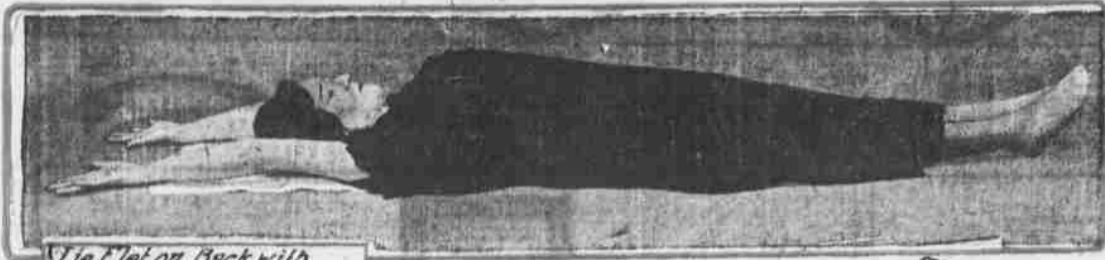


# A Scrap Book for the Busy Woman

## Do You Know How to Rest Easily?



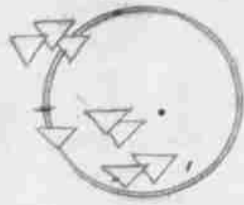
Lie Flat on Back with Arms Over the Head



Lay Arms Alongside of Body



Pull the Ankle so that the Heel Strikes the Leg



Rub Upward with a Turkish Towel



### SALADS

**Salad Dressing.**  
Heat half a cup vinegar; thicken with two teaspoons cornstarch in one-fourth cup water; one teaspoon mustard, half a teaspoon salt, pinch of cayenne pepper (this may be mixed with water and cornstarch) add one egg well beaten and one cup milk and cook until thick.

**GENOVA Salad.**  
With a sharp knife, score a Greek cross on a smooth red tomato. Cut out the pulp a slight depth, and fill the cavity with cream cheese. Serve in the white hearts of lettuce with French dressing.

**Red Cross Salad.**  
Place some cream cheese on the white hearts of lettuce, and on top of the cheese a Greek cross cut from sweet red peppers. Serve with whipped cream, salted and slightly flecked with paprika or cayenne.

Score on a tomato a triangle, a six-pointed star by placing one triangle over another; a circle; cut out the pulp to a slight depth and fill the cavities with cream cheese. Serve on the white hearts of lettuce with French dressing.

### SOUP

**Bellefleur Soup.**  
Take two green sweet peppers, two onions and mince fine. Add one tablespoon of butter and simmer on the stove (do not burn it) for about 10 minutes. Then add two cups of tomatoes and a quart of water. Salt and pepper to taste and a little sugar. This makes a delicious soup without the use of meat. You can add a little carrot and celery, but it is fine without them.

**Tomato Soup.**  
One can of tomato soup, fill can with same quantity of hot water, half a cup of cream, tablespoon of sugar. Bring to a boil. Add one tablespoon of flour dissolved in half a cup of milk and cook until thickens, then add a large tablespoon of butter before serving.

**Bean Puree Soup.**  
Two cups baked beans, three pints of stock, two slices onion, two stalks celery and one half cup canned tomatoes, two tablespoons butter, two tablespoons flour, half a teaspoon salt. Mix all ingredients, let simmer about one hour. Strain once or twice, as it is a smooth soup. If no stock, use three pints of water and three cups of cold beans.

### PUDDING

**Ruth's Pudding.**  
Half cup butter or lard and lard, same of sugar, two eggs, one full cup flour, two teaspoons baking powder, one cup corn syrup, little milk. Cream butter and sugar together, add beaten eggs, then the flour and baking powder with sufficient milk to make a stiff batter. Well grease a pudding basin and fill one-half with corn syrup. Pour on this the mixture just made; cover well with thick greased paper or a cloth, and boil one and one-half hours.

**Coffee Souffle.**  
One and one-half cups boiled coffee, half cup milk, two-thirds cup sugar, one tablespoon powdered gelatin, vanilla, three eggs. Cook in double boiler like Spanish cream, beating in egg whites after it comes from the stove.

### PIE

**Elderberry Pie.**  
Make ordinary pie crust; put one tablespoon of sugar, half a tablespoon

thought I worked at painting I never really did so. I dabbed and made out because of some native talent, for which I deserved no credit. Had conditions forced me to devote myself to painting as I have to my shop, my name would have been known in art. But you see I thought I was content with frittering till, after so long a time, I have come to know better through having something definite to do.

flour on bottom crust; fill with berries sprinkle a pinch of salt on them; put half cup sugar, half tablespoon flour on berries to take up juice. A little nutmeg or cinnamon; put on top crust; wet with cold water; bake a golden brown. Can not be told from blueberry pie.

