

Health, Beauty And The Home

If Sugar Stays High

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

MY own opinion is that the present shortage of sugar and its ridiculous price are the result of the most stupendous profiteering gamble in history. It was not the shortage of the crop or the foreign demand from which we are suffering. It was pure profiteering to protect the American crop of inferior quality and let the Cuban crop go to England. Also, the candy gentlemen were "in on the game." They bought sugar at the lowest price and are cheerfully on the way to asking \$2 a pound for their wares.

We are facing not a theory but a fact, as every housekeeper knows to her sorrow. We are short of sugar, its price is abnormal and the question is—what can we do?

In the first place we can all decide that we need less sugar than we have been accustomed to using. As statistics will prove, the adult American has been in the past years using about seven times as much sugar as the adult in any other country. Nowhere else have sweet drinks, candy and other saccharine things been so extensively used. Abroad, a few "bonbons" are a rare treat even among the wealthy, but here it is no uncommon thing for us to buy a box of candy every day or two.

How many times have I seen mothers simply cover the children's cereal with sugar. How many thousands of millions of lolly pops have I seen being sucked by children under six who had no business ever eating candy at all? In how many homes is it not the common thing to have a richly iced cake several times a week? All of these habits must go or be greatly modified. We must all definitely resolve not to want so much sugar—to be satisfied and happy with less.

The second step will be to acquaint ourselves to foods which give approximately the same taste or results as sugar. There are first all the sweet fruits. For example, if we eat one or two perfectly ripe bananas, several dried figs or a handful of raisins we will be taking into our system as much sugar as would be gained through the eating of a quarter pound of candy.

Other foods which give approximately the same energy are the products of corn. We get a sugar

comparable to that of the cane from the starch of corn. There is indeed little difference between the sap extracted from the sugar cane and the sap or syrup extracted from the kernel of sweet corn. Corn syrup, corn starch, etc., when taken into the system have a similar stimulating effect to that of the sugar of sugar cane. The corn, of course, has to be changed into a slightly different sugar in the body, but the results are the same.

This is why we should increase our consumption of corn products if our supply of sugar is cut off. Corn starch desserts, corn breads, corn cakes, all the corn products will bring energy and heat into the diet.

The common grape yields as high as 80 per cent of pure sugar. Probably in no other form is sugar more pure. When their season is at its height, eat freely of grapes, not only for their sugar value, but for their other beneficial qualities.

Oranges contain a very high per cent of the purest sugar. Orange sugar consists of levulose and dextrose, and would be perfectly assimilated if injected into the blood. One orange yields 240 food units per pound, while buttermilk equals only 176 units per pint, or one-fourth less than orange juice. But in another way, one pint of orange juice contains nearly the same amount of food units (measured in sugar or heat qualities) as three-quarters of a pint of milk. In other words, the liberal use of oranges will satisfy the sugar craving, and is probably the best way of giving sugar to infants and children.

Dates often have as high as 60 per cent sugar, chiefly glucose or grape sugar. Dates are therefore a practical sugar substitute and an especially good food for sugar for the young child. Figs have a 55 per cent sugar quality, so that one or two of them combined with some dessert of starch will satisfy that hungry sugar tooth.

Let me touch strongly on the point of putting sugar on cereals. From the viewpoint of health, the practice is entirely wrong. Cereals are sweet in themselves. They are almost entirely starch, which is comparable to sugar, so that when we put sugar on them we are simply adding the same quality, which is, I repeat, entirely wrong and unnecessary. In all places where diet



Famous Beauties of Stage and Screen.
No. 5—
GAIL KANE.

is studied, cereals are eaten with butter, with cream or milk only, or with salt, but never with sugar.

Sugar, as is well known, has an affinity with lime. Our teeth are made of lime, hence an extra indulgence in sugar results in more work for the dentist. It is not too much to suppose that the excess of dental work and the abnormal amount of false teeth now sported by middle-aged people is partly due to our extra indulgence in sugar.

How many of us recall some old-timer, some old grandparent, probably of Irish or Polish stock, now hale and hearty at eighty and still showing a good set of strong teeth? Did this individual indulge in box after box of candy all during his growing period? Did his mother lay a thick layer of sugar over his "porridge" when a child? Did he go around with an all day sucker? No, he did not. In his childhood granulated sugar was almost unknown and fully as expensive as it is to-day. He had molasses or "treacle" on his bread, and he probably never ate a piece of candy.

