

Health, Beauty And The Home

Keeping "Susan" Fit

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

LET us call the young daughter in the home "Susan." What should she be given to eat to keep her pretty, to keep her blooming, to develop her into healthy womanhood, and also to furnish her enough energy with which to play, to work, to dance, as all "Susans" do?

There was a time (so we learn from history and novels) when to be pallid and "ill" was the popular pose of the young girl. Recall the many heroines who "fell into a swoon" or whose appetites were "like a bird's." Why, "Elsie" and "Queenie" and "Amelia Sedley" spent their lives in one long, swooning illness! I have often wondered what they had to eat! Now those various periods when "feminine" and "fragile" were synonymous, and when it was thought nothing unusual for a woman to lie "ailing" on a couch for years, are gone forever. Instead we glory in young women who can swim, play tennis, "hike," manage a "bazaar" or work in a business office for hours at a time without fainting once.

To be well is to be beautiful, and to be strong is the first step toward success of any kind. Outdoor exercise and right feeding—these are the two guardians of health. It is most important that Susan is fed in this period of fourteen to twenty, when she is no longer a child nor yet a woman. Neglect during these years is bound to react on her state of health as a mature woman or mother, and can never be remedied later.

Let us study this Susan of fourteen to twenty, whether she is your daughter or your neighbor. In the first place, her body has not yet grown to its full height, but even when it has accomplished its full adult measure it will still have to be covered with the muscle and fat which will give it the contour and roundness of woman. Susan is generally in school studying very hard, pushing ahead with heavy school work. In addition, she may like to take part in a large number of "social" duties, of hops and class plays and meetings and the general outside distractions of school life. This again means using up a tremendous amount of nervous energy beyond what the body needs for its own use.

Still other daughters may have to work in office, factory or home, even as young as fourteen. Here again Susan will have to use en-

ergy to stand or do desk work, or whatever her employment may be, in addition to the task of actually developing her own body to maturity. Therefore this is the vital point to emphasize—that the food supply of this period must be adequate not only to carry on school work and other interests but, most important, to actually develop Susan into an adult woman.

All too frequently there is not enough nourishment taken to fulfill both, and the result is anaemic, flat-chested girls, or the "nervous breakdown" so common in school years. Sometimes even Susan may need more food to grow on than she can assimilate.

Now having explained what changes are taking place with Susan, let us see what foods she must eat to supply the demands made on her. First, she will need a large quantity of protein, especially eggs, milk and the white meats to actually make body tissue. Again, she needs a fair share of fats, which are best taken at this time in the form of butter, olive and peanut oil. Instead of in any greasy or fried foods which are more difficult of digestion. An immense quantity of starches will also be needed in this adolescent period to furnish the required amount of energy, but they also should be given in the most digestible form.

The reason for this care in the form of the food is that Susan's digestion during this period is likely to be weak and her appetite "finicky." Indeed, it may be necessary to coax her to eat the required amount of nourishment. Sometimes her lack of appetite takes the form of a "no-breakfast" idea, but she should be urged to take a breakfast entirely different from the regular family meal. At all times the meals should be dainty, even if it be an egg-nogg and crackers, for although she is growing as fast as her long-legged brother she has always his "heart" hunger. Another point is to vary the meals frequently—even a new kind of bread or a vegetable served a different way or a novel garnish will make ordinary food seem "different" and hence more appealing.

Another group of foods which Susan needs to indulge in generously is the watery vegetables and fruits. She will greatly need their valuable mineral salts to keep her blood pure during adolescent changes which often result in skin eruptions; also her body needs



Famous Beauties of Stage and Screen,
No. 17—JULIETTE KENNEDY.
(Photo by DAGUERRE.)

them for bone formation. Another reason why Susan should use plenty of watery fruits and the "bulk" vegetables is to avoid any danger of clogging and constipation. It is in these formative years that "habits" are formed, and one way to avoid the common and dangerous habit of constipation is by early establishing free bowel movements which will result in clear eyes and thinking apparatus.

The one group of foods in which Susan must not indulge is the sweets and the sugar-starch dishes. Unfortunately it is fudge and eclairs and French pastry that Susan just "loves!" Here is where a wise directing mother can be of the greatest value.

Did we ever see a man sit down to a lunch table and order a chocolate eclair and a cup of chocolate with whipped cream? Seldom. We would generally find Susan's brother ordering "ham and" or soup, or even such "coarse" foods as cabbage and dumplings. But Susan likes the rich salads with mayon-

naise, the whipped cream and whole array of the pastry cook's art. Nerves are the result of mal- or under-nutrition.

