

Health, Beauty And The Home

How Do You Wash?

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

PROBABLY if I asked any woman the one task most full of drudgery in the home she would say "washing dishes." But I am sure that she would put "washing clothes" as the next job entailing the most drudgery, being the most degrading and the one that she would like to put off on to a hired worker if she could.

I believe that this view is a remnant of the traditional idea of washing on a board. For centuries (ever since Eve washed her fig leaf on a flat stone) women have sought to get clothes clean by the friction method. They have seemed to feel that the more they rubbed the more easily dirt left the clothes. And so we have had an evolution of corrugated board and washers with a "milk stool" or boards based on this same rubbing principle.

Another old idea was that one has to do the work in a sloppy, steaming place, that a large quantity of boiling water is required, and that the whole process is unusually "hard" and accompanied by excessive heat and slop.

To-day, however, we are beginning to see an entire revolution in washing methods. We are learning that it is not the rub, but the strength of the soap solution used and the exact steps followed that bring good results. Probably one of the first of these totally different ideas is that it is not necessary to soak clothes over night. A soaking of three or four hours will accomplish all that could be done in an overnight soak. In other words, it is possible to remove soil from clothing without having the extra labor of soaking, queuing out the dirty water and the extra handling that this involved.

The second revolutionary idea is that to get clothes clean we do not need boiling water. On the contrary, boiling water sets the dirt, and it is much better to wash in tepid water and then rinse or scald in boiling water, which thus acts as a bleach. Many women may not believe this, but it has been proved by test and experiment. It is possible to wash dirt out by using only tepid water if the soap solution is strong enough and if the clothes are later given a scald-bleach.

What is a soap solution? Again the old idea used to be that rubbing with a cake of soap on the garment removed the soil. That is, a friction method was employed. But it has been shown that the efficiency of soap is far greater if the soap is shaved and completely

dissolved in water and this solution used in place of cake soap. The reason is quite apparent—all the substances of which the soap is composed are let loose in the water and are thus more active and powerful than when applied in solid form.

It is very easy for any woman to make a soap solution by shaving any good laundry or white soap into about two quarts of water, bringing to the boil and using in this form. To such a solution the desired amount of washing soda, borax or other cleansing agent may be added.

With these revolutionary ideas in mind—namely, no need for long overnight soaking, no need to wash in boiling water and the use of a solution instead of bar soap—washing at once becomes robbed of most of its terrors.

As I have perhaps said before, the three pieces of equipment which every modern home should possess are a washing machine, a vacuum cleaner and a fireless cooker. Probably of all these the washing machine removes the largest amount of drudgery.

As is so well stated in many advertisements, it is possible to have a batch of clothes washing in the machine while the housewife is eating breakfast or doing some other work. At most it requires but three loads to complete the usual family wash. If a wringing or other automatic wringer is used this also removes much of the manual drudgery of wringing by hand or the effort of turning a hand roll wringer.

A short soaking in a soap solution may precede washing in a machine. However, the clothes should be soaked in the machine, as this will save handling from a tub back again. But soaked clothes lessen the strength of the soap solution used for washing, and hence it is preferable not to soak at all, but to drop the clothes quickly into tepid suds and begin washing.

I wonder how many housekeepers know "powdered soap"? This is regular soap pulverized at the factory. It is not in any sense a washing powder, but owing to its being so finely pulverized it is far more effective than the usual bar soap. It can be bought in large packages.

This season delicate crepes and muslins are much used for Summer dresses. They require the most care in laundering. It is a mistake to suppose, however, that all of these dresses need to be dry cleaned at a high cost. By the use of various powdered soaps or flakes of guaranteed purity even such deli-



Famous Beauties of Stage and Screen, No. 2—ARLINE CHASE.
(Photo by CAMPBELL STUDIOS.)

cate fabrics can be washed safely by the amateur.

There is also a fine art of pressing which every housekeeper can

follow if she will. Many a time a dress seems dirty when really it is only mussed, and a pressing will entirely revive it. The use of

whiting or French chalk, borax, cornstarch and other dry cleaners may be followed to great advantage with such delicate fabrics.

