

## Good Posture Important

(Prepared by the United States Department of Agriculture.)

Posture is the result of habit—the unconscious reversion, by the muscles and bones, to the positions they have been allowed to take day after day. Finally they assume these positions automatically, and if they are not cor-



A Bad Standing Position.

rect we develop bodily distortions, an unattractive appearance, and a whole series of unsatisfactory consequences. Poor posture leads to fatigue, to backache, to strain on the wrong parts of the body and often to one-sided growth or such physical imperfections as a



Standing Properly With Back and Shoulders Straight.

narrow chest, round shoulders, protruding abdomen, and many others.

It is possible to maintain a good posture while engaged in almost any household task. The fact that all household activities must be performed repeatedly, suggests that they may be made to encourage habits of good posture or to correct poor posture if one thinks definitely of how one is standing, sitting, or stooping while at work.

Take such a simple matter as stand-

ing at a pass closet or cabinet to operate an electric toaster, shown in the photograph by the United States Department of Agriculture. A home demonstration agent in Massachusetts used this frequently recurring activity to show farm women how to stand and how not to stand. She showed them how they looked when they allowed their shoulders or hips to slump forward, and the right way to stand while working at a counter or table. Various demonstrations of posture have been given, showing farm women the right and wrong positions for dishwashing, mopping, handling foods in the oven, sitting to prepare vegetables, and so on. Any one interested can apply this idea to a scrutiny of her own way of working. It is sometimes possible to see oneself in a large mirror as a particular task is carried on, and to note improper positions of head, shoulders, hips, back, or feet.

## HOMEMADE SHOWER BATH

An old barrel or an inexpensive steel tank set on four posts or a platform and equipped with faucet and a short length of garden hose makes a shower bath for father and the boys and the hired man. The gas engine or windmill can be turned on a few minutes in the morning to fill the tank and the old reliable water heater, the sun, removes the chill from the water during the day.

The slogan of discretion is "No!"

## Food for the Family Table

By NELLIE MAXWELL

The following recipes, gathered from here and there are sure to please the family:

**Cheesettes.**—Fold in one and one-half cups of grated cheese in the well-beaten whites of three eggs, add salt and cayenne and pile on circles of toast and brown in the oven. These are nice to serve with a simple salad.

**Rice and Beef Cutlets.**—Take one cupful each of chopped uncooked beef and rice (cooked), combine with one well-beaten egg. Make a sauce by frying one-half tablespoonful of onion in one tablespoonful of butter and then add one tablespoonful of flour and one-half cupful of milk. Simmer until smooth, add one-half teaspoonful of minced parsley, one-half tablespoonful of tomato sauce, one-fourth teaspoonful of pepper and one-half teaspoonful of salt. Add this to the rice and beef mixture and form into cutlets. Brush with beaten egg, roll in fine crumbs and fry in deep fat.

**Strawberry Ice Cream.**—Crush one junket tablet and dissolve in a tablespoonful of cold water. Add one cupful of sugar to a pint of milk that has been warmed to new milk temperature. Add the dissolved tablet, stir well, pour into a freezer and freeze to a mush. Add a half pint of cream whipped, two cupfuls of crushed strawberries, and two tablespoonfuls of lemon juice. Mix well and let stand until well frozen.

**Lemon Crumb Pudding.**—Pour two cupfuls of milk over two cupfuls of bread crumbs, add one-fourth of a teaspoonful of salt, one-fourth cupful of sugar, one beaten egg, the grated rind of a lemon, three tablespoonfuls of the juice of a lemon and one

tablespoonful of melted butter. Pour into a buttered baking dish and serve with a creamy pudding sauce.

**A dainty canapé and easy to serve is one prepared thus:** Prepare very small cream puffs—just enough for a mouthful—fill with any prepared mixture one desires—caviar, or seasoned chopped egg with anchovy.

**Molasses Cake.**—Take one cupful of molasses, one-half cupful of sour milk, one and three-fourths teaspoonfuls of soda, one-third of a cupful of butter, one egg, two teaspoonfuls of ginger, one-fourth teaspoonful of salt, one teaspoonful of cinnamon and two cupfuls of flour. Mix as usual and bake in a slow oven. Bake in a sheet.

It is surprising how much more flavorful many of our foods are made by the addition of a bit of sugar. Our best meat cooks add a pinch or more to all roasts and stews of meat; a bit added to almost all vegetables is an improvement, especially corn, peas and beans, which sometimes lack sweetness.

**For the coffee sirup make extra strong coffee**—one and three-fourths quart of water to a pound of coffee, add three and one-half pounds of sugar and boil for three minutes. Bottle for use.

