

# Her Health



# Heart Home

Janet Taylor—Wife

My Secrets of Charm

By Virginia Maxwell

By Marilyn Miller



AMERICAN BEAUTIES—Miss Estelle Taylor, of Philadelphia, Who Has Been Voted the Beauty-Mascot of the Washington and Jefferson College Athletes.

"THIS is Dr. McLean, Ken," Janet introduced, as Kenneth came toward them, emerging from the car. Her husband's expression changed instantly. He had been smiling pleasantly. Now his mouth drooped abruptly. It was plainly evident that Kenneth was annoyed at this man's presence at this time.

Ken nodded stiffly, then took Junior in his arms and started toward the door.

"You'll come in to dinner, won't you, Paul?" Janet urged, as Paul McLean stood for a moment at the curb.

"I think not, Janet," Janet insisted. "We'd love to have you."

Paul smiled whimsically. "Really," he began, "you're a dear. But I know it'd be embarrassing. In a way, I can't blame Kenneth."

It seems like a premeditated plan—my meeting you this way when he was away. But I do want to see you again, Janet. May I telephone . . . to-morrow?"

madcap love affair with a woman he could not claim. Meanwhile, Janet's heart was stinging its sympathetic tune as she came gaily into the little apartment where her husband had preceded her. She turned a smiling face to him for her customary kiss. But Kenneth moved away and walked toward the front window. Janet was frankly puzzled.

"I asked Dr. McLean to dinner, dear," she began sweetly, "but he refused the invitation. He's in town for a day or two and stopped around to take Junior and me for a little spin."

Kenneth was silent. His eyes were fixed on the straggling home-comers on the street below. Janet began to set the dinner table.

"That so?" he remarked snarlingly, after a while, when he found his wife was offering no further explanation.

"Well, there's on thing I'm going to demand, Netty. And that is that you never see that sneak again."

"Ken," Paul's no sneak! "So that's how far it's gone, eh?"

Ken said, with passion, "so far that you call each other by your first names. No . . ." he went on bitterly, "I'm mistaken. He's not a sneak. That term is too worthy for him. He's a cur, a base cur."

"What do you mean, Ken? In heaven's name what are you getting at?"

"Don't pull the innocent stuff with me, Netty," Ken raged on, "it don't go. I'm warning you in time that I forbid you to see or hear from that cur again. An insidious home-wrecker, with the manner of a gentleman. Oh . . ." he raised his hand to check her denial. "I know 'em. They're slow workers. But they get in their deadly work on women just like you. That's why I'm not blaming you. Women are all fools when it comes to fatery. It's the man I blame. They know this vain spot among you. And they play it with a certainty of success."

"Ken!" Janet cries, hurt to the quick. "Don't talk that way. I shan't listen to that sort of talk from you."

"So you've fallen for his soft chatter already, eh," Ken tried to laugh scornfully, "well, you'll get over that, little girl. From tonight on, we'll see to it that you don't see each other again."

"But I will," Janet flared, wrought to desperation by the insinuating words of her husband. "I will . . . if I want to. I'll see anyone I wish. And you shall not stop me. I've given you first chance. You know I offered you the finest love a woman could give when I married you. And what did you do with it? You starved it with your indifference. Then you flung it aside for the pretty smile of a . . . woman. No . . ."

Janet softened a little, "I'll spare her and call her just a modiste's model."

"You dare to talk to me like that?" Kenneth cried.

"And why not?"

"Because you are my wife . . . and by all above, I'm going to protect you from yourself."

In a moment, his face relaxed. He caught up a magazine and began to scan its pages.

"As for Valerie," he remarked lightly, "don't let her bother you. Because, you see, dear, a man's ode is different."

"It has been, I think you mean."

Janet insisted, "but from now on our code will be the same."

(To Be Continued.)

Variety, however, is absolutely essential to good diet. By it I do not mean the endless tid-bits of food served at one meal. But rather a complete change of menu daily. The main meat course of the meal should be alternated from day to day. And nothing adds such an appetizing touch as a well chosen variety of vegetables, simply prepared.

The traveling woman has the advantage of obtaining fresh foods that find place in the local markets. Fresh fish in the East and on the Pacific Coast is a food not to be overlooked. In place of meat, at least once or twice a week, fish lightens the diet so that the system is not overtaxed with protein foods. Salads, in all their crispness, are excellent for their mineral salts and should be used extensively on the table whenever possible. Only for a few short months in mid-Winter is the salad unavailable in certain parts of the country. But where it grows crisp and fresh all year round it should find its very important place on the dinner menu.

