

Health, Beauty And The Home

Summer Camps

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

OF late years the movements toward summer camps for boys and girls have gained wide appeal and strength and become extremely popular in this country. There is much to be said in favor of this idea and of its benefits to children. It goes without saying that the summer camp appeals especially to the child who had the confinement of city life all winter.

The camp offers first contact with the great outdoors, with nature, the water, the birds, the flowers. It gives the opportunity for intimate life with them. It brings the child back to its natural habitat of the cave man or the savage and returns to him the heritage of being a little animal in his environment. Every child has the inalienable right to outdoors and contact with its tree and wood dwellers.

The summer camp is a fine example of organization and socialization. It acts by a group and teaches the subordination of personal whims and caprice to the discipline and good of the greatest number. While it does not neglect the individual, it trains the child in relation to the demands and wishes of others, and gives him his first education in what we might call human behavior when living in a community. That is why the camp is such an excellent training for the only child, the child who has been petted and pampered at home and whose every whim has been humored by fond and doting relatives. There is no room for caprice in camp routine—all are on an equal level.

Another advantage is the simplicity which camp life brings. To my mind this is perhaps the most beneficial result of all. Camp members all have a uniform, no one is richer or poorer, and generally only a minimum of spending money is permitted, so that there is no unfair comparison between the children. The very fact of a standardized costume makes for equality and democracy. The camp is in its way a miniature republic.

This teaching of the simple life should have valuable results in after years. It may prove a surprise to many children that they can be happy and comfortable, even in a tent, with only a cot and rug, blanket for sleeping, and a few other things. The camp idea would be splendid because it instills the view that simple living and simple standards produce just as much happiness as elaborate furnishings and complicated clothes.

It is to be hoped that many boys

will desire to become out-of-door men, woodsmen, amateurs of sport solely through their camp experience as children. And it is to be hoped even more, that girls will see in the simplicity of camp dress possibilities of plainer clothing for women, and particularly such clothing as will permit more normal and healthful limb movement. Surely it is only custom which refuses to recognize that women are bipeds, or that they need not lose any of their femininity because they wear bloomers or overalls.

Camp housekeeping should prove that one may keep house and be happy with the very simplest routine, with practically no furnishings, and with a general delightful absence of all sorts of "things" which we have come to look on as essentials.

It is regrettable that we are willing to admit such common sense in camp life and refuse to practice it under our usual household conditions. The woman who is continually saying that she has "no time for herself" or who complains that her housework is too complicated and time-taking, should study camp housekeeping as a model. No carpets, no furnishings save necessities, simple meals of one or two staple dishes, and an absence of furbelows—these are the royal road to easy housekeeping.

I have not spoken of the training in practical life which such summer camps should and often do result in. For example, the child makes his own bed, straightens his share of the tent or cottage, and must hang up his personal belongings neatly. He must also pass inspection as to his hair, nails, teeth, etc., and in this way learn that good grooming is not something to be despised, but something to be honored, reduced to routine and done cheerfully. The ideal result is attained when the children carry over this training into the home on their return.

There are so many camps that their choice depends largely on location, and also on the size of the parents' purse. As a rule camps for boys are much less expensive than camps for girls. Camps for small children under ten are most expensive of all. My preference is for the small camp, because I feel that here children will receive more individual attention. A camp of from thirty to sixty is ideal, the smaller number being the better.

Unfortunately many of the camps have taken on themselves fashionable "trimmings" and "extras," so that they compare with the typical boarding school. But it is not at all necessary to thus raise the stand-



"Candy is another of the things that menace the health of our teeth."

ard of camp life. Indeed, I believe it is most unwise to do so, because in this way the chief benefits of camp life are destroyed. There are excellent camps for boys costing about \$150 for the season, and camps for girls for about \$200,

which even this year give all the care, comfort and good food any parent could desire.

Again, it would be my preference if I had a young child to send it to a camp whose specialty is young children, and not to a camp where

there is also a large group of much older children. Children differ so widely in the ages under ten and those from ten to fifteen, that it requires entirely different handling and care to meet the best interests of these separate groups.

