DAYS OF SCANTY SKIRTS VANISH WITH SPRING STYLE ADOPTED BY COUNTESS

Plenty of Material Is Used in Fashionable Dress Inaugurated in France—Jackets Will Be Comfortably Long Again, But Lines Remain Straight, With Lengthy Tight Sleeves.

Plenty of Material in the Skirt

White Whipcord Costume for the Races.

DISCOURAGED manufacturers who deplore the lack of material used in fashionable skirts, should take heart of grace at this costume, worn by a young French Countess at Auteuil last month. Though the lines of the skirt are very straight and narrow a great deal of taffeta has been used to make it, the soft material being drawn in at the knees and skirt hem by shirrings over cord. There is a jacket, belted at the waist and having the new almost invariable long, tight sleeve finished with a fall of lace. The furs, carried because the day was a chilly one, almost hide the smart jacket, but the style of the skirt is particularly interesting. With this blue taffeta suit were worn buttoned boots of black satin, with high French heels.

The interesting feature of this white race costume is the long coat. It is prophesied in Paris that longer coats will succeed the short, jaunty models of early Spring and this suit by a well-known couturier seems to confirm this prophecy. The skirt, lapped across at the knee and buttoned with three fancy buttons, is graceful, and the coat is trimmed with these fancy buttons which have pearl centers and black rims. The black tam-o'-shanter hat echoes the black note of the velvet coat collar; but gloves and buttoned boots are white.

Answers to Correspondents

BY LILIAN TINGLE.

PORTLAND, Or., April 15.—I enjoy your articles in The Oregonian and always find some good information. However I shall appreciate a little more. (1) Will you kindly tell me how to cook a roast of beef so that it will be juicy and tender. Cut, time, etc.? (2) Also give me a recipe for whole-wheat bread. (3) In serving a dinner for eight, please tell me who is served first. (4) I notice many breakfast menus give "fruit," then "cereal with cream." Do you consider that a good combination, especially for children? P. M.

THE matter of juiciness and tenderness depends not only upon how you roast, but also upon what you roast, and upon quality of meat rather than upon special cut. Bad roasting will spoil the best of meat and make it hard and flavorless; but the greatest skill cannot make a juicy, tender roast out of a tough piece of underfed, elderly cow.

This fact is frequently forgotten by would-be housekeepers, who buy where "prime cuts" can be had cheaply, regardless of the absolute quality of the meat. "An inferior cut from a superior animal" is always to be preferred to "a superior cut from an inferior animal!"

Really first-class roast beef or broiled steak must be counted as something of a luxury nowadays. To secure it, skill, discretion, a knowledge of cuts and of meat values are necessary. Generally speaking, it is wise to buy roasts from markets where only first-class steer beef is handled. Of course "cheap meat" is to be had that is not necessarily from diseased animals, and is not dangerous to health. Such meat, like "cotton back satin," is all that some people can afford; but really tender, juicy roasts cannot be obtained from second-class animals. Wonders can be done with tough meat, with the aid of casseroles, fireless cookers, double boilers and other contrivances for long, slow cooking; and lack of flavor can be partly compensated for by the discreet use of vegetables, herbs and artistic seasoning; but a true roast cannot depend upon these accessories. It stands or falls upon its own inherent tenderness or toughness.

Quality, then, first. Next, choice of cut. Where "cost is no object," the "small T-bone roast," or "family porterhouse roast"—both known in England (the classic home of roast beef) as "sirloin roasts," are perhaps the choicest. The supply of these, however, is limited, and in first-class meat the price may rule as high as 30 or even 35 cents a pound. For 20 to 25 cents a pound one can frequently get the first ribs. The first five are best, though I think most butchers count seven as "prime ribs." The last two of these, however, are getting rather "chuck-ish"—more stringy and less solid. There being a large proportion of bone in the ribs, the actual meat costs nearly as much as the first named roasts. Beyond the porterhouse cut is what some butchers call the "flat-bone sirloin," which usually sells at 10 cents less than the porterhouse of corresponding quality, and makes an excellent family roast. The tougher "tip" may be cut off, hung a little longer, and reserved for pot roasting, boiling, or casseroling, with advantage. A piece of rump from a good, fat animal will sometimes do for roasting; and so will the best cut of the cross-rib, usually sold for pot roasts. But better a good, tender pot roast, any day, than a dry, tough oven roast; so be sure of your meat before you attempt the more trying method. The shape should be as compact as possible to prevent drying out; a protection of fat also helps flavor and tenderness and prevents drying.

