

# Her Health Heart Home

## Married—But Happy

By Virginia Lynch Maxwell.

CHARLOTTE tip-toed toward Billy's office as she closed the outer door behind her. The glass topped panel that divided it from the spacious room bore his name in new, shining, gilt letters. A little thrill of pride ran through her.

She saw the door was closed. Perhaps Billy had a caller. She would wait a moment before opening the door cautiously.

Not hearing a sound coming from within, Charlotte turned the knob easily and swung the door to.

"Oh, you've caught her breath in disappointment, as she saw Miss Flemming straightening up Billy's desk, 'Isn't Mr. Smith here?'"

Miss Flemming smiled. She remembered Mrs. Smith from the evening she had dined at her apartment.

"Mr. Smith said he'd be back in a few moments," she replied.

"Won't you make yourself comfortable until he returns?"

The girl drew out a chair for Charlotte and proceeded with her work. In a moment Miss Flemming reached for a dust cloth and began going carefully over Billy's desk.

"My goodness," Charlotte exclaimed, as she watched the exacting manner in which the girl went over everything, "you are an efficient housekeeper, aren't you?"

There was a note of sarcasm in Charlotte's voice. But Miss Flemming ignored the tone and smiled.

"Mr. Smith seems to think so. He's always congratulating me on the way I keep things around here."

"Indeed!" said Charlotte. The door flew open with a bang and Billy stood looking at the two women, a broad grin spreading across his bronzed features.

"Hello!" he said, after a moment. He had long since sensed the existing enmity between the two women, and finding them thus was amusing.

"Ready?" asked Charlotte, without preamble. "I'm hungry and I'm ready for a lunching 'de luxe'."

Billy drew a package from his topcoat pocket. It was a two-pound box of chocolates, wrapped in satin ribbon with a huge pink rosette on top.

"It's yours, Miss Flemming," he said, handing her the package with a smile.

"Really? Why, how lucky I am. This is a surprise."

"Come on, Lottie," cried Billy, as he swung out with his wife through the outer office and to the elevators in the corridor.

Charlotte followed him without a word of comment. Anger and jealousy burned in her heart.

Billy selected a charming nook for luncheon. But the gay decorations and the unusual atmosphere failed to interest Charlotte.

"For goodness sake, Lottie, what's the matter?" asked Billy, as he helped himself to a second portion of the creamed chicken, while Charlotte shook her head in refusal of another helping.

"You haven't spoken a word since we left the office. Anything bothering you, dear?"

"Bothering me?" replied Charlotte bitterly. "That would be putting it too mildly. I think your conduct has been perfectly shameful."

"What? When—where? What have I done to spoil the Queen's party?"

"Billy—is the occurrence that usual it doesn't seem out of place?" she asked, tears threatening her voice.

"Is that sort of attention the thing wives are supposed to expect and bear between employers and their pretty doll-faced stenographers?"

"Say," cried Billy in exasperation, as he placed his knife and fork on his plate with an emphatic gesture, "I'd like to know what's got into your pretty little head? Out with it."

"The candy, of course," she explained. "Do you think I shall stand for that sort of thing? Don't you think it's insulting to me to deliberately hand your stenographer a two-pound box of the best chocolates right before my very eyes?"

"Behave yourself!" Billy relaxed with a chuckle. "If I didn't think your jealousy was a sign of true love, I'd be tempted to spank you. Why, dearest, the candy belonged to Miss Flemming. She won it on a lottery at the cigar stand in our building. Didn't you hear her say how lucky she was?"

"But—but you. Why did you bring it to her?"

"Because, Mrs. Prosecuting Attorney, I was going down to the cigar stand to get some cigarettes and Miss Flemming asked me to take down her coupons, just for luck."

Charlotte's eyes brightened. Then



AMERICAN BEAUTIES—Miss Lois Meredith, of Pittsburgh, Pa., Who Recently Returned from Paris, Where Artists Pronounced Her Feet, Arms and Hands Perfect.

a little smile curled her soft, red lips.