**Mother's Prune Pot Pie.**  
Put one pound of prunes to soak in water over night; in the morning stew and sweeten them to taste. When done, let cool. Make a baking powder biscuit dough, roll out to a quarter-inch in thickness; line a square biscuit pan with the dough and fill with the stewed prunes; sprinkle thickly with flour, so as to thicken the juice, and cover with a top crust. Bake in a moderate oven. Serve hot, cut in squares, with sweetened thin cream.

### LEFT-OVERS

**NUMEROUS** palatable combinations of two or more food materials which can be prepared by the housewife with but little trouble to themselves will supply the major part of a well-chosen meal. Such combinations should be used very frequently to simplify and make more economical the serving of a rational diet for the family, say specialists of the United States Department of Agriculture. Combining left-overs into a palatable dish, for example, effects a considerable saving in material, in fuel and in the labor of preparing meals and of cleaning cooking utensils and dishes. Good use thus is made of food which might otherwise be wasted, when one dish is prepared, cooked and handled instead of several.

The character of any one of the daily meals should be determined by that of the other meals that are served. A light breakfast and a light supper or luncheon, for instance, usually makes desirable a heavier dinner. In some families the preference may be for a hearty breakfast and dinner and a very light supper, and so on through a considerable range of individual tastes.

If the meal is to be a light one the combination dish, together with the bread and butter, which usually accompany American meals, may be all that is wished.

If the combination dish forms the central part of a heartier meal, it is in accordance with our usual food customs to serve with it, in addition to bread and butter, such foods as garden vegetables, fruits (fresh or cooked), and simple desserts.

Good planning necessitates in the principal meals of the day such variety as has been suggested, in order that all the varied nutritive substances which the body requires may be supplied.

The following are some suggestions for a few of the many nutritious combination dishes which may be prepared without too much trouble from staple food materials and common left-overs, and for other foods which can accompany them to make a well-rounded meal:

Spaghetti or macaroni or rice cooked with tomato, onion or green pepper, and cheese or cheese sauce.

Served with White, graham or whole-wheat bread and butter, and stewed or sliced fruit and simple cookies.

## HOW LONG SHOULD ENGAGEMENTS LAST?

BY MRS. McCUNE.

THEY had just come from the wedding of a pair of people who had been engaged to marry for nearly forty years. The Precipitate Girl went to long-suppressed mirth. "Did you ever see a more absurd spectacle?" she demanded. "That stout old bachelor and that wrinkled old maid! Coming down the aisle they looked as though they were headed straight for Paradise!"

"They are headed for Paradise," asserted the Abiding Character soberly. "Their way of gazing at each other confirms my opinion that a girl can very well afford to wait indefinitely for the man she has promised to marry—if she continues to love him."

"You mean to say that had I promised to marry one of the high school boys who graduated in our class that I should continue to wait ten years or more for him to make enough of an income to support me?"

"Yes—if you continued to love him as much as you did when you agreed to marry him at some future time."

"And abandon all prospects of having some better chances to marry?" exclaimed the Precipitate One.

The Abiding Character smiled, as though she were governed by some secret, tender thought: "You would not consider that any other possible chance to marry could be better than the one which you had promised to take—if you were convinced that the first man was the right one for you, no matter how he might impress any other person."

"How could I know if he were 'Mr. Right'?" Doubt clearly expressed itself in the tone of the Precipitate One.

"You would know," said the Abiding Character, with conviction. "A girl of average intelligence and a heart of the right sort always knows when the really loves a man—even though she may not decide to marry that man. Possibly, she may never get the chance to wed him. But she knows how she feels toward him. However, we're not discussing the girl who permits the worm of concealment to prey upon her cheek, but the one who believes that the man whom she loves loves her because he has told her so. After a few years of being engaged to him she would know whether or not he were worthy of her, no matter what any one else might say of him."

"Only a thoroughly selfish man would permit a girl to wait indefinitely for him. Today's bridegroom knew that he couldn't afford to marry while his invalid mother lived. Had I been in his fiancée's place, I'd have quickly sent him on his way!" exclaimed the Precipitate One.

"Not under similar conditions," denied the Abiding Character. "She did the one thing that she could do—simply waited."

"Do you honestly believe that the waiting—meanwhile clerking in a country store—made her happy?" demanded the other.

