

Her Health



Heart Home

Married—But Happy

By Virginia Lynch Maxwell.

CHARLOTTE had been hearing vague rumors of Billy's new infatuation. The girl was the diminutive Russian toe dancer whom they had both met at the carnival given for the benefit of the community centre.

It was Charlotte who had insisted that Billy take a lot of tickets for the affair. For she had been elected chairman of the committee and she wanted to show a good result from her work.

Billy had accompanied her to the carnival. And she had introduced him to the charming little Russian dancer, who bobbed her black head in time to the rhythmic music as she swayed her lithe body around the platform. Billy had been fascinated from the start. And Charlotte had been secretly amused at this strange new emotion that had seized upon her passive husband.

Things had taken a different turn during the past few days. Women at the club had begun to talk. And it piqued her to know they were taking the little flirtation seriously. "Billy, dear," said Charlotte at breakfast two days after the situation had become so maddening. "I'm going to ask little Sonia to have dinner with us this evening. It must be very lonely in this country for her, with no friends who speak her language. Don't you think it would be awfully nice?"

Billy glowed. "Splendid, my dear. I should like nothing better." "Then I'll telephone her this morning and ask her for dinner this evening."

At ten o'clock, when Billy had left for the office, Charlotte was ringing Sonia at her tiny studio apartment in Greenwich Village. The girl seemed startled at the invitation. In her country there should have existed a noticeable enmity between the two women under similar circumstances. This, indeed, was a strange country, where the wife would ask the other woman to dine at her home.

"And I'm going to ask you to bring a man with you, dear," said Charlotte in her sweetest voice. "Not that I want to deprive dear Billy of your charming company, where the wife would ask the other woman to dine at her home. But I do think it will be such fun watching my dear husband writhe with jealousy when he sees the chap's attentions to you. Don't you think it would be fun, Sonia?" Sonia thought it would. So she promised to be at Charlotte's bun-

galow with the handsome man she could find in her world.

At seven o'clock Billy was eagerly waiting for their guests. Groomed immaculately, he stood on the veranda, ready to greet the couple, while Charlotte pattered about the kitchen. She heard their voices, their mingled greetings. Then she came forward to greet the little dancer who had caused so much ugly gossip in the small community.

Introductions were exchanged. "Dinner is almost ready," Charlotte announced. "I'll call in just a moment." Sonia's dark eyes sparkled and danced as they met Billy's. Charlotte gave Sonia's friend a sweet smile in her most charming manner.

It was Ivan, another of the Russian dancers in the company, whom Sonia had selected to accompany her. And Charlotte used this fact to good advantage. In a few moments she was calling musically from the kitchen for Ivan to come help make their famous native salad dressing. Billy said he could do it, but Charlotte insisted he keep Sonia company on the porch.

Ivan proved charming company. He told Charlotte of his hobbies and of his native country. Together they got the dinner ready. Then Charlotte broke in upon the tête-à-tête conversation which Billy seemed to be enjoying, when she flung open the porch door and called to them that one couldn't really live on love.

Billy gave her a savage look and ignored the remark. But Charlotte had already gained a point. She could see Billy's thoughts in the expression around his mouth. She knew that it was against his code for a wife to carry on a flirtation, regardless of how fascinated he might become with another woman. Charlotte was exquisitely polite and solicitous of Sonia. She made innumerable suggestions for Billy to make the little girl comfortable. It almost seemed, to Billy at least, as if Charlotte feared Sonia might leave early and take her charming friend home with her. That, indeed, to all appearances, would have been quite disappointing to Charlotte. And she did not fail to see that this impression was being registered on her husband.

Sonia was hurt by Ivan's lack of attention. It was to Billy she turned, again and again, for a light for her cigarette. To Billy she turned to pour her some refresh-



AMERICAN BEAUTIES—Miss Anna Hamlin, One of the Most Attractive Debutantes of the Present Season, is the Daughter of Mr. and Mrs. Charles S. Hamlin, of Washington, D. C. Her Father Has Been a Member of the Federal Reserve Board for Several Years.

ment. But it was with an unwilling hand she gave up Ivan to Charlotte's charm. One could not fail to see that the Russian was entranced by the graciousness of his American hostess. He expressed the feeling openly to Charlotte, and each time his words grated on Billy's nerves. Sonia was annoyed. Charlotte alone was enjoying the situation she had created.

