

Health, Beauty And The Home

Wait on Yourself!

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

WHAT makes up the work of the home? Cooking, cleaning, laundry work will be the answer. But what about the "picking up" and the amount of "straightening" which cannot be classed as definite tasks, but which, nevertheless, take a great deal of some person's time? Indeed, in many families it will be found that from 10 to 20 per cent of the total working time of mother or paid servant is spent in this "pick up," in waiting on others and other mere personal service.

This simple point is brought up here because, while we may not have considered it, it has a definite, close relation to that still vexing servant problem. No matter how much to-day's home-maker may sigh for the past days of the then little appreciated hired girl who cheerfully worked twelve hours a day, that type of worker has vanished as completely as the buffalo from our western plains. Housework to-day is being done, and will be increasingly followed out, on a straight business basis of definite hours at so much per hour. On this new basis it costs a great deal and, further, is difficult to secure at any price. Can we afford, when labor is so scarce and so expensive, to pay for its being spent in several hours of "picking up" and waiting on persons perfectly able to wait on themselves?

I recall, as a little girl, watching my grandmother lay out my grandfather's Sunday clothes. On the big poster bed she first laid his plaid, snowy shirt, and the vest with the pearl studs. Then she put in his topaz shirt links and laid his white string tie, his underwear, his suit, his shoes just where they would be most convenient for him. Last she fetched his immense gold-headed cane and his gloves and his tall hat. Now I think of it, most of my grandmother's time was spent as a high-class valet.

But to-day, with labor at the price it is, we had better learn to wait on ourselves and to refuse to burden some other member of the family with the duties of a valet when there are so many more worthwhile things they could do! In other words, an important solution of the servant problem which I have not before seen mentioned is efficient family habits. The family where each does his share, either of "picking up" or waiting on himself, is easier to manage a house for and requires less service. And under the new basis of payment by the hour we shall have to separate the work of the home which is truly work, like cooking and cleaning, from that which is only unnecessary personal service. Shall we start with our poor husbands first? Many women tell me

that their husbands require so much waiting on, and that leaving his soiled socks on the floor is man's favorite indoor sport. I know it is difficult to reform any adult. But will not these husbands be willing to wait on themselves if they see that it means a cash saving to their pocketbooks? Husbands and the other men in the home need to change their attitude toward personal service. They, too, must realize that the day of servants at \$3 a week are no more and that it is impossible to expect so much waiting on either from their wives or from the servants they pay by the day.

But if we cannot do much to reform the habits of the adult, we can still hope to train the fathers of to-morrow. We can begin now, each mother and home-maker, to train up the right kind of husband for somebody else's little girl. It may seem a trifling thing and not important enough to justify the trouble it entails. But could anything be more worth while than to train children to habits of self-reliance, independence and being able to care for themselves?

The widely spreading movement for children's camps has done much to encourage such habits. In camp each person takes care of his own belongings, makes his bed and keeps his room tidy. Why cannot every child do the same in his own home? It is a pity that the excellent teaching of the camp cannot be carried over into home life. One mother told me the other day that while her boy gladly did all these duties at camp he wouldn't wait on himself at home, saying, "Oh, well, this is home, and that's different."

Now this is exactly the attitude which must not be encouraged or permitted. That "this is home and different." Home is the place where there must be training in right personal habits so that there will be less need for service. If it is irksome for Susie to pick up her nightgown which she has dropped on the floor, or if Tom grumbles when asked to lay away his books, the mother herself must not pass over the matter and weakly do it herself. It would be a splendid thing if during these years children could be given over to a State or national training school for part of the year. There is a contagion in working with a group and taking orders from an outsider which sometimes a home cannot give.

But however it must be achieved, we mothers should think of what conditions will be when Tom and Susie, twenty years from now, have homes of their own. We must try to fit them to manage their homes with little or no service. For, after



Famous Beauties of Stage and Screen, No. 14—VIVIAN OAKLAND.
(Photo by APEDA)

all, the essentials of home-making are simple and easily learned.

