

Woman And The Home



Walking is the commonest and most healthful of exercises, and few people realize that upon its proper execution depend not only the development and grace of the individual, but also the comfort and health of the feet, says Billie Burke.

Walking is the barometer which records one's physical and mental condition. The next time you indulge in a long stroll take particular notice of this fact. Today, in this glorious spring weather, when you, with Nature, are just bubbling over with the joy of living, you just cannot go aimlessly along; you must have a definite purpose in view, you must be sure of yourself and your steps must be fearless, alert and possess the spring which betokens accord with yourself and the world at large.

No longer the black butterflies hover about; instead, you glory in the glad warm sunshine and as you walk drink in the fragrance of the myriad-colored flowers, wafted by the gentle embracing winds. Look up at the clear blue sky, instead of looking your gaze upon the ground. Of course, the grass and the flowers build a great attraction for you, but today is springtime and your spirit soars to the heights and you feel just like "hitching up your wagon to the stars" and riding

speedily to the fairyland of your dreams. After an hour's tramp in this mood there will be roses in your cheeks and the tired lines will have disappeared—and as for the little troubles which had vexed you before you had started out they will seem to have slunk away stealthily, like cowards, as if ashamed again to show their faces in the glad sunlight.

We are prone to borrow trouble. There is a little verse which I have given conspicuous place on my desk which tells the story in a nutshell:

"The burdens that make us groan and sweat,
The troubles which make us fume and fret,
Are the things that haven't happened yet."

We can walk away from many of these imaginary tribulations and lighten somewhat the real trials of life if we but forget them and consider long enough to bring ourselves to an appreciation of the blessings which have been bestowed so bounteously.

We can also walk away from all such vexations which would not tend to elevate the soul nor expand the mind, for if our souls nor our minds are not growing our friends soon see the lack of it in our faces.

It is said that men grow old from the inside out and women from the outside in—or, in other words, that men feel older than they look and women look older than they feel. Hence the first by-law of our being should be, "Keep young."

You ask, "How?"
Keep your mind occupied and your heart young. Let me remind you again of the little woman in grey who literally lifted herself from invalidism by her bootstraps to a varied and useful life—a sharp contrast to a teacher friend who, at forty gave up her work as well as everything over which she had mental effort. A mutual friend said that she looked seventy-five in six months.

Love of the beautiful should be encouraged and cultivated, for whatever leads to health and strength and beauty and whatever retains it leads also to high morals as well as happiness and success. "Reverence for the work of God as illustrated in our bodies makes us less ready to defile and abuse it."

Walk out in the glorious springtime and remember that when this spring is gone there will be other springs just as glorious as this and prepare yourself to enjoy them—every one.

tried their best to smile. The kind-hearted Ticklehouse came back and put his arms around them. "Tomorrow—this morning, I mean—is April first. I did start out with the idea of taking out polar trip, but my motor wasn't working right, and I thought it safer just to have a frolic with you here at home, for once. But I brought you something to celebrate with."

He handed each twin a box of candy. "Promise not to open them till after breakfast."

Davy and Dorcy promised, and went to sleep with the candy under their pillows. Next morning after breakfast, when they crept up to the nursery and opened the boxes, they found a cunning little chocolate Ticklehouse on top of the chocolates in each one.

And the candy underneath the chocolate mice was NOT "April Fool candy!"

SMALL SHAPES IN SPRING HATS

A notable tendency toward all manner of small shapes is shown in hats for the spring season. The shop windows are as fascinating to gaze into as a beautiful floral display. Bunches of small roses are nestled comfortably against a background of tulips, fashioned with such skill that one cannot fail to appreciate the charm of the smart hats.

It is acknowledged by even the women who follow the fashion that the season of straw hats begins at an absurdly early date. We no longer look in open-eyed astonishment at a conception of straw and filmy materials worn with winter suit and the comfortable protection of furs. It is correct, however, to begin the early spring—or, possibly more truthfully, end the winter months—with a hat that does not outrage all the laws of season, and black satin and soft taffeta moire are a perfect compromise. The hats made of these silks are flat and low, with a shallow round crown and a brim about three to four inches in width.

The prevalent shape is turned down somewhat at the left side, and slightly lower over the forehead, and tilted conspicuously up in the back. A fancy feather is placed at the back of the crown to give an exaggerated effect of height.

The next step is to the fine straw chips, and every imaginable shade is in evidence. With a dark blue or black suit, the dullness of the costume may be charmingly brought into sharp contrast by a cease hat with incurled ostrich feathers lying low on the brim. These feathers are considered smart, because of their straggly appearance.

Another good shade this season, which will be worn quite as much as the popular ones, is a dull greenish grey, and this color serves as an excellent background for a combination of other dull colors which will be used for trimming.

One can scarcely formulate a standard rule for trimming hats this season. Ribbon (velvet, moire, or satin), flowers, and feather fancies are laid upon these varying shapes with no determined plan or premeditated or regulated order. In fact, the evident rule seems to be to follow impulse rather than rule or law. Small bunches of buds or a single flower will be placed on the brim side of the crown, with a flat ribbon-band drawn at a curious angle—and the hat is considered finished.

