

Health, Beauty and the Household

The Doctor Says

By Brice Belden, M.D.

The Well-Known Physician and Writer.

Is there any harmless remedy that will remove my corns and calluses or make them less painful? Chiropropodists give me only temporary relief.—MISS R. L.

Corns should be prevented by wearing properly fitting shoes which allow space for the normal expansion of the arches in walking or standing. Merely loose shoes exert pressure on the projecting points where corns especially form. It is well not to wear the same pair on consecutive days. Abnormal pressure may be due to weakness of the arches, in which case a physician should be consulted. If you are overweight the pressure is increased, a cause which calls for reducing diet. Perforated felt may be worn over the parts subjected to pressure.

Inflamed corns are relieved by cold, wet compresses. Soft corns should be relieved from pressure by small felt rings, surfaces to be separated. Oxide of zinc powder lessens moisture. Bathing the feet in cold water in the evening and putting on dry hose after exertion and perspiration serves to prevent soft corns.

Speedy removal of corns and calluses may be effected by painting twice a day with a solution of salicylic acid. Have your druggist make up the following prescription:

Salicylic acid 15 grains
Extract of Cannabis indica 8 grains
Alcohol 15 drops
Ether 40 drops
Flexible collodion75 drops

In applying this avoid the healthy skin. Use a camel's hair brush. Continue this for a week and the corn will fall off and calluses as well. Bathing the feet in hot water will facilitate the process of separation. If preferred, the salicylic acid may be used in the form of an ointment, as follows:

Salicylic acid 20 grains.
Benzoinated lard 1/2 ounce.

KEEP bees and their stings poison me terribly. What is the best remedy to relieve the pain and reduce the swelling?—ABE M.

The irritation of a bee sting is due to formic acid. Therefore, the thing to apply is an alkaline antiseptic lotion. Go to your druggist and ask him for

Alkaline antiseptic (National Formulary) .6 ozs.
Another very good remedy, if applied liberally and constantly consists of

Ice water 1/2 pint.
Bicarbonate of soda 2 teaspoonfuls.

I HAVE hemorrhoids that never itch or pain me but that bleed a good deal every two or three weeks. Is there any ointment that will cure them, or must I undergo an operation?—R. S. T.

There is no ointment that will cure your hemorrhoids. Various local applications relieve, but none cure. Many types of hemorrhoids can be dealt with under local anesthesia. Yours may be readily amenable to such treatment. Certain cases have to be operated upon under general anesthesia. Which class your case conforms to can be readily determined by a physician.

REGARDLESS of what I eat or drink, I pass a great deal more water some days than I do others. Is this a sign that my kidneys are diseased?—T. McC.

In all probability what you describe is simply due to natural physiological variation. The lungs and skin and bowels are organs complementary to the kidneys, and often relieve the latter. There are bound to be variations due to varying degrees of exercise and to varying climatic conditions, etc. You need not rest in any doubt, however. It is now possible to make functional tests of the kidneys, and an examination of the urine and measurement of the blood pressure will decide.

MY wife thinks peppermint oil the best of remedies for headache, cold in the head, etc. Do you think it has any merit?—REX L.

Peppermint oil possesses some merit for the purposes mentioned, but of course is not the best of remedies. It possesses antiseptic properties and is also classed as an anodyne. As a simple and harmless domestic remedy it is to be preferred to many harmful nostrums that are commonly employed. A cold in the head is not such a simple thing as most people imagine, but is often fraught with great danger, particularly in the way of ear and sinus infections, and really calls for medical attendance. Nowadays we seek the causes of headaches and remove them, instead of tinkering with pain-killers and local applications.

I AM a chorus girl and the costumes I wear make it necessary for me to shave the hair under my arms with a safety razor. Is this liable to cause cancer or do me harm in any other way?—RAE F.

Your method of removing the hair under the arms is in no way likely to cause cancer, but you should always observe antiseptic precautions to avoid infecting slight cuts or abrasions sometimes caused by even a safety razor. Before shaving the parts wash thoroughly with castile soap and bathe with seventy per cent alcohol. After shaving, apply more of the alcohol.

THREE years ago I was bitten by a dog that proved to be mad. A doctor cauterized the wound and it has so far given me no trouble. Is there still danger that I may have hydrophobia?—CARL W.

