

# Milady's Forum for Household Topics

## Pretty Hands Are Within the Reach of Every Woman Who Desires Them

### RULES FOR LONGEVITY

BY MRS. McCUNE

**"OVERSTUDY"** during two and one-half years in college and Bee Davis home an invalid. Her brilliant hopes were gone for nothing, she felt, and she believed she had less than nothing to look forward to. Her mother mourned the evils of higher education; her father railed at colleges for women. Bee had entered college the picture of health. She delved enthusiastically into work, made a brilliant freshman and sophomore record and took summer courses besides. She began her third year last fall—now she is an invalid from "overstudy," pale, uninteresting, her body a nuisance, her brain a fevered mass. She has wept herself over "lost chances," "cruel fate." "Why, why," she asks, "has this happened to me?"

Strange to say, her question has found an answer that has startled the little girl into seeing exactly what "overwork" and "overstudy" are. After she went home feeling her life and usefulness had been cut short, she learned that the hygienic reference board of the Life Extension Institute is showing the sick and suffering that life and usefulness need not be cut short, but may be lengthened, deepened and broadened, hence human happiness and a "sense of enjoyment in all life's activities" increased; that much illness is inexcusable and that human folk, including college girls, can work without "overwork" and go through college without "overstudy."

Through this means Bee learned exactly three simple secrets that she should have learned before she went to college. The first of these revealed to her that ventilation, loose, porous clothes, outdoor recreation, outdoor sleep, if possible, and deep breathing, are vital to long life and health. Now at college Bee had ventilated when she thought of it and when it wasn't too cold, had never considered whether the clothes she wore were made for physical efficiency, had been too busy to take regular outdoor exercise and too bent with long study to breathe deeply.

The second of these long-life secrets related to food: "Avoid overeating and overweight. Eat sparingly of meat and eggs. Eat some hard, some bulky, and some raw foods. Eat slowly." For two years and a half Bee had eaten many times little and hurriedly of whatever happened to be convenient, hence she had become anemic and underweight.

The third of the life-extension principles taught the anaemic young invalid that work, play, rest, sleep, and serenity are needful to well-being. Work only she had observed at college. Too busy to play, too hurried to rest, she had often studied late into the night, and got up without sufficient sleep. Moreover, hurry, worry, and strenuous striving had destroyed her mental and physical serenity.

### NEED OF COMRADSHIP

**H**ERE is a little story recently told by an army officer, which illustrates how we need each other in daily life.

When some of the men on the other side first faced the enemy they were a pathetic failure on the fighting line. As individuals they were brave, splendid boys, but when they went forward to attack they had no solidarity. Their advance fell to pieces. Their lines did not hold.

Were they sneered at as poor soldiers? Not at all. Good generals understand the psychology of humanity.

They were withdrawn to the rear and ordered into close formation. Then, elbow to elbow, they were marched and drilled and counter-marched—and marched again. There were several weeks of that—of drilling in close formation, elbow to elbow.

Then they were sent back to the front rank trenches. And when they were thrown forward in attack their lines held. There was almost half a mile between man and man in some of these charges, but the lines held. Far flung in battle line, with great gaps of emptiness between man and man, they fought as if they had stood shoulder to shoulder, buoyed up by warm human presence.

"Why?" you ask. Because of the elbow to elbow consciousness each man had gained of his mates during weeks of drilling in close formation. Now out in the muck of No Man's Land they could not see each other, but they felt each other. Each man knew that when he came upon the enemy his comrades would be there—distant, perhaps, but held close in a common cause.

And there lies human nature in its stark simplicity. Loneliness we can endure; but of "aloneness" we have an unendurable fear. Fighting alone against a hostile world which may cut us off from everything we hold dear is too much for nine out of ten of us.



Wash Each Finger Separately to Make Them Slender

### USE ONLY NECESSARIES

**W**AR may destroy a little of your comfort. But if we win, your honor will be preserved. If the Kaiser wins—you know the fate of Belgium. There is the truth. What can you do? Just do what the United States Food Administration asks you to do. It's not hard, but it is necessary. Eat only as much as you really need. Buy only two pounds of sugar per person per month.

(You may have as much corn syrup, molasses, sorghum honey and maple syrup as you like.)

Use not more than one pound of fat per person per week.

Use not more than two pounds of meat per person per week.

Use cheese, pinto beans, soy beans, nuts and fish.

Use every drop of milk.

Give the children whole milk.

Don't use more than two and a half pounds of wheat flour per person per week.

Make this amount less if you can.

This amount of wheat flour includes the amount you use in bread. All bread, homemade or baker's should contain 20 per cent of cereal other than wheat.

Use other cereals as much as desired.

Don't do any deep fat frying.

Don't eat midnight suppers.

Don't hoard food.

Deny yourself pastry.

### HAVE VICTORY MENUS LIKE THESE.

**Breakfast.**

Oatmeal with dates. Top milk. No sugar.

Browned potatoes.

Cornbread. Jam.

