

Health, Beauty And The Home

The New "Handy Man"

By Mrs. Christine Frederick,
The Distinguished Authority on Household Efficiency.

IT is very rarely that I am enthusiastic over a new utility, because so few that I have tested in the course of ten years at my household experiment station have proved 100 per cent in all points. But I have recently been using a new machine which seems so marvelous, and which so well fulfills all my demands of helpfulness, that I feel it deserves mention.

How many times have women not said to me, "Oh, if I only had a clamped beater," or, "If there were only a stationary bowl for mixing," and so on? Here is one utility which combines all the requests for a stationary fixture and a bowl which clamps to the table. In addition it beats, churns, chops meat nuts or other food, turns the ice cream freezer, bread-mixer or other revolving devices, strains soup or anything else. Indeed, this "White Bertha," as we call her in our household, does everything but scold and get drunk!

We call her "White Bertha" because she is painted white or, rather, is made from white enameled steel, and because her efficiency reminds us of the "Black Bertha" of war days. We might just as well have called this device a "he," I suppose, only the tendency is to speak of all power machines, like an engine or a boat or anything which has strong motion, as she!

(Let inquisitive persons think up reasons why!) "Bertha" is heavy, but it is so made that as she rests on her substantial base she is firm and immovable. I can think of no better way in which to bring her to my readers' minds than to say that she looks like a small-size coffee-mill or meat-grinder, such as one sees in either the grocery store or the butcher's.

Like these larger devices she has a motor concealed within her, and it is this motor that furnishes the power to do all the wonderful things of which "Bertha" is capable. In the main part of the frame is set a support on which rest the various sized bowls or utensils of metal in which the soup is strained or the bread mixed. Under the motor is a shaft to which may be connected the beater, the whipping tool or whatever tool is necessary to each operation. To this shaft also is connected the ice cream freezer when it is used.

Like all other home electric devices "Bertha" has a cord and plug which may be quickly connected to any light socket. That is, she operates just like a washing machine or a vacuum cleaner—a mere touch and she begins her work.

And such work—no first-class maid could do so well or so quickly! When "Bertha" was first sent to me it was the Christmas holiday season and we were about to make our large quantity of holiday cakes and cookies. Anyone knows what the labor of making about 200 cookies and many small cakes is when the beating and the mixing have to be done by hand. But with "Bertha" I just dumped all the ingredients into the capacious bowl, turned on the current, and presto!—there came a slow murmuring and "Bertha" went to work with a will.

She kneaded bread, she beat eggs, she mixed cake batter, she chopped nuts and shredded fruit peel. If you wished her to go slow she was put on first speed; if faster, then on second or third speed, just like an auto!

We had decided in our holiday menu to make a cream soup as a first course. That generally means the task of straining a vegetable pulp and the soup after it is thickened, as it is only by several strainings that a cream soup achieves that wonderful, even smoothness. But with "Bertha" we put all the vegetables into the top of the deep three-inch strainer which fits over the bowl, and started the motor after having inserted into the shaft a small wooden roller which did the rolling or pressing of the pulp over the strainer.

In about fifteen minutes I had over a gallon of a perfectly strained soup in the large bowl and all the refuse neatly stacked on top of the strainer. What a contrast to the hand work with a messy potato-masher and unsteady bowl!

In our home we always make bread twice a week. I, of course, had a hand-mixed or bread-mixer of the usual type with clamp and beater. But even here what a difference between hand-turning and the ease of putting all the ingredients into the mixer at once, turning on the current and letting her go!

Also, in most cases where recipes call for eggs beaten separately, I tried the plan of not doing this separate beating, but of placing the eggs and all the other ingredients into "Bertha" at the first. In the texture and quality of the food I can notice no appreciable difference, even in such foods as waffles, where the folding in of the egg whites is an important point.

In our home the popular slogan "Let George do it!" has become transformed into "Let Bertha do it!"—and she surely does. Like everything else, now that she is with us we cannot see how we could get along without her. We would no more go back to hand-beating and



Famous Beauties of Stage and Screen—
RUTH ROLAND.

hand-mixing and chopping than we would go back to hand-washing on a washboard.