The Secret of Good Teeth

By Lina Cavaliere,
The Most Famous Living Beauty.

WOULD that every modern beauty could possess the wonderful teeth of the ancient Egyptians. As skulls after skulls of ancient Egyptians are dug up many of them show a set of thirty-two pearly teeth, often without the faintest sign of decay. These men had no dentists, no means of any kind for beautifying their teeth, but nature's own methods kept their teeth in perfect order.

The simple life of the savage has given place to the complex life of civilization. The savage had no pickles, but many of us eat them in large quantities and allow their acid in close contact with the hard enamel of the tooth to menace its well-being.

Candy is also eaten in abundance. An excess of sweet soon becomes acid in the mouth after a little while of interaction with the saliva and digestive juices of the stomach.

Excessive vinegar and sugar, and in addition to these infrequent use of dental appliances to counteract their effects, decide the fate of the would-be pearly white teeth of many a modern man or woman.

Tartar is nothing more or less than a rough coating of slime spread across the surface of the teeth. It appears as a result of a poor method of brushing, or of no brushing at all, of too much sweets or acids in the food and, in general, of uncleanly habits.

Tartar is the breeding place of bacteria, which need only the slightest encouragement to start their ravages on the teeth. The heat of the mouth is the incubator for the bacteria and nourishes them to a healthy, happy state. But it makes them thrive at the expense of your own vitality and well-being.

If the tartar is permitted to remain upon the surface of the teeth unremoved one coat of it becomes superimposed upon the other, and in a few months a filthy, slimy, greenish layer is visible. Bacteria are now bred with inconceivable speed, and decay of the teeth goes on with increasing rapidity.

Foul breath is very largely due to the slimy green film upon the teeth. It may also be due to bad digestion as the result of improper diet, badly masticated food or decayed teeth.

Decayed teeth not only affect the digestion, but they also result in abscesses, gum boils, unhealthy

gums and sometimes a sore mouth and lips.

Prevent decay and then you will not need to make repairs. Use as a base for a tooth powder an alkaline which will neutralize the acid in the mouth. Use a powder that will cleanse the teeth of its slimy film without scratching them.

When properly cleansed with such a powder, applied with a small, soft toothbrush of varying sized bristles, the teeth will feel perfectly smooth and the tongue will slide freely across them without encountering any slight obstruction. When the teeth feel like this they are about as clean as they can be and the stiff bristles of the dentist's cleansing brush may be avoided and the enamel saved to that extent.

Never give a horizontal movement to the brush. That only scrubs the surface of the teeth and wears away the enamel, especially the enamel of the canine (or eye) teeth, which has to bear the brunt of the friction. Let your brush move up with an up-and-down movement, so that the bristles can penetrate the crevices and thus remove food particles.

Baking powder is a good alkaline for tooth powder. It is cheap and an effective acid destroyer and cleanser. It is also a good gum protector because of its hardening qualities.

If in spite of your careful habits your teeth decay because of natural wear and tear have them repaired at once, for decay of one tooth starts several more in that direction.

Avoid toothpicks if possible. They make the gums bleed and enlarge the spaces between the teeth by wearing away the enamel. Use a brush if necessary after each meal, or use a thread of cotton instead of the harmful pick.

Your thorough cleaning of the teeth should come at night before bedtime, so as to minimize the evil influence of bacteria in that long stretch of time between supper and breakfast.

If you are in the habit of chewing gum indulge in this pastime only after each meal to help cleanse the teeth by the increase in flow of saliva which is the first of the digestive and incidentally cleansing fluids. Too much chewing of gum causes unnecessary wear and tear of the enamel due to friction, as well as ugly lines around the lips.

Casserole Recipes

By Mary Lee Swann,

The Well-Known Writer and Lecturer on Cooking.

Vegetables in Casserole.

