

Health, Beauty And The Home

The Medicine Chest

By Mrs. Christine Frederick,
The Distinguished Authority on Household Efficiency.

ONE important piece of home furniture which must not be forgotten in the Spring housecleaning is the medicine cabinet. Like the pantry, it needs a "Spring clearance" of the most thorough sort. Winter drugs and summer remedies differ, and it is most necessary to clear out the cabinet before the summer season.

The first rule in the clearance should be to throw away the contents of any bottle or box whose lettering is indistinct or whose contents seem doubtful. Many medicines are affected by light or exposure to air, and it is quite dangerous to carry over small quantities of such drugs which may, in another season, be worthless.

Another rule is never to leave in the original paper, envelope or container such remedies as salts, boric acid or other crystalline or powder remedies. Such drugs should be placed as soon as purchased in a small glass jar. A large salt shaker, such as may be purchased at any ten-cent store, makes another good container.

There are also glass bottles, holding one-half pint or more, which come specially manufactured for holding alcohol, peroxide, etc. Freewhich cold cream is purchased, gently the small glass pots in when deprived of their labels and thoroughly cleaned, make neat, sanitary containers for drugs.

All winter medicines, such as emporated oil, cough syrups, etc., should be laid away in a cool, dark storage place, so as to give more room for the essentially summer remedies.

While many people think it economical to buy sanitary helps in the smallest quantity, it would seem, from experience, that, in a large family at least, it is cheaper to purchase in moderate quantities. For instance, absorbent gauze and absorbent cotton cost less by the pound, and bought in such a quantity you are much more certain to have some when wanted. Purchase them by the pound amount and then lay aside a generous portion, keeping it in a sterilized glass jar with a clean lid.

One clever housekeeper with young children in the home tells the author that a Summer emergency shelf is indispensable. In addition to the regular medicine closet, she uses a small enamel tray on which she stores the remedies most generally needed during the hot weather season. This tray is placed downstairs, not far from the rear entrance to the house, so that it is easily accessible, especially to the tiny tot who comes crying that he has "bumped his head."

Near this shelf hangs a First Aid Manual, so that in case of doubt there will be a ready reference on what to do in time of trouble. This mother has taught her children which remedies are for certain purposes, and it is not uncommon to see the children go to this shelf and take down the right remedy themselves.

Since, in the Summer, there is more reason to expect stings, rashes, sunburn, as well as more accidents, because of playing outdoors, the emergency shelf is stocked with these facts in mind. Its contents include the various standard antiseptics and prophylactics to keep wounds clean and scratches sanitary.

The most convenient medicine closet is the one which is built in the wall. By no means, if building, allow the cabinet to project over a hand basin, or into the room, as this takes up good dressing space. Steel finished cabinets are indestructible, and the most sanitary. But any wood cabinet of the portable type may be rendered more attractive with a couple of coats of white paint.

New labels will make old bottles appear neater. A small box of them, costing a dime, will probably be sufficient for both pantry and medicine chest.

Another idea for the careful housemother is to have a prescription book and in this paste, or copy, all prescriptions which the family is given. In this way, even though the empty bottle be thrown away, a record of the prescription is kept, which may then be filled at any place or at any time.

There are often tubes, droppers and similar articles which may best



"The most beautiful woman is the one trained from earliest childhood to acquire beauty of face, form and manner."
Photograph Posed by MISS MARION DAVIES at CAMPBELL STUDIO

be kept in some form of small bag divided into partitions after the manner of a needle case. If this bag be of rubber it will keep everything very clean. It is so orderly, too, the divisions of the bag corresponding to the size of the tubes. This bag may easily hang on the inner door of the closet.

Following is a list of a few Summer remedies with their uses:

OIL OF CITRONELLA.—For mosquitoes; apply to arms, neck, etc.; keep away from the eyes.

OLIVE OR SWEET OIL.—For burns and scalds; apply at once and cover with raw white of egg to keep out air.

TINCTURE OF ARNICA.—For bruises and bumps; apply direct or in hot or cold compress as case requires.

ADHESIVE TAPE.—For use as a swab, packing for compress, to keep between sore toes, etc. It never should be applied to an open cut or scratch direct, as it will interfere with healing.

SATURATED SOLUTION OF BORIC ACID.—This is easily made by dissolving one teaspoonful of boric acid crystals in one glass of hot water. This is a universal remedy for tired eyes and the less serious sores or cuts, and as it is so harmless should be kept in quantity.

