

# DON'T BE A SLOUCH-BE A SOLDIER



**I**f you are not in the habit of buying \$100 gowns and were unexpectedly given a gown of that value, wouldn't you take the best of care of it? You may never have such a gift bestowed upon you, but you have been given one that is of greater value and that is your body. And yet ten chances to one you abuse that gift to such an extent that it loses all its beauty and grace. Now why would you take better care of the gown when it could be duplicated, and why are you so unkind to your body which cannot be duplicated. Perhaps one of the greatest injuries done to the body is the holding of it in incor-

rect and harmful positions.

When you see a soldier march by with his head erect, chest high and agile step, do you not admire his force and his vitality? Good posture indicates not only good health but also readiness for action. It is a military essential and a business asset of the highest value. (Fig. 1).

You have never seen a slouch in the army, have you? What is a slouch? A slouch is a person whose shoulders fall forward of their own weight, whose back is round, bending outward from the neck to the waist, whose chest is flat and narrow and whose head is bent forward. When a slouch

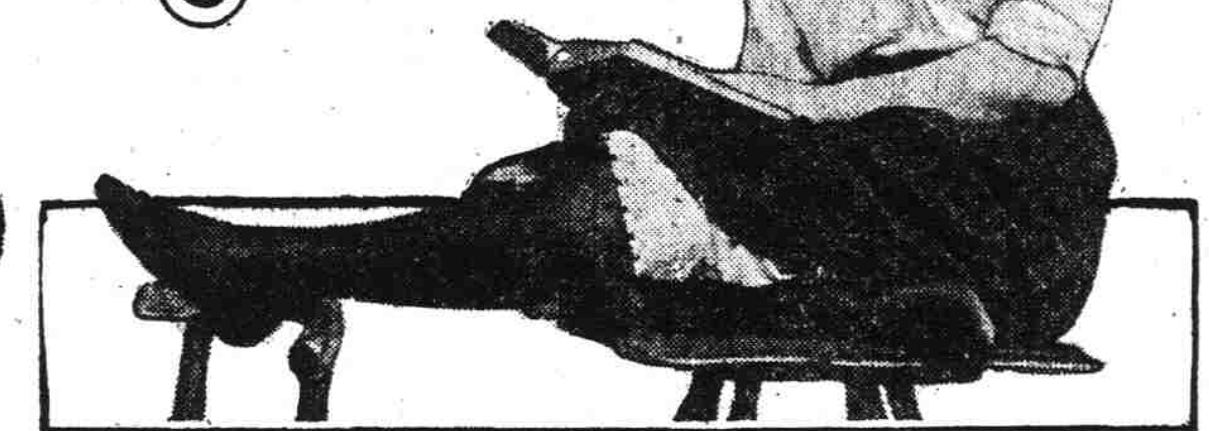
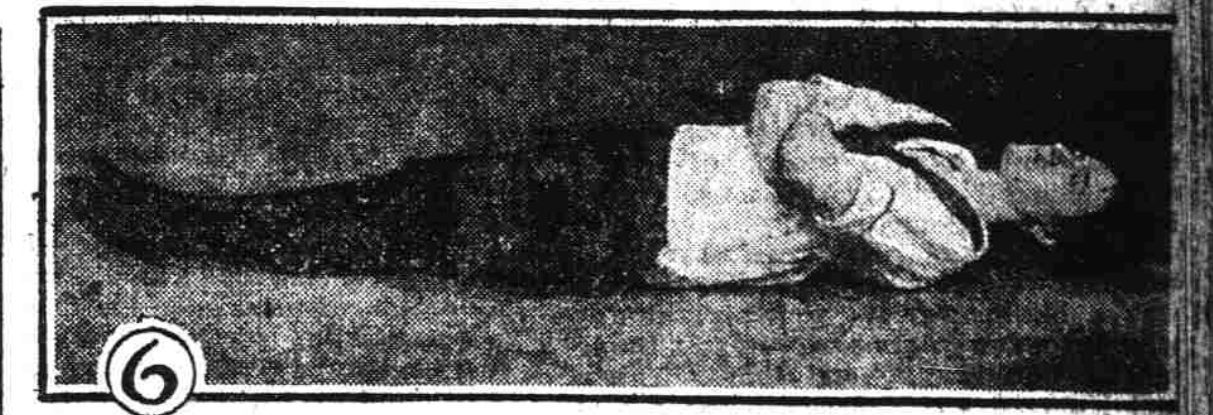
puts her arms above her head she cannot hold her abdomen in, she cannot hold her head back, she cannot expand her chest, and she cannot keep her back straight. Are you a slouch? (Fig. 2) Don't be a slouch; be a soldier.

