

Milady's Forum for Household Topics

Esthetic Dancing Affords Pleasurable Exercise



Almost & Curtsy

Bacchanale



Coquette



Butterfly

EXTRA HATS

In touring one often wants to take along a different sort of hat for wear when not in the car. A bag that will hold two or three hats may be made by taking two long, straight pieces of heavy linen, matching the lining of the car if possible, binding them together with tape at the edges, leaving the top open lengthwise and dividing them into three pockets. Then sew on straps at intervals. Fasten these straps to buttons either in the top of the hood or on the framework between the front and back seats, and the hats will be protected and out of the way.

THE KITCHEN

Escalloped Clams.

One quart of long clams, half-pound of milk crackers. Run through the meat chopper. Now put a layer of crackers, then one of clams, with bits of butter and salt and pepper till you have used them all. Pour one quart of milk over all and bake in a hot oven till brown.

Apricot Souffle.

Beat the yolks of five eggs until thick, and continue beating while five tablespoons of sugar are added. Then beat in half cup of apricots that have been put through a vegetable ricer; then fold in the whites of the five eggs that have been beaten stiff. Serve half a canned apricot and a spoon of the sirup with each portion.

Cocoa Fudge.

Place 12 teaspoons of cocoa in a saucepan and rub into smooth paste by adding half cup of milk. Add four cups of sugar, piece of butter size of an egg and one cup of milk. Place on fire and boil, then add half cup of milk and cook until it forms a soft ball when dropped into cold water. Take from fire, add vanilla and beat until it is just thick enough to pour into buttered tins. By adding half of milk last you will find fudge to be free from grain and to be nice and smooth. When cool mark into one-inch blocks and break.

Lemon Pie.

Mix three tablespoons of cornstarch and three-quarters cup of sugar, add three-quarters cup of boiling water, stirring constantly. Cook two minutes, add one teaspoon of butter, two egg yolks (not beaten), grated rind of one lemon and three tablespoons of lemon juice. Line plate with paste and build in a fluted rim. Turn in mixture which has been cooled and bake till pastry is well browned. Cool slightly and cover with meringue, then return to oven and bake meringue in a slow oven about 15 minutes.

French Fruit Salad.

Two oranges, three bananas, half a pound Nalaga grapes, 12 English walnut meats, 1 head lettuce. French dressing. Peel oranges, and remove pulp separately from each section. Peel bananas, and cut in quarter-inch slices. Remove skins and seeds from grapes. Break walnut meats in pieces. Mix prepared ingredients and arrange on lettuce leaves. Serve with French Dressing. You may use a

mayonnaise dressing instead of the French if preferred. In making the mayonnaise dressing for a fruit salad a spoonful of fine sugar can be substituted for the mustard. You can use less oil than in the usual mayonnaise and the last minute when ready to serve add thick, fresh cream whipped.

Currant Jelly.

Pick over currants, but do not remove stems, wash and drain. Wash a few in the bottom of a pressing kettle, using a wooden potato masher; so continue until berries are used. Cook until currants look white, strain through a coarse strainer, then allow juice to drop through a double thickness of cheesecloth or a jelly bag. Measure, bring to the boiling point and boil five minutes, skim and pour into glasses. Place in a sunny window and let stand 24 hours. Cover and keep in a cool, dry place.

Orange Mousse.

Mix two cups of fruit pulp—with powdered sugar to sweeten—with the whip from one pint of cream. A small amount of lemon juice brings out the flavor of the oranges. Mold, pack and let stand in ice and salt four hours.

Shrimp Wiggle.

One-half teaspoon of salt, four tablespoons butter, two tablespoons of flour, a pinch of cayenne pepper, melted together, stirring constantly, then pour in gradually one and a half cups of milk as soon as it thickens. Add one cup of shrimps broken in pieces and one cup of peas after draining from the liquor. Cook after adding shrimps only enough to heat through well.

Steamed Rice and Salmon.

A way to use salmon a little different from the usual recipe is as follows: Line a bread pan, slightly buttered, with warm steamed rice. Fill the center with cold, boiled salmon, flaked and seasoned with salt, pepper and a slight grating of nutmeg. Cover with rice and steam one hour. Run on a hot platter for serving and pour ground egg sauce made of one-third cup of butter, three tablespoons flour, one and a half cups hot water, half teaspoon salt, one-eighth teaspoon pepper, beaten yolks of three eggs and one teaspoon lemon juice. Melt half butter, add flour with seasonings and pour on gradually hot water. Boil five minutes and add remaining butter in small pieces.

CLASSIC DANCING BENEFITS How This Art of Poetic Motion Brings Grace of Carriage and Health to the User.

