Health, Beauty And The Home

Buying Canned Goods

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

EVEN though a consumer may purchase products by trademark, it is important for her to know something about the sizes of the cans in which foods are sold. Perhaps you have noticed that some cans are larger than others, or that, for instance, peas generally come in smaller cans than do tomatoes. But many consumers do not understand that all cans, whether they be for soup, vegetables, fruit or something else, are put out in a series of standard sizes. These standard sizes depend on a corresponding standard weight of the can's content. The following shows the standard sizes of cans, the weight of their contents and the products they are generally used for:

No. ¼—Weight of contents, 4 to 4¼ ounces; used for sardines, meats, pastes, condensed milk, "samples," etc.

No. ½—Weight of contents, 7¾ or 8 ounces; used for shrimp, lobster, clams "flat," salmon and various potted delicacies.

No. 1 (short)—Weight of contents, 10 ounces; used for soups, potted or boned meats, tomato or other purees.

No. 1 (whole) or No. 1½—Weight of contents, 16 ounces; used for peas, pineapple, sliced peaches, "flat" or "tall" salmon, tomatoes, etc. (This is the standard 1 pound or 1 pint can.)

No. 2—Weight of contents, 1 pound 4 ounces; used for small vegetables and small fruits like berries, grated and chunky styles.

No. 2½ (tall)—Weight of contents, 1 pound 4 ounces; used for many large fruits and vegetables, baked beans, asparagus, tomatoes, etc.

No. 3 (regular)—Weight of contents, 2 pounds 1 ounce; used for large fruits, peaches, pears, baked beans, cold tomatoes, beets, spinach, etc.

No. 3 (tall)—Weight of contents, 2 pounds 6 ounces; used for same products as No. 3 regular.

No. 10—Weight of contents, 6 pounds 6 ounces; used for corn on cob, sauerkraut, soups, etc.

There is no number on a can to indicate its size, but this can easily be determined by noting the weight, which is always printed in small numbers somewhere on the can. If the contents as indicated on the label read, for example, "1 lb. 4 oz." we know by referring to our table that this is a No. 2½ can.

Few consumers would enter a store and say to a clerk, "Let me have some underwear" without giving details of style, size, whether wool or cotton, etc. Nor would the efficient buyer say to the butcher, "Let me have ten cents worth of meat" without specifying what kind of meat and first finding out the price of that kind per pound in order to know how much she should receive for ten cents. It is just as careless to buy canned goods without reference to the size of the cans.

As an experiment the author asked for "a can of tomatoes" in several stores. She was handed five different sizes of cans, varying in weight from 10 ounces to 2 pounds 6 ounces—or from the No. 1 "short" to the No. 3. Five different size cans, all in answer to the same request for a "can!" The grocer knows the various size cans by number. Therefore if you ask for them by number you can be sure of getting the exact amount you wish.

Potatoes are purchased by the bushel, milk by the quart and sugar by the pound; in other words, these staples are sold according to a measure and paid for accordingly. Why not similarly measure the weight and amount of canned goods in determining their cost? Unless the consumer knows the weight and quantity she cannot be sure she is getting her money's worth, or which of two brands are most satisfactory, or what is the true value of canned goods featured in advertisements.

For instance, if a can of fish flakes is advertised as selling for 40 cents, how can the value of this particular offering be determined unless the consumer knows how much fish flakes she usually gets for 40 cents? A special announcement may feature canned peaches "only 20 cents per can." How can the consumer estimate the value unless she knows the size? Suppose she is familiar with the price of a quality table peach in a No. 3 can—2 lbs. 6 oz.—which is 30 cents. The kind advertised may be a No. 1 can, containing only 10 ounces. If so, the peaches are much more expensive than those she has been buying.

It is possible to estimate the true cost of a product and compare its cost with that of other foods only by knowing the net weight contents. For instance, the usual "tin" of sardines weighs 4¼ oz. and costs from 20 to 30 cents, so that sardines actually cost from 60 to 80 cents a pound. This is mentioned not to disparage this delicacy, but merely to show that by estimating price by weight a clearer idea of the cost per pound is obtained.

Many kinds of fish and other foods come in flat as well as tall tins. The tall No. 1 weighs exactly the same as a flat No. 1, but the flat can generally costs 10 or 15 cents more. This is because, as in salmon, for instance, a solid piece of fish is cut right out of the best portion of the salmon, whereas the tall can is filled with smaller pieces, which makes the packing less expensive.

