

Her Health Heart Home

Janet Taylor—Wife

My Secrets of Charm

By Virginia Lynch Maxwell.

By Marilyn Miller.

KENNETH did not go down to business the next day after his accusations. He had fled away his time throughout the morning, watching Junior play about his tiny room with building blocks. Sometimes, as Janet watched him from the kitchen, where she was labeling the fruit she had just received from home, a sense of pity overwhelmed her. But her pride was strong. And she realized that Kenneth had meant to hurt her the night before by his cruel accusations concerning Paul McLean. A terrible sense of injustice smote her when she thought of Carlie. That the woman could have been reduced so low by her jealousy seemed incredible. She knew now that Carlie must have loved Dr. McLean in her own possessive way. Had she but known the depth of her feeling for him, she would never have made Mrs. Dumont her companion. It had been for Carlie's pleasure alone she agreed to accompany her on that memorable dinner party to the Inn—the party that had caused all the mischief when she and Paul were ditched in the rain and forced to spend the night at the roadside.

This was what she had written to Ken. And the half-truth of her statements could not be denied. Her husband would not permit her to tell the full story. She had had to admit to him the individual accusations. And they sounded so degrading, so unlike the true spirit of the affair, she scarcely blamed him for his attitude.

"To-day's our tea engagement with the Perkinses," he reminded her at the luncheon table. "It's important that we keep it, too. You know I'm looking forward to that big contract from old man Perkins. And if it's to be landed, I'm the boy to do it," he boasted.

Janet frowned. But she turned a smiling face to her husband as he looked up from his salad. She had wanted to bathe and take a little nap late this afternoon so that she would be refreshed for the evening's theatre party. But she attempted no alteration of her husband's plan—nothing that might cause a wider break in their already tottering happiness.

It was after three when Janet, dressed in her blue serge and small

flowered turban, picked up her white gloves from the dresser, ready to accompany Ken on his important mission. The bell rang. She ticked the button impatiently. But her husband went to the apartment door to open it.

From her bedroom she heard him greeting effusively some boisterous guests. And instantly she knew that Valerie was among them. Her high pitched voice, with her musical laugh, had wrung in Janet's heart for days after Ken's accident. Her mind searching for an explanation, she walked into the living room and tried to smile at the unwelcome group.

"Come on! boys and girls," Ken welcomed, in his boyish manner, "get your things off and stay a while. There's nothing like the old crowd for brightening up a dull day. Here," as he stepped forward to Valerie's side, "let me do that." He helped her off with her fur coat and carried almost carelessly her scarlet turban to the foyer clothes tree.

Janet flashed him a warning look which seemed to have no effect whatever. It was Doug Warren who noticed Janet's impatience. "Oh, I say," he warned, as Mrs. Pitt Sanderson tried her best to make an impression on the sensible looking middle-aged fellow, "I think we're imposing. We only stopped to say hello. How about my blowing the crowd to tea at the Blue Paradise?"

"Nix," Ken exclaimed instantly, "nothing doing. That'd be a fine way to treat my crowd. Have 'em come see me, then rush them off somewhere else for tea. We'll have tea right in my own little adobe. And friend wife will get some eats ready in a jiffy."

Janet was amazed. She tried to catch her husband's eye to warn him of their important engagement.

Janet silently removed her hat and gloves. Smiling to keep up the suggestion of good will to the people she loathed, she went into the kitchen and searched the ice chest for some remnants with which she might prepare the promised repast.

Inside, she could hear the noisy chatter of voices.

With a pounding heart, Janet searched her closet for some canned fish with which she might con-



AMERICAN BEAUTIES—Miss Margaret Beecher, Granddaughter of the Late Rev. Henry Ward Beecher a Winter Bride.

coct a salad. But there were but a few packages of cereal, a package of raisins and one small can of soup straining down into her bewildered eyes. Somehow, she figured, she must tell them. Perhaps Ken would run up to the store at

the corner. But she knew he would be furious if she asked him. Unable to find words with which to explain her embarrassing predicament, she walked to the living room again in the hopes of gaining courage. But words failed her. She

felt sick and weary with the strain of it all as she came upon her husband seated on the couch with Valerie, lighting the cigarette the woman held in her rouged lips.

(To be continued.)

SLEEP, as a beneficent tonic, has been known to scientists for many a year. But only within the last century has its power to control looks come within the knowledge of beauty specialists.

Knowing how and when to sleep is as valuable to every woman as knowing when not to sleep. And I believe that American women require more sleep because of their strenuous activity than do the women of the Continent. That is why beauty specialists in France are not so apt to prescribe sleep for their patients. The women of Europe know how to relax so completely during their waking hours that less tonic sleep is necessary to keep them in poise.

