

Health, Beauty And The Home

Electric Table Service

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

LAST year I traveled for five months in the South on behalf of the Government. Each day I stopped in a different town and in several places I had this same disagreeable experience. On a beautiful Sunday morning—the one day on which I had a chance to sleep—I would be awakened about 5 o'clock by the most peculiar, tearing, rasping noise in the hotel or boarding house kitchen. I could not explain it at first, but later I found out that it was the servants chopping wood to make the big range fire that cooked the corn bread for breakfast.

Now, most of us would prefer to have the extra two hours' sleep and would be content for breakfast with toast and a light meal which can be self-served.

The housewife who does her own work except for an occasional servant by the hour must frequently get her own breakfast. And in this work she can be most ably assisted by several helpful servants electrical.

It is now possible to cook and serve a whole breakfast at the table. The electric toaster has been so perfected that there is actually one now on the market which turns the toast itself automatically and then places it on a neat little wire rack to keep warm until we wish it. There are numerous kinds of percolators which make the coffee bubble merrily and which guarantee to serve it piping hot.

And the little grill is no longer confined to the bachelor girl's room, but has its distinct place on the dining table. Who can dislike cooking when it is done so enchantingly? Is it not mere child's play to poach an egg or grill a slice of bacon, and does it not add to the zest of the appetite to smell the teasing odor in front of you? Why bother with heavy iron skillets and

ugly pots and pans when the dainty stove electrical takes up only twelve inches on the dining cloth? Those who like a warm cereal may experiment with many different blenders until they find just which form will keep the cereal most comfortably hot. Indeed, there is scarcely a breakfast dish which cannot be quickly and charmingly prepared and served at the very instant of perfection with the aid of electrical equipment.

It is almost impossible to think in this present day of arising at an unearthly hour and building a coal fire just to get breakfast. Incidentally, I have always wondered why the wood could not have been chopped and laid ready the night before! Or, indeed, why the muffins could not have been made the afternoon before and rewarmed! Efficiency! Thy other name is Common Sense!

Electricity is the most modern of all sources of heat for cooking. Only a few years ago there was scarcely a piece of electric cooking apparatus on the market and the use of electricity was confined chiefly to lighting and power purposes. But to-day electricity, the "silent servant," is being adapted not only to the small portable cooking devices, such as percolators, toasters, hot plates, grills, etc., but also to the larger fixed equipment of stoves and ranges.

No other fuel can be under such direct control. No other fuel equals electricity in entire absence of unpleasant gases, odors, soot and other products of combustion. It is without doubt the ideal cooking fuel from the standpoint of cleanliness, direct control and absence of waste heat by radiation.

Probably all cooking will soon be done by electricity, and already this power is being used to save the housewife time and labor in no end of ways. Vacuum cleaners, washing machines, mangles, dish washers, coffee grinders and meat choppers are only a few of the



Photograph Posed by MISS GRACE DARLING at CAMPBELL STUDIO
"A pleasing voice lends charm to the loveliest of faces."

pieces of household machinery which can now be obtained fitted for operation by electric power.

One piece of electric apparatus which is bound to come into more general use is the small utility motor. Such a motor can be attached so as to operate a common

hand-power washing machine. It will also polish silver, freeze ice cream, grind meat or coffee, and can be connected to a house pump, to a vacuum cleaner or to many other pieces of household equipment. It may be a little early to think

of holiday gifts, but a word to the early shopper is sufficient. I say make it a Christmas electrical, and give Her or Him electrically operated table accessories. Thus you will be advancing the cause of easy housekeeping and making your name blessed by your friends.

A Pleasing Voice

By Lina Cavaliere
The Most Famous Living Beauty.

EVERY woman should desire an agreeable voice. It is indeed one of the most excellent things in woman. To my mind it is the most wonderful possession in the world. But then, you say, that is natural enough because I am a singer. But even if that were not true I should choose, if I might, first a lovely face, then a lovely figure, and, third, a charming speaking voice.