WITH HAZEL AND PEROXIDE.—These are invaluable for scratches, cuts and other slight abrasions where a mild disinfectant is needed, especially in cleansing the part. Be sure the witch hazel is put up with grain alcohol,

not wood alcohol, which has been responsible for much blindness when such witch hazel was used as a compress for the eyes.

ABSORBENT GAUZE.—The best thing for bandages to cover cuts, scratches, etc., in a sanitary manner.

ALCOHOL.—Used as a rub it is a refreshing external tonic and a preventive of colds. It is also the best disinfectant for thermometers, etc.

COMMON BAKING SODA.—A solution of this will remove perspiration and give ease to sore feet. Excellent when placed dry on wasp or bee sting.

TALCUM POWDER.—A great promoter of comfort in hot weather; invaluable for sunburn, etc.

Your Child's Beauty

By Lina Cavalieri,
The Most Famous Living Beauty.

EVERY child should be trained from the earliest years of infancy to acquire beauty of face, form and manner. Such training should consist of two things. One is to teach the little one habits of personal cleanliness. The other is to impress even upon the very youngest child the principles of health.

For instance, there is the child whose beauty may be marred by protruding ears. The ears can be pressed back against the head by a compress made at home and worn at night. A bandage easily made consists of a long, folded strip of strong muslin, twisted first around the head beneath the chin, then around the neck, then over the crown of the head, the ends of the strips of muslin being drawn rather tightly over the ears and fastened to one of the lengthwise strips by safety pins.

If you find the child often breathing with difficulty he probably suffers from that growth at the back of the nostrils called adenoids. Take him to a physician and have them removed, so preventing a long train of disasters, mental and physical, whose signs are that strained, drooping countenance we know as an adenoid face. Don't let any charlatan try to convince you they can be cured in any other way. The single way to remove adenoids is by a surgical operation.

Look to the fact that the child's teeth have a good start. A little watchfulness will cause the first set to be drawn in good time for the second to come in straight and strong. Then teach the little one to take pride in their whiteness.

Furnish a pure, fresh powder or paste, and teach her to brush the teeth up and down, not across, and to brush them inside as well as out. Help her to form the habit of always rinsing her mouth with warm water or with warm salt water, if there be an acid tendency of the mouth, after each meal.

Teach her that it is as necessary to be pure of mouth as it is of speech. Teach her to be proud of clean, well-cared-for hands and to be ashamed of soiled hands or black-rimmed nails. Teach her early to trim her nails and to keep

them spotless, and show her how to keep the cuticle pressed back from them.

Appealing to the pardonable vanity that is in all little children, boys and girls alike, teach them that much of the expression of the face depends upon the arch and smoothness of the eyebrows, and show them how to train them by daily brushing.

Teach your child to watch the dainty movements of the pet canary or the playful kitten and emulate their table manners. Birds handle their food delicately and kittens seldom fill their mouths overful. The little girl will want to be as fine as her pets and the boy will be ashamed to eat like a pig, so both, unconsciously, will develop surprisingly pretty table manners.

No child should ever be afraid of fresh air. If he is, then tell him the story of "The Black Hole of Calcutta," or that one of the beautiful boys who was gilded to head a procession and who died in agony after his brief glory because his pores had been closed by the gaudy stuff with which he was so thoughtlessly bedecked.

Teach your child to love life in the open. If you happen to live all the year in a crowded city, train your child to take long walks every day, and remember that in many instances the roofs, at least, are available to you. Fix up a gymnasium and coax the children to play in it for an hour every day.

Break the children's unpleasant facial habits in the forming. Show your little girl how ugly and old she looks by flashing a mirror before her eyes while she is frowning. Show her that the frown of concentration is as ugly as the frown of anger, and train her to solve her problems with smooth brows. If she twists her mouth unpleasantly while she talks tell her of it, and do not allow her to pick at her finger nails or drum with her fingers on the arm of her chair.

Be careful, too, that none of the children in your charge ever study to the point of eye-strain. Don't allow a child to over-study.

Timely Cooking Recipes

By Mary Lee Swann,
Principal, Scudder School of Household Arts.

Hot Cross Buns.
ADD ¼ cup sugar and 1 teaspoon salt to 1 cup of scalded milk. When lukewarm add ¼ yeast cake dissolved in ¼ cup lukewarm water, 3 cups flour sifted with ¼ teaspoon cinnamon and 1 well beaten egg. Mix thoroughly, add ¼ cup chopped raisins, cover and let rise over night. In the morning shape into balls and place on a greased baking sheet one inch apart. Let rise again, brush over with the yolk of an egg diluted with a little milk. Bake about 20 minutes, allow to cool and with ornamental frosting make a cross on top of each bun.

