

# FOR THE Woman Reader

By Florence Riddick Boys  
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## BE GOOD TO OUR SELF

The housewife, in her anxiety to do all her work well, often abuses herself. For her god housekeeping she pay the price of premature old age, and the loss of beauty and of poise and of much spiritual richness along the way. Why not take life a little easier? Why not put more fun and sweetness into the daily routine and, above all, why not take good care of the body machine and keep one's spirit fresh?

There are many ways in which the housewife can save her strength and reduce the wear and tear on her disposition. To sit down, as she peels potatoes or works at the sink, is one of these. One will stand more—if she stands less. It is easier to walk a mile than to stand in one place for the same length of time. To sit at work is not a sign of laziness, but rather of good sense.

One will become much more tired walking on a hard cement floor than on a wooden one. The floor can be softened with linoleum. Sand, sugar, dry crumbs or anything which crunches under the feet makes one tired

both physically and mentally, for it is a nervous strain. A warped board has the same effect.

Correct posture at one's work will enable one to come through hard labor much less fatigued than if she had slumped or stooped at her task. The table, sink, ironing board and all working surfaces should be the right height that the housewife need not stoop nor stretch to work at them.

Shoes with broad soles and low, rubber heels will not tire one as much as tight and high heeled shoes. If one is on her feet a great deal, it is restful to change shoes somewhere along the line.

Do not keep yourself always taut Drop into your favorite rocker; pick up a fresh magazine; and get a few new thoughts between spasms. Take time to look out the window and enjoy the sunset. Sing at your work and regale your soul with pleasant meditations. Life will then be rich, and the body will respond to the mind's well being. Thus, with the body in good condition, and the spirit inflated, may one come unwearied to the end of a perfect day.

### BRAINS AND MEALS

It takes wise planning and careful working out of plans to serve a meal delightfully. One must first study out a balanced ration—enough of sweet, enough of sour; enough of hearty; enough of light; enough proteins, carbohydrates, vitamins and bulk. Then one must see that each dish is as it was planned to be; the hot ones hot, the cold ones cold.

It is necessary to begin in time and to estimate accurately how long it will take to prepare each dish, that they may all come out ready for the serving at the same moment. Many a meal is spoiled because it was not ready on the dot and the cook got flurried, and the rest of the household cross while they waited.

It is not a light matter to set a table in an orderly and artistic fashion, with everything on it which is needed, and nothing on it which is not needed. Have you ever been at a table when half the family were getting up in turn, the replenish the salt or sugar, or get a large spoon or a napkin? These should have been provided in advance.

A burned or disorderly or disappointing meal may start the family off on the wrong foot for the day. "His cook once spoiled the dinner of an Emperor of men; The dinner spoiled the temper of his Majesty, and then The Emperor made history—and no one blamed the cook."

### SELECTING HOUSEHOLD LINENS

Fanciness is disappearing from our domestics as the furbelows and "gingerbread" have disappeared from our furniture. The style now is to have plain linens of good quality. Pure white tablecloths are more appropriate for one who has not a large supply. Real linen wears better than imitations and is cheaper in the long run, besides being more elegant. The plain hem is richer than hemstitching and is put in by overcasting along a folded hem. A tablecloth should drop over the edge of the table about twelve inches.

Soft and firm cotton muslin makes the best sheeting. It is made seamless and the sheet should be long enough to tuck under the bedding. If the hem in both ends is the same width, the wear can be distributed and the sheets will last longer. Sheeting with too much starch in it is likely to be of a poor quality filled with starch to disguise its shoddiness.

Lightweight bed spreads launder more easily than heavy ones. Those made of decorated, unbleached muslins are in great favor. Linen crash is the best material for kitchen towels.

### THE LIST

To save time and multiply your accomplishment, get the list habit. With a grocery list, you do not find yourself out of coffee for breakfast. With a shopping list, you do not keep the clerk waiting while you try to remember what you wanted; you do not retrace your steps from counter to counter; nor come home minus the chief article you went for.

A ending list will not let you forget to sew the button on Tom's coat and take a tuck in Sue's skirt. The menu list makes your mind rest easy when you are to have company. It permits you to prepare the food in advance and not to forget any of it as you are serving. The odds-and-ends list helps you to chink in numbers of little jobs when you have a few spare minutes. And what an exhilaration it is to cross off your deeds done, one by one, and know that there are no loose ends in your household management! The list habit gives a new meaning to the word "listless."

### FASHIONS, FADS, FOIBLES

If brevity is the soul of wit, our clothing is at its funniest. Some say that skirts are coming down a peg. They will still be high above the dust and germs of the street, but not so far above, by an inch.

Materials are softer and filmier than ever. Crepes are very popular, and wols have the gauziness of chiffon. The lace gown is as stylish as ever and a comfort to the woman who travels, as it does not muss.

This is to be a color season: Canary yellow, rose pink, sky blue, and grass green. As the athletic girl continues, sport clothes are to be in vogue. The incoming shoes march along in gay shades, from roseblush to "parchment." Shoes match gowns, with tan a favorite.

