

Health, Beauty And The Home

The Kitchen's Tools

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

EVERY woman, bride or not, has a deep interest in things for the kitchen. Unfortunately, however, in many cases kitchen tools are chosen which do not fit the needs of this particular home. I have had women come to me after a lecture and say, "Have you a list of utensils for the kitchen?"—just as if it were possible to make a universal list any more than it is to create a universal dress and have it appropriate to every wearer.

But there are guiding principles of good choice in utensil selection, just as in dress or anything else, and they may be summed up in the following questions: Do you really need this particular pot, pan or tool? How often will you use it? Is it well made, with no poor edges, and of the right material for its purpose? How long does it take to assemble, wash and put together? Have you storage place for it?

In the first of these questions we strike the fundamental of wise, thrifty buying. No matter how well made, how efficient and how excellent any article may be, if you don't need it, then don't buy it. For example, a breadmixer is a most labor-saving tool and one that many housekeepers will do well to acquire; but if you are only two in the family, if you live where there is a good bakery near, it may be that a breadmixer would be a useless purchase or gift.

I once visited a model kitchen, sponsored by a public utility of note in one of our largest cities. On the floor I saw a large receptacle fitted with an immense screw and handle, such as type-cases have. After vainly trying to guess what it could possibly be used for, the obliging attendant explained that it was a duck-press. What a needless device for the average kitchen! I remember it as a striking instance of the folly of filling a kitchen with things which will not be frequently needed or used.

Even if you do need a certain thing, how often will you use it? Everything we buy should be viewed as an investment. If we wear a \$40 dress only ten times, it costs us \$4 each time we wear it, and that is a pretty high rate. But if we can wear it eighty times that will be only fifty cents a time. When we buy things for the kitchen

we should ask ourselves how often they will be used, because the answer to this is the only means of determining if they will be worth what they cost.

We use a washing machine only once a week, but we suppose that it will last so long that even at this low usage it will prove a good investment. We may use a tray-table on wheels so many times a day that its purchase is well justified. But if we lay out too much money in fancy moulds, pans, cutters, asparagus boilers and other articles which are used but seldom, then we are being extravagant and only laying up "dead storage" for our pantry shelves. It is a splendid rule not to purchase any kitchen article which cannot be used at least once a week.

No other country has as wide a manufacture and distribution of household devices as our own. The trouble is that we aim for quantity often at the expense of quality. This is clearly shown in the finish of much kitchen equipment, especially in articles of galvanized metal, tin, etc. Note the handles of the pots you buy. Are they smooth, with no curves for the lodging of dirt, easy to grasp and comfortable? Be sure to buy no utensil which is rough, difficult to clean or awkward to the hand.

Each material has distinct advantages, and the purchaser-to-be must know what these are. To-day tin is used for the smaller pieces which do not come near the heat. Glass has superseded earthenware for all baking, because it is easier to wash, prettier, and may be used both for cooking and serving, thus saving the buying of expensive serving dishes. Iron or cast aluminum is best for frying or heavy cooking. Spun aluminum makes the most desirable all-round cooking pots and pans, while a few pieces of white enamel are good for milk and fruit cooking.

The broader the base of the pot the quicker it will heat, thus saving fuel. The narrow-based high utensil is most wasteful of heat. The smaller the utensil one can use the less heavy will be the shelf space required. By all means consider the purpose of the pot when buying, and select the size best adapted to what is to be cooked in it as well as to the size of the



Famous Beauties of Stage and Screen, No. 18—CLAIBORNE FOSTER
(Photograph by CAMPBELL STUDIOS).

family. Another point to be considered is whether or not the housekeeper employs servants or will do most of the work herself. If a typical servant is employed, it is far less necessary to buy expensive labor-saving devices, because it is a proved fact that the typical household worker does not appreciate them and often refuses to use them. It is also plain that what will please

one servant will not another. If the mistress is also the maid her preference can be met right at the start, and no sum is too high to invest in saving her time and strength and effort.

A Woman's Eyes

By Lina Cavalieri,
The Most Famous Living Beauty.

THE greatest menace to a business girl's beauty is that of eye-strain. The danger that this eye-strain will produce wrinkles between the eyebrows, will inflame the lids and cause the eyelashes to fall out is great. It will also dim the brightness of the eyes and produce the tired expression of the old or of those who are devitalized by age or overwork.