Old-Fashioned Hot Cross Buns.
WASH and cream ¼ pound butter, then add 2 pounds flour gradually, 1 tablespoon of yeast and 3 cups lukewarm milk. Let rise in a warm place for 2 hours. Add ¼ pound sugar, ½ pound currants and half a grated nutmeg. Knead into a dough and form into buns. Set these in a pan, cut a cross on top of each, brush with butter and let stand near the stove for 20 minutes. Bake about 45 minutes in a moderate oven.

Easter Fish Salad.
BOIL the fish in salted, acidulated water, seasoned with onion, carrot and herbs. Then remove the skin and bones. When cold mix with mayonnaise dressing to cover and set on ice about 2 hours. Melt some aspic jelly over hot water and whip it very stiff. Then fill a cross-shaped mould with alternate layers of the fish and aspic. Set aside to harden. Turn out on a bed of lettuce leaves and garnish with whole hard-cooked eggs. A square or Greek cross mould must be used for this salad.

Easter Egg Salad.
REMOVE shells from hard boiled eggs and while still hot press into apple shapes. Mix a little red vegetable coloring with cold water and apply to the eggs. Insert a clove to represent the blossom end and a little stem and leaves to represent the stem-end. Arrange on heart lettuce leaves and serve with mayonnaise dressing, to which has been added 1 or 2 tablespoons each of olives and pickles, finely chopped.

Easter Salad.
CREAM Neufchatel or cream cheese thoroughly and with the tips of fingers or butter paddles roll into small egg shapes. Wash long radishes thoroughly and cut them into straws. Marinate thoroughly with French dressing. Scatter the radish straws in little nests of lettuce leaves and arrange the cheese eggs in the nests. Sprinkle lightly with French dressing and dust with finely chopped parsley or paprika.

Crystallized Mint Leaves.
PICK over and wash fresh mint leaves. Remove from stems and brush each leaf with stiffly-beaten egg white. Dip in 1-3 cup granulated sugar flavored with 5 drops oil of spearmint. Place closely together on a cake or bread rack covered with paraffine paper and let stand in a slow oven to dry thoroughly. If not well coated the process should be repeated.

Mint Sauce.
PICK over, wash and chop the leaves from 1 bunch of mint very fine. Pour over ¼ cup boiling water, add 2 tablespoons sugar, cover closely and let stand in a cool place ½ hour. Then add juice of 1 lemon or 4 tablespoons of vinegar, ¼ teaspoon salt and a dash of pepper. Less sugar may be used if desired.

Chocolate Icing.
BOIL 1½ cups sugar with ¼ cup water until the syrup spins a thread. Then pour over 3 squares chocolate melted in top of double boiler. (Chocolate should always be melted over hot water because it burns easily if placed directly over the fire.) Mix thoroughly and when thick enough not to run spread on cakes with a spatula. If the icing gets too hard to spread add a few drops of hot water and beat well.

Stuffed Prunes.
PICK over, wash and soak prunes in cold water until the pits can be removed. Drain and dry thoroughly. Refill prunes with fondant or nut meats or any desired combination of nuts, fondant, raisins, etc. Then roll in granulated sugar. The sugar is sometimes tinted with a bit of pink vegetable coloring. A very small amount of the color paste (about as much as can be taken up on the point of a needle) is rubbed into the sugar with the palms of the hands. The prunes are sometimes filled with sweetened and flavored whipped cream and then sprinkled with finely chopped pistachio nuts or candied cherries.

Meat Croquettes.
MIX 1 cup ground cooked meat with 1 teaspoon minced parsley, 1 teaspoon minced onion, lemon juice and salt to taste, and 1 cup of thick white sauce. Set in ice box for an hour or more. Then shape into croquettes, roll in bread crumbs, then in beaten egg and again in crumbs. Fry in deep fat, drain on unglazed paper, garnish with parsley and serve immediately. Several kinds of left-over meat may be combined. The thick white sauce is made by using 3 tablespoons fat and 3 tablespoons flour to 1 cup liquid.

Oatmeal Crust for Individual Pies.
SCALD 2 cups oatmeal with 1 cup boiling water. Add 1 teaspoon fat and mix well. Roll very thin and line small tins. Bake in a hot oven.

Boiled Fondue.
SOAK 1½ cups stale bread crumbs in 1½ cups milk. Melt 2 tablespoons butter and add 1½ cups cheese cut in small pieces. When the cheese has melted add the softened crumbs, 1 slightly beaten egg and salt and paprika to taste. Cook slowly until the egg is set. Serve on toasted bread.

