

# Health, Beauty And The Home

## The Home Repair Day

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

TO paraphrase a popular slogan: "Do you have a little repair day in your home?" There comes at this period of Summer the need of a general overhauling—or what our fathers would have called a "tinkering"—around the house.

Perhaps some of us remember the happy days when it was possible to secure a plumber or a carpenter or a "handy man" for less than our present annual savings! Alas, these days are no more, and added to the higher prices of labor is a shortage so stringent that it is almost impossible to secure it at any price.

The same situation is general throughout the country and forces me to the conclusion that all of us will have to do our own "tinkering" for some time to come. But why not? Think of the money we will save and the experience we will receive. Doesn't every woman long to hold down a real man's job? Hasn't she always said she could hammer a nail as straight as any one and wished to be a boy so that she could do some "real work" in the world?

This is the great opportunity for every woman to practise mechanical arts by having a repair day in the home. Is there a single home which does not have screws to put up, linoleum to lay, doors to plane, washers to put on and painting of all kinds needed at the advent of warm weather? Let Mrs. Housekeeper don her "womanalls" and "go to it," as the boys say.

But first she needs the right tools. And while the list of these may differ, I believe the following would fulfill all general needs:

Medium-weight hammer, ten-inch screw driver, handy soldering outfit, force pump, three-foot folding rule, scissors, tack puller, small hand saw, assorted size washers, oil can, assorted tacks and nails and a monkey or pipe wrench.

With this outfit she should be able to face all the least serious of household ills. Of course, brushes and a glass cutter and a putty knife and a small plane would also be useful.

I think the manufacturer who would put out a special box of tools for the housewife in some sort of convenient carrying box would have a quick and wide sale. At present it seems to me most women buy ten-cent store tools only because they have not a better selection offered them. The one of two elaborate outfits now on the market are more "basket and outfit" than tools.

Before I start any kind of repair day I would make a list of exactly what had to be done and the supplies needed for each special task. Preferably I would start at the top of the house and work down to save steps and tracking. I would also wear the most sensible clothing, bloomers or overalls, if the work was high or involving the use of a stepladder.

Who said a woman couldn't drive a nail as straight as a man or operate a piece of mechanism as efficiently as that member of the human race who is not ashamed to show that he is two-legged? The old idea that every girl baby is born with an egg beater and a package of needles is all bosh, stuff and nonsense.

This movement against the high price of clothing is gaining headway, as clearly seen by the increased donning of overalls. Would it not be equally popular for the great middle class union of consumers to refuse to pay the present exorbitant prices of repair and do the work themselves? It is impossible for the average family in the class of the clerk, the minister, the college professor to pay such a proportion of their salary for the jobs which keep their house mended and painted and, as the old people used to say, "ship-shape."

Why not let father do it? I hear some readers say. Why expect the housekeeper to add this burden to her already crowded day? I will answer, for several reasons. In the first place, if father can find time after his day's work is done, well and good. But I have long stood against father "doing chores" in addition to his usual business routine, unless said chores are a relaxation! Now, they are a rest to some men; on the other hand, it is piling Osean upon Pelion to add an artisan's labors to the weary shoulders of many professional men.

On the contrary, I think that such small mechanical tasks would present a welcome novelty to the typical housewife who is constantly complaining of the monotony of her cooking and cleaning and mending. Also it is the housewife or mother who can direct the effort of her growing children in this line, not only so that they shall help her, but so that the work shall be a means of training in itself to them in their plastic years.

I am proud that I have a young neighbor who has entirely papered a large living room all by her own efforts, and done it so well, indeed, that any professional might well be proud of the work. She tells me she enjoyed it, and probably it adds to her enjoyment that she had the work done exactly when she wanted to and also has a snug sum saved in her pocket.



Famous Beauties of Stage and Screen, No. 3—PEARL EATON.  
(Photograph by CAMPBELL STUDIOS.)

There are books aplenty on how to do this or that. The "home carpenter," the manual for the handy man and others of that ilk, can be secured in paper covers for fifty cents or so. And in these days of well-illustrated magazines any woman can take a complete correspondence course from the diagrams and helpful practical matter in these pages.

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## Fruit Ice, Frappe and Sherbet Recipes

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

### Lemon Ice.

BOIL 1 quart water and 2 cups sugar 7 or 8 minutes. Add ¼ cup strained lemon juice, cool, strain again if necessary, and freeze, using three parts ice to one part salt.