One of the most important duties then for those with Susan's welfare at heart is to train her to right eating habits which will not lead to excess of sweets, pastry, soda, candies and confections generally. The plainer and more "man-like" the foods—chops, soups, green vegetables, raw fruits, etc.—the less likely she is to have the prevalent "headache." Also condiments, stimulants and coffee should not be a part of Susan's diet.

If Susan goes to school she should take a well-packed lunch

from home, supplemented with a hot drink in a vacuum bottle, or choose one at school that will be as nourishing as possible though light to digest. Many schools are now seeing the wisdom of serving children the hot lunch at low cost; many business firms, too, are installing lunch rooms for the same reason, that they find that when Susan is rightly fed she is a more efficient worker with less tendency to "absentee" and "days off."

To review, Susan needs a generous diet of all plain foods, with especial emphasis on proteins and starches; all food must be served in the most digestible ways; bulk vegetables and raw fruits are needed in plenty; no stimulants should be given, and but little sweets and complicated starch and sugar dishes or rich or highly seasoned foods. Everything should be done to build up right eating habits and lay the cornerstone for that glorious nerveless womanhood which is Susan's rightful inheritance.

Foot Blemishes

By Lina Cavallieri,
The Most Famous Living Beauty.

CORNS are not at all necessary. It is easy enough to get them, I know, but you need not keep them, unless you are simply too lazy to take the needful exertion to remove them.

Appearing usually upon the tops of the toes, corns are merely hardened portions of the skin caused by continued pressure from shoes. No Indian ever had a corn until he began wearing the white man's boots. Corns and bunions are the record of the fact that the shoe, as many wear it, is an instrument of torture. If the corns be new and not deep-seated, they can be removed easily enough by self-treatment.

Soak the feet fifteen to twenty minutes in warm water, softened by a few drops of violet ammonia or of benzoin. Bind a slice of lemon on the toes, tying it securely with a bandage of white muslin. If the corn responds naturally to the treatment, it should be gone after three or four applications that you can push it out by gentle friction with a towel. Never use your finger-nails in extracting a corn, no matter how loose it seems, or blood poisoning might result.

If, however, the case is more obstinate, then this, applied with a small camel's hair brush, should be quickly efficacious: Collodion, 4 grams; ether (65 per cent.), 2 grams; alcohol (95 per cent.), 1 gram; tincture of cannabim indica, ¼ gram; salicylic acid, ½ gram.

An even simpler and much less expensive remedy is the following: Collodion, 1 ounce; salicylic acid, 1 dram; fluid extract of canna indica, 1 scruple. Apply several times a day until the corn is soft enough to be scraped away.

If the corns are of the "soft" variety that grow between the toes, absorbent cotton powdered with tannin or alum may be inserted between them at night, and sometimes even worn all day with the shoe.

Ring plasters to protect the corns from further irritation by the shoe have their friends and foes. I think it is much wiser to remove the pressure permanently by abandoning, at least for a time, the shoe that caused it.

Bunions, those twin-blemishes to corns, are enlarged and inflamed joints, usually of the first joint of the big toe. They are the greatest affliction to which suffering feet

can be subjected. A new, amply broad pair of shoes with low heels is the best remedy. To assist this treatment, the joints may be painted three times daily with this simple but effective bunion lotion: Tincture of iodine, 2 drams; carbolic acid, 2 drams; glycerine, 2 drams.

At the first sign of an ingrowing toe-nail, each of two simple remedies may be used. The corner of the nail at the side where the toe is inflamed may be gently lifted and cotton thrust beneath it to relieve the pressure. Also, at the middle of the upper edge of the nail a tiny V may be cut. Nature in her extra efforts to heal this breach in the nail withdraws her forces from the irritation of the side of the toe.

I would like to remind you that no woman is ever pretty while her feet hurt her. A horrid male person has been ungallant enough to say of some of us that "the awkwardest thing in nature is a woman with a sore foot." That he didn't exaggerate we must admit.

Watch your feet carefully so that no one can have a chance to make any such remark about you. Is the skin between the toes cracked and sensitive? It is possible that this is an indication of a uric acid condition. See your physician at once and let him decide whether this is so, and have him advise you as to the treatment necessary to effect a cure. If the cracks between the toes are merely caused by the feet being over-heated, either by rubbers or by stiff leather shoes, spread zinc ointment over the cracked surfaces, or powder the sensitive places thickly with fuller's earth.

If the feet are bathed every night before retiring in tepid water into which a little borax or common table salt has been sprinkled, there is little likelihood of sensitive, swollen feet, or of that unwelcome variety of hardened, calloused portions on the feet, commonly referred to as corns.