Even if our children are going to become the greatest of lawyers or opera stars, that does not excuse them from being able to cook a meal for themselves, pick up their own shoes or be efficient in their personal habits.

One could mention many other services which can easily be eliminated in many a home. Why must

that woman who tirelessly spends hours in shopping need to ring a bell and ask some other woman to place a small stick of wood upon the parlor fire? Why do so many families still think they need a waitress when self-service at table can be made so graceful and easy and the family can have absolute privacy? Why do we need the services of a permanent chambermaid when if each member of the family

spent a quarter of an hour daily on his or her own room the services of a servant could be dispensed with?

This family co-operation and "learning to wait on ourselves" is a solution of the servant problem which costs nothing to try and which can be applied in any home. We must clearly draw the line between work which is worth paying for and service which we can well do for ourselves.

Avoiding Wrinkles

By Lina Cavallieri,
The Most Famous Living Beauty.

EVERY woman wants to retain the smooth, unlined skin of her childhood as long as possible. She watches its going with genuine regret, because she knows that no artificial coloring, no matter how skillfully applied, can ever rival the natural bloom that is nature's heritage to the young.

But while rosy cheeks only remain as the result of a sane and thoroughly hygienic mode of life, it is well known that wrinkles can be kept away indefinitely by the exercise of great care and vigilance. Fifteen minutes given to massaging your skin night and morning will keep it as smooth and unlined as a girl's. Study your face carefully and find out its weak points. Learn where you are most susceptible to wrinkles and then set about removing them patiently by nourishing the flabby muscles that lie underneath the wrinkle areas.

It is well for you to know that the wrinkle regions of a woman's face are four. The first and most conspicuous is about the outer corner of the eyes. The wrinkles there formed have been known for ages as crow's feet, because they radiate outward in somewhat the fashion that a bird's toes are disposed. They might just as fittingly be called chicken's toes, pigeon's toes or eagle's toes.

These lines are supposed to be ineradicable and the unmistakable signs of age. The real truth of the matter is that they are paths of laughter. They often indicate a merry disposition. In fact, I have seen them on the face of a boy of twelve. I have seen them strongly marked on the countenance of a young woman of twenty-one. They are the measures of the laughing capacity of the person who bears them. In that light they are the least ugly of the wrinkles, and I'd much rather have them than a sour disposition. Yet, wrinkles they are, and at best any wrinkles are undesirable.

To remove these objectionable crow's feet dip the fingers in one of the good massage creams, and with the second and third fingers rub the area affected with a rotary motion, working from the corners of the eyes outward toward the hair line.

More disfiguring than the crow's feet, because of more ignoble origin

and more difficult to erase, are the tell-tale diagonal lines from the nostrils to the corner of the lips. They are known variously as "bad-temper lines," the "emotional lines" or "the lines of discontent." Using the middle finger, the massage should begin at the corners of the mouth and should end where the lines end, at the nostrils. This movement should also be a rotary one. It should be deeper and firmer than that about the eyes.

The third of the wrinkle areas, and the one in which the wrinkles often first appear in many faces, is the forehead. In massaging these lines of the brow, remember the general rule for massage. The movement must be in contrary direction from the line. For instance, the vertical lines between the eyes must be treated by the second finger of each hand, and must be rotary and upward, branching above the eyes with a gently diminishing motion to the right and left toward the temples.

The transverse lines, forming as they do by a creasing of the skin from bottom to top, should be massaged by a rotary motion from the bottom to the top of the forehead.

The fourth of the danger zones is that in front of the ears. The vertical lines in front of the ears are believed to betoken advancing age. Yet, like those about the eyes, they are misleading. They sometimes appear on the faces of infants. The manner in which the ear is set accounts largely for the presence of these wrinkles. If it is set out from the head prominently the skin is loose in front of the ear and falls readily into wrinkles.