It is economy to purchase canned goods in quantity, as there is a considerable reduction in goods bought by the case.

It is also most helpful to write in the kitchen notebook the consumer's experiences with various brands, sizes and grades of canned goods; also the number of portions in a can, the quality, trade-mark and other facts which will enable her to do future buying most economically and easily.

Famous Beauties of Stage and Screen, No. 13—EVA LE GALLIENNE
(Photo by SARONY.)

A Good Complexion

By Lina Cavalieri,
The Most Famous Living Beauty.

WHETHER she admits it openly or not, every woman knows, deep down in her heart, that a good complexion is the most precious gift the gods can bestow upon her. Even for a man it paves the way to success in the great adventure of business, friendship and love. It is not too much, therefore, to insist that one good half-hour day shall be given over to its preservation and care.

The best time to devote to this most thorough toilet of the day is just before retiring. The reason for this is obvious. The skin has lost its pristine freshness by more or less direct contact with the dust and grime which most of us meet with out of doors. When the face has been carefully cleansed we can not only sleep better but we can feel reasonably sure of the skin being clean in the morning. Because while we are in our bedroom with the blankets and sheets around us there is but slight chance of any soiling agent rettling upon the skin.

Even at that every really fastidious person always insists upon laving the face once more in cold water immediately upon arising.

Another and more cogent reason for this house-cleaning of the face at night is that the day's grime should not remain on the face and neck, because it will become firmly imbedded in the pores. In this way a whole crop of unsightly comedones and pimples will result.

Furthermore, some of this accumulated soil of the day is ground into the skin and eventually makes its way into the circulation, and is thus carried through the body.

After you have donned a loose wrapper or robe, preparatory to taking your comfort for the night, you should wash your face, not with water at first, but with cold cream. When a good coating of this has been applied leave it on for a few moments until the skin has absorbed all the oil it can take up. Then use a soft cloth to wipe off any excess moisture that may remain.

You are now ready for the real bath with tepid water and a mild soap. A word of caution here. Be sure your facecloth is above reproach. It must be redolent of fresh air and sunshine. In fact, it should smell as sweet and clean as your own dainty lingerie, all laid out fresh from the laundry, ready to be put on in the morning.

I feel that too much stress cannot be laid upon this point, because so many women are inexcusably careless about their washcloths, which are often used day after day without any airing whatever. You should have at least two or three in constant use.

If that happens to be out of the question, then avoid the sodden, half-dry washcloth as you would the plague. I would much rather use the palms of the hands instead. The best material for washcloths is the coarse, natural raw silk, but this is not always easy to find. The next best thing is the open mesh weave, so that the air will circulate through it more freely.

Never rub the face hard. A hard rubbing loosens the skin, causes the muscles to sag and makes wrinkles form. A mild soap that agrees well with your skin is an essential. Experiment until you find one that does not roughen the skin or cause the face to peel.

Do not have the water too hot, because this means that the pores will be opened and the skin rendered unduly sensitive. Of course, if you feel you must have the water very warm in order that it may be properly cleansing in its effect, then you must rinse the face afterward in cool (not cold) water to close the pores and tone up the skin.

Now you are ready to give the face its final cold cream bath. No woman who really tries to take care of her complexion can afford to omit this. The cold cream bath at night is the principal thing that prevents wrinkles by keeping the skin well oiled. A good skin food, such as lanolin, may be used instead of cold cream for the face bath if preferred.

Don't Look for Love!

By Jane Baird.

SOME people are looking for love and never find it, while others are busy about other things in life and just by mere chance bump right into it. And theirs is always real love!

There is nothing so enchanting as a "found love." The botanist experiences just such a thrill when he looks behind a mossy stone and sees a rare and dainty flower, hitherto unknown to him. He may be looking for another flower, but this new, wonderful flower fills him with untold pleasure and more than repays him for his woodland tramp. And so the business man or woman may be interested in other matters of life, and right while they are intent and interested in their own line of work find this new and wonderful thing called love.

But the man or woman who goes out in the world with the thought, "I must find a wife" or "I must find a husband" always bungles things up. They always find what they want—that is, they find the man and they find the woman, but the question arises, "Is it the right man and is it the right woman?" Did they find what Cupid intended them to find?

