

Health, Beauty And The Home

The Air in Your Home

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

ONE of the common criticisms of foreigners visiting America is that our homes are overheated to the point of unhealthfulness. Certainly compared with the European home, where there is no steam-heating plant or furnace, but a separate fireplace in each room, our rooms do register a much higher degree of heat.

But the point I wish to take up is not only the temperature at which our rooms are kept, but their proper ventilation. It is certainly true that as we enter many homes we are greeted with "dead air" that gives us a stifled feeling. How often we are greeted in the parlor by the reek of cabbage or some other food cooking in a distant kitchen! We can certainly set it down that whenever such bad odors are present throughout the house something is amiss with the ventilation.

Even though we have progressed far in the matter of understanding the benefits of fresh air, there are still many who are oblivious to the proper airing of their homes. Fortunately we no longer nail down our windows for the entire winter, a habit which was quite common only a little while past; but still there are many homes that do not receive adequate fresh air, especially during the winter.

Some people have the wrong impression that to open windows is to waste fuel. On the contrary, fresh air heats more quickly than stale air, and a room which is properly aired will require less fuel to keep it at a comfortable temperature.

Of course, a good and properly installed heating plant has adequate ventilating provision, either in a shaft, chimney or other standing, but fortunately, such systems are not completely so that it is necessary to air the house by opening windows or doors. Cross ventilation is most desirable in every room—that is, windows or doors opposite one another, so that opening both at the same time instantly makes a draft and removes the dead air. Opening windows from the top is the best practice and should be done frequently, especially if the room is used by many persons.

The good old transom window has somehow fallen into disfavor, but a great deal can be said for it. I would certainly not say that it is in each bedroom and in the kitchen. Then at a moment they could be opened and the dead ceiling air removed.

In the house which I am going to build some day the windows will go straight to the ceiling and the upper portion will be on hinges, swinging out and back like the upper panes of church windows. Windows with upper casements always look more decorative and are also much better suited to the quick removal of bad and overheated air.

In many offices we see a modified draft regulator in a special small slide window placed at the bottom and protected by a screen, sometimes of cambric, sometimes of glass. This slide at the bottom naturally opens the window at the top, but prevents a direct draft from striking those at the window level. Such slides can be bought in cambric and wood and can be used to good advantage throughout the home.

In every house where there is a steam-heating plant or furnace a supply of water should be kept on each radiator or near it. There are special water-boxes which fit the grooves of the radiator and are swung over the back by heavy wire. These air moisteners absorb the heat and bring a desirable humidity into the room.

A jar or other vessel of water should always be placed near a piano during the season when the heat is turned on to prevent excessive drying out of the wood and other parts of the instrument. There is also a special box of "wick" which may be placed within the fret of a fireplace or steam plant and which continually exerts a moistening effect on the atmosphere.

Experts tell us that air which is moist is more readily heated than dry air. Indeed, it saves coal to have such an air-moistening device in connection with every heating system.

Open fireplaces are natural ventilators and are most desirable from this point of view. They suck up the waste over-heated air and cause a continuous current of fresh air in the room.

Every kitchen, as I have so often said, should have a special ventilator in its flue. If a person thinks of the kind of ventilating fan used in many industrial plants or in restaurants he will understand the type of ventilator which is proper. It is impossible to sit near the kitchen end of the average restaurant if such ventilators were not used.

And, by the way, the ideal location for a kitchen is on the top floor, and that is where I am going



Famous Beauties of Stage and Screen, No. 31—PAULINE FREDERICK

to have mine in my home of the future! Yes, indeed, I am going to place both the laundry and the kitchen on the top floor, where the odors can escape without going through the rest of the rooms, and where the clothes can be dried on the roof and the steam escape without resulting in a "blue Monday" all over the house.

In summer and, indeed, at all seasons an electric fan in the kitchen is a desirable help in better ventilation. It may be placed on a high shelf or attached to the flue, which then needs a special opening into which the fan can be set. Another useful device for the kitchen is a register, such as used for hot air furnaces, which may be placed

high on the kitchen wall. Disease germs flourish in warm, stagnant air, but they either cannot exist or cannot multiply in cold air. That house which is kept cool and well-ventilated will not be a breeding place for them. Colds and influenza and bronchitis are not as common in cold atmospheres as in warm.

Advice to Blondes

By Lina Cavalieri,
The Most Famous Living Beauty.

THE blonde's complexion is comparable to the petals of a rose. It has a superb bloom, but it fades early. The withered rose petal is one of the most pathetic sights in nature. It is an insistent danger signal to the blonde, warning her to "guard well your complexion!"

The blonde's skin being finer and more delicate has a greater tendency to wrinkle. Wrinkles come early in her because her skin is so delicate. It is like rice paper, forming fine surface wrinkles as well as deeper ones. For this reason her motto should be "Oil, oil, oil."