Corn and Cheese Souffle.
MELT 1 tablespoon fat and cook 1 tablespoon chopped green pepper in the fat. Melt 2 tablespoons fat, add 4 tablespoons flour and stir until smooth. Add 2 cups milk and cook until thick and creamy. Add 1 cup chopped corn, 1 cup grated cheese, 3 egg yolks well beaten, the cooked pepper and salt and paprika to taste. Fold in the stiffly beaten egg whites and turn into a greased baking dish and bake in a moderate oven.

Sardine Rarebit.
MELT 2 tablespoons butter, add ½ pound freshly grated cheese, and stir constantly until the cheese is melted. Add gradually, stirring constantly, 1 egg yolk, beaten light and diluted with 2-3 cup rich milk or cream. Stir until smooth. Season with paprika and salt and a few drops of tabasco sauce. Drain and boil 1 box of sardines and arrange them on the untoasted side of bread toasted until golden brown on one side. Pour the rarebit over the sardines and serve immediately.

Beauty Questions Answered

MY husband hates perfumes of any kind, but I am very fond of them. What is your opinion?—MRS. L. G.

I am aware that some men entertain a deep-rooted prejudice against the use of perfume, but I cannot share this feeling. A dainty, evanescent perfume adds a touch of elegance to any woman. It is when their use is abused that I object. But no really refined woman will use perfume except in the most sparing quantity. A tiny drop is sufficient.

WILL you tell me how to make your favorite cold cream? I have used it once and like it very much.—ALMA.

My favorite cream is this, which I have prepared under my own eyes:

- Lanolin 10 grams
 - Oil of almonds 100 grams
 - Rose water 100 grams
 - White wax 5 grams
 - Spermaceti 5 grams
 - Oil of rose geranium 5 drops
- Melt together the lanolin, white wax and spermaceti, but do not allow them to boil. Add the oil of almonds. Warm again and add the rose water, little by little, stirring carefully all the time.

TO obtain a more slender figure I am fasting one week out of every three. But I get very weak sometimes. What would you suggest?—SYLVIA.

Do not overdo your fasting. If I were you I would simply make all my meals lighter and not limit myself to one week without food. In this way you can retain your

strength. I will give you a formula for a strengthening beverage that can be taken during a beauty fast: Ground peanuts... 1 tablespoonful Boiling water... 1 cupful Flavor with quantities of honey or lemon juice as desired.

WITH bad teeth, a poor skin and l'-stressed hair I am an old woman before my time. Can you help me?—C. F.

If I could only make you realize that poor teeth, bad skin and stringy looking dead hair are the inevitable accompaniments of bad health and neglect, then the first outpost in the battle against advancing years would be won. Unmistakable skin blotches and similar defects can be corrected by a system of perfect cleanliness and diet. But you must be willing to forego candies and pastry. A visit to your dentist will improve your teeth and a little daily care will soon restore your hair to its old-time attractiveness.

ISN'T there a way of removing wrinkles by "enameling" or "rejuvenating" the face occasionally?—M. E.

This method of wrinkle removal is extensively practiced in some beauty parlors, but it is nothing less than a delusion and a snare. The method consists in painting the face with certain chemicals and permitting the mixture to dry on. After the application of several coats, the victim's expression can only be likened to that of a turnip, so utterly devoid is it of the mobility and animation that are the true distinguishing marks of the human countenance.

I AM so thin that I am simply I heartbroken. Do you know of any way by which I could get filled out?—D. R.

This cream, applied daily with a light massage of the entire body is a wonderful aid in curve-making and flesh-building:

- Fresh mutton tallow... 6 ounces
- Lanolin 6 ounces
- Spermaceti ½ ounce
- Cocanut oil 4 ounces

MY eyes are blue-gray and my hair a dark brown. Please advise me what color of necktie would be most becoming. Also, how can I keep down my weight?—LOU R.

Evidently you are no so little and active as you used to be last Summer when you worked in your garden. You need more exercise to develop your lazy muscles and wear away the redundant pounds. Leave your car in the garage and try walking downtown to your business every morning. I think blues and grays as nearly the color of your eyes as possible would be the most becoming shade of necktie for you to wear.

WILL you please recommend a good toilet water?—A. G.

