

Health, Beauty And The Home



The Better Kitchen

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

WHAT is the kitchen? Is it not the workshop of the home? If so, should it not then be arranged so that the work may proceed with the least possible expenditure of time and effort on the part of the worker?

The kitchen should be small, compact and arranged to avoid all possible "waste motion." Good sizes are 9 by 11 feet, 10 by 12 feet or, in large homes or in the country, 15 by 18 feet; but the smaller the room and the more centralized its equipment the easier the work will be. The detached pantry of olden days is far better replaced by a built-in or portable kitchen cabinet. The elimination of even the butler's pantry in the small home gives more floor area to more important rooms, and places the work table and utensils at the place where they are most used, instead of 20 or 40 feet away.

One of the most important new ideas concerning the kitchen is that of the "grouping of tools." This means that all preparing tools, such as mixing bowls, beaters and food supplies, as well as pans, should be located in, over or near the table where they are used. In this way the worker loses no time getting and carrying back the tools she needs. This idea of grouping can extend to placing the pots and skillets near the stove, arranging the coffee pot and coffee supply, the bread and bread knife, etc., where they will be convenient to each other. The further this idea of grouping is carried the more efficient the work will be.

In many kitchens we find the sink next to the stove. But we do not work from a sink to a stove, but from a table to a stove. Really stove, sink and table should all be within a few feet of each other. The table, however, or preparing cabinet, is best situated alongside the stove, so that as soon as foods are prepared they may be laid in or on the stove without a single waste step. The refrigerator or storage, the preparing table, the stove and another small serving table should all be regarded as part of one group or chain of steps at one side of the kitchen. At the opposite side, and kept separate, should be the stack table or drain to the right of the sink, next to the sink, then the left drain, and at the extreme left, shelves or closet in which to lay away dishes. This

plan of dividing the kitchen into two distinct processes—preparing and clearing away—permits the most step-saving and the least confusion.

Every piece of equipment should be set at the right height, so that the worker need neither stoop nor stretch unnecessarily. The sink is generally set too low. It should be placed at a height of 34 inches measured from the top of the roll rim to the floor; some women prefer even 36 inches. Tables and stoves which are too low may be blocked up. Ironing boards are frequently too low and thus necessitate great extra strain on the part of the worker. If possible all the working surfaces should be the same height, so that articles may be moved from one to the other with the least effort.

A dark kitchen is as much a bug-a-boo to the modern housekeeper as the old-fashioned roomy kitchen with its deep-wasting area. Plenty of light is an absolute essential both to good work and the happiness of the worker. Windows set high in the wall give more light, more air, and do not have sills which act as "catch-alls." There should be adequate light on the preparing table, the stove and the sink. This is often best provided by windows on opposite sides of the room, thus insuring cross ventilation as well.

Many persons prefer the single central light in the kitchen, but there is much to be said in favor of two units, one throwing light over the sink and another over the stove and preparing table, so that the worker shall not stand in her own light. An excellent plan is to have a set of small window units over the sink, thus allowing plenty of air and light on the work. A transom window means better ceiling ventilation. Some kind of ventilating fan is often needed, such as the ventilator, which may be put in the fine; the register, which may be placed in the ceiling, or an electric fan.

No one item is so important as the color tones used in this workroom. Nothing like a dark blue, brown, billous green or any shade which is depressive should be used. Excellent choices are warm gray, light apple green, cream, putty or a vivid blue or yellow. For all-around utility nothing beats the warm-gray or putty, both of which are good-looking, without involving



Famous Beauties of Stage and Screen, No. 20—MARJORIE RAMBEAU.
(Photograph by CAMPBELL STUDIOS.)

the labor which a white kitchen is sure to entail. Painted wood and trim are much better than stained or varnished finishes. The ideal wall for the kitchen is

a hard finished coat of plaster, painted in oil finish, not the "flat," which is very difficult to keep clean. The base or wainscot may be of washable oilcloth or tile, but

this is not necessary. Both the walls and the trim should be kept light, and the ceiling treated to a white coat of kalsomine each season.