Unless you and your butcher have a sound mutual understanding and confidence born of personal contact and experience, it is not wise to order a roast by phone. Actually I would rather order a hat by phone than a roast. Personal marketing not only secures for you just what you want, but gives you the chance of seeing, if you know something of meat, the odd cuts and less-often-called-for pieces, or pieces of odd weights or shapes that prove quite frequently real bargains in the hands of a discreet and resourceful cook.

Beware, however, of "bargain rolled roasts," of unknown origin. Many an inexperienced housekeeper has been taken in by "a beautiful little rolled rib roast" that had grown in quite a different part of the animal. A solid piece of meat, with a little piece of fat in the middle, a bandage of fat round it, and a careful arrangement of strings and skewers may look very attractive and rib-like, and yet be a "patchwork composition" of more or less tough muscles and odd pieces of skin and fat, which will tend to drive the carver mad by falling apart under the knife, and the eater madder by refusing further reparation between the teeth.

Knowledge of meat cannot be learned in a day, or from books only; and only knowledge of meat will secure for you good roasts at the lowest reasonable cost. As I said before, a poor roast is always an extravagance, and a good one is sometimes a luxury.

Now as to time. No absolute rule can be laid down, because the time will vary with the shape and thickness of the roast and with the family preferences as to "rare," "medium" or "well done." The weight is a useful guide in reckoning time; but two roasts of equal weights and different thicknesses would take different times. Most cook books give time-tables based on weight. Generally speaking it is well to give a longer estimate per pound than that given by the average cook book and to use a lower temperature (after "searing" at a high temperature) than that frequently advised in such books.

The following table may serve as a guide in forming "judgment." A famous French culinary authority—Brillat-Savarin—has said: "You may become a cook, but you must be born a roaster." Which is simply another way of saying that some things can be achieved by following a recipe, but others require discretion and judgment, which no mere recipe can impart, and which is the result of matured good sense, improved by careful training.

Roast beef, rare—Eight to 12 minutes for every pound; sirloin or rolled roast, 12 to 15 minutes a pound.

Well done—Standing ribs, 15 to 20 minutes to every pound; sirloin or rolled roast, 20 to 23 minutes to every pound.

The longer allowance will be required (1) for small joints, (2) for meat cooked in a covered roaster. Methods: (a) Open roasting pan. The meat should be raised above the bottom of the pan by means of a rack, which will allow the hot air to circulate round it and will prevent the sogginess or hard "fried" crust, which results from allowing the meat to lie in watery gravy or hot fat.

Brush the meat with melted fat and have a piece of fat on the top to help the basting. Do not salt the meat until a crust has been formed, as salting will draw out the juice and leave the inside dry and flavorless.

Put the meat into a very hot oven for about 15 minutes, basting with the hot fat which flows—not with water, as this helps to draw out juices and soften the thin crust which you are trying to form (by the joint action of heat and hot fat) all over the meat. This crust is to keep the juice inside, so that the inner part will be kept at a temperature just below boiling point. Then the albuminous part of the meat, which resembles white of egg, will be kept from hardening (like a hard boiled egg) and the gelatinous part or connective tissue will be subjected to moist heat at a low temperature and become tender and jelly-like, instead of hard and horny, as it does when subjected to dry heat at a high temperature. The crust once formed, the temperature of the oven should be lowered to "very moderate," or even to "slow," so that the heat may penetrate gradually and thoroughly to the center of the roast and develop flavor without overhardening.

If cooked from start to finish in a very hot oven, the center of the meat will be raw, while an inch or so of the outside will be overdone, hard and tasteless. If cooked in a slow oven from start to finish, the juice will run out, so that the inside will be dry and flavorless, and the outside leathery and lacking in "character" and color. A balance has to be struck also between a sufficiency of gravy inside and outside. Where it is not easy to regulate the oven, the preliminary searing may be done, carefully, on the top of the stove in a heavy iron pan, with some beef drippings. Particular care must be exercised in preventing the fat from burning. An acrid burnt fat smell always means loss of flavor and chances of indigestion from the irritating products of overheated fat.

