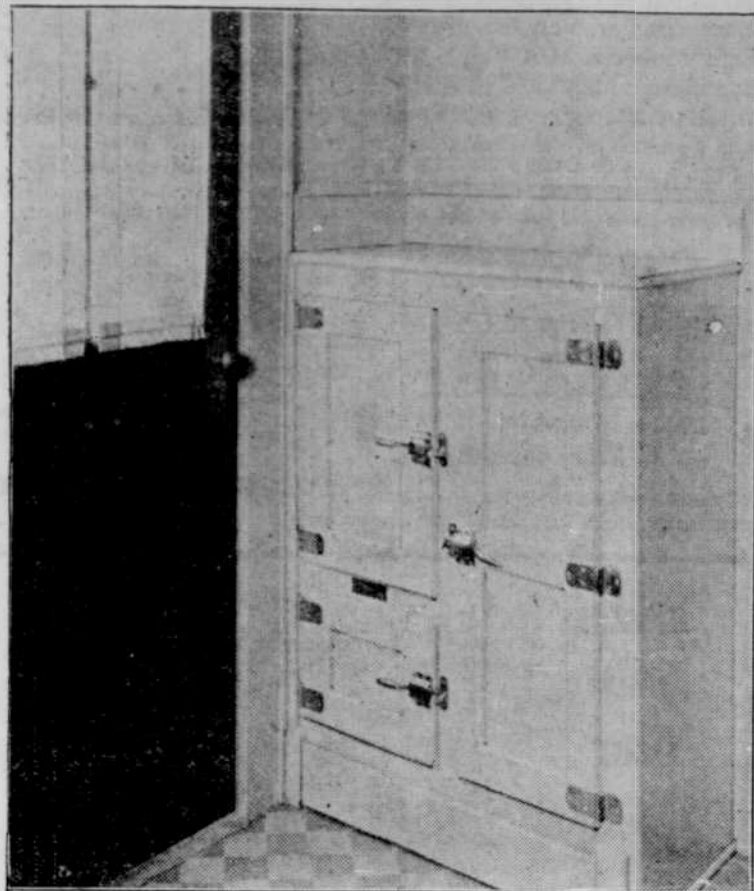


Location of the Refrigerator



Good Location for Refrigerator with Outside Door for Icing.

(Prepared by the United States Department of Agriculture.)

The illustration shows an excellent location for a refrigerator with an icing door opening to the back entry. This refrigerator can be filled without having the ice man come into the kitchen, and it is close to the entrance door so that milk, butter, lettuce and other foods kept in the ice-box can be put away with a minimum of trouble and lost time. The position of the refrigerator was selected not only with respect to ready storage of foods and convenient icing, but because it is in the right relation to other work centers in this kitchen.

The entry was at the northwest corner of the room. Following around from left to right, the kitchen cabinet of food preparation center comes next on the west wall; at the south and there is a sink with double drainboards, placed below a window for good lighting, with a dish closet at right angles to it, in the southeast corner of the room. This dish cupboard is of the two-way type or pass closet type in the connecting wall between the kitchen and dining room. It is so located that dishes washed at the sink can be put away without any extra steps, thus making a compact clearing away and dishwashing center. The stove is on the fourth wall, next to the two-way closet and only a step from the sink, so that pans which have to be filled with water are easily transferred to the stove or cooking center, and from the stove to the service counter of the two-way closet. The home economics

HELPS FOR HOUSEKEEPERS

Remove spots on soft felt hats by rubbing with fine emery paper.

Silk underwear lasts longer if washed often in mild soap suds and lukewarm water.

Oilcloth curtains, bound with bright-colored, bias tape in a harmonizing shade, are a striking innovation which makes life easier for the housewife.

To wear hose that are too short or to fasten supporters too tightly both shorten the life of silk stockings.

Foods from Other Countries

By NELLIE MAXWELL

If you were busy being right, You'd find yourself too busy quite To criticize your neighbor long Because he's busy doing wrong. —Rebecca Foresman.

As America has been called the melting pot of the world, so are we cosmopolitan in our national fare. It is not strange, as our foods, drinks, condiments and fruits come from all parts of the globe.

