

Of Interest To Our Women Readers

SUNDAY PEACE.

"Saturday morning in my home is spent toward bringing peace and quiet on Sunday morning," said the mother of four. "Before I inaugurated this scheme, our Sunday mornings used to be mild frenzies of getting ready for Sunday School—eating delayed and therefore hurried breakfasts, finding enough pairs of white stockings, getting hair-ribbons that matched, getting pennies all around, making big brother wait for little sister, and so on. Now, the first thing after breakfast Saturday morning every child spends an hour making ready for Sunday morning. A special chair by each one's bed is carefully laid with the fresh underwear, dainty dress or best suit, half hose and hair ribbons, cap or hat, to be worn next day. The shiny shoes or strapped slippers are put neatly under the chair. The penny is tucked safely away in the tiny purse. A clean handkerchief is selected and put in the Sunday pocket. Little gloves are examined for rips, and laid where they can be gotten quickly.

"Then Sunday morning each child must be all dressed and ready for breakfast by 9 o'clock. If any garment is missing or anything has been overlooked the day before, a note is made of it to be looked out for the next week. After breakfast there is a quiet hour or so before Sunday School, where there used to be hurry and flurry. This time is spent in taking a walk up and down in front of the house, for I have found that they are much less apt to be over-energetic in Sunday School if they have worked some of it off before they go. Moreover, in this way they do not muss their clothes as they would if they sat curled up looking at books. Our Sunday mornings are filled with peace now, the right prelude to a day full of sacred impressions for the children to carry with them."

MY TONIC HOUR.

(By Elizabeth Phelps.)

I have discovered a tonic, an effective one, and as cheap as the water prescription.

Last Summer I was in a generally run down condition; a vacation or trip of any kind was out of the question when the need seemed most imperative. Then it was that I discovered the tonic qualities to be found in the early morning hour. Very few people realize the cool charm that exists between 5 and 6 o'clock of a summer morning.

I arose from my bed at 5, dressed as simply as possible and went out doors. I spent one lovely hour in the quiet—it's surprising how quiet things can be at 5 A. M.

Every nerve found refreshment. I sat quietly and drank in the cool air, and, when I felt so inclined, I potted among the flowers. Potted, mind you; anything that savors of work is strictly barred from the tonic hour.

When the 6 o'clock whistles blew I entered my kitchen strengthened and refreshed, with peace in my soul. I gained much in health and strength, and made the discovery that my own surroundings possess charm and loveliness. I am following the same plan this Summer. As I stand among my fragrant vines, idly training the tender shoots to assume graceful curves, or sitting peacefully in a comfortable chair, I am thankful that I have discovered a tonic so pleasant to take and so beautifully effective.

SHADOW EMBROIDERY.

Not for many years has shadow embroidery been in favor, but this season one sees it here and there on many organdies and voile frocks. When the work is done in colors it is most effective.

As the name indicates, the work is done on the wrong side of the material, and in order for its shadow to be visible on the right side, the must necessarily be thin and sheer. A practical idea if you intend to do the work in colors is to hold different shades of the color or colors you intend to use beneath your material. You can then tell how the finished work will look.

The work done on the wrong side of the material is nothing more than the herringbone stitch. Learn how to do this. Practice on a sample of material before actually doing the work. To make the directions clear just imagine you are working on a long, narrow leaf. To make the herringbone stitch put the needle through at the left hand end of the lower line, slant the silk obliquely upward across the space to the upper line and take a short stitch from right to left on the upper line. With the same slant across the

silk to the lower line and take a second short stitch from right to left. Proceed in this manner across the space, keeping the slant true and the length of the stitch even.

Now, there is just one difference in the herringbone stitch and the stitch used for the shadow embroidery. That is that the stitches are placed closer together, so that a solid effect is gained on the right side. Aim to let the work on the right side show lines of little forward stitches of uniform size and exactly on the lines of the design.

If you desire to insert veins in the leaves these should be worked before the petal is covered on the wrong side. For the veins use the back stitch.

French knots placed within the leaves and petals of a flower add materially to the effect of the shadow work.

KITCHEN HINTS.

To give a rich brown to pastry, brush over with the yolk of an egg, beaten with two tablespoons of milk, about 10 minutes before taking out of the oven.

To test eggs, place them in a strong brine. The perfectly fresh egg will sink to the bottom, eggs of varying degrees of staleness will remain suspended at different depths in the brine, and the absolutely stale egg will float.

In spreading sandwiches, ordinary butter is frequently too stiff. Make a sandwich butter by working one cup of butter in a basin with a clean dry wooden spoon until soft; then add by degrees a half cup of whipped cream, a seasoning of salt and mustard, and place it in a cool place until needed.

To sterilize jars that are to be used for jams or jellies, cover them with tepid water and bring to a boil. Do not remove from the water until ready to use. Covers should be sterilized and rubber rings should be dipped in boiling water just before using. Fruit should be sealed as near the boiling point as possible to insure the forming of a vacuum when cold.