The meat should be basted from time to time with its own drippings. Salt should be added when it is half cooked. Usually it is better not to add water to the fat in the pan, for reasons already explained. Regulate the oven so that the flat is not over-heated. Old-fashioned cook books recommended the addition of water, as a means of keeping the fat at a lower temperature, in ovens that were regulated with difficulty. In any case, the water would have to be evaporated afterwards, in order to have really good brown gravy, instead of the pale, tasteless stuff that is sometimes offered by inexpert or careless cooks.

When the meat is almost done, transfer it to another pan or platter and take the roasting pan to make gravy. Pour off as much of the fat as possible. If there is much watery matter present, add a little salt and a pinch of sugar and boil rapidly until it is reduced to a brown glaze. A little flour may be dredged in and browned in the fat and glaze, if a slightly thickened gravy is liked. Be careful, however, to avoid a thick gravy characteristic of pot roasts or stews. Roast gravy should be thin, but rich brown, and well flavored, and free from grease and lumps. Dissolve the glaze thus formed in water. Boil up and give final seasoning. Put the beef on a hot serving-platter. Add any juice which may be in the second pan to the newly made gravy and put a very small quantity of this on the platter to form a basis for the "dish gravy" that should flow under the carver's knife. Strain the gravy if necessary (but it ought not to be necessary) and sear rest of it in a well-heated gravy bowl or boat. Have hot plates, and very sharp knives, both for carver and eaters. Yorkshire pudding is an excellent accompaniment, both from a gastronomic and economic standpoint.

Covered roaster—Proceed generally as above, but the oven may need to be a little hotter at first, if the roaster has to be heated through. Leave the valves open during the searing—if the roaster has valves. Some cooks prefer to leave off the cover for the first 15 minutes, but with open valves this is not really necessary. Close the valves when the temperature is lowered. Basting is not usually necessary with a covered roaster. When nearly done, open the valves for final browning. This may also save the necessity of evaporating the juice down to a glaze over the fire; but evaporated, somehow, it must be for good brown gravy. Add salt when half done, as above. Give the maximum allowance of time, as a rule. Less weight is lost in roasting in a covered roaster. Let me know if you need any further details.

2. Directions for whole wheat bread were given recently, and cannot be repeated at present. I shall be glad to have you write again, when the time limit has expired, if you can do so.

3. Usually, the guest of honor would be served first, where there is no maid. With Russian service either the guest of honor or the hostess may be served first.

4. It depends chiefly upon the kind of fruit and the peculiarities of the eater. Very acid or unripe or unsound fruits followed by badly cooked cereals and milk, all eaten in haste, may sometimes cause trouble. Sweet or sub-acid fruits with cereals and cream are not necessarily either harmful or difficult of digestion. A favorite topic with some schools of food faddists is the iniquity of eating starchy foods and acid foods together. It makes "very pretty talking," but the danger is exaggerated and has no really sound scientific proof. Abnormal digestions may have trouble with anything. Middle-aged, sedentary persons often have trouble with starchy foods in any form, but particularly when imperfectly cooked, and served in bad proportions. But for normal digestions, of either child or adult, there should be no particular danger or difficulty in a menu such as you describe, provided the fruits are sound and well ripened, the cereal thoroughly cooked and moderation is observed in regard to this and to each of the other constituents of a well-balanced meal. Sometimes "fruit and cereals" are blamed for the dietetic shortcomings of the rest of the ration, or for the personal peculiarities or undue haste of the eater.

Menus for One Week

Tuesday.
Tomato Bouillon.
Short Ribs of Beef in Casserole. Potato Dumplings. Minced Carrots.
Canned Pear and Lettuce Salad.
Caramel Blanc Mange.
Coffee.

Wednesday.
Cream of Oyster Plant Soup.
Nut and Potato Roll. Tomato Sauce.
Asparagus on Toast.
Custard Pie.
Coffee.

Thursday.
Brown Rice Soup.
Swiss Steak. Potato Omelet.
Cauliflower.
Lettuce Salad.
Canned Loganberry Shortcake, Cream.
Coffee.

Friday.
Mixed Vegetable Soup with Noodles.
Curried Lima Beans. Rice.
Raisin Chutney.
Grape Fruit Salad.
Whole Wheat Ginger Pudding.
Coffee.

