

# Coat Gowns for the Girl in her Teens



SPRING STYLES FOR YOUNG GIRLS.



DAINTY INDOOR EFFECTS.

THE Spring styles presented for young girls wear show in the most noteworthy instances a Parisian prettiness. The coat gown, well made and of good material, shows as much of its charm as the more dressy frock. For instance smartness a jacket of short length exactly matches the skirt.

Most charming and practical are some ready-to-wear models of Panama, plain cloth and fancy suiting. A short, double-breasted Eton, with strapped bands of the material, fancy buttons and a touch of contrasting color on the collar, composes the upper garment of these. The sleeves are wrist or three-quarter length. When in the latter cut they are often wide and shirred into smart turn-back cuffs, or else finished by a plain band decked with braid or edged with silk ribbons.

The prevailing skirts for young misses show the all-pervasive and becoming bias seam at the front. The sides are circular, with the oddity sometimes of a straight back breadth, very narrow and laid in stiff pleats. But the most satisfactory of these skirts are without pleats either back or front, and if a girl is plump enough to wear the simple circular cut the effect is wonderfully stylish.

In the way of material—that is, for practical use—Panama cloth, which may

have either a brilliant or serge finish, stands virtually first. The new weaves in this admirably wearing material reach a point of fineness which earns for them the prefix of chiffon, though even the most delicate panamas have some of the sturdiness which is the virtue of the material.

Some little coat frocks for maids in their teens showed charming arrangements with black Panama and color. The color was expressed in the slightest touches on the collar, cuffs and shirre of the dress. However, in many instances, the girlish is a shaped zone of the frock's material, though when of soft silk, satin or velvet such an even as you would use for baking should begin to change color round the edges in five or six minutes. It is a good thing to cover the pan, without of course touching the cake, with a baking sheet or tin or piece of stiff paper to prevent its becoming too brown. Remove this cover in half an hour, when the cake should be fully risen, and bake half an hour longer. Toughness is caused chiefly by too high temperature, but if you use too cool an oven the cake will be raw in the center. Steady, moderate heat is what is wanted. I have had good success in an oven that refused to stay "moderate" by using an earthen pan for baking and setting a cup of water in the oven. A double boiler has also done satisfactory duty as an angel food pan. The cake was allowed to rise in the water-jacket with the lid on and finished off with the inside pan only, and no lid. When time for baking is short good results can be got with individual cakes baked in iron gem pans. These must be heated before the mixture is put in. Test your cake with a thin bright skewer or knitting needle, and be sure it does not get too deeply colored. Turn the pan upside down when it comes from the oven, so that the cake will hang in the water with its own weight. It can be removed when cool by slipping a thin-bladed knife between the cake and the sides of the pan. In frosting such a cake it is so much easier, on account of its rather rough surface, to give a thin coating first, and a second when that is dry. The frosting is not necessary, but helps to keep it moist. It should be broken apart with two forks rather than cut.

must be trimming, but not too much of it, and wherever handwork can be used it is carried to such painstaking points that the wonder comes that the dress is as cheap as it is.

Blurred plaids in soft woods almost as delicate as velvets are much to the fore. These are made up frequently without other trimming than a girlish in solid color and perhaps revers and cuffs of it. A charming little gown of this nature showed a skirt in three deep killed flounces and a blouse bodice cut to expose a smart white silk shirtwaist. The colors of the plaid were soft pale browns on a paler brown background, a dim and yet beautiful shade of green taffetas composing the girlish and bodice trimming.

The gown is shown in the larger of today's drawings, and the hat which is given with it is charmingly suitable. The shape is pale brown straw with wide undulating brim and trimmings of white flowers and green velvet ribbon. The entire get-up is suitable for any day occasion.

Another smart dress in this picture shows one of the new season's most charming fads, which is saying a great deal for it, is evidently a Summer cake for children and invalids. Here again long beating and slow baking are the important points. A friend of mine "kitted up" a sponge cake in a hurry one day. It was to be served at dessert, but was not altogether what her fancy had painted it. The adult members of the family however maintained a discreet silence until a small slice piped up, "Please, auntie, may I have some more omelet?"

