

A Page of Interest for Milady

A NEW GRAPE SYRUP

FURNISH YOUR FL

THE fruit juice specialists of the United States Department of Agriculture have developed a method by which the juice pressed from Concord and Ives grapes can be concentrated into a grape syrup suitable for use in soft drinks and as an adjunct in cookery.

The method consists in freezing juice pressed from grapes into a solid mass, cracking this into pieces the size of a walnut and whirling it in the centrifugal machine such as is used in separating molasses from the sugar in sugar making.

The rapid whirling in the centrifugal machine causes the sugar or syrup portion of the grape juice to separate from the crystallized water and to fly out into the receiving chamber of the centrifugal.

By this method the grape juice is quickly reduced by the elimination of water to one-fourth its volume, so that the syrup content of a gallon of grape juice will make a quart of concentrated syrup.

Experiments in making the product showed also that in the freezing and centrifugalizing a large part of the acid of the grape juice, which is in the form of cream of tartar, is left behind in crystals in the centrifugal basket. After the syrup has been concentrated it is highly heated and can then be kept indefinitely.

SUPPOSE we take the types of women—brunettes, and blondes, and red heads—of all the nations of the world. The first question is: what is the average cost of complete outfit?

Of course, in this city the millionaires who are fastidious in their tastes, among us many thousands of middle-class people, and the really poor they are quite different as the millionaires' thousands are, and multiple of comprehension.

However, to resume our subject, we establish a \$500, and let us see what for these distinct types of that amount, granting the limit herself to five rooms.

My advice, first of all, should be decided upon, settled with the landlord, how much redecoration.

Much depends upon the room itself. The newest apartment building has no built-in sideboards or room. This leaves the furnish the dining room, taste. If she chooses a sideboard is built in the room, inevitably furnish the room.

A few don'ts in the apartment seem like a preliminary. Don't comment that has no sunlight, rooms. No big city is a Good light and air are preventives against germs. Make sure that the hood is good, and try to with one good sized window, er than the front and side.

Don't be backward on other tenants in the building. Leading questions. You know if the landlord is kind and agreeable about such fittings as you, whether the flat is kept are made when needed, the service supplied, etc. Laundry. Don't take a granted.

It is nice to have the painted alike throughout. The lords are willing for you and some are not. Paint is better than poorly work. Ask to have the all such gingerbread stuff you will be much happier.

Neutral tones in the woodwork, and neutral I say neutral I mean necessarily gray, but announced. Brilliant colored, faded through the use of upholstery fabrics and frames of furniture.

MAKING

BY LUCILLE

I put my things in them to be and them somewhat ed Jack.

Janet left her sewing way to where Jack was about" among the coats closet, which were given indiscriminately. She was moment with the death wife who is sure she is. When she spoke her on further frostings.

"If you will be good me know what to tell you may be able to tell me. You probably left it in the floor and I had to go fore I could cross the room.

"I put it right in her long and some one had on my word, if I don't under lock and key, taken! First I lost a and last month my went and now this is the If I kept house I bet I to keep things from stolen."

Janet interrupted her moderation.

"You left your umbrella porch to drip and shoes at the theater, her. What is missing, my?"

"My shotgun! How from the office and gone! I put it in the and if it's not here, been stolen! Oh, you here, and I've had stolen this closet!"

But Janet had Jack had finished his back with a folding mounted it. From the shelf to the closet she gun and without a word her husband.

"He stared at it open. "Who put it there?"

"You did. You said, able to be standing in any one could walk on you stowed it away on instead of letting me myself!"

"Because you would you were looking for ago." Jack tried to get of the situation was "Would one pound of you, or must I make up that once in a while away yourself and then then blame it on me."