Stewed fruits are sufficiently sweet to make a good substitute for the rich creamed pastries that have entered the American diet so extensively during the last few years. The Winter months are best to indulge the taste for these rich desserts, but the lighter desserts that help the system cleanse itself should be alternated.

Some food scientists claim that the diet of the actress is most perfect as to time division. Because the actress has a light breakfast and a nourishing lunch at least two hours before her matinee performance it becomes unnecessary for the heavy dinner at 7 o'clock, as is the usual rule among non-professional people. The heavy dinner at night is dispensed with in the diet of most stage people, and a light repast taken until the evening performance. Three light meals a day and one good, nourishing luncheon seems to be the plan of which modern dietitians are showing approval.

The lobster conceptions that are associated with midnight suppers among stage people are mostly fiction. No stage star can afford to run the risk of impairing her health and good looks by that sort of midnight menu.

It is not very often I speak of diet in relation to health and consequent beauty, because I consider the individual diet a truly personal thing. What is food for one person may be harmful to another. So that for choosing the dishes one would eat, early training, location and the like must be taken into consideration. In some parts of our country food is not palatable unless it is highly seasoned with peppers. But folks who have grown accustomed to this fare are healthy and vigorous. A stranger from another part might find it difficult to adjust her taste to the fare, but Nature has a miraculous way of making adjustments. It is to the traveling women who must adjust their tastes constantly, I am going to speak this week, and to those women who do not change their diet sufficiently.

Two rules that seem simple enough yet are abused by so many are the foundations of good health from correct eating. The first is never to eat unless hungry. The second rule is never to eat a morsel more than the stomach demands. By following these two rules, we are following the dictates of Nature, and her commands are, after all, only what science is trying to fulfill.

A few simple dishes for a meal are far better than a host of various foods. Occasionally, when the banquet is attended, the variety of food lends zest to the ordinary menu of everyday living. But rich foods and the endless variety that form strange chemical combinations in the stomach should be avoided. No doubt the reason why the peasant girls of Europe have such beautiful complexions, as a rule, is because of their simple diet.

Abroad, and particularly in the peasant districts, the facilities for carrying the rich pastries from town are not available. And happily enough, the peasant girl is forced to maintain her simple diet that gives her skin such a translucent texture and warm coloring. In America the foods of the earth are brought to our doors whether we live in a tiny lodge far out in the country or right in the heart of a city. It is left entirely to our own discrimination which we shall choose for our diet.

It is best solved by custom. It is the established custom for a lady to wear her hat to the dining room even though she be a permanent guest at the hotel. In the dining rooms of the best hotels in large cities, ladies do not appear hatless. Even though by courtesy of being a permanent guest a special table is reserved for the lady each evening, the hat is worn nevertheless.

A woman should never stop at a hotel without some baggage. Even though she intends to stay only overnight, she should carry a small handbag with her.

When a gentleman calls upon a lady at her hotel, he gives his name to the desk clerk. It is not necessary to offer a card. The clerk calls the lady guest to the telephone or directs the gentleman to a telephone in the lobby. It is, however, the custom of first class hotels for the desk clerk to call the lady on the telephone first, advise her of the caller, repeating his name, then allowing the caller to speak with the guest if agreeable.

In no instance is it correct for a lady to ask the gentleman caller to her suite. The conventional thing to do is to ask him to call back later if she is indisposed, or to come down in the lift to the lounge room to meet him.

When the gentleman calls and the lady is not in, it is correct for him to leave his card, making certain to write upon it for whom it is intended.

Following out these simple rules of hotel etiquette any woman need not hesitate to stay at a strange hotel alone. Good breeding is recognized as society's stamp of approval and is respected everywhere.

## "Play Way" Teaching

"PLAY," says Professor Kirkpatrick, "becomes one of the most effective means of learning to work." It was this idea that the mother of the child prodigy, Winifred Sackville Stoner took as her foundation idea in teaching her child the various studies in which she became a proficient scholar before she was six years old.

