Simplifying The Home

By LORETTA C. LYNCH.

In our larger cities, and especially where rents are high, there is a decided movement to have rooms suited to more than one purpose.

The better apartments consisting of three or four rooms, are in great demand if this arrangement is possible. The living room is so decorated and furnished that it makes a delightful place to dine as well. One apartment which I saw recently consisted of four rooms and was to be used by three people. There was an all-white kitchen, with washable walls of creamy yellow. The built-in features—such as cabinet, ice box and wash tubs—were of snowy white washable finish. There was a charming breakfast nook with the necessary built-in features. In this way the kitchen was a three-purpose room. It served as a laundry, a breakfast room as well as a kitchen.

In this particular family two of the three went out to work each day. The housewife was a delicate little woman who had many days when she was physically unable to do much housework. When she realized the rather permanent nature of her physical condition, she did the very sensible thing of giving up her seven-room home and taking this smaller one.

A combination living-dining-room can be made a thing of beauty and real usefulness by careful furnishing, or it may be made to disclose itself as a makeshift. The treatment of the walls should be made the first consideration. The very latest idea in walls is to have them finished in a neutral shade of lusterless, washable paint. A grayish or creamy brown tone makes a suitable background for almost any furniture. The plainness of the wall makes is possible to use either plain or figured hangings.

The little home of which I speak had a most attractive living room. It was a bit out of the ordinary, and any clever woman can adapt the description to her particular need. The walls were finished in a neutral gray. Likewise the woodwork was finished in a somewhat lighter shade of gray. Set against the walls were candelabra of silver finish, in groups of two. These had silken shades of old rose.

The rug was of Chinese blue in a typical Chinese design. This rug was an American-made rug, and, although it was of the finest of this type, it cost but a fraction of the price of a real oriental.

Some of the chairs were of the straight-back gray wood variety. There was one fireside type of chair—deep and roomy. It was covered in striped velour in a two-tone old blue. There were two low stools that might have been considered chairs without backs.

And since this room was to be a dining room as well as a living room, there was a gray gateleg table. When not in use this was placed back against the wall. Several current magazines might be found on it. But at dinner time it was pulled out into the middle of the room and with its leaves lifted it could be made to accommodate as many as six diners.

The dishes were kept in the kitchen cabinet. Table linen was stored in the dresser drawer in the bedroom.

Another feature of this pretty room was its table-bed. This could be unfolded for the guest who stayed over night. These beds that fold into tables are among the newest in furniture. They come in single and double size. For a small consideration extra, the furniture shop agreed to have the bed-table finished in gray.

But you were most sure the room contained a small sideboard. But upon examination you found that the beautiful piece of furniture that was covered by a scarf and held a bowl of luscious fruit was none other than one of the newest table phonographs.

Helpful Labels

Paste a piece of paper on the food container with the name of the contents and simple directions or helps for its use. For instance, the amount of cocoa equaling one square of chocolate is written on the cocoa can; the amount of rice and sugar required for a pudding is on the rice can, etc.

Talented Singer and Her Children

Mme. Louise Homer, famous singer, and her beautiful children are here enjoying their simple and charming home life in Bronxville, N. Y. Mme. Homer was herself one of a family of eight children, all musical. Her own children inherit the musical gifts of both father and mother, Mr. Sidney Homer being a teacher of music and a song writer of note.

Mme. Homer will appear in Omaha in joint recital with her daughter, Louise Homer, jr. February 18 at the Auditorium, under auspices of the First Central Congregational church. Louise Homer, jr., is not shown in the accompanying picture.

Health Hints

Possibly you may be one of those who are always "taking cold." Don't content yourself by imagining that you are a victim of circumstances, but find out what is the cause of this unnatural condition.

Sometimes a digestive tract out of order or chronic constipation may render one subject to catarrh. Again, some slight deviation in the structure of the nose may make the inhaled air strike a sensitive spot, thus producing congestion and possibly local infection which will spread to throat or bronchial tubes. Decayed teeth may predispose to throat attacks, the specialists say.

Fatigue products, largely acids, are formed in the body during activity, and in the hours of sleep are washed away by the current of blood. For the regeneration of the tissues, a supply of oxygen is necessary, and sleeping in a poorly ventilated room will retard the elimination of waste matter.

The remedy is to secure an abundance of air for the bedroom, and to take the sleep requisite for bodily repair. Extreme fatigue necessitates an increased ration of sleep.

Toothache, bleeding gums, facial neuralgia, or rheumatic pains are often danger signals, not to be neglected with immunity, for diseased conditions of gums and teeth are often the beginning of a physical downfall. Have the mouth examined at least twice a year by a good dentist. Small cavities in teeth are easily filled, and pyorrhoea is often quickly cured at its inception. The quickly cured at its inception.

Breathe Correctly

Few women realize the value of deep breathing as an incentive to vitality and health; fewer still know how to breathe correctly. In breathing the lips should be kept closed and the breath inhaled and exhaled through the nostrils. Six to 10 deep breaths taken regularly every morning upon rising will act as a powerful tonic to the system. Standing erect with the hands upon the hips, inhale a deep, full breath while slowly rising upon the tips of the toes—then slowly exhale while bringing the heels to normal position again.

This breathing exercise should be repeated at least six times each morning and evening, and the number of breaths should gradually increase to 12 with the utmost benefit. Through the daytime, when walking or indulging in any of her regular exercises, a woman should practice the art of breathing correctly, inhaling and exhaling the breath through her nostrils and not through her mouth, as is the habit of many.