

WALKING AN ART TO BE CULTIVATED BY WOMEN

HOW TO GET THE BEST PHYSICAL RESULTS AND EASY CARRIAGE OUTSIDE OF THE HOUSE

GETTING UPSTAIRS CAN BE CONVERTED FROM TIRESOME LABOR INTO HEALTHFUL EXERCISE

STAIR-CLIMBING as a means to secure grace of locomotion is perhaps a novel idea. It is nevertheless true that the woman who has mastered the art of going upstairs is the one who, as to her gait, may be likened to a Diana following the hounds.

"Place me with my rival in the presence of a man in whom we are both interested, and the first thing I should do would be to walk upstairs," says one who knows how to walk, and who above all has learned the art of stair-climbing.

Trained stair-climbers should be the healthiest and the most graceful of women.

In any town where the hills are steep you find the most graceful pedestrians. You will also find a healthy race of women. Medical authorities go so far as to recommend walking upstairs correctly as good to relieve indigestion; and it also tends to reduce prominent abdomens.

Therefore, the common bugbear of housekeepers may become a boon. One ought to reach the top of the stairs exhilarated—feeling the glow of healthy exercise.

"Those stairs will be the death of me yet," is an expression frequently heard.

It is not the stairs, dear madam, but the way that you climb them.

In the first place, be sure to take your time, go slowly and deliberately. Remember that you are lifting the weight of the body many times, and it is no light exercise.

But the whole foot lightly but squarely on the step, heel and all. Usually a person will tread on the ball of the foot in taking each step. This is very tiresome and wearing on the muscles of legs and feet.

In walking or climbing, one should seek for the most equal distribution of the body's weight possible. In this way there is no strain on any particular muscle, but each one is doing its duty in a natural manner.

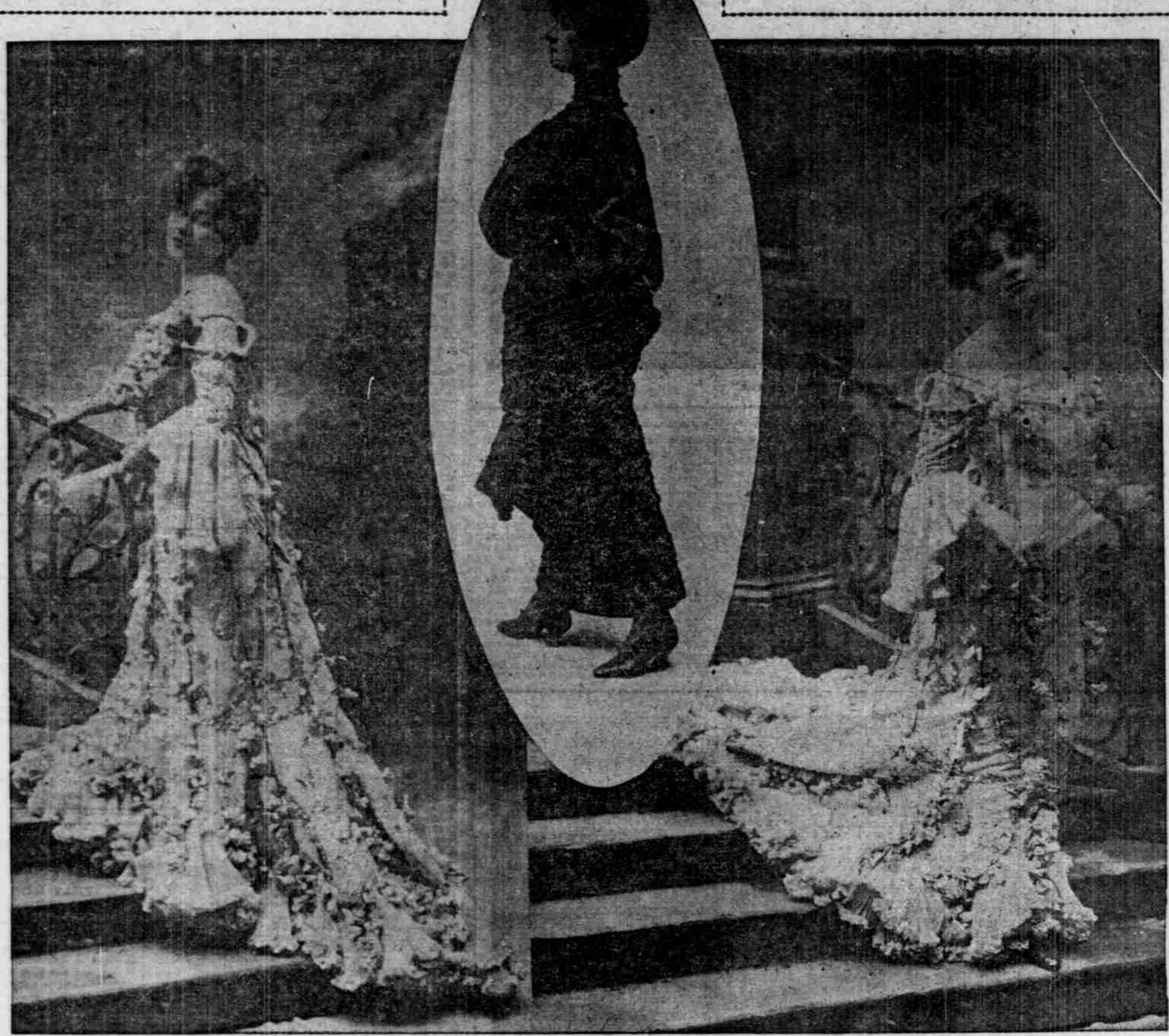
Keep the weight well over the advanced foot, with the chest the farthest point forward. Don't bend over double when ascending a flight of stairs, for this is exceedingly reprehensible. In any exertion of this kind, when the heart is naturally excited to more rapid action, it is desirable that the lungs should have full play. Therefore, don't bend double when climbing stairs. The crouching position interferes with the lungs' action, the blood is imperfectly aerated, and there is trouble at once. Give the lungs a chance to do their work everywhere and at all times.

