

# HER PAGE - Household - Fashions

## WHO CAN AFFORD TO "KEEP A MAID?"

**By Biddy Bye**

When can an American family afford to keep a maid?

In these days of universal economy—or NEED for economy—that is a pertinent question which every business-like housewife must ask herself before she decides that she "must have help with the work."

As a business proposition keeping a maid is a luxury for the very few—an extravagance for all families who could not freely and frankly be classed as "rich."

Modern economists have figured the actual money cost of keeping a maid thus:

Wages—at \$5 to \$7 per week	for a month.....\$20-\$28
Room—at \$2 per week for a month.....	12.00
Board—at \$4 per week for a month.....	16.00
Depreciation (waste, breakage, etc.) per month.....	5.50
<b>Total.....</b>	<b>\$53.50</b>

At this estimate the cost of maintaining a maid for a single year amounts to \$642.00. Yet many a year think they can afford that their social position demands they "keep a maid."

In addition to the bare living costs estimated above are the other costs involved in gifts and vacations to the maid, to care and loss of time during her possible illness, and to the increased cost traceable to the more extravagant standards of living which accompany "keeping a maid." Ovi-

ously, for a family not rich, "keeping a maid" is rank extravagance.

There are certain times, and emergencies in family life when keeping a maid is actually justified, such as times of prolonged illness of one or more members of the family, when the housewife must act as a nurse in addition to other duties. Also, when there are very young babies in the family requiring the mother's strength and care, a maid's help is justified, and should be provided by economies in other directions. It is only when there are excessive demands on the housewife's physical strength that a maid is really needed in families of average income.

Economists roughly estimate that maids are extravagant in all families with incomes of less than \$3,500 a year.

The up-keep and care of the home and children is much the business of the wife and mother as the actual earning of the husband and father. For an average woman in normal health the care of a house, and the work necessary to keep herself, husband, and from two to three children in health and comfort, is not unreasonable.

The just woman will admit that a woman has no more real claim to extra hours of rest and leisure than her husband. Even housewives can so arrange their work as to afford one hour's rest or recreation each day—and that is more than is allowed the average business man or worker. It is true that housework cannot be limited to a strict eight or ten hour day, but it CAN be so arranged as to consume no more than that during the WHOLE day, and so as to leave the evenings free for rest and companionship with the wage earner.

If, by agreement between husband and wife, it is decided that the wife is more useful, economically, working outside her home than in it, the employment of a maid to assume the domestic duties usually allotted to the wife, is justified. These, however, are rare situations.

If the employment of a maid is for the sole purpose of giving the housewife more leisure and pleasure, or for "raising the social standard of the family" it is both absurd, and an economic wrong or act of selfishness.

## BEAUTY SECRETS OF GIRL WHO MEASURES UP TO VENUS!

**By Martha Throop**

Beauty and perfect health are two gifts within reach of any woman who really wants them!

I make that bold statement because I have changed my own body from that of a thin, weak, scrawny child at 13 to perfect health, and proportions that artists tell me are practically the same as that of the famous Venus de Milo!

They say that Venus was the ideal of woman's physical perfection.

I do not claim to be beautiful, but I know that my weight, height, and general measurements are practically the same as hers, and I DO know that any average woman could have the same physical development by athletics and physical training.

Venus was five feet, two inches tall, and weighed 130 pounds. The artist and archeologists have decided, I am five feet, one and three-fourths inches tall and weigh 130 pounds.

When I was 13 I was thin and weak. I began to take vocal lessons and my teachers taught me how to breathe. I gained strength, weight, and color so fast, I decided there must be a good deal of value in exercise and athletics—and so I went in for exercise stunts.

My brother Dick, who has been in the navy four years helped me. He taught me all sorts of sitting-up exercises, and also taught me how to box and row.

But the first and most important lesson for the girl who seeks beauty by the sure road of exercise is—**BREATHING.**

On proper breathing depends all the first steps toward beauty and strength. Take breathing exercises for 15 minutes every morning until you have established the habit of correct breathing.

Fifteen minutes on any one physical exercise is enough. Don't over do it. Do your breathing exercises in the open air or at an open window.

Don't wear any clothing that will restrict you. Hold your arms in the position shown in the picture. You will notice the shoulders are raised. Always lift your shoulders before you start to inhale. Lift your shoulders then fill your lungs with air. Then exhale quickly and repeat.

This sort of thing develops the arms and shoulders as well as gives you a bigger chest expansion.



This is the proper way to take breathing exercises. Stand before an open window, and wear loose clothing.