France—it is in a dim soft pink, with trimmings of cream. French lace in a youthful pattern. The sash and sleeve bows are of taffetas in a deeper rose, and the feather and soft silk of the hat, which is a wide leghorn shape, matches the color of the frock.

Apron of this faint and tender pink, called faded rose—which title, by the way, does not in the least describe it—it will doubtless have a specially elegant vogue. The materials seen in it are all expensive, and the completed gowns display the finest touches the sartorial hand can give, the rarest and most adorable motifs. One very dapper street frock—so called—in this time was of cloth with a severely tailored circular skirt, and jaunty pony jacket.

Other cloth gowns show the dim pink, deepening and deepening till the last frock may be almost red. There is no doubt about it, color is once more to have a vogue of elegance, and even if a frock is ostensibly all white there is and to be a tined line somewhere on the bodice, in white coat of Irish lace shown with a linen skirt magnificently inset with the same, displayed a bias band of deep buff linen around the neck and down the front.

One of the little Eton frocks already described, and a Spring raglan are the two remaining models in this picture. The coat is in checked sage cover in the double-breasted and loosely simple shape

advised for practical wear. The big buttons are of bone in the sage tint of the deeper line of the plaid. The hat with its fancy feathers makes a dashing finish.

The majority of the coats shown for young girls wear have no special distinction, but occasionally, as here, a long model will seem very smart. The last of prettiness the shorter separate jackets enjoy, is doubtless owing to the fact that the gown with its own wrap has almost ousted this old-time favorite. So, except in the case of these very swagger three-quarter coats and longer ones for rain use, the odd coat is for the moment set aside by ultra-fashionables. That is where young girls are concerned, or odd taffetas coats, exquisitely frayed, are to be one of the reigning features in the grown-up world.

In the second picture are given three very dainty frocks for smart indoor use. These express models of a high priced and choice nature, but so simple are the designs that any one of the toilettes could be turned out in quite a modest material.

Taking first the frock showing a skirt and crossed bodice, elaborately trimmed with lace, the materials here employed are India muslin and Valenciennes in a rare pattern. The underlay is also pale rose silk, and all the work upon the frock—seams excepted—is done by hand. However, this frock could be adorably

copied for \$15 by substituting ordinary mull or organdy and point d'esprit or plain fooling for the lace. These airy yet firmures are far superior to cheap laces, and despite their comparative inexpensiveness they give a look of charming distinction. Lastly pale blue, pink or apple green lawn could be used, for the underlay.

The second frock in the foreground is built entirely of pale gray foulis, but a very smart one with soft silk for the fichu collar could be substituted. In this case the whole dress—the wide soft belt with sash ends not excepted—should be in one color.

Gray is very much exploited for young girls' wear, and the bodice of many of the street gowns show charming white guimpes and deckings of narrow Valenciennes also pure white, the latter outlining an entire stiff little coat sometimes.

The third dress in the smaller picture is of pale blue veiling with white lace and blue chiffon trimmings. The square Dutch cut of the neck of this is the delectable approved for maiden wear, and one teaspoon of warm butter, Season with salt, sugar, pepper and grated nutmeg. Add the yolks of two raw eggs and the whites of three which have been whipped to a stiff froth. Pour into a buttered dish, smooth the top and after pouring a little warm butter over it, scatter some bread crumbs lightly over the surface and bake at once in a quick oven for about 20 minutes.

Scalloped Spinach—Cut some boiled sea kale into small pieces about half an inch in length and heat gradually in some thick white sauce which has been flavored with a small quantity of vinegar. Put one tablespoonful of butter into a saucepan and add five or six cups of sliced spinach. Pour in by degrees one cup of cream and season with salt, pepper, a little sugar and some grated nutmeg. Stir the spinach until it is fairly stiff and cover with the remaining of the spinach. Smooth the top with a knife which has been dipped into hot water, pour a little warm butter over, and bake at once in a quick oven for a quick oven for 10 or 15 minutes. The sea kale may be omitted if desired.

