

A Page of Interest for Milady

PREPARING VEGETABLES

BY EDNA EGAN.
CARING for summer vegetables and fruits after they come into our kitchens is something very much akin to art.

In the days when the trip from the garden to the kitchen was accomplished in a few moments there was no time to wilt and wither, but now when the history of the journey of our food supplies reads like the literary of a tour, we realize that foods, such as vegetables and fruits, arrive in a critical state of health and should be cared for most tenderly.

Just as soon as possible after the arrival of the grocer's boy or the expressman (if we have attained to that degree of wisdom which dictates hampers straight from the farm), the vegetables and fruits should be put away in a cool place, which means the icebox in all city homes.

Lettuce may be separated, washed, wrapped in oiled paper, and laid close to the ice. This insures a crisp, delicious salad.

Vegetables should never be soaked in salt water for freshening purposes, for the salt acts directly upon the vegetable minerals, drawing them out and leaving a wilted, savorless mass as a result.

Cucumbers, for example, when fresh and crisp are perfectly digestible; by soaking in salt water they attain the general resistibility of automobile tires, and cannot be called a perfect food for weak stomachs.

The rooty plants, such as beets, turnips and carrots, should not be shorn of their leaves until near the time of use. We often see the grocer twist the long leafy stems off and toss them to one side. Don't let him do it. The stem holds the juice, and when they are torn away the mangled vegetable "bleeds" and loses flavor; and also beet-tops make very good greens.

Green corn spoils very quickly, and should be used as soon as possible after purchasing. Do not prepare the corn by taking off the protective jacket, or husk, hours before cooking.

Corn soaks twice as rapidly once the husk is removed, and it cannot be freshened by soaking in cold water, as some people seem to imagine; when corn loses its sweetness it is because a chemical change in the sugar constituent has caused fermentation in the grain, and from that instant corn is a useless vegetable.

Peas likewise should not be shelled and allowed to stand, either in or out of water, hours before cooking. We who cannot experience the joy of going out into our own gardens and picking the early June peas have no realization of the luscious, melting sweetness of the delectable little vegetable. But we may make up in small part for the flavor, which is too fleeting, by putting a couple of spoonfuls of sugar into the water. But do not boil peas furiously—let them simmer.

Tomatoes should be taken from the bag, and laid out separately. The delicate skins are easily bruised by contact, and they rot very quickly when once cracked or broken.

Little green onions should be wrapped in oiled paper, for they bring anything but the "perfume of Araby" to your sweet-smelling icebox.

Knicknacks for Her Dressing Table



BEFORE HER DRESSING TABLE

CARE OF PIANO

EVERY woman who has a piano likes to keep it in good condition. Even the cheapest piano costs a great deal of money and a high-priced one is worth a small fortune. Yet the average woman knows little or nothing about the real care of a piano. She is surprised when the tone grows flat and unmusical and if she were told that this was due to her own negligence she would probably wax highly indignant. In most cases the piano owner gives her instrument the best care of which she is capable, but ignorance on the subject is in nine cases out of ten to blame for the piano's ruin.

If you have an upright piano see that a dust cloth of denim or some other dust-proof material is tacked or pasted over the back of the instrument. This is especially important at this time of the year, when the windows are kept open and there is so much dust from the streets. Great harm is done to the fine felt on the hammers of the keys by the entrance of much dust. The dirt clings to the felt and consequently when the hammer strikes the string the tone is muffled and far from clear.

When there is much rain or the weather is very damp and moist the piano should be covered with a waterproof cloth. These moistureproof covers to fit the piano can be bought at any store which sells musical instruments. If you are going away for the summer be sure to lock the keyboard and to put the cover on before you go.



A GLASS HAT PIN HOLDER, CHATELAIN'S PERFUME BOTTLE AND ROUND PIN TRAY OF FRENCH BRONZE



SELECTING A COSSAGE BOUQUET



PERFUMING THE HAIR



A SMALL PERFUME BOTTLE, TRY-COSMOPOLITAN OF VELVET AND GOLD SILVER VANITY BOX WITH MIRROR



JAPANESE PHOTO FRAME, A LARGE CUT GLASS SMELLING BOTTLE AND A CUT GLASS PERFUME ATOMIZER



A LARGE CUT GLASS COLOGNE BOTTLE



NEW STYLES OF POWDER BOX

DIET TO REDUCE FLESH

BY LUCILLE DAUDET.