"Happiness is such a relative condition," replied the Abiding Character. "Our friend was ever looking forward, with anticipation. Never looking behind with regret."

"Nonsense!" ejaculated the Precipitate One. "She must have regretted the smooth cheeks that had wrinkled, the bright eyes that had faded, the brown locks that had turned to gray! Her wasted youth! The children that will never be born to her! All sacrificed to a man who put his mother before the woman he professed to love most in the world. Mothers are so utterly selfish!" she concluded angrily.

The Abiding Character laughed softly. "That is an unwise as well as an unjust statement, because some day you may be the dependent invalid mother of a dutiful son. Moreover, prolonged engagements are not uniformly caused by mothers. Frequently the engaged man has trials known only to his fiancée. He may have an afflicted sister or brother to support, orphan nieces and nephews

to bring up, or have inherited a load of debts from his parents. He cannot justly add such burdens to those which may have come to his wife-elect from her family. So the pair agree to wait. Do you think the man whom you term selfish enjoys being the sole old bachelor among his men friends? Don't you believe that he secretly envies those friends the families which are growing up about them? Don't you know that his conscience tells him that he was wrong to ask a woman to marry him at some very vague date, the while he tells himself that he cannot give her up?"

"Certainly I agree to all that," assented the other. "It is exactly in line with my argument that a girl is foolish to wait more than—well, say five years, for a man. I could contently live in a shack with any man whom I could love well enough to marry," she added, with a note of conscious virtue in her voice.

"So could most of the women whom we both know," said the Abiding Character. "The bride of today would have done as much. But she did not have the chance to. She could simply anticipate the time when she could wholly devote herself to that fat, florid, grizzled man who, in the guise of a lover, appears utterly absurd to you, and so noble to her. She doesn't see the changes which the years have wrought upon him."

"Then, of course, you imagine that he doesn't notice the toll which Father Time has made her pay?" The Precipitate One was almost sneering.

The Abiding Character's reply came promptly: "Certainly he does not see her as we do. Had he come to regard her as she truly is—a faded old maid with a gentle smile and a rather timid manner—she would instinctively have known it. And they would never have married. Be assured that while each one sees themselves clearly, they view the other through rose-colored glass."

"Romance is still with them," sneered the Precipitate One.

"Yes, it is," replied the Abiding Character stoutly. "Granted that they look absurd to the world. Granted that romance is expected to step aside to make room for reality or passion, when one has turned the quarter century mark. Granted that at fifty-eight years' old, delusions are far, far in the misty background. Nevertheless, it was better for today's bride to have waited for her bridegroom, since she believes that he was worthy of waiting for, whether he was or not in the opinion of the rest of us, than to have married some man whom she liked less."

"The village gossips say that as a girl she had many well-to-do admirers. Had she married one of those men she might have had everything which she has done without during the best years of her life—a luxurious home, a family, a leading position in society! Everything to make a woman happy."

"Not happy if the husband who provided the home and the position were not the man whom she loved," denied the Abiding Character.

"Well, I simply could not go through what she's gone through with for any man's sake. The indefinite waiting would have driven me to desperation!" exclaimed the Precipitate One. "I believe that it's every woman's duty to herself to extract the utmost happiness from life."

"So do I," agreed the Abiding Character. "From my viewpoint the woman who can love a worthy man well enough to wait indefinitely to marry him gets the utmost out of life. The world may say that she is sentimental and foolishly romantic. But she and he—the person most concerned—know better."

**M**AKING blue-prints of flowers is an excellent way to pass time away and amuse children. The apparatus needed is simple. A printing frame is necessary and if you can't do any better you can make one at home. Buy a piece of glass 4 by 5 inches. Cut

a piece of cardboard the same size and cover it with a piece of cotton wadding. Fasten the glass to the cardboard with clothes pins that have patent springs. Blue-print paper may be bought of any photographer or dealer in architect's supplies. The method of work is fascinating. Gather a simple leaf of flower for your initial trial. This is to serve as the negative. Now place the blue-print, with the yellow side up, on the cardboard. Arrange the specimen neatly and smoothly upon the paper. Place over it the glass and fasten in place. Print in the sunlight until the paper shows deep bronze tints. Remove the paper from the glass and wash in running water until the white is clear.



Lift Leg at Right Angle with Body Bent Knee



## ODDS and ENDS

**F**OR an ordinary sore throat, with loss of voice or hoarseness, dip a folded handkerchief in cold water. Encircle the neck with the wet handkerchief and cover it with several folds of old flannel. One night's application is usually sufficient to relieve slight cases.

