

Her Health

Married—But Happy

By Virginia Lynch Maxwell.

IT was Billy's mother's turn to come visit the children, as she called them affectionately. And Charlotte made special preparation to entertain the dear old lady. She knew Mrs. Smith to be fussy. And she wanted everything as her mother-in-law would have wished it, so that there would be no unpleasant clashes. Once before, when Mother Smith had come to stay with Charlotte, she had commented rather freely on the lunches of left-overs Charlotte had served. And Billy had come courageously to Charlotte's side, explaining his pride in his wife's thrift. It had left a sort of breach between them and Charlotte welcomed the opportunity to heal the wound. Unfortunately, Charlotte had to keep a dentist's appointment in town the day Mother Smith arrived. But she explained it to Billy's mother as best she could and Mrs. Smith insisted that she would be perfectly comfortable by herself. "I'll take a walk down along that wonderful shore, Lottie," she said. "It's been a long while since I've seen this kind of country. I'm tired to death of the mountains. So you just run along and keep that appointment and don't worry about me at all." "You're sure you'll find your way into town for dinner to-night with us?" Charlotte asked. "If you're timid about the trip, mother, I'll drop back and get you." "That's nice, indeed," Mother Smith came back with a hurt little expression in her eyes. "Trying to make an old lady of me, are you? I found my way out here all alone, and I think I can find my way back I know the hotel where we are to have dinner." Charlotte kissed Mother Smith good-by and gave her final instructions as to locking up the house before she left. Mother Smith took Charlotte's directions with an air of a learned professor being scolded by a freshman. At seven o'clock that evening Charlotte walked into the lobby of the hotel to greet an irate husband. "Where's mother?" he asked promptly. "Isn't she here?" "Do you see her?" Charlotte began to explain. "Mother Smith insisted she could find her way into town all right

and was quite offended, dear, when I suggested dropping back for her." "A fine way to treat my mother, indeed. I think it inconsiderate, Lottie, to say the least." "But, dearest," said Charlotte, hurt through by Billy's unexpected attitude, "I was doing what I thought she'd like. She told me frankly she'd prefer being by herself this afternoon. She wanted to walk along the shore and"— "No use explaining now, Lottie. I'll telephone her and see what's happened." They found a telephone and Billy waited impatiently. Meanwhile Charlotte had her eyes on the revolving door at the front of the hotel. Finally Billy stepped from the booth, a worried, puzzled expression on his face. "What's the matter, dear? Isn't she coming out?" "She probably is if ever she can find the place," he said savagely. "There's no answer, so I suppose she's left the house and got lost somewhere." "Oh, I'm terribly sorry. I should have insisted upon taking her along with me. But, really, dear, you do know mother when she wants to do something her own way." "Please—please," begged Billy. "I'd rather not say anything more about it. The damage is done now. I suppose I'll have to send out a police patrol to find her." As he finished speaking Charlotte saw his expression relax. He rose to his feet without a word and started forward toward the front of the lobby. Charlotte followed and saw Mother Smith come forward with outstretched hands to Billy. The next moment Charlotte was being kissed affectionately. "We thought you'd got lost, mother," said Billy. "I was just going to send out a flying squadron in search of you." "Indeed, no," laughed Mother Smith. "I must apologize for being late. But do you know, I never got down to that beach at all to-day? I opened out the top drawer of your chiffonier, William, dear, to put in some new ties I knitted for you. And I found the most untidy array I've ever seen. I began tidying up and it took a long time. That's what made me miss the early train." Charlotte controlled the mirth as



Heart Home

My Secrets of Charm

By Marilyn Miller.



AMERICAN BEAUTIES—Miss Geraldine Miller Graham is the Daughter of Mrs. William Miller Graham, of Santa Barbara, Cal. The Prince of Wales, With Whom She Danced Called Her One of the Most Beautiful Girls in America.

she watched her husband's expression. Billy's pet drawer—and to think Mother Smith dared to touch it. It was more than she had ever dared, even as Billy's wife. "Well, that was awfully nice of you, mother. Thanks. But if you'd know how starved I am you'd have hurried along and left the thing topsy-turvy." "Now, now, dear boy," Mother Smith said, wagging her finger at him playfully, "you know I never raised you like that." Charlotte caught Billy's eye and Billy returned a look of abject apology. (To Be Continued.)