By association with foreign people, travel and reading, we are becoming international in our recipes as we have been with our troops. At our breakfast tables we use tea from China or India, coffee from South America, and fruit from the West Indies.

With the increasing transportation facilities, we will be able to enjoy many of the perishable fruits that have never been shipped to northern points in America.

Panama Salad.—Place a slice of pineapple on a bed of lettuce, cover with alternate segments of grapefruit and orange, using six slices of pineapple, one grapefruit and two oranges. Fill the cavity in the center with a pitted date that has been stuffed with cream cheese, which has been

softened to a paste with the juices of the fruits.

Porto Rican Sandwiches.—Cut slices of pineapples into halves, making them half their original thickness. Split canned pimientos into halves and drain between absorbent paper. Spread thin slices of bread—cut into rounds of the same size as the pineapple—with softened butter. Cover one round with a layer of mayonnaise, on a second place a slice of pineapple and a round of pimiento.

No one enjoys balancing a plate on an unsteady knee while helping one's self to a dish and holding a cup of hot liquid in the other hand. The host and hostess who think of the comfort of their guests will provide ample space for the placing of a plate and cup.

The enjoyment of good food can be entirely spoiled by the too informal and careless manner of serving. A convenient spot should be provided for each guest and a minimum amount of equipment, for there are few sleight-of-hand performers who care to juggle a plate and cup of hot coffee.

To most of us there is a real sense of relaxation and enjoyment in meeting around the fire a few congenial friends, or if in summer weather a

Evening Fairy Tale for the Children

By MARY GRAHAM BONNER

"Well," said one ostrich to another, "I'll tell you what I'll do. 'If you don't mind my being queer, which is really the way you are queer, too, I'd like you to be my mate."

"I would never leave you. I am four years old, which is the right time for a young ostrich to think of getting himself a mate, and I would judge you were about that age, too. 'Possibly a little younger,' Mr. Ostrich added politely.

The second ostrich moved her head cooly to one side—that is—as cooly as an ostrich could, and said: "I'd love to be your mate. And I will always be your mate, just as you will always be mine."

"We are queer—all of the ostrich family—every ostrich on this great ostrich farm—every ostrich everywhere."

Flavor of Lamb Not Affected by Fell

The fell is the thin papery outer covering on the lamb carcass. Although recipes frequently advise that it be removed before cooking, it is now believed, says the bureau of home economics of the United States Department of Agriculture, that flavor is not affected by the fell. Leg of lamb keeps its shape better if cooked with the fell, but shoulder, saddle, and chops are improved by its removal. Unless a roast from which the fell has been removed is rubbed well with flour, it will require longer to cook than a piece with the fell undisturbed.

"Yes, go on," said Mrs. Ostrich, "this is very interesting."

"We are all queer," continued Mr. Ostrich, "because we are feathered like birds and yet we cannot fly. 'We can run instead, and we are good runners."

"But it's queer to be dressed like a bird and act like an animal."

"It is queer," said Mrs. Ostrich, "but I don't mind such queerness."



"We Are Queer."

"Not in the least," said Mr. Ostrich. "I don't suppose any ostrich minds. 'We're all so used to such queerness."

"They say," Mrs. Ostrich remarked, "that some ostriches make any amount of money for their owners."

"I suppose you were first plucked when you were nine months old and when you were about six feet in height."

Clothes Aid to Milady's Charm

By JULIA BOTTOMLEY



Every woman a pretty woman! Not a dream but a demonstrable theory put into practice. It is the new psychology based on the efficacy of art in dress and meticulous grooming.

different and careless about her dress, combs her hair unbecomingly, wears clothes which are fatal to good looks—to make a long story short, she violates all the rules of careful grooming—sidesteps every "first aid" to beauty, sinking into apparent hopeless homeliness.

But hear on! Comes a change in her attitude toward life. In order to win back her husband's love she decides to blossom out from a "mud hen" to a creature of radiant loveliness. Where there's a will there's a way to be beautiful and it is the lesson which Minna Gombell, the talented star in "Nancy's Private Affairs," impresses upon her. "Hence in her role of the charmer who rewins her husband's adoration.

