

Health, Beauty And The Home

Canning for Thrift

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

LATE Summer and early Fall are the housekeeper's harvest time. Then it is that she begins to find tomatoes, beans, corn and all the pickle products at their zenith. It is true economy for her to do even a small amount of canning and no one will deny the superior flavor and other desirable qualities of the jars with which she may fill her pantry shelves.

By this time surely there is scarcely a housekeeper who is not familiar with the simplest, easiest and most dependable way of canning—the famous cold-pack method. After years of testing this has become the Government standard and has been demonstrated by expert after expert and by thousands of women to be successful.

Let me suggest that any woman who wishes to practice canning this season, first of all send to the Department of Agriculture, Washington, D. C., for Farmers' Bulletin No. 839. This booklet is written by O. H. Benson, the man who developed and taught the cold-pack method in every section of the country with such wonderful success. It gives in plain simple English the details of cold-pack canning, details which every woman would like to know.

In all home canning, glass jars are preferable because they can be used year after year and because they are much easier to seal. Choose the type which has a glass top fastened by a spring. Do not use the old-time "Mason jar," nor another type where the lid is a metal composition material which can be used only once, because it is too expensive a jar.

Renew the rubbers each season. It is certainly worth a new rubber to insure the contents of the jar. If the slightest bit of air creeps in between the rubber and the jar the contents will spoil. It is the entrance of the bacteria from the air which often starts fermentation and spoiling. When this is not the case the contents have been properly sterilized and thus the fermentation will set up from within. In either case the results are disastrous.

Let the housekeeper get rid of the idea that canning is "such a lot of work." It is not any more work than making an elaborate dessert

or doing embroidery or anything else which women do. For the woman in the smaller house it is not necessary to do such a quantity of canning at a time. One housekeeper known to the author never cans more than three or four jars at a time. She gets the fruit or vegetable when fresh, prepares it instantly and sets it to sterilizing while she is washing dishes or doing other household duties. By always keeping the jars clean and in a convenient place there is little trouble involved.

It may be said that owing to the high price of sugar and the high price of foods it is hardly worth while to go to the trouble of canning at home. However, it must be recalled that no sugar is used in the canning of any vegetable (with the exception possibly of corn), and hence the canning of vegetables will not be affected by the sugar situation.

To follow canning on a business basis it will be necessary to take the market at its lowest—that is, to study carefully the time when the crops are at their fullest or "peak" locally and buy at this lowest price. For example, there is a period of a week or ten days when tomatoes are more plentiful and cheaper than at any other time. One half-bushel basket bought then will total a large number of jars at a very low cost per jar.

There are many fruits, too, which need no sugar at all, but which may be canned with water—apples, sweet berries, certain peaches, etc. Also any fruit may be canned in clear water and the necessary sweetening added after the can is opened, and when, possibly, as we hope, the price of sugar will be down. Do not forget this point.

Further, if the housekeeper will take pains to not she will observe that to-day even the highest brands of commercially packed fruits are not put up with sugar, but with corn syrup or glucose. I recall opening a jar of fancy peaches and distinctly noting the peculiar quality of the syrup which glucose produces. The home canner likewise may use corn syrup with excellent results and with a great saving over the present high sugar cost.

And don't forget also that it would be a most excellent thing if we all made our "sweet tooth" a



Famous Beauties of Stage and Screen, No. 4—MARION DAVIES.
(Photograph by CAMPBELL STUDIOS.)

little less sweet. It is just habit to require our food so highly sweetened. An excess of sugar really destroys the natural fruit flavor and neutralizes the excellent results of the fruit salts. Why can we not eat a perfectly ripe peach with no sugar at all? Suppose it does seem a little "acid" and sharp. It is just this "sharpness" which supplies the excellent tonic quality that the system demands and should have.

If canning seems "hard work" apply the principle of "team work" to it. In possibly no other task in the home can we apply so much in-

terest, and even fun and pleasure, as by having the canning shared by two or more persons. What may seem a long and tedious task becomes pleasant, social and stimulating when shared by two or more. If ladies can find charm in following an embroidery pattern in the company of a half-dozen others, why not apply the same principle of group work to canning?