"Billy," she said, "I deserve that spanking. I'm thoroughly ashamed of myself. I've been raging with jealousy ever since I saw you

hand over that box of chocolates to that girl. I—"

"Never mind, dear," said Billy, with a twinkle in his eye, "I'm glad you were. 'Cause that's a true sign of love. But—don't ever let it get

the better of you, little lady. Oh, do have some of this chicken? Better say yes before I gobble it up."

"Please," said Charlotte smiling. (To Be Continued.)

## My Secrets of Charm

By Marilyn Miller.

JUST before the torrid days of Summer come in, nature offers a perfect interval to the woman who would reduce her weight.

The system is beginning to rid itself of its toxins. The blood stream asks to be unburdened. And nature obeys the request by reducing the appetite for sweets and heavier foods, calling instead for the tempting salads and greens.

There was a time when the artificial tonic was considered a necessity. But women to-day are more enlightened on health problems and by following a few simple rules they may keep the body in excellent condition. If you are over-weight now is the time to reduce.

Diet is, of course, the most important item for consideration in an attempt to rid the body of its excess tissue. Omit potatoes, rice, wheat bread, spaghetti, puddings, pastries and candy. Substitute in their place an extra vegetable of the green variety. In this way you will not only give your blood an excellent tonic from the mineral matters contained in greens, but in denying the fat-producing foods the body will be forced to feed upon those already stored up.

Exercise is another important consideration. If you do not take sufficient exercise to burn up the waste material of the system you cannot expect to reduce. Unless the exercise is taken as play the effects are not really beneficial. Take your exercise by any means you choose, but take it in the open if possible. Dancing, golfing, fencing, tennis-playing and walking are all splendid ways of creating the necessary body heat to burn up tissue.

I receive many letters from women asking how they may reduce certain parts of the body. To reduce the abdomen, I suggest exercise alone, if the remainder of the body is normal. Open the window, top and bottom. Stand before it with a light, warm body covering. Bend forward from the hips and swing slowly to the right; repeat, swinging to the left. This exercise should be practiced every morning upon arising, ten times to each side.

The forward and backward bend is another favorite exercise for reducing the abdomen. Bend forward until your finger tips touch your

toes. Raise the body, then swing backward as far as possible. This movement, too, should be practiced every morning ten times.

The problem of removing the excess fat that forms under the chin is one that my readers present frequently. They request a method of reducing the chin without losing weight at any other part of the body. For this, I recommend the rubber chin strap.

The chin is slightly moistened with cold water. Then the rubber strap, that fits the chin lines, is adjusted by tying its tape ends at the top of the head. A well-known beauty specialist discovered this method, claiming that the rubber produces perspiration and thus melts away the fat, the major percent of which is claimed to be water. In case the rubber should irritate the chin by drawing the uric acid to the surface, wash the skin with a weak solution of soda and warm water.

I know of no better way to reduce the bust than by skipping rope. These tissues are naturally sensitive and must be reduced without the aid of medicine. Massage, too, is beneficial, if properly done. But skipping the rope is a simple exercise for this purpose and has been proved effective.

Question—Will you please publish a method that will make legs plump? My legs are very thin, although the rest of my body is rather plump. Is there not some way I can make them proportionate?

Answer—Walking, jumping, skipping or dancing are the exercises you require to develop the muscles in your legs. When the warmer days present themselves, I would suggest that you try swimming. The legs are developed by exercise, while the remainder of the body is usually reduced by this method.

Question—I am beginning to notice "crows-feet" at the corners of my eyes. Is there some way I can stay their becoming noticeable?

Answer—Pat into the affected parts a good massage cream each night before retiring. Work the cream in well with the tips of the fingers. Allow it to remain on all night. If you are in the habit of squinting your eyes, I would suggest that you see an oculist. Avoid strong light on the eyes by wearing a brimmed hat.

## Cereals in Place of Meat

DURING the warmer days it is well to lighten the diet by substituting cereals in place of meat. This does not sound palatable to most of us, but the woman of ingenuity will find innumerable ways of planning her dishes so that the meat flavor is not altogether denied.

Combining chopped meat with cereal in some of the appetizing "au gratin" or "cream-sauce" dishes is an excellent way to cut down on the heavy food, besides giving a splendid opportunity to use up leftovers.