Sonia insisted upon going home early. And she left with snapping black eyes. Once she was decid-

My Secrets of Charm

By Marilyn Miller.

WHAT can I do," writes the girl of a thousand woes, "to make myself beautiful? I feel so awkward. I am very conscious of my hands and feet. I am inclined to be thin and wiry and I certainly lack the thing beautiful women call poise."

What shall this girl do? The first thing she needs to do, if she would cultivate charm and beauty, is to change her mental attitude.

Of course, while she believes herself miserably homely she will reflect this opinion from her own thoughts. And others will be quick to gather the same impression.

Forget yourself, my dear. That is the first advice I can give you. But you will ask how can you forget yourself. The method is simple enough if you will follow it.

You must learn to love some particular hobby. And beware of your natural tendency to mope about the house. That won't do. You must select some sort of sport that will take you out in the open. Something that will make you forget your worries.

Perhaps you do not like golf. Try to learn it. Try associating on the links with friends whom you like. And you will find a natural inclination to like the game they like. These are the glorious days outdoors, when the first tingle of cold penetrates and makes us keep moving to be comfortable.

Do you like tennis? Then why not cultivate this as your sport hobby? Tennis playing is excellent to make one forget awkwardness. You simply must give yourself up to the game to do it well. And in this way you will find yourself forgetting your arms, hands, legs, hips and the other awkward parts of your body which you tell me about in your letter.

There is one exercise I know which dramatic teachers give their students when trying to teach stage poise. I think it is the best method for making the arms and hands graceful.

You stretch your arms out from the shoulders as nearly horizontal as you can pose them. Then bring the arms above the head, clapping both hands together several times.

Let the arms fall naturally to the sides, then wring your hands vigorously from the wrists. This exercise brings the circulation to a quickening at these parts, and with it comes a certain life force which we are unable to explain. Try this exercise every day for several weeks and I am certain your condition will improve. You will find that you will be able to use your arms more gracefully because they have become limbered up.

Have you ever tried practicing holding the tea cup gracefully? This in itself is splendid exercise for those fingers that simply do not know how to be graceful. Practice makes perfect in this art. Lift your tea cup as gracefully as possible every day when at the table. Aside from the pretty grace of being able to sip tea with ease, lifting the tea cup is excellent practice for taming the "butter fingers" that are ungraceful and unbecomingly.

Your feet? Stand with feet together. Jump once, twice, three times into the air, snapping your feet together while you are in the air.

Sit on the floor of your room and draw your feet toward you, then push them forward. Repeat this movement several times until you feel the blood tingling. Wring the feet from the ankles as I have described the wrist movement above.

Be careful of your posture. When you go for your daily walk, which must be part of your exercise if you would cultivate a graceful body, be sure to hold your head high, your shoulders well back and your hips comfortably back. This is the posture which science claims to be most conducive to good health. And, of course, good health means beauty. One is a complement of the other. Never permit your chest to fall in while walking. This posture will give you a slouchy appearance. And although some of the flappers will insist upon striking this pose, it is anything but graceful.

Forget yourself and indulge freely in your sports. The results will be well worth your effort. For you will have achieved a certain magnetism that radiates personality and charm.

Serving Without a Maid

WHEN chill breezes blow outdoors the new bride begins to plan interesting little dinner parties.

The maid problem will always be difficult. Even when one can afford the high wages maids are asking, the maid is very often incompetent. In many instances it is a better plan to serve dinner without a maid unless one is fortunate enough to find a maid who knows how to serve well.

There are many women who simply give up entertaining because of the maid problem. Yet this is not necessary if the dinner is well planned with an eye to the hostess herself serving without having to leave the table.