### Orange Ice.

BOIL 1 quart water and 2 cups sugar 7 or 8 minutes. Add 2 cups orange juice, the juice of 1 lemon and a little grated orange rind. Care should be taken to remove only the outside (the thin yellow coating) from the rind. Cool and freeze, using three parts ice to one part salt.

### Raspberry Ice.

SPRINKLE with 1 cup sugar 1 quart raspberries which have been picked over and rinsed gently with cold water. Cover and let stand for 2 or 3 hours. Mash and strain, add 1 cup water and a little lemon juice and freeze. A little lemon juice improves all fruit ices, since it seems to develop the flavor of the other fruit.

### Pear and Pineapple Ice.

PRESS 1 can pears through sieve and add 1 can grated pineapple pressed through sieve or potato ricer. The ice is more delicate if only the juice of the pineapple is used. Add juice of 1 or 2 lemons. Boil 2 cups water with 2½ cups sugar 5 minutes. Cool and add to fruit. Freeze.

### Peach Ice.

PRESS ripe peaches through sieve and to 1 quart of peach pulp add the juice of 1 lemon and 1 orange. Boil 1½ cups sugar with ½ cup water 2 or 3 minutes, cool and add to fruit. Freeze as usual.

### Currant Ice.

PICK over, stem and wash 1 quart ripe red currants. Mash, add 2 cups hot water and bring slowly to boiling point. Then boil gently until soft. Strain, add 2 cups sugar and stir until sugar melts. Cool and freeze.

### Canned Pineapple Sherbet.

BRING 2 cups water and 1 cup sugar to boiling point. Add to ¼ teaspoon gelatin which has been soaked in 1 tablespoon cold water 5 minutes or longer. Cool and add 2 well-beaten egg whites. Then add 1½ cups grated canned pineapple and the juice of 1 lemon. Freeze as usual.

### Fresh Mint Frappe.

PICK over and wash a small handful of mint leaves. Add to 4 cups water and 2 cups sugar and boil 8 minutes. Strain and add 1½ teaspoons gelatin soaked in 2 tablespoons cold water. Cool and add ½ cup lemon juice and freeze to a mush, using equal parts ice and salt. If a clear green color is desired use vegetable coloring. A very small amount of the coloring is necessary to color any amount of frappe.

### Canned Apricot Ice.

PRESS 1 can apricots through sieve or potato ricer. Dissolve 2 cups sugar in 1 quart boiling water, cool and add to the apricots. The juice of 1 or 2 lemons will improve the ice. Freeze in 2 parts ice and 1 part salt.

### Pineapple Frappe.

BOIL 1 cup sugar with 2 cups water 15 minutes. Add 1 can shredded pineapple, ¼ cup lemon juice and 2 cups cold water. Strain and freeze to a mush, using equal parts ice and salt.

### Cranberry Frappe.

PICK over, wash and mash 1 quart ripe cranberries. Boil them with 2 cups water for 10 minutes. Strain and add 2½ cups sugar. Add the juice of 2 lemons and, if desired, ½ cup of orange juice. Freeze to a mush with equal parts of ice and salt.

### Rhubarb Sherbet.

SOAK 1½ teaspoons gelatin in ½ cup cold water 10 minutes. Add to rhubarb prepared as follows: Wash 2 pounds rhubarb cut in small pieces. Add 2½ cups sugar, 2 cups water and a little finely chopped Canton ginger. Bake slowly until pink in a covered baking dish. After gelatin is added strain, cool and add 1½ tablespoons lemon juice. Freeze.

## Beauty Advice

I AM a blonde and would be pretty but for my eyebrows and eyelashes, which are too light. How can I improve them? —GLADYS F.

Your eyebrows and lashes can be darkened by massaging them daily with lanolin, which stimulates their growth. If that does not darken them quickly enough then you can massage them with the following mixture, exercising particular care all the while that none of it enters the eye itself:

Sulphate of quinine....10 grains  
Oil of sweet almonds...2 ounces

MY hands are extremely thin because of constant piano practice. How can I plump them? —J. H.

The treatment essential to plump the hands involves chiefly a gentle massage of them every night with almond oil or lanolin. Olive oil, also, helps to put on the needed flesh. These oils will nourish the skin and the underlying tissues in a remarkably short time, provided you give your hands faithful attention and are sure that the unguents are well rubbed in.