I for one am glad that we have a sugar shortage if it will bring mothers to their senses and make them see the really harmful effects of a high sugar consumption on the part of growing children.

We absolutely do not need all the sugar which we have been using.

Let no one suppose they must break their pocketbook to pay the present high price of sugar. Let's change our national habits. Let's use plenty of starch, molasses and corn syrup. Refuse to pander to the profiteers by using your common sense in this sugar situation.

A Lovely Mouth

By Lina Cavalieri,

The Most Famous Living Beauty.

WISHING to have a beautiful mouth, we must have ever in our minds an image of what we consider a perfect mouth. Because, you know, to be beautiful one must have an ideal of beauty and strive always to reach it.

Of course, ideals and ideas about beauty differ greatly, but there can be very little difference of opinion about the attributes of an attractive mouth. In the first place, it must be well shaped; secondly, it must be red, but not too red, and the teeth must be or seem to be perfect.

If I allowed myself to say what I think of the majority of the women I meet, I should say that their eyes are beautiful, but their mouth is not so lovely. I should say also that their lips are too thin. Many women spoil the appearance of an otherwise perfect mouth by failing to have the defects in their teeth attended to.

The reason for this fault of lips that are too thin and too straight lies chiefly in the character. Many women have immense self-reliance as well as tremendous decision, and these characteristics are written in lips that are so hard they might be carved from pink marble—straight, fine and unyielding.

I would not change those wholly admirable traits of character, but I would use massage to relax the muscles about the lips and remove that hard, drawn expression.

The pleasing mouth has lips that curve from thin outer corners to a ripe fullness at the middle. The sweep should be upward to a fine cleft at the middle of the upper lip. A deep cleft just about the center of the upper lip is one of the recognized marks of beauty.

The lower lip should be straighter and not so full as the upper. Much has been said by many writers in praise of the wonderful beauty of the lips, but there is nothing more expressive or illuminative than "Cupid's bow."

Study the sweep of a bow held in place by a cord. It adheres to the rule, "Curves are the lines of beauty." The curve, wherever found on the human body, is soft and tender. It seems to be the blending of countless curves. So it is with the mouth. I once heard the mouth of a cruel, gossiping woman described as being "like a slit in a stone wall." I thought the phrase a very apt one.

Personally, I believe in allowing the mouth to take care of itself. It is its surroundings, its environ-

ment, so to speak, that is important. Look to the lines from nostrils to lips. See that they are removed by massage.

Massage is good because it restores the circulation. It is like a system of irrigation for waste land. Creases are caused by lack of circulation. The muscles that hold the mouth in a firm line are thread-like, one just above and at the sides of the lips. It is highly important to keep these taut by massage.

As to color, I have said that the lips should not be too red. The normal lips should be precisely the same color as the gums. So they should be a deep pink or a light red. Not blood color, mind you, but at least three shades lighter.

A well-known Italian authority on beauty said the beautiful mouth should habitually be open enough to show five teeth. This is attractive but not hygienic. The teeth are to the beauty of the mouth as the keystone to the arch. Without the keystone there can be no arch. Without lovely teeth the beauty of the mouth does not exist. The lips are a promise of beauty. The teeth are its fulfillment.

The teeth should be regular. They should not be crowded together, and there should be no aggressively noticeable spaces between them. They should be white or cream white. The unromantic truth is that teeth are never really white. But in contrast with the lips they look white, and the more healthy looking the lips the whiter do the teeth look in contrast. Which is the reason, I suppose, so many women think they look more beautiful with frightfully over-crimped lips.

Nothing is further from the truth than this belief. The best way to preserve a good color in the lips is by keeping the bodily health good. If the circulation is defective the lips will be pale. If we become anemic pallid lips will be one of the first signs of our state. To make them healthily red improve the tone of the system by two means. Be sure to sleep enough. You may need eight hours or nine. You yourself know how much you require. Take it.

Also be sure to eat enough nourishing food. Eat often and lightly. Eat of meat sparingly, but depend greatly upon vegetables and eggs. Eggs have much iron in them. So have string beans, spinach and beets. Milk, too, is an excellent builder of new tissues and will go far to correct pallid-looking lips and make them healthily red.

