

Health, Beauty And The Home

Machine Washing

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

IN the old-fashioned rub-a-dub-dub washboard method the cleansing depended on the use of a cake of hard soap, on rubbing and pounding on a board—in other words, on mechanical friction. But the most effective results when using the modern cylinder and rocking type washers are gained in an entirely different way. Science has discovered that whereas a cake of soap rubbed on a garment yields about 20 per cent of cleansing power, the same cake of soap, if dissolved, will remove dirt and grease more than twice as thoroughly. On these facts rests the first principle of machine washing—that the clothes should not be "soaped" with bar soap, and that pieces of soap should never be dropped into the machine, because, instead of cleansing, they merely retard the process and stick to the clothes.

The first step when using a machine should always be to make a "soap solution" of dissolved soap and other cleansing agents, and add to the wash water in the required strength. Even better than bar soap is "powdered soap," which must not be confused with "washing powders." It is wisest (and far more economical) to use powdered soap or shave the best bar soap and "build in" to it the desired amount of borax, washing soda or other grease-cutting substances. The soap solution to be used will depend on the kind of clothes to be washed and the degree of hardness of the water.

The following solution is excellent for white clothing only: One bar of soap (or 6 oz. powdered soap), 1 gallon hot water, 1 lb. washing soda. Dissolve soap in hot water, add soda crystals and continue heating until perfectly clear. Use one cup of the solution to each load of clothes. For colored or delicate pieces omit the soda and use only the dissolved soap. For flannels use best white soap in solution, the correct proportion being 4 quarts of water to 1 large bar of soap, with 2 tablespoonfuls of borax added. Use 1 cup to each load.

The second point to remember is that it is not necessary to soak the clothes. The object of any soaking is to expand the clothing fibres so that dirt may more easily be set free. But if the temperature of the

soak falls below tepid the fibres will contract, hold the grease and soil more firmly and thus entirely defeat the object of soaking. By numerous tests I have proved that a short soaking of two hours in tepid water will accomplish as much and more than the old-time over-night soak. But the wet pieces weaken the suds solution in the machine and therefore, in most cases, all soaking may be omitted. If very soiled pieces seem to require it, always soak them in the machine, since soaking in the set tub, lifting and removing to the machine, etc., are entirely unnecessary handling.

The third point is that it is not necessary to boil the clothes since boiling may be better replaced by a "scald rinse" in the machine. The object of boiling is not the removal of dirt, but bleaching and sterilization. These things may be much better accomplished by giving the clothes a machine rinse in scalding water. Such a rinse will reach every part of the clothes in a way impossible when they are tightly packed in a boiler. It will also eliminate the hard work of lifting the scalding pieces with a stick.

In doing any piece of work there is always one right way. This one best, shortest, easiest method is called a "standard practice." What then is the right way, the "standard practice" of machine washing?

Let us speak of all the pieces or garments put into a machine as a "load." Let us think of any average family washing with its different kinds of clothing. Then, no matter what type of washing machine is used, let us follow this "standard practice" (arranged for two set tubs) and see if it will not enable us to wash soiled clothes more easily, more quickly, and with better results in every way:

Sort clothing in separate piles—table, bed, body linen, colored, flannels, socks, special pieces. Fill washer to water line with lukewarm water (110 to 120 degrees) and add one cup of soap solution for white clothes.

Operate washer for two minutes until heavy suds is formed. Then add clothing, piece by piece, beginning with white table and bed linen sufficient to make one load. Do not pack in too many pieces.

Operate this first load for ten to

fifteen minutes, then wring into first empty set tub. Add a second load of more white pieces to the wash water and operate as before. It is not usually necessary to add more soap solution, but in case water does not seem sudsy enough add one-half cup more.

Wring this second load into the same set tub with the first one, not into rinse water. Put a third load of white pieces into machine and operate as before, adding more soap solution if necessary. Also, if temperature of water has dropped below 110, remove one or two pails of suds, heat in pail or boiler and replace before washing the third load. In general three loads will handle all the white pieces of the average family and it is seldom necessary to change the water unless there are more.

At the end of washing all white loads, drain off water and rinse machine with clear water. Fill washer with clean hot water, as nearly scalding as possible (200-250 degrees). This water may be heated on the gas plate if it does not run sufficiently hot from the faucet. Add to this scalding water the pieces from the first set tub, adding fewer pieces than when washing and operating each scald rinse from three to five minutes.