BOUQUETS A LA ROBESPIERRE

Robespierre bouquets are one charming phase of the dainty nosegays worn on the lapel of a street coat, pinned to the neckpiece or stuck at one corner of the big square muff. They consist of four small roses in "old tones" a spray or two of tiny white blossoms on moss-colored stems and a single green thistle. The white blossoms and the thistle must be purchased of an artificial flower-dealer, but the roses may be home-made.

Take a half-finger's length of inch-wide panne velvet, in pale pink, double it, shir the two edges tightly, produce a calyx with a few threads of yellow floss and that makes one rose. A deep purple rose should be centered with bright green floss, a brown-taupe rose with emerald and a Parma violet rose with orange. When all these velvet exotics have been clustered with the thistle and the fine white flowers, their common stem should be wound with tinfoil, as that makes the illusion the more complete.

FURNISHING A COUNTRY HOUSE

Furnishing a country house is pure joy if one's bank account has even a moderate degree of elasticity. One can do pleasing things, for instance, with the wicker novelties now being shown. These range from candlesticks to beds, and are so alluring that one wants to buy the whole lot.

Tall lamps have open pedestals of wickerwork, are encased in wicker and have wicker shades. The electric cord in these cases is of tan silk instead of green. There are wicker shades, too, for the hanging incandescent light.

Willow beds, both single and double, are provided for outdoor sleeping. There

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WORTH KNOWING

Keep a box of wooden tooth picks handy to test cakes when baking. It will save running for a broom straw, to say nothing of being far more sanitary and appetizing.

To clean photographs and nice book-binding, place common brown meat paper on articles to be cleaned, and press with medium hot iron. This will draw greasy marks into the paper.

Drop a few extra potatoes and a couple of eggs, washed clean, into the dinner pot. Then a little minced onion, salt and vinegar complete a salad for supper with very little trouble.

In making oyster soup, we always add a small piece of cheese—about the size of a hickory nut—to each quart of soup, a few minutes before soup is served. This will have a rich, creamy taste, as though a cup of cream had been added.

LACE BLOUSES

Lace will be a feature of the coming spring and the heavy lace blouse will be once more indispensable. For some time Cluny, Irish point and Bruges have been neglected and now they are to be revived, not in pure white, but in a deep ochre tint. One blouse was a combination of Irish and Cluny made in known fashion with the sleeves half way down the arm in black satin. These sleeves do not reach much beyond the elbow and the introduction of the black satin near the skin gives a new touch to the lace blouse.

Lovely embroideries will be used carried out in nylon applique on net, or in chiffon with chenille insertions and edgings worked in bright colors. White cotton crepe embroideries, either all white, or white with yellow, or blue, or pink, or with a delightful blending of various soft colors, will be used on the smartest gowns.

LAUNDRY LIST

A good laundry list for the household and one that will last a long time, may be made as follows. Write on a narrow slip of paper in a good plain hand, or better still, by using a typewriter, an alphabetical list of the articles sent out in a family wash. Paste this slip of paper on a fairly heavy piece of cardboard. Take 52 strips of paper not more than an inch wide, make them into a pad, sew across the top on a machine—to perforate them so that they may be torn off easily—and fasten the pad to the cardboard opposite the list of articles. Attach a pen-

cil by a string; also a hanger, to fasten the list to a closet door or any other convenient place. When the washing is returned and checked off tear off a slip and the pad will be ready for next week's list. Do not write the items too near together.

FOR SHINY SKIRT

When a skirt of black or other dark material looks shiny from much wear it can be rubbed with a solution of borax and water. This solution removes the glaze completely and can be applied whenever the shine returns. Borax, of course, might like ammonia, have a disastrous effect on some colors, so it should be tried first on the wrong side of the skirt.

Recipes

CODFISH BALLS.—Ingredients: One half pound codfish brisk, two cups potatoes mashed one egg, paprika to taste. Cook and mash potatoes very fine and keep hot. Add cold water to codfish and let simmer till tender; drain in cold water, pick and flake; add the flaked codfish to hot mashed potatoes, season to taste with paprika and beat well with a fork. If too dry, add milk or white of egg and beat well with fork. Shape into round balls, dip in egg and then bread crumbs and deep fry. Are good warmed over. Enough for family of four.

APPLE AND FIG DISH.—Ingredients: Six large apples, one cup chopped figs, one half cup sugar, one half teaspoon cinnamon. Pare and core apples, fill cavities with figs, sprinkle with cinnamon and place in a baking dish with one half cup of water poured over them. Cook patings and cores in water to cover; strain, add sugar and boil until it begins to "jelly" when it should be poured over the apples and baked or occasionally until they are baked. They may be served with whipped cream, if liked. This amount will serve six.

NEW HOOK AND EYE

There are innumerable devices on the market in the shape of improved hooks and eyes and other dress fasteners designed to secure an appearance of neatness and to make garments fit better. These come on cards and in packages, and can also be bought by the yard, sewed on tape ready to use. Among the newest of these fasteners is the flat hook and eye. This improved hook and eye costs no more than other kinds, is rust proof and strong and has the advantage of lying flat and so preventing bulged or lumpy closings. It is particularly good on wash clothes, and can be passed through the winger or ironed over without injury to hook or fabric. It is never necessary to pry it open after laundering.

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