For the beauty effects of sleep there are a few definite rules which every woman may apply. They have been found almost miraculous in restoring the bloom of youth and erasing tired lines of strain and worry.

Lie down on your couch every afternoon for at least one hour. The woman whose business or professional life will not permit of this may take the same treatment when she returns home after her day, and she will be marvelously refreshed by dinner time. Draw the shade so as to darken the room as much as possible. Have a damp towel at hand; moisten it slightly with a little witch-hazel. Place this towel over the eyes. Let your arms fall to your sides and relax gradually. Even if you cannot sleep, lying in this position for an hour, or even a half hour, will do wonders for your eyes and the contour of your face.

Most women begin to show signs of age more through lack of sleep than from any other cause. If women could but learn to take life less seriously there would be much less need for the beauty parlor. And unless this idea becomes fixed in the mind, unless you can rid your mind of all unnecessary thoughts before relaxing, the results will be unsatisfactory.

Eight hours' sleep every night is the average rule for everyone. But

I believe that women require nine hours' sleep. They have a much higher keyed nervous system and therefore require more relaxation. Over-sleeping and irregular sleeping are two enemies to beauty. It is an easy habit to fall into either of these two errors where time is not valuable. And the woman who becomes a prey to the impulse finds within a short while that her beauty has faded like that of her sister who does not know how to relax or sleep soundly. The difference is that the woman who over-sleeps finds herself becoming unshapely. The jaws will begin to droop and the eyes lose their sparkle or animation if one over-sleeps.

Make certain your covers are not too heavy and depressing. One or two bed covers of wool will offer more protection to the body during the Winter months than a number of those heavier quilts that are fashioned entirely of cotton.

Raise your window top and bottom, so that the air may freely circulate in your bedroom. Even if your room is cold in the morning, do not deprive yourself of fresh air through the night. Rather dress in another room than cheat the system of its choice method of replenishing its oxygen needs.

BEAUTY QUESTIONS AND ANSWERS.
QUESTION—Will you please publish a method to make my eyelashes grow?—Reader.
ANSWER—Bathe the eyes every night with warm water. Dry well and massage gently with a small portion of white vaseline. To do this, moisten the forefinger with the vaseline and run it back and forth on the lashes. The friction stimulates the circulation and the oil nourishes the tissues from which the hair grows.

QUESTION—Can you tell me how to reduce a double chin? I have tried astringents and find they do not help.—Anxious.

ANSWER—Perhaps your case is beyond the stage where astringents will tighten the tissues. Try exercising each morning upon arising, turning the head to one side and backward. Then turn to the opposite side and backward. Do not sleep with a pillow.

Earning Money at Home

AT some time or other every woman experiences the longing to make money of her own. In the larger cities women find many occupations that they would care to enter. But the task of trying to maintain the home and give one's best to an exacting position in office or shop is not often successful.

There are, however, a number of ways in which clever women have surmounted the difficulty of making both jobs dovetail. And their experiences may well be duplicated by others.

A woman in the north found it necessary to add to her husband's cut wage in order to maintain her small family. They were living in a rambling old house on a suburban road. But that, instead of becoming a disadvantage, was turned into an asset by the clever little housewife. She remembered that her part of the country had become famous for its chicken dinners. Many autos passed her place on Sunday. And she had plenty of ground in which she might raise her own fowls. A sign-post painted a brilliant yellow with a green rooster added a festive note to her front yard, proclaiming to passing motorists what they might get for a nominal sum. Within a short time this southern woman had developed a nice trade and she found it necessary to engage a helper after serving the famous Sunday chicken dinners for six months.

Many women, however, dislike cooking. And many others there are who are not located where this method of making money would be possible. Yet there are hundreds of city women, engaged in shop and office, who spend much of their salaries for the fine, hand-

made lingerie that women of leisure are able to produce. Why not then try the get-together plan and play the game of exchange? Small cards sent out to many business houses in the city will very likely touch a responsive desire in some woman who has not the time to do this fancy work. And because she is able to pay for her finery herself, she hesitates only to the extent of her desire. The Woman's Exchange that is maintained in almost every city will sell your dainties for a small commission. And they have for their patrons some of the wealthy women of every community.

There is a New England woman who is making a specialty of embroidering initials or monograms for undergarments. She has prepared a sample card in print that is submitted to those interested. She finds her patrons through small advertisements in the papers and divides this initial expense by adding a little to the profit of each order received.