There have been beautiful women without agreeable voices, but never a fascinating one. Let me whisper to you a secret: The voice rather than the eyes is the seat of personal magnetism. Plain women with low, well-modulated voices with the heart note in them, are more dangerous rivals than pretty women who screech like peacocks.

Painfully often a pretty face and figure are accompanied by the harsh, squeaking voice. Pretty women rely too much on their looks and do not attempt to cultivate the power of charm. Content with what nature has given them, they make no effort to be responsive or entertaining. Their voices fall gratefully upon all ears but their own, which have been dulled by praise of their natural beauty.

True, every woman may not have a sweet voice, but any woman who cares to may have an agreeable one. It is susceptible of cultivation. The pleasantest speaking voice is more often made than born. The unutilized voice reflects the emotions as candidly as the eyes mirror forth the soul. Cultivate person and voice gradually suppress, or, at least, restrain, this faculty. If the voice be pleasant it should reflect only pleasant things. This, of course, applies to the speaking voice only. I am not referring to the possibilities of the singing voice.

Anger, suspicion, jealousy, covetousness, if they be felt, must be imprisoned in the spirit. The so-called "dark emotions" are as disfiguring to the voice as to the face. If they cannot be driven out of the soul they must at least be elim-

inated from the voice. The dark emotions make the voice harsh. The silly emotions make it shrill. Mental calmness and character poise insure a beautiful speaking voice.

Coryza (cold in the head) is a serious menace to the sweeter tones of the voice. Hoarseness hides the beauties of a voice as a thick veil the face of a woman. Colds should be avoided. Or, having been contracted, they should be cured as quickly as possible.

The ancient and old-fashioned remedy is to retire early and with many blankets added to the usual amount of bed-clothing to coax a heavy perspiration. This can be greatly aided by the other well-approved remedy of a glass of hot lemonade. A moderate dose of quinine is also effective in "breaking up a cold."

A yeoman remedy is the sniffing into the nostrils of quite strong salt water. Another that is excellent is the sniffing of pulverized camphor.

When my own voice is afflicted with that undesirable husky quality I frequently cure it by inhaling the vapor from a concoction of: Sweet milk, 1 pint; ripe figs, 50 dozen. These should be boiled to a pulp and inhaled while hot. The mixture can be heated again and again and the vapor from it inhaled until the cure is finally effected.

Cold compresses will often cure a cold over night. Into ice-cold water dip a fold of cotton cloth. Wring it out only dry enough to prevent its dripping. Pin this tightly around the throat with safety pins and over the compress pin a fold of flannel. Soon the heat from the neck causes vapor and "loosens the cold." In the morning remove the compress and massage the neck with olive oil.

Avoid stagnant air. Keep the air circulating in the room you occupy. Try to keep a stream of fresh air flowing through your room both day and night. At any rate, keep the windows open two or three inches at the top no matter what the weather.

Sunday Night Supper Recipes

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

Oyster Roast.
CLEAN 1 pint oysters thoroughly. Drain from their liquor. Put in a saucepan and cook until the oysters are plump and their edges begin to curl. Shake the pan frequently to prevent burning. Season with salt, pepper and add 2 tablespoons of butter. Continue shaking until the oysters are well seasoned. Pour over small rounds of buttered toast and garnish with crisp sprigs of parsley.

Creamed Oysters.
CLEAN 1 pint of oysters and the edges begin to curl. Drain, add 1½ cups thick white sauce seasoned with salt and paprika and ½ teaspoon celery salt, if desired. Serve hot on butter toast in timbale cases or patty shells.

How to Make Good Tea

TEA should be infused, not boiled, as boiling destroys the delicate flavor. The water should always be freshly boiled. The tea infusion should not be allowed to stand upon the tea leaves more than four or five minutes.

Be sure that the teapot is perfectly clean and after scalding allow it to dry thoroughly before putting in the tea leaves. Pour the freshly boiling water over the leaves, replace the cover and allow it to stand two or three minutes.

One teaspoon of tea leaves to a cup of water is usually considered a fair proportion. If a stronger infusion is desired secure it by using a larger proportion of tea and not by steeping longer. Tea "College Style" is served with lumps of sugar which have been rubbed over the outer surface of oranges or lemons.