These tendencies she must counterbalance by greater care than the woman in the home usually gives to her eyes. Since the strain during business hours is excessive she should not add to that the further strain of reading on trains or by lamplight. The best use she can make of her eyes for beauty's sake while upon a train is to close them. She can coax her brothers or a sister or some friend who does not have to use her eyes constantly to read to her at night.

More than that, she can save the strain upon her eyes by closing them for a few seconds at a time several times during the day. They, as well as the face, must have their daily bath—better two daily baths, one in the morning and one in the evening. The baths may be of equal parts of witch hazel and warm water, or of warm water into which a half a dozen grains of boric acid have been sprinkled, or a full cupful of rosewater.

And the girl who would keep her eyes beautiful must have plenty of sleep. She should sleep at least eight hours a day—more if her system requires it. If she can take a quarter or a half an hour's nap after coming home from business and before her evening meal, or before going to the theatre or the dance, she will find her tired eyes have regained much of their lustre.

Before I finish my advice about the eyes I must not forget to give still another formula which is excellent for bathing them: Salt, $\frac{1}{4}$ grain; sulphate of zinc, $\frac{1}{4}$ grain; rosewater, 4 ounces. Mix with an equal quantity of water and apply with an eye-cup.

A particularly good habit to form is to bathe the eyes night and morning with witch hazel and warm water mixed in equal parts, or with an ounce of boric acid in a pint of rosewater.

Use an eye-cup, turning the eye

upward and opening it so that it will be laved by the contents of the cup. When wiping the eyes use a soft cloth—oil, linen or silk—and wipe the lids toward (not away) from the nose. This will help to prevent the wrinkles about the eyes, also the wrinkling of the eyelids themselves. If the eyes happen to be inflamed, washing them in equal parts of witch hazel and camphor water will be found beneficial.

A "cold" in the eye is most annoying and liable to be expensive. You get up in the morning, look in the glass and find that one of your eyes—or maybe both—looks much inflamed. If you do nothing about it the condition may not pass away for a number of days, and meanwhile you are more or less disabled.

Very possibly, in alarm you go to see an oculist. That is all right. He cures you. But you have an alarming bill to pay afterward. Perhaps you don't mind the bill or the trouble of going to the doctor's. Though it is likely that you would be less satisfied if you knew that you could easily have cured yourself much quicker and without any expense at all to speak of.

If you have a "cold" in your eye you can get rid of it within a few hours by bathing the eye freely and often with a solution made by putting two drops of formalin, that you can buy at any drug store, into a teaspoonful of water. It may be used with an eye-dropper or an eye-cup. But it is even more effective to allow somebody else to pour it into the eye by squeezing again and again a rag or a piece of absorbent cotton saturated with it.

A "cold" in the eye is really nothing but a germ infection. Formalin kills the germs. But don't use formalin in any stronger solution than two drops to a teaspoonful. If you should get it into the eye in the pure state you might destroy the sight. At least, you would suffer frightful pain.

Incidentally it may be said that the best eye-water known to oculists for the treatment of sore eyes or lids is made by mixing ten grains of boric acid and five grains of tannic acid with one dram of camphor water and enough ordinary water to make a total of six ounces. The ingredients are cheap, purchased from the drug store, and you can prepare them yourself if you prefer.

New Styles in Eyebrows

By Rene Bache.

THE newest fashion in eyebrows demands that they shall be arched. This was the form deemed most beautiful in the old days (as described in novels of a generation or longer ago), before anybody thought of the plucking process for altering the natural shape of eyebrows; but for some time past they have been made as straight as possible.

How importantly the eyebrows affect the expression of the face may easily be ascertained by any woman who will take the trouble to try a few little experiments on herself before the mirror.

First, let her efface her eyebrows altogether, with a bit of grease-paint and powder. She will be surprised to see that her visage has acquired a blank look, perhaps with a suggestion of the Chinese. Then let her take some "guache" (a mixture of white watercolor paint and India ink) and make for herself with a camel's-hair brush a few different styles of eyebrows—one pair at a time, of course. A wipe with a moist rag will take the stuff off. She may try them straight, moderately arched or high arched, heavy or merely "pencilled," and so on, successively.

She will find that each change makes a striking difference in her expression; also that one style is more becoming than any of the others.

Here is a point of much more importance than might be imagined; for, in a way of speaking, women's eyebrows do not always fit their faces. They do not always harmonize with the hair and features. Alice and Florence might both be decidedly prettier if they could exchange eyebrows.