If you are planning to give a maidless dinner, do not attempt soup as your first course. Soup is relished in cool weather, but it must be kept at the right temperature and carefully watched if it would be just right.

The hostess who finds herself both cook and serving maid will enjoy her dinner party far better if she selects one of the more easily prepared and served dishes to begin the meal. There are, for example, grilled sardines on toast, fruit cocktails and crab-meat cocktails, that require little attention after they are once mixed.

The sardines may be prepared by spreading on slices of toast, covered with a sauce made of ketchup, mustard, pepper, salt and onion to taste, and set in a low-baring oven to keep warm.

Grape fruit or melon is another splendid dish with which to open your dinner. It may be prepared long before the guests arrive and set in the ice box to chill.

While the tea wagon is not strictly correct form for dinner,

it is almost an indispensable service to the hostess who plays the role of maid as well.

The tea wagon is rolled up to the hostess' side, and on it there are extra portions of butter, extra rolls, ice water, etc., so that there is no necessity for leaving the table during the meal. The second shelf of the tea wagon holds the main dishes of the meal, such as a platter of meat, two vegetables and a salad. It is less work to prepare individual salads before the guests arrive and keep them cool in the ice chest. But where space does not permit of this arrangement, the hostess will find it very handy to chill her salad plates and prepare the salad in one large bowl to be served at the table.

The small plates and cocktail glasses, after the first course, are gathered toward the hostess, who may set them on the lower shelf of the tea wagon. She will find it then convenient to place the main dishes about the table. Some families prefer to have the host or hostess serve each plate, while others prefer the method of passing the various dishes from one to the other.

Only after the main part of the meal is over will the hostess find it necessary to arise. It is then she removes the soiled plates to the tea wagon and carries them out with those of the first course. On her return trip to the dining room she carries in the dessert, mints and demi-tasse cups. It is a convenient custom and one in good taste for the hostess to pour coffee at the table, from an electric percolator or from a porcelain or silver pot.

With a little planning ahead the new hostess need find it no difficult matter to serve a dinner without sacrificing her own comfort.

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Hints for Fire Prevention Day

EVERY Autumn the Governors of certain States set aside one day called "Fire Prevention Day." The plan was begun a few years ago, when insurance companies compiled reports on the enormous damage that resulted from avoidable fires.

Here are some of the precautionary suggestions from the annual proclamations:

Do not leave papers and rubbish in the cellar or attic.

Keep all matches covered, away

from nibbling mice, and beyond the reach of children.

Do not keep inflammable fluids exposed to heat of any kind.

Have electric apparatus thoroughly examined for leaks or broken insulation. This includes electric curling irons, laundry irons, vacuum cleaners and washing machines.

If housewives give their attention to these precautions and precautions one day each year, experts are sure that an enormous amount of property will be saved from fire destruction.

Appetizing Menus for the Week

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|---|--|
| Breakfast Stewed Figs, Boiled Rice, Muffins, Tea | Breakfast Orange Juice, Vegetable Omelet, Graham Rolls, Cereal Coffee. | Breakfast Baked Pears, Fried Scramble, Warm Biscuits, Coffee. | Breakfast Dry Cereal, Cream, Marmalade, Toast, Coffee. | Breakfast Creamed Codfish on Toast, Strawberry Jam, Cereal Coffee. | Breakfast Pancakes, Jelly Muffins, Tea. | Breakfast Sliced Peaches, Fried Liver, Toast, Coffee. |
| Luncheon Fried Liver with Bacon, Toast, Apple Sauce, Coffee. | Luncheon Creamed Beef, Fried Macaroni, Rolls and Butter, Cold Beverage. | Luncheon Spinach with Poached Egg, Stewed Tomatoes, Rye Muffins, Cocoa. | Luncheon Tomato Soup, Toasted Biscuits, Lemon Cake, Cereal Coffee. | Luncheon Lima Bean Salad, Spinach, Rolls and Butter, Orange Salad, Tea. | Luncheon Fried Ham, Fried Sweet Potatoes, Cookies, Demi-Tasse. | Dinner Celery Soup, Roast Lamb, Squash, Mashed Potatoes, Fruit Salad, Demi-Tasse. |
| Dinner Meat Loaf, Macaroni, Beets, Lettuce Salad, Apple Pie, Demi-Tasse. | Dinner Lamb Stew, Buttered Carrots, Dumplings, Cup Custard, Cookies, Tea. | Dinner Roast Beef, Mashed Potatoes, Squash, Lemon Cake, Cereal Coffee. | Dinner Roast Beef Hash, Baked Green Peppers, Sweet Potatoes, Stewed Fruit, Tea. | Dinner Bean Soup, Kipped Herring, Baked Potatoes, Fruit Whip, Demi-Tasse. | Dinner Breaded Veal Cutlets, Cauliflower, Peas, Sliced Bananas, Cereal Coffee, Tea. | Supper Salmon Salad, Green Pepper Garnish, Warm Biscuits, Ice Cream. |

