

Health, Beauty And The Home

Efficient Bathrooms

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

WHEREAS even so recently as twenty years ago comparatively few homes boasted of permanent plumbing and bath conveniences, to-day even the dwellings of the very plainest people are well supplied with bathing facilities. It is no longer a question of "to bath or not to bath." Hygiene and society both demand the daily scrub, and so we have reached a point where bathroom efficiency is more and more important.

The first fixture in the bathroom to have our notice is probably the tub. How very far away the present enamel or porcelain tub is from the old zinc-lined, built-in wooden tub that may still be seen in many of the older houses! What a difference there is between our "open" or exposed plumbing and the boxed-in sinks and basins with their wooden fittings, which our mothers knew!

The best tub is made of the best quality porcelain or white enamel and is set directly on the floor. This model may be a trifle more expensive, but it is far more efficient. There is probably nothing more awkward to clean than the space under the tub that stands on short legs. Such a space is nothing but a trap for dust and dirt. The fourth, square edge of the efficient tub, comes right down to the floor and seems to be part of it, leaving no space for dirt to accumulate.

The hand bowl has been perfected to a high degree. From an aesthetic point of view the pedestal bowl, with its long, column-like base and its square or oval basin is most attractive. Such bowls are fitted with combination faucets, which allow the water to come through either very hot or cold or tepid. Instead of the rather inefficient chain, which is always apt to get twisted, and the rubber plug which is always falling off, the newer bowls are fitted with a trap outlet, controlled by a button after the manner of the basins in the Pullman cars.

The toilet with the overhead water box is fast being replaced by kinds in which the flushing is done simply by the pressure of a lever. While many toilets are still seen in which wood is used for the seat, the most efficient and attractive looking ones have seats made of a kind of white porcelain or enamel baked in one piece and lids of the same material. The wood seat is likely to crack and to become very discolored.

The modern medicine cabinet is very different from the old set of "shelves" on which the bottles and various things stood openly. The cabinet has become a part of the standard bathroom equipment, and the best kind is built into the wall or "recessed" so that the outer surface is flush with the wall. In this style it is fitted with a plate mirror, is preferably of enameled steel rather than wood, and has interchangeable shelves.

Instead of the old style nails or hooks on which to hang towels and cloths we now have instead various kinds of "bars" which permit the towel to be laid across so that it dries much more easily than when suspended on a hook. These bars were formerly of nickel, but now bars of glass and porcelain are very much used. It is important to have these bars of just the right length for space where they are to be put, and preferably they should never be put over or alongside the bath-tub, because in bathing, especially with a spray, one is apt to wet the towels hanging on them. They should be placed as near the toilet bowl as possible, and as far away as possible from the tub.

Another modern convenience of the bathroom is the towel basket, which should be of nickel wire, or of wicker. This is not a large hamper, but simply a wire basket in which the soiled towels are put and from which they can be taken every day.

Of toothbrush racks and tumbler holders we have an infinite variety to choose from. There are plain holders for one glass only, combination holders for the glass and several toothbrushes and various other combinations.

Plate glass shelves are being used more and more. The best of these is fitted with a small inch-high railing so that the bottles, etc., will not fall off. These shelves come in various lengths and are very attractive and convenient for hanging toilet waters and creams. Other valuable pieces of equipment are the square bottles, which come in sets of four to twelve, all lettered in black with the names of the liquids they are designed to hold—"peroxide," "alcohol," "witch hazel," etc.

While tile is being used for the floor of the bathroom in many cases, it is still in the cold to the feet unless supplied with small bath rugs. A new cement material, which can be colored various shades, is now being used extensively for the floor covering. Even a good linoleum is preferable to any wood floor, which absorbs moisture and becomes badly discolored. Tile is also used for wall treatment, but attractive bathroom walls may be developed in washable paint or washable oilcloth paper, which comes in extremely attractive designs for this very purpose.



"With the aid of a hand mirror you can still make your toilet very satisfactorily."
Photograph Posed by MISS ARLINE CHASE at CAMPBELL STUDIO.

The ideal of the bathroom should be sanitation with easy cleaning, and this should apply to the wall, to the floor covering and to all the equipment.

The color scheme of the bathroom should be carefully considered by those who are in a position to control it in any way. Blue and green seem to be generally chosen, but unless they are of just the right tint, both are apt to be "chilly," and who wants to be in a

chilly bathroom on a chilly morning? There is a great deal said in favor of tones of yellow for bathrooms, or even tones of soft rose, which with white trimmings is both picturesque and charming. If blue or green is chosen, let it not be a hard cold shade, but one which is warm in tone.