Not over fifteen per cent of all persons bitten by rabid animals develop hydrophobia, and never after eight months have passed. There is positively no danger that you will ever have this affection.

YOU MIGHT TRY—

Sugar in Olive Oil.

To prevent olive oil becoming rancid, add two lumps of sugar to each quart as soon as opened.

To Clean Aluminum.

STEEL WOOL and a neutral soap are good for removing discolorations from aluminum. Boiling in clear water, to which a spoonful of vinegar has been added, is also effective.

To Make Cakes Lighter.

A WIRE egg whip will beat a cake in less time and also make it of finer grain.

A Wooden Dish Pan.

WASHING dishes in a wooden tub or bowl will spare them the chipping they so often get from a metal pan.

To Clean an Oil Mop.

HOT water, ammonia and a little washing powder will clean an oil mop after water and soap have failed.

A Use for Old Shades.

OLD window shades, when soaked and boiled clean to take out the dressing, make excellent roller and kitchen towels.

To Hasten the Kettle's Boiling.

A SMALL cork neatly fitted into the spout of the tea kettle or coffee pot will hasten the boiling.

MY SECRETS OF BEAUTY

By Mme. Lina Cavalieri,
the Most Famous Living Beauty.



"Place the hands on the hips and bend the body from the waist, moving the torso slowly in a complete circle."

HOW can I reduce my waist and hips?
—EVELYN W.

Try a simple exercise that will stretch the waist muscles. Place the hands on the hips and bend the body from the waist, moving the torso slowly in a complete circle. Do this two or three times a day. There is nothing that renders a woman so deficient in grace as the disproportionate heaviness of the waist and lower limbs. An undue thickness of the hips is particularly unattractive.

Is a good perfume ever objectionable?
Will you tell me of one that I can use after the bath?—LORA T.

Both Paris and Russian physicians have withdrawn their objections to perfumes and really dainty women are using them more than ever. But do not drench the handkerchief or the clothes with it. You must be particularly discreet and discriminating in the use of perfume. Instead of a hit-or-miss application upon your dress or underwear, you are wise to use it upon the skin immediately after the bath. This English formula is a really delightful tonic, if applied to the skin. The sense of dainty cleanliness accompanied with a subtly indefinable sweet odor that lingers for hours is luxurious in the extreme.

Rosemary, 6 ounces.
Orange peel ground into fine powder, 1/2 ounce.
Thyme, 1/2 ounce.
Rosewater, 1 pint.
Spirit of wine, 1 quart.

WHAT would you do if you were in my place? That awful bane of beauty, the double chin, is slowly but surely spoiling the contours of my face.—E. G.

A double chin is indeed a calamity more serious than most women realize. Sagging muscles rather than a superabundance of flesh are the cause of the dreaded double chin. One of the best means of prevention that I am aware of is the faithful and persistent use of lumps of ice held in the hand and pressed against the pendulous chin muscles as long as the pressure can be endured. Chin bandages are also of great benefit, if worn regularly at night for six months or more.

AS my doctor says my eyelids are not granulated, I wonder if you can tell me what is the matter with them? He advised me to let them alone entirely, but they do look very bad and really make me appear older than I am.—ALICE F.

Your eye-lids are probably over-wearied. Freshen them by applying the following pomade at night. Be sure to use care to prevent its getting into your eyes. Remove it in the morning by the use of a gentle massage and warm water.

Alum, 15 grains.
Tannin, 15 grains.
Borax, 30 grains.
Fresh tallow, 300 grains.

I AM a blonde, but my skin has always been too oily. Is there any cosmetic that I can use to correct this humiliating trouble? No amount of powder seems to do any good.—E. O.

Any blonde who is troubled with a greasy skin will find this lotion highly beneficial. One consolation you should have and that is a dry skin is much more likely to have wrinkles. A blonde's complexion is like that of a rose, it should have a superb bloom, but like the rose petal, alas! it fades early. Apply this as often as you feel it is needed:

Sulphate of zinc, 2 grains.
Compound tincture of lavender, 8 minims.
Distilled water, 1 ounce.