Poached Eggs with Spinach—Cut three or four small tomatoes into thin slices and cook them in a saucepan containing one tablespoonful of warm butter, one small onion sliced, and a slice of fat bacon. When the tomatoes are quite soft, add one cup milk and half a cup of hot water. Thicken with one tablespoonful of butter and one tablespoonful of flour rubbed together and season with celery salt, pepper and a grating of nutmeg. Pass the sauce through a sieve and when needed reheat. Butter individual china baking dishes and make them very hot. Then put a layer of carefully prepared spinach into each and make a hollow in the middle. Fill each with a dessert spoonful of the heated tomato sauce. Now poach enough eggs to cover every dish, in boiling water seasoned with salt and one tablespoonful of vinegar. As soon as the whites of the eggs set, take them carefully from the pan with a perforated

spatula, and after draining them well, trim the white of each egg with a knife. Lay one of these eggs on each dish of spinach, sprinkle with some grated cheese, run in the oven for a minute to make thoroughly hot, and serve. A more delicate breakfast dish cannot be imagined.

Stewed Chicory—Wash some heads of chicory and trim off, but do not divide them. Parboil in salted water, to which a tablespoonful of vinegar has been added. Drain and finish cooking them in clear soup stock or in hot water flavored with beef extract. When done, drain the chicory and place it on a hot dish and cover with a sauce made as follows: Make a cup of white sauce with one cup of milk, one tablespoonful of flour and one tablespoonful of butter. Add a little cream if desired, and season well. Allow this sauce to boil up, then draw to the side of the stove and stir in the yolk of an egg which has been beaten with two tablespoonfuls of lemon juice. Serv at once.

Braised Lettuce—Select fresh lettuce heads with firm white hearts. Wash in several waters, put into a saucepan of boiling water and cook for five minutes. Remove the lettuce with a skimmer and press as much of the water as possible with the hands. Place some thin slices of bacon at the bottom of a stewpan, fold the lettuce leaves together and lay them on top of the bacon. Season well and cover with boiling water and one table-spoonful of butter or with unskimmed broth. Place a sheet of greased paper over the pan and braise for one hour and a quarter over a moderate fire. When the mixture is reduced to a glaze, drain the lettuce leaves, place on a hot dish and serve with brown gravy poured over them.

MARY DEAN.

## On the Making of an Ordinary Cook

Cakes Without Butter, by Director Portland School of Domestic Science.

THERE seems to be a very general superstition that "Angel Food" is one of the hardest cakes to make successfully. Perhaps the name has something to do with this, as well as the extreme precautions with which some cooks and cookbooks beset the novice. A son once informed me that he always used a new cake pan for angel food, sifted the flour 13 times and allowed no one to walk across the kitchen floor while the cake was in the oven, and still the cake was flat and tough!

The fact of the matter is that the mixing of such a cake is extremely simple, and the baking of it is not difficult, if you realize what kind of material you are dealing with and consider the effect of high temperature on egg-whites. See to it that the heat of your oven is steady and not excessive, and don't try to hurry matters. "Hurry is one of the besetting sins of the ordinary cook"; she too often tries to make it take the place of forethought and method in her work. An "accomplished cook" is expeditious, but rarely hurried. She has formed the habit of consciously or unconsciously timing all her operations, so that she has a fair idea of what can or cannot be done in a given number of minutes. She can usually get through more work in a given time than her less experienced sister, but she does not attempt to hustle the baking of her bread and cakes or the simmering of her stew.

