

# Health, Beauty And The Home

## Food for the Old

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

**S**HALL grandmother eat the same foods that her little granddaughter of ten eats or that she herself ate when she was actively managing a family at the age of thirty-five? The answer is "no." People in declining years need to vary their diet and select somewhat carefully from the foods served at the general family table.

The reason for this is apparent to good common sense when we stop to consider a moment. From the age of fifty to seventy, let us say, the body occupies a unique position. In the first place, it has reached full development (in contrast to the child, or even the adult of twenty); second, persons of this age usually have "slowed down" in the amount of mental—and particularly in the amount of physical—work they perform.

Another change which comes with age is the slowing down of the bodily processes themselves. Since there is no longer any need to build tissue, since the lungs are generally not so stimulated by active exercise, the blood tends to flow more calmly, and there is not so much internal energy expended to "keep the body going." This is more marked as the person leads a more and more sedentary life.

Now since there are such marked changes in the life of the older person, both within the body and outside of it, it would be natural to expect that these changes should demand a change in the diet. The very first point—that the body is no longer growing—tells us at once that the quantity of protein should be reduced, and particularly that less meat should be eaten. It is most unwise to continue the same allowance of protein foods in the declining years, because since it cannot be used as material to create new tissue it merely serves to fill the body with an excess of waste products, which are often the basis of Bright's disease, heart trouble, rheumatism, etc.

During this period also the assimilative power becomes less. We find we "can't digest" at fifty foods which never gave us a moment's annoyance when we were young. Chief of such foods are all those in the starchy group—cornstarch, rice, potatoes, pastry, tapioca, etc. Of course, some older persons are exceptions, but generally they find that starch is one of the first foods to eat more guardedly. The reason for this is that the secretions of saliva, and the pancreatic juice which act especially on starch cells, are not as active in the adult body

as they are in that of the younger. For the same reason—that of lack of activity—the need for sugar is also lessened. Candy and sweet pastries that youth can "gobble up" almost by the pound, are not needed, and generally not relished in quantity by the older adult. But since sugar creates heat and is needed for bodily warmth a small amount must be used. It will be found better to take this in the form of "natural" sugar—that is, in honey—and particularly in fruits both fresh and dried.

But you may say, if older persons are to eat less meat and less carbohydrate, what are they to eat? The value of fruits and the "watery" vegetables in the diet of the old cannot be emphasized too strongly. The acids that fruits contain are exactly what is needed to counteract the increased tendency to acid formation in the blood which old age brings.

If the alimentary canal can be kept free, if the system can be kept unclogged, then the body stands that much greater chance of enduring a greater number of years. To be a prey to constipation in this period is most dangerous; yet such an evil is all too common. It can be avoided by the free use of green vegetables and fruits, which will stimulate and move along the packed matter in the alimentary canal.

Another food that age must not overlook is milk. This is a combined protein and carbohydrate, but it also has its lactic acid, and it is this acid that is so valuable in combating the development of unfavorable bacteria in the colon and elsewhere. There is more acid, of course, in the fermented milk or in some of the forms of buttermilk.

We have said that the amount of protein should be reduced, especially the protein of meat. This means "red meat," such as beefsteak, chops, roast, etc. "White meat," such as the flesh of chicken or other fowl, is excellent. Fish, too, is one of the best proteins. Another protein which is of the highest worth in youth—eggs—seems to be unsuitable to many persons when they have passed middle life. On the other hand, the proteins in nuts have generally been found most acceptable. The protein of almonds, peanuts and walnuts, either when eaten raw or used in form of a butter, has proved satisfying and easily digested.

The use of soups is particularly advisable at this time of life, and will be found one of the best ways



Famous Beauties of Stage and Screen,  
No. 19—ADELE ROLLAND.

(Photograph by DAGUERRE)

to give both starch and protein. For instance, a cream of corn soup or a strained bean puree would be far more easily digested than a cornstarch pudding or a slice of mutton. Soups are the most easily assimilated of any foods, and when eaten with bread may form either the main supper or lunch dish. Speaking of bread recalls that it has been found excellent to toast all bread used or make a zwieback of it instead of using spongy, soft

bread. This is because toasted or rusk bread is more digestible than the usual kinds. Possibly some very vigorous, elderly person who reads this article will feel that we are trying to make too much of an invalid of the adult past fifty. On the contrary, we want to keep older people from being invalids if we possibly can. In brief then, the advice to those growing elderly is eat less of all

foods; don't use so much protein; be cautious with starches and soups, cheese, rich fish and eggs; have a dish of apples constantly on the table; use other fruits and green vegetables generously; enjoy soups, toasted breads, milk in its fermented form, nuts and natural sweets. It is hardly necessary to say avoid stimulants, drink plenty of water and eat your food leisurely, for so shall your days be long in the land.