HOW can I bring back the color to my hair? It was light brown until I used a wash which turned the bottom all gold, but left the roots black. —DOROTHY L.

There is but one consolation left for you. Now that the mischief is done you must simply wait until the natural color is restored of itself. This will take some time, but if the hair follicles are uninjured you may expect the restoration of its color within from three to six months at least. To hasten the process massage the scalp daily with a very small amount of olive oil.

KINDLY tell me how to lengthen my eyelashes. They are very short and none of the many remedies I have tried will make them grow. —JUNE.

It is only by the exercise of the most faithful attention and daily care that the eyelashes will show any signs of improvement. Massage the lids every day with a little lanolin. If they do not begin to grow, apply this stimulating tonic instead, taking particular pains that none of it gets into your eyes:

Olive oil.....1 ounce  
Tincture of cantharides...½ dram  
Oil of nutmeg.....¼ ounce  
Oil of rosemary.....¼ ounce

## Love, Courtship and Marriage Problems

Solved by Leonore Carfax

MY husband was a most considerate lover. He seemed to know instinctively those little attentions which a woman's nature craves. Since we are married these have all dropped from him like a cloak. He lets me walk on the outside of the pavement. He never thinks of assisting me on with my coat unless I ask him to. He opens a door and goes in and lets me follow as I choose. I am so sensitive to this change in his manner toward me that I sometimes wonder whether he cares for me any longer. Do you think this is a sign he does not? —O. O.

It is quite desirable that husbands should retain the gallantry of lovers, but, alas, few of them do. Perhaps it is because men prize those little attentions so little themselves that they feel they can afford to drop them in view of the more substantial favors which their position as husbands confers. It is necessary to look at these more or less superficial attentions through a man's eyes and realize that often the more sincerely a man cares for a woman the less he thinks of demonstrating it by flirts and fancies and conventionalities.

MY husband objects to my smoking cigarettes. All the women in my set do, and I have become so used to smoking that I cannot do without it in the home. Do you see any good reason why women should not smoke as well as men? —C. G.

The majority of such questions

have to be decided along the lines of custom and instinctive feeling. A thing need not be inherently wrong, and yet it may so violate another's sense of fitness that it has the same disastrous effect. It is much easier for me to understand why it is revolting to your husband to see you smoke than it is to demonstrate why nicotine belongs to the masculine rather than the feminine gender. The very fact that this smoking is becoming so indispensable to you is a warning in itself for you to give it up. Moreover, I consider it imperative, even to the point of personal sacrifice, for a wife to live up to her husband's standard of refinement in women.

MY husband was a widower before I married him, and now he insists upon my doing everything the way his first wife did. Don't you think a man should allow his wife to carry out her own ideas in the home? —MILFORD.

I certainly do. It would be almost as unreasonable for you to insist upon your husband's running his business the way your father did his. You are perfectly in the right, but unfortunately to be right is not enough when you are married. You must be able to convince the other member of the partnership that you are right. I know of no better way to do this than to listen patiently while your husband extols his late wife's ways and then work out such an obvious improvement on her methods that he will be forced to acknowledge the improvement. A wife sometimes has to compete with the dead as well as the living.

I HAVE entire confidence in my husband and do not in the least fear his loyalty to me, but I consider that a wife has a perfect right to open her husband's mail. My exercising this right has been, however, a constant source of friction in our domestic life. My husband says he is quite willing to tell me all about his affairs, but that, as a matter of principle, he resents my opening his letters as an intrusion upon his personal rights. Do you not think that a husband and wife should share everything in common? Is not being so particular about one's personal rights contrary to the true spirit of marriage? —L. L.

No; I surely agree with your husband's stand in the matter. Your entire attitude toward marriage seems wrong. It looks as if you fear you will lose your footing if you do not insist upon certain "rights" which you have arbitrarily chosen. As a matter of fact, you have chosen the very course which will lead to disaster. The very act of marrying requires the surrender of a great many individual rights which are enough of a strain as it is. Then why should you insist upon straining the relationship still further? You had better stop thinking so much about your rights and think a little more about your duties. Marriage never entitles either party to take a strangle hold on everything that belongs to the other.

## How to Take Care of Fish

WHEN fish comes from the market it should be removed from the paper in which it is wrapped and placed on a plate before it is put into the refrigerator. If it is left in the paper the juices are absorbed by the paper, says Lucile Stimson Harvey, author of "Food Facts for the Home-Maker."