A WOMAN who wants to reduce must keep careful watch over the pleasures of the palate. Not for her the rich, strongly seasoned made dishes, the delectable pastries, the dainty desserts in which sugar and whipped cream play an important part. Coming down to common fare, she must not eat bread, butter, potatoes, cakes and syrup, or any of the products of the pig. She must close the candy box for the summer.

"All the things that I like most I am not allowed to eat," the fat woman is perhaps likely to moan after reading this list of must-nots. But even from the point of view of the gourmand, ought most of the articles mentioned to be featured prominently in summer menus?

Even if she is not trying to reduce, the woman with a really cultivated taste will prefer to live chiefly upon green vegetables, fruits and lean meats during the period of warm weather. Such a diet, in its simplicity and in the fact that it puts no undue strain upon the digestive organs will cause the person who chooses it to suffer less from high temperature than does the man or woman who eats richer food. Gastronomically speaking, this is the best time in the year to win the fight against flesh.

The question of what the stout woman should drink deserves a paragraph to itself. She should unquestionably avoid all alcoholic liquors, milk, cream, cocoa and chocolate. She is better off without either tea or coffee, although, if she feels she must have it, she may drink one cup of coffee in the morning without cream or sugar. She should drink as little water as possible. One of the best beverages for her is buttermilk, which nourishes without fattening. Another excellent drink is the juice of a lemon dissolved in a glass of cool water without sugar. Orange juice is also excellent.

If you are really in earnest about it, the first sacrifice to make is your luncheon. Take no food at all between breakfast and dinner. I am assuming that you still stick to three meals a day and have not taken on the fashionable addition of afternoon tea and after-theater supper, both of which functions should be omitted by the woman who wants to grow thin.

I think you will find as many persons have already done, that it is easy to acquire the habit of doing without lunch. Nearly all of us eat more food than we need, especially those of us who live in cities and do not occupy ourselves with severe manual labor outdoors. The woman tiller of the fields can doubtless assimilate her three solid meals daily, but not the woman tender of the gas stove or of the typewriter.

FROM FASHIONDOM

New and Snappy Ideas Depicted in the Coming Styles

BY MRS. KINGSLEY.

THE best dressmakers state emphatically that exaggeratedly short skirts will not be considered correct when the autumn models are introduced. Just now our young and pretty girls are pushing the craze for short skirts to the utmost limit, but even now these ultra-remarkable models are regarded with suspicion by women of good taste. A little shorter than ankle length is the latest dictate.

For dressy gowns the Parisian artists are designing quaint models in plain and striped taffetas, which recall the fashions of those brilliant days when the Empress Eugenie held court at the Tuilleries. These skirts are round, full, but not remarkably short. They are about the length of the fascinating costumes which used to be worn by skirt dancers. A model of this order which pleased me very much was made of raven's wing blue and white striped taffetas mixed with plain silk of dark blue shade. The round skirt was finely gathered at the waist, and the hem was in the striped material. Just above this hem, which was almost sixteen inches wide, there was a deep band of dark blue silk arranged in wide tufts which ran around the figure. Then there was a length of striped silk which reached to the waist. The corsage was of the cross-over order with very short sleeves and there was a blouse of ivory-white organdie, which had a very high Directoire collar caught in at the throat by a band of black velvet ribbon. The dress was finished by a wide very soft sash made of japonica pink crepe de chine; the ends of this sash were embroidered in dark blue floral silks.

Buttons are in great demand. Large shipments from foreign button makers have not been received in this country because of the war, and American button manufacturers have stepped into the emergency and made domestic buttons to suit the most fastidious taste. Dressmakers use them for trimming in a thousand different ways. There are self-covered buttons on suits and coats. There are jet and steel and enamel buttons. There are fancy silk and velvet buttons and many other kinds.

The Paris hats of today are almost exaggeratedly simple in detail. Many of the newest and best hats and

toques are practically untrimmed. The hats decked out with flowers or ribbons can always be arranged at home at small expense.