## My Advice to Blondes

By Lina Cavalieri

The Most Famous Living Beauty.

**T**he blonde must remember her type has the most delicate complexion of all. Therefore, she must take excellent care of it. To accentuate her blondness she should strive to keep her hair as light as possible. She should eat such food as will enrich her golden coloring. She must avoid whatever tends to the accumulation of fat.

In short, the blonde must guard against the faded appearance that comes early to most blondes. And, above all, she should dress to emphasize her golden coloring.

While it is true that woman's hair is her crowning glory, a blonde's hair is her aureole, her golden and attractive coloring. Half the time and attention she gives to her toilet should be given to her hair. The blonde's hair, as a rule, has a wonderful golden tint. This tint is the keynote of her beauty, and should be enhanced in every possible way.

She may wash her hair as often as she likes with no fear of its fading. The lighter it becomes the better. For her there need be no fear of using carefully those aids in cleansing the hair—ammonia, borax or washing soda. But remember that each of these, if used often, tends to make the hair several shades lighter, and in too large quantities will make the hair brittle.

Because it does not matter how light her hair becomes the blonde may wash her hair oftener than the brunettes does. If the hair needs lightening a shampoo in borax water once or twice a week soon accomplishes this result. One tablespoonful of borax in a gallon of water is sufficient.

Or, two shampoos a week in water in which ammonia has been sprinkled soon brings about a decided lightening of the hair. One gallon of water and half a wine-glassful of ammonia is a good proportion.

However, two shampoos a week in a gallon of warm water with a heaping tablespoonful of washing soda is the speediest agent I know for lightening the hair except peroxide, which some blondes who do not wish to bleach their hair entirely use in small proportions in

the shampoo. One tablespoonful of peroxide in a gallon of water is the usual proportion.

Naturally, every one expects light hair to be fluffy. Fluffiness is an accompaniment of goldenness in the hair, and the observer of beauty is always disappointed if he sees fair hair smooth. Smoothness seems to belong rather to dark hair. The blonde should so comb and brush her hair that each hair is separate and distinct from the others. This gives an aureole-like effect to her face and softens her features.

Of course, the blonde knows that fair hair is expected to be fluffy. If it isn't so she can make it that way by drawing it into a loose mass after a shampoo and tying it with a ribbon, letting it dry thus. If the hair is long it can be tied again by another ribbon close to the ends, making it curl or wave still more. Always with a view to keeping and enhancing the golden tints in hair and skin, the blonde should be especially careful to eat such food as will feed the pigment that produces the exquisitely colored wheat-like hair and the fair, apple-blossom skin.

The orange is the best friend of the blonde. It clears the complexion marvelously, but it has besides the property of holding much of the golden shade in solution. A blonde whom I know tried the experiment of eating half a dozen oranges a day and increasing the number to a dozen daily for three months. In that time the change in her coloring was amazing. Her hair, which had been a shade too pale, took on the rich, golden yellow of corn silk.

When she had quite convinced herself of the fact that oranges are the food of beauty, especially for a blonde, she also decided to eat many carrots. This she did in connection with the oranges for six months. She ate carrots sliced and stewed in cream; she ate them in soup; she ate them mashed and seasoned slightly with salt and pepper. She even ate them baked. At the end of that time her hair had deepened its color three shades and was far more luxuriant in growth and richer. And her complexion was fresher, fairer and harmonized more perfectly with the lovely golden lights in her hair.