Because toilet operations require the best possible light we cannot be too careful in planning the lighting of the bathroom. For a large bathroom one bulb of indirect light is excellent, if supplemented by a small bulb of high power casting its light directly on the mirror. Indirect lighting gives sufficient soft light without shadows. Even with one central bulb hung from the ceiling, in the ordinary bathroom, it is necessary to have a side-bracket, and, indeed, many of the most attractive bathrooms are seen to

have wall brackets at either side of the mirror.

While many women do not like a "shower bath," a shower installation is often preferable to the regular tub, from the standpoints of economy and space saving. A shower costs about half, and takes about one-half the floor space of a tub. It therefore appeals strongly to the small house builder. The shower also offers many hygienic advantages, because its temperature can be controlled quickly, with sudden changes from hot to cold, so desirable in therapeutic treatments; also, for boys and children, the quick shower is more healthful than a full tub-bath. There is a "brace" to a morning shower without the "chill" of getting into a tub of cold water, and it is capable of many more adaptations than the ordinary tub.

Beauty's Dressing Table

By Lina Cavallieri

The Most Famous Living Beauty.

EVERY woman who gives her complexion the right care has to spend many hours at her dressing table. This should be low, so you can sit before it with comfort. It should be wide, and long, and flat, so that it may hold all of those accessories of the toilet which a woman wants within reach as she sits before her mirror.

First of all, it should have a large mirror and a good one; a just mirror, but not a merciful one, that will reveal every blemish, but will not exaggerate it. The faults of our faces trouble us enough without being exaggerated by our mirrors. Money spent on a good mirror will yield you a good return in honestly showing you how you look. If you know exactly how you look you can build upon that foundation of knowledge a new and better appearance.

Being sure, then, that your mirror is suitable, place it where it will have the very best light in the room. This should be opposite, if possible, but certainly near to the window. The best light for writing is the best light for dressing. The light should fall over the left shoulder. Arrange your electric lights, or candles, or lamps, or gas jets, or whatever are your lighting facilities, so that the light will fall in that direction. Don't dress by a poor light any more than you would read or write by a poor light.

The mirror should be as large as possible and should be adjustable. Attached to supports on the table, it should be easily swung back and forth, according to the angle of view you wish to get upon yourself.

Even if the table be of the plainest sort of home manufacture the table and the mirror frame should be white. The best effect of daintiness and cleanliness is given by a white table and mirror frame. Spots and stains can be more easily removed from it. Some young women have a fancy for draping their dressing tables in muslin or silk, tied back with ribbons, or in silk finished by tassels of the same shade, each to match the curtains at the windows and the draperies of the bed.

Personally I prefer the white painted or enameled dressing table to any other. Draperies are attractive and elegant, but I can't help but see their other significance—that of dust traps. So in furnishing rooms I try to put the money into rich woods, rugs and shun draperies as much as I possibly can.

If the owner's means permit it a duplex or triple mirror is better than a single one. I would allow

the young woman at her toilet literally to see herself as others see her. She should study her profile and note whether her cheeks are growing too plump or too thin. She should see whether the lines of her coiffure are as becoming to her sides as in front. She should study her shoulders and learn whether they are too lean and need fattening, or too fat and require thinning. One is just as important as the other. Having once dressed before a duplex or triple mirror you will never be without one I am sure.

But if yours is a good single mirror you can still make your toilet very satisfactorily with the aid of a hand mirror. This will in a little longer time enable you to scrutinize your profile and back successively, instead of seeing all three views of your head at once.

On most dressing tables we see a brush and comb. This is the worst possible place for them. Perhaps they are there merely for ornament, to complete the handsome ivory or silver or gold set and give the spectator a sense of the completeness of the table furnishings. But the comb and brush that are in use should be carefully kept in a drawer of the dressing-table, or in a closet, or in one of the medicine chests with which all sanitary bathrooms are now supplied.

After using them and before putting them away be sure to cleanse them. If you neglect this your combing and brushing might almost as well not have been done, for the dust in your hair has been merely shifted to your comb and brush, and unless removed by cleansing will simply once more be transferred to the hair.