Economical Menus for the Week

FOR the benefit of housewives who want appetizing, healthful and economical meals, but are tired of serving the same old combinations over and over again the accompanying menus have been prepared especially for this newspaper by Miss Mary Lee Swann, of Teachers' College, Columbia University.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Oranges Bacon Cooked in Oven Grilled Potatoes German Coffee Cake Coffee	Breakfast Oatmeal with Raisins Salt Codfish Cakes Corn Cake Coffee	Breakfast Stewed Rhubarb Concordia Eggs Rice and Cornmeal Muffins Coffee	Breakfast Fresh Pineapple Finnish Haddie Balls Bacon Curls German Coffee Cake Coffee	Breakfast Apples Hashed Calf's Heart on Toast Potato Doughnuts Coffee	Breakfast Sliced Oranges and Bananas Chipped Beef Creamed with Beaten Egg Sally Lunn Coffee	Breakfast Cereal Sliced Bananas Thin Cream Spanish Omelet Coffee
Lunch Eggs a la King Twin Mountain Muffins Apple Jelly Tea	Lunch Cream of Chicken Soup Egg and Lettuce Salad French Dressing Nut Prune Souffle Tea	Lunch Cheese Souffle Popovers Apple Foam Tea	Lunch Scalloped Potatoes Lettuce and Cream Cheese Salad Dried Peaches This Cream	Lunch Stuffed Eggs au Gratin Baking Powder Biscuit Strawberry Whip Tea	Lunch Chili Con Carne Boiled Rice Apple and Date Salad Tea	Lunch Fricassee of Chicken Rice Lettuce and Cress Salad Fruit Frappe
Dinner Cannelon of Beef Brown Gravy Creamed Turnips Cabbage and Green Pepper Salad Vanilla Wafers Coffee	Dinner Roast Beef Mashed Potatoes Stewed Onions Beet Relish on Lettuce Orange Jelly Coffee	Dinner Casserole of Rice and Lettuce Meat Stewed Tomato Sauce Fried Oyster Plant Frozen Fruit Salad Cheese Straws Coffee	Dinner Stuffed Calf's Heart Fried Eggplant Spiced Cream Salad Rhubarb Foab with Sliced Bananas Coffee	Dinner Tomato Soup Filets of Flounder Stuffed with Mushrooms Potato Balls with Parsley Cream and Radish Salad Chocolate Bread Pudding Coffee	Dinner Baked Ham, Brown Sauce Currant Jelly Creamed Onions Lettuce Salad Fudge Cake Chocolate Water Icing Coffee	Dinner Nut Oatmeal Cakes Coffee Supper Imperial Hash Celery Relish Baking Powder Biscuits Tea

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Making Housework Easier

By Mrs. Christine Frederick

The Distinguished Authority on Household Efficiency.

I WANT to buy some new utensils for my kitchen. Shall I buy aluminum or enamel? I hear aluminum is so hard to keep clean.—MRS. S. P.

Before I can help you I would like to know for what purpose you want the utensils you mention. Each metal or kind has its own qualities. For instance, for frying, iron or steel, which resists a high temperature, is undoubtedly best. For cooking fruits and acid foods like tomatoes, rhubarb, etc., agate is best. Agate or "enamel" is a coating of porcelain baked on an under form of sheet iron. It is safe until it "chips" and shows the metal underneath, when it should be discarded. Aluminum is light, easily cleaned, does not "chip" and is practically indestructible. It is excellent for all general boiling, stewing and cooking and for the smaller dippers and funnels of the kitchen. It is a life-time investment, and if cleaned with white soap and water only, and no "washing powders," will remain bright and clean.

HOW should I clean a heavy white sweater before laying it away?—MISS ELSIE M.

Make a paste of a white soap and water by boiling the shaved soap slowly until dissolved. Cool and add one tablespoonful borax and one-half cup wood alcohol. Have warm water in plenty ready (in washtub); add soap solution to water and put in sweater. "Jounce" or wash up and down without pulling or rubbing; repeat in more sudsy water. Then rinse in water equally warm and squeeze without twisting against the wool fibers. Lay in a pillow case and hang in open air, turning once or twice. When almost dry, lay on a table or ironing board and pin into shape, flat, with arms and fronts even and in place and allow to dry, preferably in a warm temperature. Lay in suitcase or on covered coat hanger. Never hang up or squeeze such articles when wet.

WHAT do you think of having recipes on cards? I have always preferred a cookbook.—MRS. J. C.