At a recent meeting "Ma" Stoner as she would be called, responded to a request to tell some of her secrets of teaching. How a mere babe could read and write, speak several foreign languages and write letters on a typewriter at the age of seven was indeed an interesting revelation. "Particularly because the mother of this child claims that any child may do the same, if properly trained. This is what she says about training her own daughter:

"I had a row of blocks, one to ten, arranged in ten columns, one to ten in the first column, ten to twenty in the second, etc. On the fourth wall there were pictures of notes in the musical scale.

"As babies pay more attention to hearing things than to seeing, I wished to give her a first impression of the alphabet through sound.

"Do not imagine that the baby paid any great attention to my first attempts to teach her the alphabet, but hearing the letters sung upon her ear, while the bright colors attracted her eye and almost unconsciously she thus learned to know the English alphabet."

"After singing the letter I would point to the big red 'A' on the wall and then show her 'A' on one of her blocks, telling her that I had two blocks, telling her that I had two Misters 'A.' From a box of anagrams I would take all the 'A' letters and place them beside the block 'A.' For several days I played 'seeking A.' Then I asked her to please give Mother one of the 'A' anagrams.

"From earliest infancy, I tried to teach my child the joy of service, and it gave her great pleasure to help me in some way. There, when I expressed a great desire to have a little 'A' from her blocks, the baby tried very hard to find the block for mother."

"Her success gave her a feeling of pride. Besides this, it gave her a certain amount of self-confidence which I knew would be valuable later in life."

## Appetizing Menus for the Week

MONDAY.	TUESDAY.	WEDNESDAY.	THURSDAY.	FRIDAY.	SATURDAY.	SUNDAY.
Breakfast Apple Sauce, Buckwheat Cakes, Maple Syrup, Toast, Coffee.	Breakfast Orange Marmalade, Tomato Omelet, Biscuits.	Breakfast Grapfruit, Waffles with Honey, Corn Bread, Coffee.	Breakfast Bacon and Eggs, Apple Sauce, Graham Bread, Cereal Coffee.	Breakfast Stewed Peas, Cereal with Cream, Corn Fritters, Coffee.	Breakfast Orange Juice, Broiled Tripe, Toast, Cereal Coffee.	Breakfast Grapes, Pancakes, Toasted Crackers, Coffee.
Luncheon Tomato Soup, Cheese in Rice, Muffins, Cocoa.	Luncheon Spinach with Egg, Banana Salad, Cookies, Tea.	Luncheon Sausages, Potato Salad, Marmalade, Biscuits, Tea.	Luncheon Spaghetti with Hamburger, Pickled Beets, Fruit, Cocoa.	Luncheon Sandwich in Oil, Stewed Tomatoes, Rice Pudding, Coffee.	Luncheon Lima Beans, Stewed Tomatoes, Fried Sweet Potatoes, Apple Pie, Cocoa.	Luncheon Celery Soup, Roast Chicken, Potatoes, Stewed Corn, Fruit Gelatine, Demi-Tasse.
Dinner Corned Beef, Spinach, Boiled Potatoes, Custard Pudding, Cereal Coffee.	Dinner Corned Beef, Baked Green Peppers, Baked Potatoes, Apple Cake, Demi-Tasse.	Dinner Vegetable Soup, Hamburger Roast, Mashed Potatoes, Cauliflower, Peach Preserve, Coffee.	Dinner Lamb on Casseroles, Vegetables, Rice Pudding, Coffee.	Dinner Clam Chowder, Broiled Mackerel, Peas, Sweet Potatoes, Charlotte Russe, Demi-Tasse.	Dinner Baked Veal Cakes, Tomato Sauce, String Beans, Macaroni, Tea.	Dinner Supper Fruit Salad, Home-Made Biscuits, Chocolate Layer Cake, Tea.

## Making Your Own Evening Gown

In some of the high schools the graduate girls are required to make their own graduation dresses. And it is surprising to learn, from what the teachers have found out since, how many girls really learn to sew and design all their frocks when they are out of school. Busy mothers take heed! With a little practice your own sixteen-year-old girl can make any number of pretty frocks for herself with far less strain on your pocketbook than if those very necessary frocks had to be purchased at the shops.

This is a year when the young miss is particularly fortunate in having Dame Fashion decree such simple style. Any number of frocks for daytime wear may be made up. But particularly good are the simple styles for evening wear, on which to learn.

Ere is how one sixteen-year-old miss fashioned a frock for herself that brought her into popularity at the frat dance.