Of course "Bertha" is not a necessity in a small and informal family. But in a family of from four or more adults she is invaluable. For boarding houses, tea rooms and similar eating places she would save her cost in service in six months. Also, recall that while her first cost is considerable, she would save the first cost of the usual beaters, bowls, bread-mixer, freezer, etc., since these utilities come inclusive with her.

That time will come when electric equipment of a stationary kind is part of the fixed or regular equipment of every kitchen. Just as now in the best houses we no longer move the stove or refrigerator or the window shades, so in a few years the landlady will be forced to equip each kitchen electrically with stationary equipment of this newer kind. With such a utility

there is no "servant question" for at least a dozen tasks of the home. Just as the vacuum cleaner has replaced the broom or the washing machine the dependable Liza, so this "White Bertha" or a device of the same order will later be found in every home where efficiency is desired.

"But the cost!" Well, we all are spending more to-day than yesterday and undoubtedly will continue to do so. Electric light and service

costs more than candles—ah, but does it? The first electric light may have cost more per candle-power or per hour than the tallow-dip—but when we have an increased consumption and a wide national demand then the price becomes lower, because manufacturing costs can be lessened. In other words, just as soon as enough women and housekeepers demand more electric equipment and keep on demanding it the cheaper it will become.

Tested Pie Recipes

By Mary Lee Swann,
The Well-Known Writer and Lecturer on Cooking.

Pineapple Pie.
MIX ¼ cup flour and ¼ cup sugar. Add 1 cup grated pineapple and the juice. Cook until mixture is smooth and thick. Then remove from fire and add 1 well-beaten egg. Cook between crusts.

One-Crust Pineapple Pie.
BEAT 2 egg yolks with ¼ cup sugar. Add 1¼ cups grated pineapple and a grating of lemon rind. Fold in 2 stiffly beaten egg whites. Pour into a pie plate lined with pastry and bake in a moderate oven.

Squash Pie.
MIX 1 cup strained squash pulp, 1 cup sugar, a pinch of cinnamon or nutmeg, ½ teaspoon salt, 3 beaten eggs, 1 cup of thick cream and flavoring to taste. Bake in a pie plate lined with pasta. Serve hot or warm.

Quick Puff Paste.
MIX and sift ¼ teaspoon salt with 1 cup sifted flour. Work in 1 tablespoon lard. Moisten with ice water, pat and roll thin. Wash ¾ cup butter carefully and divide into three equal parts. Dot paste with 1 piece of the butter. Fold, pat, turn half way round and roll thin. Repeat until the other 2 pieces of butter are used. Roll thin, shape, chill and bake in a hot oven.

Delicious Pastry.
WORK ¼ cup lard into 2 cups flour. Add ice water to make a stiff dough. Cut ¼ cup washed butter into the dough. Chill in ice box overnight. Roll out on slightly floured board. Fold so as to make three layers, turn half way round, pat and roll thin. Repeat this process several times. Roll thin, shape and bake in a hot oven.

Apple Meringue Pie.
HAVE ready 2 cups apple sauce made from tart apples. Add to the apple sauce 1 cup sugar, 1 tablespoon flour and the juice and grated rind of 1 lemon. Beat 3 egg yolks slightly and add them to the apple sauce mixture. Pour into a pie plate lined with pastry. Bake until firm in center and then cover with meringue and brown delicately in a slow oven. To make the meringue beat 3 egg whites until stiff. Add 4 or 5 tablespoons powdered sugar and beat well. Add ½ teaspoon lemon juice and spread on pie.

Green Tomato Pie.
SLICE green tomatoes into a pie plate lined with pastry. Add ½ cup sugar, the juice of ¼ lemon, a few grains of salt and 1 tablespoon butter. Cover with paste and cook in a moderate oven about 45 minutes.

Quick Plain Paste.
MIX and sift ¼ teaspoon salt with 1½ cups sifted flour. The flour should always be sifted before measuring. Work in ¼ cup lard. Moisten the dough with ice water. Turn out on floured board, pat, roll out and shape. Bake in a moderate oven.

Berry Pie.
LINE a pie plate with pastry. Sprinkle with 1 tablespoon dry bread crumbs and dot with 1 tablespoon butter and sprinkle with ½ cup sugar. Fill the plate with berries and sprinkle with ½ cup sugar, a pinch of ground spices and 1 tablespoon fine bread crumbs. Dot with 1 tablespoon butter. Put on top crust and bake in a moderate oven.