Lingerie Fashioned from Summer Silks

THE shops are offering their latest bolts of Summer silk just now at remarkable bargain prices. And the woman who keeps an eye of thrift on her wardrobe needs will do well to look into the purchase of some of these colorful silks for the new underwear which may be made at home.

One does not need to be an expert in the art of fashioning dainty lingerie to design and construct the newest garments. Never before have they been so simple in line and trimming.

Silk canton crepe that is durable enough to withstand many tubbings may be purchased for \$1.50 a yard. In quantity one may find a more attractive price. The silk comes in orchid, pink, blue, green and yellow, and is fashioned by some of the better shops into charming bits of finery.

For a nightgown, one requires three and one-quarter yards of the silk and enough lace to trim the neckline and sleeves. The amount of lace required will depend upon the type of gown one selects to make. Perhaps the most simple nightgown offered is fashioned on the straight line model, with two widths of the material joined at side seams. Across the top is a width of fine lace, from the under side of which the shoulder straps are strung.

Kimono lines, too, one may use, cutting a simple pattern of paper at first if not familiar with the model. Fold your material in half lengthwise, then fold it crosswise, so that all open edges are at one side. A slight indentation is cut at the open side of the material, now four thicknesses deep, and the line

brought down the side to fashion the sleeves of the gown. This simple garment is completed by sewing up the under-arm seams with narrow French seams, then finishing the neckline and sleeve ends with ribbon binding, lace edging or

turning back and hemstitching into the new tailored effect.

Step-ins are quite as simple to make from the silk. The new garments depend much upon their material and color rather than on lavish trimming for beauty. Fold your material in half lengthwise and sew up the side seams. The folded side of the garment will be the bottom. The bottom is slit at both sides, leaving a small joining at the centre. These slits are finished in the same edging which is used for the top and are the "step-ins" from which the garment originally derived its name.

There are charming sets of lingerie in the better shops these days. They are comprised of three pieces and make a splendid gift for the Fall bride. A pair of silk bloomers matches in shade and trimming its accompanying step-in and petticoat. They may be done on the very simple tailored lines which stand up so well after many tubbings, or the set may be trimmed as lavishly as one might wish.

Lately there is a decided tendency toward the narrow lace edging which is so dainty and practical. The lace must be of excellent quality if it would accomplish its mission of trimming and wearing. Select your material of heavy quality and it will require little trimming. Any girl who is handy with her needle need not hesitate to fashion any one of these dainty bits of apparel, as there is no fitting required. Fine stitching and excellent qualities are the two requisites to give any of these home-made garments their beauty.

When cooking pot roast, a can of tomatoes may be added instead of water. The juice from the tomatoes is sufficient to keep the meat moistened.

Paint your Summer screens with kerosene oil before storing and they will be like new when you take them out again next Summer.

Household Hints

WHEN grape juice is spilled on a tablecloth, spread the spot at once with salt. The stain will be more easily removed and laundered.