Saturday.
Vegetable Bouillon.
Breaded Pork Chops. Diced Potato Roll.
Glazed Onions. Prune Sauce.
Chicory Salad.
Orange Jelly.
Coffee.

Sunday.
Dried Fruit Soup.
Roast Beef. Yorkshire Pudding.
Spinach. Brown Potatoes.
Tomato Jelly Salad.
Pineapple Tipsy Cake.
Coffee.

Monday.
Noodle Soup.
Sliced Beef in Brown Sauce.
Brown Polenta Border.
Vegetable Salad.
Rhubarb Pie.
Coffee.

Bunny Bite.—Half a pound of American cheese broken into bits, one tablespoonful of Worcestershire sauce, small coffee cup of fresh beer and six eggs beaten up. Add cayenne and salt. Heat the butter and melt cheese in it, stir in seasonings, including beer. Then add the beaten eggs, stirring the mixture incessantly as they cook. Serve on hard sippets of brown bread toast, buttered and hot.

Green peppers in Oil.—Sweet green peppers, bread crumbs, good olive oil. Cut the peppers down one side and remove seeds, pith and stem; fill them with stale bread crumbs, slightly salted and peppered if the green peppers are not hot. Tie up each pepper with a bit of clean cord or coarse thread and fry them in the oil when it is boiling hot, keeping the lid on the chafing dish all the while.

Crab Meat, Newburg.—Pint can of good crab meat, one tablespoonful each of sherry and brandy, one gill of cream, two egg yolks; two tablespoonfuls of butter; salt and cayenne. Heat the crab meat in the chafing dish with the butter, add the other ingredients, season and, last of all, when thoroughly hot add the beaten egg yolks, stirring them in without cooking afterwards. Serve at once. Canned or fresh lobster, shrimps or any cold cooked fish may be prepared in the same way.

Creamed Endive.—Two bunches of fresh endive; butter, a little cream and salt and pepper. Boil the endive previously, keeping the stalks entire; when drained and cold cut each stalk down the center. Melt the butter and when hot put in the endive; season with salt and pepper. When it is hot through stir in the cream, to which a pinch of flour may be added if thickening is liked. As soon as the flour is cooked the dish is ready.

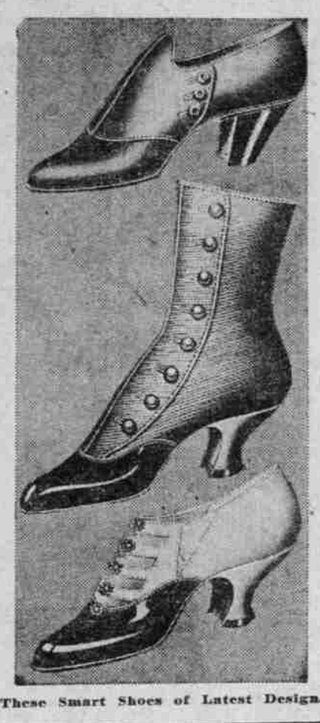
CARROT PUDDING

1 cup sugar, 1 egg, creamed together.
1 egg.
1 cup suet, 1 cup grated carrot, 1 cup grated potato, 1 teaspoonful of soda, mix with potato.
1 cup raisins, 1 cup flour.
½ teaspoonful cinnamon.
½ teaspoonful cloves.
A little salt.
Steam three hours.
A good dressing is made by beating two eggs to a cup of sugar.

HIGH HEELS FAVORED IN SPRING FOOTWEAR

Cloth-Topped Boots, With Ornamental Buttons, and Dainty Strap Slippers Shown Among Latest Importations From Paris.

THE Parisienne adores high heels and only when compelled to walk a considerable distance will she don a boot or shoe with a sensible sole, heel and toe. Three types of footwear favored in Paris for wear with Spring costumes are pictured here. The cloth-topped boot with dainty toe, Louis heel and large, ornamental buttons is particularly chic and is seen with tailored suits and smart costumes of taffeta and tolle eponge. The button-oxford of soft calf with buttons at the side is a favorite for street and shopping wear. The strap slipper with elastic gussets at the side is a new and especially Parisian notion. This is a "magpie" slipper in black and white and on the straps are gay, sparkling rhinestone buttons.



These Smart Shoes of Latest Design.

Evil of Precocious Children.

Christian Herald.