Secrets of Beauty

WHEN I arise in the morning my nose is always so oily that I have to wash it several times before it gets back to a normal state. Please give me a remedy for this unpleasant condition.—H. H.

To correct that oily tendency of your nose you will find it beneficial to dust that feature several times a day with the following astringent powder:

Bicarbonate of soda.....2 ounces
Pulverized orris root.....1 ounce
Pulverized spermaceti.....1 dram
Mix the ingredients thoroughly and keep in a dry place.

I AM very much annoyed with hairy growths and warts on my face. Do you think it would be safe to have them removed with the electric needle?—J. L.

Occasionally an inexperienced or clumsy operator will do more harm than good in the effort to remove them, but, on the whole, you will find this method comparatively safe. More than that, it is the only way they can be removed permanently. But you must be sure to obtain the services of a reliable operator. I cannot refer you to any names and addresses in these columns, but if you will consult any good physician he can advise you where you can get this electrolytic needling process done properly.

MY nose is a prominent one, anyway, but near the end of it is a lump of fat which makes it look a great deal longer. Can you tell me what will make this lump disappear?—MILDRED R.

That extra lump of flesh can sometimes be cut off by a skillful surgeon in such a way that it leaves no scar whatever, and the result more than compensates for whatever pain or inconvenience may be caused by this method. However, if you are afraid to attempt such a drastic remedy you will find it exceedingly helpful to massage the nose upward and backward very gently toward the eyes every day. Below is given an effective absorbent remedy. A little of this, if applied judiciously every day while massaging this feature, will help materially in reducing its size:

Tincture of iodine.....30 minims
Iodide of potassium.....60 grains
Hypo-sulphite of soda.....20 grains
Distilled water.....7 ounces
Anisise water.....170 minims

HOW can I make my hair turn gray more rapidly and uniformly?—A. R.

You can hasten the whitening process of your hair by shampooing it once a week for a time in an equal mixture of plain household ammonia and peroxide of hydrogen. Apply with a sponge or an old toothbrush to the hair and afterward rinse very thoroughly in clear water. In the final rinsing the effect will be greatly improved by the addition of a little ordinary bluing to the water. If the scalp gets too dry from this treatment rub in a little sweet almond oil, taking care to put this on the scalp only and keep it away from the hair itself as much as possible.

WILL you give me a remedy that will be harmless and, if possible, without dieting, to reduce surplus flesh around the hips?—ALMA.

It must be a part of your daily routine to take some exercise in the open air, even if you can manage only a brisk walk of half an hour. Every night before going to bed spend ten minutes in trying to touch the floor with your fingertips without bending the knees. Faithful adherence to this simple exercise will reduce materially your waist and hip measurements. A strenuous daily massage of the hips with the following absorbent remedy will be found helpful also:

Iodide of potassium.....2 ounces
Camphor water.....2 ounces
Alcohol.....2 ounces

MY nose is inclined to get red at the touch of a sharp wind. Will you please advise me how to cure this?—A. E. J.

Cold weather will sometimes cause a congestion of the smaller capillaries thus producing that unpleasant redness. To overcome this you must find some effective means to stimulate your circulation. For this a light massage, with a rotary motion, is sometimes excellent in dissipating the excess of blood in this region. Be sure that you eat none but the plainest of foods and only the simplest of desserts. A strong local remedy like this can be applied once or twice a day if the redness threatens to become chronic:

Pure glycerine.....2 grams
Camphor water.....5 ounces
Tannic acid.....5 grains

Good Ways of Using Sour Milk

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

Sour Cream Ice Cream.

ADD 1½ cups sugar or 1½ cups sifted and sweetened fruit pulp. Set aside for an hour or longer. Add 1 quart thick sour cream and freeze, using 3 parts ice and 1 part salt.

Gingerbread.

MIX 1½ teaspoons soda with 1 cup sour milk and 1 cup black molasses. Mix and sift 2½ cups flour, 2 teaspoons ginger and ½ teaspoon salt and add to liquid ingredients. Add ¼ cup melted shortening and beat thoroughly. Pour into a buttered shallow pan and bake about ¼ hour in a moderate oven.

Doughnuts.