Occasionally a blonde, if stout, is troubled by a greasy skin. This oil cosmetic has corrected that fault: Sulphate of zinc, 2 grains; compound tincture of lavender, 8 minims; distilled water, 1 ounce.

And here is a cream of the soft sort that is specially adapted to a blonde's delicate complexion: Oil of sweet almonds, ½ ounce; olive oil, ½ ounce; oil of poppies, ½ ounce; white wax, ½ ounce; spermaceti, ½ ounce. If you want to make this up yourself first melt the wax over a slow fire, then pour in the other ingredients, and stir briskly until they cool and reach a cream-like consistency. Do not let the mixture reach the boiling point at any time.

For a skin that is chronically dry I recommend the use of almond meal instead of soap. It is not only cleansing, but injects into the pores the needed oil.

Many blondes when they are young are afflicted with a most unbecoming flushing of the skin. Sunburn and wind burn are truly an affliction to the owners of such complexions. For these the compounds containing a generous amount of honey are healing and soothing. The following I have heard recommended as efficacious by many blonde friends: Honey, 1 ounce; almond oil, 1 ounce; white wax, 1 ounce; spermaceti, 1 ounce.

Now and then a complexion rebels against the use of glycerine. This is more likely to be true of blondes, although I recall at this moment six at least who use the following to tone down the unwelcome redness when their skin has

been irritated: Camphor water, 1 pint; glycerine, ½ ounce; powdered borax, ¼ ounce.

As her skin is more delicate, so the facial massage should be lighter than that given the brunette. It should indeed be by the new massage, the patting, the raindrop sort of treatment, instead of the severe treatment of the old regime.

The blonde, as a rule, must also fight the tendency to accumulate flesh. The man who first wrote "fat, fat and forty" was observant. He had registered the conclusion that the woman who is fair at forty is more than likely to be fat. And so she is. Recognizing this tendency of the placid nature, which is usually an accompaniment of fair face and hair, the blonde should begin to combat it at twenty. Better at eighteen.

She can prevent her waist and hips growing larger by deep massage. The Japanese women never grow fat. Ask them why and they will show you how they pinch their flesh to crush the tissues and keep the hips perfectly smooth and flat.

The old-fashioned cakewalk that once had so great a vogue is a wonderful hip-reducer. The backward motion, with the face turned upward and the feet lifted prancingly, draws the tendons, solidifies the muscles and makes the limbs beautifully compact.

Another good way to reduce the hips is to stand with the hands on the hips and bend forward, away from the upper body in a half-circle on a horizontal plane.

Stand erect and try to make the elbows meet in the back. This is an excellent exercise to remove the superfluous fat or to prevent superfluous fat forming upon the back. To make the waist small and pliant stretch the arms high above the head and bend them forward, describing a quarter circle.

To reduce the abdomen bend forward many times daily until you can make your palms touch the floor. To avoid growing stoutness lie upon the back and raise the body slowly to a sitting posture without bending the knees. These exercises alone, if begun early and persisted in, will keep back the tide of fat that comes with the years to most blondes.

Secrets of Beauty

CAN you tell me of some remedy to clear my face of blotches and pimples?—MAY A. R.

Watch your diet carefully. It must be wholesome and well balanced, with plenty of fruit and vegetables. You must also observe the most scrupulous cleanliness of the skin. Pimples and all such skin blemishes can be corrected by the faithful daily use of soapy water and a good flesh brush. Scrub the skin thoroughly with this, then rinse and dry carefully. Imperfect drying is a fruitful cause of many skin blemishes.

KINDLY give me a formula for a good home-made cleansing cream. Can a bit of my favorite perfume be added?—M. M.

Below is given one of the best formulas I know of for this purpose. Do not allow the mixture to become too hot because this will cause the ingredients to separate. Any desired perfume can be added in any quantity you wish:

Spermaceti ½ ounce
White wax ½ ounce
Oil of sweet almonds 2 ounces
Lanolin 1 ounce
Cocoonut oil 1 ounce
Tincture of benzoin 12 drops
Orange flower water 1 ounce

PLEASE give me some rules I must follow in order to have a clear skin.—PEARL S.

Be very careful of your diet, which

should be made up largely of green vegetables, root vegetables, i.e., those that grow below the ground, and plenty of fresh fruits in season. However, dieting alone will not produce the desired effect. Daily exercises must also be taken regularly. For instance, a brisk walk of two miles every day, in all kinds of weather, should be regarded as an important part of your daily regime. Such exercise, coupled with a sufficient amount of hot baths for the sake of the necessary cleanliness of the skin, will promote the circulation, brighten the eyes and clear the skin wonderfully.