## Secrets of Beauty

**C**AN the deep lines around my mouth be due to smiling and laughing so often?—M. L. F.

Undoubtedly. But why worry about it? Laughter lines are vastly more becoming to a youthful face than otherwise. They are also extremely difficult to remove except by a faithful, daily massage treatment. Here is an astringent preparation which you will find a very useful aid if you insist upon attempting their removal:

- Almond milk ..... 1/2 ounce
- Rose water ..... 6 ounces
- Aium ..... 80 grains

**K**INDLY advise me how to reduce my weight, as I am altogether too stout across the hips.—M. V. R.

It is essential that you adopt a rather rigid system of diet and exercise if you are to accomplish any appreciable flesh reduction, but extremes in both should be avoided except with the sanction of your physician. Try bending forward until you can rest the palms of your hands upon the floor back of the heels. Then lift your body and bend backward in the opposite direction until you are able to make the fingertips touch the floor. Practice this very gently at first because a more violent attempt is likely to prove too severe a strain.

**I** HAVE used cold cream since I was thirteen and although I am now seventeen all this care does not seem to soften my skin or help it in any way.—F. L. M.

There is such a great difference in constitutions and in the hereditary factors governing them that it is sometimes very difficult for one girl to secure a good complexion while another seems to have it without any effort on her part. Often several generations of incorrect living are paid for by such blemishes in the poor victim's skin. The most careful and persistent adherence to certain hygienic rules is the only antidote for this ancestral violation of health laws. Scrupulous cleanliness; enough daily exercise to induce perspiration and out, will do more to secure a good complexion than anything else I could advise.

**W**ILL you please suggest something for an exceptional dry skin?—M. P.

When the skin is inclined to excessive dryness under perfectly normal conditions a remedy like the one given below should be applied every night before retiring. It contains a great deal of oil and will help tone up the skin once more to its proper condition:

- Lanolin ..... 4 ounces
- Cocoa butter ..... 4 ounces
- Glycerine ..... 4 ounces
- Elderflower water ..... 3 ounces
- Rose water ..... 5 ounces

**H**OW can I reduce my bust and waist-line? I am twenty-two and weigh 146 pounds, but am not a very big eater.—M. S.S.

In the morning after a tepid or hot bath take a handful of sea-salt and rub it upon the portion of the body you want to reduce. Immediately after applying, use a cold spray or else sponge off the skin with water as cold as you can bear it. A good exercise to reduce the waist-line is to rest your toes beneath the foot-board of the bed, on a level with your body, and then lift yourself wholly by the waist-muscles to a sitting position. Do this three or four times every morning and a perceptibly rapid reduction of the waist-line will soon be apparent.

**I** HAVE very dark and conspicuous freckles on my face. I wish you would tell me what I should do to get rid of them.—J. D.

I am glad you realize that now is the time to get those freckles off, because the longer they stay on the more difficult they are to remove. Of course, you know that one of the best bleaches for this purpose is the lemon, which is extremely effective in removing light freckles and tan. The best way to apply it is to cut the lemon in half and then rub one half thoroughly over the affected portion of the skin several times daily, leaving it to dry in. Citric acid is the basis for many skin bleaches. So I would recommend the following as a most excellent freckle and tan removing preparation:

- Citric acid ..... 1 dram
- Oil of almonds ..... 1 dram
- Spermaceti ointment ..... 6 drams
- Oil of rose geranium ..... 6 drops

## The Truth About Laundry Soaps

**L**AUNDRY soap, according to Lydia Ray Balderston, instructor in laundering at Teachers' College, Columbia University, may be either yellow or white, the yellow color generally being due to the presence of rosin. A little of this helps in producing suds, but an excess, such as is likely to be found in very dark brown soaps, is objectionable because it serves no useful purpose in laundering and because it forms a sticky scum which may adhere to the clothes. Much rosin can be easily detected, for it gives the soap a pungent odor and a sticky quality.

Soaps may be classed as strong, medium and mild. Strong soaps contain an excess of soda or lye, and while they will not harm white cottons and linens they cannot be used safely with silk, wool or colored fabrics.

Any one can tell whether soap contains an excess of soda or lye by the following simple tests: Such soap causes the hands to shrivel into the condition so long known as washerwoman's hands and has a biting taste when touched with the end of the tongue.

Medium soaps usually contain some free soda or lye. A mild soap contains no free soda nor free lye and is the best for general purposes if only one kind is used in the laundry. If a stronger effect is desired washing soda may be added to the water instead of using a stronger soap, which contains it in unknown amount.

If soda is used clothes must not be boiled with it, for heat intensifies its action. Even a dilute solution may shrink and discolor wool,

may fade colored fabrics and will yellow white silk. If the supply of hot water is limited naphtha soap may be used to good advantage with cold or lukewarm water. Naphtha helps loosen the dirt in the clothes, but is too volatile to be effective with hot water.