Try removing spots from your bathtub with olive oil. The oil is sprinkled on a flannel cloth and the spot rubbed with this. Warm water and soap is then applied to the spot.

While not guaranteed, some one writes in to say that a teaspoonful of oxalic acid to a glass of warm water will take rust from cut-steel buckles and beaded bags.

The water in which vegetables have been boiled is an excellent foundation for soup-stock.

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Grandma's Good Night Story

JOHNNY BROWN walked out the back door of his father's old stone house and ambled down through the barnyard until he came to the pasture where the horses were nibbling the grass.

"Oh," he cried as he rubbed his eyes. "What in the world has happened to dad's pony? She isn't the same. Something's wrong."

Johnny tiptoed forward toward the grazing horses in the field. "Was he seeing things, he wondered. Or was it really true that one of the horses had great white stripes all around its black, shining body."

"Goodness me," cried Johnny in alarm as he came close to the strange-looking animal. "I wonder what has happened to Dover. He used to be dad's pet horse and now look at him. Striped all over like a crazy quilt!"

Johnny was starting to run back toward the house to tell his dad about the strange change that had come over Dover, when he came upon Billy Harmon sitting on an old stump whistling to some birds in the tree overhead.

"For goodness sake, Billy, do you know what's happened? One of dad's horses has changed colors. He's striped all over with white."

"Think I'm crazy enough to believe that?" asked Billy with a grin. "I'll go see for myself. I believe you're having a day dream, Johnny."

But sure enough, when Billy got out to the pasture he saw the same strange sight. There stood a horse striped all over with white. They stood and watched him for a moment, then Billy had a bright idea.

"I know what's happened to him," he cried out. "He's been down by the new fence that Mr. Smithers painted yesterday, and I

suppose he leaned against the pickets and got those funny stripes."

"But he must have leaned against that fence on both sides," said Johnny with a puzzled frown. "You see, he's got the stripes all over him. I don't see how he could get those stripes on his head and his legs and body all at the same time."

"That's true," replied Billy thoughtfully. "Let's go tell your dad about it."

They hurried back to the house and came upon Johnny's dad just getting ready to start out plowing. Johnny rushed up to him and took his father by the hand.

"Dad, something's happened to Dover. He's got strange white stripes all over him. Billy says he must have been leaning against the new whitewash on the picket fence."

Johnny's father burst into a peal of laughter.

"I forgot to tell you about that," he explained as he walked out to the pasture field again with the two children. "That's not a horse at all. It's called a zebra. I got him from the city to put him in the circus next week. It'll cost a dime to look at him then. But I see you boys have had the first look for nothing."

The two boys looked at each other in amazement.

"Then it isn't Dover?" Johnny asked.

"Of course not," laughed Mr. Brown. "Zebras are born with those stripes and they carry them with them forever. The stripes are very narrow when the zebra is little. But as he grows the stripes get wider and wider."

The zebra saw them. He was quite tame, and when Mr. Brown whistled he came trotting over just that Johnny and Billy could get a better look at his strange body.

Will You Have Coal to Burn?

WE have been warned that there will be a coal shortage this Winter, and many of us are wondering just how to cope with the situation.

Civilization progressed in the days before man knew there was such a fuel as coal. But now, with our furnaces, we are dependent upon it. Yet we can do something in the way of substitution. We can at least burn less coal.

Oil stoves—any number of other heaters—are on the market to cope with the emergency. There is a coal to be had in many parts of the country.

Soft coal is available in some districts. It is not pleasant to use, but it provides heat, and that, after

all, will be the more important consideration. Soft coal burned in a furnace which has been built for the use of hard coal will require a special grate.

If there are several open fireplaces in your home you can burn wood in the parts of the country where wood is accessible. The new gas or electric logs also may be had in the cities. When placed in the fireplace openings they cast an even heat about the room and save much labor.

Oil stoves are difficult to handle and require more work to keep clean. But they are cheap fuel. Purchase your oil in quantity and you will save money. It is penny-wise, pound foolish to purchase oil by the quart or gallon if one has a place to store it.