BY EDNA EGAN.

THE esthetic dance, unlike the folk dance or the more conventional ballroom dance, is a personal and physical expression of the beautiful exempt from rule. It is opposed to the hard-and-fast regulations of calisthenics, is even more effective in producing symmetry of form, absolute muscular control, poise and grace. This kind of dancing, dependent as it is on responsive muscles and a happy frame of mind, is a most pleasurable form of exercise. And now for the practical side of its execution. Loose clothing is imperative, and a happy frame of mind is no unimportant consideration. However, the purely physical side of the exercise can react on the mental and produce a care-free attitude where a grouch formerly held court. I say loose clothing, because the free movement of the body cannot be hampered

and at the same time appear graceful. Just what sort of attire you will select for the dance is a matter that is best decided by your own taste. If "gym" bloomers, a middie blouse and soft shoes do not, in your estimation, detract from the beauty of appearance that usually accompanies beauty of pose, why, well and good. On the other hand, if clothes affect your mood—and what woman doesn't "feel better" in becoming clothes?—and you would feel more like a sprite in the curtained costume seen in classic mural decorations, then wear a dress like the one pictured. Its simplicity of design and material places it readily within the capabilities of deft fingers. Now that the all-important clothes question has been settled, let us consider the when, where and how of the "poetry of motion" for amateurs. When? Just whenever you are so inclined. The inclination is best taken advantage of in the early morning. Physical or mental fatigue is not conducive to any form of exercise, you know. Where? Preferably on a smooth broad surface. Carpet is no objection. And how?

Begin by letting the whole body from head to toes relax utterly. Let the head droop slowly until it falls quite limp on the chest. Let the arms hang limply at your sides. Then relax the whole body, waist, hips, legs, feet and all, until you fall all in a heap. Repeat this preliminary exercise for several days, or until you are quite supple. Then you might begin limbering up your arms and wrists. Swing the arms backward and forward and from side to side, letting the wrists take care of themselves. If they show any signs of stubbornness, then they require individual attention. This attention is best administered by wringing the hands. Rigid wrists cannot remain thus after such vigorous treatment. Now you are ready for the actual dance poses.

In "Bacchanale" the waist is slightly bent, the weight of the body rests on the forward foot, the head is thrown back and the arms complete a circle above the head. You will notice that the wrists are quite limp. Practice the pose as often as you care for, of course, not to the point of exhaustion.

"Almost a curtsy," excepting the position of the arms, is really nothing more than a curtsy. The bend comes directly from the waist, and the balance is on the backward foot.

"Coquette" demands a slightly curved torso, a coquettishly poised head and the uplifted leg at right angles to the body.

"Breath of Spring" is best interpreted by a stretching of the whole body from head to toe. The weight is carried by either the right or the left foot. The other leg is raised from the hip, bending at the knee, with the calf swinging quite limp.

You will note that "Butterfly" is composed of curves. From the uplifted arm to the correspondingly uplifted leg, a described half circle. From the slightly bent head to the supporting foot there is just the suggestion of a curve, sufficient to establish balance and harmony.

Practice the poses in the order in which I have described them. Your mind being the best critic. At first you will doubtless have difficulty in rounding out the "angles." Despite the wholly ungraceful aspect that you present, the muscular activity will do you an untold amount of good. Practice each pose several times, relax and go to the next. But a last word of caution: If you would benefit mentally as well as physically by the esthetic dance, make play of it. So many of us are in need of diversion from our every-day activities. Yet when we play, we do it with so vigorous a will and way that it really isn't playing at all. Remember, if you would acquire grace, that grace of mind accompanies grace of body. A squared jaw and an iron-bound lip—right expression cannot be conducive to limber joints, responsive muscles and true grace.

Play more.

WALKING

WALKING is the only exercise possible for every one. The busy man says he cannot go to a gymnasium or take up regular gymnastic drill. To maintain health, you require no apparatus or equipment. Exercise is a matter of will and desire.

You can secure improved health by using your muscles in a natural way. The purpose of exercise is not merely to develop muscles, but to use and develop energy.

It strengthens the heart by making it work, and nourishes the organs of the body and the muscles by promoting their activity. Use of the body increases its capacity for work.

You can always walk. You will find it wholesome exercise. Get out into the fresh air. Walk more—ride less. Don't be afraid of the weather. Properly clad you can enjoy almost any kind of weather.

Walk moderate distances at first. Lengthen the distance as your ability to withstand fatigue increases. Don't tire yourself. Fatigue is the result of over-doing. Throw your shoulders back, allow your arms free swinging action. Make the whole body walk. Don't merely bend your knees.