A slouch carries her burdens on her hips. Hips were not made for carrying burdens and this practice raises one shoulder higher than the other (Fig. 3). The soldier carries his burdens with the strength of his entire arm. His shoulders are equal and his hips are equal. He stands erect (Fig. 4). Don't be a slouch; be a soldier.

Don't bend over and make yourself a football when you read. This posi-

tion is injurious for your eyes, making you near-sighted; injurious for your feet, making you subject to cramps; injurious for your chest, impeding respiration and the other activities of the heart and lungs; and injurious to your back which it rounds until it resembles a football (Fig. 5). The soldier is careful of his back. He supports it at the shoulders and at the hips whenever he can possibly do so to protect that straight back which you and I admire so much (Fig. 6). Don't be a slouch; be a soldier.

You never saw a soldier with one leg curled up under him, did you? You never saw any man sitting in such a



unhygienic position, did you? The why do you so frequently assume the attitude? It is not restful; it is distinctly uncomfortable to sit on your feet. It is not aesthetic; a high shoulder, a high hip, and a round back do not give an attractive appearance. It is not even coquettish; it gives you a vulgar appearance (Fig. 7). Rest yourself by stretching your legs straight in front of you and keeping your back straight at all times (Fig. 8). Don't be a slouch; be a soldier.

## PARTNERSHIP

BY MRS. McCLURE.

**A** MAN and woman who constitute in themselves a little ways and means committee, who regard their relation to each other in the light of a loving partnership and who would no more infringe or pose upon a business co-operation, are putting their marriage upon a basis so firm that no storm, no matter how cyclonic, will ever be able to shake it.

"But how shall I attack the subject?" a distressed girl cries, who is afraid her sweetheart will be disillusioned. "I never get an opportunity to talk about monetary affairs with Dick. I suppose he makes enough to support me, otherwise he wouldn't want to marry me, and if he loves me, as he certainly does, beyond the peradventure of a doubt, he will surely not let me be without money."

He won't perhaps, if he remembers—but men are forgetful by nature. They have no idea of just what it costs to run a house unless they are taught, and the beginning, when all things are rosy and bright, is the best and only time to do the teaching.

All men like to see their wives looking well, but how many of them realize what it costs for a woman to achieve satisfactory, arterial results? Most young brides start their wedded life with an ample trousseau, the consequence being that when this wardrobe is ready for the rag-bag the woman finds that no provision has been made for them to come out of the family income.

"Clothes?" Mr. Newly-Wed, who is still madly enamored of his spouse, will ask vacantly, "why, in heaven's name, do you need new clothes? You always look better than any other woman, and you are looking positively beautiful at this minute."

And the sensitive bride, who knows in her heart that she is beginning to look decidedly "last yearish," will swallow the compliment, and wonder how she is going to open the subject again without too much annoyance to her liege lord. Pretty soon she will realize the error of her courage and wish she had done differently at the start.

There's an old French proverb which says, "It's only the first step that counts." And in the matter of an ante-nuptial agreement regarding finances it is only the first step that counts. All men deep down in their hearts admire the good business woman, the one who has a level head on her shoulders. The girl who tactfully suggests to her fiancé, when he is in a receptive, acquiescent mood, that he should initiate her into the secret of his financial affairs, and that they should discuss together the amount to be spent on this and the amount to be paid out for that, will find 10 chances to one that he will fall in with her plan immediately and admire her for her "spunk" in the bargain.

A good arrangement is to make provision for all the household necessities at first and then divide the remainder equally between husband and wife. Of course, after the bills for rent, food, light, heat, servant's hire and doctor's bills have been summed up, there may only be a small bit left. But, such as it is, it should be divided equally, for, though a man who goes forth into the business world every day may need more pocket money than the wife at home, yet the latter's clothes, no matter how unpretentious they are, will certainly cost more than his.

And what a world of nagging and worry would be avoided if every couple would but start their married life on a common-sense financial basis! A little talk in the beginning will save much talk afterwards. The married woman who has no stated allowance will find that the money question faces her at all times and on all sides. She cannot get away from it. She will never know just where she is "at." She cannot run her menage with any attempt at system, because of her uncertainty, and sooner or later her husband is bound to reproach her with the remark that she never sees him without "talking about money."



## WHEATLESS MEALS

BY EDNA EGAN.

**B**EGIN today to eat more corn meal and hominy grits in place of wheat flour and wheat breakfast foods," is the message the United States Department of Agriculture is sending out broadcast to housewives. "Try a wheatless breakfast tomorrow and then extend the wheatless idea to other days or meals," the dietary specialists suggest. To help the public use corn meal as a wheat substitute, the department has ordered large editions of Farmers' Bulletin 565, "Corn Meal as a Food, and Ways of Using It," which will be sent on request to all who apply for it. This bulletin shows that corn meal dishes can be made to take the place of those made of wheat, and supplies more than 50 tested recipes for its use for breakfast, luncheon and dinner.