The toilet table should be furnished also with tray or box containing the manicure utensils. The orange wood stick, especially, should be ready for cleaning the nails and pushing back the skin that is anxious to encroach upon the nails.

One of the toilet bottles on my dressing table I always keep filled with rosewater. This is soothing when the face is fevered and is always grateful and healing to the skin.

In one of the little silver or ivory or enameled boxes of which a toilet table cannot have too many there should be a little powdered pumice stone. When the daily scrutiny reveals dark stains upon or between the teeth, apply this pumice stone by dipping an orange wood stick or a hard round toothpick into it and gently rubbing with them the stained surface. Never use an ordinary toothpick for this purpose, because this would scratch the tooth and erode the enamel.

Novelties in Lighting

ONE of the encouraging signs of the times, which means less trouble with our eyes as well as more attractive and comfortable homes, is the increased attention now being given to lighting. M. Lukiesch, one of the country's leading experts on problems of illumination, has written a whole book devoted to the subject of "Lighting in the Home." In this he has some interesting suggestions to make as to novel ways of lighting various rooms in a house.

For such a room as a sun-room or even a dining room of an appropriate type, says Mr. Lukiesch, the lamps used to supply indirect lighting may often be concealed in wall boxes—imitation flower boxes from which artificial foliage protrudes. The lamps so hidden may be supplied with reflectors in order to distribute the light evenly upon the ceiling.

If the boxes are too small to contain reflectors the desired reflection may be secured by coating their interiors with white. Ordinary oil paints or varnishes should, however, not be used for this purpose, as the proximity of the lamps will scorch them and turn them brown. Delightful effects may be obtained by placing in these boxes lamps with tinted or deeply colored globes. Such wall boxes are not difficult to install. Switches may be placed on them and connections made by means of the ordinary connecting plugs.

Another interesting way of providing indirect lighting is by concealing the lamp and reflector in an ornamental vase or urn. This is wired exactly like any portable lamp. In order to obtain the best results it should be placed so that its upper aperture is about six feet from the floor.

Devices of this kind are excellent for obtaining generally diffused tinted light and also striking color effects for special occasions. Several small ones may be used in a very large room.

A miniature folding screen may be mounted upon a pedestal to surround a light source on three sides, the open side being the one nearest the wall. Such a fixture will vary from about three feet to five feet in height, depending upon its use. It can be used to illuminate a painting or other important object, and it has the advantage of doing this unobtrusively.

A similar lighting effect may be obtained by means of a lantern on a pedestal, the lantern having a panel with clear or slightly diffusing glass, or even without glass. Such fixtures provide a novel distribution of lighting, somewhat simulating

that of daylight from windows. They provide indirect lighting for reading purposes, but in this case the wall performs the function which is chiefly monopolized by the ceiling in indirect lighting systems.

A small lamp installed in the proper place in the modern photograph to illuminate the needle while it is being adjusted in proper position on the record is a convenience which, after using, becomes a necessity. There are several excellent methods of installing it. A small lamp of standard voltage and candelabra base may be installed in a reflector with a convenient switch for controlling it. In fact, the switch may be made to close and open when the lid of the instrument is opened and closed.

The bell-ringing transformer is now available at low cost. This may be concealed in the case of the instrument, and a miniature lamp connected to it may be fastened to the mechanism in such a position that the needle is illuminated. In fact, the lamps and reflectors used on instrument boards of automobiles can be easily adapted to this purpose.

As a matter of safety lighting devices are used to illuminate steps which are ordinarily dangerous. Usually a small fixture containing a lamp is embedded in the structure at the proper location, so that it is flush with the surface. Only a plate of diffusing glass needs to be visible.

Such a device set in the door casing outdoors at the entrances of the house at a height of about four or five feet is a safeguard for the housewife. By controlling it on the inside the face of the caller can be clearly distinguished when desired. These would be useful only in those cases where a fixture is not available or cannot be installed in the proper position.