Just because you are ready to marry, as far as your financial circumstances are concerned, or because you feel lonely, is no reason you should marry. You must not chase Cupid for a happy marriage; wait until you feel the point of his arrow.

Love at first sight is usually a surprise love; a case of meeting some one and instantly feeling that "you belonged." A love of that type is nearly always a happy one and so much better than a case of marrying your sister-in-law's sister or brother-in-law's brother!

When you chase Cupid you force him to draw his arrow against his judgment; but love at first sight or a surprise love is natural and therefore real! A man who is hunting a wife is really more particular and harder to please than a man who falls in love unexpectedly and marries "for better or for worse."

Surely few women would be as happy in their engagements if they knew their fiance was looking for a wife before he met them! They would prefer to think that they, alone, inspired him into matrimony and set his heart on fire! And what man would love his wife if he knew that any man who came along would have done just as well?

All engagements and courtships are based on the principle that there is only one YOU. Love is supposed to be for the individual, for "the only one." Unless you firmly believe that no two on earth were ever as deeply in love as you are, love is not real! And the moment a man or a woman realizes that they were merely wanted to fill a vacant spot in someone's life and a spot which any man or woman could have filled just as well, love, in its real, romantic sense, is lost. Real love must have its ego and feel that no one else could ever fill that void!

The girl who finishes school and then sits down to wait for the first man who wishes her hand usually has a very unsuccessful married life. But the girl who goes to business, teaches school, does missionary work, paints, studies music or in any way follows out some bent of her own, meets men of her own type and unconsciously is surprised by love. And her marriage is very apt to be happy because she meets men who are interested in the very same things in life which she likes. And so the man who goes about his work, his own line of business and interests, finds a real wife and helpmate in time. But if he is just aimlessly looking for a wife he may select some doll-baby type or some woman who has tastes and aims which will never interest him. He may meet his wife right in his own office, he may meet her at a lecture, at a church social, an art exhibit, aboard a pleasure boat or anywhere his tastes and bents lead him, but if he is not looking for her she will be a surprise and "a thing of joy forever."

Household Hints

Sweet Oil for Knives.

POUR a little sweet oil into a jar and let the rusty knives stand in this three or four days; then rub with emery paper and polish in the usual way.

Singeing Frayed Linen.

DON'T cut off the frayed edges of collars and cuffs, for this is liable to loosen the weave of the fabric and make it wear out more quickly. Singe them with a lighted taper.

Wire Hangers.

INSTEAD of cord for hanging up brushes, brooms and dustpans try using a small wire, which will not soil or wear out so quickly.

Hanging a Skirt.

FOLD the skirt directly in the middle of the front and back breadths, then fold again, keeping the band even. Run a long hatpin through the band and slip the pin over a hook or nail.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	*Breakfast*	*Breakfast*	*Breakfast*	*Breakfast*	*Breakfast*	*Breakfast*
Stewed Apricots, Cereal, Scrambled Eggs, Toast, Coffee.	Prunes, Cereal, Baked Bacon, Corn Muffins, Coffee.	Baked Apples, Sauted Cereal, with Maple Syrup, Coffee.	Bananas, Soft-Boiled Eggs, Graham Muffins, Jam, Coffee.	Oranges, Cereal, Codfish Omelet, Toast, Coffee.	Stewed Figs, Dried Beef, Hashed Potatoes, Thin Corn Bread, Coffee.	Fruit, Oatmeal, Plain Omelet, Toast, Coffee.
Luncheon	*Luncheon*	*Luncheon*	*Luncheon*	*Luncheon*	*Luncheon*	*Dinner*
Banana and Pineapple Salad, Nut Bread, Hot or Iced Cocoa.	Cheese and Rice Londoe, Rolls, Pears, Brownies.	Mock Chicken Salad (left-over Pork), Biscuits, Prune Whip.	Green Pepper and Beef Hash, Reheated Muffins, Pineapple Salad, Oatmeal Cookies,	Spaghetti (Italian Style), Cucumber Salad, Apple Sauce, Gingerbread.	Egg Salad (Garnished with Smoked Salmon), Biscuits, Rice Pudding.	Broiled Steak, Mashed Potatoes, Scalloped Egg Plant, Sliced Tomatoes, Lord Baltimore Cake.
Dinner	*Dinner*	*Dinner*	*Dinner*	*Dinner*	*Dinner*	*Supper*
Roast Ribs of Pork, Apple Sauce, Sweet Potatoes, Lettuce Salad, Maple Blanc Mange.	Veal Cutlets, Baked Potatoes, Buttered Squash, Tomato Salad, Grape Sponge, Cup Cakes.	Braised Steak, Creamed Potatoes, Turnip Salad, Sponge Cake with Fruit Sauce.	Rot Roast, Browned Potatoes, Okra, Tomato Salad, Chocolate Bread Crumb Pudding.	Cold Pot Roast (Sliced Thin), Delmonico Potatoes, Asparagus, Cocoanut Timbales, Coffee.	Baked Beans, Brown Bread, Lettuce and Tomato Salad, Apples Porcupine, Hermits.	Cream of Celery Soup, Savory Sandwiches, Cocoa.

