

Protecting the Beauty of Hands That Are Busy

Cotton, Silk or Rubber Gloves Should Be Worn to Preserve Your Manicure and Keep the Skin Soft and White



These Photos Posed by Miss Kathryn Cantwell.

In Addition to Using a Long-Handled Dish Mop Which Will Make the Work Easier, a Pair of Rubber Gloves to Protect Your Hands from Strong, Soapy Hot Water Should Be Included Among Your Kitchen Accessories.



Keep a Pair of Old Cotton Gloves in the Drawer to Put On When You Work Around the Garden or Tend Your Plants as Fresh Earth and Plant Stains Are Fatal to the Hands. A Pair of Silk Gloves for Dusting is Another Beauty Accessory for Household Work, as Shown at the Left.

After Applying the Hand Lotion, Before Retiring a Pair of Loose Mittens, as Shown at Right, Serves to Protect the Linen and Also Aid the Lotion in Its Effect.



If you don't follow a single one of the suggestions made above... you must have some kind of beauty gloves!

There are loads of these on the market ready for use; some come in sets with hand lotions or creams, others may be had separately. Or you can make them yourself... at very little cost and only a few minutes' time.

Should you want to make up several pairs of these so that, at small expense, you can have a clean pair at all times, buy a yard of cotton flannel, cut out several pairs, sew them up and there you are.

A pattern for the gloves can be had by laying your left hand flat on a sheet of paper, fingers close together and thumb at a slight angle from the body of the hand. Run a pencil lightly around the wrist and body of the hand and fingers, then the thumb, so that when the hand is lifted you have a mitten-shaped outline. Cut out the pattern, then, leaving a one inch margin around the penciled line. This allows amply for the seam, for shrinkage when the mitts are washed, and for comfort when the gloves are worn. Let the mitts extend well up on the wrists and don't shape the wrist too much or it will be too small for the hand to slip through. If the wrist seems a bit clumsy, sew a snapper on, the halves of the snapper set from one-half to one inch apart so that the mitts can be adjusted more snugly when worn.

Camphor ice is my favorite beauty cream to be used in connection with the beauty mitts. It is healing and soothing, refines the texture of the skin and bleaches it a little, too. If you don't like wearing beauty gloves at night, slip them on for half an hour or so during some leisure period of the day.

By Josephine Huddleston
Author of "My Secrets of Charm."

IT'S BEEN a long time since I fussed at you about not wearing gloves to protect your hands when doing household work. But, today, I'm on the war-path about it! You see, my maid being ill not long ago, and, having one of those rare days free from my beauty work, I decided to slick up the house myself!

At the end of the day I was the none too proud possessor of two broken finger nails, more that were scarred and rough, red and very stained hands. It seemed an almost impossible collection of hand beauty calamities but there were the hands to prove it. And, what makes me maddest about it all... is that the various kinds of gloves I should have worn were handy in the kitchen!

I wonder how many of you really appreciate how much gloves do save the hands? How many of you spend money on waxes and cosmetics and manicures, or the needed preparations for these beauty treatments at home, and then, through carelessness, go about your daily tasks of cleaning without any thought of protecting that beauty which you spend so much time trying to build?

If we don't protect the physical attractiveness which we spend time and money gaining, it's a frightful waste of energy and dollars. Really it is, and in these days of thrift, especially, it is just as



wanting as throwing perfectly good food into the garbage can when less fortunate folks are hungry.

There isn't the excuse of not wanting to spend money for gloves to protect the hands for, with the exception of rubber ones, the other gloves needed can be had by using old ones which are too far gone for other purposes. Today rubber gloves can be had at any dime store, ten cents each, and so the cost of these is not prohibitive.

One of the reasons why women



don't favor the "gloves for beauty" idea as much as they should is because gloves can be very clumsy unless the right ones for the particular task are worn.