**D**ON'T throw away your empty coffee cans or other cans of same size, but make a kitchen set. Remove the paper from the outside and give it a coat of paint and with a small brush and contrasting color mark the name of the article—salt, ginger or whatever you want them to hold. They make a very neat set.

**I**N these days of saving, little daughter's hair ribbons should be made to do duty as long as possible. When soiled they may be thoroughly cleaned by shaking for a few seconds, say half a minute, in a solution of soda—teaspoon baking soda to one quart of boiling water. Rinse the ribbon in cold water, dry for two or three minutes in a towel and press with a hot iron. This process removes all dirt, as suggested, but does not injure the color.

**A**N article not to be forgotten when taking little children from home is a medicine chest containing vaseline, mustard plasters, witch hazel, boric acid, bicarbonate of soda, talcum powder, castor oil, glycerin, brandy, a clinical thermometer and a silver spoon and ipecac. A hot-water bag, soap, absorbent cotton, rolls of bandages, plaster and an alcohol lamp are among the absolute necessities.

**E**XCESSIVE use of certain portions of the brain tends to withdraw the nervous energy from other portions, so that one part is debilitated by excess and the other by neglect. For example, a person may so exhaust the brain power in the excessive use of the

nerves of motion by hard work as to leave little for any other faculty. On the other hand, the nerves of feeling and thinking may be so used as to withdraw the nervous fluid from the nerves of motion and thus debilitate the muscles.

**A**MOST excellent remedy for pains in the soles of the feet or ankles after a long tramp is a warm bath into which put a few drops of carbolic acid. It will give such relief that in an hour one will feel equal to taking another tramp. Here is one that has proved itself to be of great worth when the feet are tired and ache and one can not tell just where or how, but are, oh, so tired. Take a lemon, cut it in half and rub the soles and all over the instep.

**A**SIMPLE effective silver polish may be made as follows: Four ounces of oil of sassafras, 5 cents' worth of pipe clay. Mix the pipe clay into the oil until it becomes a thick liquid. Rub smoothly over the silver and let stand for about five minutes. Then shine with chamois or soft cloth.

**I**F you have not a kitchen closet to hang cooking utensils in, get a large box, place it in the corner nearest your stove, paper it inside and drive nails in the sides on which to hang different articles. Have curtains for the front and cover top with oil cloth, which will also give you a handy kitchen table at a very small expense.

**W**HEN darning a large hole in a stocking first sew netting on the hole. Draw the thread in the usual way through the meshes, skipping every other mesh, so that when you darn crosswise you will have meshes to darn through. No matter how large the hole is, you can darn it evenly and in good shape, and save time.

### Simple Shirring

**T**HREAD the sewing machine with fine thread on top and a coarse thread in shuttle. Stitch the part to be shirred or gathered. Adjust the fulness by drawing the coarse under thread, and you have an even shirring, more true than can be attained by hand or machine attachments.

### Contentment

BY EDNA EGAN.

**A** WOMAN of fifty-five has found the secret of youth, and discovered the well-spring of contentment. Her rosy cheeks and sparkling eyes bear witness to her story. "As a girl of seventeen I married an indulgent man who yearly increased his salary—working up from factory clerk to treasurer. As we had no children, I was able to indulge my two ambitions, to entertain and to paint."

"I strove to be an ideal hostess. I studied painting with the best teachers. I also read the books I liked, which means I didn't always read the ones best for me. I was told I had possibilities in art. Yet I was constantly discontented—everything interfered with the attainment of which I dreamed. My health was unequal to my ambitions. I took frequent trips while my poor husband toiled like a Trojan at home. When entertaining or painting became irksome, I dropped them and found other diversions. You see I did as fancy suited—I was a typical parasite. Yet nothing made me happy."

"Four years ago my husband's health failed and we retired to our summer cottage in a sleepy village. Since our income was none too large, I opened a gift and novelty shop for wealthy summer visitors. I worked with a vim because I had a definite purpose. I have increased my business yearly and expanded it to a mail order trade in the winter. I am constantly on the watch for new things to fill my shop shelves. I am bringing in a good income and my husband and I are both surprised at the business acumen I have revealed."

"The greatest surprise to me is my change in health and mental attitude. I have an altogether new vim and go. I never tire as in the old days. I have actually forgotten about my body, and if there is anything wrong with it I am too busy to know. Besides, I am happy as never before, because I have purpose in activity."

"In real work I have attained the bodily vigor and mental content I vainly sought in dawdling parasitism. I can look back over the years and see why I didn't become the successful painter I longed to be. It was because while I