See Miss Gombell ere her charms begin to charm. Ere she discovers herself—straight uncoiled hair, glasses with owl-like rims, sparkle-lacking eyes, woebegone expression with muscles of face drawn taut.

Then the metamorphosis! Behold the glorious being who wears "clothes" to perfection—a stunning pajama ensemble in the morning as illustrated above—a love of a flowery printed frock of wispy, fluttery chiffon (how feminizing these dainty, sheer chiffons are) for afternoon (to right in picture).

When evening comes a formal gown of white georgette as shown to the left, its hemline reaching to below the ankles, the waistline normal conform-

Importance of Good Posture

(Prepared by the United States Department of Agriculture.)

Good posture throughout her active day is a matter of more importance to the homemaker than she may realize. It makes all the difference between weariness and freshness when her work is done. Faulty ways of standing and sitting cause much unnecessary fatigue, backache, tired feet, and a general feeling of slump which must be quite out of proportion to the amount of work done. If bad posture becomes habitual the spine may be affected, the shoulders become "round," the ankles may have a tendency to "run over," or other defects may develop. Sometimes these are sufficiently serious to cause displacement or cramping of internal organs leading to many physical ailments.

It is fairly easy to catch oneself stooping unnecessarily over the sink, the kitchen table, the wash tub, or ironing board. Sometimes a little adjustment in the height of these working surfaces is what is needed. Good sitting posture is often neglected because a natural tendency to relax in a chair if one is already somewhat tired. Putting the feet squarely on the floor and sitting with the base of the spine well back, helps to throw other parts of the body into good sitting position.

Perhaps the least noticeable and most frequent tendency to slump the shoulders and chest and thrust the hips out of place occurs when one is doing work that requires continuous standing, sweeping or mopping, cooking at the stove, and so on. When one is making some dish which must be "stirred constantly," it is easy to forget about posture and allow the body to sag.

The illustration, taken by the United States Department of Agriculture

"You're right, Mrs. Ostrich, and was put in a little yard and my feathers which were all ready were clipped off."

"Well I, for one, am glad that they make use of our feathers, for we're well treated on this farm."

"Oh yes," said Mrs. Ostrich, "it's fine to be so useful and to decorate the hats of beautiful ladies."

"It's fine," said Mr. Ostrich, "and approve of it, for it never hurts us in the least bit to have our feathers properly plucked."

"It gives no pain and in no way does it hurt us. But some ladies," and Mr. Ostrich looked very sad, "care so much about all kinds of feathers that they will even wear the feathers of little birds which have to be killed and of some mother birds which have to be killed just when the little ones are needing her so much."

"I can't believe it," gasped Mrs. Ostrich. "When they can have feathers from creatures such as ourselves where it won't hurt, they should not take decorations where it means the lives of birds."

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FRUIT PUNCH IS DELICIOUS

(Prepared by the United States Department of Agriculture.)

About fifty people can be served with punch made from the following recipe. While strawberries are in season, it is a splendid beverage for festivals, school and church socials, parties or a wedding. The proportions have been tested by the bureau of home economics and found to result in a very satisfactory blend of fruit flavor. One secret of making any punch evenly sweet is to prepare a sirup from the sugar and water instead of using plain sugar, which often remains undissolved at the bottom of the punch bowl.

4 cups sugar	2 quarts freshly made strong tea
2 cups water	
2 dozen lemons	
1 dozen oranges	1/2 tsp. salt
2 quarts strawberry juice, bottled, or 2 quarts crushed fresh fruit	1 quart ginger ale or carbonated water

Boil the sugar and water together to make a heavy sirup, and cool. Scrub the oranges and lemons and squeeze out the juice. Barely cover the fruit skins with water, let stand for an hour or longer, pour off the water and add to the fruit juice. Add the other fruits and the tea. Just before serving add chopped ice, the ginger ale or carbonated water, and if the punch is too strong, ice water in small quantities until the punch is the flavor desired.

ing to the latest approved silhouette. Oh! it's a lesson well worth taking to heart. Why be homely when prettiness is so attainable these days. Beauty doctors and dress psychology call to action! Away with homeliness—let chic, charm and attractiveness reign in its stead.