This is a beauty question which has never been adequately studied—the proper relation of eyebrows for becomingness to the features, the contour of the face and the coiffure. It is a matter which beauty shop practitioners do not seem to take into view at all in the plucking treatment.

Plucking is done chiefly for symmetry—to narrow the line of the eyebrows and give it regularity. Many women seek to obtain the same effect by soaping the eyebrows and pinching the hairs together with their fingers.

Obviously, the form of any individual pair of eyebrows cannot be altered beyond a certain limit. Straight ones cannot be made high arched, or vice versa. But this difficulty is overcome by artificial eyebrows, which are a new Parisian invention.

They are very expensive, each

hair being separately passed through and fastened upon the foundation, which is a strip of thin, translucent, rubberized silk. So artful is their construction that the foundation is concealed by the hairs; and, when the natural eyebrows have been shaved and the false ones adjusted above the eyes, the illusion is perfect.

The plucking process is excruciatingly painful. One may pull out a few hairs from one's head without feeling it much; but if you want to find out how much it hurts to have eyebrow hairs extracted, just try it on yourself—a single hair, for experiment's sake.

Of course, the hairs thus removed soon grow again, and the performance must be frequently repeated. The best plan, really, is to have them killed with the electric needle, and so get rid of them for keeps—though the process is long and distressing.

Eyebrow hairs, like those of the head, are covered with thin, flat, overlapping scales, as may easily be seen when one of them is placed beneath a microscope. Each hair is a tube, growing out of a vase-shaped "follicle" with a narrow neck. When pulled out it does not bring the root with it. The root remains and produces another hair.

The head of the average woman is planted with about 120,000 hairs. A hair that has no tendency to curl will be seen, under the microscope, to be cylindrical in form. A curly hair is oval in section. A negro's hair is flat in places and therefore kinky. The heat of a curling-iron causes each hair to contract on one side, and to curl in that direction.

Curling-irons and curl-papers produce very temporary curliness; it doesn't last. Hence the eagerness with which women nowadays are having resort to the "permanent wave," which "stays put." The permanent wave is obtained by a sort of baking process, the electrical apparatus used being complex and rather formidable.

A disadvantage of the permanent wave is that it kills the hair. "It does not kill the roots, else the hair would quickly drop out, with resulting hopeless baldness. But a natural hair is a living structure; after baking, it is dead above the scalp. Hair with a permanent wave might be likened to the "perpetual palms" one sees in restaurants.

As for eyebrows, there is no doubt that nature meant them to be ornamental. But, more important, they were meant to shade the eyes and to prevent perspiration from dripping down into them. One should realize that our remote ancestors had eyebrows much larger and bushier than ours.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Sliced Oranges, Cream Honey, Bread Crumb Griddle Cakes, Coffee. Luncheon Beef Soup, Chicken a la King, Rice, Tea. Dinner Boiled Mutton, Caper Sauce, Mashed Turnips, Fried Egg Plant, Caramel Bavarian, Coffee.	Breakfast Oatmeal, Broiled Bacon, Fried Apples, Toasts, Coffee. Luncheon Stuffed Baked Peppers, Ginger Sponge Drops, Tea. Dinner Fruit Cocktail, Cadillac Meat Pie, Savory Relish, Vanilla Junket, Coffee.	Breakfast Sliced Pineapple, Cereal, Scraple, Rolls, Coffee. Luncheon Crab Flats, Timbale, Cream Sauce, Celery and Apple Salad, Tea. Dinner Pork Tenderloin, Sweet Potatoes, Spinach, Pumpkin Pie, Coffee.	Breakfast Apple Sauce, Cheese Cream Toast, Coffee. Luncheon Spinach Soup, Buttered Toast, Baked Peas, One-Egg Cake, Tea. Dinner Roast Lamb, Potatoes Braised, Creamed Onions, Loganberries, Cookies, Coffee.	Breakfast Grapes, Cereal, Poached Eggs, Bacon Curls, Coffee. Luncheon Veal Soup, Asparagus Loaf, Creamy Sauce, Pineapple Salad, Dinner Halibut Baked in Milk, Fried Potatoes, Peas, Salad, Washington Pie, Coffee.	Breakfast Baked Prunes, Fish Cakes, Muffins, Coffee. Luncheon Lima Beans in Casserole, Cheese Salad, Cinnamon Toast, Tea. Dinner Beef Liver, String Beans, Potatoes, Fig Whip with Custard Sauce, Coffee.	Breakfast Oranges, Salt Mackerel, Potatoes, Muffins, Coffee. Dinner Roast Beef, Potatoes, Glazed Onions, Parsnips, Heart Celery, Canned Peach Compote, Coffee. Supper Sally Lunn, Marmalade, Tea.