To retard the deepening of this fold of the skin, use the middle finger for massage, and with deep, firm motion push slowly upward toward the top of the ear.

The lines of the neck behind the ear distress some women. To correct them, massage with the first, second and third fingers deeply upward toward the hair.

Massage of the entire body is very helpful also in toning up the system. It is prescribed by many physicians for nervous disorders, for defective circulation and for the reduction of flesh, and will even make a thin woman beautifully plump if she will use a good emollient and nourishing cream to feed the tissues.

Secrets of Beauty

MY upper lip is much too thin in proportion for the lower lip. How can I make it more plump?—M. R. B.

You can often improve the shape of a too thin lip by massaging it gently every night with a good skin food like this:

Cocoa butter.....32 grams
Spermaceti.....32 grams
Oil of sweet almonds.....160 grams
White wax.....16 grams
Oil of rose geranium.....10 drops

PLEASE recommend something to lighten my blond hair, which is turning very dark.—E. M.

The blonde should look to the lemon as her friend. Shampoo the hair every other week with the juice of a whole lemon, rinsing it out thoroughly afterward and dry the hair in the sunshine. If that does not prove effective, then a shampoo once a week in which a few drops of ammonia have been sprinkled will soon bring about the lightening of the hair. One gallon of water and a scant half wine-glass of ammonia is a good proportion. Do not use these substances too constantly because they have a tendency to dry the hair and make it brittle.

PLEASE advise me what to do for my very hairy arms, legs and upper lip. The growth is black in color and very conspicuous.—F. A. J.

There are many depilatories which will remove this growth temporarily, but unfortunately the roots of the hairs still remain, and only the use of the electric needle applied by an expert will kill these hairs forever. There are some things, however, which will bleach this growth very effectively and thus render it much less conspicuous. This can be done with liquid ammonia, slightly diluted, or with any other whitening fluid like peroxide of hydrogen, which should be applied every day for three or four months, or even longer if necessary.

Indicate Oct. 3.

WILL you kindly tell me how to develop the bust? I am very tall, and though my entire body is plump my bust is quite undeveloped.—S. J. S.

For enlarging an undeveloped bust you must first put yourself on a strictly flesh-making diet. Then if you will ask your physician if he thinks it wise for you to do so, you may massage the region of the breasts every night with this preparation, which is excellent for putting on flesh:

Lanolin.....50 grams
Vaseline.....50 grams
Tincture of benzoin.....20 drops
Iodide of potassium.....3 grams

MY ears are always an ugly looking color, while other people generally have ears of a natural flesh color. Is there any remedy for this?—C. G.

I have known persons with ugly looking ears to bandage them persistently with cloths wet in witch hazel, which is a well-known astringent and whiteners. If that does not prove efficacious, then apply with a piece of medicated gauze the following:

Camphor water.....½ pint
Glycerine.....½ ounce
Borax.....½ ounce

I AM eighteen and greatly troubled with blackheads and pimples. Have tried many remedies during the past year, but all in vain. Can you help me?—LINA A.

The best way to clear the skin of these disfigurements is to take plenty of exercise out of doors and abstain firmly from rich foods. Keep the skin thoroughly clean with warm water and a good soap. A sparing diet, chiefly of fruit and liquids, together with copious water drinking, should soon clear your complexion amazingly. Alternate applications of hot and cold cloths to the skin will help. Also a pinch of iodide of lime in a glass of water in daily doses for a week will aid still further in the body cleansing which is necessary to obtain a "re-leat" skin.

Why It Pays to Be Modest

MODESTY is never excessive when it is sincere; it is never too exacting when it oozes spontaneously from the heart of a lofty nature; it is a sentiment that can inspire only noble things and prepare us for sublime joys.

Modesty has such power that it can elevate ignorance and simplicity to the highest spheres and encircle with a halo the most common loves as well as the most exalted; it is possessed of such ethereal energies as to smother with

flowers the most bestial roar of the most brazen man and hide with an impenetrable veil the most modest secrets of the animal man.