We are still "high-hatting it," with very little rim, if any. Hats come to a peak a-top formed by novel dents.

A few suits are appearing for business. They look smart and their color is black or navy blue. The one-piece dress is holding its own; but the two piece dress, of skirt and over blouse, is also popular. Colors for dress and evening continue to be neutral.

Style is not so much in the clothes, but how you wear 'em. Chicness consists in having stockings fastened up neatly; heels not run over; the slim silhouette, a plainness approaching severity, dress short enough, but not bizarrely over-short; shinningly clean, light-colored gloves; hat pulled far down over the head; and an air of confidence.

### CARE OF THE HANDS

Raw winds, hot sun, soapy dish-water, and the preparation of vegetables are all hard on the hands. To keep them soft and attractive, one should rub a heavy oil into the skin once or twice a day. Plain olive oil or a simple hand lotion will do. Cheap cotton gloves, worn at night, will protect the bedding and keep the oil from rubbing off.

### COCKTAIL DRESSING

For oysters, shrimp, tuna fish or salmon, make a dressing in the following proportions: Teaspoon vinegar, tablespoon catsup, chili sauce or horse-radish, teaspoon lemon or grapefruit juice, a few drops of tobasco sauce and a pinch of salt. Put the fish into sherbet glasses, pour the dressing over it and let stand in the ice-box to chill and blend before serving.

### POLITENESS FOR CHILDREN

Courtesy is as "catching" as profanity. Say "excuse me," "thank you" and "if you please" to your child every time there is occasion for it, and you will have no trouble teaching him good manners. The same is true of good grammar. We are creatures of environment, and the easiest way to teach a child is by example, to fill the atmosphere with the kind of thing we want him to take on.

### WHEN BUREAU DRAWERS STICK.

If he bureau drawers do not slide easily, plane off the sides and on the bottom of the drawer and then rub the runways with paraffin, soap or tallow. Never plane off the top, especially if it is finished with stain.

### MRS. SOLOMON SAYS:

Labor saving devices in a factory save merely money. In a home, they save woman's strength and enable the housewife to devote more time to her children, be a companion to her husband, and cultivate that atmosphere which is the soul of home.

### SMILES

"Does your wife take an interest in your business?"  
"Interest? She take a large share of the capital."

"I think we should have more club for women."  
"Oh, I don't know. I think we should try kindness first."

"Charlotte was dressed very modestly."  
"What won't that girl resort to, to attract attention?"

### ONE OF THE STATES FORTUNATE NEWSPAPERS

Good news for Ashland business men, for hundreds of American readers and for your family paper this week, to-wit. The Ashland American, through its affiliations with the State Editorial association, is permitted to use the services for a few days of Mr. M. Lewis, head of the Merchants Service bureau of the Oregon Editorial association. Mr. Lewis will come to Ashland next week and will visit the more important business houses of our city in the interest of business service and the subject of business getting at this particular season. Mr. Lewis has a plan that has proven to never fail and one backed by the association. He has recently proven his worth 100 per cent in over 300 cities in Washington, Oregon and California.

Besides the American, there is only one other paper in southern Oregon, so far, that has been able to secure his aid and suggestions. We understand that one of the Medford papers will use him and they intend to benefit greatly thereby.

We are glad Mr. Lewis has consented to come to Ashland and lend us his help, suggestions and worthy advice. We will endeavor to have him meet as many of our business men as possible. Mr. Lewis claims that Ashland, with its location, should be one of the busiest cities for its size in Oregon.

### Crater Lodge to Open July 1.

Dick Prices, manager of Lithia Springs hotel, was a visitor in this city yesterday from Ashland. He returned recently from an extended trip to points in southern California. He says that Crater Lake Lodge will open July 1 for the season and plans are being made to accomo-

date a larger number of patrons than usual, indications pointing to an unprecedented travel to that famous resort.—News.

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Here's what "kilowatt-hour" means in dollars and cents

"Kilowatt-hour" sounds technical. But see how simple it really is.



Here is a 50-watt lamp. Use it one hour.



That makes 50 watts for one hour—the same as though you used one watt for fifty hours. Now let it burn for 20 hours—in 20 hours it will use one thousand watt-hours, or one kilowatt-hour.

# Kilow

"Kilo" is a Greek word that means *thousand*. A kilowatt is one thousand watts—so one hour's use of one thousand watts is called a "kilowatt-hour." People who know electrical things by their first names call it "K.W.H.", for short. It is the unit of measurement for your electricity.



You buy electricity by the kilowatt-hour, just as you buy potatoes by the bushel. A kilowatt-hour may cost ten cents—although it will be less than that if you have an electric range or other economical appliances.

Now see how cheap electricity is, by the penny's worth!



The 50-watt lamp that keeps your living room lighted while you're away at the movies uses 100 watt-hours in two hours' time.

That is just one-tenth of one of those mysterious kilowatt-hours—one cent, or even less, for two hours' service!

Electricity is the cheapest service you can buy.

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