It is not economy to use a poorly-made soap which may contain free grease or an excess of lye or both. This is sometimes the case with home-made soaps, but need not be so if good directions (for example, those that come with the commercial lye in tin cans) are carefully followed.

### Household Helps

**To Measure Molasses.** MOLASSES will run from the measuring cup without sticking if the cup is first dipped full of flour and then emptied.

**Making Brooms Last Longer.** A BROOM will keep its shape and wear much longer if it is dipped in hot soapy water once or twice a week.

**Cleaning Wall Paper.** WALL PAPER, if not too badly rubbed, may be cleaned by rubbing with cotton-batting, at first lightly and then with greater pressure.

**Bleaching Woodwork.** TO bleach unfinished woodwork which has become darkened, add one teaspoon of oxalic acid to a cup of hot water and apply with a brush.

making soap at home may not be good economy where the fat can be sold for use in a soap factory, but it is a thrifty practice where the fat would otherwise be thrown away. Boiler or chip soap is more economical than cake soap for use in the washing machine, but does not take the place of cake soap when clothes are washed on a board. Almost all soap manufacturers make a chip soap which may be bought by the pound at the grocer's or obtained by parcel post or by freight from the factory.

Soap chips can be made at home by shaving up a cake of soap or putting it through a food chopper. One pound of chips dissolved in five gallons of water makes a good strong soap jelly, which should be added to the water in the boiler or washing machine in sufficient amounts to make good suds.

A more economical solution to be used for white cottons and linens may be made from one-half pound of soap chips and one-fourth pound of soda to five gallons of water; this must not be used for wool, silk and colored fabrics. Soap solution will keep indefinitely if covered to prevent evaporation.

Dye soaps are supposed to clean and dye at the same time. It is safer, however, before using the dye soap, to wash the garment clean with white soap and water. The best results come from dipping the garment in a generous quantity of water to which the tint has been added.

The color is always fainter after drying than while the garment is wet. The tinting is usually not permanent and the process should be repeated with each laundering.

## Tested Candy Recipes

By Mary Lee Swann,

The Well-Known Writer and Lecturer on Cooking.

### Popcorn Balls.

**B**OIL 1 cup molasses with 1/2 cup sugar until it forms a hard ball when tried in cold water. Add 1/4 teaspoon soda. Pour over 8 quarts of popcorn, mix well and shape into large balls.

### Cocoanut Cream Caramels.

**D**ISSOLVE 2 cups sugar and 3 tablespoons cream syrup in 1 cup of rich milk or cream and bring to boiling point. Boil until the mixture reaches the hard ball stage, about 285 degrees Fahrenheit. Remove from fire, add grated cocoanut, squeezed dry, and a few drops of vanilla. Pour into buttered pans. Mark into squares.

### Quick Peppermint Drops.

**M**OISTEN 1 cup granulated sugar with boiling water and boil about five minutes. Remove from fire and add 4 drops of oil of peppermint and beat until the mixture becomes white. Add the desired coloring and drop quickly from tip of spoon on waxed paper. If mixture granulates add a few drops of boiling water and bring to boiling point. With tips of fingers dipped in ice water wash down any crystals of sugar that may form on the sides of the saucepan.

### Fondant.

**T**O make fondant successfully experience in cooking sugar or syrup is usually necessary. The sugar used in making fondant (if not scorched or burned) may be used over and over again for the same purpose if the first attempts are not satisfactory. Put 5 cups granulated sugar, 1 1/2 cups boiling water and 1/4 teaspoon cream of tartar in a large saucepan. Stir until sugar dissolves and then heat gradually to boiling point. Cook without stirring until syrup will form a soft ball when tried, in cold water, about 285 degrees Fahrenheit. Remove grains of sugar that form on sides of pan with fingers which have been first dipped in ice cold water. Repeat until all grains are removed. Pour gently on a large, slightly oiled slab or platter. Let cool until edges become hard. Scrape with wooden spatula to one end of platter. Then work with spatula until white and creamy. When it begins to lump knead with hands until smooth. Put into a bowl or earthen jar, cover closely with oiled paper and set aside for 24 hours or longer.