YOWEL EXERCISE REDUCES WAIST, HIPS AND ARMS

LEG EXERCISING REDUCES FAT WITH LEAN AND HEALTHY FLESH



TOE DANCING DEVELOPS THE LEG MUSCLES

Reclaiming the Agility of Youth

ODDS ENDS

THE hand bag or satchel of undressed kid, when soiled by usage, need not be turned over to the professional cleaner. The secret of restoration is a piece of sand paper rubbed over the surface. A very fine grade of sand paper is required. When this is used with care the effect is magical and no injury to the material accrues. Many kinds of leathers without polished surfaces—for example, suede, undressed and oiled calfskin—can be cleaned thus.

OFTEN the binding of one's dress will leave a dirty black mark across the instep of dainty tan boots and this simply refuses to be cleaned with the ordinary tan polish. The shoes can be washed, but the rag must be merely dampened and rubbed on naphtha soap or any yellow soap, and all of the leather must be washed off. Rinse the cloth and wipe the shoes and rub dry with an old towel. They will be clean and lustrous. Apply a good tan polish and rub vigorously with a piece of old cotton stocking top. If care is taken not to dampen the shoes too much they can be cleaned and made to look like new, but all parts should be washed or stained will show.

IF for any reason you desire to color the electric light globe to give a soft light in the hall or bedroom, take a little white shellac, thin with alcohol and dip the globe into it, or a radiator in a color is desired get egg dyes and dissolve the mixture in alcohol and mix into it a little shellac. Dip the globe into the mixture and you get a pretty shade. If at any time you wish to have the clear globe again the color can be removed by soaking the globe in wood alcohol. This is a clever idea for coloring globes when a color scheme is desired during a party or entertainment.

MANY complaints are heard over the counter to the effect that silk garments, some of which have been worn very little, seem to split. The very worst thing for silk is heat, and oftentimes a wardrobe in built where a chimney runs right back of it, or a radiator is too near, so the silk crumbles. Many wholesalers have holes drilled in the walls for ventilation in winter. If their silks are near any excessive heat, and manufacturers that have a heavy stock in summer always place it in cold storage. Certain colors are more perishable than others, but it is well to take precaution for the protection of all.

AMERICAN women have liked the little Japanese towels ever since they were introduced in this country. This homely necessity is homely only in its use, for the prints are pretty, resembling some splendid stencil effect. If a number are whipped together they make the neatest kind of a couch cover; two serve for a roomy pillow cover.

in length and fifteen inches in width. The material looks like a good quality of cheesecloth, and the stencil effect is made in blue, green and red and often a little black is seen. One can get them in the department stores, but they can always be purchased in any of the Japanese departments.

AN outdoor dining-room is a great luxury and is not always difficult to arrange. A portion of the piazza which is secluded should be screened off and enclosed in wire mesh. In most sections of the country this is necessary to comfort on account of flies, though in older days in the south a small colored boy with a long peacock feather brush was considered a satisfactory substitute. A round rustic table which will look well at all times and be useful for other purposes and simple piazza chairs are the only essential furnishings. In order to insure privacy a natural screen of vines is attractive, or one of Japanese matting which will roll like a shade may be used. Dollies instead of a cloth should be used on the table, and a bowl of fresh flowers should always stand in the center.

WEAR the sort of dress you usually do. You can't make a bigger mistake than to don some sort of get-up that you're totally unaccustomed to. If you're in the habit of wearing a stiff collar, don't go and get photographed in a dehu. If you are an outdoor girl, be photographed out of doors. Avoid violent contrasts in color or light and shade in your attire. Plain colors are best for gowns and draperies usually come out much better than frills and flourishes. If you have a good figure, take care to preserve a clear outline. If not, never be taken full-length. Much jewelry is a mistake. But one or two really good things look very well. A fine string of pearls is always safe to wear.

IF your satin slippers are soiled it is well to clean them at once. Never leave off the work of freshening and renovating party things until the day you are invited to go out. One always has an unexpected invitation and finds to her misery that all her party finery needs two or three days' work on it. So get out your evening slippers now and see that they are thoroughly cleaned and ready for wear. If the satin is but slightly soiled get some pieces of stale bread and rub the surface gently with it; this takes off all small discolorations. Kneaded rubber will do the same work. Although some women do not like it, because it crumbles off on the satin. If the slipper is still soiled looking after this treatment rub the entire surface with the thread; remember not to go against or across it.