Making Hair Grow

By Lina Cavallieri,
The Most Famous Living Beauty.

WHEN I find I am not looking so well as usual I study myself carefully in the mirror, seeking for the defect that has somehow marred my appearance.

Then it is that I note my hair is not arranged so prettily nor so becomingly as usual. It does not respond readily to the brush; it lies lifeless under my fingers, and instead of being a live, fluffy, glowing mass it has diminished to a wisp scarcely larger than my two fingers. It is as though some witch in a rage had plucked it, hair by hair, from my head as I slept.

But that has happened too often to give me alarm. Once I wept over it. I thought I was to become as the shiny-headed men that sit in the first rows of the opera and stare at the shapely legs of the chorus girls. But that was long ago. Now I know when my hair shows these symptoms that it is dead, but only temporarily, and that with care I can resurrect and make it live again.

With this lifeless condition of the hair I have always found two corresponding conditions of the scalp. The scalp is hot and dry. Also, the brushing reveals dandruff—light, fine and profuse. It is a condition that must be corrected.

First remove the dandruff. Hair cannot grow well when that fine, light powder lies upon the scalp, obstructing its pores. To rid one's self of it the hair must be washed not once but often.

I resolve upon washing it every day for a week. I choose the time when I have had my bath. In the water I have dissolved a cake of the best soap I can get. If it is pure castile all the better. I part my hair, dipping a small brush the size of an ordinary toothbrush into the water, and rub the parting vigorously. I part it again and rub that parting, and the next, scrubbing it strenuously with the brush dipped frequently into the soapy water.

When this has been done I empty the bowl, and in a second water, in which the other half of the cake of soap is dissolved, I wash my

hair again, but this time rub the scalp not with the brush, but with the fingers. Then I rinse it again and again until the water is as clean as when it runs from the faucet.

Now comes the problem of drying it. The hair that is dried in the hot funnel becomes brittle and cracks. If it is dried by draughts of cold air its owner contracts neuralgia. It should be dried first by a brisk toweling. The towel should be rubbed quickly through the hair and upon the scalp, taking the first dripping stage of moisture from each of them.

The remainder of the drying should be done in the open air if possible. If not, use the heat of the hands. With the tips of the fingers every bit of space on the scalp should be rubbed until dry.

As the scalp dries the hair dries, too. Finally, that the hair may not hang together in matted strands, but stand fluffily, each hair for itself, there should be the last stage of the drying. This is the rubbing of the hair, strand by strand, between the hands. Even one single shampoo, done in this fashion, will prove that the hair that seemed to be dead is, after all, very much alive.

After the drying the hair should, of course, be brushed—adequately brushed. But there are curious ideas among some women as to what is adequate brushing. Some friends of mine give the hair one hundred—even two hundred—strokes. I think this is too many.

Excessive brushing drags upon the hair and loosens its roots. Forty or fifty strokes of the brush I believe to be quite enough. Less brushing, more massaging, is what is needed by most heads, especially the heads on which the hair is thinning.

When you have finished brushing the hair there should be massage—dry massage preferably. If you begin with dry fingers, as you should, you will find that your fingers soon become oily. The sebaceous glands yield their contents quickly to the pressure of fingers and the released oil softens the hair and sets the tide of growth pouring into it.

Beauty's Question Box

PLEASE tell me how to keep the hair in curl?—A. B. C.

Below is given a formula for a tested curling fluid that will easily keep your hair in curl on damp days, provided you put your hair up on curlers the night before. Have the hair thoroughly moistened with the mixture before rolling it up:

Gum arabic ½ ounce
Carbonate of potash..... ½ ounce
Glycerine ½ ounce
Rose water 1 pint
Portugal extract 2 ounces

PLEASE give me a formula for a good flesh-building cream for the face, neck and hands.—B. J. L.