Here is a toilet water which is always on my own dressing table. When I am tired a half dozen drops of it in a bowl of water are deliciously soothing, and leave an all pervasive, yet sweetly elusive perfume in the room:

- Jasmine water 3 ounces
- Vanilla water 1½ ounces
- Acacia water 1½ ounces
- Tuberose water 1½ ounce
- Essence of ambergris... 5 drops
- Tincture of benzoin... ½ dram

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Prunes, Chicken Hash, Toast, Coffee, Luncheon Bean Souffle, Corn Muffins, Baked Apple Salad, Cocoa, Dinner Celery and Tomato Purée, Croquettes, Smothered Steak, Potatoes in Casserole, Mustard Salad, Rhubarb Shortcake, Coffee.	Breakfast Boiled Rice with Canned Loganberries, Broiled Bacon, Coffee, Luncheon Mock Blaque Soup, Toast Strips, Griddle Cakes with Maple Syrup, Dinner Roast Mutton, Browned Potatoes, Kale, Fruit Salad, Cheese Balls, Coffee.	Breakfast Steamed Figs, Cereal, Luncheon Spinach Salad, Brown Bread and Butter Sandwiches, Caramel Cup Cakes, Tea, Dinner Vegetable Soup, Boiled Fish, Mashed Potatoes, Stuffed Peppers, Apple Roly Poly, Hard Sauce, Coffee.	Breakfast Oranges, Fish and Potato Cakes, Tomato Jam, Coffee, Luncheon Macaroni Pie, Toasted Muffins, Marshmallow Gingerbread, Tea, Dinner Braised Calf's Liver, Brown Sauce, Boiled Rice, Buttered Carrots, Lemon Creamy Pudding, Coffee.	Breakfast Fruit, Cereal, Dropped Eggs on Toast, Coffee, Luncheon Deviled Crabs, Tartare Sauce, Parker House Rolls, Coffee, Dinner Cream of Oatmeal Soup, Planked Shad, Mashed Potato Border, Vegetable Garnish, Cheese Straws, Coffee.	Breakfast Canned Fruit, Cereal, Behated Rolls, Coffee, Luncheon Split Pea Soup, Croquettes, Vegetable Salad, Whole Wheat Muffins, Tea, Dinner Meat Pie with Potato Pastry, Buttered Turnips, Spinach, Ginger Ale Salad, Sweet Salad Dressing, Coffee.	Breakfast Baked Apples, Cereal, Coffee, Dinner Roast Lamb, Mint Sauce, Potatoes, Banana Fritters, Lettuce Salad, French Dressing, Pineapple Sherbet, Vanilla Cookies, Coffee, Supper Spinach Timbale, White Sauce, Radishes, Tea.

Household Helps Worth Knowing About

Silver Polishing Cloths.
BLEND 1 pound of whiting and ¼ ounce of oleic acid and ¼ gallon of gasoline. Soak soft flannel cloths of convenient size in this, dry somewhere away from the fire and store in waxed paper until wanted.

For Soiled Gloves.
SHAVE thin one square inch of any good, white soap into a pint or more of soft water, and warm slowly until the soap is thoroughly dissolved. Put away in jars to use as needed. It should be like a thick cream or jelly. Apply with a soft cloth, wiping the gloves with dry, clean cloths. This preparation will leave the leather as soft and pliable as when new.

A Good Fly Poison.
ONE of the best fly poisons is formaldehyde, a 40 per cent solution diluted with five or six times its volume of water or milk. Place the mixture in shallow dishes, preferably with a few pieces of bread, where flies are numerous, and eliminate miscellaneous supplies of water, so that thirsty flies are mostly compelled to drink the poison.

A Crack Filler.
RUB one pound of flour smoothly in a little water. Add three quarts of boiling water and set on stove. Stir in one tablespoonful of powdered alum, together with bits of torn newspaper, and cook until the mass is smooth and thick as putty.

A Washing Fluid.
DISSOLVE one pound of potash in one gallon of boiling water; let cool and add two ounces each of washing ammonia, sal soda and borax and one ounce of salts of tartar. Mix thoroughly and keep in a corked jug. Use one-half teaspoon to a boilerful of clothes, or its equivalent in the washing machine, and they will need no boiling.

Dustless Dusters.
SATURATE soft cloths in a well-blended mixture of ¼ ounce of oxalic acid, ¼ pound of whiting and one quart of gasoline, and hang in the open air to dry. Such rust-ers will not soil the hands and will retain the dust until worn to tatters.

Furniture Polish.
EQUAL parts of turpentine, kerosene and vinegar well blended make a good polish for furniture and woodwork.

To Clean Wall Paper.
SPRINKLE one heaping cup of flour with one tablespoonful of salt. Have ready a mixture of one tablespoonful of coal oil, two of vinegar and two of ammonia, with one-half cup of warm water. Blend with the flour and salt, and cook until the flour is thoroughly scalded and all the moisture used up, stirring constantly. Knead as you would bread dough until smooth. Break off pieces, roll into balls convenient to handle, and rub the soiled paper with it as though it were a rubber eraser.