**Brazilian Salad.**—Take equal parts of finely cut fresh strawberries and pineapples with one dozen Brazil nuts cut into very thin slices. Marinate with lemon juice and serve on lettuce with mayonnaise dressing.

**Tarte aux Oignons.**—Slice thin four large onions. Put in a quart of cold water for a few minutes, add a teaspoonful of sugar and half a teaspoonful of salt and cook a few min-

utes. Drain and add to a saucepan in which has been melted one-quarter pound of butter and cook until lightly browned. Add three slices of bacon that have been cut in small pieces, and let cook. Let the mixture cool until just warm, then add three eggs lightly beaten with four tablespoonfuls of cream. Fill tart shells with the mixture and pour melted butter over them and bake until set.

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## An Attractive Bathroom

(Prepared by the United States Department of Agriculture.)

An attractive bathroom is a house-keeper's pride, and the care given it is well repaid, not only from the sanitary standpoint, but because somehow its gleaming porcelain and well-shined fixtures, as well as its fresh dainty linen, reflect the standards of the home. Because it is in constant daily use by every member of the family, the bathroom and everything in it needs going over every day. The hand-basin and tub must be scoured, the toilet made scrupulously clean, nickel or other metal fixtures wiped and polished, and the floor mopped or wiped, depending on its condition and kind. The water pipes and traps

scratch the enamel. Tubs and bowls should be scrubbed with a fine scourer or with water containing a little kerosene, rinsed with clear hot water, and wiped dry.

The stains made by water containing an excess of iron may be removed from porcelain or porcelain-lined tubs and bowls with oxalic acid solution, which is a poison and must be entirely washed off. The overflow pipes should be flushed, washed with hot soda or soda solution and a long handled brush, and flushed again. Then the seat, the cover, the chain, and the handle should be washed and wiped. All cloths and utensils used in cleaning the bathroom should be



Bathroom Fixtures Respond to Daily Care.

should be frequently examined, too, for stoppage or leaks, either of which should receive prompt attention from a competent plumber.

The regular replacement of soiled towels and wash rags with clean ones, and attention to soap dishes, shelves, and the linen and medicine closets at frequent times are also very necessary details of bathroom care.

Fine scourers may be used on all fixtures, says the bureau of home economics. For porcelain and enameled iron fixtures, kerosene and whiting are especially good; the kerosene cuts the grease and the whiting supplies the abrasion. Some of the commercial cleaning preparations used for enameled and porcelain fixtures are so gritty that they scratch the surface and thus make it harder to keep them clean. Special care should be taken to select one that will not

scalded and dried, preferably in the open air.

Tiled walls and floors are easily wiped clean with soap and warm water unless the floor is dirty enough to need a scouring powder. It is a good plan to use two cloths, a wet and a dry one, and to clean a small area at a time, wiping it dry. The use of too much water may result ultimately in loosening the cement in which tiles are laid. If the floor is covered with linoleum this treatment is preferable to mopping.

The photograph, taken by the United States Department of Agriculture, shows a bathroom in a farm home in Montgomery county, Virginia, installed after a water system had been put into the house on the site of the extension agent. It is light well ventilated, and quite easy to care for.

## Community Building

Homes Made Possible

by Loan Associations

Statistics made public by the building loan and savings associations of the United States show that in the last eight years the 13,000 thrift associations scattered through the country have financed 3,790,000 homes, valued at \$13,144,690,000. The number has steadily increased and it was estimated that 700,000 homes were financed last year, to the value of \$2,300,000,000.

More than one-seventh of the entire population of the country is now housed in buildings financed by these associations, the number provided for being 18,965,000. Of the 3,790,000 homes, 2,690,000 are being paid for on weekly or monthly payments. There are at present more than 12,000,000 members of these associations and the current assets are \$8,155,000,000.

Approximately \$6,000,000,000 of the expenditures of the associations was paid out to workmen and artisans who helped to construct the homes. More than 92 per cent of the money invested went to finance home owning. This latter result was not accidental, but due to the reason that the primary purpose of these associations is to help people in owning their own homes.

Appearances Add Much

to Real Estate Values

Agreements on the part of real estate developers to maintain sold and unsold property in a presentable condition by setting out trees, shrubbery and flowers, of grading parkways and keeping weeds out on individual lots form one of the strongest factors which make for increased realty values, according to a prominent Chicago real estate broker.

"Property values rise through an influx of purchasers," he says, "and purchasers are attracted to an unbelievable degree by the physical appearance of the property itself. People of means insist on well-kept surroundings, and it is a fact that every development around Chicago which has been operated under maintenance agreements as regards the upkeep of appearances has not only been populated quickly, but has undergone noticeable increases in realty values."