Before it is used care should be taken to see that all the scales are removed. These can be scraped off with the back of a knife, beginning at the tail. The fish should also be

carefully washed by wiping it with a clean piece of cheesecloth wrung out from slightly salted water. The fish should not be allowed to stand in water.

Like all protein food, fish becomes tough and leathery if it is subjected to high temperature in cooking. If it is boiled the water must be boiling vigorously before the piece of fish is dropped in. This sears the outside of the fish and helps to prevent the loss of juices. A tablespoon of vinegar or lemon juice added to the water will also help in the searing process.

Boiling at best is a wasteful way of cooking fish, as much of the juices of the fish are lost in the water. It should be used only when the piece of fish to be cooked is a compact one, like a solid chunk of salmon or halibut.

If the fish is baked, the oven should not be hot enough to dry out the fish. White fish that are lacking in fat, such as cod and haddock, are improved on baking by the addition of salt pork.

If the fish is split, or is a small one, broiling is an economical way of cooking it.

## Appetizing Menus for the Week

| MONDAY                                                                                                                                                                                | TUESDAY                                                                                                                                           | WEDNESDAY                                                                                                                                                           | THURSDAY                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                                 | SATURDAY                                                                                                                                                                                   | SUNDAY                                                                                                                                                                                |
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| Breakfast<br>Cooked Fruit,<br>Cereal,<br>Tomato Omelet,<br>Buttered Toast,<br>Coffee.                                                                                                 | Breakfast<br>Cantaloupes,<br>Oatmeal,<br>Broiled Bacon,<br>Corn Muffins,<br>Coffee.                                                               | Breakfast<br>Baked Apples,<br>Cold<br>Steamed Rice,<br>French Toast,<br>Jam, Coffee.                                                                                | Breakfast<br>Cereal,<br>Sliced Bananas,<br>French Omelet,<br>Toast, Coffee.                                                                                                       | Breakfast<br>Pineapple,<br>Fish Balls,<br>Tomato Jam,<br>Muffins, Coffee.                                                                                                                                              | Breakfast<br>Berries, Oatmeal,<br>Shirred Eggs,<br>Toast, Coffee.                                                                                                                          | Breakfast<br>Melons,<br>Cereal,<br>Soft Boiled Eggs,<br>Toast, Coffee.                                                                                                                |
| Luncheon<br>Stuffed Eggs<br>au Gratin,<br>Muffins,<br>Sliced Peaches.<br>Dinner<br>Stuffed Breasts<br>of Veal,<br>Steamed Rice,<br>Currant Jelly,<br>Coffee Sponge,<br>Whipped Cream. | Luncheon<br>Vegetables in<br>Casserole,<br>Sliced Tomatoes,<br>Blueberry Pie.<br>Dinner<br>Veal Salad,<br>Green Pepper<br>Rings,<br>Rice Pudding. | Luncheon<br>Green Corn<br>Pudding,<br>Spinach Salad,<br>Muffins,<br>Iced Tea.<br>Dinner<br>Braised Potatoes,<br>Mashed Potatoes,<br>Steamed Squash,<br>Fruit Salad. | Luncheon<br>Green Corn<br>Pudding,<br>Spinach Salad,<br>Muffins,<br>Iced Tea.<br>Dinner<br>Hamburg Steak,<br>Potatoes,<br>Sliced Tomatoes,<br>Caramel<br>Blanc Manger,<br>Coffee. | Luncheon<br>Baked Peppers<br>stuffed with<br>Bread Crumbs,<br>Lettuce Salad,<br>Prune Jelly.<br>Dinner<br>Boiled Halibut,<br>Egg Sauce,<br>Mashed Potatoes,<br>Buttered Beans,<br>Sliced Cucumbers,<br>Deep Apple Pie. | Luncheon<br>Croquettes,<br>Apple, Pineapple<br>and<br>Banana Salad.<br>Dinner<br>Roast Beef,<br>Boiled Potatoes,<br>Corn Pudding,<br>Apple Snow,<br>Whipped Cream<br>and<br>Custard Sauce. | Luncheon<br>Cold Roast Beef,<br>Potato Salad,<br>Sliced Tomatoes,<br>Junket<br>Ice Cream,<br>Cookies.<br>Supper<br>Egg Sandwiches,<br>Tomato<br>Sandwiches,<br>Baked<br>Cup Custards. |