Signs of Old Age

By Lina Cavalieri,
The Most Famous Living Beauty.

ARE you facing the fact that your neck is beginning to look old? Is the skin growing loose and flabby? Are the muscles sagging? Is the skin looking yellow and wrinkled? Is it no longer a source of pride and pleasure with you to wear a V-shaped or low-cut gown?

Do not despair, for the ageing neck is not an infallible sign of growing old. It is only one of them. And you have my assurance that you can make it look youthful again. For proof of this let me point you to the great singing teachers, yes, and the great singers who are their pupils. Almost every one of them—indeed, I can think of no exception, has a round, white, youthful-looking throat.

But while this is true, it is also true that you should begin giving the neck special attention before you are thirty. It were better if you began when you were twenty-five.

First, look to its careful feeding. Give it at least one good meal a day by rubbing cold cream liberally into the front of the neck at night before retiring.

Look very carefully to the poise of the head. If the head be held proudly, the chin up, the muscles of the neck will also be held firm. But if you permit the head to droop the neck muscles will share the sagging.

Never lie with the head high. One small pillow is enough for any one, except the insomniac. If you can dispense with the small, flat pillow and lie with the head and feet on a level, so much the better for the neck.

The neck thus trained, and with the additional training of deep breathing, learned by vocal lessons, should never grow old. I advise every woman to take vocal culture for herself, even though she have no liking for music, simply for the sake of the beauty of her neck.

But if these preventive measures have been neglected and the neck is losing its roundness and firm aspect, then you must have recourse to the great body builder, massage. There is a special massage for the neck and it must be intelligently given.

Second, with the tips of the fingers quite meeting at the point of the collarbone in front, draw the hands with long, slow strokes upward to a point beneath the ears. This is a good muscle building movement.

Third, slap the neck smartly with the palms.

Fourth, "lift" the tendons at the side of the neck that are inclined to grow more prominent and ropey each year. This lifting consists in seizing the tendons in a firm grasp and seeming to raise them to meet the head. This is painful and may even cause a slight headache at first, but these are only Nature's protest against the unaccustomed. Even Nature is an old fogey about innovations.

Fifth, grasp the large muscles at the back of the neck and connecting the shoulders, and "lift" these also. Raise them as though it were your purpose to place them in the curve of the neck. This should be followed by a vigorous kneading of the muscles.

The aim of all these massage movements is to promote circulation in the neck. The yellowish, withered-looking skin denotes that the blood flows weakly in that part of the body. The flabby muscles indicate that the muscles have not been well exercised. A good developing exercise for the neck is to let the head lie back as far as possible on the shoulders, then roll slowly from one shoulder to the other.

The hands should be immersed in nourishing cold cream before "feeding" the throat muscles. This is one of my favorite formulas for a nutritious cold cream: Almond oil, 1 1/2 ounces; lanolin, 1/2 ounce; spermaceti, 1/4 ounce; witch hazel, 1/2 ounce; tincture of benzoin, 1/2 dram.

Avoid high, tight collars. Wear soft silk and muslin linings next the throat for black or colored collars. If it is necessary to wear costumes with high collars on the street, change them at once for collarless gowns when you are at home. They are much more becoming in every way and are infinitely better for the throat and neck.

Secrets of Beauty

THE upper part of my arms is much too large in proportion to the rest of them. I would like to know what to use to make them smaller.—E. P.

Heavy dumb-bell exercises are especially valuable for reducing the size of the upper arm. These exercises should be taken immediately after arising before an open window. Then massage the arms vigorously, using talcum powder instead of cream. Afterward give the arms a good salt scrub with cold water—as cold as you can bear it.

PLEASE tell me how to get rid of pimples, blackheads and awfully large pores in the skin.—A. B.

The alleviation of such blemishes in the skin can only be in proportion to the length of time they have endured, but if you will persevere in your efforts to get rid of them, you will surely accomplish the desired result. Remember that spasmodic attention is of very little value. Wash the face thoroughly at night with tepid water and a mild soap. Then apply some of this ointment and leave on over night.

