

Health, Beauty And The Home

The Useful Tomato

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

IT seems difficult to believe that only a few years ago tomatoes were unused for food and were regarded as poison and only set upon the mantel shelf as decorations. In those days they were called "love-apples." Since they belong to the deadly night shade family no one thought they were fit to be eaten, and so they were not numbered either among the fruits or vegetables of our grandmothers' day.

I certainly cannot keep house without tomatoes. I believe I could spare every other vegetable or fruit (save onions) rather than these luscious, rosy globes which are now in their season and which form the basis of so many appetizing, healthful dishes.

Tomatoes may be classed as a sub-acid fruit, for, in addition to their large percentage of water, they contain valuable mineral salts and acids which clean and refresh the blood. Mother Nature was wise, for the tomatoes ripen at possibly the hottest period of the summer. So here is a fruit which can be eaten raw and which is full of refreshing juices and salts which cool the blood during the sultry days. Tomatoes may be regarded as a Summer tonic or medicine, and there is little danger of their being eaten too freely at this season.

Like every other fruit or vegetable, the tomato is at its best when eaten perfectly ripe and raw. It needs no cooking to enhance its flavor, and its rich, fleshy meat is so full of zest that it needs only a pinch of salt to accompany it. However, we may become tired even of perfection, and it is wise to vary the raw tomato occasionally with dressings and other disguises.

I suppose there are some five hundred salads in which tomatoes play an important part. Scalded whole and with the skin removed they may have cavities scooped in them and filled with chopped cabbage, celery, cucumbers, radishes and other mixtures of infinite variety. Combined with dressings, either of the simple French type or a mayonnaise, they approach a dish fit for the gods. In every case the tomato should be chilled thoroughly after scalding and before slicing or cutting into decorative shapes.

The tomato has possibilities when cooked which not every housekeeper takes advantage of. How

many try tomatoes when they are in their prime? I cannot think of a more heavenly breakfast dish than tomatoes fried and served piping hot with a cream sauce on thin toast.

Select tomatoes that are not too ripe, slice thickly, dust slightly with flour or the very finest rolled bread crumbs and fry in a hot skillet, being careful in turning. Remove from skillet to very hot platter and then make sauce in skillet, rubbing a tablespoonful of flour into the remaining fat, adding top or rich milk. Season with a few drops of Worcestershire sauce, add a tablespoon of grated cheese if you prefer and a little chopped ham if it is handy. Such a dish with plenty of good bread will be a satisfactory meal on a hot weather evening and will make your meat bill lower.

Another good way is to scoop out the centre of very small tomatoes, place on a buttered baking dish, season the centres with salt and pepper and then drop an egg into each. Place under the gas broiler for a few moments and serve at once. This may be varied by adding some kind of chopped meat to the tomato, using toast, etc.

I have a few special dishes of my own which I treat to very special friends. One is called Egg Plant a l'Opera, but it really has as much tomato as egg plant. It is a divine dish for this season and another one, which helps beat the H. C. of L.

To make it, have on hand a medium, perfectly ripe eggplant, several ripe tomatoes, finely crushed crumbs, grated cheese, salt, pepper and some frying oil. Use two skillets and fry medium slices of tomato and eggplant separately, both dusted with crumbs. Have a buttered casserole ready and fill first with fried eggplant, then the tomato slices, sprinkling cheese between them. Fill with alternate layers until the dish is full, using crumbs on the top and having seasoned each layer in the process. Bake about ten minutes in a hot oven and serve at once with crackers. Again, such a hearty dish of vegetable origin, eaten with bread and accompanied by a cool drink, would be a complete meal even for a hearty person on a hot evening. Try it, my readers!

Owing to their watery nature, tomatoes had best be combined with foods which are starchy or solid in bulk. That is why tomatoes go so well with macaroni, rice,

spaghetti and other foods of the bread nature. It would be interesting to go to a local library and ask for a foreign cook book, particularly Italian or Spanish, and hunt up some recipes using tomatoes with rice and such food. There are hosts of these dishes which are delicious and which the people of other countries have far more frequently than we.