The fact is that we are in far too great a hurry in the training of our children in this period and in this country. We are not willing to let them grow as Nature means they shall, along lines that are safe in ways that have been sanctioned by experience. When the boy is yet in the nursery, his father and mother, looking ahead, behold him in the front rank of business or professional life. The young doctor must be through his hospital practice before he is 25, and this means that he will have left the preparatory school at 15 and taken honors in the grammar school at 11. The same thing may be said of other vocations. We want our children to develop with the rushing speed of Jonah's gourd, forgetting that the gourd withered as quickly as it grew. To discourage precocity in children, to give them plenty of time for play, and let them spend hours of daylight and sunlight out of doors, is the part of wisdom. The first seven years of life are best spent outside of schoolroom walls.

CELEBRATING MAY PARTY

"WON'T you tell two young girls how to celebrate a May party?"

There are May parties and May parties and the mannrer of celebrating depends a good deal on the amount of money one is willing to spend.

In New York City, where many of the festivities of the Old World are more considered than elsewhere in this country, big and little May parties wend their way to Central Park on the very first day of this lovely month, and the fun is continued every Saturday until May is over. Some of the gatherings have a political significance, for the money for them is provided by the political leaders of the tenement districts, who think this one very excellent way to gain popular notice. These gentlemen pay for all the food eaten, for the gay music which goes along, and often for the ribbons of red, white and blue the children wear. For a May party in the United States is generally a National affair, offering here a very fine opportunity for the patriotism present in American bosoms.

Once on the lawns, which the park commissioners give up to the gatherings, the fun is of a varied sort. The big function with politics behind it sets up the traditional May pole with its streaming ribbons, and round this the young people sometimes dance very prettily. The little King and Queen—for there must always be two crowned heads—who have walked in the procession under a canopy of wreath-trimmed canvas or else under a sort of umbrella made entirely of flowers, keep very close to their royal emblems until the fun gets fast and furious, when they take part in the merriment like the ordinary children. The public schools give large May parties in the same manner, and many a private family of small children that wants the same sort of thing picks out some little park nook and does the best it can with the pretty May party idea.

A May pole is not absolutely necessary for a good time, but this emblem adds considerably to the picturesqueness of gatherings. Any carpenter would make one the proper height and thickness for $1 or a little more. Around the top the ribbons must be tacked, these in red, white and blue, and either of real ribbon of a cheap sort or else of strips of bunting. Arrived at the playground, the pole is planted first thing, and if there is anybody along to make a patriotic little speech, the thing is done.

The very prettiest aspect of the May party is the street parade, and one seems scarcely entirely real without this. About 8:30 in the morning the children begin to arrive at the rendezvous arranged upon, and when all are come, or at the stated hour, they form in a long line, walking two abreast, the King and Queen going before under their canopy, the grown folks walking alongside giving commands, and the refreshment cart or wheelbarrow, splendidly trimmed with flowers and wreaths of green, following at the tail end of the march. Every party sings National songs when going through the streets, and "America" is the favorite one:

"My country, 'tis of thee,
Sweet land of liberty,
Of thee I sing."

When this noble hymn is accompanied by the music of a good band it seems to stir the lookers-on as well as the children to a passion of enthusiasm.

The songs sung in the Old World still at these gleesome festivals are extremely sentomental, and occasionally at a private party of exclusive sort they are rendered in this county. At a very charming function last year, given in the grounds of a private country residence, Tennyson's "May Queen" was sung, as well as some of the old carols dealing with the dainty subject of May day. One runs like this:

"The rose is red, the rose is white,
The rose is in my garden;
I would not part with my sweetheart
For twopence-halfpenny farden."

Books telling of the May day festivals of the Old World can be found in many branches of the public libraries, and sometimes one gives the score for the music of the songs.

At a delightful garden party mentioned—for it was really a garden party of a very picturesque sort—the May pole was immensely high and twined about with a garland of pink and white roses made of waxed paper. These flowers can be bought in bunches of four and six for 10 cents, and with the least practice they can be made at home far more cheaply. The 10-cent store will doubtless keep the paper, as there is great demand for the roses, which are used for all sorts of house and piazza decorations.

Where there are fine grounds around a home and there is enough money for a real good splurge, fancy costumes would make the May party even more delightful. The grand folks in Watteau's lovely pictures are the right ones to copy, those delicious make-believe shepherds and shepherdesses, who wear paniers and knee breeches and powder their hair, and who are still painted upon exquisite little French fans.