A simple two-piece skirt was fashioned of pale blue silk crepe. The ready-made foundation avoided the necessity of fitting, as the silk was simply laid over the foundation in graceful folds and tacked to the body beneath.

tion was simple yet beautiful because of its fabric and color. Or child tulle was pieced at the edge in silver thread and two panels shrilled at the hips floated down the sides of the skirt, reaching just a little below the bottom. Or child velvet straps embroidered in a simple design in the silver thread gave a note of unity to the frock and served to carry out the exquisite color combination. A

band of silver ribbon stretched lightly about the waist and highlighted the simple little frock that at once took on the air of a professional modiste.

Any number of color schemes may be used to follow out the model just described. For example, for the brunette beauty, there are white and white. The foundation of white crepe may have its panels of jade green taffeta. Tangerine and old blue, flame and violet, black and silver tissue, etc., make rare combinations that come as suggestions from one of the most exclusive Paris shops for debutante frocks.

Classic lines have taken hold, and the evening gown built on these lines is even more simple to fashion than the fluffy models appropriate for younger girls. One gown turned out by a girl in a vocational school was exquisite. It was designed for her mother, whose mature figure had to be taken into consideration when planning the lines of it.

The foundation frock was fashioned, as described for the simple model of youth. The material was white satin. Over the foundation was slipped a loose coat reaching almost to the knees and cut from the sheerest of black chiffon. The rare chiffon coat was hand embroidered in steel beads and white silk floss. A loose string girdle of black and white and silver wove cord encircled the waistline, drawing in the full coat to a graceful line.

With a little practice, some clever models may be turned out. And it is well for the young miss to begin early, so that she might become proficient in the art, should she care to make designing her career later on.

## Household Hints

If a dish of food is laid on the table to keep cool put it on a rubber ring from a preserve jar to keep it from slipping.

Wipe out a greasy spider with paper before washing it. It keeps grease out of the sink pipes.

When scaling fish lay them on a paper and use a coarse grater.

To remove smoke stains from kettles rub well with kerosene and afterwards wash as usual.

A strip of leather tacked on the wall above the kitchen table is convenient for holding knives.

A low rocking chair, in which to sit while preparing vegetables, adds greatly to the general comfort.

Cereals requiring more than one hour to cook should be cooked the day before and reheated in the morning.

Coarse, flaky cereals should be stirred as little as possible. Fine granular cereals may be beaten.

## Hotel Etiquette

Women to-day travel about the country alone much more frequently than a generation ago. There was a time when a woman needed to know little of hotel etiquette, as she traveled mostly with her family, and was not on her own resources. But now that the customs have changed, there has come into being a decided code of etiquette which every well bred woman adheres to when stopping at a strange hotel.

On entering the hotel for the first time, the woman should at once make her way to the desk and register, then follow the page assigned to her, to her room. It is not good form for a woman to loiter in the lobby before going to her room after she has registered.

When a woman registers, the prefix "Miss" or "Mrs." must be used. The matron should sign herself with her husband's name and the unmarried woman with her given name. Contractions of names should never be used in signing the register, as "Florence Smith" in place of "Mrs. Florence."

When a family is traveling where there are several daughters, the daughters each sign the register with their given names. Only when a girl is the only daughter with her parent does she sign herself "Miss Smith," without her given name. "Mrs. John Smith and daughter," or "Mr. John Smith and wife" is considered poor form and should be avoided.

From time to time inquiries have come to this newspaper regarding the good or bad form of wearing a hat to the public dining room of a hotel when a lady is staying for a length of time at the hotel. This question, while not strictly decided upon by authorities on hotel et-

quette, is best solved by custom. It is the established custom for a lady to wear her hat to the dining room even though she be a permanent guest at the hotel. In the dining rooms of the best hotels in large cities, ladies do not appear hatless. Even though by courtesy of being a permanent guest a special table is reserved for the lady each evening, the hat is worn nevertheless.

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## Poems for Your Scrapbook

TO DAPHNE.  
THAT fawn-skinned dappled hair of hers,  
And the dewy eyes,  
Dear and dewy,  
And that infantine fresh air of hers!  
To think men cannot take you, Sweet,  
And enfold you,  
Ay, and hold you,  
And so keep you what they make you, Sweet!

You like us for a glance, you know—  
For a word's sake  
Or a sword's sake,  
All's the same, whate'er they chance, you know.  
—Robert Browning.