I BELIEVE it was Rousseau who once said, "If she has good teeth, no woman can be ugly." The charm of a smile has been lauded by authors in every generation. And perhaps in the Middle Ages, when women knew little of mouth hygiene, the beauty of perfect teeth was considered a veritable wonder. The early Greek women knew how to preserve their teeth by using charcoal. But as civilization began to decline the mouth was neglected. It is, indeed, a wonder that some of us inherit the strong teeth we possess to-day. During the past twenty years science has made some very careful researches into the cause of falling teeth. And women to-day have the advantage of this knowledge gathered after long, tedious laboratory experiments. When we were accustomed to eating the coarser foods the mastication process acted as a sort of tooth cleanser in itself. But our American diet is deplorably lacking in this kind of food, and so we cannot afford to depend upon food substances to polish our teeth as the African woman does. Daily care of the teeth is absolutely essential. It makes little difference whether you were born with the gift of fine, strong teeth, or if your teeth are inclined to be brittle. If you give them the proper attention every day they cannot fail to be attractive when you smile. Be careful of your tooth powder or paste. Some of these cleansers contain a large amount of sugar, which must be thoroughly rinsed from the mouth after the tooth cleanser has been used. Brush the teeth right and morning. This is the one simple, yet most abused, law of mouth hygiene we find ourselves falling into. The teeth should be brushed with an up-and-down motion, never cross-wise. Be careful about your toothbrush, too. Is it too sharp bristled for your gums? Many tooth infections are begun by scratching the gums with a brush that is too severe for a sensitive mouth. An offensive breath may be temporarily overcome by dissolving a teaspoonful of bicarbonate of soda in a glass of water and rinsing the mouth with this solution. But if the condition is of lasting duration your physician should be consulted without delay. It is sometimes the symptom of poor digestion and sometimes a throat malady is located. In any event, do not neglect these hints which nature offers in time, and have your trouble corrected. Tartar will form on the most carefully cleansed teeth. It is a deposit which usually begins to make its appearance on the inside of the lower front teeth. At this part it is difficult to detect its presence unless you use a hand mirror. To insure protection against the deadly substance penetrating the enamel—which means eventual decay of the tooth—it is an excellent plan to consult your dentist at least once every six months. He will remove any tartar accumulation with a special instrument for this purpose and give your teeth a new lease on life. Common salt is known to do wonders in whitening the teeth. Have you noticed a yellowish tint on your front teeth? If so, you may be certain that that yellowish tinge has spread over every other tooth, for nature has a way of protecting the more prominent teeth from harmful elements until last. Often the teeth take on a yellowish appearance when the blood is out of order or the stomach not functioning as it should. Deep breathing will purify the blood and very often overcome this condition. But if your teeth have become discolored from the after-dinner puff of a cigarette or perhaps from the fir cigarettes or fresh fruits I would suggest that you try the simple remedy of brushing them with ordinary table salt. Wet your brush and sprinkle it with a good covering of salt. Scrub the teeth with this. At first you will experience a puckering of the gums. But the salt will clean away this ugly stain and make your teeth pearly once again. The salt, however, should not be used more than once or twice a month, as it has a drying effect on the gum tissues.

Cool Weather Greens in Diet

DURING the warm days of Summer we naturally turn toward greens in the diet to keep cool and comfortable. But as the cooler days come in the housewife must be watchful lest she permit the heavier foods to monopolize the menu. Greens are necessary to any well-balanced menu and they should be selected from the vegetables that are available from season to season. In many parts of the country at this time of year lettuce is out of the market. Yet there are enough other green vegetables that may take the place of this particular green so rich in mineral salts. Spinach is one of the best greens we have. It runs far into the Fall season in many parts of the country. But where it is unavailable celery may be substituted. Of course, one may purchase greens in cans. But they lack a certain per cent of their value when canned. Boiling extracts much of their mineral salts and that unexplainable something which science has decided to call vitamins. Keep to the fresh greens as long as they last. Then do not cut them from the menu simply because there is no longer a supply. Rather use the canned greens than permit the menu to suffer. Celery, string beans, cabbage, spinach and other hardy vegetables