Supposing then that you have good sense and a good oven as well as plenty of time and egg whites, there is no reason why you should not make good angel food at your very first attempt. Recipes for this cake call for from 8 to 12 egg whites to one cup of flour. The best way, since eggs differ in size, is to take them by measure rather than by count. The following is a useful formula:

1 cup egg whites (unbeaten),  
1 cup (level) fine granulated sugar,  
1 cup (level) flour (measured after twice sifting),  
1 teaspoon salt,  
1 teaspoon (level) cream of tartar,  
1 teaspoon flavoring almond and vanilla, (mixed) rose, or orange flower water.

You add the salt to the egg whites, and beat them until perfectly stiff (see that they will cut with a knife), then fold in the sugar (sifted) and add the flour. Finally fold in the flour after sifting it

two or three times with the cream of tartar. This sifting is to secure thorough mixing of the cream of tartar, and also to get some air entangled with the flour. Mix it very lightly, just enough to hide the flour, keeping it as bulky as possible. Turn the mixture into a tube-pan with a sheet of white ungreased paper at the bottom. You see the mixing part is very quick and simple. For the baking you need a moderate oven and steady heat, such an oven as you would use for baking loaves in five or six minutes. It is a good thing to cover the pan, without of course touching the cake, with a baking sheet or tin or piece of stiff paper to prevent its becoming too brown. Remove this cover in half an hour, when the cake should be fully risen, and bake half an hour longer. Toughness is caused chiefly by too high temperature, but if you use too cool an oven the cake will be raw in the center. Steady, moderate heat is what is wanted. I have had good success in an oven that refused to stay "moderate" by using an earthen pan for baking and setting a cup of water in the oven. A double boiler has also done satisfactory duty as an angel food pan. The cake was allowed to rise in the water-jacket with the lid on and finished off with the inside pan only, and no lid. When time for baking is short good results can be got with individual cakes baked in iron gem pans. These must be heated before the mixture is put in. Test your cake with a thin bright skewer or knitting needle, and be sure it does not get too deeply colored. Turn the pan upside down when it comes from the oven, so that the cake will hang in the water with its own weight. It can be removed when cool by slipping a thin-bladed knife between the cake and the sides of the pan. In frosting such a cake it is so much easier, on account of its rather rough surface, to give a thin coating first, and a second when that is dry. The frosting is not necessary, but helps to keep it moist. It should be broken apart with two forks rather than cut.

Some people, too, prefer to sift the flour and sugar together and fold them in at the same time. The best way is to try for yourself and suit your own taste and convenience.

You can make a "Sunshine Cake" by folding in the well-beaten yolks of six eggs (sometimes beaten with the sugar) before adding the flour. Sunshine Cake is really a rich variety of sponge cake. There are, however, various poor relations of sponge cake called by the same name, but making up in baking powder what they lack in eggs. Sponge cake proper has no baking powder, and if well made is perhaps the most easily digested cake for children and invalids. Here again long beating and slow baking are the important points. A friend of mine "kitted up" a sponge cake in a hurry one day. It was to be served at dessert, but was not altogether what her fancy had painted it. The adult members of the family however maintained a discreet silence until a small slice piped up, "Please, auntie, may I have some more omelet?"

A good formula for sponge cake is as follows: Three eggs, the weight of all these (in their shells) in very fine granulated sugar, and the weight of two only in fine flour; 1-1/2 tsp. cream of tartar, rind and juice of half a lemon. This formula by weight is more generally correct than one by measure. Begin by preparing your cake pan. Grease it thoroughly and sift over the surface a thin film of flour, or of flour and icing sugar mixed in equal parts, in a band of ungreased paper round the outside of the tin, letting it project at least two inches above the tin. Then mix the cake. Separate the yolks and whites; beat the former about five minutes, add the sugar, and beat until light colored and almost stiff. Beat the whites until quite stiff. Fold in half of these, then the sifted flour, then the remainder of the whites. Stir as little as possible in order not to flatten the mixture. Put at once into the prepared pans and bake in a moderate (brown) oven at least 45 minutes. It is a good plan to set the cake tin on a baking pan containing a thick layer of sand or salt, previously heated. This prevents undue browning of the bottom and secures steady heat. The top may be protected with paper as in baking angel cake.