When sweetened with rock candy it is known as "Byracuse Tea." With cream and sugar is the favorite way of serving tea in England.

In New York just now it is becoming popular to add two or three cloves to each cup of tea. "Russian Tea" calls for the addition of slices of lemon, lemon juice or preserved strawberries. In America this is imitated by the use of lump sugar and candied cherries.

To make "Jamaica Tea" add one-half teaspoon of good rum to each cup. "Hawaiian Tea," with preserved pineapple cubes and sugar, is another delicious way of serving the beverage that is rapidly growing in popularity.

Ragout of Veal.
PREPARE 2 cups of diced cold roast veal. Reheat in 1½ cups brown sauce and season with 1 teaspoon Worcestershire sauce, a few drops of onion juice and a dash of cayenne.

Hot Meat Sandwiches.
MIX and sift 2 cups flour with 4 teaspoons baking powder and 1 teaspoon salt. Work in 4 tablespoons butter or butter substitute and mix to a soft dough with milk or water. Turn out on floured board, pat and roll into a thin rectangular sheet. Have ready some finely chopped cooked meat. Season to taste, moisten with a little sauce or gravy and spread on the dough. Roll up like a jelly roll, with a sharp knife cut into 6 or 8 pieces and place these on end in a greased baking pan. Dot each piece with a little butter. Bake in a rather quick oven about ¼ hour. Serve hot with brown or cream sauce. The more delicate meats, as chicken, veal, lamb, etc., require a white or cream sauce, while the heavier meats, as roast beef, steak, corned beef, etc., require a brown sauce.

Devilled Drumsticks.
MELT 2 tablespoons butter, add 1 tablespoon chili sauce, ¼ teaspoon walnut catsup, 1 tablespoon Worcestershire sauce, ½ teaspoon prepared mustard and a dash of cayenne. Make 2 or 4 incisions in the cooked drumsticks and second joints of 2 chickens. Sprinkle with salt and pepper, dredge with flour and brown in the seasoned butter. Add 1 cup of chicken stock, simmer gently and serve hot. Sprinkle with a little finely chopped parsley.

Creamed Celery on Ham Toast.
WASH celery and trim into 3-inch lengths, allowing 5 or 6 pieces to each person. Cook in salted water until tender. Prepare as many pieces of slightly buttered toast as needed. Place a thin piece of cooked ham on each piece of toast, arrange on serving dish, place celery on ham and pour rather thick and well seasoned cream sauce over the toast.

For Large Pores.
CONSPICUOUS pores in the nose may be reduced by bathing them every night in warm water to which has been added ten to fifteen drops of benzoin.

Making Legs Shapely.
HILL climbing is the best possible exercise for developing shapely legs and should be indulged in as often as possible.

For Pimples.
APPLY to the pimples every night before retiring an ointment consisting of one ounce of benzoated zinc ointment, twenty grains of salicylic acid and ten grains of gum camphor.

Rich White Sauce.
COOK 1½ cups chicken stock (or any good white stock) 20 minutes with 1 slice onion, 1 slice carrot, a bit of bay leaf, 6 peppercorns and 1 clove. Strain and measure. Melt ¼ cup butter or butter substitute, add 4 tablespoons flour, ¼ teaspoon paprika and ½ teaspoon salt and stir constantly until smooth. Add 1 cup of the stock as prepared above and 1 cup rich milk or cream. Cook until thick and creamy, stirring constantly. The sauce may be made richer by the addition of 1 or 2 egg yolks. The yolks should be slightly beaten and diluted with a small quantity of the hot sauce before being gradually added to the remaining hot sauce.

Jellied Prunes.
BRING 3 cups of cooked, stoned prunes to boiling point in their own juice. Sweeten, if necessary. Soften 1½ tablespoons gelatin in ¼ cup cold water and dissolve in boiling hot prune juice. Cool and add 2 tablespoons lemon juice. Turn into a mold rinsed with cold water. Set in icebox to stiffen. Serve with cream or rich milk.