THE changing of a bow or a heel on a shoe makes a great difference in the appearance, and many a pair, sold at a



BENDING REDUCES ABDOMEN

HARMONIOUS KITCHENS

BY MRS. McCUNE.

IN New York there is a certain keen-witted young woman architect and interior decorator who designs these kitchens, and she is earning a snug professional income by doing so. The "chromatic kitchen," it may be explained, is simply a well-planned kitchen decorated according to some striking and novel color scheme. This young woman was not always so prosperous. In fact, there was a period in her early professional life when she was on the verge of giving up the whole business of architecture and decoration, and taking up something less high sounding in name, but with a surer income attached.

One day, passing through the basement of a department store a display of blue and white enameled ware, caught her eye. She was struck with an idea. With this blue and white enameled ware as a basis, why not work out a blue and white kitchen, using blue and white tile back of the kitchen range, blue and white linoleum on the floor, and at the windows white scrim curtains with design in blue stencil, and so on throughout the kitchen?

Using these light kitchen wares as a basis, and matching them in tiling floor coverings and hangings, she has specialized in the "chromatic kitchen" for the country house, and she had done it exceedingly well. Sometimes she uses a combination of colors, as, for instance, purple tinted ware with old ivory tile and hangings. The New Yorker loves novelty, especially if it costs but little more than some everyday humdrum effect. This is true of the "chromatic kitchen," for one of the materials used by this clever young woman are more costly than the commonplace articles.

An architect acquaintance who was planning a country house for a wealthy woman client permitted her to apply her idea to the kitchen. The owner was delighted when it was completed, going so far as to declare that the kitchen was the best room in her new country house.

The young woman, realizing that she had made a discovery, determined to follow it up.

First of all she made a thorough study of good kitchen design, so that she was a master of the efficient kitchen. Then she looked into the question of kitchen wares, and was delighted to find that nowadays enameled ware comes in a wide range of colors.

There are soft mottled grays, two or three shades of blue, a Nile green and an olive green, a brown and an amethyst, an old ivory, a concord purple and a royal purple, and still others. Sometimes there is a combination of two colors, as in the case of blue and white ware, which is white within and blue without.

Get a pound of shouder steak, or any kind of stew meat, and cut up in inch pieces; place a layer of meat in bean pot, sprinkle with pepper and salt, then a tablespoon of flour, next a layer of sliced onion and one of potato, and so on until meat is used up; cover with a cup of water, place in oven covered and bake slowly; if water bakes off add more.

Break into halves three good sized baked sweet potatoes, take out the centers, and press through a sieve; add one tablespoon of butter, a teaspoon of salt, and a pint of milk. Beat one egg without separating until light, and add it to the mixture. Sift two rounding teaspoons of baking powder with a pint of flour and add it quickly. If the flour is a good strong bread flour, the quantity will be just sufficient. Fill into greased gem pans and bake in a quick oven for from twenty-five to thirty minutes. Leftover white or sweet potatoes may be used. This makes a delicious but inexpensive biscuit.

THE KITCHEN

Cinderella Cake.

Three-quarters of a cupful of melted butter, four whole eggs beaten, one cupful of granulated sugar, one cupful of sweet milk, two and one-half cupfuls of flour, and two and one-half teaspoonfuls baking powder. Sprinkle top with cinnamon, sugar, and chopped almonds; bake three-quarters of an hour; serve hot.

Cheap Sponge Cake.

Beat two eggs, then add one cup sugar and beat again. Fill a cup half full of flour, put in one teaspoon of baking powder and fill the cup with potato flour. Sift together thoroughly, then add to egg and sugar. Last, add half cup of hot milk and flavoring to suit. Use either vanilla or lemon or sometimes for a change some melted chocolate. It makes a delicious nut cake by adding chopped nuts to the flour.