survive the chill winds of the colder weather and remain in the markets for a long while. They may be prepared in so many ways that the housewife should find no difficulty in lending variety to the diet, even when handicapped by scarcity. Have you ever tried creamed spinach on toast, garnished with hard-cooked eggs, for a luncheon dish? It lends flavor to a day's menu and adds the mineral salts so necessary. The egg gives the real food value to the dish and should not be omitted. Steamed celery is one way of using up the ends not presentable enough for first use. Use your celery fresh when possible, but do not discard the browned portions. They may be scraped carefully and put into the steamer until thoroughly cooked. Served with butter, pepper and salt they add zest to the menu and contribute the mineral salts which keep one's blood in good condition. Carrots are not usually considered greens, but they do contain a certain amount of mineral salts which may be preserved by careful cooking. Scrape your carrots and cook them in boiling, salted water, so that little of the salts will escape from the vegetable. Steaming is a better process if possible. A good steamer pot should be part of every well-equipped kitchen if the best qualities of vegetables are to be preserved.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Stewed Prunes, Dry Cereal, Cream, Coffee.	Breakfast Apple Sauce, Corn Fritters, Syrup, Tea.	Breakfast Baked Bananas, Oatmeal, Top Milk, Butter, Toast, Cereal Coffee.	Breakfast Fried Scramble, Orange Marmalade, Graham Rolls, Cocoa.	Breakfast Codfish Cakes, Tomato Sauce, Toast, Cereal Coffee.	Breakfast Orange Juice, Fried Sausage, Toasted Rye Rolls, Coffee.	Breakfast Grapefruit, Scrambled Eggs, English Muffins, Tea.
Luncheon Cream of Tomato Soup, Rolls, Apple Pie, Dinner	Luncheon Ham Omelet, String Bean Salad, Muffins, Dinner	Luncheon Corn Pudding, Baked Beans, Lettuce Salad, Milk. Dinner Tenderloin Steak, Beets, Spaghetti, Cream Cake, Cereal Coffee, Bread Pudding, Demi-Tasse.	Luncheon Baked Spaghetti with Cheese, Stewed Tomatoes, Bread and Butter, Cold Beverage. Dinner Boiled Corned Beef, Potatoes, Beets, Baked Apple, Coffee.	Luncheon Split Pea Soup, Crackers, Chocolate Constarth Pudding, Tea. Dinner Salmon au Gratin, Creamed Potatoes, Cauliflower, Rye Muffins, Lemon Gelatine, Demi-Tasse.	Luncheon Creamed Fish on Toast, Banana with Milk. Dinner Clam Broth, Veal Cutlets, Fried Sweet Potatoes, Apple Tapioca, Cocoa.	Luncheon Fruit Cocktail, Roast Veal, Creamed Onions, Baked Rice Custard, Demi-Tasse. Supper Potato Salad with Cold Boiled Eggs, Rye Bread, Layer Cake, Coffee.

Nourishing Lunches for the School Child

THE mother of little ones going to school must not overlook the nutritive value of their lunch boxes in her effort to make the spread appear attractive. An eminent scientist once said that we ate more with our eyes than with our mouths. And it has been proved that good digestion waits on appetite. Dishes must appear attractive to the eye before the digestive juices begin to flow freely. But the school child does not require much to pique an appetite and promote good digestion. If you would have your child's lunch box contain a well-balanced luncheon see that it has a protoid food, a carbohydrate, some starch and mineral matter. Beans mashed to a pulp and spread on slices of bread, with the addition of a leaf of crisp lettuce, make an ideal combination of food values. The beans are the protoid food, the bread is the starch and the green lettuce provides the mineral matter. Eaten with a cup of sweet chocolate or perhaps a glass of milk, with a cookie or two, this combination is excellent for the growing child's lunch box. If you use the sweetened chocolate you do not require the cookies. But if milk is provided the sweet cookies should be added to the menu to give the carbohydrate value, or what is known as "sweets." This slice of brown bread may be spread with peanut butter and used with watercress or chopped

Household Hints

STALE cake may be toasted, topped with stewed fruit, and served with cream as a delicious dessert. Cook a double quantity of rice at one time and divide in two portions. One may be made into Spanish rice for one meal and the balance used for rice pudding the next day. Keep your old magazines until they accumulate, then mail them to a charity institution rather than throw them away. They are bound to find a welcome by some one who cannot afford to purchase current issues. When tinting your fine underwear, strain the tint through cheesecloth before adding to the water. This will prevent streaking when the garment is dipped. If you have no cream of tartar on hand for the fudge, try using a little baking powder. Baking powder contains cream of tartar. Keep a cut apple in your cake box and your cake will remain fresh and moist for a longer period.