Beauty's Question Box

CAN you prescribe something that will make small or deep-set eyes become, or, at least, appear, larger?—MRS. F. S.

Massage the eyes with a light, rotary motion, using the tips of the second and third fingers, outward and away from the corners of the eyes. With the same fingers stroke the muscles that lie along the upper edge of the cheek-bone. The stroke should be a slow, sweeping one from the lower corner of the eye to the edge of the hair-line. Your deep-set eyes indicate also the need of a richer diet of fat-making foods. A complete freedom from nervous worry will improve them wonderfully.

MY hair is falling out terribly. My scalp begins to itch a few days after shampooing and the hair is turning a silvery white color, although I am not yet thirty. Please tell me what to do for it.—V.

The trouble may be due to a constitutional or hereditary failure to furnish the hair cells with proper nutriment. You should go to your physician and ask him to give you a tonic for your nerves and advise you of some treatment that will build up your constitution. Meanwhile, you might try massaging the scalp daily with this simple lotion, which is most excellent for falling and thin hair:

Pure castor oil.....1 ounce
Eau de Cologne......8 ounces

WILL the lashes grow longer if they are cut regularly?—A. J. C.

Yes, provided they are not cut too often. Once every two months is often enough. To make the lashes grow more rapidly dip a soft brush or a pledget of cotton into lanolin and touch the edges of the lids with this daily. At night before retiring is a good time to apply it.

Household Hints

Moist Cake.
PUTTING an apple in the cake-box will keep the cake moist.

To Preserve Brooms.
DIP the broom in a kettle of boiling suds once a week and it will last much longer.

Prunes in Coffee.
A DRY prune added to the water when making coffee improves both the color and taste of the beverage.

For Brass Trays.
TO clean brass trays, tea-kettles or flower pots rub with a piece of lemon, then pour boiling water over them and polish with a soft, dry cloth.

Cleaning Linoleum.
L INOLEUM can be quickly cleansed with equal parts of milk and water. Afterward rub with a mixture of turpentine and wax and polish with a soft cloth.

PLEASE give me the formula for one of your best creams. I have used your cold creams before and found them most excellent.—D. D.

My own favorite cream is this. It does not yellow the skin. On the contrary, it has a delightfully whitening and softening effect and I have it prepared under my own eyes:

Lanolin 10 grams
Oil of almonds.....100 grams
Rosewater100 grams
White wax 5 grams
Spermaceti 5 grams
Oil of rose geranium... 6 drops

Melt the lanolin, white wax and spermaceti, but do not let them reach the boiling point. Add the oil of almonds gradually. Warm again and add the rosewater, little by little, stirring all the time. Put in the perfume last of all, then set away to cool in glass jar.

ALTHOUGH not at all nervous I have for years been troubled with perspiring hands. I have tried many things, but have received no help. Please advise me what to do, as it is very embarrassing.—M. D. C.

To overcome that annoying and unpleasant tendency of the hands it is necessary to bathe them frequently in alcohol or use some harmless astringent like a benzoin lotion made by dissolving two ounces of the gum in a pint of alcohol. It should be rubbed over the hands several times a day and allowed to dry on. Another excellent astringent lotion can be made by adding a teaspoonful of borax to an ounce of witch hazel.

Tested Pie Recipes

By Mary Lee Swann.

The Well-Known Writer and Lecturer on Cooking.

Cranberry Pie.

PICK over and wash $1\frac{1}{2}$ cups cranberries. Put in saucepan with $\frac{1}{2}$ cup water and $\frac{1}{2}$ cup sugar. Cook 10 minutes. Cool, pour into flaky pastry crust, place rim around edge of pie plate and arrange several strips across top. Bake in moderate oven until pastry is brown.

Pumpkin Pie.