The one given below will be found a valuable aid in building out the shrunken tissues and "plumping" the face and neck:

Oil of sweet almond..... 60 grams
Cocoa butter 12 grams
White wax 6 grams
Spermaceti 12 grams
Oil of rose geranium..... 6 drops

MY face is almost covered with disgraceful-looking blackheads and pimples. Do you know of some simple remedy that one can depend upon for destroying them?—C. G.

Here is a lotion that many have told me gives most excellent results, though it will be found a trifle unpleasant to use. It may be applied several times a day if necessary, but the best time to apply it is at night:

Rosewater 4 ounces
Precipitated sulphur..... 1 dram
Tincture of camphor..... 1 dram

KINDLY print something that will remove small dark-brown freckles from my hands.—VIRGINIA B.

One of the simplest ways I know of to fade out these obnoxious spots, particularly on a fair, delicate skin, is to use a bleaching lotion made up of equal parts of lemon juice and glycerine. The constant daily use of buttermilk is also highly efficacious in removing freckles, especially if a bit of freshly grated horseradish is added. Scrub a teaspoonful of horseradish into a glass of buttermilk and let it stand six hours before using. Apply several times a day.

WHAT tonic should I use to darken bleached hair?—R. T.

Below is an excellent tonic which will help restore the scalp and hair to their normal condition:

Glycerine 2 ounces
Sulphate of quinine..... 1 dram
Oil of cloves ½ dram
Oil of lemon..... 4 ounces
Oil of bergamot..... 1 ounce

MY hair keeps coming out every time I comb it and it has become very thin. What should I use on it?—HELEN H.

Use a castile soap and warm water shampoo once a week for a while and afterward apply the following tonic, rubbing it well into the scalp with the tips of the fingers:

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

I AM a young girl and have a prominent nose. Near the tip of it is a lump of superfluous flesh. Can this be removed by massage?—MILDRED H.

It is seldom possible to change the shape of the nose very materially by means of massage alone, because the size and contour are largely determined by the inner structure of bone and cartilage. This can only be altered by a surgeon's knife. You can, however, massage this superfluous flesh for a few moments daily with the tips of the fingers, rubbing backward and upward toward the inner corner of the eye.

IS there any safe way of reducing my flesh? I am five feet five inches and weigh 174 pounds.—MRS. C. A. B.

If you will be content to lose your flesh gradually, then you may safely undertake some treatment to get thin. A too rapid reduction is generally secured only at the loss of your physical strength and good looks. The simplest plan involves long, daily walks out of doors, and the complete elimination of one of your meals, preferably lunch. If you feel you must have something, eat an apple or an orange to appease that uncomfortable gnawing sensation in your stomach.

Appetizing Menus for the Week

MONDAY Breakfast Blackberries, Corn Omelet, Toast, Coffee. Luncheon Creamed Asparagus on Toast, Frozen Peaches, Cup Cakes, Dinner Mock Sausage, Fried Apples, Scalloped Potatoes, Gingerbread, Whipped Cream, Coffee.	TUESDAY Breakfast Sliced Pineapple, Codfish Cakes, Lyonnais Potatoes, Coffee. Luncheon Corn Chowder, Tomato Soup, Stuffed Eggs, Bread and Butter, Dinner Sandwiches, Berries, Dinner Baked Vegetable Loaf, Savory Sauce, Lemon Sherbet, Sponge Cake.	WEDNESDAY Breakfast Sliced Peaches, Eggs in Shell, Popovers, Coffee. Luncheon Corn Chowder, Brown Bread, Lettuce Salad, Apricot Whip, Dinner Turkish Pilaf, Fruit Salad, French Dressing, Small Baking Powder Biscuits, Lettuce Salad, Sponge Cake.	THURSDAY Breakfast Oatmeal, French Toast, Apple Sauce, Coffee. Luncheon Moulded Vegetable Salad, Cooked Dressing, Blackberry Pie, Dinner Fried Chicken, Paprika Potatoes, Stewed Corn, Buttered Beets, Vanilla Ice Cream, Cookies.	FRIDAY Breakfast Cantaloupe, Minced Chicken on Toast, Oatmeal Cookies, Coffee. Luncheon Russian Spinach Souffle, White Sauce, Baked Bananas, Dinner Broiled Swordfish, Baked Potatoes, Cucumber Salad, Cottage Pudding with Fruit Sauce.	SATURDAY Breakfast Blackberries, Broiled Liver and Bacon, Muffins, Coffee. Luncheon Russian Vegetable Salad, Whole Wheat Bread, Iced Cocoa, Dinner Casserole of Beef, French Fried Potatoes, Chiffonade Salad, Peach Shortcake.	SUNDAY Breakfast Oatmeal, Fruit Muffins, Shirred Eggs, Coffee. Dinner Roast Lamb, Mint Sauce, String Beans, Fricassee Potatoes, Lettuce Salad, Raspberry Bavarian Cream. Supper Potato Salad, Cooked Dressing, Iced Tea.
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Peach Desserts