Halloween Cakes.
PREPARE a 1-egg cake or sponge cake batter. Bake in tiny round pans. Cover with bright colored orange frosting and when icing is hard use a toothpick to outline Jack-o'-Lantern faces with chocolate or coffee icing, and indicate the teeth with tiny white or silver candies.

Chicken à la King.
PREPARE 2 cups of shredded or diced cooked chicken, either the breast or dark meat may be used. Melt 3 tablespoons of butter and add 2 tablespoons chopped green pepper and 1 cup of sliced mushrooms. Cook about 5 minutes, stirring constantly. Add 3 tablespoons sifted flour and ½ teaspoon each salt and paprika and cook until well blended. Add 2 cups of cream or rich milk and stir until thick. Add the prepared chicken, place over hot water and let stand to become hot. Wash and cream ¼ cup butter and beat into it 3 egg yolks, a few drops of onion juice and 1 tablespoon lemon juice. Add a little of the hot chicken mixture to the butter and egg yolks, stir to prevent lumping and when well blended pour into hot mixture and continue stirring over hot (not boiling) water until the egg thickens. Serve hot on toast.

PLEASE tell me of a quick way to reduce my legs. They are so fat that everybody keeps looking at them. I do not want to wear long dresses yet, as I am not very tall.—O. O. M.

The first point to remember is that much exercise will reduce superfluous flesh wherever it is found. Walking, being one of the simplest exercises, is the best. Massage is also essential. Massage them with a wringing motion for fifteen minutes every night before retiring, using talcum powder instead of cold cream or oil. You might practice walking about on tip toes in your room while you are dressing. This will develop muscle but reduce fat.

ALTHOUGH I am only sixteen my bust is very much too large. I hate having it become noticeable so soon, because I want to stay a little girl several years longer yet. Please tell me how to reduce it.—MARIE.

I think you treat the matter too seriously. It is only right that you should begin now to develop into a woman. It is not advisable to tamper with the delicate mammalian glands in the effort to reduce them, because this sometimes leads to a great deal of trouble later on. However, if you insist upon trying to reduce your bust bathe this region ever so gently several times a day with the following astringent lotion:

Iodide of potassium.... 2 ounces
Camphor water..... 2 ounces
Alcohol..... 2 ounces

MY gums are much too pale. How can I get them to have a healthy color?—M. D. H.

Massage your gums gently for five minutes several times a day

Beauty's Question Box

with this wholesome and stimulating compound:
Woundwort water.....100 grams
Horseradish extract.....12 grams
Oil of cloves.....1 drop

CAN you tell me how yeast cakes are taken for cleansing the blood? My face is all broken out with pimples and I would like to try this remedy.—MRS. V. B.

It is always best to seek the advice of a reliable physician before taking any internal medicines for the purpose of purifying the blood.

HAVE you any confidence in a professional beauty expert? I do not have the time to attend to these things myself.—EULALIE.

There are many beauty experts who really can do just what they claim to do, and whose services are really worth all they ask. But you must be sure to consult only the conscientious beauty specialist who is thoroughly capable and honest, because there are many of this tribe who really should be in the penitentiary instead of being engaged in fleecing gullible women who worship at the shrine of beauty.

HOUSEHOLD HELPS
For Ammonia Poisoning.
VINEGAR in wineglassful doses is an effective remedy when ammonia has been drunk by mistake.

A Good Eye Wash.
FOUR grains of alum in an ounce of water makes a good wash for inflamed, painful and bloodshot eyes.

For Sore Throat.
ALLOW two ounces of pearl barley to simmer for two hours with a quart of water. Add sugar and lemon to flavor; strain and drink cold.

A Soothing Bran Bath.
GENERAL irritation of the skin is often relieved by soaking the patient in a tepid bath to which has been added the liquor left after boiling four pounds of bran.

For Arms.
BATHE the affected skin daily with hot water and plain castile soap, then immerse quickly in cold water. After bathing in this way rub the skin briskly with a brush or towel.

I AM to preside at a debutante's tea-table very shortly, but I dread it because my hands always take a notion to be red whenever I am expected to "pour." Can this be avoided?—MOLLY B.

