would not have acquired those unwelcome brown freckle spots."

"Moreover, if you had anointed your lips with glycerine or some other good lotion they would not be cracked."

My friend, the beauty, moaned distressfully. "If you had rubbed linseed oil and lemon juice on your arms after the garden party the skin would not be peeling off in that disgraceful way."

My friend now turned her back on me and shrugged her right shoulder expressively.

"Cucumber cream would have kept your forehead smooth instead of making it the gathering place of Summer sun freckles," I said, but could not go on, for a sob silenced me. My friend had dissolved in tears and had to be comforted.

"But tell me what to do now," she implored, after I had confessed I was cruel and begged her pardon.

"The arms first," she begged, looking ruefully at the reddened curves.

"Dip a piece of flannel into a bowl in which you have poured: Linseed oil, 2 ounces; lime water, 2 ounces. Wash the inflamed parts of the arms gently with this and then wrap the arms in loose, light bandages of clean linen," I said. Had my friend's hands been sunburned like her arms, I would have advised washing them in the same cooling, healing mixture.

My friend is no longer in her first youth. Though radically beau-

tiful, she has passed the borderline of thirty-five, after which the muscles of the face slowly but inevitably fall.

After the strenuous Summer, in which she had been one of this popular resort's most admired belles; she had noted with chagrin that not only were her cheeks freckled, but that, ever so slightly, her cheeks had begun to sag.

"Brace them," I advised.

"With what?" she queried.

"Ice," I answered, laconically, remembering how the so-called "freezing" process causes first shock to the centre of circulation, then renews and restimulates circulation.

The way to do it is to pass a lump of ice slowly over the cheeks in a rotary motion, with a slight upward pressure. The immediate result will be a fine glow in the cheeks, and the ultimate result a solidifying of the muscles.

My friend completed the list of her woes by showing me her neck, now grown yellow, even underneath the heavy coat of tan, which she had acquired from careless lounging at the beach.

I counselled, as I always do, simple remedies first: Lemon juice, 1 ounce; glycerine, 1 ounce. Sprinkle it freely on the neck and pat it gently in. Be sure not to rub it too vigorously into the skin, for the skin of the neck is very loose and is easily dragged into wrinkles.

For those freckles on her face I recommended this well known remedy: Sulphocarbonate of soda, 50 grains; glycerine, 2 ounces; rose-water, 1 ounce; alcohol, 1 ounce. Should this not prove effective, then she could have tried this simple English game which I have often used: Oil of almonds, 1 tablespoonful; English mustard, 1 tablespoonful. Sprinkle into this enough lemon juice to make a medium thick paste.

Spread this on the cheeks evenly and smoothly and leave it on until it begins to sting. Then remove it with a soft cloth and pat cold cream into the cheeks to counteract the pain and the redness of the mustard application. Of course, I need hardly tell you that no part of the paste must intrude upon the eyes or eyebrows.

The sun freckles brought on by staring along the white sand can be removed, I told her, by applying bandages made of slices of fresh cucumbers to the forehead. A cooling band of this across the nose would lessen its redness.

Beauty's Question Box

SOME time ago you printed a remedy for flabby eyelids, but I have mislaid it. If you will publish the formula again I will be very grateful.—A. C. R.

For those heavy eyelids that afflict you it is essential first that you seek and obtain more than your usual amount of sleep and rest. Here, also, is the ointment you desire. Massage this gently into the eyelids at night, but be very sure that none of it enters the eye itself:

Fresh lard 150 grains
Sulphate of potash and aluminum 25 grains
Tannin 10 grains
Borax 20 grains

MY age is eighteen, weight 150 pounds and height five feet, seven inches. Can you suggest a diet whereby I can reduce to 130 pounds?—DISCOURAGED.

In many instances the reduction of your meals to two a day will give the desired effect with a minimum of exertion and distress. Of course, if you are engaged in arduous physical labor you cannot carry out quite such a strenuous regime as this. Under such circumstances do not have too long a period between your meals and make your lunch consist mainly of green salads and fruits. Eliminate white bread, potatoes and all other starchy foods, including sweet desserts. Exercise, also, is a great and necessary aid, and one that should not be omitted if you really wish to get thin.

PLEASE give me a good tonic for my hair and tell me how to prevent its getting gray so rapidly.—ANXIOUS.

Build up your general health. Shampoo your hair once a week for a time with castile soap and warm water. Then use the following tonic, which will help to make the hair dry and fluffy. By keeping the scalp in good condition the gray hairs will be warded off and the general appearance of your hair greatly improved:

Sulphate of quinine 30 grains
Tincture of cantharides 1 ounce
Glycerine 1 ounce
Powdered borax 15 grains
Alcohol 2 pints
Water (distilled) 2 pints

INSTEAD of curling my bangs I with the iron daily I would like to train them back if I knew how to do it properly. If you will give directions for this you will greatly oblige.—PEGGY H.