## WHEN THE HAM IS COOKED AT HOME

**By Biddy Bye**

In the days when ready prepared meats have reached an extravagant price, many a thrifty housewife—with an eye for the picnic sandwich, and the cold-meat supper—has found it wise to purchase a whole ham and do the required boiling or baking in her home kitchen.

Boiled ham, bought by the pound, costs from 10 to 15 cents, while a smoked ham to be cooked at home, can be bought at from 25 to 40 cents a pound. A considerable saving is thus made by buying a 10 or 12 pound ham, preparing it at home, and thus obtaining a summer's supply of ready-to-serve and delicious meat.

According to an old Virginia recipe for boiling hams the method is as follows:

Immerse the ham in water the night before cooking and soak for 12 or 14 hours. Wash off thoroughly in lukewarm water. Put the ham to cook skin side down, in a large boiler full of boiling water. Add one cupful of sugar and vinegar. Lower the heat under the boiler and let the meat simmer for five hours, keeping the boiler covered. As the water boils out keep adding fresh boiling water, keeping the

boiler full. When the ham is done it will turn over, skin up and the meat will pull away from the bone for an inch or more. When done, lift the whole kettle off the stove, skim off the surface impurities, and let the meat cool in the water in which it cooked.

After removing the ham the modern economical housewife will strain carefully the water in which it cooked and store it in jars for flavoring soups and brooked vegetables.

For a baked ham, remove the outside skin of the boiled ham and stick the fatty surface with whole cloves, one-half inch apart, over the whole surface. Plaster the whole ham thickly with brown sugar, set in a roasting pan, and bake, basting with a water and cider liquid. When done, take from the oven and set on top of the stove, and continue basting for ten minutes, until the sugar crust is brown and crisp.

Keep the cooked meat in a sterilized earthen jar, set in a cool, dry place and covered carefully from heat, dust, or insects.

With a large ham, after the boiling the ham may be cut in two parts and only one-half need be baked, if preferred, giving variety in the form in which it may be served.

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## DEATH IN BIBLICAL NOTES

The first woman letter writer on record was Queen Jezebel, wife of Ahab, and she used her pen for the purpose of deception. The story is told in I Kings, 5:16. When Ahab was mourning because he could not obtain Naboth's vineyard by fair means, Jezebel conceived of foul ones. "So she wrote letters in Ahab's name and sealed them with his seal, and sent the letters unto the elders and to the nobles that were in his city, and that dwell with Naboth." They suggested a plot which resulted in the death of Naboth by stoning.

An earlier letter mentioned in the Bible was written by a man and was equally detestable. When we remember the contents and the purpose of David's letter to Job, how it did for Uriah what Jezebel did for Naboth, and from a dirtier motive, we could have wished to this too that it had never been preserved.

The writing of letters has proved to be disastrous to more than one man, and they have brought downfall to many. Every one should be careful of what they write. Good letters, like good thoughts, bring back good things.

## AND CLOVEN HOOFS

(Louisville Courier-Journal)

"Hiram, we want a contribution for the village band. They need horns."

"You bet they do, the pesky devils," declared old Pop Wombat.

## WAITING FOR THE ASSES

(London Opinion)

"When does this old Noah's Ark depart?"

"Oh, we're just waiting for the asses to get on board. Hurry up, please."

It makes no difference what your wants may be, you can have them supplied by using and reading "The Republican Classified pages."

## Framing a Photograph

requires careful consideration as well as taste.

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## TO FIGHT FOR NEW'S LIFE



"He often had brain-storms!" Mrs. Lulu Burger (top) declares that her son, Harry S. New, Jr., was insane when he killed his sweet-heart, Frieda Lesser, on the outskirts of Los Angeles. The young murderer's half-sister, Mary Clancy (bottom), will support the mother's contention when the case is tried.

## SUCH A LIFE

**By O. B. Joyful**

ATOKA, Okla.—Sheriff Akim, in overalls and a full beard, looked so much like the hoodlums he sought that other officers arrested and searched him.

"Earth hunts are the favorite pastime" of the folks near Rockdale, Pa., began a returned vacationist who has been seeing America first (also third).

"Last week they unearthed a nest of the largest reptiles ever seen in eastern Pennsylvania."

"James Lamb found a 25-pound snapper on the railroad tracks skirting the river and soon captured it."

"The next day Robert Frederick saw one fully 16 pounds heavier, but it showed fight and was overpowered only when two other men came to Frederick's assistance."

"And the day after that Henry Mosely ran across one that weighed all of 50 pounds. It too gave battle, and it shows were fired into it before it turned up its toes."