Without any need of cloth garments, this sublime wizard will cover a nude body with a mantle that will make it invisible and impenetrable to lust, says Professor Paolo Mantegazza in "The Book of Love." Guardian and priest of love, it follows it at every step, defends it from the mire and from the fire, and, causing it to direct its eyes upward, elevates and sanctifies it.

Parsimonious trainer of the forces of love, it preserves them always fresh and always young; and when the first kiss causes the first virgin flower to fall from the brow of a woman, modesty brings forth new and ever virgin flowers before the steps of the two lovers.

Texture that conceals, glass that covers, balsam that stops every putrescence, modesty is the most powerful preserver of the affections; and, perhaps, more loves are killed by immodesty than by infidelity.

Appetizing Menus for the Week

MONDAY.	TUESDAY.	WEDNESDAY.	THURSDAY.	FRIDAY.	SATURDAY.	SUNDAY.
Breakfast. Grapefruit, Cereal, Toast, Coffee.	Breakfast. Cereal, French Toast, Coffee.	Breakfast. Cereal with Dates, Buttered Toast, Fried Bacon, Coffee.	Breakfast. Cereal, Sliced Bananas, Buttermilk Biscuits, Coffee.	Breakfast. Grapes, Cereal, Creamed Codfish Flakes, Coffee.	Breakfast. Prunes, Corned Beef Hash, Coffee.	Breakfast. Cooked Fruit, Plain Omelet, Toast, Coffee.
Luncheon. Creamed Salmon in Ramenais, Baking Powder Biscuits, Spiced Grapes, Dinner.	Luncheon. Cream of Lettuce Soup, Potato Salad, Whole Wheat Bread, Apple Whip, Dinner.	Luncheon. Baked Beans, Brown Bread, Baked Apple, Dinner.	Luncheon. Italian Macaroni, Spinach Salad, Carrot Marmalade, Dinner.	Luncheon. Bean Salad, Cooked Dressing, Cream Cheese and Currant Sandwiches, Tea.	Luncheon. Corn Custard, Green and Red Peppers, Finely Chopped, Muffins, Dinner.	Luncheon. Fried Chicken, Cream Gravy, Rice, Boiled Onions, Currant Jelly, Soft Caramel Custard, Supper.
Supper. Smothered Veal Steak, Baked Potatoes, Boiled Onions, Lettuce Salad, Raisin Pudding, Orange Sauce.	Supper. Cannelloni of Beef, Tomato Sauce, Noodles, Loganberry Gelatin, Banana Sauce, Coffee.	Supper. Cold Cannelon of Beef, Potatoes au Gratin, Heart Lettuce Salad, Spinach, Fruit Salad.	Supper. Swiss Steak, Brown Gravy, Baked Potatoes, Creamed Cauliflower, Cooked Fruit, Tea Cakes.	Supper. Broiled Tripe, Bechamel Sauce, Green Peas, Baked Potatoes, Deep Apple Pie.	Supper. Pork Chops in Casserole, Home-made Pickles, Waldorf Salad, Saltines.	Supper. Minced Chicken on Toast, Coffee Cake, Fruit Whip, Tea.

How True Love Is Born in Sympathy

WHICH are the true sources of love? Which are the paths which lead to the sacred temple? There should be an only source, an only path, but so many are those who throng and crowd to enter there, where all expect the greatest joy, that not all enter by the great highway of nature, but through secret gates and oblique ways reach their aim. They are unhappy because the original sin of their loves condemns them to a dangerous life, says Professor Paolo Mantegazza in "The Book of Love."

All the natural flows of the true and great love collect in one source. They are drops which slowly trickle into the depths of our body, and there they gather and form rivulets and streamlets that, in turn, collect in the channels of our veins until they effuse, as the warm, quivering wave of sympathy.