Corn, a great natural breadstuff of this country, the department's specialists point out, has not been used for human food nearly as much as its valuable nutritive qualities warrant. This is due largely to the fact that many persons with a what-using habit never have taken the pains to learn to use corn. There is no important dietetic difference between corn and wheat as sources of body fuel. Bread is convenient as a source of starch and protein, but in the ordinary mixed diet it makes little difference whether one gets the required cereal ration in the form of raised or light bread, mixed bread or biscuits, or as mush, hominy grits or desserts.

To those who wish to try wheatless meals, the department suggests the following:

As a substitute for wheat breakfast foods, try white or yellow corn meal, or hominy grits, served with cream and sugar, butter, syrup, or fresh or dried fruit.

As a substitute for wheat biscuits, rolls, or toast, the housewife can employ a dozen different forms of corn bread, such as hot cake, dodgers, soft or spoon corn bread, hominy bread, corn meal and rye Boston bread, Zuni Indian bread, etc.

Fried corn meal mush, fried hominy, or corn meal pancakes made with very little wheat flour, will be found a pleasing variation from wheat cakes.

Corn meal codfish cakes, corn meal scrapple, corn meal croquettes, corn meal or hominy cooked with meat, fish, cheese, eggs or milk, will supply nourishing dishes for the hearty courses.

Hominy grits and coarse hominy (sometimes called samp) may be boiled and used like macaroni or other wheat pastes to serve as side dishes with meat. For dessert, Indian pudding, corn meal and fig or apple pudding, apple dumplings, corn meal doughnuts, ginger bread, cake, fruit gems, etc., will contribute variety as well as nourishment to the bill of fare.

## FRESH AIR

**W**INDOWS originally were merely holes in the wall. They were properly named windows—wind eyes.

Today windows are two frequently employed to keep out light and air.

Keep your windows open. You need fresh air, and the outdoor air is the freshest. Unless dust, soot and smoke abound it is the purest and best for young and old.

When you take a full, deep breath of air you add to your power. Air does not go merely to the lungs—the oxygen in it purifies the blood, which nourishes every part of your body. Breathing pure air, rich in oxygen, gives tone to the heart, which is the reason oxygen is given to persons with weak hearts.

Fresh air aids the mind. You can't do your best work in a close, stuffy room, and lack of breathable air will give you a headache.

Life in the fresh air will improve your strength, your digestion, your nerves. "Back to nature" really means live in the open air. It is a health slogan.

Fresh air classes are demanded for children with poor nutrition, anemia or weak muscles.

Consumptives are advised to be in the fresh air all the time—to eat, work, sleep out of doors.

No longer are rooms made fresh-air proof for the sick. Patients suffering from pneumonia or typhoid fever are treated on hospital roofs or in rooms with the windows wide open.

Window breaking would bring health to many who use the windows to keep fresh air out of their homes.

Don't spend your days in over-heated rooms—open the windows—and keep them open by day and by night. Many people believe that the night air is harmful. They literally shut themselves up for the night, and every one ought to know that sleeping in a room with the windows closed is unhygienic and is literally poisoning one's self.

The more persons sleeping in a single room the better is the need of fresh air, of those who refuse to open their windows for the air rushes in under doors, around window sashes and down the chimney and saves the inmates from their own folly.

Cold air is a stimulant and tonic. It is also an antidote for fatigue, headaches and sluggishness. Don't run away from fresh air.

In Newfoundland consumption was rare until the American cook stove over-heated homes. The windows were fastened down securely. Fresh air was kept out—consumption broke in.

Keep your rooms cool. If you can't go out into the fresh air, let it come in to you.

Go to the window in the morning and take some deep breaths of the fresh morning air. Shake off the last traces of sleep. Expand your lungs and stretch your muscles. Start your heart on its extra work. Breathe, and breathe fresh air.

Drink in the fresh air when you walk. Avoid crowded, smelly, hot, thick-air cars. If you motor, use an open car until storms forbid it.

Don't permit your children to be hot-house plants. Drive them out of the house for play, and teach them that the great out-of-door is full of life and activity.

And you, Mr. Indoorworker, open the windows whenever it is possible. If the nature of your occupation makes this difficult, stick your head out of the window every now and then for a clean breath.

Don't let a window stand between you and health.

## ODDS-AND-ENDS

**T**O remove grease from boards, take two ounces each of fuller's earth and pearl ash, and boil them in a pint of water. Stir well and apply to the boards, leaving the paste on for twenty-four hours. Then scrub off in the usual way.