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

Coupe Melba.

LINE a long-stemmed glass serving cup with sliced ripe peaches. Fill the cup with vanilla ice cream and pour raspberry ice on the cream.

Cornstarch Peach Sauce.

DILUTE ½ tablespoon cornstarch with 1 tablespoon cold water. Add to hot peach syrup in saucepan and boil 3 or 4 minutes. Pour gradually, while beating constantly, on 2 well-beaten egg yolks. Add 1½ teaspoons lemon juice and a pinch of salt.

Peach and Almond Salad.

BLANCH and shred 1 cup almonds. Slice 5 cups ice-cold peaches and mix with almonds. Serve with cream mayonnaise dressing in heart lettuce leaves. This salad is sometimes garnished with candied fresh rose petals.

Peach Compote.

SCALD 2 cups milk and add ½ cup cream of wheat or farina gradually, stirring constantly. When thick add ¼ cup sugar and ½ teaspoon salt, and cook over hot water ½ hour. Add 2 egg whites, beaten until stiff, beating thoroughly. Turn into a slightly buttered pan. Peel 6 or 8 peaches, place in saucepan with ½ cup sugar and ¼ cup water, and cook until fruit is tender. Cut cereal in squares, place ½ peach on each square and cover with peach sauce.

Shortcake Sauce.

BEAT 1 egg white until stiff, add the well-beaten egg yolk, and gradually add 1 cup sifted, powdered sugar, beating constantly. Beat ¼ cup milk and ½ cup cream until thick, add egg mixture and flavor with a few drops of vanilla.

Raw Peaches.

THE skin may be removed without breaking the peach by scalding with boiling water. Sprinkle with a few drops lemon juice and a little sugar to prevent turning dark. Stones may be removed, cavities heaped with powdered sugar and 2 or 3 halves served in a fruit plate. The cavities are sometimes filled with chopped pistachio nuts or almonds and raspberry jam and served with or without whipped cream.

Peach Shortcake.

CREAM ¼ cup butter or substitute, add ¼ cup sugar gradually and 1 well-beaten egg. Mix and sift 1 cup flour with 2 teaspoons baking powder and ¼ teaspoon salt. Add alternately with ½ cup milk to first mixture. Beat thoroughly and bake in a buttered round pan or as individual biscuits. Cool, spread thickly with crushed and sweetened peaches and cover with whipped cream or shortcake sauce.

Peach Pie.

SCALD peaches and drain so that skins may be easily removed. Cut into slices and cook until soft in a little water. Sweeten to taste. Cool and pour into baked crust. Cover with sweetened and flavored whipped cream.

Peach Souffle.

PRESS peaches through sieve and measure out about ¾ cup of pulp. Heat and sweeten to taste. Beat 3 egg whites until stiff and add gradually the hot fruit pulp and a few grains of salt, beating constantly. Turn into a buttered and sugared mold, having it not more than ¾ full. Set in pan of hot water and bake in a slow oven until firm in the centre. Serve with cream or fruit sauce.