"But the biggest of all found so far was met on the road along the Lehigh Valley. Andrew Squires came upon it, and tied a log chain around the turtle and hitched it to the rear of his automobile, intending to drag the snapper into Rockdale, but the turtle's horse power was greater than Mr. Squire's auto, and next morning the auto was six miles farther from Rockdale than it had been when it met the turtle."

We agree with the American admiral who says, "It was a fine old hen that hatched the American eagle."

And in the rooster the hen has the most industrious and most capable press agent in the world.

"All plain work, such as soiling and healing, returned in one or two days. Toe-capping and camping will take longer, as we do them properly.—Adv. in English paper."

Did you say, "Sky Pilot?" The first sermon from the air will be the headliner at the Methodist church centenary exposition to be held at Columbus, O.

## DOCTOR CALLS NEW DANCES AND GOWNS IMMORAL SYMPTOMS



**Dr. Florence N. Richards.**

Dr. Florence N. Richards, medical director of the William Penn High School for Girls in Philadelphia, spoke recently on social problems at the State Federation of Women's Clubs of New Jersey. She shocked and considerably irritated her listeners by confining her remarks almost exclusively to a condemnation of current styles of women's dress. She stated that mothers should be punished who let their daughters wear gowns that expose the shoulders and that spooning, the new dances, and the bathing suits and the décollete gown are symptoms of an immoral era.

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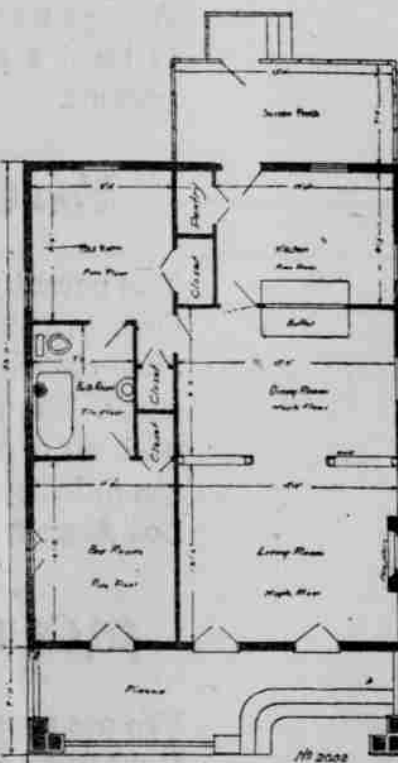
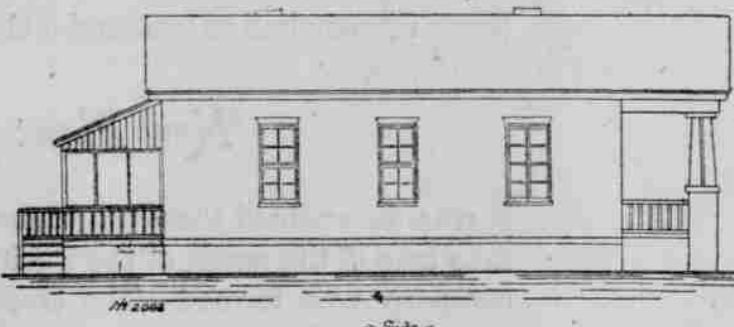
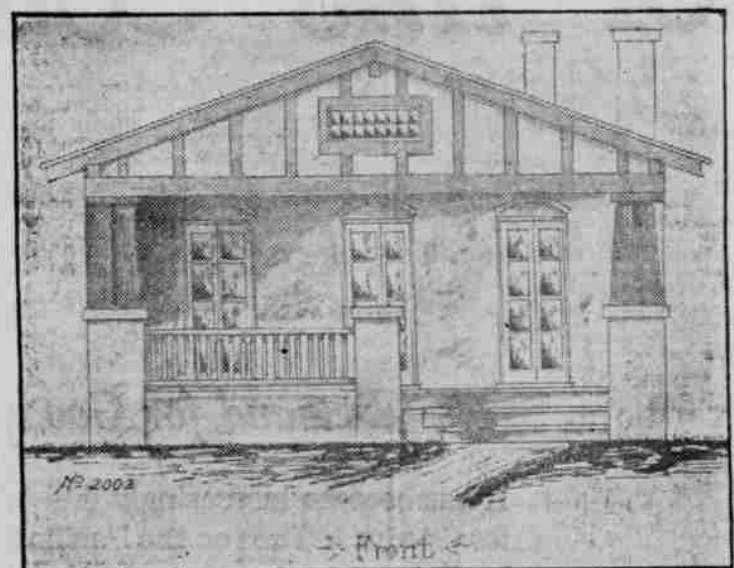
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