Carefully Tested Vegetable Recipes

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

Hungarian Potatoes.

SLICE 2 or 3 small onions and fry them in 2 tablespoons butter or butter substitute and 2 tablespoons bacon drippings. Add 6 or 8 potatoes, cut into slices, sprinkle with salt and paprika, cover with boiling water and cook gently until tender. Brown and serve hot.

Celery, Oriental Style.

DICE ½ pound fat tender veal or lamb. Fry until delicately brown. Dice 4 stalks celery, taking pains to cut celery diagonally, and add to the meat. Season to taste with salt and pepper. Add 1 or 2 tomatoes, cut into small pieces. Cover with water or stock and cook until meat and celery are very tender. When mixture is done add 2 well-beaten eggs mixed with the juice of ½ lemon.

Sweet Potatoes with Nuts.

BOIL potatoes and cut them into long slices. Place on a greased baking dish, cover with finely chopped pecans or parched peanuts, sprinkle lightly with butter and brown in a hot oven.

Vegetables and Lamb in Casserole.

DICE 1 pound of fat tender lamb. Cut ½ egg plant into small pieces and dice 1 cup string beans, 5 celery leaves and 3 tomatoes. Finely chop 2 onions. Season to taste with salt, pepper, parsley and, if desired, a suggestion of mint. Turn all the ingredients into a buttered casserole and bake until vegetables and meat are tender.

Tomatoes with Horseradish Sauce.

REMOVE the skins from ripe tomatoes and cut them in halves, crosswise. Sprinkle with salt and pepper, brush with melted butter or oil and broil 3 minutes. Place on round pieces of buttered toast, place a little horseradish sauce on each piece of tomato and garnish with parsley.

Horseradish Sauce.

WASH ½ cup butter and divide into 3 parts. Put 1 piece in saucepan with 3 egg yolks, ½ tablespoon vinegar and a little salt. Cook over hot (not boiling) water until thick, stirring constantly. Add the second piece of butter and stir until thick. Then add the third piece and continue stirring until thick. Cool slightly and add 4 tablespoons grated horseradish. Fold in 2 tablespoons cream, beaten until stiff.

Cabbage Scalloped with Tomato.

COOK a head of Spring or Summer cabbage until tender. Drain and chop fine. Press 1 can of tomatoes through a potato ricer. Add 2 teaspoons salt, a dash of paprika and 1 tablespoon onion juice. Cook tomatoes until thick, stirring to prevent burning. Thicken with ¼ cup flour blended with ¼ cup butter. Pour alternate layers of cabbage, well seasoned with salt and paprika, and tomato into buttered baking dish. Sprinkle with fine buttered crumbs and bake until well heated throughout.

Salsify with Fine Herbs.

WASH and scrape 1 bunch salsify. Let stand 15 minutes in cold water to which a little vinegar has been added. Cut in inch slices and cook in boiling salted water until tender. Drain and add to 3 tablespoons melted butter. Reheat and add ½ teaspoon finely chopped chives and 1 teaspoon finely chopped parsley. Season with salt and pepper.

Quick Potato Puff.

MIX 3 cups hot riced potato, ¼ cup scalded milk, ¼ cup butter, 2 teaspoons salt and paprika to taste, and 1 finely minced or chopped canned pimiento. Beat with egg-beater or whisk until light. Turn into buttered baking dish; brush lightly with slightly beaten egg yolk and bake in a hot oven until delicately browned.

Stuffed Egg Plant.