WASH, pare and thinly slice 6 medium sized potatoes. Wash and pare 1 turnip and cut into small cubes. Finely chop 1 or 2 onions. Pick over and wash 1/2 cup rice or small noodles. Have ready 1 cup drained canned peas and 1 cup strained tomato pulp. Arrange all the ingredients in alternate layers in greased casserole dish. Heat 4 cups brown stock and season it with 1 1/2 teaspoons salt, a dash of pepper, 1/4 teaspoon allspice and 1/4 teaspoon paprika. Pour over the ingredients in casserole, cover and cook gently 3 or 4 hours.

Squirrel Casserole.

CLEAN and disjoint 2 squirrels. Broil with salted butter, sprinkle with salt and pepper and place in a greased casserole dish on a bed of unglazed rice. Arrange alternate layers of rice, squirrel, minced celery and diced sour apples until you have used about 1/2 cup rice, 1 1/2 cups celery and 1 cup apple. Cover with boiling salted water and cook slowly until tender. It may be necessary to add hot water from time to time. The apple may be omitted.

Casserole of Salt Fish, Cereal and Pimiento.

COOK 1 cup coarse cornmeal until tender in plenty of boiling water. In greased casserole dish place 1 cup of salt fish which has been soaked over night in cold water. Spread 1/2 cup pimiento pulp on the fish. Pour the cooked cereal over the fish and pimiento. Season 2 cups strained tomato pulp with 2 teaspoons salt and paprika to taste. Pour over the fish, pimiento and cereal and bake in a slow oven about 1 hour.

Casserole of Left-Over Meat and Rice.

BUTTER a casserole dish or large mold and line with cooked rice. Fill the centre of the dish with finely chopped cooked meat which has been well seasoned with salt, paprika, onion juice and lemon juice, and then combine with bread crumbs, slightly beaten eggs and hot water or stock to moisten. Cover meat mixture with rice, cover casserole and steam about 1 hour. Turn out on hot platter, surround with savory or tomato sauce and serve hot.

Lamb in Casserole.

SELECT slices of lamb from centre of leg. Cut 1 to 2 inches thick. Brown evenly in hot frying pan. Spread with melted butter, sprinkle with salt and pepper and bake in casserole dish about 2 1/2 hours. Parboil 1 cup sliced carrots, drain and brown delicately with 1 finely chopped onion in a little beef drippings or bacon fat. Add to lamb. Then add 1 cup potato balls, 2 1/2 or 3 cups brown sauce and a little pepper. Cook until potatoes are tender and add 15 small glazed onions. Serve hot.

Casserole of Beans, Salt Pork and Spinach.

PICK over and wash 1 cup of dried beans and soak overnight. Drain and cover with fresh water. Add 1 tablespoon salt and cook gently until tender. Press through potato ricer. Add 1 1/2 pound finely chopped salt pork, 1 teaspoon Worcestershire sauce and 1 cup gravy, stock or water. Place one-half of this mixture in a greased casserole dish and cover with 2 or 3 cups of chopped cooked spinach, seasoned with 3 tablespoons vinegar, 2 tablespoons of butter and salt to taste. Cover spinach with remaining bean mixture. Bake about 1 1/2 hours.

Chicken in Casserole, Hotel Style.

