

A Page of Interest for Milady

TO KEEP FOODSTUFFS
BY MRS. McCUNE.

SAVE money—avoid waste—keep well by taking proper care of the food you buy. A food may contain sufficient nourishment to give it high value as a food and yet if proper care is not taken of it the food may become poisonous.

Food is often exposed to impure air and to dust and filth from unclean streets and surroundings. This contaminates it, and such food when eaten, will often produce disease. In order to keep food in the most wholesome condition special care should be taken that all its surroundings are sanitary.

Food may be divided into three classes: first, foods that spoil easily—milk, cream, uncooked meat, uncooked fish, certain fruits, such as peaches and plums, and vegetables that wilt easily; second, foods that do not spoil so easily—eggs, butter, fruits, such as apples, oranges and lemons, cooked meat, and cooked, salted and smoked fish; third, foods that can be kept a long time with proper care—flour, sugar, salt, coffee, tea, spices and chocolate.

Milk and cream should never be left uncovered or it will take up the odors and flavors from other food, thus becoming spoiled for table use.

Uncooked meat should be taken from the wrapper in which it is bought and wiped off with a clean cloth that has been wrung out in cold water, after which it should be wrapped in waxed paper until it is ready for cooking.

Uncooked fish should never be placed in an icebox unless closely covered.

Vegetables that are to be eaten raw should be dipped quickly in boiling water to destroy germs and then put into cheesecloth to preserve their crispness.

Warm meat or warm food of any kind should be cooled off before it goes into an icebox or it will cause the ice to melt rapidly.

Canned stuff must never be allowed to stay in the can after it is opened or sickness may result from eating.

Canned goods will taste much better, too, if the contents of the can are emptied and allowed to stand for an hour to get the air before being cooked.

Cheese should be kept in a cool, dry place, wrapped in a clean cloth moistened with vinegar to prevent the formation of mold.

DO YOU PUT YOUR CORSET ON CORRECTLY?



HIGHER BUSTED CORSET

AFTER PULLING THE WAIST STRINGS SLIGHTLY PULL LOWER STRINGS THROUGH HIPS THEN ADJUST WAIST TO COMFORT

AFTER THE CORSET IS PUT ON AND HOOKED FROM THE BOTTOM THE SUPPORTERS ARE FASTENED

HATS MUST SUIT THE
They Must Also Be Sensible
At the Same Time In Style

BY MRS. KINGSLEY.

NEW YORK clubwomen, did they need to justify their existence, would be doing so by their present movement for the adoption of a sensible hat for all occasions and all women.

The round faced woman cannot become the "shape" that would be suitable for the woman of angular countenance.

The pale woman would look her worst in the hat that is a foil for the high colored one.

Expression also enters into the subject.

The round-eyed woman of childish expression would not be adorned by a hat that is a proper foil for the person of sedate visage.

The face is the index of individuality, and it will be no easy task to incline all the varying individualities within one frame.

But American women are clever. We expect them to furnish a solution of the long vexed problem, "What kind of a hat shall I get?"

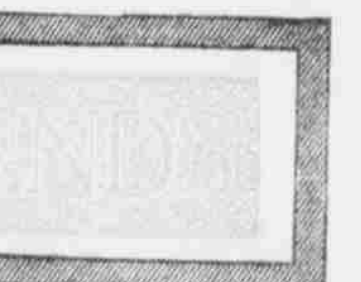
Ever since the Duchess of Devonshire was painted by Reynolds in a large black velvet hat with a plume, the fashion of women has been admired by women of less worn by them with a suitableness.

The picture hat is not a new thing. For instance, it is a woman look over her shoulder. It is not becoming to a woman, for it causes her to look like a lamp post which some boys have crowned with a harvest hat.

The picture hat is a charge of lack of durability. It is usually built of view edge wood, still more serious sharp tears. It is fullness, since, being in the line of the head, both the front and the back of the hat fall out.

As between the close fitting or wide brimmed hat, is no comparison for beauty, if you regard an indispensable form of beauty. The crown is round enough to fit the woman's head. The trimming is floral, becoming to any age. There is enough of the hat and the wearer, and yet not enough of the hat heavy. It lies close to the head, offering no temptation to rend it.

Moreover the brim affords a glimpse of the very hat should.



An emergency bag is a very convenient addition to the medicine chest; it should be made of two strips of heavy linen or denim, about six or seven inches deep, the back piece to be made about eighteen inches long and the front twenty-seven inches; the two strips should be bound together at the ends and across the bottom, then stitched; to form several pockets (eight or nine) a flap should be buttoned over the top and each pocket labeled with indelible ink. One pocket should contain rolls of bandages, another bits of old soft linen, another lint from worn-out napkins; other pockets should be made to hold bottles of ammonia, witch hazel, carbolic, Jamaica ginger, absorbent cotton, a box of healing salve, a piece of castile soap and one-half dozen fingers cut from old, large kid gloves.