PRESS steamed pumpkin through sieve. Add to $1\frac{1}{2}$ cups pumpkin $\frac{1}{2}$ cup light brown sugar, $\frac{1}{4}$ teaspoon ginger, 1 teaspoon cinnamon, $\frac{1}{4}$ teaspoon salt, 2 slightly beaten eggs or 1 whole egg and 2 yolks, $1\frac{1}{2}$ cups milk and $\frac{1}{2}$ cup cream. Bake in one crust.

Cranberry Raisin Tarts.

PICK over and wash cranberries. To 2 cups cranberries add $\frac{1}{2}$ cup water and $\frac{1}{2}$ cup chopped raisins. Cook gently until the cranberries burst. Add 1 cup sugar, $\frac{1}{2}$ cup sifted stale bread crumbs, 1 slightly beaten egg and 1 tablespoon orange juice. Pour into tiny pie plates lined with pastry. Arrange thin strips of pastry across tarts and bake in rather quick oven about $\frac{1}{2}$ hour.

Pumpkin Tarts.

DRAIN steamed pumpkin. Press through sieve. To $1\frac{1}{2}$ cups pumpkin pulp add $\frac{1}{2}$ cup sugar, 2 slightly beaten eggs, 2 tablespoons molasses, 1 tablespoon ginger, 2 tablespoons melted butter, 1 teaspoon cinnamon, $\frac{1}{4}$ teaspoon salt and $\frac{1}{2}$ cup milk and $\frac{1}{4}$ cup cream. Mix well and pour into small pans lined with pastry. Bake about $\frac{1}{2}$ hour.

Orange Pie.

CREAM $\frac{1}{4}$ cup butter and add $\frac{3}{4}$ cup sugar gradually. Then add the juice of 1 orange, the grated zest of $\frac{1}{2}$ orange and the juice of $\frac{1}{2}$ lemon and beat until light. Add 3 well-beaten egg yolks and 1 stiffly beaten egg white. Bake in one crust. Cool and cover with a meringue made with 2 stiffly beaten egg whites and 3 tablespoons powdered sugar. When the meringue is stiff fold in 2 tablespoons powdered sugar. Brown delicately in a moderate oven.

Mock Mince Pie.

MIX $\frac{1}{4}$ cup cracker crumbs with $1\frac{1}{2}$ cups sugar, 1 cup molasses, $\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ cup chopped raisins, $\frac{1}{2}$ cup currants, $\frac{1}{2}$ cup butter, 2 well-beaten eggs, $\frac{1}{4}$ teaspoon mixed ground spices and a grating of nutmeg. Bake with lower and upper crust.

Squash Pie.

PRESS cooked squash through sieve. To $1\frac{1}{2}$ cups squash pulp add $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon each nutmeg, ginger and cinnamon. Add 1 slightly beaten egg and $\frac{1}{2}$ cup milk. Beat until smooth. Bake in one crust.

Lemon Fruit Pie.

SQUEEZE the juice from 2 lemons. Boil the skins until tender. Chop very fine. Add 6 finely chopped apples, $\frac{1}{2}$ pound finely chopped suet, 1 pound currants, $\frac{1}{2}$ pound chopped raisins, 2 ounces finely shredded citron and $1\frac{1}{2}$ pounds sugar. Add strained lemon juice and water to moisten. Bake in two crusts.

Prune Pie.

PICK over and wash $\frac{3}{4}$ pound prunes. Soak overnight in cold water. Cook slowly in the same water until soft. Cool and remove pits. Place in a crust, add $\frac{3}{4}$ cup sugar, dot with 2 tablespoons butter and dredge with 2 tablespoons flour sifted with $\frac{1}{2}$ teaspoon salt. Sprinkle with juice of $\frac{1}{2}$ lemon and the juice in which prunes were cooked. Bake in two crusts.

Banana Pie.

MIX $\frac{1}{4}$ cup sugar with 3 tablespoons flour and $\frac{1}{4}$ teaspoon salt. Add 2 egg yolks, slightly beaten, and mix well. Add 1 cup scalded milk gradually, stirring constantly until thick. Then cook over hot water 15 minutes. Cool and add $\frac{1}{4}$ cup cream, $\frac{1}{4}$ tablespoon lemon juice and 1 thinly sliced banana. Chill and pour into a pie case which has been baked on an inverted pie plate. Cover with meringue made with 2 stiffly beaten egg whites and 3 tablespoons powdered sugar. The meringue may be flavored with a few drops of lemon or orange extract. Brown evenly in a slow oven.