PLEASE advise me how to reduce the flesh on my calves.—A. P. L.

The regular "setting up" exercises used by the army are valuable for reducing the size of your calves. In addition, try the following special exercise: Stand erect and kick out each foot alternately, bending the knee so as to draw the heel of the foot as far back as possible. Do this fifteen or twenty times a day.

HOW can I get rid of some very troublesome hang-nails?—F. de L.

If the flesh about your nails breaks and tears continually, that is because you have permitted it to get too hard. Always press it back from the nails after washing the hands. Meanwhile rub cold cream into the skin at the base of the nails before retiring, or soak them sage. The Japanese women never have hang-nails.

Oil of 1 ounce
Almond oil 2 ounces

Some Recipes with Quaint Old Names

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

Love in the Mist.

SCOOP out part of a calf's heart. Re-fill with well-seasoned stuffing. Steam or boil until tender, then bake until evenly browned. Cover with boiled spaghetti and serve with gravy made from drippings.

Crowdie.

REMOVE fat from 2 quarts mutton broth, add ½ pint oatmeal and 2 finely minced onions, and salt, pepper and a sprig of parsley. Cover closely, cook gently about 3 or 4 hours, strain and serve with buttered toast fingers.

Kedgers.

PICK over and soak for 12 hours or more 2 cups of split peas. Drain them and add 1 pound unglazed rice, 2 teaspoons salt, ½ teaspoon ginger and a dash of pepper. Stir and add 1 quart water. Cook gently until tender and dry. Pack into a mound and garnish with French fried onions and hard-cooked eggs.

Angels on Horseback.

PICK over and rinse 1 dozen large oysters. Have ready 1 dozen thin slices bacon and 1 dozen pieces toast cut into rounds. Wrap each oyster in a piece of bacon and secure it in place with a wooden skewer or toothpick. Put oysters in a hot oven to cook bacon. Then place them on the rounds of toast. Sprinkle with salt and paprika and garnish with crisp sprigs of parsley.

Humble Pie.

FINELY chop 2 pounds veal with 15 large oysters, 1 pound beef suet, a pinch each of parsley and thyme, and pepper and salt to taste. Add 3 eggs yolks, a few drops of onion juice and 1½ cups bread crumbs. Mix to a smooth paste. Line a deep baking dish with pastry, brown evenly and fill with meat mixture, cover with paste arranged lattice fashion and bake in a slow oven about 2½ hours.

Shoe Strings.

MIX 1 cup flour with 2 tablespoons butter, ½ cup milk, 3 tablespoons sugar and juice of 1 lemon. Cook over fire, stirring constantly until mixture comes away from the sides of the pan. Remove from fire and add 4 egg yolks and ½ cup finely chopped almonds. Beat thoroughly and cool. Fold in 3 stiffly beaten egg whites. Pour out on a buttered sheet, dredge with sugar and bake in a moderate oven about 10 minutes. Cut into strips and dust with sugar.

Petticoat Tails.

PREPARE any good teacake dough, roll out and cut out with a large scalloped cutter. Cut out a very small round from centre and with back of knife make a crease across the middle. Place in hot oven, brown the edges, prick with a fork to represent embroidery, and bake in a moderate oven about 15 minutes.

Carpet Bag.

SELECT a good, thick piece of round steak. Split one-half through with a sharp knife, sprinkle with salt and paprika and stuff with well-cleaned oysters. Secure the sides with skewers or sew the edges together. Place in hot oven, brown evenly, then reduce heat and cook until tender, basting frequently.

Piggly-Wiggly.

MELT 4 tablespoons butter, add 2 tablespoons flour and blend thoroughly. Season as desired with salt and paprika. Add 1½ cups milk, stirring constantly. Cook until smooth and thick, stirring all the time. Then add 1 cup shrimps broken in small pieces and 1 cup reheated canned peas. Serve hot with buttered toast.

Sally Lunn.

BEAT ½ cup sugar with 2 eggs until creamy. Mix and sift 2 cups flour, 3 teaspoons baking powder and 1 teaspoon salt. Add alternately with 1 cup milk to the first mixture. Add 3 tablespoons melted butter and mix well. Turn into a large buttered pan and bake in a rather quick oven. Cut in squares and serve very hot.

Household Helps

Rustless Springs.

BED springs will not rust if painted with aluminum paint.

Your Silk Parasol.

STUFF the silk parasol with tissue paper before packing it away to keep the panels from creasing in the centre and perhaps splitting.

Crackless Shoes.

PATENT leather shoes will not crack if cleaned with a cloth dipped in milk and polished with a piece of old velvet.

Cooking Cabbage.

UNPLEASANT odors can be avoided if cabbage is cooked in an uncovered dish and with a quarter teaspoonful of soda added to the cooking water.

Stuffed Potatoes.