For clean lamp chimneys, first wash them in soap water then rinse them in cold water and stand them on the stove shelf, right over the front of the stove so they will dry quickly. In the meantime all your lamp, trim the wick, by this time the chimneys will be dry, though always take a clean cloth and go over them to make sure they are perfectly dry. This only takes a few seconds and the chimneys will be as bright as can be, and it is a pleasure to do them.

Restore color to mahogany the following preparation has been used with excellent results: Add half an ounce of alkaneet root, cut into small bits, to a pint of linseed oil and when the mixture has stood for a week add half an ounce of powdered gum arabic and one ounce of shellac varnish. Let these stand in a bottle near a heated stove for a week, then strain. Wash the wood with slightly soapy water; rinse, wipe dry and polish with the preparation, using soft wool or a chamois skin.

CERTAINLY the dyed lingerie waist would be a boon to the woman with half a dozen white lace waists in her wardrobe, perhaps too far gone on the downward path to be cleaned white, but just right to take a pale peach color, or a golden apricot or a fine Atlantic blue. The dyer is to have a busy season, for so many of the gowns of last season are to be made over simply by dipping them from cream to one of the pale and fashionable tints. Several of the new colors can be beautifully reproduced by dyes, and so it happens that the white voile or the chiffon broadcloth of last year will come out a mustard this season or an abash green or a soft bell-trop. There are great chances here for the making over of a very effective gown.

THE up-to-date girl now has her individual telephone in her room, connected with the general house phone. It is on a flexible tube matching the colors of the furniture, and may be used at the desk, the dressing table, or even in bed, if my lady wishes a chat with a friend early in the morning or after she has retired for the night. Decorators and designers are now struggling to etherealize telephone machines for private houses, just as they have struggled for years to beautify electric light fixtures. They have achieved wonderful results in the way of concealing and shading the electric bulbs beneath fruit and flower designs cunningly arranged for wall and table use.

If city summerers before going to out-of-town resorts would remember to mark their underwear and other garments that will visit the laundresses of such regions by themselves and the washerwomen would be reduced most materially. The two-letter initial tape that comes in all combinations at notion counters is practical for persons who can not embroider their initials or names on every piece. Entire names and three-letter initials are made to order at

THE PORCH LUNCHEON

WITH the piazza season here the informal outdoor lunch finds its place on the hostess' program, and the sandwich, with its cup of hot chocolate, is among the most acceptable of light menus.

To make a good sandwich one must have a sharp knife, the ability to cut the bread thin and spread the butter evenly and a knack for cutting the slices into attractive shapes, for a tiny sandwich is much more alluring than a big one—providing, of course, there are plenty more on the plate.

The various kinds of brown breads (including Boston brown bread) help to make variety and, of course, there are occasions when toast or crackers may be used; but naturally one must depend upon the filling for real changes. Thus a few hints may prove helpful:

A cold club sandwich, made with bread instead of toast and with cold ham instead of crispier bacon, is one of the offerings at a popular tearoom.

Cream cheese with nuts, with olives, or with both, with some tart jelly, such as gooseberry, with chopped parsley, or lettuce, makes an excellent filling.

A chicken salad sandwich is more easily managed if the salad is cut very fine. But don't mince the chicken or it tastes too much like the potted meat.

Sardine sandwiches are liked, especially when made with toast, and so are those filled with tuna fish. Some persons consider a suggestion of onion a vast improvement to the latter.

An all-onion sandwich is a delight to those who have no prejudice against this somewhat reminiscent vegetable, but care must be taken in the making. Use small white onions and slice very thin; drop the tiny slices in French dressing and allow them to remain there for a time before spreading them on the bread.

Peas and butter, Roquefort cheese and olive oil combines well. So do chopped lettuce and red peppers and very thin slices of tomato with French dressing.

A cucumber filling made in the same fashion was voted instant popularity at a recent morning bridge party. It is possible to use mayonnaise with the cucumber if preferred, and this combination is excellent with Boston brown bread.

There are possibilities, too, in orange and grapefruit marmalade as fillings. A hard-boiled egg chopped fine and well seasoned helps to vary the lettuce, parsley or water cross sandwich.

USES FOR NAPHTHA

WHEN cleaning with naphtha open all the windows and doors in a room. Be sure there is no fire or lights. Spread an old sheet on the floor, lay upon it the puffs and sponge then over with naphtha. Hang in the air and afterward face each side with light weight cambric, corresponding in color with the ground color of the covering of the puff.

Slightly soiled blankets can be treated at home in the same way. If there are many soiled spots use a fine brush and rub evenly and hard. Air well and return to the beds.

Sofa pillows and coverings of various kinds may be sponged or brushed clean at home. Have no fire and no light in the room. A piazza is a good place for doing such work.

