Cheap Way to Change.

WHEN one is run down and out of sorts, a "change" is usually prescribed by physician and friends, and is understood to mean an absence from home, traveling expenses, new clothes, hotel bills, and many expenses which one can frequently ill afford. A comparatively small portion of the money involved in such a "change" might be spent on renovating one's apartment and produce the same result. Dr. Papus, a famous French scientist, advises, if one is ill, to change one's bedroom, or at least the wall paper.

Just now, when the furniture windows are filled with beautiful things at bargain prices, a great deal of "change" may be had for a small expenditure.

It is erroneous to suppose that only wealthy people can have beautiful rooms. With proper attention to harmony of color and appropriate articles of furniture, it matters little whether the materials used are denim or velvet, the effect is practically the same in the end.

A popular theory in decoration is that floors and draperies must contrast with walls; that is, that red wall paper must be accompanied by green floors and curtains, or vice versa. Many arbiters of taste, however, prefer but one color, properly blended, for walls, draperies and floors, and this when harmoniously worked out, whether in expensive or cheap material, produces an effect that is artistic and restful in the highest degree. The unforgivable crime in decoration is to introduce a carpet or rug with a large pattern into a small room. It crowds out everything else.

After a little study of color schemes, the most inexperienced decorator will find it difficult to repress an involuntary shudder at entering a room where the articles of furniture, draperies and pictures "swear at each other," as the French say. The French with their generations of artistic development, naturally excel as decorators. The following notes on bedroom decoration were taken at a furniture exhibit given by the dealers of Paris, in connection with a recent automobile show in that city.

* *

Walls in white, decoration in form of large panel covering each side, with a border about 18 inches from ceiling all around the panel, and consisting of three stripes decreasing in width, and a circle about 12 inches in diameter between second and third stripe in each corner; also a second border of blue and red inside of the panel at the top. Furniture of light buff wood; large rug of red and buff; curtains and bed covering, bolster and spread, and also the mantel decoration in same colors.

* *

Floor covered with light brown rug, figured with small white squares. Walls covered with washable canvas of gray. Couch, curtains and bed covering of same material and color, light buff. Sash curtains and also draw curtains at windows and portieres at doors, all same color.

* *

Another room in buff. Walls washable canvas. Brass bed with heavy spread and bolster also buff. Easy chairs covered with buff leather. Woodwork of furniture of oak of same color.

* *

Blue walls, paper, containing green stripe, broken with leaves waving lengthwise and ending in cornice of white flowers. Mantel of green tiles. Furniture of light oak. Two single oak beds with panel of red in head and foot pieces. Above head of beds a long screen frame of oak, which closes down sides of beds about one third of distance from the head. On this screen curtains of light blue linen divided into panel effects by means of white linen strips stitched on and corner effects. Portieres and curtains of green. Dressing table and desk of oak decorated with red panels.

* *

Pink walls, with woodwork, wainscot, picture frames, and mouldings all white. Floor covered with light buff canvas. Furniture of light gray wood decorated with light blue bands and upholstered in heavy flowered pattern, consisting of pink flowers, green leaves and light blue ground. Curtains and bed coverings of same material. Small Turkish rugs containing same colors distributed over floor which is covered with buff canvas. Sash and drop curtains at windows of light buff. All the light shades blend into each other in perfect harmony, bringing out the pink of upholstery and wall with strikingly picturesque effect. Price 2,600 francs ($525).

* *

Room in which green and pink are the predominating colors. Large Persian rug of green and pink. White woodwork and white enamel furniture upholstered in light green. Portieres and bed coverings of light green with heavy lace spread over bed.

* *

Yellow wall paper, with white woodwork and white enamel furniture upholstered in heavy blue linen; bed covers and curtains of same material, trimmed with stitched stripes of white linen. Table covers the same.

* *

Wall paper, hangings and bed covers of light green. Furniture of maple. Easy chairs upholstered with buff washable leather. Large rug, pink, blue and buff; very Beautiful.