If a coloring matter is required, various shades may be made at home for candies, custards or ices. Saffron will give a yellow tint, spinach and beet leaves crushed and boiled in a little water will give green, and the juice of strawberries, raspberries, blackberries or elderberries will produce varying shades of pink in Summer; in Winter, cranberries will give pink.

When cooking syrup over a quick fire, drop in three or four ordinary marbles. The heat will keep these marbles constantly in motion and will not only prevent the syrup from burning on the bottom, but will do most of the stirring. If you think the syrup may boil over, butter the inside of the vessel about two inches from the top. The syrup will not rise higher than the butter.

GIRL ON THE FARM.

"What the girl on the farm wants more than anything else is the chance to earn a living," affirms Miss Martha Van Rensselaer, head of the rural domestic science extension work at Cornell University; "and the duty of every rural teacher of domestic science has become not only to teach her how to bake a good loaf of bread, but to follow up that loaf of bread and see it sold and delivered to an available market.

"Why should we have business training for the city girls and leave the farm girl untrained in salesmanship or any business ability, unable to seize and carry through any money-making idea? People say: 'Why, these girls have the butter and the money'—but they do not have it; it belongs to the mother. Where butter and egg money is all that both mother and daughter have to depend upon for their personal needs it is small wonder the girls want to come to the city. They long, too, for some activity that shall afford them the full exercise of their powers.

"The call in rural education is for those highly educated in the crafts open to women, to teach the girls on the farm how to do something and then help them to find markets after standardizing their work in every field. This would check the constant stream of country girls who come to the city because they are dissatisfied on the farm."

New color combinations seen on advance models of fashion pointers for the next season and to be seen only in the designing rooms of manufacturers are suits of navy blue broadcloths, combined with taupe, or seal colors, with pipings, facings, vests and lining of rose or canary yellow.

HOW TO REST.

Many a woman becomes a nervous wreck more from the monotonous character of her daily life than from the actual labor it involves. She might have been saved years of misery if she had but learned how to rest. Fifteen minutes spent in a comfortable chair with the newspaper after lunch would give her something fresh to think about. A book read just chapter by chapter every day provides something to look forward to, and a sustained interest.

It is a mistake for a woman to give up her music, her painting or anything else in which she is interested on her marriage. She needs recreation, and as she may not always be able to take it in the form of going out to entertainments, certainly that will be impossible if she has children, she should guard against boredom by keeping interest in some pursuit.

Rest for certain people and in certain cases really should be as near complete idleness as possible, but this is by no means true of the majority of healthy persons. For them the best rest is a change of occupation which brings into play muscles and mental processes not much used in the work on which they depend for their daily bread, since this, it is to be presumed, demands the greater part of their time.

TYING A BUNDLE.

One of the little household accomplishments that every woman should master is the tying up of a neat, secure, attractive bundle. The shapeless packages that one often sees carried in street cars—the corners crumpled, ends sticking out, string loosely wrapped around and half slipping off—are emphatic comments on the careless ways of the owner. A bundle should first of all keep its contents secure. The paper should be clean, the corners well turned over and in, and the string tied around twice each way, in such a way that it cannot come off. Objects with awkward shapes, sharp angles, and general unmanageableness, such as shoes, should be put into boxes instead of directly into the paper, as they rarely stay within bounds.

The neatest way to adjust the string especially on a package which is to be mailed, is as follows: Get a piece of cord long enough to go around the package twice each way. Find the middle of its length, wrap around one end of the broad side of the package, lock the cord by slipping one piece under the other, and run it down one side of the package along its length. Lock again where the strings meet, pass around the other end of the broad side of the bundle, lock again, and complete the wrapping by drawing the cord along the other side of the length and knotting it. This will make a four-square locked arrangement which cannot slip.

Why use gloomy dark brown paper or manilla wrapping paper for packages which one is to carry? It makes a blot of a bundle, as the color is generally at variance with one's costume. By searching a little, one can find beautiful strong papers in soft blue, dull green, or gray, which make a package so attractive that onlookers instinctively conclude it must contain something charming. Lay in a supply of some pretty wrapping paper, a spool of hemp ribbon in orange and black, or blue and gray, or green and violet, and make your bundles decorative as well as utilitarian.

CHOICE RECIPES.

Minced Chicken—Drain and cut two pimientos into small strips, add a spoonful of sliced mushrooms and fry in butter. Then add the breast of a large, cool chicken, nicely minced, and pour half a pint of rich cream over same. Add a little salt and cook slowly for about 10 minutes. Serve on hot toast. Delicious!

Beet Salad—Cook two large beets till tender, then pour cold water over them and slip off the skins. Chop the beets fine with some onion which has been sliced and soaked in cold water for an hour to remove the strong flavor. Add one chopped hard boiled egg and mix with boiled salad dressing. Serve on lettuce leaves.

Popovers—Two eggs, two cups of flour, two cups of milk, a little salt. Beat the eggs, then add the milk and by degrees the flour. Heat the gem irons and butter them and fill each not more than half full. Bake in a very hot oven. Do not open the oven door for 10 or 15 minutes, then peek in, if you must, but shut the door gently.