This same mixture will make sponge drop cakes or lady fingers. Sponge cakes containing baking powder are somewhat easier to bake and require slightly hotter oven. They usually contain some water, which is beaten in a spoonful at a time (with a

## Choose Books as 1906 Easter Gifts

THE most absorbing of individuals, the American shopkeeper, has learned to cater cleverly to Americans' fond for gift making. Time was that Easter was confined almost entirely to children. The old-fashioned custom called for the exchange of home-colored eggs or candy showing stereoscopic pictures.

Then came Raphael Tuck and his cards, and the florist saw his chance with egg-shaped baskets filled with costly spring blossoms. These were sent by swain to sweetheart, by guest to hostess, and sometimes by mere husbands to wives. Last year cut flowers gave place to growing plants.

This year it is books. Books illustrated, printed and bound especially for Easter gifts, beautiful editions bearing resurrection suggestions; inexpensive books in purple, white and silver gloriations, and when all else fails, simply bound books set in boxes or paper wrappings and tied with ribbon bearing Easter messages. And really, after all this, the books selected by publishers for the Easter season, there is little enough suggestion of the resurrection sentiment, unless you can call idealized love the outgrowth of the Easter spirit. Of course, you will find many of the paper-bound booklets combining Easter poems, illustrated with a wealth of floral design, and bound so delicately as to be utterly impractical. These can be secured from 25 cents up and are intended merely to take the place of cards.

A word to the Easter shopper. In no other store today will you be more well-come than in the book shop. Provided you remove your gloves to display snowy finger tips, you are at liberty to browse by the hour among its Easter offerings. But you may be sure that the gloved hands are regarded with suspicion by the book seller. Gloves, no matter how little worn on the street, always hold possibilities for ruining dainty bindings.

## Try Cooked Greens as a Change of Diet

"KEEP your family well during the Spring months by substituting green vegetables for the meat course as often as possible." Is the advice of a family physician who advocates careful diet rather than uncertain drugs as the surest road to good health.

"These do not necessarily have to be in the form of salads to be appetizing, either. Have them prepared with some care and thought and you couldn't wish for a more delicious kind of food. The trouble is the average cook never takes time to thoroughly clean and properly season green vegetables, and they are passed untouched by half the persons at the table."

The last truth strikes home to more than one housewife, who, though she may have tried to convince her family of the curative properties of spinach and other cooked green vegetables, still finds that they prefer the regular diet of corn, beefs, etc., to the succulent varieties served as they usually are in haphazard fashion. "The new school of cookery, however, gives many helpful suggestions with regard to the class of vegetables, and here are a few gleanings from it.

Of all the green vegetables, spinach contains the largest amount of medicinal qualities and can be offered in the greatest number of appetizing forms. The delicacy of all spinach dishes, however, depends first, last and always upon the care with which the leaves are washed and boiled. Four kinds of spinach can be obtained at this time of year—the regular crinkly leaf, thin curling leaves, like parsley, known as greens, dandelion tops, and least expensive of all, the long narrow leaves which are cut from the narrow.

Any of these four may be used for the foundation of spinach recipes, but they must all be prepared with the same care. Wash the separate plants carefully by dipping in and out of a pan of cold water. Then cut the leaves apart and wash thoroughly. Plunge in cold water again and shake dry. Then, draining the water from the leaves, do not hold them in a bunch against the side of the pan. In this way the grit and sand remains among the leaves, thus completely spoiling them for eating. Now throw the spinach into a hot kettle, add half a cup of water and sprinkle over one teaspoonful of salt. Shake over the fire until the spinach is thoroughly wilted, cover the saucepan and cook slowly 20 minutes. When done, drain carefully, turn the spinach into a chopping bowl and chop very fine. Instead of

chopping, the English cook presses the boiled spinach through a sieve.