CLEAN a tender chicken carefully and truss it as for roasting. Place it in a casserole dish with 1 tablespoon vegetable oil, 1 cup of hot stock or water, 2 tablespoons of finely chopped mushrooms or celery, 1 teaspoon salt and a dash of paprika. Cover and cook slowly 2 hours or until tender, basting frequently so that chicken may be moist. Parboil 1 cup of noodles in boiling salted water. Skim off 1/4 cup of the chicken fat, reheat and add 1/2 cup sifted flour. Blend thoroughly and add 1 cup hot chicken liquid and 1 cup rich milk or cream. Season to taste with salt and pepper. A few sliced ripe olives may be added to this sauce. Combine with noodles and serve with the chicken.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Fruit, French Toast, Coffee. Luncheon Cream Cheese and Date Salad, Sponge Drops, Tea. Dinner Mock Birds (Beef), Asparagus, Fluffy Mashed Potatoes, Strawberry Gelatin, Whipped Cream.	Breakfast Cereal, Sliced Peaches, Poached Eggs on Toast, Coffee. Luncheon Sandwiches, Strawberry Shortcake, Tea. Dinner Roast Veal, Browned Potatoes, Green Peas, Rhubarb Sherbet, Cake, Coffee.	Breakfast Cereal, Apple Sauce, Mince. Luncheon Toast, Coffee, Veal Omelet, Luncheon Whole Wheat Bread and Butter Sandwiches, Tea. Dinner Barbecued Ham, Boiled New Potatoes, Buttered Onions, Baked Apple Salad.	Breakfast Cereal, Berries, Baked Bacon, Muffins, Coffee. Luncheon Egg and Green Peas Salad, Corn Starch Pudding, Strawberry Shortcake, Dinner Chicken Ragout, Steamed Rice, Asparagus Salad, Coffee Jelly.	Breakfast Cantaloupe, Fish Balls, Toast, Coffee. Luncheon Emergency Soup, Banana and Peanut Salad, Whole Wheat Bread, Tea. Dinner Broiled Codfish, New Potatoes, Cucumber Salad, Chilled Caramel Custard.	Breakfast Baked Apples, Oatmeal, Soft-Boiled Eggs, Toast, Coffee. Luncheon Creamed Chicken on Toast, Lettuce Salad, Whole Potatoes, String Beans, Raspberries, Supper Bananas, Canned Cherry and Pineapple Salad, Lager Cake, Iced Tea.	Breakfast Fruit, Creamed Dried Beef on Toast, Plum Jelly, Coffee. Dinner Veal Loaf, Scalloped Potatoes, String Beans, Raspberries, Supper Bananas, Canned Cherry and Pineapple Salad, Lager Cake, Iced Tea.

Beauty's Question Box

WILL you kindly tell me of some entirely safe way of removing freckles from a child's face?—MOTHER.

With a small piece of antiseptic cotton apply a little of the following remedy several times a day and at night just before retiring:
Sulphocarbolate of soda .50 grains
Glycerine2 ounces
Rosewater1 ounce
Alcohol1 ounce

DOES brushing the hair tend to make it grow thicker?—S. R.

Most decidedly. Really beautiful hair is nearly always the result of faithful brushing and constant care. Of course, the general condition of the hair is largely a mat-

ter of physical health and of inheritance, yet its attractive texture, thickness and glossy appearance are most frequently the direct product of care and cultivation. A fastidious woman will never retire at night without giving her hair a thorough brushing to remove the day's accumulation of dust.

I HAVE been using cocoa butter to fill out my thin cheeks and have formed a habit of eating it. Is it injurious taken this way, or is it only for external use?—A. N. C.

Cocoa butter is not intended to be taken internally. For external use try olive oil or lanolin instead. You will not be tempted to make a meal out of either.

AS an animal grows older, the muscle fibre becomes tougher, as also does the connective tissue, says Lucile Stinson Harvey in her new book, "Food Facts for the Home-Maker." This also is true of the muscle that has constant use. At the same time, however, the quantity of juice in the muscle fibre is increased and the flavor is developed. A cheap cut of meat is a tough cut, but at the same time a juicy one. Therefore it is preferable for making soup or for the extraction of juice.

Why Some Meat Is Tough

In former times the fatted calf was kept alive until the honored guest arrived, since it was impossible to have refrigerating plants. Because it was used at once it was a tender, juicy morsel. If, however, the guest had been delayed and the meat had to be kept twenty-four hours, it would have been found to be very tough.

This is due to the hardening of the muscle fibre and the solidifying of the juices due to the cessation of the life processes. Because of this fact, meat is hung or kept for different lengths of time, depending upon the variety. This permits the first stage of bacterial action to be-

PLEASE advise me how to restore the ankles and calves of my legs to their normal size. They are now very thin.—MAY R.