Black silk beaver—like that on a man's tall hat—is very much used by one or two leading milliners in Paris. It is successfully combined with white faille and also with Belgian blue satin straw. A novel and expensive trousse which was designed in a famous atelier was made of fine satin straw in the Belgian blue shade and the top of the domed crown was covered with black silk beaver. There was a wide band of black watered ribbon round this crown and at the left side, rather low down, a cluster of mixed flowers, heliotrope, blue hyacinth, hankies, roses and maidenhair fern. It was a lovely little affair, quite poetic in its soft, yet rich coloring.

Very gradually the waist line is rising, and we may hope that before long it will go just high enough to be nearly Directoire, and that then we shall have the straight-falling skirt as it is seen in classic statues. Nothing suits woman's figure quite so well as these slightly full, clinging draperies, and for all the puffs and flounces which are shown us in the new models the dress-makers are nearly always willing to modify them until they become simple and modest, not vanity striking and garrulous. Navy blue is the predominating color, but light crepons are rapidly coming into favor now that the sunshine is making cloth a burden in the heart of the day. Very delicate blues, a pink that is merely a faint blush on a maiden's cheek, a yellow which can be worn with a good deal of white, and a biscuit color which is almost cream, are being offered to us most temptingly.

The only bizarre note of the day in fashion comes with the shoes. They are lamentable as we see them in the avenues and streets. The heels are so high that the figure of the woman who wears them is positively ridiculous and the colored clothes which are used to make them are so striking as completely to extinguish the importance of any other part of the costume. Green, violet, bright yellow, blue, anything vivid, seems to have called on the imagination of the boot-makers and their "clients." Fortunately the best bootmakers look askance at such fantastic things, and they make all things in moderation.

Footwear

All the smart boots, moccasins, slippers, even the canvas shoes for use show the long, stable short vamp footwear is worn by women whose structure of foot is not comfortable in the leather boot or pump, and so some elegant does it make the boot that its length is really a fashion favor.

Notwithstanding the vast and fanciful new pumps and shoes played everywhere, the remains the last word in comfort for formal occasions when one is worn. The new buttoned summer and autumn shoes are turning with their light, flexible heels and tops of contrasting or cloth in trim fitting style.

ODDS ENDS

THE necessary silver for a bride is: Four sets of spoons, which includes soup, dessert, tea, and after-dinner coffee; butter knives; four sets of forks, including oyster forks, and two sets of steel knives with silver handles. If the carving is to be done on the table, two sets of carvers will be needed. The newest and prettiest chest to hold these comes without drawers now, and the silver is arranged in piles, with the two sets of knives spread in the cover of the box—the whole lined with soft, ooze leather.

SHOES should be kept well oiled in damp weather, and if wet should be dried slowly, lest they warp or shrink. The method of occasionally rubbing over lid shoes with castor oil is adopted by some people. One of the best methods of rendering new boots impervious to damp is that of varnishing the soles. Three or four coatings should be applied in succession, while the whole surface of the leather composing the uppers should be rubbed over with a cut lemon, the latter precaution insuring a good polish at the outset, always somewhat of a difficulty where new footwear is concerned.

LET more into your guestroom than the furniture, ornaments and plainest necessities. If a note is to be hastily written before the arrival of the trunk with its stock of stationery, what could more pleasantly greet the eye of your guest than a neat desk, furnished thoughtfully with whatever is needed—pens, paper, ink and envelopes, sealing wax and stamps? A work basket is always apropos in every well-ordered room for one's guests, as many who would come to tarry with you for a day or two would not provide themselves with any sewing outfit. The dropping off of a button or tape, a rip or tear—these are accidents of a day. Kind hints and thoughts as manifested in these small attentions are as great a welcome as words.

IN making shoe trees from old stockings filed with bran, as is the habit of the economical, there should be enough of the leg of the stocking left on to allow the bran to be pushed up as the form is being put in. Otherwise, especially if the shoe is at all damp, it will be almost impossible to manipulate it.

Keep a tape fastened to the seam of the stocking so it can be tied or untied which includes soup, dessert, tea, and after-dinner coffee; butter knives; four sets of forks, including oyster forks, and two sets of steel knives with silver handles. If the carving is to be done on the table, two sets of carvers will be needed. The newest and prettiest chest to hold these comes without drawers now, and the silver is arranged in piles, with the two sets of knives spread in the cover of the box—the whole lined with soft, ooze leather.