A clever girl who realized the need of well made broth in time of illness has taken that as her specialty. She makes this broth in quantity and brings it to the list of sick patients by order. The rural physicians have given her their test and keep her supplied with orders.

Stencil work is an art that may be acquired with practice. Women, in some parts of the country, and some right within a stone's throw of the great stores of the city, are making money at this branch of art. Stencilled shades, window curtains, bedspreads in homespun or plain unbleached muslin are inexpensive. But the touch of stenciling that is applied makes them artistic and salable.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast. Country Sausage, Fried Potatoes, Apple Sauce, Rye Rolls, Coffee.	Breakfast. Orange Juice, Pancakes, Maple Syrup, Toast, Coffee.	Breakfast. Chicken Liver Omelet, Currant Jelly, Hot Rolls, Coffee.	Breakfast. Stewed Figs, Cereal with Whole Milk, Biscuits, Cereal Coffee.	Breakfast. Broiled Mackerel, Fried Green Peppers, Toast, Coffee.	Breakfast. Cheese Omelet, Fruit Preserve, Graham Toast, Cereal Coffee.	Breakfast. Grapefruit, Grilled Bacon, Hot Rolls, Coffee.
Luncheon. Pea Soup, Frankfurters, Crackers, Cereal Coffee, Dinner.	Luncheon. Baked Beans, Cold Sliced Meat, Bread and Butter, Tea, Dinner.	Luncheon. Fricassee of Beef in Cream, Toast, Stewed Fruit, Cocoa, Dinner.	Luncheon. Egg Salad, Toasted Muffins, Tea, Dinner.	Luncheon. Fried Mush with Syrup, Pie, Cocoa, Dinner.	Luncheon. Veal Cutlets, Cream Gravy, Stewed Prunes, Tea.	Dinner. Roast Pork, Cauliflower, Mashed Potatoes, Lettuce Salad, Prune Souffle, Cereal Coffee, Supper.
Dinner. Hash (Meat from Sunday dinner), Fried Egg, Spaghetti, Apple Fritters, Coffee.	Dinner. Chicken Fricassee, Buttered Carrots, Boiled Rice, Pineapple Whip, Cereal Coffee.	Dinner. Braised Beef, Corn Fritters, Baked Beans, Lettuce, Rice Pudding, Coffee.	Dinner. Lamb Stew, with Vegetables, Lemon Custard Pie, Demi-Tasse.	Dinner. Salmon au Gratin, Mashed Potatoes, Peas, Fig Pudding, Coffee.	Dinner. Broiled Steak, Baked Sweet Potatoes, Fresh Spinach, Cup Cakes, Demi-Tasse.	Dinner. Tuna Fish Salad, Home-Made Biscuits, Chocolate Layer Cake, Tea.

Lingerie Dainties You Can Make

THE bride of Spring who will want to economize on her trousseau and the business girl who finds the Winter evenings dull, may well begin now to make some of those dainty lingerie bits the first warm days will bring to mind.

The new lingerie accessories are so simple in cut and design that even the most inexperienced sewer need not hesitate to try making them. The saving will more than repay you for the few evenings you will give to their construction.

Take for example the new petticoat-pants that are beginning to make their evidence in the advance Spring showing. They are fashioned mostly of soft silk or batiste. Two square pieces of material, long enough to reach from the waistline to the knees, are sewed together half way down each side. The top is shirred into an elastic banding and the sides and bottom finished in scallops, lace edging, embroidery or picot. Sometimes the side openings are finished with dainty rosettes of ribbon and sometimes they boast a soft silk tassel as trimming. A length of ribbon sewed from the centre of the bottom at back and a similar length sewed from the centre of the front are brought together and tied when the petticoat-pants are worn, thus forming a sort of dainty "step-in."

For sheer service, the tailored chemise is best. If it must receive its laundering with the rest of the

household laundry, do not attempt to trim your underthings with fine lace or ribbon. Special care must be taken of this sort of lingerie to keep its coloring and daintiness.

The tailored undergarments are even more simple to make. Instead of the lace finished chemise top, simply fold your material back into a hem and have it hemstitched. The bottom may be hemstitched through a narrow hem. Hemstitching stands more wear than picot and is in keeping with the simple lines of this sort of garment.

Choice Recipes

Creamed Bacon with Rice.

FRY one-fourth pound of bacon until it is crisp and dry, then remove from the pan, and to the drippings add two tablespoons of flour. Stir until smooth, then add one cupful of cold milk. Cook slowly for five minutes. Serve on a bed of rice (about one cupful, before cooking) which has been boiled and blanched. Dust with paprika.