Sympathy is the only true source of love. Sympathy, most beautiful among the beautiful words of human speech! To suffer together, a melancholy vaticination of life lived in two; but better still, to feel, laugh and weep together! Two organisms, but one sense; two exterior worlds, but which unite around a unique centre; two nerves that by various ways carry various

sensations, but which interweave and run together in one heart. To see, to gaze at, to desire each other. A spark shoots forth from the contact of two desires—such is the first fact of love.

Two solitary ships in the desert of the ocean were plowing through the waves, unknown to each other; the wind propelled one near to the other; a shiver of sympathy ran through the sails and the shrouds and caused them to creak simultaneously; they felt pressed by a common need and cast out a hawser which should tie them together. From that moment they shall plow the same waters, expose themselves to the same danger, and long and sigh for the same land.

Tested Meat Recipes

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

Roast Beef Gravy.

LEAVE about ½ cup of the beef drippings in the pan, add ½ cup of flour and blend well. Stir until well browned. Add gradually 3 cups water and stir until thick and smooth. Boil 5 minutes. Add more water if gravy is too thick.

Yorkshire Pudding.

BEAT 3 eggs until very light, add 2 cups milk and mix well. Mix and sift 1 cup flour and 1 teaspoon salt. Beat into egg mixture. Pour into hot greased baking dish and bake 45 minutes, basting after 15 or 20 minutes with beef drippings.

Roast Beef with Yorkshire Pudding.

SELECT tip or middle of sirloin, about 3 pounds. Wipe meat with a damp cloth, put on a rack in dripping pan, skin side down, rub over with salt and dredge thoroughly with flour. Place in a hot oven and brown evenly so that juices may not escape. Reduce heat and baste every 10 or 15 minutes with fat in the pan. An onion may be placed in the pan. When beef is done remove to a hot platter and serve with Yorkshire Pudding and gravy.

Mock Squirrel.

FINELY chop 1 mild onion and cook until soft with a little diced salt pork. Add 3 slices of bread soaked in water and then squeezed dry. Cook until thoroughly heated. Chop 1 pound steak and ½ pound sausage fine and add to crumbs. Shape into a loaf, cover with thin slices of salt pork and bake 45 minutes. Serve with apple jelly. The flank end of the porterhouse steak should always be used for soup, stew or chopped beef, since it is very tough and requires long cooking. If porterhouse steak is served at dinner one day the flank ends may be used for mock squirrel the next. Round and other tough cuts may be used to equal advantage, however.

Round Steak Shortcake.

CUT round steak into small cubes, cover with water and cook gently until tender. Season to taste with salt and paprika. Thicken with a little flour and water. Pour meat and gravy over split baking powder biscuits.

Broiled Steak.

TRIM steak and wipe well with a damp cloth. Grease wire broiler with beef fat, place meat in broiler and broil over coal fire or under gas flame. Turn several times during the first minute to keep juices from escaping. Then turn occasionally until well cooked. Place on hot serving dish, spread with butter and sprinkle with salt and pepper.

Mock Duck.

TRIM round steak and cover with a stuffing made of bread crumbs, well seasoned with onion juice, salt, pepper and finely chopped suet or drippings. Roll steak around the stuffing and tie in shape with a string or secure with wooden or steel skewers. Place in a greased casserole dish, pour 1 cup of hot water around meat, cover and cook until brown and tender. Serve with wild plum or currant jelly.

Smothered Steak.

COOK 1 finely chopped onion in 2 or 3 tablespoons salt pork fat or drippings. Stir constantly until onion is soft and brown. Wipe thick slice of round steak with a damp cloth and put in frying pan with onion. Brown evenly on both sides. Add 1½ cups cold water and sprinkle lightly with salt. Bring quickly to boiling point, cover and cook slowly until tender. Remove steak to hot serving dish and thicken gravy with 2 tablespoons flour blended with 1 tablespoon butter. Stir constantly until smooth and thick. Season to taste.