Then, too, the fit of the glove is important for gloves which are too tight hamper the freedom of the fingers, gloves that are too large make the handling of breakable objects a precarious undertaking. Also, it is equally important that the weight of the glove be considered.

Through a great deal of experimenting with gloves for beauty, I have found the following points most helpful:

Naturally, we all know that the wearing of rubber gloves for all household tasks which involve having the hands in hot soapy water is the perfect protection for the hands under those circumstances.

When rubber gloves are worn, the water may be considerably hotter in temperature, more helpful cleansing agents such as ammonia and stronger disinfectants may be used in the water without injuring the texture of the skin. Therefore, in addition to the protection gained by using rubber gloves, the actual work itself is made easier.

Rubber gloves should fit loosely rather than tightly for perfect activity of the hands. One size larger than that needed for dress occasions usually works out very

nically in selecting rubber gloves to be worn for household tasks.

Besides wearing them when washing dishes, scrubbing and window cleaning, always wear them when scouring pots and pans or when cleaning the stove. You'll find that the improvement, with less manicuring attention, in the condition of your hands is apparent within a few days... to an almost unbelievable degree.

Besides eliminating much of the redness and chapping that hands show when a good part of their time is spent in hot water, you'll find that your finger nails become firmer in texture, that the cuticle does not dry out as quickly, that the nails do not require nearly as much attention, generally as they do when rubber gloves are not worn. The gloves even protect the coating of liquid polish, making one application of polish last almost twice as long as when the hands are in and out of water constantly without such protection.

Most of the finger-end soreness which is a part of scrubbing and soreness does not appear at all when rubber gloves are worn.

For sweeping, whether by broom or vacuum cleaner, a heavier type of glove is needed so that a really protective layer of material is between the palms of the hands and the hard handle of the sweeper. Cotton chambray gloves are excellent for this purpose and since their main function is to protect the palms from calloused spots, it doesn't make any difference if the gloves are so old that every one of your ten fingers peek out the ends!

However, when picking dead leaves from your plants and flowers around the house, the fingers in the gloves should be intact so that the nails do not become stained. We all know how leaves and grasses stain the hands, still it is impossible to keep house plants in good condition without a bit of pruning, softening of the earth around them and the adding of a bit of plant food to give 'em the nourishing they require.

What One Girl Wore---

By BETTY BROWNLEE.

ONE of the most interesting features of the first fashion shows is the tendency to re-unite sports and town modes which for some time past have been definitely separated. This is evident in the many stunning models that we had the opportunity of observing in the last few weeks. Materials are rough, and hairy, but supple. They are rich in their color schemes and in their easy-to-wear character and they are ideal for all kinds of use.

There are exquisite suits for dress wear that may be worn well into the winter. One model in particular that impressed us was fashioned of a rich green wool. Its coat was three-quarter length and the skirt flared slightly. A large and luxurious collar of gray Persian lamb topped the coat and there was a matching fur muff to carry when the winds grow really strong. The coat was marked at the waistline with a gray and green leather belt. And with this costume came a cunning small hat of green felt banded with gray Persian lamb. No one could ask for a smarter costume.

The tweed suit consisting of four units is smart, too. It is especially popular with the college girl for campus wear. It consists of a three-quarter tweed coat, a matching skirt, a sweater blouse, and a cunning tweed belt.

Worn with a simple silk blouse, it is appropriate for wear in town.

Today's sketch shows a novel suit cut on extremely slim lines. The tan woolen skirt is worn with a brown and tan checked



A New Fall Suit for Town or Sports Wear Has a Tan Wool Skirt and a Novel Short Jacket of Checked Brown and Tan Material. A Bright Orange and Brown Scarf Adds a Gay Touch.

jacket that buttons across the waistline. The sleeves are long and tight-fitting. A bright orange and brown scarf is the finishing touch.

Household Question Box

By Mary D. Wilson

DEAR MRS. WILSON: This may be out of your line, but if it isn't I would certainly appreciate your printing a good recipe for chocolate ice cream to be made by mechanical refrigeration. Thank you very much.