MIX and sift 4 cups flour with 2 teaspoons soda, 2 teaspoons salt, 2 teaspoons baking powder, ½ teaspoon cinnamon and 1 teaspoon nutmeg. Beat 4 eggs thoroughly, add 2 cups sugar, 1½ cups sour milk and ¼ cup melted butter or other fat. Add flour gradually, heating until smooth. Add as much more sifted flour as is necessary to make a dough that will roll easily. Turn ¼ of the dough out on a floured board, knead gently, pat and roll out about ¼ inch thick. Shape with a doughnut cutter, try to get a golden brown in deep fat, drain on unglazed paper and sprinkle with powdered sugar. The little balls cut from centres of doughnuts may be fried in deep fat, sprinkled with powdered sugar and served with afternoon tea.

Sour Milk Corn Bread.

BEAT 1 egg slightly and add 2 cups sour milk, ¼ teaspoon soda and 1 teaspoon salt. Add 2 cups cornmeal and beat well. Add 1½ tablespoons melted butter or lard and ¼ teaspoon baking powder. Bake in a hot greased pan.

Buttermilk Frosting.

PUT ¼ cup buttermilk in saucepan, add ¼ cup sugar and bring to boiling point. Boil until mixture when tried, in cold water forms a soft ball. Remove from fire and heat until thick enough to spread.

Fruit Pie Crust.

MIX and sift 2 cups flour, ½ teaspoon salt, ¼ teaspoon cream of tartar and ¼ teaspoon soda. With a knife or spatula gently work in ½ cup thick sour cream and then add enough water to make a dough. Roll out on a floured board and bake in a rather quick oven.

Bread Crumb Muffins.

MIX 1 cup dry bread crumbs, which have been pressed through food chopper, with ½ cup sifted flour, 2 cups bran and 1 teaspoon salt. Beat 1 egg slightly, add 2 tablespoons black molasses, 2 cups sour milk and 1 scant teaspoon soda. Combine with dry ingredients and beat well. Pour into greased muffin pans and bake about 25 minutes in a moderate oven.

Sour Milk Griddle Cakes.

MIX and sift 2½ cups flour, 1 teaspoon salt and 1½ teaspoons soda. Beat 1 egg thoroughly and add about 2 cups sour milk. Mix well and add gradually to sifted flour. Beat until smooth. Drop by spoonfuls on a greased hot griddle. Cook on one side. When full of bubbles turn and cook on other side. Serve hot with butter and molasses, maple syrup, jelly or marmalade.

Soft Molasses Cookies.

ADD 1½ teaspoons soda to 1 cup molasses and beat well. Add 1 cup sour milk and ¼ cup melted fat. Sift 1 cup flour with 2 teaspoons salt and beat into the liquid ingredients. Add sufficient sifted flour to make a dough that will drop from spoon. Set in ice box overnight or for several hours. Then turn out on lightly floured board and roll gently about ¼ inch thick. Cut out and bake in a moderate oven.

Boston Brown Bread.

MIX 2 cups sour milk with ¼ cup black molasses. Add 1 teaspoon soda, dissolved in 1 tablespoon warm water, and heat in 1 cup rye meal, 1 cup graham meal or flour, 2 cups cornmeal and 1½ teaspoons salt. Beat thoroughly. Grease 3 or 4 pound baking powder or coffee cans and divide batter evenly into them. Steam for 1½ or 2 hours. A few chopped dates or raisins may be added if desired.

Problems of Love

Solved by Leonore Carfax.

I DO not think it is right to eat without saying grace. My father always said grace and I always supposed my husband would do the same. He, however, positively refuses. I am very unhappy, for I realize the longer we continue in this fashion the harder it will be to re-establish our home life on the proper footing, as I am determined to do. What would you advise?—M. M.

Saying grace is, of course, a matter of training and religious belief. Just because your father said grace is not a sufficient reason to expect your husband to do so. It would be quite ideal if he would conform to your wishes in this respect, but it will never do for you to antagonize him on so delicate a subject as this. Why don't you say grace yourself? Many women do, and I am sure your husband will respect this religious observance of yours.

MY husband is a high-salaried man, but he refuses to give me any spending money. Everything I buy has to be charged to his account, and he goes over the bills carefully at the end of the month before he pays them. I have been humiliated so often while out with other women by being unable to do my part in paying for afternoon teas and other social exchanges. Sometimes I have even had to borrow carfare. I feel I cannot endure these conditions much longer. What shall I do?—M. N.