"The appearance of property is actually part of its value, for its desirability depends to a great degree on looks and the prospective owner should insure that the looks of his neighborhood will not be allowed to deteriorate."

Beautiful Small Garden

Within the smaller garden there is no room for the larger architectural features such as the pergola or garden shelter, but there is always a place for a bit of furniture or ornament.

Such an object may occupy the center of the garden. For example, a sun dial of statue standing alone may be the principal factor of the design. Or possibly a bird bath may form the focal point of a vista, or may be considered a sufficient motive for the direction of a walk.

Other objects may mark an entrance gate to the garden by symmetrically flanking either side. A series of smaller objects might determine the outer corners of a formal flower bed, thus aiding materially in emphasizing the design.

Save the Wild Flowers

Miles and miles of highways are being constructed, square corners are turned into sweeping curves, more direct routes cut across woods and fields says Nature Magazine. Every year hitherto untouched woodlands are being cleared or opened for grazing. Watch for opportunities like these to rescue flowers and shrubs otherwise doomed to die; study their needs and give them a home as much as possible like the one that was taken to supply the needs of man.

Hospitable Home Entrance

The entrance should be hospitable and so placed as to help the harmony of the building—not necessarily in the exact center of the front wall, but in harmony with the other features of the house. One too frequently seen fault of modern houses is that the doorways are small. The fine, big doorways of some of the old-fashioned houses frequently reach well up to the sill of the second-story windows and seem to extend a hospitable air of welcome to the incoming guest.

Paint Frequently

Repainting is as important as painting at all. This is as true of painted metal as it is of painted wood. When paint wears out, as it does eventually, it must be renewed. The frequency of renewal should not depend upon the whim of the home owner. As soon as paint shows signs of breaking down it should be reinforced with fresh paint.

Architectural Value

A house of true architecture costs no more, excepting perhaps a little at first, than the ugly, poorly built house. It costs no more at any time than is necessary to insure you the absolute minimum of sound construction, and yet it yields dividends year after year in satisfaction, pride and joy in possession.

## Fairy Tale for the Children

By MARY GRAHAM BONNER

Minna had been taking a walk. And now she was stopping before the music shop in the little town where she lived.

She was looking at everything in the shop. It was such an interesting window.

She always loved to look at it. Whenever she had time she stopped and gazed into the window—and sometimes, when she really hadn't the time at all she stopped and looked in!

Although it was late in the afternoon and she should be hurrying home, she stopped now and looked.

There were several lights in the shop, and she could see everything distinctly.

A light shone directly on a violin, the only one left, for Minna knew that the other four had been bought this year by three of the older boys and one older girl, who were taking violin lessons.

The violin looked rather lonely by itself. How she wished she could hear it played!

There was a saxophone in the window, too, a radio and a talking machine, a music box, ukulele and a harmonica, and, too, a metronome.

Minna didn't like a metronome. A friend of hers was made to practice with the metronome going all the time.

That was different from Miss Drumble. She didn't believe in the metronome. It made a pupil too mechanical and without enough sense of rhythm, Miss Drumble said, and Minna quite agreed with her.

A metronome so insisted upon every note being played right on time, and

that wasn't so easy, but a metronome never seemed to care whether you found time difficult or not.

To a metronome everything should be so dreadfully right.

Some notes, Minna felt, wanted to go more quickly even if the time of



She Was Looking at Everything.

the music and the metronome did agree that they shouldn't.

The metronome was so strict.

It always wanted its own way, and always appeared so satisfied with it self.

To be sure, Miss Drumble wanted her to keep correct time, but Miss Drumble wanted her to understand and feel rhythm more than anything.

Minna tried to see back in the shop where there were many other sheets of music, more musical instruments

radio, pianos, even a bugle, and such a dear looking little piccolo.

There weren't many books of exercises—that was another reason why the shop was so fascinating.

There were any number of song books, Minna like to sing songs.

What a wonderful shop this was. Minna liked it better than any other in town.

To be sure, she liked the peanut man's little stand, where peanuts were always being roasted, and popcorn was always popping—ready to be put into bags with the butter soaking through the paper.

But the peanut man's stand couldn't possibly be called a shop.

It was quite different, and, certainly, if she ever were given her choice of the two there wouldn't be a doubt about choosing this one.

She had lingered and looked long enough. She must be on her way now.

But there was something about the manner in which the lights back in the shop were blinking and flickering that kept her there.

It was as though something must be going to happen. Something exciting, something surprising, something—

Had some one spoken to her? She was sure she had just heard a voice, a squeaky voice.

It wasn't very loud. Maybe she had only imagined she had heard it. And then she heard the voice again.

It was quite distinct this time. To think that some one from this fascinating shop was noticing her, too!

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