This is the idea which was back of the old-fashioned "quilting bee" and numerous other tasks which were shared by a number of women. It is excellent in its psychology, this turning of work into play.

It has been followed out successfully in the various mother-daughter clubs, girls' canning clubs, etc. in the various States. Get up a canning party and invite your neighbors in!

Of course, the greatest economy in canning is found where the product is grown by the "canner." When a ten-cent package of seed will yield fifty feet of beets, carrots, string beans, etc., and these fifty feet will yield about a dozen cans, it is not a difficult lesson in arithmetic to show how profitable the raising and canning of vegetables at home can be made.

Beauty's Clothes

By Lina Cavaliere,
The Most Famous Living Beauty.

WHEN selecting your wardrobe for the coming season I would like most of all to have you think more about your individuality than about the passing fashions. My advice is quite disinterested when I tell you that while choosing your hats and wraps, your gowns and gloves, you must try to be as self-centered as possible.

Self-centeredness is excusable when one is shopping. And it is truly in the direction of economy, for if we think steadily of ourselves we will not purchase a garment in which another woman would look adorable, but ourself ridiculous. Now would you order a hair that will prove so unbecoming that we will be obliged to give it away after once or twice wearing it?

Keep in mind, after your own individuality, certain art principles that apply to dress. This is a good one as to color. "Dress up to your eyes, your hair or your complexion." Permit me to explain. If a girl has brown eyes she may not always wear brown gowns. But she can be exceedingly careful to wear no tint that will make her creamy skin look sallow. For her, it is obvious that creamy shades will be vastly becoming, because they harmonize with her complexion.

If a girl has red hair she will be wise if she wears shades, regardless of the popular tint of the moment that will draw a hair that relief—as blue, green or black. If a woman has Irish eyes—that fascinating mixture of blue and gray that holds in its depths much of infant innocence, yet much of worldly wisdom, deep eyes that attract because they are inscrutable—she will look her best in gowns that match her eyes, the same indeterminate blue and gray.

Think of yourself steadily and not tenderly in the selection of all your gowns. If you are thin and active, soft materials, as chiffons, crepe de chine, light weight silks, pongees and the like will be becoming. If you are of heavier build, heavier silks and broadcloths are more expressive of your personality and so more becoming.

Do not forget that the dividing line between the skirt and the bodice is ugly. If you cannot have

a one-piece dress then hide the dividing line by a girdle. If you are inclined to be stout, let the girdle be of the same shade and material as the gown. If you are slender then you may safely wear a girdle of a more striking hue and of different shade than your gown.

Artists have long recognized the beauty of the straight line, and it is well for you to keep this fact in mind in selecting your clothes. Parallel lines running lengthwise are the best lines of beauty in a dress because they consistently follow those of the figure.

For this reason a gown whose pronounced lines are from the shoulder, the drapey curving only slightly at the waist, gives the utmost grace and beauty to the figure. Trimmings that run around the figure always lack beauty, and if of contrasting material they have a thoroughly ludicrous effect.

I am very partial to the high girdle because it gives a semblance of greater length to the limbs. Naturally, however, the girdle, if not of the same color and material, should not be of too glaringly the opposite except when a pronounced color contrast is sought.

Remember that stiff effects are always inartistic, so avoid the appearance of being trussed up, as a fowl in the oven, or a soldier on parade. For this reason, too, I would always shun the too-tight sleeve, skirts or gloves that fashion sometimes tries to make us all adopt. A skirt that is too short and narrow is almost sure to make your gait an awkward one.

It is one of the small merces of the season's styles that we are now permitted the wearing of the loose glove. Loose, comfortable gloves give greater ease to the hands and are far more graceful than the tight ones that give the hand the appearance of being stuffed into it.

The hat, of course, is the crux of all tasteful dressing, but if proper care is exercised to find a becoming shape and one that is very simply trimmed, even this difficulty can be easily overcome. When selecting your hat a bit of brilliant color may be introduced, either in the flowers or the ribbon trimming; but let it not be directly above the face, for it will give to the face the illusion of being pale whether it is or not.

Secrets of Beauty

WILL you please suggest something for an oily skin?—M. M.