Fill second set tub with cool blue water and wring each scald rinse load from wringer direct into this blue rinse. Re-wring from blue water into basket while the washer is operating some of the scald rinse loads—that is, wash and rinse at the same time. At the end of all scald rinsing, drain off water.

The flannel load follows the last white load. Use fresh lukewarm water with white soap solution. Operate each flannel load ten to twenty minutes. Wring loosely. Rinse in machine in water of same temperature (110 degrees) for three to five minutes, adding two tablespoonfuls borax to clear up the wools. Re-wring loosely (never bluing), pat and stretch into shape and dry in warm air.

The colored load follows the flannel load, and may often be washed in the same water. Operate each colored load ten to twenty minutes, wring, rinse in clear water in machine, or by hand if there are few pieces, re-wring into basket or starch.

If there are many black stockings they may form a separate load. Do not wash stockings in water from a white load, otherwise the dirt will make the stockings gray. Turn all stockings inside out before washing. White stockings go in with any white load, but brown



Famous Beauties of Stage and Screen,
No. 22—BETTY BANNICOT.
(Photograph by IRA L. HILL).

ones, which often "bleed," or colored socks, should be done by themselves.

This standard practice may be adapted to any machine. One chief fault I have found common in machine washing is packing the pieces too closely. This lessens the effectiveness of the machine's action in forcing the water through the clothes. Another error is the use of very hot water for washing.

A Beautiful Skin

By Lina Cavallieri,

The Most Famous Living Beauty.

SEVERAL years ago it was my good fortune to meet a physician whose work as a skin specialist has given him a nationwide reputation.

To this very day I have not quite recovered from the shock caused by his answer to my simple query, "What kind of person has the most beautiful skin?" In a most matter-of-course tone, as though he were citing a widely acknowledged fact, he replied, "an athlete in the pink of condition!"

Resolved to do battle for the glory of my sex, I mentioned the name of a woman whose pearly complexion is the admiration where it is not the envy of all beholders. But the man of science shook his head and muttered, "Her skin feels dead." So I resolved to follow his cue and I alluded to another beauty of a far more buxom type. My suggestion was met with the comment, "Her skin is flabby." And then I surrendered, and worked out the causes which underlie these, to me, astounding conclusions.

A beautiful skin is merely the outward mark of the inward grace of good health. And since in a little talk like this I cannot go into all the various subjects which are necessary to good health, I am going to assume that the bodily health is good and then show you some ways of making the skin show the health you possess.

The same old trilogy governs here as in other domains of health conservation—water, air and food. You may be surprised that I say nothing about exercise, especially in view of the physician's remark about the athlete's skin. But, you see, exercise causes the blood running under the skin to give out both air and water, and the pumping up of new blood to make good this loss increases the food to the skin. Hence, exercise is understood, for without it the flesh beneath the skin would not be firm.

To many persons a cold bath is a

most distressing experience. Others fancy that too hot water wears out the skin. Actually both are necessary to health and its handmaid, beauty. The face, which must be exposed to the dirt and wind of city life, should be well cleansed with hot water and excellent soap each night before retiring, so that none of the dirt particles may lodge in its pores. And since the very hot water may have unduly drawn upon the supply of the skin's own oil glands, it is well to follow the hot water with a gently administered coat of cold cream.

In the morning again I should recommend a hot face bath to remove whatever remains of the cold cream. This should be followed by dashes of cold water until the face tingles because its skin is alive. You see, the whole skin is a mass of tiny tubes, each of which has its own set of minute muscles. By the hot and cold treatment you have stimulated these tiny structures until they are glad to be alive and about their day's work.

These well exercised little structures will promptly close their tubes when you go out into the cold so that not too much blood will come to the surface and reduce the body heat. But if the tiny tube muscles be not in good working condition they will not be true to their task. A great deal of blood will be cooled off, and then the body supply of heat will have to be drawn upon to make good the loss.

A very fine coat of cold cream followed by some powder will both keep the skin flexible and prevent it presenting a shiny appearance throughout the day.

The above described treatment will improve all normal skins. There are, of course, many persons whose complexion is in a pathological condition from some sort of eczema. They will not find the same benefits from water, and would do well to consult a physician.

Hanging Pictures

DON'T have too many pictures! That is the first and cardinal principle in arranging a home, says Mary Harrod Northend in an interesting and instructive article in American Cookery.

The pictures must be hung with as much attention to balance and proportion of spacing and mass as is given the large piece of furniture. They must be distributed about the room evenly, so that no one part of the room will secure more prominence than another.