Coffee. Milk for children.

**Lunch.**

Polenta (cornmeal and cheese).

Oatmeal cookies. Canned fruit.

**Dinner.**

Soup with barley.

Mashed potatoes. Baked beans.

Creamed cabbage with a little cheese. (No bread of any kind.)

Indian pudding.

**Oatmeal Cookies.**

One tablespoon vegetable oil, half cup honey, one egg, one and a half cups oatmeal, one-quarter teaspoon salt, one and a half tablespoons rice flour, half teaspoon baking powder. Combine the oil, honey and beaten egg. Stir in the other ingredients. Drop from a teaspoon on a greased pan or baking sheet and bake in a moderate oven about 15 minutes.

**Indian Pudding.**

Four cups milk, one-third cup molasses,

one-quarter cup cornmeal, three-quarters teaspoon salt, three-quarters teaspoon ginger. Cook the milk and the meal in a double boiler for 20 minutes; add molasses, salt and ginger. Pour into greased pudding dish and bake two hours in a slow oven. Serve with top milk. This amount will serve six persons.

### SEEING IT THROUGH.

"For example America should look to England," were the words of an eminent public speaker just recently returned from studying the war situation in both England and France.

"England has literally pushed everything aside and turned her energies and her industries towards war," he continued. "That which has nothing to do with war has been practically eliminated. It is almost impossible to get for love or money a taxicab in London, a city where there used to be standing at the curbstone waiting for you. And the pleasure car simply does not exist any longer. It is a species entirely wiped out."

The speaker went on enthusiastically, to tell how, step by step, all the unessentials of life had been eliminated, in England. He used as an example the umbrella industry. He said that when England considered that enough umbrellas had been made to supply her needs, she shut down the factories.

"As a country England has figuratively set her teeth in the war and has given up everything else to fight it through to the finish," said the speaker.

"I tried an experiment in several of the big hotels in England," he went on. "I tried first by requesting, then by wheedling and finally by bribing the waitress to get me another order of bread."

"Do you think she would? Not a bit of it! She stood firm to her first assertion, 'each patron is allowed but two ounces of bread for dinner.'"

"And it was war bread at that. "It was the same thing with meat and the same with sugar," he continued. "The five ounces of meat—and that is a very small portion when cooked, and the 2-7 ounce of sugar were put before him and neither money nor wheedling could get him more."

This is typical of the situation in England. No one can be bribed or wheedled into deviating one step from the path which leads to "Winning the War."

keep up a steady long reaching movement. This reduces the tops of the arms and removes the fat about the neck. Then take a duster and dust the legs of chairs and stretch to the tops of doors to get a steady bending and stretching movement. The treatment takes about two hours a morning, and by abstemious eating and occasional cups of hot water with salt during the day, also one after retiring, the desired result is obtained and the health improved.

**H**ARMLESS lotion for chapped lips and hands is made of glycerin in cut with lemon. It is as healing as it is softening. Persons who fear to use grease or oils on their skin find almond preparations, and especially the milk, a substitute, in that it feeds the tissues. A hacking cough is quickly relieved if a single drop of oil of tar is placed on a piece of lump sugar and eaten slowly. This also gives relief to persons with an incurable cough.

**W**ELL-KEPT hands are always desirable, no matter how many other charms a girl may possess. A month's treatment according to these directions will make a big improvement in any hands. Each night just before retiring scrub the hands in water as hot as can be comfortably borne, then rinse in several warm waters, and after drying, before the skin gets cool, rub in warm olive oil or cocoa butter (either is very nourishing to the skin), and work and rub the hands together in the same manner as when washing them. Do this for about five minutes, then dust them well with cornstarch and slip on old loose gloves. Cut a little tip off each glove finger, as hands so incased need ventilation.

**H**ERE is a simple method to reduce weight, which has been used with great success: Rise early and take a half hour walk in the air, walking a steady but alert gait. On returning home drink a cup of hot water with plenty of salt. After a light breakfast, leaving the table not quite satisfied, take a hand working vacuum cleaner or carpet sweeper with a long handle, and



Wear Gloves While Doing Housework



Use Lemon and Salt to Remove Stains

### ODDS and ENDS

**W**HEN making a flaxseed poultice put the seed in a bowl, add boiling water slowly, stirring constantly until it is the right consistency for spreading. Spread half an inch deep between two layers of muslin. Fold the two edges of muslin carefully to keep the poultice from running out.

**I**f your eyes smart or burn on awakening, don't blame it on the glorious sun. In point of fact the fault usually lies in the eyes themselves. Some persons with unusually sensitive eyes may be affected by the early morning light, but as a rule the smarting sensation in the morning is an indication that something is wrong with the eyes, or the system. It is believed by many observers that "rheumatic" people are frequently affected, as well as those with

eye defects. But in any event the daylight should not be blamed for eye symptoms. Indeed, daylight is a remedy for, rather than the cause of smarting eyes.