You must try several different ways of doing your hair until you can find the most becoming one. If your features are small and regular then the smoothly done style is best. Brush the bangs back straight from the forehead without any visible part. If the features are irregular then fluff out the hair loosely over the ears—not rolled into an ugly set "bun." Do up the long hair at the back in some simple arrangement that shall be appropriate for the shape of your head and suitable for your age.

How to Avoid Typhoid Fever

By Brice Belden, M. D.

TYPHOID fever is most prevalent in the late Summer and in Autumn. The vacations of many city people have a tragic aftermath, for very often, after what has seemed to be a healthful outing, Mr. Cityman returns to his apartment house in late August or early September, only to come down in a few days or weeks with a typhoid infection which he has been so unfortunate as to acquire while in the country.

After the initial infection typhoid takes from one to three weeks before definite symptoms appear. During this period of incubation the patient's health may be unaffected, but as a rule there are certain rather indefinite intimations of disordered health, such as chilliness, headache, backache, loss of appetite, cough, fatigue, diarrhea and nose bleed.

Typhoid occurs at all ages, but is especially frequent in the twenties and thirties. Defective drainage and unsanitary conditions in general are the chief factors in its causation.

The intestinal discharges and the secretion of the kidneys of one ill with typhoid fever are the sources of infection, and drinking water contaminated with either of these things is the principal medium of transmission from the sick to the healthy.

Milk contaminated after leaving the cow is a very common medium of infection. The washing of milk cans and bottles with contaminated

water often accounts for the infection of the milk.

Many cases of typhoid are due to the eating of certain raw foods, such as oysters grown in infected waters (as, for example, near sewers) or celery and lettuce raised in polluted soil.

The nurses and attendants of typhoid patients are especially open to infection unless the most scrupulous care is taken with respect to the cleansing and disinfection of the hands. In those closely associated with such patients the infection is, of course, direct. That is to say, an attendant who neglects to take precautionary measures and handles and then eats such foods as bread receives a dose of typhoid germs directly into the digestive tract from her own contaminated hands.

Typhoid is an infection of certain "patches" in the intestine, attended by ulceration, and so it is by way of the mouth that the organism gains entrance and secures a foothold in the bowels.

Small outbreaks are often due to so-called "carriers." These are persons who though healthy constantly have typhoid germs in their intestinal canals and kidney secretion. About 2 per cent of persons who have had typhoid fever become typhoid carriers, and are estimated to be responsible for about 10 per cent of the new cases.

Flies play an enormously important part in the dissemination of the germs. They feast upon infected material and then light upon food and contaminate it.

When the discharges from typhoid patients are thrown into wells or strewn upon the ground

or when they find their way into sewers the germs do not die at once, but remain alive for varying lengths of time. Such matters should always be disinfected before being thrown away.

Fortunately, the typhoid germ is easily destroyed by heat and chloride of lime. If water or milk containing living typhoid germs be boiled for one minute they are rendered fit to drink. The cooking of other foods kills any contained typhoid organisms.

Typhoid fever may now be prevented by special vaccination. Three doses of killed typhoid bacilli are injected at intervals of eight to ten days, and in this manner a person has artificial immunity conferred upon him, and is thus protected like one who has acquired immunity through having had the disease. The value of this mode of protection has been thoroughly established in the United States army and navy and in many towns where epidemics once prevailed. It is now known to be of equal importance to vaccination against smallpox.

A slight local reaction follows the vaccination at the point of inoculation, with but little or no constitutional disturbance. There is, of course, nothing in the popular notion that typhoid vaccination makes one more susceptible to tuberculosis. The immunity conferred by vaccination lasts about three years.

Whether you go to the country or stay in the city this Summer have your physician vaccinate you against typhoid and you can laugh at the terrors of the bacillus typhosus.

Vegetable Salad Recipes

By Mary Lee Swann,

The Well-Known Writer and Lecturer on Cooking.

String Bean Salad.

COOK beans until tender. Moisten thoroughly with French dressing and let stand an hour or longer. Arrange on a bed of lettuce leaves, garnish with pimiento and serve with cooked dressing or mayonnaise.

Spinach Salad.

COOK the spinach until tender. Drain thoroughly and chop fine. Season to taste with salt, pepper and butter and pack into cold wet molds. Chill, turn out on heart lettuce leaves, garnish with hard-boiled eggs, cut into thin strips, and serve with cooked salad dressing.

Potato and Bean Salad.

SPRINKLE 1 cup cooked kidney beans with French dressing. Then sprinkle 1½ cups each cooked peas and cooked potato balls with French dressing. Season if desired with a few drops of onion juice. Place on bed of crisp lettuce leaves and chill.

Eggless Mayonnaise Dressing.

BAKE a small potato until soft. Cool and remove the inside. Mash to a cream, add ½ teaspoon mustard, 1 teaspoon salt and ¼ teaspoon powdered sugar. Then add 1 tablespoon vinegar slowly, mix well and rub through a sieve. Add ¾ cup oil and 1 tablespoon vinegar very slowly, beating constantly.

Tomato, Pepper and Cucumber Salad.