Cooked oatmeal is the foundation of one palatable dish, when combined with chopped chicken and green peppers. The cooked and cooled meat is spread in layers in a baking dish, alternating with layers of cooked chopped chicken, over which is sprinkled some chopped green peppers. When the baking dish is full pour over it enough cream sauce to cover the contents completely. Then spread bread crumbs and a grating of cheese over the top. Bake for twenty minutes, until the crumbs have browned and the cheese is well melted.

If you have some cold lamb left over from dinner, it may be stretched into a delicious luncheon dish by dicing the meat and combining it with boiled rice and curry. A baking dish well buttered, then the cold lamb is combined with the cold boiled rice and placed in the dish. Over it is poured a well-seasoned sauce. It may be left-over gravy, flavored with curry powder;

or the sauce may be made up new. A good sauce for this lamb dish is made by stirring a tablespoonful of flour into two cups of water, smoothing down all lumps. Salt, pepper, paprika, onion juice, ketchup and a dash of curry are added when the sauce begins to boil. When sufficiently thick, the sauce is poured over the lamb and rice combination and the dish set in a quick oven to heat thoroughly. Toast is served with this dish.

Hominy may be boiled, set in a mold to cool, then cut into slices and fried like cutlets. A brown gravy is good with this meat substitute, or the popular tomato sauce may be served.

Finally ground barley is sometimes combined with chipped beef for a breakfast dish to take the place of bacon or ham. It is quite as nourishing as any of the heavier meat dishes and makes a welcome change at this season.

The barley is boiled, in a double boiler, until thick and transparent, usually about one hour. Salted, dried beef is freshened in boiling water for a moment, the water poured off, and the beef slightly dried in a towel. It is then mixed with the unsweetened barley cereal and served with butter, salt and pepper.

Almost any of the cereals may be made up into delicious fritters. The cereals are boiled first, as usual. Then they are allowed to cool gradually. The ordinary fritter batter is mixed and the cereal added in place of fruit. Cereal fritters are good substitutes for meat, even at dinner, if used as a side dish where beans or peas form the protein value in place of meat.

## Radio Field for Women

NOW that radio is such a prominent topic of the day, women are beginning to look forward hopefully to radio as a profession.

The Government renders peace-time service for those who want to delve into the mysteries of radio. Anyone wishing to learn the Morse code of dots and dashes used in the International Code, may have a course in radio, free of charge. Lessons will be sent by mail, simple lessons, so that the student of average education may understand and grasp the principles. Government instructors will correct the lessons.

Information in detail will be supplied by writing to the nearest Army Headquarters. The Government also offers, at 15 cents each, a pamphlet which gives an insight into radio. The pamphlet is called "Elementary Principles of Radio Telegraphy and Telephony Document No. 1094." Address orders to

Superintendent of Documents, Government Printing Office, Washington, D. C.

Women radio operators will be in evidence in the near future, despite some present prejudices against their services. It is claimed that ships never engage women as radio operators because in case of accident, the radio operator and captain leave the ship last. This would interfere with the unalterable code of "women and children first."

Yet women telephone operators have proven their bravery in the face of disaster by staying at their posts for days at a stretch. During the recent theatre disaster in Washington, one telephone operator is known to have stayed at her post for two days and two nights without sleep and with very little food.

Radio is open to women, however, in many land stations. It is certain that when women prove themselves proficient in this new field, they are bound to be in demand.

## Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b> Pineapple, Dry Cereal, Muffins, Coffee.	<b>Breakfast</b> Stewed Plums, Boiled Rice, Milk Toast, Tea.	<b>Breakfast</b> Orange Juice, Asparagus, Omelet, Biscuits, Coffee.	<b>Breakfast</b> Blueberries, Oatmeal, Milk, Rice Pudding, Cereal Coffee.	<b>Breakfast</b> Pudding, Boiled Hominy, Whole Milk, Raisin Rolls, Coffee.	<b>Breakfast</b> Berries, Pancakes, Syrup, Cereal Coffee, Coffee.	<b>Breakfast</b> Wheat Cakes, Orange Marmalade, Coffee.
<b>Luncheon</b> Sardines, Crackers, Cheese, Water Dress, Cocoa.	<b>Luncheon</b> Chipped Beef in Cream, Muffins, Jelly, Milk.	<b>Luncheon</b> Baked Beans, Lettuce and Tomato Salad, Stewed Plums, Cold Beverage.	<b>Luncheon</b> Chicken Soup, Baked Apple, Bread and Butter, Tea.	<b>Luncheon</b> Salmon and Egg Salad, Wafers, Dinner.	<b>Luncheon</b> Creamed Fish on Toast, Cheese Sauce, Spinach, Milk.	<b>Dinner</b> Celery Soup, Roast Veal, String Beans, Mexican Rice, Blueberry Pudding, Tea.
<b>Dinner</b> Beef Stew, Boiled Potatoes, Fried Eggplant, Apple Pie, Tea.	<b>Dinner</b> Veal Cutlets, Peas, Baked Potatoes, Asparagus, Cereal Coffee.	<b>Dinner</b> Chicken Potatoes, Mashed Celery, Fruit Gelatine, Demi-Tasse.	<b>Dinner</b> Creamed Chicken on Toast, Baked Sweet Potatoes, Lima Beans, Rice Pudding, Coffee.	<b>Dinner</b> Clam Broth, Kipped Herring, Butter Sauce, Potatoes Au Gratin, Squash, Cake, Coffee.	<b>Dinner</b> Olives, Pickles, Lamb Chops, Fried Potatoes, Spinach, Stewed Berries, Tea.	<b>Supper</b> Cold Sliced Veal, Cucumber Salad, Warm Biscuits, Cold Beverage.

## How Do You Wear Your Hat?

THE little details of costume are the finishing touches to the picture. The angle at which a woman wears her hat, the way she adjusts her veil, the width of her cuffs are some of the details that make or mar the costume picture.

The hat should be carefully adjusted. It is a mistake to draw it on in slipshod fashion. For the hat is the one last word in putting a woman at ease.

If you are planning to wear a sailor this Summer, be sure to select a model that fits the head perfectly. The tailored lines of the sailor must be tailored to fit the head as well, else the dapper effect is lost. Padding the hatband of the sailor may be resorted to if it seems large. But the hat should be large enough to slip down almost to the eyebrows and remain there if the fetching lines of the sports costume be carried out.

Soft, crushable felts may seem carelessly slipped on the head, as required, to give them "dash." But in reality they are carefully adjusted to give that suggested careless appearance. Pull your hat far forward regardless of what model you are wearing. Then draw it down to the correct depth on the forehead. Most of the hats this year are designed to meet the tops of the eyebrows.

How easily the effect of a beautiful flower-garden hat for mid-Summer may be destroyed by the woman who does not know how to wear such a model. First thoughts

must be directed toward the building of a correct coiffure before the hat is adjusted. Full sides are necessary to the garden-hat coiffure. Fluff out your hair into soft puffs

## Household Recipes

### Veal Outlet.

Outlet may be cooked whole or cut into pieces for serving. Dust with salt, pepper and flour; dip in 1 egg beaten with 1 tablespoon milk then in bread crumbs. Brown on both sides in shallow fat in hot frying pan. Add boiling water to cover; season and cook slowly for one hour. Thicken gravy with 1 tablespoon flour mixed with a little cold water.

### Tomatoes and Eggs.

Grease muffin tins; put one tick slice of unpeeled tomato into each tin; season with salt and pepper; break one egg on top of each slice; again season with salt and pepper and put a small piece of butter on top of each egg. Bake in oven until egg is set but not hard. Serve on rounds of toast and garnish with parsley.

### Oustard Pie.

Three eggs, ¼ cup sugar, 1 teaspoon salt, 2 cups milk, 1 teaspoon vanilla extract. Beat eggs; add sugar, salt and scalded milk slowly. Line pie plate with paste, pour in custard. Bake in moderate oven 25 to 30 minutes. The custard is baked when a knife put in center comes out dry.

on each side and be sure that a little of the forehead portion scallops below the hatband at front. This is the coiffure in keeping with this more elaborate type of hat, and unless one can wear this style well, it is wiser to choose the hat of narrower brim. The narrower the brim, the less full becomes the hair-dress.