The body should be inclined forward only slightly. You have probably seen women ascending stairs lean so far over that when they turned the spiral they invariably put their hands on the upper stairs.

A girl will complain of backache, saying, "You know I have to go up and down stairs so much." Another girl will climb the same stairs several times a day and not have an aching back or any other uncomfortable result. The secret in both cases lies in the way they do it. The work that the back has to do ought to be no greater going upstairs correctly than when walking on a level. The legs are the members which ought to perform that service for you.

With a heavy, fat-footed tramp, a woman puts a severe strain on the back, such a step jarring the spine as well as the head. She is uncomfortable, and to make the ordeal as short as possible, she hurries, possibly runs. Naturally, the body remunerates at such unjust treatment.

Don't run upstairs. Let the movement from step to step be gradual and graceful



Going upstairs—Place the feet squarely on the step, heel and all. The correct poise for walking—Head erect, chest well. Coming downstairs—Let the ball of the foot first touch the stairs. Hold the body erect.

a career of the structure. If you will instead of a kick, or an attempt to push holes in the steps.

The stairway may be the walker's gymnasium, and she who would acquire a graceful gait may very well first take lessons in going upstairs. The art of coming downstairs, too, should receive attention.

Hold the body erect and take each step first with the ball of the foot. Don't let the knees bend evasively, thereby producing a general tumble-down flabbiness of the whole personal expression. Walk correctly, with the chest well arched and the hips thrown back. Don't throw the shoulders far back of the line of the hips, nor hold the arms rigidly at the sides. The upper point of the forehead and the most prominent part of the chest should be up-

lifted, as if one were trying to push up through the ceiling.

When walking in the street it is a good plan to try to look over the tops of the carriages; this will help to keep the head up.

If the chin is somewhat tip-tilted it has a charm all its own and may be cultivated to advantage by one possessed of a pliant face. Excessive relaxation of the neck and pitching the head forward with undue strain of the lower body is very awkward and destroys harmony, dignity and grace.