NO woman should travel without her own toilet equipments. The neatest way to carry them is to make a bag with a bordered towel, lining it with gum tissue. Stitch to the tissue the numerous little gum tissue pockets for holding washcloth, soap, comb and the like and double-stitch each pocket to the lining. Join the tissue and towel with a binding and roll the towel to make the package smaller and tie with a tape string. It should contain the above-named articles, a small cake of soap, powder, pins, and the like.

EVERY washwoman knows the nuisance of hanging out a large family's handkerchiefs, collars, finger-bowl doilies and other small articles. To pin them to the line takes time and patience. One old colored woman has hit on a plan of drying that saves her many minutes. She had her mistress make her a long, shallow bag of strong, white mosquito netting, with a drawstring at the top and tapes sewed at the corners and at intervals of three or four inches between. When the smaller articles were ready for hanging on the line they were laid carefully in the bag, the string drawn up so they would not blow out and the bag pinned to the line by the tapes for the sun and air to filter through the open meshes of the net.

IN the country good thick gloves, with stitched backs, long wrists, are the most comfortable to wear. White suede and kid gloves are best restored to their pristine freshness with a mixture of powdered alum and fuller's earth applied with a dry brush, and well rubbed in till the dirt is removed. Silk gloves can be cleaned with magnesia placed between two layers of paper, and in a few days, when the powder is removed, they will look like new. Gloves should be laid by in brown paper; white paper often discolors them through the materials used in making the paper.

THE KITCHEN

Salmon Pie.

Take one can of salmon steak, free from skin and bone, shred into small pieces with a fork and season with salt and pepper and a little lemon juice. Butter a shallow baking dish and spread over the bottom a layer of hot mashed potatoes; put the fish on this, moisten with a little milk, and cover with another layer of potatoes. Put little chunk of butter on top. Bake the pie until it is quite hot and the surface browned. Serve in the dish in which it is baked. It is an appetizing and inexpensive dish.

German Sand Tart.

Ten eggs, two cupfuls of sugar powdered, one-half pound butter, 10 cents' worth of sweet almonds, one ounce bitter almonds, one teaspoonful each of orange and lemon flavoring, one pound potato flour, one teaspoonful baking powder. Blanch and grate the almonds, beat the yolks of the eggs and butter to a cream, add sugar and beat for ten minutes; add almonds and potato flour and beat thoroughly. Beat white of eggs to a stiff froth and fold in with one teaspoonful baking powder, then add flavoring. Bake in a fairly hot oven. The above is enough for two good sized cakes.

Maple Sugar Frosting.

Roll one cup of maple sugar and one-third of a cup of water until it harts; then pour very slowly over the egg constantly; then beat with spoon until hard enough to spread. If it seems too stiff add a little cold water; half cup of buttermilk, or walnut meats added is an improvement in those fond of nuts.

Invalia's Biscuits.

Melt 3-pound butter in a pint of new milk, and pour it over 3-pound white sugar. When cool put in a desiccator of yeast and one of caraway seeds, add flour sufficient to make it into a stiff paste. Roll thin, prick with fork, cut into shapes and bake.

Oriental Tea Cakes.

Break white of one egg in a bowl, add one tablespoonful of sugar, stir a moment and then add one tablespoonful of flour and one-half teaspoonful of softened butter; beat to



THE KITCHEN

the thickness of cream. Put spoonful of batter on the spread of a large baking pan, spread, and with back of spoon spread until it is about four inches in diameter and almost as thick as butter per. Bake in a moderate oven brown and while still warm around a curling stick.

Dutch Omelette.

Slice six onions, fry in butter, leave brown, add one-half cup of milk, one-half cupful of cream, one spoonful of flour, one well salt to taste. Have ready a crust in the usual pie pan and onion mixture. Return to oven and bake to good brown. Will may be added to top.

Cream of Chicken and Celery.

Melt half a pound of butter, add half a cup of finely chopped onion, cook well, pour in one and a half cups of milk and thicken with a spoonful of flour mixed to a smooth paste. Season with salt and pepper, and when it thickens add a half cup cold boiled chicken dice.

Lemon Rice Pudding.

Boil two-thirds cup rice, add of three eggs, four tablespoons of pinch of salt, small pieces of grated rind of one large lemon to make very moist. Bake in a cup of sugar. Have ready a spread over pudding and fruit is delicious.