As the evening foot bath is a preventative, so is it a cure for such painful conditions, unless they have reached an extreme stage—being careful to dry them thoroughly between the toes, so that no soft corns will form there—rub all the swollen, tender portions of the feet gently with witch-hazel or olive oil, or even plain cold cream.

Secrets of Beauty

IS there any way I can harden the flabby flesh on my neck and face?—MISS B.

Massage the face and throat daily with the following astringent cream, rubbing it well into the skin with the first two fingers of each hand:

Oil of sweet almonds.....100 grams
White wax.....50 grams
Tincture of benzoin.....25 grams
Rosewater.....25 grams
Pulverized tannin.....15 grams

PLEASE advise me how I can rid myself of the unsightly light fuzzy hair under my chin and on the sides of my face.—S. B.

This superfluous hair is frequently a constant source of annoyance and even mortification, but there is no really effective remedy for this trouble except the use of the electric needle. If this is done by an expert, the operation should be quite painless and leave the skin restored to normal smoothness.

PLEASE tell me of some harmless method for removing blackheads.—DOTTY.

The most frequent causes of this distressing condition of the skin are lack of cleanliness, a faulty diet and absence of proper exercise. Eat only plain and wholesome foods; eschew candy and too many sweet desserts. Take plenty of fresh fruit, especially oranges and live chiefly upon vegetables. Below is an excellent preparation which may be applied once a day, preferably at night, after first cleansing the skin thoroughly with warm water and a good soap:

Benzoinated lard.....2 drams
Lanolin.....2 drams
Precipitated sulphur.....½ dram

KINDLY tell me of a simple way to remove a shine from the nose without powdering it all the time.—T. D.

Your sebaceous glands are in an over-active condition, consequently your skin needs the frequent application of an astringent lotion like this:

Rosewater.....3 ounces
Almond milk (thick).....24 grams
Alum.....30 grains

Then use only a pure rice powder, which will not harm the skin if removed at night with cold cream. Afterward cleanse the face with warm water and almond meal, or oatmeal, or even a mild soap if you prefer it.

WILL you kindly recommend a way to reduce? I weigh 167 pounds and am only eighteen. I got a great deal of exercise, but that does not seem to help.—R. K.

You are very evidently suffering from over-assimilation. The logical thing for you to do is to change your diet completely; eliminate as far as possible all the carbonaceous foods, such as starches, sweets and fats and leave off white bread entirely. Eat more fresh fruits and vegetables, though bananas and potatoes must be omitted, and butter should be eaten sparingly. Also, it will help to take all the out-of-door exercises you can.

MY lips are so thick they worry me terribly. Is there anything I can do to reduce them?—DISCOURAGED.

The build of the mouth is such that it is extremely difficult to reduce the lips in any way except by a minor surgical operation or the application of astringent lotions. However, they may be massaged with the simple stroke movement, moving outward and upward instead of inward toward the nose. Rub gently, but with considerable pressure, using the first two fingers of each hand. The following astringent preparation will be found a valuable aid in this connection:

Pulverized tannin.....1 gram
Alkanet chips.....1 gram
Cold cream.....1 ounce

WHAT will take a heavy coat of tan from my face and neck?—ETHEL.

As a preliminary to any treatment of the face and throat the skin must be scrubbed thoroughly with a good soap and warm water. Any soap will do, but I prefer a pure castile. The use of soap will have only a strictly whitening effect, so it will be found a valuable aid in the bleaching process. After the skin has been thoroughly rinsed and dried then use a simple bleach like this, which should be applied every night before retiring:

Rosewater.....1 ounce
Glycerine.....1 ounce
Tincture of benzoin.....¼ ounce
Carbolic acid.....10 drops