Here is an excellent preparation which has been highly recommended for an oily skin. Use a little of it once or twice a day as needed:

Sulphate of zinc.....2 grains
Comp. tinct. of lavender.8 minims
Distilled water.....1 ounce

WON'T you please tell me how to reduce the bust? I have heard that there is no way at all of reducing it safely. Is this true?—B. A. D.

Almost any exercise or system of dieting which will tend to reduce your entire body will likewise have its effect in reducing the bust. Sometimes wearing close-fitting rubber garments next to the skin will reduce this region by promoting heavy perspiration, but I do not approve of any of these more drastic remedies because of the grave likelihood of causing serious trouble later on.

WHAT can I do to make the cuticle on my fingernails look neat and not rise above the bottom of the nail?—DISTRESSED.

Before manicuring them soak the finger-nails for five minutes in a bowl of warm, soapy water to which a few drops of tincture of benzoin have been added. This softens the cuticle so it can be pushed back with an orange-wood stick. Wrap a piece of cotton on the end of the stick and go around the oval very carefully, gently pushing the cuticle back until the white lunula at the base of the nail is plainly visible. Do not cut the cuticle except when absolutely necessary to remove hangnails.

HOW can I make my chin more prominent? It is not full enough to suit me and spoils my profile.—L. C. N.

If there is a decided structural weakness of the jaw there is very little you can do except to dress the hair very loosely and fluffily so that the defect may not be noticeable. Try thrusting your chin forward whenever you can think of it. You must cultivate, also, more strength of character. A strong chin is almost invariably an indication of very decided will power and usually denotes plenty of determination. Sometimes a daily massage with a good flesh-building cream will help.

YOU recommended a recipe containing resorcin and witch hazel as a tonic for the hair. What effect will this preparation have on the hair's color and how should it be applied?—E. W.

The tonic you refer to may possibly tend to lighten the hair a trifle, but its effect will not be very conspicuous. It should be applied twice a week by rubbing a small quantity of the preparation into the scalp, massaging it well into the roots of the hair with the tips of the fingers.

WHAT would you advise for continuous perspiration under the arms? This is extremely annoying as well as odorous.—TROUBLED.

It is not advisable to do anything to stop this perspiration entirely, as a highly necessary bodily function. But you can neutralize the unpleasant effects by the daily application of this antiseptic powder:

Borax.....10 grams
Starch.....10 grams
Salicylic acid.....3 grams
Powdered alum.....5 grams
Talcum powder.....50 grams
Naphthol.....5 grams

CAN you tell me of some way to reduce my bust?—H. C. M.

Because of the danger of inducing the dreaded cancerous growths later I do not advocate any of the more rapid ways of reducing the bust. Why don't you try Indian clubs? Here is a movement that is excellent for pulling the flesh off the bust and shoulders. Every morning upon arising hold the clubs firmly and extend arms at sides; circle them in the shoulder sockets, swinging forward, upward and backward, each arm alternately fifteen times; then reverse motion and repeat.

I AM a woman with a great deal of housework to do and am getting very stout. Do you know of any way I could reduce without taking a lot of medicine internally?—R. S.

It is extremely difficult to diet while you are engaged in looking after the meals for your family, but you can at least be careful to avoid those foods which encourage the laying on of fat, such as potatoes, white bread, fat meats and too many sweet desserts. You must also cut down the quantity you eat and force yourself to take a certain amount of out-door exercise every day.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Oatmeal, Tomato Toast, Coffee.	Breakfast Fruit, Cereal, Buttered Toast, Coffee.	Breakfast Sliced Peaches, Milk Toast, Coffee.	Breakfast Cantaloupe, Graham Muffins, Broiled Bacon, Reheated Biscuits, Coffee.	Breakfast Oatmeal, Blackberry Toast, Coffee.	Breakfast Apple Sauce, Cereal, Eggs.	Breakfast Stewed Fruit, Cereal, Fried Eggs.
Luncheon Egg Salad, Cooked Dressing, Muffins, Iced Cocoa.	Luncheon Mexican Corn Pudding, Whole Wheat Muffins, Cantaloupe.	Luncheon Macaroni and Lettuce Salad, Baking Powder Biscuits, Baked Apples.	Luncheon Roast Beef, Gravy Toast, Fluffy Cornstarch Pudding with Raspberry Sauce.	Luncheon Haddock Farcies, Drawn Butter Sauce, Pineapple and Lettuce Salad, Salad.	Luncheon Apple and Pimiento Salad, Cream Cheese Sandwiches, Iced Tea.	Luncheon Chicken, Stewed Beans, Stewed Potatoes, Sliced Tomatoes, Gelatin.
Dinner Broiled Meat Balls, Stewed Potatoes, Green Peas, Lettuce Salad, Peach Shortcake.	Dinner Cold Roast Beef, Steamed Potatoes, Buttered Squash, Chilled Raspberry Tapioca Pudding.	Dinner Creamed Cabbage, Stewed Corn, Blackberry Sherbet, Sponge Cake.	Dinner Potatoes with Mince Ham, String Beans, each Roly Poly, Hard Sauce.	Dinner Baked Stuffed Egg Plant, Stewed Tomatoes, Corn on Cob, Snow Pudding, Fruit Salad, Sandwiches.	Dinner Baked Salmon Croquettes, Green Peas, Mashed Potatoes, Sponge Cake, Milk Shake.	Dinner Bread Crumb and Cheese Fudding, Sliced Peaches, Sponge Cake, Milk Shake.