(©, 1920, Western Newspaper Union.)

Samoa
All the land on the Samoan Islands is privately owned and there is a law forbidding foreigners to purchase such land. The natives are of a high class and all can read and write. The majority are Christians.



Stand Properly When Working at Stove.

in a Massachusetts farm kitchen, shows just how to stand properly when busy at the stove. The chest is high, the head erect and the back straight; the worker is standing squarely on both feet, which, incidentally, are clad in well-fitting, low-heeled shoes in good repair. The stove surface is at a good height for this homemaker.

Why We Behave Like Human Beings

By GEORGE DORSEY, Ph. D., LL. D.

Men Haters

WHEN a woman says, "I hate that man!" what does she hate him with? Does hate spring from rage impulse which drives us to anger when restrained, or is it the opposite, the detumescence of love? Suppose she says: "I hate lavender"—women do say such things. I heard one say: "I hate Paris." Most women "love" Paris, some "simply adore" it.

I love corned beef and cabbage. Sight or odor of corned beef and cabbage makes my mouth water. My mouth waters only when I am stimulated by something within my food-hunger repertoire. My mouth-water mechanism is made up of glands, muscles, nerves. An adequate stimulus sets it off. Call that activity tumescence (swelling). And note that I may leave the restaurant with a full stomach, and yet the odor of broiled mushrooms as I pass out the door sets my mouth watering again.

I sit down and order broiled mushrooms. The first one I spear has a hair in it. I try again; and encounter a dead fly. These are not pleasant things, but such make or break appetites. I have lost mine for broiled mushrooms, possibly forever. The very thought of mushrooms makes me sick; no mouth-water, no "good feeling" in the food-appetite mechanism. Call that detumescence.

The sex-appetite mechanism is much more complicated; has more parts, more nerves, is capable of more devastating sensations. Call it the erogenous (love producing) zone. This zone is all in order at birth. By conditioning processes it learns to respond to widely differing stimuli by the time the mature puberty glands begin to send their impulses to satisfy what is by now a definite and specific mate-hunger.

Which means that by the time we reach the marrying age the mate we choose, if any, will be more or less already picked out for us.

"Things and places," says Watson, "tend to become associated with organic responses, specifically those with love." Every object, by virtue of the original bent of the individual, or through conditioned reflex or habit, calls out overt or delayed response in the motor mechanism; also, "a definite and complex group of reflex activity in the erogenous zone."

Excitation in this zone arouses two fundamental kinds of impulses:

(1) Tumescence: rhythmic contraction of certain muscular tissue and increased secretions. "If functioning alone, the impulse will lead to positive seeking movements and ultimately to the unfolding of the instinctive reproductive mechanism."

(2) Detumescence: inhibition, and relaxation of other muscular tissue and inhibition of secretions. "These impulses at the motor center, if not inhibited, would release avoidance movements."

Here, then, is the sex-appetite mechanism which early in life begins to sort the little world about into loved ones and those it does not care for. Through the mechanism of habit and reflex functions, objects which at first had no emotional value "come later to arouse faintly or overtly one or other of the two impulses"—tumescence or detumescence.

To the objection that this view over-emphasizes the instinctive factor of love, Watson points out that the love and do-not-love factors are at the bottom of home, general, social and vocational life. We work long hours to improve our position to make more money to carry on home life on a broader scale. "The activities centered about loved ones from infancy to old age are easily the most important factors in life. No wonder that our acts are connected with and evaluated by the connections lying below our language level."

Here again, as always, we come back to that as yet unsolved problem of two faces: the significance and extent of individual inheritance; the degree to which this individual inheritance can be conditioned. Do our original tendencies make us, or our parents and our teachers and our environment? Or, put the question this way: Where does nature leave off and nurture begin? Nature never leaves off—we may be certain of that. Nurture begins at once.

Born with an elaborate mechanism for adjustment, we face three doctors, two nurses, several servants, father, mother, aunts, uncles, etc., all on their toes to adjust for us. Nature never gets a chance. Nurture cries when we do not smile back. To make us smile, they tickle us under the chin and trot us on their knees and bribe us with candy and ribbons and gew-gaws.