* *

A white room: White enamel furniture, couch, chairs, table top, all light blue leather. Brass bed with light blue cover with white trimmings; curtains same. Light blue screen on white enamel frame. Mantel green and heliotrope. Desk top of light blue leather, covered with glass. Rug of buff and blue. Berlin telephones on desk. Electric lights at head of bed on each side. Dressing and bathroom have walls of light green, light green furniture and buff curtains trimmed with bands of green.

* *

A brown room: Brown floor, brown furniture, brown upholstery, trimmings gold bands. Yellow wall paper. Yellow curtains trimmed with narrow light brown bands, harmonizing with upholstery. A buff rug. Yellow screen trimmed same as curtains. Corrugated wainscoting.

* *

A room with blue carpet, blue upholstery and hangings: Brass beds with lace spreads over covering same as curtains. Mirror screens. Birdseye maple furniture.

* *

A room with white walls and woodwork: Gray wood furniture upholstered in gray leather. Bed covering, portieres and window curtains in pink and gray flowered pattern. Huge wardrobe with three mirror doors. Clock built into marble panel. Dressing-room and bathroom all gray.

* *

In French apartments there is a notable absence of multitudinous cushions, cozy corners, Turkish rooms and the like. Elegance, either simple or ornate, is the keynote of French decoration. English decorators, on the other hand, strike the note of comfort more strongly, although not infrequently comfort, elegance and art are all found combined.

One English country house in particular is recalled, two rooms of which are worthy of mention. An immense, high-ceiling drawing-room, furnished in conventional style, with a grand piano, and a profusion of fresh flowers everywhere. From one side wide doors open into a conservatory and hothouses, where, all winter long, salads and vegetables are grown in sufficient quantities to supply the needs of the family. Around the 5 o'clock tea hour, lit by the flames from the huge fireplace and shaded lamps, this room is extremely interesting. At this hour the head of the house returns from his office at a nearby town, or, accompanied by a party of friends, all in knickerbockers and shooting jackets, stalks in and tells you how many pheasants he has bagged.

There is the ubiquitious high church rector, and a crowd of women callers, some of whom have walked for miles over muddy fields, as English women are great walkers, and others whose traps or motors are waiting outside. The talk waxes fast and furious and there is an entire absence of gossip, clothes and the servant question.

The English woman is well versed in politics, thoroughly informed on business and current events and entirely up to date in literature. She is, in effect, the companion and partner of her husband in the most complete sense of the word. There are several reasons for this. She is educated for her position as the mistress of a house, and understands her business thoroughly. Understanding the management of servants and all branches of housekeeping, that does not worry her. Understanding the raising of children, that does not worry her. Clothes do not worry her, for they cut very little figure in her scheme of life, her position being determined, not by the appearance that she presents, but by her husband's station; it is therefore of little consequence whether she wears this year's gown or one of a decade previous. The smaller worries of life being eliminated by her education, she is at liberty to progress along parallel lines with her husband, and the spirit of comraderie that is everywhere manifest, is delightful in the extreme.

* *

The second room outlined by memory, in this quaint country house, is a living-room-library-den, to which the family, when alone, usually retires after dinner. This is long and low ceilinged, and the floor is covered with a Turkish carpet. At each end of the room in immense fireplaces, flames soar aloft and huge logs crackle. The sides are lined from ceiling to floor with black oak shelves, which are filled with books, and guns and all sorts of sporting things. The furniture is of black Flemish oak. In this room, so redolent of comfort, buried in the recesses of an enormous chair, listening to the stories of some great explorer or army officer, or English folk lore, an evening slips away all too soon.

* *

Everybody, however, cannot have a quaint country house hidden away in some obscure part of England, but every person can have a tasteful, harmonious room. Given only a library table, a Morris chair and a reading lamp, with harmonious coloring, the average man, weary with the cares of the business day, will soon find rest and comfort.

* * *

The Girl and the Factory.

WE are talking of the "back-to-the farm" movement and are urging young men to put their brains and energy into building up the country's natural resources instead of wasting them in a mad strife for the ever elusive fortune in the cities, and some measure of success seems to be the result of this agitation.