Salicylic acid 50 grains
Pure lard 50 grains
To close the enlarged pores bathe the face daily with the following astringent lotion:
Rose water 6 ounces
Elderflower water 2 ounces
Tincture of benzoin 1/2 ounce
Tannic acid 5 grains

AM just five feet tall and weigh 135 pounds. Please tell me how I can reduce my bust and back as I am very stout there.—B. P. S.

You are only about fifteen pounds overweight. Try cutting down on your diet somewhat. Take a light lunch, or no lunch at all, for a time, and you will be surprised and delighted with the difference in your figure. Massage your back and bust daily with this, which is straining in its effect and will help pull off the superfluous flesh:

Witch hazel 1 ounce
Rose water 1 ounce

I AM in a terribly anaemic condition. Do you know of a simple remedy for this?—J. M. G.

Besides an abundance of mild exercise in the open air, always stopping before you are tired, you should massage the face and body with nourishing oils such as lanolin and olive oil. You must also feed yourself generously with thickened broths and rich soups. Ham, bacon and mutton are great rebuilders of the weakened system, while butter should be freely eaten. For the anaemic, all kinds of fresh fish are nourishing. So are eggs, hominy, bread and cakes, as well as cornstarch and tapioca pudding.

Household Helps

Frying Doughnuts.

WHEN frying doughnuts drop a pared potato into the boiling grease to keep the fat from burning.

Dyeing Thread.

WHEN dyeing an article that is to be made over, it is a good scheme to color two spools of thread or silk at the same time, so they will be sure to match the material.

Saving a Penny.

WHEN your Welsbach burner becomes blackened its life and brilliancy may be prolonged by lighting it, turning the flame down low and then sprinkling a handful of salt over the burner. This absorbs the blackness and leaves the burner almost like new.

Smooth Gravy.

TO make smooth gravy put a tablespoonful of flour in the fat in the pan. Mix well and add water, stirring carefully until thoroughly cooked.

To Hemstitch Curtains.

CURTAINS may be easily hemstitched by pulling the usual number of threads, basting the hem to the far edge of the pulled threads and then stitching on the machine. Afterward pull the hem back to the near edge of the pulled threads.

Care of Poultry.

REMOVE wrapping paper as soon as the fowl is brought from the market. Cut off any tainted parts and place the fowl on a clean dish in the refrigerator. Wipe with a clean, moist cloth just before cooking.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Cereal, Fried Mush., Syrup, Currant Jems, Coffee. Luncheon Potato and Bacon Chowder, Toast, Lettuce Salad, Baked Apple Dumpling, Dinner Tomato Soup, Stuffed Vegetable Marrow, Potatoes, Cauliflower, Green Gages.	Breakfast Cereal with Sliced Bananas, Coddish Omelet, Potatoes, Muffins, Coffee. Luncheon Welsh Rarebit, Fruit Salad, Cookies, Tea. Dinner Scalloped Oysters, Celery, Lemon Meringue Pie, Coffee.	Breakfast Cereal With Dates, Canned Corn Griddle Cakes, Syrup, Coffee. Luncheon Lima Bean Soup, Whole Wheat Bread, Carrot Marmalade, Tea. Dinner Corned Lamb, Boiled Potatoes, Boiled Turnips, Steamed Cabbage, Indian Pudding, Coffee.	Breakfast Grapes, Oatmeal, Broiled Tripe, Hashed Potatoes, Coffee. Luncheon Vegetable Hash, Lettuce Salad, Indian Pudding, Molasses Sauce, Dinner Lamb and Rice Timbales, Savory Pimiento Sauce, Asparagus, Pea and Carrot Salad, Pudding, Coffee.	Breakfast Apple Sauce, Bacon and Eggs, Muffins, Coffee. Luncheon Cream of Parmisoup, Spinach on Toast (Garnished with Eggs), Junket with Poached Apricots, Tea. Dinner Matelote of Haddock, Potatoes, Asparagus, Sliced Pineapple, Sand Cookies.	Breakfast Sausage Balls, Apple Rings, Potatoes, Quick Biscuits, Coffee. Luncheon Rice with Onions in Casserole, Prune Whip, Tea. Dinner Beef Birds with Tomato, Mushroom Sauce, Cabbage, Mashed Potatoes, Pudding, Fruit Sauce, Coffee.	Breakfast Grape Fruit, Cereal, Butter Cakes, Coffee. Dinner Boiled Beef, Boiled Potatoes, Horseradish Sauce, Stewed Celery, Coddled Peas with Cream, Coffee, Supper Eggs Poached in Asparagus, Toast, Tea Cakes, Coco.