### Rose Mints.

**M**ELT a little of the fondant which has stood at least 24 hours. Fondant should always be melted over hot water. If it seems too hard add a few drops of boiling water. Add a few drops of rose extract and tint with rose color paste. Drop from the tip of a spoon upon oiled paper.

### Chocolate Mints.

**M**ELT fondant over hot water, flavor with a few drops of oil of peppermint and color as desired. Then drop from tip of spoon on oiled paper. When cold and hard dip them into fondant, to which melted chocolate and a little vanilla have been added. Carefully remove from chocolate fondant and place them on oiled paper.

### Cherry and Nut Divinity Fudge

**M**ELT 2 squares chocolate over hot water, add 2 cups sugar, 1 tablespoon corn syrup and 1/2 cup water. Stir until sugar is dissolved. Boil without stirring until the soft ball stage is reached, about 245 degrees Fahrenheit. Remove from fire. Beat 2 egg whites until stiff and pour the hot candy over them very slowly, beating constantly. Add 1/2 tablespoon almond extract, 1/4 cup sliced almonds and 1/4 cup sliced candied cherries. Beat until creamy and pour into a shallow greased pan. Mark into squares.

### Chocolate Nut Fudge.

**M**IX 2 cups sugar with 1/2 cup milk, 1 1/2 squares grated chocolate melted over hot water, 1/4 teaspoon cream of tartar and 1/2 teaspoon salt. Bring to boil and boil gently to the soft ball stage, about 238 degrees Fahrenheit on the sugar thermometer. Remove from fire, cool in a pan of cold water, and after adding 1 cup chopped walnuts or pecans, 1 tablespoon butter and 1 teaspoon vanilla beat until creamy. Spread in a buttered pan, and when candy will hold its shape mark into squares. To make the marshmallow fudge add 1 cup chopped marshmallows after laking candy from fire. Peanut butter fudge may be made by adding 2 tablespoons peanut butter to the candy. Cherry cocoanut fudge may be made by adding 1/4 cup grated cocoanut, 1/4 cup more of chopped candied cherries. Candied fruit of any kind may be substituted for the cherries.

## Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Stewed Fruit, Cornmeal Mush, Tea, Marmalade, Coffee.	Breakfast Stewed Figs, Soft Cooked Eggs, Corn Muffins, Coffee.	Breakfast Dried Peaches Baked with Raisins, Sausage, Potato Muffins, Coffee.	Breakfast Stewed Prunes, Oatmeal, Potato Pancakes, Coffee.	Breakfast Sliced Bananas, Cereal, Fried Tripe, Quick Biscuits, Coffee.	Breakfast Boiled Rice with Dates, Fish and Potato Hash, Toasted Muffins, Coffee.	Breakfast Canned Fruit, Cereal, Scrambled Eggs with Mince Tongue, Coffee.
Luncheon Onions in Casserole, Lima Beans, Apricot Bread Pudding, Marshmallow Sauce.	Luncheon Cheese Croquettes, Cabbage Salad, Whole Wheat Bread, Gingerbread.	Luncheon Cream of Celery Soup, Scallops, Lettuce Salad, Cookies.	Luncheon Walnut Pie, Whole Wheat Bread, Romaine and Orange Salad, Tea.	Luncheon Creamed Celery, Gravy Jelly, Whole Wheat Bread, Spice Cake, Cocoa.	Luncheon Meat Pie, Piccalilli, Baked Pears, Tea.	Dinner Fricassee, Steamed Rice, Sweet Potatoes, Cauliflower, Lemon Gelatine in Sponge Cake Cases, Whipped Cream.
Dinner Lettuce Soup, Croustons, Swiss Steak, Mashed Potatoes, Prune Salad, Coffee.	Dinner Boiled Salmon, Egg Sauce, Parsley Potatoes, Celery, Scalloped Apples, Hard Sauce.	Dinner Breast of Lamb, Winter Squash, Riced Potatoes, Chocolate Nut Blanc Mange, Thin Cream, Coffee.	Dinner Barbecued Lamb, Potato Puff, Green Peas, Lettuce Salad, Milk Cherry Pie, Coffee.	Dinner Crisp Crackers, Mustard Pickles, Pineapple Sponge, Cookies.	Dinner Boston Roast, Tomato Sauce, Asparagus, Celery, Cocoanut Rice Meringue, Coffee.	Supper Potato Soup, Toast Strips, Stuffed Figs, Tea.