ARRANGE alternate slices of a tomato and cucumber on a bed of lettuce leaves in the centre of a serving dish. Garnish with rounds of red or green sweet peppers and sprinkle with French dressing. Decorate with mayonnaise.

Potato Salad.

CUT cold boiled potatoes in small cubes. Measure and to 1 quart potato cubes add ½ teaspoon salt and a dash of paprika. Sprinkle with ¼ cup oil and toss with a fork. Then sprinkle with 2 tablespoons vinegar and a few drops of onion juice. Place on a bed of crisp lettuce leaves or garnish with parsley. Garnish in either case with hard-boiled eggs, cut in thin strips. The yolk is sometimes sifted over the top of the salad.

Stuffed Beet Salad.

COOK 10 tender beets until well done. Drain and cover with mild vinegar. Set aside overnight. Rub off skin and scoop out the centre and arrange cups on a bed of crisp lettuce leaves. Fill each cup with 2 stalks of celery or 2 cucumbers and season with 4 tablespoons oil beaten with 1 tablespoon vinegar and a little salt and pepper. Fill the beet cups with this mixture and decorate with tiny diamonds or hearts cut from beets.

A Jolly Party for the "Glorious Fourth"

"PLEASE come in Colonial costume or dressed to represent one of the States in the Union," read the invitations to one of the most delightful Fourth of July parties that I ever attended, says Alice Burrall, author of "The Party Complete."

It was given by a college girl who lives in a big, old-fashioned house surrounded by great, wide lawns. The party was held indoors and out, which gave it unusual novelty.

Most of the girls came with their hair powdered and piled high on their heads and they wore the

quaint costume of 1776 with demure kerchiefs crossed primly at the throat.

The boys took advantage of the opportunity to "dress up," and came as George Washington, Alexander Hamilton, dressed like a cowboy to represent Texas, as Father Knickerbocker to represent Pennsylvania, and so on.

During the evening the minuet was danced on the veranda in the dim light of red, white and blue Japanese lanterns, which were hung from the ceiling. Lanterns were also used to light the rooms

indoors, with here and there a Colonial candlestick.

This clever hostess kept her guests continually moving from the veranda, indoors, and then to the lawn, so there was no chance of things becoming dull. They played games indoors, danced on the veranda and set off fireworks on the lawn.

One of the games that they played was "A Spoonful of Fun," which was said to be one that George Washington delighted to play at Mount Vernon.

In this game one blindfolded player holding a spoon stands in the middle of the room and the others form in a circle around him.

The players then take hands and dance in a circle to music. As the music stops the players stop; then the player in the middle gropes with his spoon until he touches some one in the circle, who must stand perfectly still, as though the touch had turned him to stone.

The blindfolded player now tries, by deftly touching here and there with the spoon, to discover who it is, and because all the players are in costume his task is more difficult. Some stand on tiptoe and others crouch to disguise themselves. The game goes on until he guesses correctly. Then that person must take his place.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Cereal, Asparagus on Toast, Muffins, Jam, Coffee.	Breakfast Creamed Dried Beef, Hashed Potatoes, Buttered Toast, Coffee.	Breakfast Cereal, Scrambled Eggs, Toast, Coffee.	Breakfast Pineapple, Calf's Liver with Bacon, Hashed Potatoes, Muffins, Coffee.	Breakfast Steamed Prunes, Plain Omelet, Muffins, Coffee.	Breakfast Oatmeal, Bacon and Fried Apples, Toast, Coffee.	Breakfast Baked Bananas, Eggs, Buttered Toast, Coffee.
Luncheon Scrambled Eggs, Toasted Muffins, Lettuce Salad, Cherry Pudding.	Luncheon Cream of Spinach Soup, CROUTONS, Jelly Roll.	Luncheon Bread Crumbs and Cheese Pudding, Beet Greens, Sponge Cookies, Tea.	Luncheon Dried Lima Beans in Casserole, Spinach, Bread and Butter.	Luncheon Spinach Souffle, Cream Sauce, Baking Powder Biscuits, Tea.	Luncheon Tuna Fish Salad, Baking Powder Biscuits, Pineapple Cookies.	Luncheon Roast Chicken, Boiled Rice, Canned Onions, Fluffy Cornstarch Pudding.
Dinner Veal Cutlets in Casserole, String Beans, Strawberry Shortcake, Coffee.	Dinner Boiled Salmon, Cream Sauce, Boiled Potatoes, String Bean Salad, Lemon Sponge, Top Milk.	Dinner Potato Soup, Salmon Loaf, Sauce Tartare, Whole Wheat Bread, Rhubarb Pie.	Dinner Braised Beef, Boiled Rice, Asparagus, Strawberry Ice Cream, Coffee.	Dinner Baked Stuffed Haddock, Baked Potatoes, Canned Green Peas, Coffee Jelly, Custard Sauce.	Dinner Corned Beef, Potatoes, Buttered Cabbage, Gingerbread with Apple Whip, Coffee.	Dinner Supper Mixed Chicken Sandwiches, Jam, Cup Cakes, Tea.