Keep an upright posture. Feel your strength. Don't slouch, crawl or dawdle. Walk up and walk out with snap, vigor, interest, enthusiasm. Don't walk a certain number of miles each day because your doctor advises it.

Have a purpose in everything you go somewhere. See something. Visit somebody. Get out of the busy places into the open spaces. Use your eyes, your ears. Commune with Nature, and be occupied with thoughts unrelated to business, shop or store. Breathe in new life with every deep breath of fresh air.

ODDS ENDS

IF a tablespoonful of peroxide is placed in two tablespoonfuls of water and used as a gargle it will prove an excellent remedy for tonsillitis. About ten drops of peroxide in a half-glass of water used to clean the teeth will remove tartar and harden the gums. A few drops of peroxide put on an open wound immediately will take out the poison. The wound should be bathed every day in water to which a few drops of the peroxide have been added and it will heal very quickly.

CRUDE oil is one of the very best remedies for falling hair and dandruff. Apply it to the scalp every other day, but massage the scalp daily and then brush the hair afterwards. Another good remedy for dandruff is to rub castor oil into the scalp every day. This will not make the hair very oily if one is careful to use only a little at a time.

EVERY fashion returns sooner or later, and now walnut furniture is coming in again. Not the ornate and carved walnut horrors of early Victorian days, however, but simple, beautiful pieces of this really fine wood in Queen Anne design. A dining room set of burled walnut in Queen Anne pattern retails for four hundred dollars—which proves how fashionable and exclusive walnut has become.

ALL forms of pendant dress ornaments are to be seen at the trimming counters. There is a large selection of bead tassels, silver beads, crystals, gold and bronze beads and those in colors as well. Similar tassels come in glass drops, and pearl-drop ornaments are numerous. Cord and ball trimmings in cotton and linen and wool are effective when used in the right place.

THERE is a strange fascination about Chinese things; the country and race remain to a great extent a twentieth century world mystery. Our modes for

etc which was not in harmony with any other part of her costume. The keynote of smartness is fitness, and after fitness comes harmony, which makes the garments you wear look congenial and happy. Then there is a certain dash and originality about putting them on.

No woman ever was smart whose sense of fitness, plus harmony, plus dash, were not bulwarked and buttressed by neatness. Learn what you as an individual can wear. Keep the details of your costume as if your entire effect depended on it alone. And as you value your reputation for good dressing, remember that a trip to the gasoline bowl or laundry tub in time is as important as the far-famed, stitch which saves the infamous nine.

the year are, it is said, to be largely a la Chinoise, and the Paris creators have gone to the Chinese Empire for inspiration alike in color and in line. Mandarin hats and coolie chapeaux are already in our midst, and very charming they are, being, it must be understood, highly developed from the original inspiration. Dresses and coats are also to be of Chinese character. So far, it is not proposed to introduce pigtails!

ECRU curtains, after many washings, lose their color, but they may be made to look like new if they are washed in this manner: Soak the curtains in cold salt water for an hour or two. Then wring them out, put them in a tub of clear warm water and wash them carefully until perfectly clean. Put 5 cents' worth of dry saffron into a quart of water, boil for a moment and strain. Put this into the rinsing water, saving a little for the starch water. Rinse them quickly through the yellow water. Then make a very thin, clear starch, color it with the saffron, put the curtains through this, spread them on a sheet, roll tightly for a moment and they are ready to iron.

HERE is a timely tip for girls: She had had a young man calling on her regularly and devotedly for some time. One day she met him on the street. She had on a new hat and looked her prettiest, so he observed, and she saw he did. "Do you like it?" she queried. "Oh, yes," he responded. "Forty dollars," she said with erident pride. Soon after he went upon his way and she hers. Days passed, and then weeks. His calls had ceased suddenly. Then one day she met him on the street again. "Why don't you come to see me any more?" she queried. "Hah!" he responded with laconic fervor.

THE well-groomed woman whom you meet at the breakfast table, office or shops is the one who never ignores her bedtime toilet, no matter what the hour of retirement. She believes it just as essential to retire wholesomely clean, giving certain toilet details their attention, as to emerge refreshed in the morning, says Hortense. No woman in the world is more appreciative of this simple truth than the French woman, no matter her social caste, and to this is due their immaculate appearance which makes an instant appeal, especially to foreigners. Where the rising hour is an early one, the business woman cannot afford to make a leisurely morning toilet. Where certain details have been attended to the night before, her toilet is made in half the time, and the nervous flurry, especially where trains are made, is happily eliminated. No woman need make an elaborate toilet unless she is so disposed. Attention to the few essentials is all that is necessary. This daily care not only encourages health and beauty, but preserves them as well.