It will be an economy for the housewife to can her own tomatoes

if she is in the centre of a cheap and plentiful supply. They are the easiest of anything to put up, and a well-filled quart jar of tomatoes will be found of heavier pack than the average commercial can.

In canning tomatoes use no water in the jar but pack down each whole tomato with a wooden spoon, add one teaspoonful of salt to each jar and sterilize. They form their own juice in canning. It is a good plan to put up some

tomatoes specially for Winter salads. Use only very small, solid and not too ripe tomatoes. Do nothing but wash them carefully, remove the blossom or stem if any, and carefully pack into the jar. I have done up such small tomatoes several years with great success and it is delightful to be able to open such a jar in the middle of Winter and find such a fresh Summer fruit to use for making an attractive salad.



Famous Beauties of Stage and Screen, No. 8—ELEANOR PAINTER.
(Photograph by CAMPBELL STUDIOS.)

For Your Eyes

By Lina Cavallieri,
The Most Famous Living Beauty.

YOU cannot change the color of your eyes, but you can accentuate their color by taking special care of your eyebrows and eyelashes, so that they will grow longer and thicker and lend their shadows to the eyes.

A simple precaution to take is to brush them every night and morning with an eyebrow brush to keep them free from dust. The brush may be dipped into lanolin at night. This will stimulate their growth wonderfully and there will be plenty of time for the lanolin to be absorbed by the skin during the night.

Since I advise very decidedly against hair dyes, I cannot conscientiously advocate dyeing the eyebrows and eyelashes. The best thing I know is to massage lanolin into the eyebrows and touch the edges of the eyelids with the same, taking particular care that none of it get into the eye itself. This is the best way to keep the lids properly nourished. As the new hair comes in, it may be a trifle darker. This is the only experiment I advise.

Eyebrows that look uneven and "scraggly" should be treated every night with an eyebrow brush dipped in this mixture: Olive oil, 1 ounce; tincture of cantharides, 1/2 dram; oil of nutmeg, 1/4 ounce; oil of rosemary, 1/4 ounce.

If by any accident the lids have become granular, as may have happened to be the result of excessive golf or excessive automobile driving or tennis playing, the wholesome girl will not permit this disorder to grow. She knows that rest is to some extent corrective of the evil. If this does not quickly remove it I advise seeing a physician at once. I cannot conscientiously recommend any lotion for a disorder so serious and disfiguring, because I consider that a physician's advice is absolutely necessary.

For heavy, lumpy, soft eyelids, which will wrinkle early into a prematurely aged appearance, the wholesome girl seeks first the extra sleep and rest that are the greatest tissue repairers. To proffer nature gentle assistance, she may resort to

this ointment: Fresh lard, 150 grains; sulphate of potash and aluminum, 25 grains; tannin, 10 grains; borax, 20 grains.

If her eyes be inflamed and the extra amount of rest does not banish the unlovely condition, she may supplement the rest with this, applied, from three to five drops, with an eye-dropper: Distilled water, 50 grains; quince seed mucilage, 5 grains; water of cherry laurel, 3 grains; borax, 1/2 gram. This is recommended to be used with three times the quantity of water.

When awakening in the morning, if the wholesome girl, who is also an intelligent girl, finds her eyelashes encrusted by secretions from the eyes, she will first soften these encrustations by rosewater, if that is available. If not, use warm, strong salt water, or equal parts of witch hazel and water.

The easiest way to keep the eyes cool and clean is by washing them morning and evening in an eye-cup filled with a mild solution of boracic acid to a pint of water. Pour the boiling water over the acid and strain it.

A red spot on the white of the eye is a sign of inflammation. It may indicate strain of the eye or a possible local irritation of some sort. First, remove the strain. Give the eyes all the rest you can. Sleep even more than usual, no matter how long your hours may be. Give up all reading and sewing for a time. Take a midday nap, if possible. If not, close the eyes as often as circumstances will permit for a few seconds at a time. Keep them closed while on a train.