Take a free and firm, but light stride, balancing the upper part of the body alternately upon each hip, but without swaying it perceptibly. The impetus forward should be given with a slight spring from the ball of the foot. The leg should be held straight, but not stiff. In this way one walks with the least physical expense and with the greatest ease, comfort, beauty and healthfulness.

The rhythm of such a gait exercises a subtle and mighty charm. There is poise and grace which easily make a woman mistress of the drawing-room graces.

There is also the correct way of walking. There is also the walking of the passing fashion.

To walk smartly and according to the prevailing style, one must have the athletic swinging gait. Milady puts her foot down in a firm, determined way, with a long and easy step, and a decided swing from the hip.

To acquire this swing the fashionable girl is practicing athletics. At a gymnasium or in the seclusion of her boudoir, she "toes the mark," and then takes "first position"—one foot behind the other and all the weight on the front and right foot. Then the other foot is raised so that the toe alone touches the ground. This is not done with the muscles of the foot, but with those of the thigh.

With the second movement the foot is brought forward, hanging perfectly limp. For the third movement, the knee is straightened and the foot falls into place. The foot must not be set down; it must fall by the action of the knees in straightening.

Thus, by slow degrees, is the novice initiated into the mysteries of walking—at least of the present style of walking.

There is another fashionable gait, which is the opposite of the athletic gait. There is a decided droop forward from the waist, and a rigid poise of the body from the hips up to the head, the elbows being held out from the side with military stiffness.

The athletic or military stride may be very well for a fashionable promenade, but the correct way of walking, with erect body and head, is recommended as the best aid to a good figure and complexion, and let it be a brisk walk in the sunshine.

It is difficult to give any specified number of miles or hours for a woman to walk. A good rule is to walk until one is just short of being tired. Don't attempt too much at first. Begin with short walks and gradually increase the length. Walk in proper dress. Do not wear trailing skirts or thin, high-heeled shoes.

A fashionable woman who wore French heels once asked a famous artist how she might acquire a graceful carriage. He looked at her gravely and answered:

"Take off your high-heeled shoes and place them on top of your head. When you can walk with these shoes perfectly balanced, you will have the gait of a goddess, and for the first time since French heeled shoes were invented they will have served to help and not to disfigure a woman."

KATHERINE MORTON.
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LENTEN OR SPRING DISHES

TOGETHER WITH SEVERAL OTHER THINGS GOOD TO EAT, FROM A STANDARD COOK BOOK

THESE recipes are selected from the new Harper's Cookbook Encyclopedia, which is the only cookbook in existence arranged like a dictionary.

Shad Roast en Brochette.

Parboil shad roes and throw them into cold water. Take them out, cut them into inch lengths and roll them in flour. Impale them on slender skewers with alternate slices of bacon, cut very thin, and broil them over a clear fire until the bacon is clear and crisp. Serve with melted butter or with a maitre d'hotel sauce.

Eggs a la Martin.

Have ready a dish that can be put into the oven and baked. It should be like a deep, ordinary soup plate, without the wide rim. It is easy enough to find plenty of such at any store. Have it heated, but not too hot. Put into a small saucepan a teaspoonful of butter. Let it melt, but be careful that it does not brown. Then add a teaspoonful of oil (or more, if it is preferred thicker), and then very slowly, after the flour is well mingled, a cup of milk or cream. Then add four tablespoonfuls of grated cheese. Stir well and when thoroughly heated pour into the dish you have ready, and with great care (so as to keep the shape) drop into the mixture four eggs. The ordinary dish will hold about four eggs and look well, but it may be possible to find larger ones. Put at once into the oven and when the eggs are set serve at once. A few bits of parsley make the dish look more inviting.

Salmon Croquettes.

Chop up and one-half pounds of fresh or canned salmon fine, season it with a teaspoonful of salt, a tablespoonful of chopped parsley, the juice of half a lemon, and a dash of onion. Mix well. Put a pint of milk on to boil. Rub two tablespoonfuls of butter and three of flour together until smooth, and stir in the boiling milk. Let cook two or three minutes, add the salmon, stir until heated, take up, turn out on a dish to cool. When cold and firm, form into croquettes, roll in grated bread crumbs, dip in beaten eggs, then again in the bread crumbs, and fry in boiling fat. Serve very hot, garnish with parsley and thin slices of lemon.