Everyone has experienced the annoyance of searching for a house number at night. To operate the lantern at the entrance every evening for several hours is unduly costly, and in most cases this would not best aid in developing your teeth thin ankles and calves. Remove the shoes and stockings, sit with the knees crossed, and move the foot that is free of the floor in a rapid twisting motion and an up-and-down movement. When one foot grows tired repeat the same exercise with the other foot. Afterward rub the ankles with sweet almond oil, massaging it carefully into the skin. Massage the calves in the same manner. Walking on tiptoes while you are dressing or when going up and down stairs is likewise excellent to develop a more rounded calf.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Cooked Fruit, Milk, Oatmeal, Potato Hash, Muffins, Jelly, Coffee. Luncheon Oatmeal Scalloped with Cheese, Lettuce Salad, Baked Peas. Dinner Lamb Chops a la Catalane, Mashed Potatoes, Spinach, Caramel Bread Pudding, Coffee.	Breakfast Prunes, Poached Eggs on Toast, Rye Drop Cakes, Maple Syrup. Luncheon Parsnip and Pork Chowder, Apple Whip, Sponge Drops. Dinner Braised Tongue with Celery, Carrot and Onion, Savory Sauce, Boiled Rice, Spinach Salad, Rhubarb Pie.	Breakfast Cereal with Dates, Corn Oysters with Bacon, Coffee. Luncheon Meat and Apple Croquettes, Dandelion Greens, Chocolate Blanc Manger. Dinner Chicken Pot Pie, Baking Powder Biscuits, Green Peas, Candied Sweet Potatoes, Canned Fruit, Spice Cookies.	Breakfast Oatmeal, Creamed Chicken Giblets, Coffee. Luncheon Asparagus Loaf, Cream Sauce, Reheated Candied Potatoes, Whole Wheat Muffins. Dinner Apple Sauce, Baked Veal Chops, Mashed Potatoes, Turnip Salad, Peach-Cocoanut Tapioca.	Breakfast Baked Bananas with Raisins, Cereal, Bread Crumb Griddle Cakes, Coffee. Luncheon Onion and Toast Soup, Asparagus and Radish Salad, Stuffed Prunes. Dinner Fried Filets of Flounder, Shrimp Sauce, Creamed Potatoes, Pineapple Surprise.	Breakfast Stewed Figs, Cereal, French Omelet, Muffins, Coffee. Luncheon Fried Liver and Bacon, Hashed Potatoes, Lettuce Salad, Sour Milk Gingerbread. Dinner Peanut Loaf, Beef Cube Sauce, Baked Macaroni, Spring Greens, Apricot Whip, Coffee.	Breakfast Grapefruit, Cereal, Cheese Cream Toast, Coffee. Dinner Roast Beef, Browned Potatoes, String Beans, Glazed Onions, Celery and Tomato Relish, St. Patrick's Pudding. Supper Cinnamon Toast, Stewed Fruit, Cocoa.

Beauty Questions Answered

PLEASE tell me how to use perfume successfully in the bath water.—LORA W.

If properly used the right kind of perfumes can be much more effective in the bath, when they can be absorbed in the skin, than by a hit-or-miss application of them upon the hair or handkerchief. Here is one that I have found most delightful to use. Simply rub some of it directly upon the body just as you are about to step out of the tub, or else put a tablespoonful or more into the bath water, whichever you prefer:

Rosemary 6 ounces
Orange peel (ground to a fine powder) 1/2 ounce
Thyme 1/2 ounce
Rosewater 1 pint
Spirit of wine 1 quart

PLEASE tell me how I can restore my too thin ankles and calves to their normal size. I have tried cocoa butter, but it seems to do no good.—A BLONDE.

Exercise and massage are the best aids in developing your too thin ankles and calves. Remove the shoes and stockings, sit with the knees crossed, and move the foot that is free of the floor in a rapid twisting motion and an up-and-down movement. When one foot grows tired repeat the same exercise with the other foot. Afterward rub the ankles with sweet almond oil, massaging it carefully into the skin. Massage the calves in the same manner. Walking on tiptoes while you are dressing or when going up and down stairs is likewise excellent to develop a more rounded calf.

I WISH you would tell me how to whiten my arms and shoulders, which have never recovered from the tanning and freckles they got at the seashore last Summer.—E. D. T.

This distressing condition can be quickly improved by faithful twice-

Household Helps

Greasing a Waffle Iron.
TO grease a waffle iron use a piece of salt pork or a brush dipped in melted fat.

Using Sour Cream.
SOUR cream makes an excellent shortening for cookies and cakes, and it can also be made into salad dressings for gravies for meat.

Heating Lemons.
A LEMON will yield nearly twice the quantity of juice if heated thoroughly before squeezing.

Saving Labor.
IF every pot, pan, kettle, etc., used in cooking is washed as soon as emptied and while still hot the housewife will make a 50 per cent saving in time and labor.