It is no wonder that you resent the humiliation of your present position. Your husband is doing you a great injustice in treating you like a child who cannot be trusted to spend money wisely. I believe the majority of men who take this attitude are lacking in imagination and incapable of visualizing the humiliating circumstances in which they place their wives. To remedy this defect paint as vividly as you can the various difficulties in which you find yourself placed. If this fails to move your husband could you not manage some time when you are both going out with friends so that he will find himself unexpectedly without any money to do his share in entertaining? It is a rather drastic measure, but he will probably have to pass through the same humiliating circumstances himself before he will be able to comprehend your position.

I HAVE been married only three months, and a few days ago I accidentally came upon a letter of recent date in my husband's pocket, in which a girl is thanking him for an oral ring he had just sent her. Ought I to confront him with this or go on pretending, as I have been, that I know nothing?—A. B. C.

If you are absolutely sure that there is not the slightest chance of your being mistaken in your facts, would not mention the matter to him—at least not at present. You cannot do much with a man when you get him in as tight a corner as that. Doubtless he would inconsistently throw the blame for the whole affair upon your having gone through his pockets, and, of course, you are not quite guiltless in this respect. In the end you will either have to separate or overlook the affair anyway. If you give him enough freedom he will probably come back to you of his own accord. The main importance in this oral ring letter for you is this—that your husband, even though married, you still have to compete with other women for your husband's affection. As you once won him away from all other women you can doubtless do so again.

WHEN my wife married me we were very poor, and no one could appreciate more than I do the way she saved and did all the work herself to enable me to get ahead. But now that I am prosperous and can afford servants to relieve her of household drudgery I cannot induce her to give it up. She thinks no one can keep the house clean enough. No servant can cook to suit her. In this way she is missing all the advantages which our prosperity could bring her. Is there any way to get her out of this rut?—JIM.

Your wife is in the same position as a man who has devoted so many years to business that he can enjoy nothing else. It will take time and patience on your part to create new channels for her energy and activity, but it can be done. I know of one man who weaned his wife away from household help by making her think he needed her help in his office. He kept up this "bluff" until he had gotten her interested in some social service work. From that she drifted into social clubs and he had no further trouble.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Cherries, Cereal, Corn Oysters with Bacon, Toasted Muffins, Coffee, Luncheon Potato and Sardine Salad, Whole Wheat Bread and Butter Sandwiches, Sliced Pineapple, Dinner Mock Birds, Buttered Asparagus, Potato Puff, Prune Jelly.	Breakfast Stewed Rhubarb, Cereal, Plain Omelet, Toast, Coffee, Luncheon Creamed Dried Beef, Biscuits, Apple and Banana Salad, Dinner Corned Beef, Creamed Cabbage, Delmonico Potatoes, Sliced Tomatoes, Marshmallow Gingerbread.	Breakfast Cereal with Sliced Peaches, Baked Eggs, Whole Wheat Muffins, Coffee, Luncheon Cold Salmon Loaf, Creamed New Potatoes, Berries, Dinner Cold Corned Beef, Vegetable Salad, Wheat Bread, Apple Pie.	Breakfast Cereal, Berries, Buttered Toast, Jam, Coffee, Luncheon Tomato Soup, Banana Salad, Mayonnaise Dressing, Wafers, Dinner Roast Veal, Mashed Potatoes, String Beans, Peach Ice Cream, Cup Cakes.	Breakfast Cold Baked Apples, Oven Cooked Codfish Balls, Muffins, Coffee, Luncheon Watermelon Cocktail, Vegetable Souffle, Cream Sauce, Roll, Iced Tea, Dinner Veal Salad, Sliced Tomatoes, Rice Pudding, Coffee.	Breakfast Cantaloupe, Potato Omelet garnished with Tomatoes, Toast, Coffee, Luncheon Baked Stuffed Peppers, Cream Cheese and Pimiento Salad, Jelly Cake, Iced Tea, Dinner Boiled Chicken, Steamed Rice, Buttered Squash, Fruit Sherbet.	Breakfast Baked Pudding, Oatmeal, Apple Marmalade, Coffee, Dinner Roast Beef, Creamed Potatoes, Stewed Corn, Chilled Chocolate Bread Pudding, Supper Chicken Salad Sandwiches (left over Chicken), Sliced Peaches, One-Egg Cake, Iced Cocoa.