Spinach Souffle—Cook four quarts of spinach in the above manner and after draining off all the moisture, pass through a wire sieve. In case the cook has a left-over or cooked celery, turnips or carrots, add one teaspoonful of each, or if they have been pressed through a sieve, to the spinach and grate in one teaspoonful of onion. Mix with these ingredients two tablespoonfuls of warm butter. Season with salt, sugar, pepper and grated nutmeg. Add the yolks of two raw eggs and the whites of three which have been whipped to a stiff froth. Pour into a buttered dish, smooth the top and after pouring a little warm butter over it, scatter some bread crumbs lightly over the surface and bake at once in a quick oven for about 20 minutes.

Scalloped Spinach—Cut some boiled sea kale into small pieces about half an inch in length and heat gradually in some thick white sauce which has been flavored with a small quantity of vinegar. Put one tablespoonful of butter into a saucepan and add five or six cups of sliced spinach. Pour in by degrees one cup of cream and season with salt, pepper, a little sugar and some grated nutmeg. Stir the spinach until it is fairly stiff and cover with the remaining of the spinach. Smooth the top with a knife which has been dipped into hot water, pour a little warm butter over, and bake at once in a quick oven for a quick oven for 10 or 15 minutes. The sea kale may be omitted if desired.

Poached Eggs with Spinach—Cut three or four small tomatoes into thin slices and cook them in a saucepan containing one tablespoonful of warm butter, one small onion sliced, and a slice of fat bacon. When the tomatoes are quite soft, add one cup milk and half a cup of hot water. Thicken with one tablespoonful of butter and one tablespoonful of flour rubbed together and season with celery salt, pepper and a grating of nutmeg. Pass the sauce through a sieve and when needed reheat. Butter individual china baking dishes and make them very hot. Then put a layer of carefully prepared spinach into each and make a hollow in the middle. Fill each with a dessert spoonful of the heated tomato sauce. Now poach enough eggs to cover every dish, in boiling water seasoned with salt and one tablespoonful of vinegar. As soon as the whites of the eggs set, take them carefully from the pan with a perforated

spatula, and after draining them well, trim the white of each egg with a knife. Lay one of these eggs on each dish of spinach, sprinkle with some grated cheese, run in the oven for a minute to make thoroughly hot, and serve. A more delicate breakfast dish cannot be imagined.

Stewed Chicory—Wash some heads of chicory and trim off, but do not divide them. Parboil in salted water, to which a tablespoonful of vinegar has been added. Drain and finish cooking them in clear soup stock or in hot water flavored with beef extract. When done, drain the chicory and place it on a hot dish and cover with a sauce made as follows: Make a cup of white sauce with one cup of milk, one tablespoonful of flour and one tablespoonful of butter. Add a little cream if desired, and season well. Allow this sauce to boil up, then draw to the side of the stove and stir in the yolk of an egg which has been beaten with two tablespoonfuls of lemon juice. Serv at once.

Braised Lettuce—Select fresh lettuce heads with firm white hearts. Wash in several waters, put into a saucepan of boiling water and cook for five minutes. Remove the lettuce with a skimmer and press as much of the water as possible with the hands. Place some thin slices of bacon at the bottom of a stewpan, fold the lettuce leaves together and lay them on top of the bacon. Season well and cover with boiling water and one table-spoonful of butter or with unskimmed broth. Place a sheet of greased paper over the pan and braise for one hour and a quarter over a moderate fire. When the mixture is reduced to a glaze, drain the lettuce leaves, place on a hot dish and serve with brown gravy poured over them.

The Other Echo.

American Spectator.

According to statistics gathered from the best stenographers, the average speaker uses 120 words a minute. This does not, of course, take into account the case of a man who has the iron-shod trunk lid fall on his neck when he is rummaging for a collar button.

The Pessimist's System.

Puck.

Clarence Coopah—"Am dar any way ob tellin' a horse's age 'sept by lookin' at his teeth, Sidney?"

Sidney Sinclair—"Well, dar's mah way ob tellin'. Ah gen'tly tells by de number ob years Ah been a-bettin' on him."