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Cereal, Baked Apples with Bacon, Quick Biscuits, Coffee.	Breakfast Oatmeal with Raisins, Creamed Salt Pork, Baked Potatoes, Muffins, Coffee.	Breakfast Stewed Fruit, Cereal, Plain Omelet, Toast, Coffee.	Breakfast Cereal, Sausage Balls, Fried Potatoes, Muffins, Coffee.	Breakfast Sliced Pineapple, Creamed Codfish on Toast, Muffins, Coffee.	Breakfast Stewed Dried Peaches, Cereal, Doughnuts, Coffee.	Breakfast Baked Bananas, Foamy Omelet, Brown Potatoes, Toast, Coffee.
Luncheon Creamed Eggs, Toasted Biscuit, Celery and Apple Salad, Spice Cake, Cocoa.	Luncheon Spinach Soup, CROUTONS, Coffee Cake, Crabapple Jelly, Tea.	Luncheon Curried Vegetables, Hermits, Tea.	Luncheon Salmon Timbales, Pickle Sauce, Baking Powder Biscuit.	Luncheon Macaroni and Cheese Pie, Spinach Salad, Apricot Souffle, Tea.	Luncheon Succotash, Twin Mountain Muffins, Canned Peas, Ginger Sponge Drops, Dinner	Luncheon Tomato and Celery Puree, CROUTONS, Tenderloin Steak, Artichoke Salad, Rice Meringue, Coffee.
Dinner Roasted Steak, Potatoes, Creamed Carrots, Piccalilli, Caramel Bread Pudding.	Dinner Lamb in Casserole, Mashed Potatoes, Turnip Greens, Gingerbread with Whipped Cream.	Dinner Boiled Salmon, White Sauce with Green Peas, Mashed Potato Puffs, Lettuce Salad, Lemon Sponge, One Egg Cake, Coffee.	Dinner Baked Peas, Vanilla Wafers, Dinner Beef Tongue with Spinach, Mashed Potatoes, Pumpkin Pie, Coffee.	Dinner Pan Broiled Steak, Potatoes au Gratin, Picked Beets, Baked Apple Tapioca Pudding, Coffee.	Dinner Baked Beans, Tomato Catup, Brown Bread, Pumpkin Pudding, Custard Sauce, Coffee.	Dinner Supper Creamed Oysters on Buttered Toast, Relish, Brownies, Cocoa.

Every Woman a Beauty to Some One

IT is agreed among a very large number of women that the one and cardinal attraction for man is the beauty of women. Certainly primitive man was allured by physical charm, and is still among uncivilized tribes, says Professor Walter M. Gallahan, in "The Psychology of Marriage." But the aesthetic standards of feminine loveliness vary all over the globe. The Hottentots admire fatness in women, and the Arabs find the greatest allurements in feminine slenderness.

Everywhere women shape themselves by artifice in the manner most approved by the males. If the civilized man insists on the charm of an abnormal waist, the most educated of civilized women are willing to endure the discomfort and the ill health resulting from tight-lacing. If the tottering and eccentric gait caused by the feminine high-heeled shoe is an attraction, women will willingly distort their feet.

The "Rubens type" of woman is

perhaps the most admired by man. In all quarters of the world the development of the breasts and hips is deemed a sign of womanly beauty. No doubt the desire for a disparity of structure and form in the two sexes is deep and fundamental.

But carriage, as Ellis asserts, has a decided influence in selection, and an awkward gait detracts from womanly attractiveness. Plumpness of the figure is, however, not necessarily a handicap to graceful movement. Spanish women tend to stoutness, but they have the inward-curved spine, which lends a statuesque bearing and nimbleness in active motion.

So marked is the masculine desire for the generous figure in woman that there have been periods when women wore pads to accentuate the abdominal region. The crinoline was probably designed by a shrewd woman in order to heighten the suggestion of embonpoint.

There are, no doubt, exceptions to this predilection for fullness of form in women. The poets often

expatiate upon the beauty of the willowy figure, the grace of a lithe body, the loveliness of the Psyche model, the panther-like movements of the slimly built woman, and the charm of a reed-like form. Slimness is very frequently associated with charm in woman.

Ellis notes a masculine preference for blondes as widespread. Even in Italy, where dark or olive complexions are a racial characteristic, the fair woman is preferred. Nevertheless, most of the great English belles have not been very fair.

Leonardo da Vinci observed that the like rather than the unlike are attracted to one another, and researches since his day demonstrate that similarity is a very great factor in love-choice, though not the only one.

It is never quite absent in the choice of a lover among both men and women, and that it is sometimes paramount. But many men choose plain, even ill-favored women, which proves that external charm is not the sole allurements.

Useful Hints for Busy Housewives

Finding a Needle.

IF you happen to lose a needle when sewing, take a magnet and run it over the rug or carpet where the needle has disappeared.

Ironing Lace.

AFTER washing yellow lace dip it in milk before ironing. A warm iron should never come in contact with the lace, so to secure perfect results put tissue paper over it before pressing.

A Makeshift Bodkin.

SHOULD your bodkin become misplaced, fasten a small safety pin in the end of the ribbon and it will serve almost as well.

Red Ink Stains.

TO remove red ink stains from table linen spread freshly made mustard over them and leave on about half an hour. When sponged off all traces of the ink will have disappeared.

Washing China.

HOT water will not hurt the finest decorated china, but the use of strong soaps and powders should be avoided.

For Window Shades.