To develop the flesh on your ankles and the calves of your legs you must massage them nightly with a good tissue builder like lanolin, olive oil or cocoa butter. Exercise also is most important to round out the underlying muscles. Walk, dance, swim and even run some every day if you can. At least practice stationary running daily in your bedroom while loosely garbed. Lift your knees each time as high as they will go and gradually increase your speed.

gin, which again softens the tissue. With some kinds of meat this process is allowed to go too far, as, for instance, with venison and game birds.

Frequently in country regions a farmer butchers his calf and feeds the meat the next day. The housekeeper buying this meat would find it very tough if she used it that day. If, however, she kept it on ice for four or five days she would find it a tender piece of veal.

Chickens also are better if kept after killing two or three days, unless eaten immediately after killing.

Ptomaine Poisoning

By Brice Belden, M. D.,
The Well-Known Physician and Writer.

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These ptomains exert poisonous effects quite similar to those of the vegetable alkaloids, such as atropin, strychnin, etc.

The ptomains must not be confused with the toxins. The toxins are poisonous substances derived from germs in the course of their life and growth. They are the active principles of the germs, to which the germs owe their characteristic effects upon the human system. It is the toxin of the diphtheria germs, for example, which causes most of the mischief when infection has taken place.

A ptomain, however, is derived from an albuminous substance when acted upon by the germs called saprophytes, and derives its composition and properties, not from the saprophytes themselves, but from the substance upon or in which it was produced.

The "summer diarrheas" in children artificially fed upon milk in which saprophytes have flourished are now known to be due to a ptomain called tyrotoxin.

Tyrotoxin also accounts for cheese poisoning and ice cream poisoning and for poisoning by frozen custards and cream-puffs. The refrigerating of ice cream tends to develop tyrotoxin. The symptoms are nausea, vomiting, a sense of constriction in the throat, gripping intestinal pains, headache, chilliness, dizziness and sometimes purging.

Meat poisoning may cause violent symptoms, such as vomiting, intense colicky pains, purging, fever, rapid pulse, nervous prostration, cramps in the calves of the legs and great muscular weakness. Later the temperature may fall below normal and there may be extreme depression, convulsive movements, vertigo, dimness of vision, shortness of breath, stupor, soreness of the mouth, collapse and death.

Tainted meats, as mince-meat, warmed over, veal pie, carelessly kept chicken salad, badly preserved and canned meats, partially decayed sausages and diseased raw or partially cooked meats are especially apt to cause poisoning.

Prolonged cooking does not necessarily destroy the ptomains in infected meats. Fresh meat that has been thoroughly cooked may become infected just the same as raw if kept under bad conditions. Fish poisoning is due to the development of ptomains in tainted preserved and canned fish, eels, oysters, mussels, crabs and lobsters. There are sometimes marked manifestations, resembling cerebrospinal meningitis, convulsions and paralysis being conspicuous symptoms. There may be dryness and constriction of the throat, dizziness, labored breathing, disturbed vision, jerky speech or loss of voice, rapid pulse, numbness, coldness of the extremities, dilated pupils, inability to control various muscle groups, collapse and death. In some cases there may be cholera-like symptoms. In others there may be redness and itching of the skin, with hives, delirium and a livid color have also been noted.

Certain simple measures may prove life saving if applied while awaiting the doctor's arrival. Elimination of the ptomains may be assisted by a thorough washing out of the intestinal canal. If there is prostration the aromatic spirits of ammonia may be used to combat it in thirty-drop doses repeated every twenty minutes and well diluted with water. In mild cases castor oil (one ounce) may be used. If there is reason to believe that the offending material is still in the stomach an emetic should be given—a heaping teaspoonful of mustard in tepid water will do very well. When the doctor comes he will probably wash out the stomach and give remedies antidotal in their effects on the ptomains.

The importance of food supervision as a measure of preventive public health is obvious. The average citizen does not realize how deeply he is indebted to the public health authorities on this point alone. Were it not for this supervision ptomain poisoning would exact a fearful toll from our citizenship in the form of suffering and death.