If you are partial to the small flowered turban for Summer, be sure to set it evenly on your head and draw it far down on the forehead to meet the tops of the eyebrows.

Hats with perky bows to one side take a slanting line, if worn correctly. Follow the impulse of the lines of your hat and you will not go far from fashion. A heavy trimming to one side demands that the hat be slanted slightly to this side, to give the fashionable appearance of a "pull."

Selecting the type of hat that suits you is a problem in itself. But when chosen, the most attractive model may be spoiled unless it is worn correctly.

## Household Hints

Chamois gloves may be kept soft and pliable by adding a teaspoonful of olive oil to the water in which they are washed.

To prevent splashing when frying meat sprinkle a little salt in the pan before putting in fat.

When cooking very sour fruits add a little salt and less sugar will be necessary.

## Grandma's Good Night Story

BILLY NIMBLE was a little gray squirrel who lived in a wide, round hole in the trunk of a large tree. Every morning Billy would get up bright and early and gather in all the nuts he could find.

Some he ate; some were for the daily family table, but many were stored away in the pantry for Winter.

One morning a shabby little squirrel appeared at his doorway and made a low bow.

"Oh, good Mr. Nimble," he begged, "will you give me something to eat? I am very hungry. And, although I have searched all over the woods, I cannot find a nut for my wife and my little son, Peter Greyskin. Will you let me have a few of your goodies?"

"No!" growled Billy Nimble, and slammed the twig door in the stranger's face.

The stranger walked on. Billy Nimble watched him from a little window hole in the side of his tree. Then he turned to Mrs. Nimble and laughed so that his bushy tail quivered.

"Give him some of my food?" mocked Billy in a squeaky voice. "I should say not. Why doesn't he find some nuts for himself, I'd like to know?"

"Perhaps because you gathered them all up before he had a chance," replied Mrs. Nimble.

Billy turned a scowling face to her.

"That's his fault, then," he said, shrugging his lumber shoulders and laughing again.

Late that afternoon when Billy Nimble had taken out all his nuts and began to count them over and over, he heard a rap at the front

door of his little home in the tree. Mrs. Nimble put down her mending and hopped over to see who it could be. But Billy pulled her back with a rough jerk and said that he would go to the door.

"If it's that hungry stranger again," he growled, "I'll push him off my tree limb. I'll give him nothing!"

Billy Nimble opened the door carefully. And there, instead of the hungry little stranger he expected to see, he beheld the sleek, ugly, face of Mr. Sly Fox.

"Well?" asked Billy Nimble, gruffly, although he was shaking all over with fright.

"Let me come in," said Sly Fox. "I will not!" answered Billy.

"Then give me some of your nuts for a hungry stranger I met down the road. You've gathered in all the nuts so that there are none left for the other squirrels of the wood."

"That's their fault, not mine," grinned Billy, as he went to shut his twig door in Sly Fox's face.

"Oh, no!" cried Sly Fox. "I'm coming in to get some if you won't give them to me willingly!"

Mrs. Nimble threw up her hands and begged for mercy. But Sly Fox assured her he meant no harm.

Billy Nimble tried to hold the door shut. But Sly Fox gave it one push with his strong paw and in went the little twig door, right on top of Billy Nimble.

The piles of nuts that Billy Nimble had been counting so carefully toppled over to the floor. One by one they rolled to the door and dropped below. Mrs. Nimble looked out and saw the hungry stranger catching them in his paws.

"Charity," laughed Sly Fox, as he came out, "begins at home, and the selfish are always punished."

## Poems for Your Scrap Book

To the Skylark.  
Like a rose embowered  
In its own green leaves,  
By warm winds deflowered,  
Till the scent it gives  
Makes faint with too much sweet these heavy-winged thieves!  
Sound of vernal showers  
On the twinkling grass,  
Rain-awakened flowers,  
All that ever was  
Joyous, and clear, and fresh, thy music doth surpass:  
Teach us, sprite or bird,  
What sweet thoughts are thine;  
I have never heard  
Praise of love or wine  
That panted forth a flood of rapture so divine.  
—Percy Bysshe Shelley,