PROCURE an extra long rubber band and stretch across the window on two hooks to keep the shades from blowing in when the screens are in and the shades pulled down.

For Sunday Night Supper

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

Ragout of Veal.

CUT cold roast veal into small cubes. Measure, and to 1 pint veal cubes add 1½ cups brown sauce, seasoned with a few drops of onion juice, a dash of cayenne and 1 teaspoon Worcestershire sauce.

Eggs Italian Style.

MELT 2 tablespoons butter and add ¼ cup finely sliced mushrooms. Cook until mushrooms are tender. Add 1 cup milk and ½ cup cooked spaghetti or macaroni and heat gradually. Then add 5 beaten eggs, 1 teaspoon salt and a dash of pepper. A little finely chopped parsley may be added just before serving. To be at their best the eggs should be cooked slowly.

Ham and Crumb Timbales.

COOK 1½ cups dried bread crumbs with 1½ cups milk. When thick and pasty add 2 cups finely minced ham, a scant teaspoon salt, 1 teaspoon grated onion and a dash of pepper. Add 2 well-beaten egg yolks. Mix well and fold in 2 stiffly beaten egg whites. Turn into small buttered or greased timbale molds or custard cups, place in pan of hot water and cook in a moderate oven about ¾ hour. Serve with white sauce to which green peas have been added.

Creamed Chicken.

CUT cold chicken into small cubes. To 2 cups of chicken allow 2 cups thick white sauce. Heat and season to taste with salt and paprika. About 1-10 teaspoon celery salt may be added. Serve hot on rounds of toast, baking powder biscuit or with a border of well-seasoned rice potatoes. Finely chopped parsley is sometimes sprinkled over the chicken just before serving. Creamed chicken may be varied by adding ½ cup sliced mushrooms to 2 cups of chicken.

Cheese Fondue.

MIX and sift 1 tablespoon flour with 1 teaspoon salt, ¼ teaspoon soda, ¼ teaspoon mustard and a few grains of paprika. Stir into 2 tablespoons melted butter and cook until frothy, stirring constantly. Add ½ cup milk and continue stirring until thick and creamy. Add ½ cup stale bread crumbs and ¼ pound thinly sliced cheese. Cook over hot water until cheese is melted. Add 3 well-beaten eggs and fold carefully into hot mixture. Serve immediately.

Cheese Soup.

PEEL, slice and fry 5 or 6 onions with ¼ cup butter and ¼ pound finely minced ham. Add ½ pound bread crumbs, 1½ quarts good white stock, a tiny blade of mace and salt and pepper to taste. Cook about 30 minutes, add ¼ pound grated Parmesan cheese and 2 egg yolks. Press through sieve and serve hot.

Welsh Rarebit.

MELT 1 tablespoon butter, add ¼ pound thinly sliced cheese and ¼ teaspoon salt and a dash of paprika. Stir constantly until cheese is melted. Beat 3 egg yolks, add ¼ cup rich milk or cream and stir into the hot cheese. Cook very slowly until smooth and creamy. Serve on slices of bread toasted on one side. Pour the rarebit on the untoasted side.

Spanish Omelet.

SEPARATE 6 eggs. Beat yolks and a few grains of paprika and ¼ tablespoon flour diluted with ½ tablespoon milk. Fold in the stiffly beaten whites. Pour into a buttered omelet pan and cook until firm. When ready to serve the omelet place it on a serving dish and before folding it pour the following sauce between sections. For sauce fry in a little butter the following ingredients: 1 minced onion, 1 finely chopped green pepper, 3 or 4 mushrooms, 1 small bay leaf, a tiny sprig of parsley, 1 tablespoon finely minced ham and 1 thinly sliced lamb kidney. Then add 2 or 3 peeled tomatoes and 1 cup of good consommé. Cook about ¼ hour.

Oysters American Style.

WASH and pick over 1 pint oysters; parboil or steam until tender. Drain, reserving liquid. Add cold water to make 1 cup and strain through double cheesecloth. Melt 2 tablespoons butter, add 1 teaspoon finely chopped shallot, 1 tablespoon finely chopped red pepper and cook until tender. Add 2 tablespoons sifted flour and stir well. Add oyster liquid, stirring constantly. Add 1 teaspoon salt, a dash of paprika, 1½ teaspoons lemon juice, 1½ teaspoons mild vinegar, 1 teaspoon Worcestershire sauce and ¼ teaspoon beef extract. Mix well and add oysters. Place 3 or 4 oysters on small rounds of bread, toasted and buttered on one side. Pour sauce over oysters and garnish with thin slices of pickled cherries.