Deep Apple Pie.
LINE a deep pie plate with any good pastry. Pare, core and slice 6 or 8 sour apples. Arrange in pie plate and sprinkle with ½ cup sugar, mixed with ¼ teaspoon grated nutmeg, ½ teaspoon salt, 1 teaspoon lemon juice and a few gratings of lemon rind. Dot with 2 tablespoons butter. Wet the edges of the under crust with cold water, cover with top crust and press the edges together. Bake in a moderate oven about ¾ hour.

Plain Pie Crust.
WASH ¼ cup butter and set aside. Add ½ teaspoon salt and ¼ cup lard to 1½ cups flour and work in with tips of fingers or two forks. Moisten the dough with cold water, preferably ice water. Turn out on slightly floured board, pat and roll out. Dot with bits of the butter which has been washed. Fold paste so as to make three layers, press edges firmly, pat and roll out. Fold again so as to make three layers, turn half way round, pat and roll out. This process may be repeated. It is easier to handle the paste if time is taken between each folding process to chill the dough thoroughly. Five minutes is long enough if the dough is placed near the ice. Bake in a moderate oven.

How To Cook Rice

METHODS of cooking rice vary considerably in different countries, and even in different parts of the same country. In Japan, for instance, there are two common ways of boiling rice. In both cases the rice is washed until the water remains clear, and an iron or bronze kettle is generally used for cooking.

For the first method the washed rice is put into a relatively small amount of boiling water; for the second, it is put into cold water and gradually brought to a boil. When the steam and foam begin to escape from underneath the cover the rice is considered cooked, but is allowed to stay in the covered kettle from one-half hour to an hour longer, while the steam makes the grains swell and separate from each other. By the first method the cooked rice is drier and more flaky than by the second, though the difference is slight.

In this country, also, rice is boiled in several ways. No matter what method is used, it should first be thoroughly washed to remove all foreign substances and the loose starch, which if left is likely to make the rice grains stick together in a pasty mass when cooked. A good rule is to wash rice through several waters, or until the rinse water remains clear.

To prepare boiled rice wash 1 cup rice through several waters until all the loose starch is removed, and drain it. Have 4 or 5 quarts of boiling water ready in a deep saucepan. Add 1 teaspoon salt, slowly drop in the rice and allow it to boil rapidly for about 20 or 30 minutes, or until a grain when pressed between the thumb and finger is entirely soft. In order to prevent it from sticking to the pan lift it if necessary from time to time with a fork, but do not stir it, for stirring is likely to break the grains. When sufficiently cooked, turn the rice into a colander or sieve, and after the water has drained off cover with a cloth and set over a pan of hot water on the back of the stove or in the oven; or turn the rice into a shallow pan, cover with a lid and place it in a warm oven for a short time. Treated in this way the grains swell and are kept separate.

If a large kettle is not at hand rice may also be cooked successfully in a smaller open saucepan or kettle, allowing eight times as much water as rice, or 2 quarts of water to 1 cup of rice. The same method is used as with the large proportion of water, but the rice requires more careful watching. If the starchy liquid surrounding the grains is washed off by pouring hot water through the colander in which the cooked rice is draining, each grain will be left separate and distinct. This is not usually necessary when the larger proportion of water is used.

The water drained from the rice after cooking should not be thrown away, as it contains much starch. It can be used for thickening in soups, stews, baked dishes, with or without milk, or, if boiled down, for starching fine sheer materials.

If boiled too long rice becomes sticky and the grains tend to break apart. Many persons make the mistake of overcooking rice and also of not salting it enough, and because of this it has been unpopular as a vegetable in many households. It should be cooked only until a grain when pressed between the thumb and forefinger is soft and there is no hard, uncooked portion in the center. The rice should then be immediately removed from the fire, drained and dried in one of the ways described.

Some persons prefer to cook rice in a double boiler with an even smaller quantity of water. Three parts of boiling water are used to one part of rice, and a teaspoon of salt is allowed to each cup of rice. The rice is dropped into the hot salted water, the boiler is covered and the rice is cooked for about 30 minutes. Then the lid may be removed and the rice cooked slowly a little longer until it has dried somewhat. Or it may be turned into a pan, covered with a lid and dried in a hot oven for a few minutes. If rice is soaked in tepid water until the grains lose their lustre and become solid white, the time of cooking by any method can be reduced approximately one-half. Rice first washed and then soaked for one hour in tepid water will cook in 10 to 15 minutes in an open kettle and in about 20 minutes in a double boiler.