**R**UBBER roofing makes a splendid kitchen floor covering. It can be stained or varnished when laid and could also have a pattern worked on. This is inexpensive and its wearing qualities are unequalled.

**A** SIMPLE way to relieve sore throat is to take a lump of resin about as large as a walnut, put it into an old teapot, pour on boiling water, and then put the lid on and place the spout in your mouth; the steam will prove very beneficial in allaying inflammation.

**F**ABRIC gloves have gained a great vogue since the beginning of the war. One sees women wearing them for all but evening occasions. Some of the fabric weaves are so fine and so cleverly made that one cannot tell them from suede at a short distance, and they are shaped to the hand with a care that was never bestowed on this kind of glove. Gray is most effective, as are also some shades of suede and tan.

**I**F you wish to send flowers to friends living several days' journey away, be sure to pack them so they will be perfect when they reach their destination. After cutting the flowers, put the stems in water for at least two hours, so that they will absorb plenty of moisture. Then melt some candle wax and seal each stem by dipping it in the hot wax. Pack in a heavy cardboard box lined with oiled paper.

**S**KATING clothes have a set of accessories all their own. The one-piece dress, having come into rivalry with the skating suit, is perhaps, the biggest change noticeable from last year, but the little things which are different and new are innumerable. The skirts, which are either street length or extremely short, to be worn with high boots, are usually lined with satin or some smooth silk. The dresses are of serge, velour, velvet, sometimes heavy satin or wool jersey. Leather is used for collars and cuffs and pockets, or sometimes crocheted wool.

**N**EVER knot your thread when embroidering as it causes the work when finished to have a lumpy, rough appearance. Fasten the thread by running it in the cloth or sewing it over some portion of the material that is to be covered by the work. In finishing a needleful of silk, fasten it in the same way, always clipping the silk short, else it will work to the surface. Keep in your embroidery basket a rubber band about a half inch wide. When working on thin material slip this band over your inner embroidery hoop and you will find that even the sheerest fabric will be held firmly in place.

**I**T is only a really expert kitchen worker who can make good pie crust. Practice more than anything else is necessary, but the following rules will help some. Remember to use only the best ingredients: fine dry, sifted flour and good butter and lard. Handle the pastry as little as possible, using a knife for mixing. Do not flour the

pastry; when rolling out flour the board and rolling pin, but not too generously. Pastry may be made still better by being left in the refrigerator for a day before using. Do not put any salt in the pastry if you want it light. There is quite enough in the butter and lard. Do not use baking powder—only the yolk of an egg.

**G**UM boils are most painful and result generally from a decayed root of a tooth, which causes the inflammation and abscess that resolves itself into a gum boil. Foment the outside of the face with a hot camomile and poppy head fomentation and apply a small, white bread-and-milk poultice to the gum boil. Renew frequently. So soon as the pain and swelling have disappeared, it is best to have the tooth removed. In cases where decayed and ulcerated roots have been allowed to remain disease of the jawbone has resulted. Usually when the sufferer takes cold there will be a renewal of the inflammation, pain and annoyance.

**S**OMEHOW it has seemed so impossible to keep portieres closed in winter that almost every one has become reconciled to the fact and lets the draft sweep through the room at will. But a clever woman has at last found a solution to the problem, and such a simple device it is. There seems no excuse for its not having been used long ago. The curtains may be fastened together with patent clasps, of course, or skirts. Why not? The arrangement is almost invisible, and would never be discovered were the little balls and sockets sewn to the wrong side of a thick curtain. They are easy to undo and easy to refasten, and the discovery may fill many a long-felt want in houses where the living room and dining room are separated only by portieres.

**E**XPENSE is often an objection to the Turkish bath. In such cases a home-made substitute is to put one of these thin electric hot-water heaters, which may be bought for about \$1, under a cane-seated chair. The bather, after the lamp is lighted, seats herself on the chair and wraps around it and herself a heavy blanket. She should remain until in a profuse perspiration, when she should jump into a bath that has been filled with moderately hot water. Rub vigorously and spray with water that has gradually been made very cold. Finish with hard friction with a rough towel and lie down for an hour if possible.

**S**HOULD need furniture become soiled it can be made to look like new if thoroughly brushed with a dry stiff scrub brush and then given a coat of dark golden oak varnish. Fibre rockers or furniture made of rope fibre are generally chemically treated to make them water-proof and are not affected by atmospheric conditions. White soap and water can be used any time to wash them without affecting their finish. They are a very sanitary, yet light in weight, furniture.

If a drawer sticks, rubbing of bearing parts with a cake of laundry soap will usually overcome the difficulty. The same treatment applied to them will work wonders. If castors do not work well it is probably due to their having become it is wound around with a string. If oil is really needed use sewing machine oil, as it does not gum up if it is of good quality.