**W**ASHABLE cape gloves are excellent for everyday wear. They are particularly smart in oyster white with rather heavy stitching on the back. If one is careful, and possesses a wooden glove stretcher for the drying, these gloves may be washed successfully many times over.

**I**f you are fond of wearing white crepe de chine waists and are anxious to keep them from turning yellow, wash them in cold water with a hard, white soap. Cold water and soap will take out the dirt just as well as warm water. Dry in the shade and press with a warm but not hot iron. If these directions are followed you will not find your crepe de chine waists turning yellow.

**A** DISCARDED powder box with a perforated top may be made to do duty for a hatpin holder. The box may be covered with a piece of fancy ribbon if necessary. The hatpins are thrust into the openings at the top. To prevent the holder from being top-heavy, fill it half full of cornmeal.

**A** CHINESE merchant gave this bit of information when a rare teaset was purchased from him. Before using delicate china, place it in a pan of cold water and let it come gradually to a boil; allow the china to remain in the water until cold. This tempers china and makes it capable of standing heat.

**F**IRESIDE and large upholstered easy chairs seem to demand something as a protection, which, perhaps, accounts for the revival of chair backs and head rests. Some of the new chair backs are strips of Russian crash, with a cross stitch pattern across the bottom. The designs are pine trees, brilliant birds or even baskets of flowers. Others are made entirely of coarse flit crochet in cotton or raffia twine, either square or oblong in form. All sorts of quaint, old patterns are used. They are really old fadies, smart and up to date. Head rests of patchwork applique are now being made. These are particularly nice in a bedroom, where a counterpane of patchwork is used.

**M**ODERN fashions are queer things. Is there somewhere some supreme oracle who decides whether we are to take our walks abroad representing Dresden shepherdesses or Greek goddesses, ladies of the cinquecento, or of the harem? If so, what mysterious influences guide him in his decisions? Who decided, for instance, that this was to be a Russian year? Is it nothing to him that high Cossack hats are hopelessly unbecoming to the average American woman's countenance? How does he settle what is to be the fashionable fur? Does he hibernates all summer in cold storage and wake up muttering "skunk," while his minions wait around his couch to wait the fateful word over a waiting world? Such speculations end in nothingness. We merely obey.

### Handkerchiefs

**A**CROSS the corners of the newest handkerchiefs a sentence or phrase of embroidered writing may be seen. Maybe it is only a name, the signature of some friend who has been requested to write his name on your handkerchief instead of in your autograph album. Or again it may be your favorite motto, which you think the fashionable world would be better for knowing, so you flaunt it from the corner in cross-stitch. Most of these handkerchiefs are embroidered in black on colors or in colors on white.

**F**OR clothes that have spots of ink or wheel grease. If they do not come out with kerosene, soak the spot with thick sour milk. Let stand a few minutes and then rub and spots will disappear. For kerosene spot or grease spot on hardwood floor, take a tablespoon of soda with boiling water and throw on greasy spot. Wipe off with towel; great help around the kitchen.



Fifteen Minutes a Day with Indian Clubs Will Develop Pretty Arms



Bind the Elbows at Night after Applying Cold Cream

### Women Coming to the Fore

BY EDNA EGAN.

**W**OMAN has been so long admonished—it has been, "Don't, don't," to a new, "Don't" here, and "Don't" there, and "Women can't do this," and "Women can't do that"—that it's a little difficult for her to realize that a woman can do anything she sets her mind on.

I read an interesting article not long ago in which that statement was flatly and no doubt sincerely made:

"Women will never carve a Winged Victory, compose a Fifth Symphony or a Tristan, invent a new cause, create a great poem like Faust, paint Las Meninas or conceive Hamlet."

Never is a long word. Perhaps she never will; who can say? But because she has not yet achieved the highest artistic expression is no positive reason that it is beyond her grasp. Anyway, she has some very creditable seconds. If Shakespeare hadn't written his sonnets,

properly done, all that will be necessary in the morning will be the cold sponge off. At night, however, the dust and dirt of the day has settled on the face and it takes a good cleansing with cold cream to get it off.

Mrs. Browning might have ranked first with her, "Sonnets from the Portuguese." Sir Walter Scott once remarked of Jane Austen, "I can do the grand bow-wow style myself, but she etches on ivory." Consider also the Bronte sisters. There are those critics who regard Emily Bronte, not Charlotte, as one of the most startling examples of genius in English literature.

The voice of the multitude iterates and reiterates: "It can't be done. It never has been done, and therefore it never will be done," and establishes by precedent and fact and irrefutable logic that the enterprise is an absolute and utter impossibility. But time, the satirist, proves the faith of the pioneers.

Harvey, who discovered the circulation of the blood, was one of the famous host who have provided amusement for their generation. Darwin also provoked that laughter which has been compared to the crackling of thorns under a pot. The first builders of railways came in for their share of derision. For a number of years the idea of building a trans-continental railroad from the Atlantic to the Pacific coast was regarded as the crazy dream of a