Cabinet Pudding.

DRAIN 1 quart canned or cooked peaches. Cut them in pieces and sprinkle with ½ cup sugar and a few drops of lemon juice. Scald 2 cups milk and add ¼ cup sugar mixed with 3 egg yolks and a pinch of salt. Cook, stirring constantly, over hot (not boiling) water until mixture coats the spoon. Remove from fire and add 1½ tablespoons gelatine soaked in 2 tablespoons cold water. Strain, if necessary, and add peach juices. When mixture begins to congeal add 3 egg whites beaten until stiff. Place peaches in a large mold, pour in the gelatine mixture and set in ice box to chill.

Sunstroke and Heat Prostration

By Brice Belden, M. D.

ANYTHING that lessens bodily resistance predisposes one to succumb to effects of exposure to excessive heat. Indulgence in alcoholics, unsanitary surroundings, privation, fatigue of body or mind, worry, emotional excitement, overeating, excessive fretfulness and the wearing of garments not suitable for hot weather, all favor sunstroke if the Summer heat reaches a high point.

Sunstroke is especially apt to occur when work is done under the direct rays of the sun, in an atmosphere that is hot, humid, still and sultry. When workers in foundries, glass works, ocean steamers, stockholes, boiler rooms, steam laundries, sugar refineries, kitchens, etc., are similarly affected while working in places not directly exposed to the sun, but nevertheless close, confined and hot, we speak of heat stroke or thermic fever.

An attack of sunstroke or heat stroke may be preceded by certain premonitions, such as headache, dizziness, nausea and marked fatigue, but very often unconsciousness comes on suddenly without any previous symptoms.

When the attack has actually developed the face is flushed, the skin is dry, the pulse rapid, the breathing noisy and the temperature rises to 105 or 110 degrees Fahrenheit. The muscles twitch and sometimes there are convulsions like those of epilepsy.

Recovery or death may take place within a few hours, or recovery may be gradual and attended by impairment of memory, persistent headache and great sensitiveness to high temperatures. Chronic meningitis may result.

Heat prostration or heat exhaustion results from exposure to either natural or artificial heat. The prostration may be profound, the temperature subnormal and the pulse feeble. In some cases there may be collapse.

Recovery takes place in a few hours of days. Death sometimes ensues if the heart has been weakened by disease.

abdomen or back, numbness and tingling of the hands and feet, coldness, clamminess, pallor, weakness and sighing.

Still another condition is known as heat cramps. It is encountered among men doing hard muscular work while exposed to high artificial heat, especially stockers and workers in iron foundries. There are painful spasms in the muscles of the calves and forearms, which last from one-half to one minute. The attack usually lasts less than twenty-four hours and is followed by muscular soreness and exhaustion.

Preventive treatment of all these conditions is highly imperative in hot weather. Extra precautions must be taken to keep in good condition. Working and sleeping rooms must be well ventilated, oatmeal water should be drunk, hours of rest must be regular and sufficient, alcohol and overeating must be avoided, lightweight and light-colored clothing should be worn and the condition of the skin must be watched and sweating encouraged.

If sweating stops, shelter and rest must be sought. Cool wet cloths or green leaves may be worn inside a straw hat. Hours of labor should be shortened during the hottest part of the day if need be. The majority of cases occur between 2 and 5 p. m.

A sunstruck patient should be placed in a bath of ice water and rubbed with ice, particularly over the head. Ice water injections are effective in reducing the temperature, but the temperature must not be reduced too far. After removal from the bath the patient should be rubbed dry and allowed to rest until the recurrence of high fever indicates another bath. An ice-cap should be applied and cracked ice given. Liquid diet must be given for several days.

The treatment of heat prostration consists in the administration of stimulants, such as the aromatic spirits of ammonia—30-drop doses, well diluted with water. Coffee or strong tea may serve the purpose. The patient should be removed to a cool place, the clothing loosened and the face and body sprayed with cool water. If the temperature drops to subnormal a hot bath is advisable.