Study always how to get the best light upon your task, whatever it may be. Avoid the direct light upon the eye. Bathe the eyes often with an eye-cup in a mixture of boracic acid, 1 ounce; rosewater, 6 ounces.

Keep cool bandages of cold tea-leaves or finely cracked ice on the eyes. Rest, rest the eyes. If a few weeks of this care does not clear the spot from the eye, then I would advise you to consult an oculist, for the trouble may be a deep seated one.

Beauty's Question Box

MY young sister is very healthy and strong, but her forehead and face are greatly disfigured with pimples. We have tried many remedies without avail. Please tell me how they can be cured.—H.

A simple remedy that can be applied several times a day is this: Bicarbonate of soda.....36 grains Glycerine.....1 dram Spermaceti ointment.....1 ounce This should be applied with absorbent cotton, allowed to remain on the affected part for a quarter of an hour and then removed. Afterward sponge off the parts gently with rosewater.

WHAT can I do to lighten my hair? Lately it has grown very dark and my scalp is dry and lifeless.—NEWPORT.

Correct that dry condition of your scalp by massaging it once or twice a week with some stimulating oil, like olive oil, pure coconut oil, or even castor oil to which a few drops of oil of bergamot have been added. Only a very small quantity should be used at a time, but it must be rubbed into the scalp thoroughly with the tips of the fingers. Here is a tonic which may be applied every two or three weeks to lighten the hair, after shampooing it:

Borax.....1 ounce
Bicarbonate of soda.....1/2 ounce
Camphor.....1 dram
Glycerine.....1/2 ounce
Rosewater.....1 quart
Alcohol.....2 ounces

Its effect upon the hair must be watched carefully, however, and should it cause too much dryness its use should be discontinued immediately.

SMALL pimples seem to be always forming just underneath my skin. What can I use on my face to keep it smooth?—N.

Perhaps you are not drinking enough water, or possibly you are neglecting in your diet. Remember that the primary cause of pimples and other facial blemishes may be traced to a definite lack of scrupulous cleanliness of the skin, or to some form of indigestion. It is for you to decide which one it is. Meanwhile you might try local applications of this simple remedy to clear up the skin:

White zinc.....1 ounce
Pure cold cream.....1 ounce
Mix these thoroughly together and apply to the pimple area with a soft bit of cotton cloth and leave on over night.

WHAT exercise would you recommend to reduce my bust from four to six inches?—MARJORIE.

Swimming in salt water will have a pronounced reducing effect on your bust, provided you do a great deal of it. A little of this exercise every day, of course, good to develop the flat-chested figure, also, but if enough of it is done you will be gratified by the rapid diminishing of those redundant curves. Do not wear your brassiere too tight in a mistaken effort to make them appear smaller. Practice standing erect and then try to make your elbows meet in front of the chest, raise the arms in front of the chest, palms together. Then stretch them above the head and carry them back of the body as far as you can, keeping the elbows straight.

Love, Courtship and Marriage Problems

Solved by Leonore Carfax.

I AM desirous of going out to business to add to my husband's income. Should I allow myself to be influenced by public prejudices, which will maintain that I am neglecting my home duties?—E. R.

This is a question whose settlement depends upon all the facts in each individual case. Generally speaking, we would say the home interests should come first. If every detail of home life can be arranged to run smoothly and not suffer from your absence, and if you have a decided preference or talent for some worthy position and are sure you can add materially to the family income, there seems to be no objection to your accepting such a position.

I REALIZE that my wife and I are outgrowing each other. I have been anxious to advance my position in the business world, but my wife has apparently clung to her old ways and viewpoints, so that now she is not comfortable around my friends, and I cannot enjoy myself around those that she cares for. Is love enough? Ought there not also be intellectual companionship?—P. E.