What of the girls?

Here, in the midst of as rich a farming country as can be found, where comfort and health are her portion in her father's home, the number of girls that flock into the city looking for factory work is astonishing.

In the old days, the mother of the family had upon her hands almost the entire labor of supplying the family with food and clothing. She spun and wove the cloth from which she cut and then sewed by hand the garments which clothed each member of the family.

Even in the time of our own mothers the making and mending of the family clothing was an essential part of good housekeeping.

Modern methods have done away with much of the too laborious processes of other days, and ready-to-wear garments relieve the family provider from much of this sort of labor, but is it not a pity that girls who can have healthful work at home helping the mother and father should come into the city of which they know nothing, to be hands in the factories?

The household tasks do not supply enough of interest, the girls will tell you. They want change, to see something of the world, and to have their own money to spend. And this last is the real reason.

They have in the factories no shorter hours than on the farm, they work in cramped positions or have to stand all day; they must live poorly, do without sunshine and fresh air, and instead of using brains and fingers to satisfy a direct need they sell their labor to the manufacturer, that cheap products may be sold back to them.

There is no denying the value of hand work. The labor done by the skilled mechanic or artisan is conducive to the best sort of development and the result is a useful product. But how much better off is the world for the cheap products which are produced by so many factories, in which the labor is performed by hundreds of human beings whose lives are thereby cramped and dwarfed?

At the root of the whole thing is the desire for more money. The manufacturer makes cheap goods because they sell readily. People buy cheap goods so that they have more money to spend on something else.

The girl works at the factory, from early morning until 6 o'clock at night, lives poorly, is underfed and is mentally stunted, that she may have more money to buy these same cheap goods. What a circle of senseless toil.

Think, of girls at home in the country, before you come to the city because the other girl did it. Think before you will sell your brains and the labor of your hands to a corporation or concern which cheapens life for you and for others.

Girls are more valuable than garments, and life is more than having a few dollars to jingle. There are plenty of girls in the city and your labor is not needed. Stay at home and find your own place where labor is wholesome and healthful and where brains count for something. Don't be a hand.

* * *

Rabbits and Sandwiches.

THE Welsh rabbit is preeminently masculine. There is something about a rabbit that arouses the culinary instinct which lies latent in the breast of every man. What bachelor's supper would be complete without a rabbit, and what man does not enjoy exhibiting his skill with the chafing dish before the admiring awe of his feminine friends?

Women, however, sometimes make Welsh rabbits, and to such of them as may happen to object to the use of ale, the following recipe is submitted as being exceptionally good:

Welsh Rabbit with Cream—Melt one tablespoonful of butter in a saucepan or blazer. Add half a pound of cheese, cut fine or grated, and stir until melted. Then add the beaten yolks of two eggs, mixed with half a cup of cream, and stir until smooth and slightly thickened. Do not allow the mixture to boil at any time during the cooking. At the last add one quarter of a teaspoonful each of salt, paprika, mustard and soda mixed together. More salt may be needed. Serve on the untoasted side of bread toasted on one side.

But the man who plays the leading part at the bachelor supper will carefully observe the following directions:

* *

Welsh Rabbit with Ale—Melt one tablespoonful of butter in a saucepan or blazer. Add half a pound of soft cheese, broken into bits or grated, and half a cup of ale little by little, as the cheese melts. Mix half a teaspoonful of mustard, a dash of paprika or cayenne, and about a quarter teaspoonful of salt with the beaten yolks of two eggs. Dilute with a little of the cheese mixture, and stir into the mixture in the saucepan. The egg may be omitted. Serve as before.

If golden buck is desired add a poached egg to the completed rabbit.

* *

The considerate bachelor never fails to have on hand a goodly supply of dainty sandwiches, with which to regale his guests.