Corn Tamale.

2 cupfuls canned tomatoes, 1 cupful canned corn, 1 cupful corn meal, ½ cupful oil, 1 cupful chopped meat, 2 teaspoonfuls minced onion, 1 teaspoonful minced parsley, 2 teaspoonfuls salt, dash black pepper, dash cayenne, 1 teaspoonful melted butter, 2 eggs.

Camisoles have come to be a necessary part of every well groomed girl's wardrobe. They are expensive if purchased at the shops, but with the remnant counters offering such choice bits of silks and satins there is little reason why every girl cannot afford to have several.

Measure your bust line. To it add about four inches. Measure the length of your chest from beneath the armpit to the waistline. Add an inch and a half for finish. With this measurement in mind, select your material with care. Washable satin is excellent for the camisole that needs frequent tubbing. Flesh or white are both suitable, but some of the darker shades, like navy, black or brown, may be made up for those sheer georgette frocks or blouses that are sure to blossom out again in Spring.

Seam the strip together under the arms. Or, if it is long enough, one seam will serve. The material is finished at top with a hem, and for trimming it may have either lace, braid or net. Some of the wider laces have eyelets in their design that serve well for the ribbon to be run through at even intervals. The casing formed by the tailored hem is appropriate to hold the ribbon drawing as well. Sometimes the bottom is held by an elastic band in its casing, or a drawing may be run through, making it easier to get in and out of the slip-over camisole.

Fitting Daughter for Marriage

THE standards of society are swiftly changing. And the changes seem to be beyond the control of the individual. There is a new standard of home life brought about by economic conditions of the day. Instead of falling at fate, would it not seem the logical plan to adapt oneself to the situation, since it is really beyond our control?

The idea of convention permitting a wife to continue working outside the home after marriage is one of the subjects up for discussion just now at every woman's club in the country. The idea is old, yet it has taken a new angle because of the extreme unemployment situation among men. In one city the Mayor has asked women to give up their jobs to men out of employment. And while many of the women have been willing to do so, the situation gives a new impetus to the question.

But there is another side to it. How about the wife who finds her husband incapacitated by some accidental injury after a few years of married life? Would it not have been a blessing to prepare that girl for such a situation? Yet that tragedy may come to any girl, and her lack of training with which she might keep the home going, merely gives an overworked social adjuster more burden.

There are many fine young men and women to-day who dare not marry because the young man finds he cannot maintain a home on his small and likely-to-be-cut salary. Should these fine young folk remain single and wait away some of the best years of their life until the world's economic con-

dition adjusts itself, or should they marry and the wife continue working for the time being?

Girls to-day seem to have taken the answer for granted. And every day we see wives and husbands going out to toll together. It is an ideal way to begin the foundation of a home, but the difficulty arises when the lure of financial freedom, which most women experience after they have worked for a salary for a few years, takes hold of the wife completely. Then the home begins to retrograde because of the absence of children.

One parent has solved the problem of fitting daughter for marriage by insisting that each of his daughters shall be trained for some lucrative employment before marriage. Then, they must work at that employment for at least two years before he would give his consent to any marriage. One daughter has just completed training of three years' nursing. She has been engaged to be married for two years of that three. And although the wait seemed "entirely unfeeling" to the young man in the case, that girl is entirely prepared, come what may after marriage.

Any of the trades and professions that are not passing fads are well to choose for daughter's training. Yet, in the lure to acquire this remunerative knowledge, training for home duties must not be overlooked. According to one social worker, to send a girl into marriage without a good foundational knowledge of domestic science is cheating her husband. It is just as if the young man had squandered his time in frivolous pastimes instead of preparing himself for his big job in life—his business career.

Questions of Etiquette

QUESTION: Will you kindly enlighten me on what foods may be eaten with the fingers and still be within good table manners?—Puzzled.

ANSWER: Olives, bread, crackers, bonbons, and a few vegetables are known as finger foods and may be picked up in the fingers and lifted to the mouth. Bread and crackers are always broken in bits at the plate and a small portion taken to the mouth at a time. Corn on cob may be lifted by the fingers, although some hostesses provide

small spears with which to lift the ear. Artichokes are broken leaf by leaf and lifted from the butter sauce to the mouth with the thumb and forefinger. Then the core is broken and eaten with the fork.

QUESTION: I am living at a hotel. Is it not correct for me to omit wearing my hat when dining in the hotel dining room?—R. B.

ANSWER: A woman dining alone in any public dining room should always wear her hat, even if she is a guest at the hotel.