

# Make Your Daily Duties Your Daily Dozen

## Doing Household Chores Well Is Good Exercise

By ANTOINETTE DONNELLY

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VACATION for mother often means doing the same work in a different place. Of course, she would like to go in for active sports and keep her figure young, but there still are three meals to cook, the children to dress, the beds to make, floors to sweep.

Would you like to know the address of a good gymnasium right in your locality, where you could straighten your back, reduce your hips, do something about that double chin, and without stealing time from the house and your children?

Then look at the numbers on the front door of your summer bungalow! Yes, you can take an effective gymnasium course in your own home. Your housework can be corrective exercise if you use your muscles correctly in doing it. It won't take extra effort. In fact, it will make your tasks easier and leave you much less tired at the end of the day.

In the first place, be sure you

are wearing comfortable, low heeled shoes that will give your body good balance. Let your clothing be as loose as if you were swinging a tennis racket or golf club instead of a lowly broom.

Suppose you are preparing your vegetables before the heat of the day. Make this an exercise in correct sitting. Be sure you have a chair the right height. Your feet are planted firmly on the floor. You can sit squarely on the seat. Then balance your head over your chest and your chest over your torso, so that if you should drop one of the peas you are shelling through the top of your head, it would fall in a straight line directly through your body. If you must reach for a pod that has fallen, don't bow your back and drag on your shoulders. Bend

from the hips, keeping your back straight.

The children never will learn to be tidy. You have to stoop and pick things up from the floor a hundred times a day. Again, don't bow your back. Fold yourself downward with thigh and knee and ankle doing the job and then rise by simply

straightening them out again. Crouch, don't stretch and curve. When you are sweeping, remember how the golf instructor advised you to swing from the hips.

In dusting, keep your shoulders relaxed. Step backward or forward rather than stretch yourself out of line. When you are taking down the curtains to wash them get a stepladder or stable kitchen chair.

If you have rented a two story house for the summer, thank your lucky stars for the stairs. Those innumerable trips up and down are splendid to teach you grace. Don't rush up the stairs with your head pushed forward and your back stooping over. Keep your body erect, put one foot flat on the first step, straighten out your bent knee, and there you are on the next step without effort.

A vacuum cleaner will give you practice in a beautiful walk. Hold your body straight and balanced as if you were modeling a gown. Then let your legs walk in front of you. Tuck your hips under as if you were trying to hide them. You'll do it unconsciously when you are pulling the machine backwards, but you'll have to watch on your forward stride. If hips are held properly they won't develop a sway back and an ugly prominence.



Making beds is good for the back if done correctly.

Going down on hands and knees to scrub or whatnot is excellent for the figure, and may even do a much better job on the kitchen floor. Here, too, balance is important. Keep your weight on your hips rather than forward, and don't permit your back to sag. As you push the brush in scouring, let the thigh joints do the moving, not merely your arm and shoulders.



Use of a vacuum cleaner or carpet sweeper can be made into an excellent exercise in graceful and lovely walking.



(Tribune Studio photos.)



Dish washing is a lesson in proper posture, use of the arms.



Dusting and picking things up gives the housewife an opportunity to exercise ankles and thighs, if she does it properly.

## Brushing Up on That Sweet Tooth

By MARY MEADE

MAKING FUDGE on Sunday afternoons—particularly on rainy Sunday afternoons—is an old American custom. Mother may be the candymaker, or perhaps little sister or brother has developed a knack with sugar, milk and chocolate.

Candymaking is more fun if the kind of candy made is

changed from Sunday to Sunday—fudge one time, divinity the next and after that toffee or molasses taffy. It's more fun, too, if a few simple candymaking rules are followed, for these eliminate the chances of failure.

### RULES FOR MAKING CANDY

1—Use a candy thermometer if you have one. Then you'll know absolutely when your sirup has reached "the soft ball stage" or the "hard crack."

2—Stir mixture only until sugar is dissolved, unless the directions state specifically that the candy should be stirred.

3—Cook covered until steam



Fudge, peneche, butterscotch, peanut brittle and caramels are candies which may be made by the young cook. When she can make them successfully she's ready to try divinity, toffee and other more difficult recipes.

forms and washes undissolved crystals down the sides of the cooking pan. Wipe crystals away from the sides of the pan if the sirup spatters during cooking. These precautions help to prevent "grainy" candy.

4—Cool candy until it reaches room temperature before beating. There are only one or two exceptions to this rule.

Recipes and directions for you for 5 cents in stamps. Addressing such delicious candies as

marshmallow fruit divinity, chocolate marbles, taffy apples and rum caramels are included in the new booklet, "Simple Homemade Candies." And of course there are recipes for all the old favorites, too—fudge, peneche, butterscotch, divinity, sea foam, peanut brittle, and others.

The booklet will be mailed to you for 5 cents in stamps. Addressing such delicious candies as



Creamy, rich fudge isn't at all hard to make if you follow a few of the simple rules of candymaking. A new cooking booklet, "Simple Homemade Candies," tells you how.

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