Are Women Stronger Than Men?

By Rene Bache.

WOMEN are called the weaker sex—referring, of course, to their physique. But are they really weaker? Muscularly, yes; that much must be conceded. Vitality, however, is more important than muscle, and in this respect women are undoubtedly superior to men.

The fact is easily proved. They live longer, as is shown by the longevity tables which are the basis of the business of insurance and annuity companies. It is a matter of common observation that women endure with impunity exposures to cold which would be dangerous for most men—their clothing much less thick than men's in winter, their shoes inadequate and often cut low, in severe weather, etc.

Most women become mothers, thereby enduring frightful constitutional shocks which men do not encounter. Yet they live longer than men.

Take the case of 1,000 boy babies born on the same day. Let us suppose that you were one of them. When you were ten years of age how many of those babies were still in the land of the living? Less than three-fourths of the whole original number. More than 25 per cent were dead. Only 733 survived. But take 1,000 girl babies, all born on the same day. Seven hundred and sixty-six of them will survive to celebrate their tenth birthday. Here is a difference of thirty-three per cent, or over 3 per cent in favor of the girls.

But, again, let us suppose that you were a boy baby. You went to school and afterward to college. You are now getting along in years, and every now and then your mail brings you a black-edged card from the secretary of your college class notifying you of the demise of a classmate.

"We certainly are passing off the stage," you say to yourself, rather gloomily. But, then, it occurs to you to remember that this passing-off business began as far back as your freshman year, when at least one or two of your classmates died. Indeed, it could not be said to have begun then, for deaths occurred now and then in the prep school.

If a man finds himself still alive at fifty years of age he may consider himself a lucky survivor, for very nearly half of the male babies born on the day of his own birth have already passed away. To be exact, only 518 male infants, out of every 1,000, born into the world are destined to see their fiftieth birthday.

But how is it with girl babies? The longevity tables show that, out of 1,000 of them, 664 will live to be fifty years old. The difference there means the survival, at that age, of forty-six more women. It is very interesting to contemplate the case of 1,000 average human beings born on the same day, and to observe how their departure from the world is regulated. But in considering the problem it is better to separate the sexes, because women live longer than men. What biologists call their "viability"—their power to survive—is greater.

About 104 boy babies are born for every 100 girl babies, but the boy babies die so much faster than the girl babies that at the end of one year the surviving girls outnumber the surviving boys. They have a better hold on life.

But let us consider 1,000 babies, born on the same day, taking one sex at a time. When twenty years have passed 713 out of an original 1,000 boy babies will be alive and grown to manhood. But 744 out of 1,000 girl babies will reach twenty years of age.

When the surviving girls are thirty years old 700 of them will be living. But only 669 of the boys will reach that age, approximately one-third of their number "losing out" in the life game before they get that far along.

At forty years 639 of the girls will survive, but only 605 of the boys. At fifty there will still be 564 of the girls living—rather old girls by this time—against 518 old boys. At sixty there will still be living 458 of these old girls, but only 398 of the boys. The boys have taken a slump. At seventy there will be only 239 of the boys left, but of the girls there will be 299.

For Company Dinners

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

Oysters on Half Shell.