Sandwiches! What a world of variety the name implies; not only in makeup but in use. Not only for bachelors' suppers and ladies' afternoon card parties, but for all the lighter forms of entertainment, the sandwich is king, and reigns supreme. And yet, how very few ever really give the necessary attention to detail to insure an entirely satisfactory sandwich. The process of making is of far more importance than the materials used in the making.

To begin with, the regular sandwich loaf is preferable, and the bread should be buttered before it is cut. The butter must be soft enough to spread easily, though not of course, melted. If a large number of sandwiches are to be made, it will greatly expedite matters if two persons can be "on the job," one to apply the filling while the other butters and cuts.

If a man is doing the work, he lays the sandwich down on the breadboard, and gives it a resounding whack or two with the villainous looking chef's knife which he uses, and then carefully and tenderly trims off all the crusts, and cuts the sandwiches diagonally across. It is then ready to be eaten. If some time must elapse before the sandwiches are served it is a good idea to cover them with a damp napkin to prevent their drying out.

* *

A thin bread and butter sandwich carefully made, is infinitely preferable to the most elaborate concoction crudely put together, as it is very annoying to have crumbs of bread or lumps of butter fall on one's party frock, while both hands and all one's teeth are engaged in endeavoring to control a refractory piece of meat that is strenuously objecting to being imprisoned in a so-called sandwich in such an uncouth fashion.

Sandwiches do not make themselves. It is only by minute attention to detail that satisfactory results are arrived at, and the woman who masters the art of making sandwiches and good coffee need have no fear of the success of her small entertainments. Then will her guests rise up and call her blessed. Likewise her husband when fishing excursions and shooting parties are in order.

Sandwiches in their infinite variety may be classified as follows:

Fish, egg, salad, meat, sweet, nut, cheese.

* *

From a compilation of 101 by May E. Southworth, the following are selected:

Smith—Chop celery and cold boiled chicken, very fine. Mix with French dressing and put between thin buttered bread.

Sorrento—Boil the chicken livers, rub through strainer and mix with equal amount of olives chopped very fine. Moisten with mayonnaise dressing. White bread.

Swift's Premium—Mince cold boiled ham and hard boiled eggs together. Place between thin slices of brown bread spread with butter and mustard.

Clubhouse—Perhaps the clubhouse sandwich, properly made, is deservedly the most popular. Chop the meat of one cold boiled chicken very fine. Rub a mixing bowl well with garlic and place in it the prepared chicken. Add yolks of six hard boiled eggs previously mashed with a fork, one tablespoonful each of minced parsley, vinegar and lemon juice, one teaspoonful onion juice, salt, pepper, one half teaspoonful celery salt and enough olive oil to moisten sufficiently to spread on bread, which should be thinly sliced and but slightly buttered.

French—Pound the yolks of hard-boiled eggs to a paste, and mix with an equal amount of cold cooked fish. Spread on crisp lettuce leaf and place between bread spread thickly with mayonnaise dressing.

Fromage—Grate any cheese. Rub it to a paste with butter and spread the bread. Dust with salt and pepper. Cut into strips and serve with salad.

Bearnaise—Dip the crisp inner leaves of lettuce in a French dressing just an instant—only an instant, if you wish them crisp. Lay them between thin slices of buttered brown bread, on which has been spread cream cheese made soft with cream.

Vedette—Mix equal parts of grated Swiss cheese and chopped English walnuts. Season with salt and cayenne. Brown bread.

Veranda—Spread exceedingly thin slices of white bread with currant jelly. Roll each sandwich and stick wooden toothpicks in each to hold in shape.

Crystalized Ginger—Chop ginger and mix with a little orange juice to make it stick together. Cut the bread very thin, buttering it lightly.

* *

The pumpkin pie at this season of the year leads in popularity, all the other varieties of that gastronomical manifestation so purely American. The following recipe has been contributed by Mrs. W. Swetland of the Perkins restaurant, who personally makes all the "home made" pies served at that establishment.