Creamed Oysters.

To one quart of oysters add one pint of cream. Put the cream over the fire in a double boiler, mix a generous tablespoonful of flour with a little cold milk, and stir into the cream, when it is boiling. Season with salt, a little cayenne, pepper and a teaspoonful of onion juice. Let the oysters come to a boil in their own liquor. Drain off all the liquor and turn

the oysters into the cream mixture. Have ready on a hot platter square pieces of toast, well buttered, and turn the mixture over them. Serve at once.

Tomato and Green Pepper Omelet.

Put in a small saucepan one teaspoonful of butter. When melted add three tablespoonfuls of the thick part of canned tomatoes, with a tablespoonful of green peppers, chop fine. Cook three minutes. Season with one saltspoonful of salt and one-half of this quantity of pepper. Pour with the eggs, which beat for one minute.

Fish Steaks a la Martin.

For this, steaks of halibut, cod or any other firm, white fish can be used. Cut them about an inch thick and three inches square. Rub the bottom of a small dripping pan with a cut onion, and then butter it well. Pepper and salt the squares of fish lightly on both sides, lay them in the pan and sprinkle them with chopped parsley and a little very finely minced onion or a few drops of onion juice. Put a bit of butter the size of a hazel nut on each, squeeze over them the juice of a lemon and bake for 20 minutes, covered half the time. Serve plain or with a bechamel sauce.

Fruit Salad.

Divide one large orange and two mandarins into carapels, slice two bananas, shred a small pineapple, peel and seed two dozen Malaga grapes and shell and halve a dozen English walnuts. Heap all upon crisp, delicate leaves from the heart of lettuce and pour over them a mayonnaise dressing. Serve very cold, almost frappe.

Lent Salad.

Fill the bottom of a salad dish with crisp lettuce leaves. Cut cold boiled or baked fish into pieces, and fill the dish with it; pour over a pint of mayonnaise dressing. Chop the coral of a lobster very fine, sprinkle it over the salad, garnish with rings of hard-boiled eggs, and serve very cold.

Dandelion Salad.

Wash and pick over carefully a quantity of dandelions; let stand in cold water several hours; drain and shake dry; put them in a salad bowl, sprinkle with salt herbs and pour a plain salad dressing over.

OTHER GOOD THINGS TO EAT.

Chicken Pie (Old Virginia).

Line a deep pan with plain biscuit dough. Have two spring chickens cut in pieces; put in the pan with thin slices of fat bacon, a pint of cream, a teaspoonful

of stale bread-crumbs, a pint of boiling water, the yolks of three hard-boiled eggs, salt and pepper. Cover with a top crust, and bake slowly for two hours.

Cream of Spinach.

Wash two quarts of spinach, and while it is still dripping wet put over the fire in a double-boiler. Add to the spinach a pinch of soda, but no water except that clinging to the leaves. Cover closely, and cook until soft enough to rub through a colander. Heat to the scalding-point a quart of milk, thicken with a tablespoonful of butter and one of flour rubbed together, and add to this the spinach. Season and serve.

Chicken Salad in Green Peppers.

Prepare a chicken salad of equal parts of celery and the white meat of roast or boiled chicken. Both should be shredded fine. Just before they are to go to table, season them with pepper and salt, and mix with them enough mayonnaise dressing to coat each fragment thoroughly. Have ready enough green peppers, from which the blossom end has been sliced off. Take out the contents of the peppers, stand them upright on the stem ends, and fill them with the chicken salad, capping each with a teaspoonful of thick, yellow mayonnaise. Place them on a napkin laid on a platter; or, if you serve them on individual plates, have a little white dolly under each pepper.

Russian Soup.

The cabbage is to be cut in shreds a inch long. One onion (a Spanish onion preferred), to be cut in shreds, and a few fine herbs. Fry in butter, but do not brown, drain, and add to the soup, with one table-spoonful of flour. Have ready small balls of beef sausage, made of two ounces of beef chopped very small, two ounces of suet chopped very small, one egg, pepper and salt. Fry, and place in the soup, with a squeeze of lemon, just before serving up.