Grandma's Good Night Story

LITTLE Billy Rabbit came bobbing along the road, fairly panting for breath. "For goodness sake, save me," he begged. "Those horrid dogs are after me and I fear for my life." Sly Fox and the wide-eyed Mr. Owl looked the shivering little Billy Rabbit over with cynical smiles. "Save yourself," replied Sly Fox. Billy turned pleading eyes to Mr. Owl, but he scarcely seemed to hear what Billy had been saying. Billy looked in every direction. Not one friend did he see. Far up in the tree he spied Mrs. Robin with her little family. They were just having lunch, and as Billy crawled up to her she flew into the crook of the tree, where her children were crying for their luncheon. "Oh, dear, oh, dear. What shall I do?" wailed little Billy Rabbit. "Those dogs will be on my trail once again and I shall be caught." Just then he heard a strange little noise in the pond just behind him. He turned quickly, and who do you suppose he saw sitting on the grassy bank with a great wide leaf for his sun umbrella? It was Barney Bullfrog, just as spry as ever. "Hello, Barney Bullfrog," cried Billy as he hopped toward the pond. "How are you to-day?" "Fine," said Barney. "But I fear for you. Did I not hear you crying out that the dogs were chasing you again?" "You did, indeed," said Billy. "I know they will be here in a few minutes. I left them far down the road. But, you see, they are not running me to-day. They have borrowed Sam Snail's automobile and they are putting on the gas to catch me." "Aha," said Barney Bullfrog with a little chuckle, "that is fine. They shall never catch you, then." "How's that?" asked Billy with delight in his voice. "Because I have a fine way of throwing them off their trail. Just give me the signal when you hear them coming around the curve and I will give you a mile head-start." Billy was delighted. But he could not see how Barney Bullfrog could do this. He waited. Then he heard the chug-chug-chug of the automobile in which the dogs were speeding after him. "Now, quick; now is the time!" cried Billy in alarm. Barney Bullfrog watched the automobile for a moment with his great pop eyes. Then he lifted his head and gave a long croak. "Honk, honk, honk," he cried. The automobile stopped. Billy Rabbit slipped through the woods with a merry snarl on his furry face. Barney Bullfrog gave another long croak. It was exactly like the honk of another automobile. And the dogs thought it was a car coming up the hill around the curve. "Let's start her up again," suggested one of the rabbit dogs as they saw no car in sight. But just as they got out to crank the car Barney Bullfrog gave another long croak. They hopped back into their car and began to back her up. "The other car must be coming right around this curve," said one of the rabbit dogs in alarm. "It she doesn't know we're here, we'll all be tossed over the cliff." The dogs waited, afraid the car they imagined was coming up would bump into their own. When they heard no more honks they ran forward again, but slowly. By this time, however, Billy Rabbit was safely home, thanks to Barney Bullfrog's voice.

Poems for Your Scrap Book

When first she gleamed upon my sight,
She was a phantom of delight,
A lovely apparition, sent
To be a moment's ornament;
Her eyes as stars of twilight fair;
Like twilight too, her dusky hair;
But all things else about her drawn
From May-time and the cheerful dawn.
The reason firm, the temperate will,
Endurance, foresight, strength and skill;
A perfect woman, nobly planned
To warn, to comfort and command.
From "She Was a Phantom of Delight"—Wordsworth.

New Style for Old Clothes

TO make or remake is the question confronting most of us at this time of year. And to decide, we make a survey of the prevailing modes in the hopes of finding inspiration for re-making some of those perfectly good but a little out-of-style clothes in the wardrobe now. Fabrics play an important role in the new fashions. One must know how to combine the new with the old to give the Fall wardrobe that modish touch. Almost every woman has a blue serge of some sort in her wardrobe. But blue serge, while always in good taste, is not fashionable this year unless it is combined with something else. If the lines of your gown are decidedly becoming to your figure, do not change them. Of course, last year's frock will be short. It may be lengthened in any one of several ways. It is not always a wise move to attempt to let down the hem of a garment. The underhem material will always show newer than the remainder of the skirt. Instead, why not add the new notes which Paris favors by lengthening your skirt by the addition of a band of broadcloth, velour, duvetyne or kaska cloth? Jade green, henna, any of the shades of red—are excellent color notes for this band. Slip your waist half way down the back and bind the opening with the same shade you select for the skirt. This gives a note of unity to the costume and adds another of the earmarks that distinguish this year's style from that of last season. One may select the length of her new sleeves as she will. The smart shops are showing frocks with short, three-quarter and long sleeves. They are wide at the cuff like the Mandarins, or they may be confined by a narrow cuff in the Russian style. Silk of a harmonious shade is used to lengthen the short sleeves of a cloth frock. If you have a tan frock in your wardrobe from last season, you may bring it right up to the minute by the addition of brown silk peasant sleeves embroidered in gilt thread.