Why Friendship Is So Precious

FRIENDSHIP is love without wings.—BYRON, famous English poet.

ONE good friend is not to be weighed against the jewels of all the earth.—ROBERT SMITH, well-known clergyman and educator.

FRIENDSHIP is an order of nobility; from its revelations we come more worthily into nature.—RALPH WALDO EMERSON, famous poet and essayist.

FRIENDSHIP, gift of heaven, delight of great souls; friendship which kings, so distinguished for ingratitude, are unhappy enough not to know.—VOLTAIRE, the French philosopher.

FRIENDSHIP heightens all our affections. We receive all the ardor of our friends in addition to our own. The communication of minds gives to each the fervor of each.—WILLIAM ELLERY CHANNING, the great Unitarian divine.

IF a man does not make new acquaintances as he advances through life he will soon find himself alone. A man should keep his friendship in constant repair.—SAMUEL JOHNSON, great English scholar.

A FRIEND may well be reckoned the masterpiece of nature.—RALPH WALDO EMERSON, famous poet and essayist.

TO be capable of steady friendship and lasting love are the two greatest proofs, not only of goodness of heart, but of strength of mind.—WILLIAM HAZLITT, the English essayist.

Household Helps

A Grease Jar.
A LARGE glass paste jar—the kind with a brush in a well—makes a handy container for the grease or oil used on baking tins, waffle irons, etc.

To Renovate a Mop.
BOIL the mop in an old pail half full of water into which you have put a tablespoonful of concentrated lye. Then rinse carefully and the mop will be as good as new.

Cleaning Wall Paper.
OLD wall paper can be made to look like new by cleaning it with cornmeal. Dip into a bowl of cornmeal a cloth moistened just enough to make the meal adhere nicely and rub the paper with an up-and-down motion.

FRIENDSHIP throws a greater luster on prosperity, while it lightens adversity by sharing in its griefs and anxieties.—CICERO, the Roman orator.

FRIENDSHIP is the nearest thing we know to religion. God is love, and to make religion akin to friendship is simply to give it the highest expression conceivable by man.—JOHN RUSKIN, the English philosopher.

IN the school of life many branches of knowledge are taught. But the only philosophy that amounts to anything after all is just the secret of making friends with our luck.—HENRY VAN DYKE, American poet and essayist.

TO whom shall we tell all our thoughts? Who better than a friend of our own age, exposed to like difficulties, can understand us, hear our questions and answer our objections?—REV. CHARLES WAGNER, author of "Youth."

A KNOWLEDGE that another has felt as we have felt, and seen things not much otherwise than we have seen them, will continue to the end to be one of life's choicest blessings.—ROBERT LOUIS STEVENSON, the famous novelist.

Should Women Smoke?

THE spread of the smoking habit among women is deplorable. Certainly it is a brand of ethical instability. Smoking not only makes women common, but in the end morally insecure.—DR. JOHN D. QUACKENBOS, noted hypnotic practitioner.

I CANNOT sufficiently deprecate the encouragement of smoking by women. A woman with a cigarette is as much out of place as a man with a nursing bottle, and neither has any business with either.—MRS. CLARENCE BURNS, New York clubwoman.

I AM of the opinion that a woman has as much legal right to smoke as a man. I think if a woman wants to she could walk up Broadway with a large pipe or a great big cigar in her mouth and still be within her rights.—MAGISTRATE CORRIGAN, of the New York police courts.

I FEEL sure that tobacco, if pure and properly used, might be very beneficial to women. But I would, of course, recommend its use only to those who were in no danger of becoming addicted to the smoking habit.—DR. RACHEL S. SKIDELSKY, successful woman physician.

IT is not immoral for a woman to smoke cigarettes. Some of the best women in the country and the world smoke cigarettes.—JUSTICE GEORGE V. MULLAN, of the New York Supreme Court.

THE church has nothing to say about smoking by women any more than it concerns itself about the kind of a hat a woman should wear. Like many other things, the habit of smoking is non-moral. It is not a matter of morals, but of taste.—REV. ALEXANDER MANN, D. D., of Trinity Church, Boston.