RUB 3 small egg plants with oil and place in a hot oven about 10 minutes. Drain on unglazed paper. Scoop out inside and chop finely. Melt 2 tablespoons butter, add 2 tablespoons finely chopped onion and cook until onion is soft and yellow. Add 3 tablespoons raw rice, ½ crushed clove of garlic and cook about 5 minutes. Then add egg plant, ¼ thick tomato puree and salt and pepper to taste. A dash of nutmeg is often added. Bake about 40 minutes, add 3 slightly beaten egg yolks and fill the egg plant shells with this mixture. Sprinkle with buttered crumbs and bake until the crumbs are brown.

"Pinch-a-Penny" Wives

By Fay Sinclair.

THE wife who firmly believes "a penny saved is a penny earned" is a wise woman. Sometimes, however, a woman saves so many pennies that her husband becomes easily satisfied and forgets to bring in the dollars. "Take care of the pennies and the dollars will take care of themselves" is a splendid adage. But if a wife takes care of too many pennies the husband may become indolent and then the dollars will take care of themselves by slipping into other men's pockets.

The "pinch-a-penny" wife can crush every inch of ambition there is in her husband. She can take the "get-up" out of him quicker than rain can take the starch out of a gingham dress. She can teach him to live on dog biscuits and condensed milk so well that he loses all his appetite for beefsteak and fresh cream. She can show him where to get such a cheap suit and hand-me-down overcoat that his desire for homespun and broadcloth quite vanishes. She can make him rent such a cheap "flat" that he is ashamed to give his address to his old friends. And she can scold him so much for bringing her an expensive bunch of flowers or a choice box of candy that he will ever afterward seek the five-and-ten-cent counters.

Such a wife does not allow her husband to put his best foot forward. She keeps him from meeting the men of his own class by putting the money which he should invest in a sensible business suit into the bank. She is like the man in the Bible who buried his one talent. She is so afraid that she will lose her pennies that she hides them instead of sending them after the dollars!

"Nothing succeeds like success," and no man can look like a success if he is fed upon a continuous lean diet and pinched into a suit two sizes too small. Such a husband will assume a meek, small voice and an awkward manner. He will lose his original personality. He cannot meet men who are well fed and well-groomed face to face as man to man. He will be obliged to give up the dollar game and go into the penny game.

Neither is such a wife fair to herself. If she goes about shabby her husband will soon forfeit all respect for her. And besides putting Cupid to flight, she will still further injure her husband's business prospects by her failure to look as well as the wife of the successful man should.

It should be a wife's duty to make the most of her husband's ability. And the wife who does not know when to make "a good showing" is in the same class with one who puts a candle under a bushel.

This poor, blind, saving woman is really worse than the spendthrift who keeps the stores booming and her husband awake all night scheming how to pay her debts. At least the spendthrift is not "keeping a man back"—she is just pushing him at top speed. Sometimes he skids and turns turtle and sometimes he runs along all right. But anyway he is going!

While the "pinch-a-penny" wife thinks she is helping her husband she is literally digging his grave for him in the business world. It is quite as bad to stand still as it is to speed!

The "pinch-a-penny" and the spendthrift ideas of life are both wrong. Somewhere between them lies the happy medium which the wise woman will try to attain.

Making Your Own Butter

FROM three to four pints of cream, depending on its richness, are needed to make one pound of butter. It may be well for you to experiment with a smaller quantity at first says a writer in American Cookery.

Beat it with a Dover beater in a large bowl until the butter forms, clings to the beater and separates from the whey. The weight of the butter thus made will enable you to judge how much cream you will need to make two pounds of butter.

This larger quantity could very well be beaten in a bread-mixer if you lack a regular churn. The cream should be cold and the mixer turned rapidly at first; more slowly as the butter begins to form. It will look like fine curds, at first, distributed through the cream.

When it forms in lumps the size of a nut or larger, strain off the whey or buttermilk and wash the butter in a very cold water, working it with a wooden spatula and changing the water until the last shows no trace of milk. It may be salted with one tablespoonful of fine salt to every cup of butter and then allowed to stand in a cool place until firm enough to mold.

Butter made at home will cost three or four times as much as that bought in the market; that is, if the cream to make it has to be purchased, for the cream, being more perishable, had to be sold at a very much higher figure proportionately. The home-made butter, too, will be nearly white if made at a time of year when the cows are not grazing in the pastures.