Maple Parfait—Sweeten cream with maple syrup and whip it until

it is very thick. Pour the cream into a mould that has been sprinkled with nut meats chopped fine. Cover the top of the mould with wrapping paper and press the lid down securely and tie it with a stout cord. Bury the mould in crushed ice and salt and leave it for four hours.

Cream Puffs—Half a cup of butter melted in one cup of hot water; set on stove and boil; when cool, stir in three eggs, one at a time, without beating. Bake in buttered gem pans. When done, split open. Filling—One cup milk, one egg, one tablespoonful sugar, one tablespoonful cornstarch. Cook until it thickens; when cold, flavor with vanilla and fill puffs.

Lemon Sauce—One cup of sugar, two cups of boiling water, two tablespoonful flour, one lemon, juice and rind, two tablespoonful of butter. Mix sugar and flour, add water slowly and boil fifteen minutes, stirring constantly. When ready to serve add butter and lemon, stir until butter is melted and serve hot. This is a delicious sauce for finger cake, corn bread, etc.

Pineapple and Strawberries—Pineapple and strawberries can be combined in several delicious ways. The fresh fruit may be shredded, sweetened and chilled for several hours, then placed in a dessert dish and piled high with luscious strawberries. Or pineapples can be chilled after being shredded and sweetened if the fresh sort is used; merely shredded if canned. Then just before serving it can be poured with the juice into a serving dish or into individual dessert glasses lined with lady fingers split in halves. Over the pineapple whipped cream mixed with strawberries should be piled.

AFTERNOON COSTUME.

A quiet and simple afternoon costume, of taffeta silk, follows the mode in a conservative way and justifies its reserve by its charm. It is a design essentially youthful, with the line of its full skirt unbroken and the fullness a mere matter of width shirred in at the waist. Such artlessness belongs to the young and lends its own air to the wearer.

The little coat disposes of its fullness above and below by shirrings at the waist line. It dips at the front and back of its skirt and has cascaded revers. The sleeves are full, but of a simplicity to match the skirt. Two bands of velvet ribbon finish them and appear also on the coat revers. A narrow sash of the silk ties in the most casual manner at the front, with its ends hanging a little below the bottom of the coat. They are pointed and untrimmed. The easy-going coat is smartened by a high flaring collar at the back, and its open throat gives a glimpse of lace in the blouse worn under it.

The suit as pictured is made of black taffeta, but the design would be successful in any color of silk, with velvet ribbon to match, used for trimming. For general service nothing could be better. The coat is available for wear with lingerie gowns and separate skirts, and the skirt may be worn with any sort of blouse, so that each does double duty. In selecting taffeta suits the plainer models will make themselves very useful in this way.

FOR CONVALESCENTS.

French Chops—Trim off the fat and skin from a rib chop and scrape the bone clean, leaving only the lean meat at one end. Prepare and broil over a medium flame.

Chicken Custard—Half cup of chicken broth, one-half cup cream, an egg yolk, salt to taste. Heat the broth to boiling point, add the cream to beaten yolk, add the broth and cook in a double boiler, stirring constantly until mixture thickens. Strain and serve cold.

Orange Omelet—One yolk of egg, a teaspoonful powdered sugar, a tablespoonful orange juice, the white of an egg. Beat the yolk and add the sugar and the orange juice, fold in the stiffly beaten white and cook as directed for omelets, fold, turn on a warm dish and sprinkle with powdered sugar. Serve immediately.

VARNISHING BRASS.

Considerable time is taken up in the household work by the polishing of brass faucets, door knobs, iron bed trimmings, and the like, which soon become darkened and soiled again. All this labor may be avoided if the housewife will, after cleaning the brass with a good metal polish, apply a thin coat of transparent varnish and allow it to dry. This varnish can be obtained from any paint store for a few cents. It is necessary to repeat the process only once in six months, thereby saving many tiresome rubbings.

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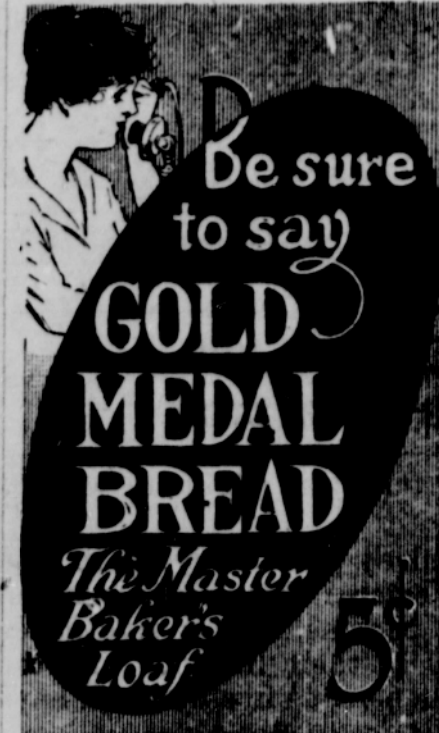
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