As paniers are coming in style, the flowered patterns appropriate for them can be bought in the cheapest cottons. Four yards of Dolly Varden calico—the name is actually used—with three of plain color for the petticoat would make a charming dress for a miss of 15 or 16. It must have sleeves tight to the elbow and there frilled, a square neck filled in partly with a white tucker, to which the panier material would be sewed. The bodice and panier are of the same—always the flowered goods—and the hip bouffance is high. Knee trousers and tail coats of pale pink, violet azure and gray are de rigeur for the boys, and these can be made of paper cambric at 10 cents a yard. Buckled shoes, which are likewise smart now, are appropriate footgear.

PRUDENCE STANDISH.

Health and Beauty Helps

BY MRS. MAE MARTYN

K. B.: Regardless of your age, I would not recommend the use of face powder. It clogs the skin's pores and in time will make your complexion rough and anything but handsome. The best kind of a beautifier is made by dissolving 4 ounces of spurmax in ½ pint witch hazel (or hot water), adding 2 teaspoonfuls glycerine. This will whiten and refine your skin. It takes away that oily, shiny look better than powder and does not show or rub off so easily. This lotion will clear your complexion and give to it a wholesome, charming tone, also affording the skin splendid protection from chapping in the wind.

Mrs. F. B.: To have a head of perfect hair you must keep your scalp absolutely clean and free from dandruff. If you will shampoo twice a month with a teaspoonful of canthrox dissolved in a cup of hot water, rinsing thoroughly with clear water, you will find your hair will always be fluffy, bright and clean. This shampoo is so far superior to others that the best class of hairdressers use it almost exclusively. It makes the hair dry quickly without any signs of streaking, brittleness or other bad effects which are caused by using soap. There is nothing like it for removing dandruff, cleansing the hair and giving to it that much desired fluffiness and brilliance.

C. P.: Your pimples, sallowness and hollow cheeks are due to a run-down condition of the body. The only way to remove these ills is to clear your blood of its impurities. Dissolve one ounce kardene and ½ cupful sugar in ½ pint alcohol, then add hot water to make a quart. Take a tablespoonful before each meal. This is a splendid system tonic and will soon restore the look of perfect health to your face, fill out your cheeks and give you the energy and ambition which only a healthy person has. It is a wonderful blood purifier, energizer and liver regulator.

M. D.: You can make your hair grow in thick and abundant by rubbing into the scalp twice a week the following tonic: Mix together ½ pint alcohol, 1 ounce quinzoin and ½ pint cold water. This will show better results in a short time than all the "hair-growers" on the market put together. Oils and vaseline really do very little good but this tonic will be a most pleasant surprise to you in its beneficial results. It removes dandruff, stops scalp irritation and checks falling hair almost instantly.

Miss G. G.: You will find nothing as good to strengthen your weak eyes, clear them of redness and make them brilliant and beautiful as this simple eye tonic: Dissolve an ounce of crystos in a pint of water and put a few drops in each eye twice a day. Many very successful oculists recommend this fine tonic owing to its great merit. There is nothing better for treating granulated lids, and it acts very quickly.

Mrs. E.: It is a very simple matter to remove every trace of hair from your chin. Make a paste with a little powdered delatone and water, then spread on hairy surface and in two or three minutes rub off, wash the skin and the hairs will have vanished. This is a painless and certain way in which to banish hairy growths.

Juanita: The cost of fat-reduction need not be high. If you will buy 4 ounces of parnotis and dissolve it in 1½ pints hot water, you have the best and safest fat-remedy known. Take a tablespoonful before meals and your excess fat will soon be gone. No dieting or violent exercises are necessary and your skin will remain smooth and unwrinkled. Parnotis is absolutely harmless and has worked wonders where other remedies failed.

A. L. M.: I do not like to recommend any of the prepared cold creams, as most of them are too greasy and are likely to cause hair to grow on your skin. Try this: Stir 1 ounce almozoin and 2 teaspoonfuls glycerine in ½ pint cold water. This will make an excellent cream that will cleanse your skin and keep it smooth, velvety and free from chapping. It will keep your complexion radiant, perfectly clear and free from blackheads and wrinkles.

Read Mrs. Martyn's book, "Beauty," $5.—Adv.

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