And so our food appetites, sex appetites, fears and rages slop over into endless things that are not to be eaten or loved, nor to be run from or killed. Indigestion—or adiposity; celibacy—or promiscuity; afraid of shadows, facts, and death; and war on our neighbors instead of against poverty, squalor, and ignorance.

Love and such move the world, move it in many ways because instinctive responses can be and must be conditioned. The conditioned response is our only mechanism for learning to behave like human beings. Love is a driving force of great dynamic power. But such grist as it does grind!

(© by George A. Dorsey.)

Community Building

Comparatively Easy to

Make Roads Beautiful

Our roadsides are in no small way the nation's nearest public park. To millions who can go no farther they are the only out-of-doors. To the roadside come the trees and flowering bushes and the sunlight on the grasses. They are embassies of nature to those who cannot travel from the beaten path.

But the roadsides of America now are unkempt and broken. Nature is backed away. Ditches are foul; the flats piled with dumpings. The slopes are bare beside the hot-dog shacks. The road goes through to a destination, but the main destination which very often is the beauty on the way, usually is ignored.

To the building costs and maintenance of roads a 1 per cent addition, more or less, for aiding planted things and natural vegetation would double the roads' real value. At small expense parkways can be made along the public roads. Flowering trees can be set out. Slopes can be vine covered. The roadsides can be made the finest and most useful park of the entire nation.

Without doubt a great value of the public roads is yet to be realized. They are used by motorists seeking natural beauty. A trifle more expenditure, with restrictive measures against eyesores, would make them what the traveler hopes to find.

Too Little Attention

Paid to Attractiveness

To some extent there has been a growing regard for attractiveness in building of dwelling houses and the design of premises; in both exterior and interior plans for business places, great and small; in the construction of hotels, office buildings and apartments, and even in filling stations. But we still have investors who insist upon putting up merely utilitarian houses, plain, unattractive stores, dry goods box styles of apartments and other merely serviceable construction, when for a little more outlay a much better investment could be made, or better results could be had even with the same expenditure of money and a little more application of intelligence. We still have home owners who could well afford to keep their houses and the lawns in order, but put no value on the factor of attractiveness; who do not appreciate the importance to themselves of making a "good appearance"; who are content to live in relative dinginess when they could give themselves a brighter outlook on life from their private domain.—Philadelphia Ledger.

Warning in London's Growth

London is pushing out its tentacles far and wide among what were once the rural beauties of the home counties. The existing population, encouraged by motor transport and electric railways, is creating new suburbs. Factories recently erected in the Greater London area are causing, according to Doctor Unwin, 20,000 people to move into it each year. A city which had all the potentialities of the most splendid in the world is spreading, not splendor, but dinginess, tawdriness, inconvenience and muddle over an area of 2,000 square miles. And all this spoilage is occurring, not because there is no room, but because there is no plan.—London Daily Chronicle.

Environment Counts

People reflect their environment. Those who live in shabby, down-at-the-heels houses are likely to feel depressed and discouraged. We borrow much of our confidences and spirit from our surroundings. If they have nothing to give—no hope or confidence, no pride in home or joy in living—then they become a liability of such proportions that only the most herculean strength can resist them.—Exchange.

Give More Character

When discussing plans for the new home it should be remembered that "character" and "design" are two different things. A house may be designed well and yet be wholly lacking in character, or a house may be designed badly and possess character. Good design is obvious, but character is elusive and hard to visualize from a set of plans.

Trees Hurt by Wires

Wires or heavy ropes drawn tightly around a tree trunk or limb may slowly strangle the tree by retarding or stopping the free circulation of water or food, says the United States Department of Agriculture. The careless use of a long pruning-hook or other implement for breaking off small dead twigs should be avoided, the department adds.

Pecan Trees Line Highways

Terrell county, Oregon, has a pecan highway. By means of donations from various civic organizations more than 1,500 pecan trees have been planted along the highways.

To Beautify Roads

More beautiful highways are sought by the Missouri highway department. County and city schools are being asked to aid in improving the appearance of roadsides.