Love as a rule creates its own atmosphere of companionship. Are you not perhaps a little too enamored of your new friends and your new position? These can never take the place of love, you know. Perhaps, too, you are overlooking

as many good points in your wife's plain but sincere friends as she is in yours. Evidently both you and your wife have not yet learned the A B C of married life, which is adaptation. You are drifting in a perilous direction. You ought to make as desperate an effort to discover the points your wife and you have in common and to emphasize them as you have made to advance yourself in the business world.

MY wife is a member of several bridge clubs, and she is becoming such a bridge fiend that her home sees very little of her any more. They used to play only in the afternoon, but now they meet several nights a week. Of course, they do not gamble on the same scale that men do, but even at that my wife's gambling debts are becoming somewhat burdensome. All my protests are met by her declaring I am old-fashioned and that every one does it. What I deplore most is the feverish hold this fad has taken upon her. Could you suggest any way to win her away from it?—S. O.

Fortunately the bridge fad is usually only a temporary obsession with a woman. In most cases it seems to burn itself out and is not nearly as likely to be permanent as in the case of a man. It is evident your wife's nature requires excitement, and the more you do to spare her a monotonous and colorless existence the more quickly will this bridge fever subside.

I AM a hard worker and am most anxious to get ahead and to secure some kind of a financial foundation. My wife does not seem to realize the importance of saving for the future. What incentive can I offer her to study values and try to make prudent purchases?—X. Y.

Your ambition is a worthy one, and it is quite possible for a wife to neutralize all the efforts her husband may make in this direction. Have you tried to explain the situation as a whole to her? You might even sit down with paper and pencil and show her by actual figures how money saved and placed out at interest will double itself in a certain length of time, so that one can literally turn dollars into servants and make them work for him. In one family of which I know the following plan has produced most excellent results: When the salary is received the wife is given a reasonable amount to cover the family budget, including current expenses, and in addition a certain percentage of the remainder of the income. Whatever she saves, not only of this margin, but also by prudent, intelligent purchases, becomes her own individual resource for investment or otherwise. In other words, the wife's relative position is changed from that of an employee to a business-man, with all the business man's incentives for making good bargains and saving money, because she now receives a direct benefit from the results of her own saving.

Cool Drink Recipes

By Mary Lee Swann,

The Well-Known Writer and Lecturer on Cooking.

Pineapple Lemonade.

BOIL one cup of sugar in a pint of water ten minutes. Add one can grated pineapple and the juice of three lemons. Cool, strain and add one quart of ice water.

Lemonade.

PREPARE a syrup of one pound of sugar and one quart of water. Boil about twenty minutes, add two-thirds of a cup of lemon juice, cool and dilute with ice water as needed.

Orangeade.

PREPARE a syrup of one quart of water and two cups of sugar. Pour the syrup over the yellow rinds of six oranges, from which every particle of the white portion has been removed, and let stand until cold. Mix the juice of six oranges with the juice of three lemons and two quarts of water and combine with the syrup. Set aside in closed jars to chill.

Mint Julep.

BOIL five cups of water with two cups sugar about twenty-five minutes. Pick over and wash twelve sprigs of fresh mint, crush slightly and add to one cup of boiling water. Cover and set aside for five or ten minutes. Then strain into the sugar syrup. Add one cup strawberry juice, one cup of orange juice and the juice of six lemons. Chill and add two cups of claret. Turn into punch bowl in which has been placed a large block of ice. Dilute with ice water. Garnish with fine strawberries and mint leaves.

Strawberryade.

CHILL one quart of sugar syrup. Crush one quart of ripe strawberries, add juice of two or three lemons and strain into the cold syrup. Add two quarts of ice water and let stand on ice for two hours before serving.

Unfermented Grape Juice. PICK over and wash ten pounds of grapes. Put grapes and water in a granite vessel. Heat until stones and pulp separate, then strain through double thickness of cheesecloth or jelly bag. Add three pounds of sugar, heat to boiling point and store in sterilized bottles. Dilute with ice water as needed.

Fruit Punch.