Hang them to decorate the wall space. Treat each division of the wall as a panel on which the pictures are to be arranged, so that the proportions of the space are kept beautiful. The position of the furniture against the wall will influence this arrangement. The furniture will seem partially to support the picture above it, so that a heavy mission frame is out of the question above a slender table, which could not in reality bear its weight.

In the same way a large picture should be placed squarely over the piece of furniture beneath it, so that it may convey an impression of balance. If this necessitates an uneven division of the wall space above, then a smaller picture can be placed to the side to give interest to that fact.

Supposing that there are three pictures which you wish to put in a certain wall space, the position of the largest is determined by the furniture beneath. You can mark out on a piece of paper the proportions of the wall space and put in it a rectangle to indicate the main picture. Then cut two smaller rectangles in the proportions of the smaller pictures, and move them about until you have discovered the most interesting positions.

Perhaps one of the most important rules to remember is that when there is a division of space one part should predominate. That will prevent the arranging of three or more pictures of the same size along in a row with equal spaces between them. It is a much more interesting grouping to put them one on each side a little lower or a little higher than the centre one. If the proportions of the room demand that the wall space be made to seem as high as possible, and a vertical rather than a horizontal motive is needed, place the small picture on one side, above and that

on the other side below the centre line.

In certain rooms, where the treatment of the furniture is entirely formal, the pictures should be hung with equal formality. That is, the mirror or the picture must be placed exactly on the centre of a table and the smaller pictures exactly on each side at even distances; the effect should be a little stiff and precise.

The question of how high to place pictures should be settled generally by the arrangement of the space. In rooms whose walls have been properly treated this will bring the centre line of the picture about on a line with the eye when standing. Four and a half feet is a good average height at which to have the central point of interest in the picture. This will be somewhat influenced by the relation of it to the furniture below—a picture carrying out a vertical line of interest over a table should not be placed so high over the table that it seems to have no connection with it. But this relation can often be maintained by a tall object on the table, such as a candlestick or vase, that will reach up to meet the lower line of the frame.

It should be quite needless to say that a picture must not overlap any of the panels or other fixed spacing in a room. It is evident in such a case that it has been hung without the slightest regard to the spacing, to the feeling of proportion or beautiful subdivision of the wall. It is also important that the ornament on the furniture beneath the picture does not hide part of the frame. This, again, gives a crowded, misfit impression.

Finally, remember that the lines of a picture should follow the lines of the room. Don't let the picture tilt out from the wall. Put the screws so near the top that the weight of the frame below will keep it upright.

It is generally better to have two straight wires hanging from two hooks on the moulding than the one forming two slanting lines. But there is no actual principle broken by using the one wire, for the axis of the whole remains truly vertical and the wires are simply a varying direction of line, just as if they were a triangle, the base of which is placed on the top of the picture. They are not often decorative, but occasionally they are colored and made part of the general color scheme.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Fried Salt Pork, Baked Potatoes, Toast, Marmalade, Coffee. Luncheon Lamb Stew with Vegetables, Baked Potatoes, Hoe Cake, Shortcake, Tea. Dinner Broiled Meat Balls, Mashed Potatoes, Pickles, Creamed Turnips, Gingerbread with Lemon Sauce.	Breakfast Cereal, Sliced Bananas, Coddled Eggs, Toast, Coffee. Luncheon Celery and Tomato Soup, Bread Sticks, Baked Potatoes, Oatmeal Cookies, Tea. Dinner Broiled Tripe, Mashed Potatoes, Creamed Cabbage, Rice, Bavarian Cream with Prunes, Coffee.	Breakfast Stewed Figs, Canned Corn, Griddle Cakes, Coffee. Luncheon Baked Potatoes, Stuffed with Sausage, Lettuce Salad, One-Egg Cup Cakes, Tea. Dinner Scalloped Oysters, Rolls, Piccalilli, Celery Lemon Meringue Tarts, Coffee.	Breakfast Oatmeal with Raisins, Finnish Haddie Balls, Corn Muffins, Coffee. Luncheon Cheese Timbales, Cream Sauce, Baking Powder Biscuits, Cabbage Salad, Stewed Prunes. Dinner Chopped Beef in Casserole, Winter Squash, Baked Sweet Potatoes, Mocha Pudding, Coffee.	Breakfast Cereal Cooked with Dates, Soft Cooked Eggs, Rolls, Coffee. Luncheon Creamed Cod Fish, Baked Potatoes, Bread Crumb Muffins, Cabbage Salad, Stewed Prunes. Dinner Italian Spaghetti, Spinach, Banana, Apple and Peanut Salad, Coffee.	Breakfast Baked Apples, Cereal, Broiled Bacon, Hashed Potatoes, Reheated Muffins, Coffee. Luncheon Stewed Lima Beans, Corn Cake, Fruit Cup, Tea. Dinner Ham and Potato Croquettes, Creamed Turnips, Beef Salad, Canned Fruit, Cookies, Coffee.	Breakfast Grape Fruit, Potato Omelet, Muffins, Coffee. Dinner Veal Loaf with Macaroni Ragout, Buttered Cauliflower, Jellied Cranberry Salad, Coffee. Supper Cinnamon Toast, Cocoa.