Just before it is time for you to assume the duties of the hostess go off by yourself for a few moments and shake your hands violently, so that if the fingers were less loosely attached they would fly off. Also work the hands back and forth from the wrists for a few minutes. This restores the circulation and will prevent that lovely redness at the critical moment. Be sure that your rings of your bracelet are not too tight, either, because they sometimes impede the circulation.

What Spices to Use
CINNAMON is used with fruit, as apples, bananas, peaches and pears; in cakes, pies, puddings, candies, pickles and yeast rolls. The flavor of cinnamon and of cloves is very agreeable in any mixture in which chocolate is used.

Cloves are used in the same combinations as cinnamon, with the exception of yeast rolls, says a writer in American Cookery. They are also used occasionally in soup, especially with onions and tomatoes, and whole cloves are often pressed into a baked ham near the end of the cooking.

Ginger is agreeable with fruit and in cakes, pies, puddings, pickles and candy. Ginger is the favorite spice for pumpkin pie and Indian (cornmeal) pudding. It is often used in these dishes with cinnamon.

Mace is the outer husk of the nutmeg and in flavor differs but little from nutmeg. The French use a dash or grating of nutmeg in many meat and fish dishes. Mace is sold in powdered form and in "blades" or shreds. The shreds are used in soup. Both nutmeg and mace are used in omelets, puddings, custards, vegetables and pickles.

Mustard is used in dressings and salad dressings with beans, chicken, fish, meats and pickles. Pepper (black, paprika, cayenne) may be used in all dishes of vegetables, cheese, eggs, fish or meat; also in soups, salads and pickles. Black pepper is usually prepared with vegetables and paprika with cheese.

Appetizing Menus for the Week						
MONDAY Breakfast Stewed Figs, Baked Bacon, Cornmeal Muffins, Coffee, Luncheon Savory Rice (with Tomatoes and Bacon), Apple Sauce, Cookies, Dinner Cream of Carrot Soup, Boiled Mutton, Mashed Potatoes, Boiled Turnips, Celery, Apricot Bread Pudding.	TUESDAY Breakfast Pineapple, Oatmeal, Buckwheat Cakes, Coffee, Luncheon Cold Mutton, Baked Bananas, Tea, Dinner Tapioca Soup, Toast Strips, Potato Croquettes, Cheese Sauce, Celery Salad, Com Starch, Blanc Mange with Canned Peasches.	WEDNESDAY Breakfast Stewed Prunes, Cereal, Poeched Eggs, Coffee Jelly, Coffee, Luncheon Creamed Vegetables, Reheated Rolls, Apple Pie, Tea, Dinner Broiled Round Steak with Oyster Blanket, Stuffed Potatoes, Spinach, Fruit Gelatine, Coffee.	THURSDAY Breakfast Stewed Peas, Cereal, Bran Muffins, Coffee, Luncheon Broiled Meat Balls, Spinach Salad, Tea, Dinner Vegetable Pie (Salt Pork, Potatoes, Beans and Corn), Pickles, Lettuce Salad, Gingerbread with Marshmallow Sauce.	FRIDAY Breakfast Baked Apples, Oatmeal, French Omelet, Coffee, Luncheon Split Pea Soup, Toasted Crackers, Stuffed Eggs, Tea, Dinner Baked Sole with Spinach and Cheese, Mashed Potatoes, Buttered Carrots, Charlotte, Coffee.	SATURDAY Breakfast Sliced Bananas, Boiled Rice, Coffee, Luncheon Scalloped Tomatoes with Onions, Romaine Salad, Tea, Dinner Baked Veal Cutlets, Potatoes, Buttered Cabbage, Lettuce Salad with Fine Herbs, Caramel Custard, Coffee.	SUNDAY Breakfast Fruit, Cereal, French Toast, Apricot Butter, Coffee, Dinner Boiled Fowl, Egg Sauce, Spiced Cranberries, Roast Potatoes, Baked Squash, Celery, Apples, Persimmon, Supper Hot Veal Sandwiches, Drop Cookies, Cocoa.