Two Large Pumpkin Pies—One quart well cooked pumpkin, well drained and pressed through a collander. Then add four well beaten eggs, two and a half cups sugar, half teaspoonful of salt, one teaspoonful of ginger, one of cinnamon, one half grated nutmeg, one teaspoonful allspice, one pint fresh milk. Bake with lower crust only in very deep granite pan for about 25 minutes.

* * *

One Woman's Way.

PREPARING Pans for Fruit Cakes.—Heretofore I always buttered pans and lined with one or two and sometimes three thicknesses of buttered paper, without always obtaining the best results. The outside was either browned too much or burnt, and consequently the fruit dried out. Now I line pans with a dough made as follows: To one and one half breakfast-cupful of flour, add one half teaspoonful of baking powder, rub in one quarter cupful (good measure) of butter; wet with either milk or water sufficiently to enable to roll out. Roll out a little thicker than pie crust, line bottom and sides of pan and keep enough for top of cake. This crust adheres to the cake, and if a white icing is desired a very thin one will answer. Since using this crust I do not ice fruit cakes, and the appearance of cake is equal to an iced one, and much better.

* * *

Christmas Cakes of Other Lands.

GERMAN Lebkuchen.—Mix one quart of honey and two pounds of granulated sugar, heat slowly, and boil for 15 minutes, then stir until cold. Spread 12 ounces of flour on a shallow pan, place in a moderate oven, and stir frequently until it is an even light-brown color. In another pan place 12 ounces of blanched and dried almonds and roast until golden brown; cool and chop fine. To the flour add the nuts, two ounces each of finely chopped citron and candied orange peel, one teaspoonful of cinnamon, one quarter of a teaspoonful each of cloves, ground cardamom seed, and white pepper, and a half teaspoonful of salt. Work in the honey and one half of an ounce of potash dissolved in rose water. When thoroughly mixed cover and set the paste away for 24 hours. Roll out a scant half inch thick, cut in pieces three by four inches, lay on waxed or greased pans, and let chill for three hours, then bake in a medium oven. Glaze with water icing, and sprinkle quickly with finely chopped roasted almonds. These cakes may also be covered with a thin fondant and the tops ornamented with split almonds, cut citron, or other fruits arranged in simple patterns.

English Yule Doilies.—Cream together a half cupful of butter and one cupful of sugar. Add gradually two well-beaten eggs, one tablespoonful of cream, one teaspoonful of vanilla, a pinch of salt, and three cupfuls of flour with which have been sifted two teaspoonfuls of baking powder. Stand for an hour in a very cold place. Have ready a tin cutter in the shape of a doll about five inches long. Take a portion of the dough on the board at a time, roll out half an inch thick, and cut into dolls. Brush each over with milk, and dredge lightly with powdered sugar. Use currants for eyes, and bake on greased pans in a moderate oven. When cold decorate the skirt of each doll with ruffles of frosting. Wrap separately in sheets of waxed paper. In packing place the doll in a long shallow box, pack firmly with tissue paper, and before closing add a tiny Christmas card and a sprig of holly, tying the box with scarlet ribbon. This is an English custom for children.

* * *

Another Woman's Way.

BAKING Fruit Cake.—Many women can mix an excellent fruit cake, but few can place one in the oven without forebodings. To insure good results, bake fruit cake in pasteboard corset boxes; 16x5 inches is a good size. Some buyers prefer to leave these boxes in the store, and the storekeepers are glad to give them away. It is well to choose boxes not less than two inches deep, and three is better. Line each box with manila paper well greased, pour in the batter, place a thoroughly greased manila paper over the box and put on the pasteboard lid; place the boxes in a slow oven and bake until the cakes are done through, no longer; this will require at least five hours. When baked in this way the cakes will come from the oven retaining the fruit flavor, with no hard crust or scorched atom about them, and they will cut into tempting, even slices of a convenient shape and size.

Daniel Sinclair, who died recently at his home in Winona, was chairman of the Minnesota delegation in the national Republican convention of 1880 and as such gained prominence by pushing the candidacy of William Windom. Mr. Sinclair's persistence was one of the factors contributing to the defeat of Blaine and the nomination of Garfield.

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