CUT baked potatoes into halves lengthwise. Scrape out the inside and mix with butter, a little cream, pepper and salt and the beaten white of an egg. Whip the mixture until light, put it back in the potato shells, roughen the top with a fork and brown in the oven.

Tasty Tea and Toast

THE joke about the young bride not knowing how to boil water without burning it sounds flat, but there is more point to the joke than one may suppose, says a writer in American Cookery. For nothing so mars the delicacy of a pot of tea as poorly, or rather, insufficiently, boiled water.

Afternoon tea plays an important role in the social life of the day, and every potential hostess, if she is wise, makes it a point to learn how to make a cup of tea per excellence—she discovers the best kind of tea to use for a light beverage in the afternoon and the right kind of pot to steep it in and the necessity of boiling water afresh for every service.

But what shall she serve with tea? She decides upon toast, for it is one of the things that most people never weary of when it is well made, crisp and of tempting flavor and fine of grain. If she has mastered the art of toast-making there are a number of delectable dishes that she can concoct with it as a basis—Welsh rabbit, for instance, and a club sandwich, etc.

It is the fine-grained bread that always makes the best toast, and it ought not to be cut into slices more than half an inch thick. Warm the bread thoroughly before actually toasting it—it will make the toast lighter. Heat it on one side and turn it before browning it. Notice how the first heated surface contracts and the outside surface rounds out through this drying of the bread.

Do not dry the bread too slowly or the result will be exactly like

cake or bread that has been cooked by too slow a fire. Singed bread is never good. When the bread is thoroughly hot, but not too dry nor too moist, the result is that fine, delicate brown that is so palatable.

Toast that walters in butter is not wholesome, all opinions to the contrary notwithstanding. Have the butter warm and butter the toast while hot, but do not press down the butter upon the toast unless the latter is totally dried out. Then it does not make so much difference. If you can possibly avoid it, do not lay one buttered slice upon another.

To return to tea, it has been decided by a jury of experts that the best sort of a pot is the unglazed earthenware type. When making ready for the tea fill the pot with hot water and let stand while boiling the water for the tea. For each cup allow one teaspoonful of tea.

For sanitary reasons the experienced housewife pours a little boiling water over the dry tea and then pours it off again, and then adds the amount of water required. Let the boiling water and the tea stand for about five minutes and then pour all the tea from the grounds into another hot pot if there is to be another serving "all round."

In summing up, remember these items: Water to be boiling well, the colored linens are doubtless investments, but linen in any of the bleaches will be satisfactory if made of good line. Unions of cotton and linen have their uses for dress goods, bed covering, pillowcases and towelling, but are not as apt to give good service as all linen. Cloths with a border are more expensive than buying by the yard.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Prunes.	Baked Apples.	Oatmeal.	Baked Bananas.	Cooked Fruit.	Fruit, Cereal.	Oranges.
Potato Omelet.	Brown.	with Raisins.	Corameal Mush.	Soft Cooked Eggs.	Broiled Liver.	Broiled Fish.
Muffins, Coffee.	Bread Toast.	Scrambled Eggs.	Waffles, Coffee.	Coffee.	Muffins, Coffee.	Baked Potatoes.
Luncheon	Luncheon	Luncheon	Luncheon	Luncheon	Luncheon	Luncheon
Tasty Rarebit.	Fried Oysters.	Vegetable Salad.	Salmon.	Cream of Potato Soup.	Fish Cakes.	Brained
Sandwich.	Cabbage Salad.	Sandwiches.	Brown Bread.	Cheese Souffle.	Green Peas.	Mashed Turnips.
Tea, Cookies.	Coffee.	Tea, Hermit's.	Pineapple Salad.	Rolls.	Celery, Apple.	Boiled Rice.
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Cream of Barley Soup.	Emergency Soup.	Panned Chicken.	Boiled Shoulder.	Cream of Lentils Soup.	Cream of Lentils Soup.	Popovers.
Broiled.	Nat Loaf.	Boiled Rice.	of Mutton.	Baked Potatoes.	Baked Potatoes.	Fruit Sauce.
Meat Balls.	Hollandaise.	Creamed Onions.	Egg Sauce.	Stuffed with Mutton.	Stuffed with Mutton.	Cold Beef.
Mashed Potatoes.	Canned.	Currant Jelly.	Riced Potatoes.	Corn Muffins.	Corn Muffins.	Sweetened
Canned Corn.	Tomatoes.	Canned Jelly.	Creamed Celery.	Supper	Supper	Tea Ring.
Orange Trifle.	Chocolate.	Sponge.	Carrot Salad.	Caramel Cup.	Caramel Cup.	Canned Fruit.
	Layer Cake.	Cake Drops.	Apple Tapioca.	Custards.	Gelatin.	Cookies.