MRS. H. S. C.
1 1/2 oz. (square) unsweetened chocolate
2 cups rich milk
1 tablespoon cornstarch
2-3 cup sugar
1 1/2 teaspoon vanilla
1 cup cream
Few grains salt

Melt chocolate and add scalded milk very slowly. Mix cornstarch with sugar and add to chocolate mixture. Cook ten minutes, stirring until thickened. Cool and add vanilla. Turn into trays of refrigerator and freeze to mush. Fold in whipped cream to which

salt has been added and return to refrigerator until proper consistency to serve. This can be served in meringue shells, if you prefer.

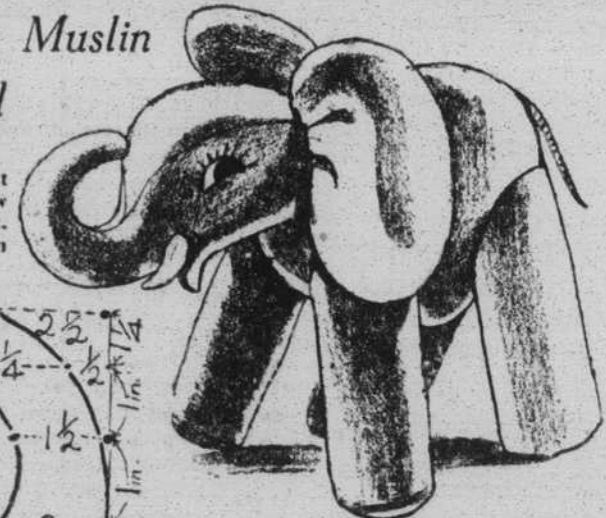
DEAR MRS. WILSON: I had the misfortune to get some tar on my white coat. About two hours later I rubbed lard on it and let it stand for about an hour. I then rinsed it, but the tar was as bad as ever. Please tell me how I can remove it.

MISS O. J.
Soak a piece of white cloth in eucalyptus oil and rub the stains with it.

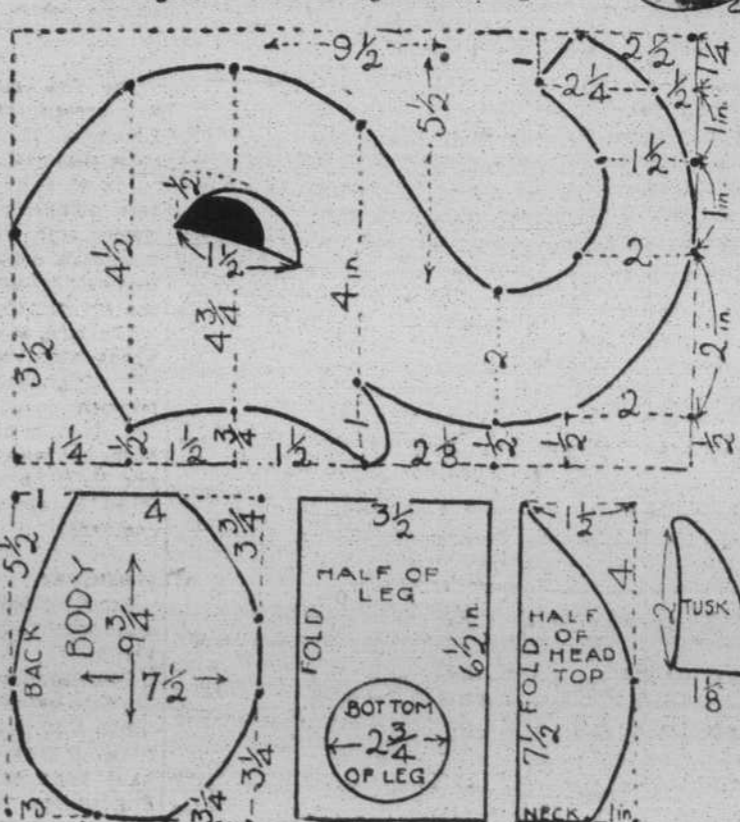
In this column each week Mrs. Mary D. Wilson will answer all questions concerning the household.