Smokeless Hot Cakes.
TO prevent the smoke that often makes the cooking of hot cakes unpleasant tie some salt in a cloth and rub the griddle with this instead of cooking fat.

a-day applications of this old-fashioned remedy:
Horseradish root (grated) 1 ounce
Borax 2 drams
Pour over these one pint of boiling water. Apply with a soft cloth or a sponge.

DO you recommend camphorated chalk for cleansing the teeth?—D. S.

Camphorated chalk is cleansing for the teeth and tonic for the gums, but I do not advise using it too often. In my opinion, once a day, and that at night, is often enough to use toothpowder, for there are very few toothpowsders that do not more or less wear away the surface of the enamel. When the teeth are in good condition this simple powder is sufficient:
Precipitated chalk 5 ounces
Powdered orris root 3 ounces
Camphor gum 1 ounce

I AM five feet five inches tall. Have an average figure, but my face is exceedingly thin and hollow. Can I overcome this without putting flesh on my body?—M. S.

For constitutional reasons it may be difficult to make your face more plump than it is now. However, persistent, daily effort will sometimes accomplish the most amazing results. Sleep as much as you can, taking a rest at midday, if possible. Also massage the face every night with lanolin or the following:
Olive oil 1 gill
Oil of bergamot 1/2 teaspoonful

Left-Over Meat Recipes

By Mary Lee Swann,

The Well-Known Writer and Lecturer on Cooking.

Cottage Pie.
POUR a layer of well-seasoned chopped or diced meat moistened with stock or gravy into a baking dish. Cover with well-seasoned mashed potato which has been beaten until light. Brown in a moderate oven.

Cold Roast Beef a la Shapleigh.
CUT cold roast beef into very thin slices and arrange them so that they overlap one another lengthwise of the platter. Make a dressing with 6 tablespoons olive oil, 2 tablespoons tarragon vinegar, 1 teaspoon salt, 1/4 teaspoon pepper, 1/2 teaspoon paprika, 1/2 teaspoon mustard and 1 tablespoon each of finely chopped parsley, red or green pepper and shallot. Mix thoroughly. Pour dressing over the meat and garnish with crisp lettuce leaves, stoned olives and curled celery.

Quick Stew.
CUT meat into very small pieces and add to a thin brown sauce, or delicately brown the meat and a bit of onion in a little hot fat, dredge lightly with flour, stir well and add water to a little more than cover. More water may be added as necessary. Add an equal amount of sliced cooked potatoes, 2 tablespoons finely chopped carrot and 2 tablespoons finely chopped cooked turnip. Season as desired. If there is sufficient time raw vegetables may be used, as these give a better flavor to the stew. Serve with tiny baking powder biscuit dumplings into which a few cooked green peas have been pressed before cooking. Sprinkle with a bit of paprika.

Meat Pie.
CUT meat into very small pieces. Brown delicately with a bit of onion in a little melted fat. Dredge with flour, brown the meat and onion or brown stock to more than cover, season to taste and cook until tender over a slow fire. Pour into a greased baking dish, cover with a rich baking powder biscuit dough crust and bake in a quick oven. Fanciful shapes may be cut from dough and placed on top of the crust before baking to vary the appearance of the pie. Always prick any kind of pie several times before baking so that the steam may escape. If there is very little meat add an equal quantity of potatoes and a bouillon cube dissolved in a little water.

Meat Ramekins.
DICE left-over bits of pork, ham, corned beef or chicken, and add to a white sauce prepared as usual. Season to taste and pour into ramekins. Cover with buttered crumbs and bake in a moderate oven until crumbs are brown. The seasoning may be varied by using chopped celery, celery salt, chopped onion, sautéed mushrooms, finely chopped red or green peppers, chopped pimientos, chopped ripe olives, hard-cooked eggs, grated cheese or one of the prepared sauces. If there is not sufficient chicken for ramekins an equal quantity of chopped oysters may be used.

Rechauffee.
REHEAT left-over gravy or make a good rich brown sauce. Season to taste with salt, pepper and Worcestershire sauce or catsup. Mustard or curry may also be used to vary the dish. Add thinly sliced cold meat to the hot sauce, place over hot water and heat thoroughly. Serve hot around little mounds of boiled rice. The rice may be pressed into custard cups and allowed to stand a moment so that uniform mounds may be served. A dash of paprika or a bit of crisp parsley in the centre of each rice mound improves the appearance of the dish.