Sandwich Recipes

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

Corned Beef Sandwiches.
CHOP cold corned beef very fine. Season to taste with French mustard and spread evenly on brown or white bread.

Egg Sandwiches.
PRESS hard-cooked eggs through potato ricer. Season to taste with salt, paprika, and cooked salad dressing. Spread on thinly buttered slices of bread, press together and shape as desired.

Horseradish Sandwiches.
WASH and cream 6 tablespoons butter and add ¼ cup grated horseradish very gradually. Season with 1 teaspoon lemon juice and a pinch of salt. Spread between thin slices of bread, shape as desired and garnish with tiny rings of pimientos, gherkins or pickles.

Green Pepper and Onion Sandwiches.

FINELY chop ½ large Bermuda onion and 3 sweet green peppers. Drain thoroughly, moisten with a little French dressing and place in ice box to chill. Cream butter and spread evenly on thin slices of bread. Put bread together with the pepper and onion mixture.

Shrimp and Chicken Liver Sandwiches.

PRESS ½ cup cooked shrimps through a food chopper and mix with ½ cup cooked chicken liver, ½ sweet red pepper and ½ Bermuda onion, also pressed through food chopper. Seeds and veins should be removed from pepper. Season to taste with salt and pepper and moisten with cooked or mayonnaise dressing. Spread between thin slices of buttered bread.

Shrimp Salad Sandwiches.
MINCE 1 cup shrimps very fine. Moisten with a little cooked dressing or mayonnaise and season with 2 teaspoons lemon juice and ¼ cup chopped stuffed olives.

Sardine Sandwiches.
WASH and cream ½ cup butter. Remove bones from 6 sardines and pound or wash to a paste. Add to butter and cream together, adding 1 teaspoon lemon juice and a few grains of pepper. If lobster sandwiches are desired add ¼ cup lobster paste to the butter instead of the sardine paste. Color the lobster mixture with a little lobster coral.

Club Sandwiches.

REMOVE crusts from 2 large slices of bread and cut in triangles. Toast evenly. Spread 2 of the triangles with mayonnaise or cooked dressing. Then place crisp lettuce leaves on them. On the lettuce lay thinly sliced cold white meat of chicken, and on this place crisp broiled breakfast bacon and another layer of lettuce. Cover with toast spread with dressing.

Bread and Butter Sandwiches.

WASH butter in cold water and work to a cream. Remove end slices from loaf of bread. Spread end of loaf evenly with butter. Cut off as thin a slice as possible. Repeat until enough for the required number of sandwiches is ready. Put slices together in pairs and remove crusts if desired. Cut in squares, oblongs, rounds, hearts, triangles or any desired shape. The creamed butter is sometimes colored delicately with vegetable coloring.

French Chicken Sandwiches.
PREPARE a paste as for eclairs, bake in narrow long pieces, and when well done split and fill with finely chopped chicken, moistened with mayonnaise dressing.

Whipped Cream Sandwiches.
ADD ¼ cup sifted powdered sugar to 1 cup thick cream and beat until stiff. Flavor to taste with a few drops vanilla or other extract. Chill and spread thick between sponge cookies or lady fingers.