Cook books have their right place. But a card cabinet of recipes is most efficient because it enables you to add additional recipes which you may clip from magazines, papers, etc., and those given you by friends. Use cards 4x6 inches, and "guide" cards with tabs to write the headings. Commence with "Breads," "Beverages," "Cakes," "Candy," etc., and go through the alphabet. Then arrange the small cards behind the main heading, as chocolate layer cake, under "cake," and so on. In this way you can pick up the card you wish to use without soiling the whole page. Cards and cabinets can be bought at all good stationers.

MY family likes Summer drinks, but they are always so much trouble. Can they be made more easily?—MRS. H. W.

Several small tools will help you. Buy a "shaker," with strainer and lemon squeezer in the top. Also an ice-shaver, and combined corkscrew-cap-opener. Squeeze the lemons or oranges directly into the strainer, reverse and the liquid will be strained. This mixer is good also for all milk and punch drinks. The cap-opener and corkscrew with lever most quickly opens grape juice and other bottles. The shaver grates the ice off the lump instead of cracking. Perhaps you know there is a container in which one can "carbonate" any home drinks, making soda-water at home at small expense.

I HAVE three little children, and the laundry problem is so hard with me. It is nothing but wash, wash all the time. Can you help a busy mother?—MRS. R. McW.

When planning their outfits this Spring, see if you cannot use materials which will stand more wear and give less work. Have you tried cotton crepe, ripplette, seersucker or similar fabrics for rompers and dresses? None of these materials need ironing, and they keep clean longer than stiff-finished fabrics. Choose good stripes and checks instead of the lighter shades, which look dirty very soon. Avoid contrasts of colors which accentuate the dirt—as light blue banding or pale pink. Tan, nurse's gray, etc., are excellent. Use paper napkins and oilcloth or crepe bibs frequently and play aprons of dark blue galatea to protect the lighter garments.

I WANT to buy a dustless mop, but all seem so expensive. Are they really worth the price?—MRS. JOHN C.

I think where there are many hardwood floors the mop would be a good investment. Choose a good shape, not wiggle, without metal pieces at the corners to mar the furniture. Choose the longest handle you can find—six feet if possible. Then take good care of the mop—shake after use daily and wash in warm suds every two months or so and reoil. Always hang the mop up by screw-eye in corner to keep off dusty floor when not in use.

I SEE moths flying around already. Are they the ones that eat the clothing? How about my fur overcoat?—C. B.

The moth seen even in cold weather is the adult winged form of the insect. The real damage is done by the larva, or worm, coming from the egg laid by this adult. This worm prefers sticky or greasy places to begin its work, and warm, dark, unmoistened corners and closets. Hang your coat in the cold breeze, brush thoroughly, even beat it. Use a cloth wet with gasoline and go all over the fur carefully. Then hang in a tar-paper bag, which can be bought for about 25 cents and which is air-tight and insect proof.

OTHER women get time to go out in the afternoon, but I never seem to get done in the house, although we are only a family of four, and have some conveniences. I get so discouraged.—MRS. BERT H.

What probably would help you most is a plan, or "schedule." The trouble is that you don't know what you are going to do next, and so you waste time running around and thinking and beginning a piece of work and then stopping, etc. Now sit down with a pencil and paper and write out what you must do and try and arrange these jobs in some order. First, let us say, plan the meals; then decide whether you will wash the dishes or make the beds; then what next?—then what next? and so on. It may take some time, but it will pay in saved time and effort. If you send me an outline of work I will be glad to suggest and help.

TESTED RECIPES

Frozen Fruit Salad

CUT one orange, a slice of grapefruit and one-half can each of pineapple, white cherries, pears and peaches in the size of half a cherry. Mix the fruit with the juice of half a lemon, a half cup of mayonnaise and a half pint of whipped cream. Pour into the freezer and turn the crank slowly until the mixture is frozen. Then pack in moulds and let stand one hour. Serve cut in slices with lettuce heart leaves. If moulds are not available, pack in freezer and serve as ice cream. This quantity is sufficient for fifteen people.

Nut Prune Souffle

PICK over and wash one-half pound of prunes, soak one hour in cold water and boil until soft. After removing the stones obtain the meat from them and add to the prunes. Then add one cup of sugar, one inch of cinnamon bark, one and one-third cups of boiling water and simmer ten minutes. Dilute one-third cup of cornstarch with enough cold water to pour easily, add to the prune mixture and cook five minutes. Then add the whites of two eggs beaten stiff, and one-half cup chopped pecan meats. Mould, chill and serve with cream.