Sponge over the pillows and mattresses or use a small nail brush instead of a sponge.

Sprinkle the bedstead and springs and carpet with naphtha, using a child's watering pot and the hosts will soon be vanquished. Work with open doors and windows, and have no fire or light in the room. Air the room all the following night.

Plum infected, stuffed furniture can be set out of doors and treated in the same way.

Naphtha poured about the roots of persistent weeds will kill them out. Poison ivy if sprayed from a watering pot with naphtha will die. A good strong dose must be poured about the root also.

Also it will kill vermin if placed in



ELASTIC CORSET THAT REDUCES THE HIPS.



THE KITCHEN

Orange Cream.
Warm one quart full milk to about blood heat, add one-half cup sugar and one junket tablet, crushed and dissolved in a tablespoonful of cold water. Set aside for ten or fifteen minutes, while you are slightly warming one glass of orange marmalade. Add to the junket mixture and freeze. Orange marmalade made at home costs only about 6 cents per glass, and can be used in numerous ways besides as a "spread" for bread and toast.

Corn Salad.
This is a delicious and an original salad and one which will recommend itself once tried. One large head of cabbage, three onions, three red peppers, two dozen ears of sweet corn. Remove seeds from the peppers, chop the peppers, onions, and cabbage fine. Cut the corn from the cob and mix all together. Season with one-half cupful of sugar, one-fourth cupful of salt, one pint of vinegar, and one tablespoonful of celery salt. Add one cupful of water and mix together. To one tract; mix well for five minutes. Beat the whites of the two eggs to a stiff froth, add to the yolks with two ounces of flour, and mix lightly. Line a pastry pan with buttered paper. Drop in the preparation, neatly smooth the surface, sprinkle with a little powdered sugar, and set in a moderate oven for twenty minutes. Remove and allow to cool; turn the cake on a spread with jam over the paper, and the cake. Prepare a glass of chocolate (as below), spread evenly over the jam, and let cool. Cut the cake into even pieces, place on a dish, set in the oven for a minute, remove, and serve.

Easy Breadmaking.
Sift three quarts of flour into the bread raiser, make a hole in center, and crumble in one cake of compressed yeast. Add one tablespoonful each of salt, sugar, and shortening, wet with one quart of warm water, and mix thoroughly for fifteen minutes, kneading it right in the pan. When smooth dust with flour and cover each loaf and just mold well with the hands, put in greased pans, and let rise again, and bake as usual. This will make three loaves, plain, a pan of rolls, and a raisin loaf, which is a nice baking for a family of four.

Omelet.
An omelet must be cooked quickly and in a large pan. Do not mix flour or milk in it under any circumstances. It may be economical, but it makes it heavy. Beat the eggs well, yellow and white together. Put two tablespoonfuls of butter in a frying pan for six eggs. When it is quite hot put in the beaten eggs with salt and pepper. With a fork bring to the center the cooked



TO TRANSFER PICTURE

PICTURES may be transferred to a painted surface in a following manner: Ground with a light-colored carriage varnish should be allowed to set (as for gilding). If the picture is to be transferred, be colored, be alone. Remove superfluous pressing between blotting paper then place the picture, face down on the varnish, pressing the paper and rub it off with a brush. The picture will be found on the varnish and another coat of varnish should be added to bring out this process answers equally for glass or metal surfaces.

Chocolate Biscuits With Jam.
Place two ounces of powdered sugar in a bowl with two eggs yolks, a pinch of salt, half teaspoonful of vanilla extract; mix well for five minutes. Beat the whites of the two eggs to a stiff froth, add to the yolks with two ounces of flour, and mix lightly. Line a pastry pan with buttered paper. Drop in the preparation, neatly smooth the surface, sprinkle with a little powdered sugar, and set in a moderate oven for twenty minutes. Remove and allow to cool; turn the cake on a spread with jam over the paper, and the cake. Prepare a glass of chocolate (as below), spread evenly over the jam, and let cool. Cut the cake into even pieces, place on a dish, set in the oven for a minute, remove, and serve.

Perch Picadilly.
Clean and scale the fish, leaving the roe and liver inside. Pour a small quantity of water into a fish kettle with a bunch of parsley, a little salt and pepper, and boil till the parsley is soft. Then put in the fish with a lump of butter and boil slowly for ten or twelve minutes. When cooked remove carefully, lay on a hot dish, strain the cooking liquor over it and serve with a sauce composed as follows: Cut into small dice an ounce of cooked ham and two truffles, place with one-half wineglassful of white wine and let the liquor boil for three or four minutes. Add a gill of good tomato sauce, boil for one minute and

White Paper Walls.
To paper walls that have been whitewashed or kalsomined, the usual paste with water and glue for each ordinary wall. Brush the walls well with water to remove any dust or loose paper. Put on the paper in the usual way, be assured that it will stay as long as the wall.

To Make a Pretty Vase.
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