Walnut and Cheese Sandwiches.

WASH and cream ½ cup butter. Add ¼ pound grated cheese gradually, mixing thoroughly. Then add salt and pepper to taste and ½ pound shredded English walnut meats. Spread evenly and finish as other sandwiches.

Sunday Night Supper Sandwiches.

WASH and cream ½ cup butter and add ½ cup finely chopped cold cooked veal and ¼ cup finely chopped cold ham. Season to taste with salt and paprika. Prepare as any other sandwiches.

Gelatin Sandwiches.

SOAK ½ box gelatin in ½ cup cold water about 20 minutes. Add ½ cup boiling water and stir until dissolved. Add ½ cup sugar and strain if necessary. Then add 2 tablespoons lemon juice and ¼ cup other fruit juice (orange, strawberry, raspberry, etc.). Mold in large sheet, ¼ inch thick. Place between thin slices of sponge or other plain cake and serve with cold fruit juice drinks.

Problems of Love

Solved by Leonore Carfax

I AM a stenographer and have been engaged to a young man for two years. He makes only \$15 a week and we both realize that is not enough on which to marry. He has been expecting a raise, but never gets it, and he now thinks I ought to be willing to marry him and go on working in the office. My parents are very much opposed to my doing this. What do you advise me to do?—S. J.

I am inclined to think your parents are right in this matter. There is no objection under certain circumstances to the wife's working to add to the family income, but when she is forced to do this as a condition of marriage the prospect is not very bright. If your betrothed has reached the limit of advancement in his present position he ought to try to secure one with a better future. Certainly he ought to resort to night work and even forego the idea of marriage altogether rather than ask you to help him out on his part of the marriage contract.

I HAVE been supporting my mother and myself since my father's death a year ago, but I am not strong, and I am constantly haunted by the fear that I will break down and we will become objects of charity. A middle-aged man in good circumstances wants me to marry him and promises to take the best of care of my mother. I am tempted to accept his offer even though I do not love him. It would be very different from what I had always imagined marriage should be, but perhaps I am too much of an idealist. Do you think I should take this easy way out of my difficulties?—ANN.

No, I am afraid that what you call the "easy way" would prove the hard way, after all. Just because you are an idealist would make it all the more difficult to compromise with the sordid facts of a loveless marriage. There are so many opportunities for girls to support themselves now, and if your present work is too hard for you why not make an effort to secure an easier position? It means mean self-denial and hardship at the present time, but isn't the sacrifice worth while if it enables you to hold on to your ideals until the right man comes along?

WE have been married only a few months and I have discovered that my husband has the most terrible temper. As soon as the least thing goes wrong he begins to smash the china and break up the furniture. Is there any way I can cure him of this fault?—I. I.

Since breaking up the china is only an indirect way of hurting you, the less concern you show for your china the better. In plays, I believe, this is usually accomplished by the wife unobtrusively breaking a few plates herself. Of course, you would hardly want to try this. Your husband doesn't want the china broken any more than you do, but he probably has discovered that this is the easiest way to get what he wants. I should imagine if you walked coolly out of the room it would have some effect, for I never heard of anyone breaking up things when no one was around to watch. It is a sort of "grandstand play," and the sooner such people lose their audience the better.

BEFORE I married my husband I told him an untruth about some trouble in my own family for which I was in no way to blame. I was sure that if he knew the truth he would not marry me. But to cover that first lie I have had to tell so many others that it seems as if our entire married life is nothing but a tissue of lies. I am now living in daily terror lest he discover the true facts back of my first falsehood. Do you suppose it would help any for me to confess before he discovers the truth for himself?—VERA.

The first thing for you to grasp is the fundamental cause of your trouble. You seem less concerned about telling an untruth than you do about avoiding the consequences of your untruthfulness. To tamper with the truth is like playing with fire. Whatever you feared to tell your husband in the first place could not possibly have done as much damage to your relations to each other as has your taking advantage of the confidence he reposed in you. Show your husband that you grasp this principle by telling him honestly and squarely from now on and by telling him the whole truth. It will be the only hope you have of ever regaining his confidence, and a happy married life without that is impossible.