Animals for the Nursery Zoo

Jumbo Is Easily Made of Muslin With Painted Eye and Yarn Tail



The Sketch at the Right Shows How the Elephant Looks When Finished. The Patterns Sketched Below Show the Shape and Size of Each Separate Part. The Parts Are Each Stuffed with Cotton and Then Sewn Together. Wire Strengthens the Legs.



By Winifred Avery

LET me say right in the beginning that this pattern is not all on the same scale. Since the head pattern might be harder to draw, I've made it much larger than the rest. You can draw this if you'll follow my measurements between dots. The numbers on the chart are inches. The head has three pieces. There is a top piece which should be cut on the bias of the material. The eye is of white muslin and any black material. It is glued to the stuffed head, and then embroidered around with black floss, adding eyelashes for zest. Each part is stuffed separately and then pinned together until you are sure just where the pieces should go. Then sew them on firmly by hand. A wire put through the legs will prevent sagging. The little tusks are white. He makes a cunning toy, fifteen inches long and ten inches high.

APPETIZING MENUS FOR THE WEEK

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|--|---|---|
| Breakfast. Steamed Rice with Maple Butter Grilled Ham Coffee | Sliced Oranges Cooked Cereal with Dates Bacon Coffee | Cantaloupe Corn Flakes Scramble Toast Coffee | Steamed Pears Oatmeal Omelet with Jelly Toast Coffee | Baked Apple Codfish Cakes Toast Coffee | Waffles Sausages Coffee | Stewed Apricots Creamed Chip Beef on Toast Coffee |
| Luncheon. Salmon Croquettes Green Peas Fruit Salad in Gelatin Tea | Creamed Hard Boiled Eggs with Pimento on Toast Baked Ginger Peas Cookies Tea | Grilled Sandwiches of Ham, Cheese and Tomato Pineapple and Celery Salad with Mayonnaise Tea | Clam Chowder Bread Sticks Pineapple, Cream Cheese and Nut Salad Tea | Rice Creole Green Peas Fruit Compote Chocolate Brownies Tea | Cheese Souffle with Anchovies Corn Bread Tea | Minted Fruit Cocktail Roast Lamb Spinach Tomatoes Stuffed with Rice and Tomatoes Crab Meat Salad Lemon Cake Coffee |
| Dinner. Vegetable Soup Shepherd Pie with Mashed Potato Crust Broccoli with Hollandaise Butterscotch Tarts Coffee | Baked Weakfish Potato Balls Lima Beans, Butter Beets Head Lettuce with Russian Dressing Coffee | Tomato Bisque Fried Chicken Cranberry Jelly Apple Brown Betty Coffee | Anipasto Veal Birds Mashed Potatoes Apple and Celery Salad Cheese Crackers Coffee | Oysters with Cocktail Sauce Haddock Roe with Cream Sauce Potatoes au Gratin Orange Blanc Mange Coffee | Baked Apples Tomato Juice Cocktail Hamburger Loaf Browned Potatoes Red Cabbage in Gelatin Salad Individual Pumpkin Pies Coffee | Cream Cheese and Currant Sandwiches Tossed Crackers Tea |

***This Week's Favorite Recipe—Orange Blanc Mange**
Soak the gelatin in one-third cupful of cold milk for five minutes. Add the sugar and salt to the rest of the milk and bring to the scalding point. Then pour this over the soaked gelatin and stir until dissolved. Pare the oranges as one would an apple, thus removing all the white inside skin. Cut crosswise in slices remove the center pulp and cut each slice into quarters. Add shredded coconut to the gelatin mixture while the latter is still hot. Let stand until it begins to set, then stir and pour into cold molds.