Beauty Questions Answered

WHENEVER I dance my hands perspire very much and I would like to know what to do to prevent this.—RUTH L.

If one's hands perspire it is well to remember that anything that stimulates the circulation will help overcome this difficulty. For instance, when you find an opportunity to be alone try waving the hands briskly from the wrists, not from the elbows. No immediate result may be noticed, but the final effect will be beneficial. A local application to relieve this condition is made of:

Tincture of belladonna...1 ounce
Alcohol4 ounces
Wipe the palms with this several times a day. Afterward dust on a little talcum powder.

WILL you please tell me what I can do to reduce my large stomach and bust? I am five feet, four inches and weigh 166 pounds.—M. B.

To reduce your stomach most effectively, one of the best known exercises is to practice bending over and touching the floor with finger-tips without bending the knees. Another motion consists in bending from the waist sidewise, without corsets, of course. Try to twist over as far as possible until you can feel the muscles on the opposite side beginning to pull. Massage the bust very gently once a day with the following astringent preparation:

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

I HAVE mislaid your valuable recipe for keeping a child's hair in curl. Won't you please reprint it again for my benefit?—J. M. R.

Here is the formula you desire: Slightly dampen the hair with a little of this and roll it up on kid curlers as usual:

Gum arabic.....½ ounce
Carbonate of potash.....½ ounce
Glycerine½ ounce
Rose water.....1 pint
Portugal extract.....2 ounces

Household Helps

Oiling the Stove.
A BETTER way than blacking a stove to keep it looking nice is to rub it over with olive oil. This prevents rust and is much better for the hands.

Whipped Cream.
If your cream is too thin to whip properly add the unbeaten white of a fresh egg. This produces an excellent cream whip and is also much more nutritious.

Bacon in Milk.
BACON is delicious when soaked in milk a few minutes before frying. Leaving the bacon to soak for a little while in hot water is also another way to give it a more delicate flavor.

Coffee Grounds.
COFFEE grounds may be easily disposed of by throwing them in the sink or down the toilet drain. They do not clog the pipes, as is commonly supposed, but act as a cleansing broom sweeping down the sides.

WILL you kindly let me know how I can remove the pimples and blackheads from my face? My stomach and general health are in good condition.—H. C. R.

You must be especially careful of your diet, because it is imperative in keeping the skin smooth and clear, that only nourishing and easily digested foods shall be eaten, avoiding those that are rich and heavy. Copious water drinking will also help. To get rid of the blackheads I would recommend scrubbing the affected parts at night with green soap (which is a liquid) and then anointing the place with rosewater or cold cream to heal the irritation.

I WOULD like to know what will give the lips a natural color without using a lip-stick and, also, how to reduce their size. Mine are so thick.—M. BANKS.

Eat plenty of spinach and other vegetables with iron in them. The fresh, natural color of the lips is much more attractive than a mouth over emphasized by pernicious use of the lip-stick. The daily application of a simple lotion made up of equal parts of rosewater and glycerine is all that is needed to keep them in condition. By rubbing them with tannin, camphor or some other astringent lotion they can be gradually reduced in size. The best way to apply this remedy is to melt an ounce of any good cold cream and add to it the following:

Pulverized tannin1 gram
Alkanet chips1 gram
Allow the mixture to macerate for five hours, then strain through a cheesecloth and it is ready to use.

Soups of All Nations

By Mary Lee Swann,

The Well-Known Writer and Lecturer on Cooking.

Hare Soup (Indian).