SERVE to each person six choice oysters on deep halves of shell. Arrange on plates of crushed ice. Place 1/4 lemon in centre of each plate.

Oyster Cocktail.

PICK over and rinse 1/2 dozen small oysters. Mix with 1/2 tablespoon tomato catsup, 1/4 teaspoon lemon juice, 1/2 teaspoon Worcestershire sauce, pinch of salt, 1 teaspoon finely chopped celery and 1/4 teaspoon Worcestershire sauce. Chill and serve. This amount is sufficient for one person.

Sardine Cocktail.

REMOVE bones and skin from 1 small box of choice sardines. Pick sardines into flakes. Mix with 1/2 cup tomato catsup, 1/2 tablespoon Worcestershire sauce, 1/2 teaspoon tabasco sauce, juice of 1 lemon and a pinch of salt. Chill thoroughly and serve in small tomato shells in bed of lettuce leaves or scallop shells placed on a bed of crushed ice.

Smoked Salmon Canapes.

SLICE smoked salmon as thinly as possible. Cut rounds 1/4 inch thick from stale bread and fry in a little butter until delicately browned. Cut salmon same size and place on bread. Decorate with sifted hard-cooked egg white, finely chopped green pepper and finely chopped pimento.

Savory Canapes.

PASS 1/2 cup cooked ham and 1/2 cup cooked chicken through the food chopper, and pound to a paste with 1/2 cup butter, 1 1/2 tablespoons chutney, salt and pepper to taste, and a pinch of curry powder if desired. Spread on rounds of bread which have been fried in a little batter. Arrange a narrow border of finely chopped or sifted egg white and yolk.

Engagement Luncheon Canapes

CUT heart-shaped pieces about 1/4 inch thick from stale bread. Brush slightly with butter and brown delicately. Drain canned pimentos and dry them thoroughly. Cut out heart-shaped pieces with cutter used for bread hearts. Fry them in a little butter until delicately browned. Place the pimento hearts on the toast hearts. Arrange a narrow edge of finely chopped parsley all around the pimento and serve very hot.

Roquefort Celery.

WASH and scrape tender stalks of celery. Beat Roquefort cheese until creamy and pack it into celery stalks. Sprinkle cheese lightly with finely chopped olives, pimentos or green cucumber pickles.

Baked Oysters.

SELECT choice oysters on the half shell, allowing 5 or 6 to each person. Place them in a baking pan and on each oyster place a tiny piece of bacon. Bake in a rather quick oven until the edges of the oysters curl and the oysters themselves are plump. Garnish with lemon and parsley.

Crab Flake Cocktail.

WASH 6 green peppers and cut in halves crosswise. Remove veins and seeds and place in ice-box to chill. Mix 6 tablespoons tomato catsup, 1 tablespoon grated horseradish, 1/2 teaspoon Worcestershire sauce, 1/2 tablespoon lemon juice and a pinch of salt. Pour into green pepper cups. Arrange pepper cups (allowing one to each serving) on heart lettuce leaves, place crab flakes around each cup, chill and serve.

Tomato Canapes.

CUT rounds 1/4 inch thick from stale bread and toast on one side. Spread untoasted side with butter which has been beaten until creamy and seasoned with anchovy paste. Then cover with a thick slice of peeled ripe tomato and spread the tomato evenly with well-seasoned mayonnaise dressing. Sprinkle with sifted egg yolk and then with sifted egg white. Garnish round edge with thin ring of green pepper and place a slice of olive and a tiny sprig of parsley in the centre of each canape.

White Fruit Cocktail.

WASH, skin, cut in halves and remove seeds from choice white grapes, or stone and slice canned white cherries. Remove larger pieces of grape fruit pulp, freed from white portion of the skin. Combine equal parts of the grapes or cherries and the grape fruit pulp and set in icebox to chill. Place in crystal cocktail glasses and sprinkle with powdered sugar. If the cocktail is to be served during the Christmas season garnish with maraschino cherries or place a sprig of holly on the plate holding the cocktail glass.