UPON the ethical part of this question I do not attempt to enter, but this much I will say: If the men find it a pleasure to smoke why should not women be allowed the same pleasure?—BISHOP WILLIAM BOYD-CARPENTER, of the Church of England.

I DO not approve of women smoking. It may be an appealing habit, but the majority of men don't like it in a woman. Every worthy white man has an ideal. He doesn't parade it around, but hides it in his heart, and a smoking woman hurts that sort of man.—REV. EVA RYERSON LUDGATE, well-known evangelist.

Why We Quarrel with Our Relations

THE more closely two persons are bound by blood ties the less likely are they to be able to get along well together when thrown into close proximity for long periods of time. Many reasons have been advanced to explain this tendency of members of the same family to quarrel so, but probably the most sensible is that given by the late Oliver Wendell Holmes in "Elsie Venner." "Wherever two natures have a great deal in common the conditions of a first-class quarrel are furnished and ready made, says Dr. Holmes. Relations are very apt to hate each other just because they are too much alike. It is so frightful to be in an atmosphere of family idiosyncrasies—to see all the hereditary uncomeliness or infirmity of body, all the defects of speech, all the fallings

of temper, intensified by concentration, so that every fault of our own finds itself multiplied by reflections, like our images in a salon lined with mirrors. Nature knows what she is about. The centrifugal principle which grows out of the antipathy of like to like is only the repetition in character of the arrangement we see expressed materially in certain seed capsules which burst and throw the seed to all points of the compass. A house is a large pod, with a human germ or two in each of its cells or chambers. It opens by dehiscence of the front door by and by and projects one of its germs to Kansas, another to San Francisco, another to Chicago, and so on; and this that Smith may not be Smithed to death and Brown may not be Browned into a madhouse, but mixed with the world again and struggle back to average humanity,

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Apple Sauce, Creamed Dried Beef, Corn Muffins, Coffee.	Breakfast Cantaloupe, Scrambled Eggs, Muffins, Coffee.	Breakfast Fruit, Fried Egg Plant, Cucumber Sauce, Rolls, Coffee.	Breakfast Fruit, Crisp Rolls, Coffee.	Breakfast Broiled Fish, Stewed Potatoes, Sliced Tomatoes, Muffins, Coffee.	Breakfast Molded Rice, Glazed Apple Sauce, Toast, Coffee.	Breakfast Fruit, Oatmeal, Toast, Coffee.
Luncheon Shrimp Salad, Whole Wheat Bread, Coffee Gelatine, Whipped Cream.	Luncheon Curried Tomatoes, Lettuce Salad, Pineapple Pie.	Luncheon Corn in Cream, Lettuce Salad, Whole Wheat Gems, Tea Cakes, Iced Cocoa.	Luncheon Omelet with Asparagus, Sliced Tomatoes, Deep Apple Pie.	Luncheon Milk Toast, Baked Peas, Dinner Vegetarian Sausage, Fried Apples, Creamed Potatoes, Battered Corn.	Luncheon Peach Shortcake, Iced Tea, Picnic Supper Meat Loaf Sandwiches, Tomato Sandwiches, Sweet Peach Pickles, Ice Cream, Cake, Iced Coffee.	Dinner Browned Chicken, Gravy, Spiced Grapes, Mashed Potatoes, Stewed Corn, Sliced Tomatoes, Chocolate Layer Cake, Iced Tea, Supper Mayonnaise of Chicken, Whole Wheat Bread, Fruit Gelatin with Custard Sauce.
Dinner Fruit Cup, Baked Beef Balls, Boiled Rice, Stewed Corn, Otra, Chocolate Cup Cakes, Iced Tea.	Dinner Jellied Chicken Soup, Veal Loaf, Bread Crumb Gravy, String Beans, Sliced Cucumbers, Sweet Pickled Blackberries, Watermelon.	Dinner Boiled Mutton, Caper Sauce, Steamed Squash, Steamed Rice, Sweet Pickles, Cherry Pudding, Hard Sauce.	Dinner Cold Mutton, Mint Jelly Cakes, String Beans and Lettuce Salad, Soft Gingerbread with Confectioner's Frosting, Iced Tea.	Dinner Caramel Ice Cream, Iced Coffee.		