Napoleons.

Roll puff paste very thin, line square or oblong layer pans, prick with a fork, glaze, and bake. Remove while hot to a clean pastry-board; cut into even pieces three inches long by one and a half wide, using a sharp knife. Each Napoleon is formed by placing three of these pieces one over the other; the lowest layer is spread with jelly, the next with whipped cream sweetened and flavored with vanilla, and the top one with plain or chocolate icing.

Almond Souffle.

One pint of milk, half a cupful of flour, two table-spoonfuls of butter, three table-spoonfuls of fine sugar, four eggs (the

whites and yolks beaten separately and very stiff, two table-spoonfuls of almonds, blanched and chopped or pounded fine. (Almond paste is even better for this purpose.) Cook together the butter and the flour, and when they are smoothly blended add the milk. Stir to a thick paste, add the sugar, and take from the fire. Beat in the yolks of the eggs, the almonds and the whites. Turn into a buttered pudding-dish, and bake 15 minutes in a good oven. Serve as soon as it is done, before it falls.

How to Make a Tough Fowl Tender.

Truss the fowl as usual, and then infold it completely in two thicknesses of wrapping-paper, securely fastening the paper with a piece of string. The fowl may now be put in the oven and roasted for three-quarters of an hour. At the end of this time the paper is removed and the chicken returned to the oven and roasted as long as would have been necessary had it been tender in the beginning. It must be basted often, and turned occasionally. When done, it should be as toothsome as a young chicken.

Things to Remember.

Meats and Game should not be washed; if cleansing is necessary, use a wet cloth. Never pierce meats while cooking, or the juices will escape. But for stew, etc., put the meat in cold water and gradually heat so that the juices may be extracted. If the meat is put on in boiling water a coating is formed which assists in confining all the juices of the meat. Butter, as well as milk, quickly absorbs flavor from other articles. Therefore keep both in tightly closed vessels in the refrigerator.

Eggs—A pinch of salt added to the white of eggs facilitates the beating. Break each egg separately in a cup or saucer, so as to be able to reject it if it is not satisfactory. When adding the whipped white of an egg to any substance, do not beat it in, but fold it in carefully with a knife or a spoon.

London's New Year "Swearing Off."

The gravity of the issue raised in England by the remarkable increase of drunkenness is indicated in one unusual measure of repression with which London begins a new year. Magistrates must from their records of convictions prepare a "blacklist" of habitual drunkards, to whom public-house keepers are forbidden to sell liquors. Heavy penalties are also prescribed for any woman who is found drunk with a child under 7 years of age in her care. "Swearing off" is as hard for cities as for men. The blacklist law looks as difficult of enforcement as our civil damage act. The list will be a long one, "mistake" easy to make. As for the drunken mother, is there not grave danger that her "severe penalties" will react upon her child?

THIS HANDY SOCIAL MAN

CAUSTIC COMMENT ON A MASCULINE TYPE WHOSE SPECIALTY NOW IS MAKING SALADS

HANDY men are rarely anything else. Whether it is at leading a German or making a Welsh rabbit that the handy man excels, it is his one distinction. He is invited out because he is "clever" at this, that or the other thing and in your mind's eye you always see him with his coat of arms—a chafing dish rampant, or a cottillion favor with ribbon ends flying.

He is never looked upon as eligible by mothers with daughters to marry, nor is he run after by the young matrons. He is only cultivated because, as hostesses say, he "fills in" or "helps out" at a dinner or a dance.

He never fails to make good in whatever line he may shine. Sometimes it is as a lively talker that he shines, and, if conversation lags, a look from the eye of his hostess sets him going as though he were a seven-day clock. It is his knack to keep things doing somehow, and if a careless waiter spills the soup down some woman's spine, he is the first to offer to assist her and the first, as well, to dismiss the incident and start the ball of conversation in some other direction.

A great number of men who are unable to accomplish anything startling in the commercial or professional world gain social prominence and make, in the end, rich marriages, because they cultivate some little trick of amusing or entertaining. They tell a good story, sing a song, play the banjo or piano—do something, anything to amuse the guest who may not be equally facile through their more serious pursuits and ambitions.