DRESS a hare, skinning carefully. Cut into joints and place in large soup kettle with ½ gallon water. Add 1 or 2 finely chopped onions, the juice of 1 lemon, and salt and pepper to taste. Add a little anchovy sauce. Simmer several hours and serve hot with toast.

Bean Soup (Mexican).

SOAK 1 cup black beans overnight in cold water. Sauté 1 finely sliced onion in 2 tablespoonfuls of butter, add the drained beans, a good soup bone and 3 pints water, with allspice, cloves and thyme to taste. Cook gently several hours, strain, pressing beans through sieve, season with salt and pepper, add 1 hard-boiled egg and a few slices of lemon.

Tripe Soup (Arabian).

CLEAN 1 pound of tripe carefully, chop and boil with 2 quarts stock or water. Add 1 ounce chick peas, previously soaked overnight in cold water, and 2 cloves of garlic. Remove scum as necessary. When tripe is tender heat 2 eggs well with a little lemon juice and add ½ tablespoon of cornstarch blended with a little cold water. Mix with a little of the hot soup and stir into the soup, beating vigorously to avoid curdling.

Cabbage Soup (Norwegian).

BOIL 2 pounds beef shin or brisket and 6 ounces salt pork in 4 quarts water about 3 hours. Strain and remove fat. Heat 1 tablespoon of fat and add a minced onion and a shredded cabbage. Stir and cook about 5 minutes. Add 3 cups broth and simmer about 1 hour. Cut meat into dice, thicken broth with 1 tablespoon flour, blended with a little cold water; place some of the cabbage and diced meat in soup dish and pour the broth, seasoned to taste, over the meat and vegetables. Serve very hot.

Potato Soup (Swiss).

WASH, pare and cut in halves 5 potatoes. Wash, pare and quarter 1 turnip. Parboil in boiling salted water 8 or 10 minutes. Drain and add with 1 finely sliced onion to 1½ pints boiling salted water. When tender drain, press through sieve, reserving water in which they were boiled. Add 4 cups scalded milk to the puree and vegetable liquor. Reheat and add 4 tablespoonfuls butterine blended with ¼ cup flour. Cook, stirring constantly until smooth. Season to taste with salt and pepper.

Liver Soup (Polish).

DREDGE half pound beef liver, cut in thin slices, with sifted flour, fry in 2 tablespoonfuls of fat with 1 onion, finely chopped. When done pound into a pulp, add 3 or 4 slices of stale bread, broken into bits, and 6 cups of good stock. Season to taste with salt and pepper, bring to boil and cook about half an hour. Add 1 egg yolk, slightly beaten, a little chopped parsley and serve hot.

Fish Broth (Swedish).

PREPARE four cups good fish stock by boiling fresh fish or bones, gravy, etc. Strain through double layer of cheesecloth and add 4 diced potatoes, 2 carrots, also diced, and a bit of bayleaf, and cook gently for a half-hour. Add 1 cup good white stock, season to taste with salt and pepper; add 6 or 8 oysters and simmer 10 minutes.

Soldiers' Soup (French).

WASH carefully 1 small white cabbage, 1 carrot, 1 turnip, 1 stalk of celery and 2 or 3 leeks. Chop and sauté in 4 tablespoonfuls butterine or drippings. Add 3 quarts water and salt to taste. Bring to boil and add 4 or 5 diced potatoes, a handful of beans and ½ cup green peas. Cook gently about 2 hours. Season to taste and sprinkle lightly with a little chopped chervil. A ham bone or a slice or two of bacon improves this dish.

Volga Soup (Russian).

MELT a little selected fat, add 1 shredded cabbage and cook a few minutes, stirring constantly. Add 3 tablespoonfuls good stock and stir thoroughly. Add 1½ pounds diced brisket of beef and 2 quarts water and cook gently about 2 hours. Chop 2 onions, 2 leeks and 1 parsnip; add to soup and simmer 2 hours. Add ½ gill good sour cream, blended with 1 tablespoon flour. Add to hot soup and stir well about 30 minutes before serving.

Chicken Soup (Serbian).

CUT up a 3 or 4 pound chicken into five pieces. Place in a kettle with 3 quarts of water. When half done add 1 carrot, scraped and diced; 1 parsnip, also diced; 1 head of celery, washed and cut into small pieces; 1 onion, shredded, and a few black peppers. When chicken is tender remove from soup, skim off fat, blend with 1 tablespoon butter, blended with ½ tablespoon flour. Boil again and add 3 tablespoonfuls rich milk beaten into 1 egg yolk, stirring constantly.