Beanpot Stew.

Get a pound of shouder steak, or any kind of stew meat, and cut up in inch pieces; place a layer of meat in bean pot, sprinkle with pepper and salt, then a tablespoon of flour, next a layer of sliced onion and one of potato, and so on until meat is used up; cover with a cup of water, place in oven covered and bake slowly; if water bakes off add more.

Sweet Potato Biscuits.

Break into halves three good sized baked sweet potatoes, take out the centers, and press through a sieve; add one tablespoon of butter, a teaspoon of salt, and a pint of milk. Beat one egg without separating until light, and add it to the mixture. Sift two rounding teaspoons of baking powder with a pint of flour and add it quickly. If the flour is a good strong bread flour, the quantity will be just sufficient. Fill into greased gem pans and bake in a quick oven for from twenty-five to thirty minutes. Leftover white or sweet potatoes may be used. This makes a delicious but inexpensive biscuit.

Potroast and Brown Gravy.

Get four or five pounds of bottom of the round. Put a slice of salt pork in the bottom of your kettle and place your meat on it. Sprinkle with salt and pepper. Slice over it one medium sized onion. Add 2 cups of water and cook slowly all morning. As the water boils out add more. Just before ready to serve remove your meat to a deep platter. Add another cup of hot water and thicken with flour for gravy. Then pour over your meat and it is ready for the table.

Rhubarb Pie.

Line a deep plate with rich crust, wash and peel rhubarb, cut in small pieces or chop enough to fill plate, beat one egg and pour all over pie, sprinkle a good handful of flour over to take up the juice, one and a half cups sugar, sprinkle evenly over flour, one and a half teaspoons cinnamon over that and a few dabs of butter. Also sprinkle a little flour and handfu

edge of lower crust from plate and tuck upper crust in under it, then firmly press down edges all around, wet top crust with milk and bake in rather quick oven about half an hour.

Chicken, Hungarian Style.

Clean and truss a fat chicken, stuff it with a dressing made of bread crumbs, onion and herbs, using yolks of eggs to bind the stuffing together. Tie on the breast slices of lemon and salt pork, then wrap in oiled paper. Add one whole onion, one clove and some chopped parsley and enough white stock to cover it. Cook, tightly covered, for an hour, strain the sauce, add one cup of hot cream, some butter, the yolk of an egg and a liberal amount of paprika. Pour over the chicken when done and serve in a deep dish bordered with rice.

Lemon Jelly Cake.

Dark part—One cup sugar, half cup butter, two eggs, half cup milk, one cup flour, one teaspoon vanilla, half teaspoon cream of tartar, half teaspoon soda, two squares melted chocolate. Bake in a sheet. Light part—Two eggs, one and three-fourths cups flour, half cup milk, one cup sugar, quarter cup butter, one teaspoon yeast or baking powder (the same thing). Bake in a sheet. Jelly for cake—Beat one egg, add one cup warm water, grated rind and juice of one lemon. Pour slowly on one cup sugar mixed with two table-spoons flour. Cook in double boiler until it thickens. When cold spread between the sheets.

Salad Pointers.

Potato salad is best made of warm potatoes. Mix salt thoroughly through your minced potatoes before adding the dressing, to prevent flat taste.

Wash the lettuce under cold running water and it will be crisp. Vegetables for salads should be thoroughly dried or the dressing will not stick.

All salads should be thoroughly chilled. Stir mayonnaise with an egg beater if hurried.

For smooth dressing, blend with a fork not a spoon. Mix the flour and sugar together dry for dressing, then add boiling water and stir.

If dressing curdles, add cold water and stir quickly. If the vinegar is heated before adding to the dressing, it will not curdle. If mustard is mixed with milk instead of water it will not dry out.

If a slit is made through the cork of the olive oil bottle and the bottle propped at the right angle, the oil may be dropped into the dressing without constant personal attention. A Spanish proverb says that to make