BOIL one cup water with two cups sugar about ten minutes. Then add one cup freshly made tea, two cups strawberry juice or syrup, the juice of four lemons and pulp of six oranges, one banana cut in small cubes, one can grated pineapple and one can white cherries, stoned and cut in halves. (Any seasonable fruit may be substituted for the fruits named.) Set in cold place for an hour or two. A bottle of ginger ale or Apollinaris may be added just before serving. Serve in a punch bowl with a large block of ice.

Helpful Household Hints

Alcohol Stains. WHITE stains left by alcohol on furniture can be removed by rubbing them with spirits of camphor.

When Hanging Clothes. ALL garments should be hung wrong side out and all heavy pieces should be fastened to the line by their bands, belts or seams.

Mats for Plants. OLD hot water bags that are past mending can be cut into circular mats for use under potted plants.

Drying Shoes. TO dry wet shoes quickly stuff them with paper and put near the fire, though not close enough for the leather to burn.

For Rusty Keys. THE simplest way to remove rust from keys is to soak them for two or three days in paraffin oil.

Aprons to Match. WHEN buying cloth for a house dress it is a good idea to buy enough of the same material to make an apron to match.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Cooked Berries, Cereal, Fried Eggs, Butter, Powder Biscuit, Coffee.	Breakfast Broiled Bacon, Fruit Muffins, Coffee.	Breakfast Stewed Peas, Cereal, New Orleans Omelet, Quick Muffins, Coffee.	Breakfast Grapes, Potatoes, Green Pepper and Bacon Hash, Rolls, Coffee.	Breakfast Apple Sauce, Creamed Codfish, Hashed Potatoes, Muffins, Coffee.	Breakfast Baked Apples, Creamed Codfish, Twin Mountain Muffins, Coffee.	Breakfast Melons, Oatmeal, French Omelet, Rolls, Coffee.
Luncheon Chinese Scallops, Toasted Biscuits, Shred Pineapple.	Luncheon Chinese Scallops, Toasted Biscuits, Shred Pineapple.	Luncheon Potato and Lobster Salad, Toasted Muffins, Sliced Peaches.	Luncheon Eggs a la King, Lettuce Salad, Sandwiches, Tea.	Luncheon Spring Salad in Cucumber Shells, Rolls, Sponge Cookies, Iced Coffee.	Luncheon Tomato Soup, CROUTONS, Beet Green Salad, Whole Wheat Bread, Jumbles.	Luncheon Cold Roast Chicken, Asparagus Salad, Frozen Pudding, Rolls, Iced Coffee.
Dinner Baked Egg Plant Stuffed with Sweetbreads, Tomato Sauce, Green Peas, Banana Sponge, Currant Juice, Sauce, Iced Coffee.	Dinner Baked Egg Plant Stuffed with Sweetbreads, Tomato Sauce, Green Peas, Banana Sponge, Currant Juice, Sauce, Iced Coffee.	Dinner Broiled Lamb Chops, String Beans, Mashed Potatoes, Tomato Relish, Cherry Pie.	Dinner Veal and Ham Timbales, Carrots in Cream Sauce, Green Peas, Gelatine, Cup Cakes.	Dinner Veal Birds with Vegetables in Casserole, Lettuce and Beet Salad, Chocolate Rice Meringue.	Dinner Giblet and Noodle Pie with Potato Crusts, String Beans, Boiled Corn, Peach Shortcake.	Supper Cream of Potato Soup, CROUTONS, Caramel Layer Cake, Iced Cocoa.

The Way to Use Sugar

THE logical place to use sugar in the diet is at the close of a meal in which a variety of food substances has been used. This may be in the form of made desserts of all kinds, cake, pastry or fruit, either raw or cooked, says Lucille Stimson Harvey in her new book, "Food Facts for the Home-Maker."

The dessert should be as carefully planned as the rest of the meal. If the earlier courses have been heavy, fruit is preferable to a rich pudding. If, however, light courses have been used and the meal has been somewhat light, it is suitable to count on a heavy pudding for part of the total value of the meal.