Amusement is the cry of the age and the handy man replies to it with his gift repartee, his mimicry, his inventive ingenuity on the subject of decorations and dinner menus, his constant effort to please.

In reality, his endeavors in these days of social dullness are worth a large salary, but he is paid solely in entertainment and a certain distinction. His only bills are for cabs. He manages to be a social pet on nothing a year.

To be merely handsome does not suffice a man as it does a woman. A man must sing, dance and stir himself about, unless he is wealthy and has social position through his family connections. To keep in touch with the women whose constant dinners and dances, theater and party make a background for his social progress, the handy man must be busy.

He is fond of the fellow who "fits in." They call these representatives of their sex "tame cats" and, while they always find them in women's drawing-rooms, they are never jealous of them.

Frequently the handy man learns to be amusing in the clubs as well as in the boudoirs, and in that case men tolerate him for his entertaining powers. When he has learned to toss up beef-steak suppers in chafing dishes, brew punches and make rabbits, he is often sought after for post-theater entertainments.

He never affects to be aware that the secret of his popularity is his usefulness. Other men stand about with their hands in their pockets, or flirt with pretty girls on the stairs, but the handy man glides gracefully into the performance of his specialty as though it were high art.

Perhaps the salad mixer is the most vivid type of the handy man. Once he attains proficiency in this art, nothing can shake him. In the first place, the salad maker is never the chafing dish expert and he learns little tricks like a parlor musician taking rabbits out of his sleeve and thereby fascinating beholders. He adds a little powdered sugar or a glass of wine to the bowl as though it were an inspiration of the moment.

He reminds one of an artist, in a fine frenzy, adding touches of color to a landscape. No one seems to think him a bore, although, if you analyze him, he is a good deal of one, for nobody else gets a chance once the salad mixer sets to work.

He fairly chains the attention, if it shows any symptom of lagging, by introducing some startling spectacular effect. Sometimes, when the salad is a green one, he wraps the leaves in a table napkin and beats the bundle fiercely against the floor, holding this to be the only proper method to remove the moisture.

Salads from a head waiter without question or cavil.

He knows all about the best oils and vinegars and his favorite brands are never the ones that people have on hand. He tells of wonderful olive oils imported by a nobleman from Italy, and he seems to think that every household should have its cask of salad oil, as country houses have their rain barrels.

He sniffs at vinegars and often sneers at them openly, never seeming to realize that one's vinegar crust is a part of one's family, so to speak, and as such should be treated with respect. He states that all properly constructed salad dressings should have several different sorts of vinegar in their composition.

He waxes enthusiastic as he proceeds and calls for the pepper mill, putting aside pepper cruets with a wave of the wooden spoon. If you have to acknowledge that you have no pepper mill, he becomes positively sad. He tells tales of insect tribes that generate and increase in ground pepper and hints darkly at adulteration and liver complaint.

He raves about garlic, shallots, chives, red peppers and things that are not likely to be on American tables. For this salad mixing education is always acquired at foreign table d'hotes and, like too much dexterity at pool, it is eloquent of much practice. But the salad mixer holds the stage and when he is done and his handiwork is served every one breaks out in rhapsodies. No one enjoys it, though, more than he does himself, for he always makes it exactly to his own taste.

He explains that with the proper ingredients he could accomplish far better results and affects to belittle the dish. If anyone else should do it, he would probably expire from chagrin.

He is such a cheerful worker, and so enthusiastic and impressive, that he makes a sensation out of the simplest salad. And as sensations are the social fashion, he starts a fad for heads of olive oil, booms the sale of pepper mills at the silverware stores, and receives heaps of invitations for similar occasions, where, with plenty of attention and elbow room, he will proceed to demonstrate his claim to consideration as a handy man.

KATE MASTERSON.

It seems incredible that laundresses should wash tea towels in the regular weekly washing, but such is the custom with many. Tea towels should be washed in hot soapwater as often as they are used, well rinsed and hung up to dry. It is not essential that they should be ironed.