

In the Home -- Fashions -- Household Hints -- Recipes

WHEN a child has pretty light hair it may be kept from darkening in this way: Wash the head once a fortnight with a good shampoo and add to the rinsing water the juice of a lemon. Every day well rub this lotion into the scalp and hair: Oil of orange flower four drops; alcohol (90 per cent) four drams; acetic acid, four drams; tincture of cantharides, five drams; distilled water to make eight ounces. Do not forget that scalp massage keeps the hair bright and in good, healthy condition. The scalp should be rubbed round and round in a circular movement every night for five minutes.

An Automatic Stirrer.

A large, clean marble boiled in milk, porridge, custards, sauce, etc., will automatically do the stirring as the liquids cook. Any chance of burning will be prevented and also the fatigue of constantly stirring. It saves time, as by this means the cook can be attending to several things at once instead of having to give her whole time and attention to one.

Saving Fuel.

All waste paper should be rolled or crushed into loose balls, placed in buckets and well damped with cold water. These paper balls may be placed in the center of the fire, coal on top and round it. This will cause the fire to burn well and give out a good heat for four or five hours without touching it.

Amusing Children.

Every child should learn to amuse itself if you want it to be happy.

To amuse a child is on a par with the foolish habit of "putting to sleep." Children should put themselves to sleep, and they will do so—except, of course, when they are ill or in pain—if they are never accustomed to having some one patting and rocking and singing to them when they are put to bed for the night.

The habit of "being amused" fosters the seeds of idleness in a child disposed naturally to that sort of thing.

Luxurious nurseries, where the children are "waited on hand and foot"—where some one is always at hand to pick up toys that have been flung down in a pettish humor and to follow to "tidy up" after untidy children—are not by any means good for the children themselves.

This kind of thing doesn't really make for happiness in a nursery.

To Keep Rice Grains Whole.

Have plenty of water boiling rapidly in a large saucepan, add to it the strained juice of a lemon, put in the rice, stir with a cooking fork (never stir rice with a spoon), boil hard for 15 minutes uncovered. Now add the salt, stir well, boil 10 minutes longer, pour it into a colander, shake well, put into a warm oven for five minutes to dry, serve in a hot uncovered vegetable dish. The lemon juice does not flavor the rice.

Rendering Lard.

Cut leaf lard into small pieces and run through the meat chopper before rendering and you will have almost all lard and very few cracklings when through cooking. A teaspoonful of common baking soda in the water in which you start your lard to rendering makes it white and sweet. Sprinkle a thin layer of salt in the bottom of jars before pouring in your newly rendered lard and it will not get rancid.

The Irritable Mother

EVEN cleaning can be overdone. There is a type of woman who seems to think of nothing in the world but cleaning and tidying the house. Not a speck of dust or dirt can be found in her house. All this is very admirable no doubt, but she's scouring and cleaning all day, and the consequence is that when her husband and children come home she is thoroughly worn out and irritable.

Surely a tired, irritable mother and a spotless house are less desirable than a little dust and a bright mother ready to welcome husband and children after the day's work is done.

Children's Teeth Need Much Care

AS SOON as all 20 teeth of a child's first set are through the gums a small toothbrush should be provided and the child taught to clean its teeth thoroughly, back and front, up and down.

It is not an easy matter to teach a young child to clean its teeth and to keep it up to the cleaning of them twice a day—and they ought to be cleaned twice.

The bedtime cleaning and brushing are even more important than that of the morning. Here is a piece of advice from one of the best known dentists in the country. It is this:

Do not give bread, cakes or biscuits to a child at bedtime unless it cleans its teeth after eating them. Particles

of such food cling round the teeth if these are not brushed immediately after such things are eaten.

In the warmth of the mouth these particles ferment quickly, become acid and in time cause the teeth to decay, especially in cases where they are not very strong and sound to begin with.

Teeth, of course, differ in different people. A robust person generally has a stronger make of tooth than one of poor constitution.

So if the children are rather fragile it is particularly important that they should take special care of their teeth. They should never be allowed to make the teeth do duty as nutcrackers, scissors, etc., and of all things they should clean them well at bedtime and after this eat nothing until morning.

Recipes

THE discussion of ways to boil ham may seem to some entirely superfluous, yet have you never noticed that some hams retain that rich red color and perfect taste, while others have a brownish color and the meat comes apart? This difference lies in the manner of boiling. A good ham put on in cold water and cooked slowly, or allowed to stand for awhile without cooking will lose much of its nutrition. The proper way to cook a ham is to put it on in water that is already hot, just beginning to simmer. If it can be kept at this temperature, which is a few degrees below the boiling point, so much the better. At any rate, it should not boil vigorously. For every pound of ham let it boil a quarter of an hour. Thus a 16 pound ham would require four hours to properly cook. When put in hot water the outer layers of meat are cooked at once, thus preventing the escape of juices which will take place in cold water.

Mince-meat.

Boil three pounds of lean boneless meat, and when cold put through food chopper. Then add four quarts chopped apples, one quart of ground suet, two pints of fruit juice, cherry or strawberry are the best; one pound of currants, one and one-half pounds of seeded raisins cut in halves. The juice of four lemons, peelings of three oranges, which have been through food chopper, one-fourth of a citron cut fine, one tablespoonful of cinnamon, one-half tablespoonful of allspice, one-half tablespoonful of cloves, one and one-half pints of weak vinegar, and then 1 enough brown sugar to suit the taste.

Maple Waffles.

Vermont maple waffles are delicious when served nicely buttered and piping hot. To make them, soften one cupful of finely shaved maple sugar in three cupfuls of milk. Sift one quart of flour with three teaspoonfuls of baking powder and one saltspoonful of salt, then rub in one tablespoonful of softened butter. Beat the yolks of four eggs until light, then add the milk and sugar and stir gradually into the flour; beat thoroughly, fold in the whites of eggs beaten stiff and dry and beat again. Bake in a well greased and heated waffle iron.

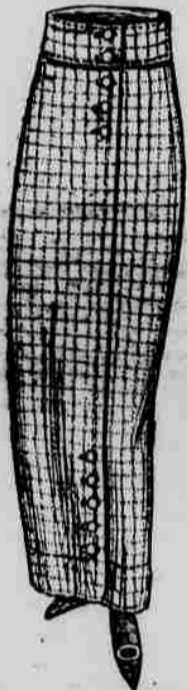
Cheese Biscuit.

An excellent cheese biscuit is made by sifting together two cupfuls of flour, four teaspoonfuls of baking powder and one and one-half teaspoonfuls of salt, then with a fork or the fingers work into it one-quarter of a pound of cheese and add gradually about a cupful of water. It is impossible to give the exact amount of water, as flour differs in its capacity for taking up moisture. Toss the dough on a floured board, roll out and cut with a biscuit cutter. When in the pan sprinkle over the top a bit of grated cheese.

Stove Hint.

Never throw away old stove brushes when they are worn out. Cover them with an old black stocking, enough, to make a thick pad. Tack a piece of velvet over it. This enables one to always keep the stove looking clean and nice.

Fashion Talks By May Manton



8249 Five-Piece Skirt, 24 to 36 Waist. With Natural Waist Line and Shaped Belt or With High Waist Line and Under-Facing.

BY MAY MANTON.

THE five-piece skirt is such a standby that it is always in demand and here is one of the newest. The edges are overlapped at the left of the front in place of being seamed which gives a smart touch and the finish can be made at either the high or the natural waist line. When the natural waist line is used, the finish is made with a shaped belt. It is exceedingly smart and generally becoming.

For the medium size, the skirt will require 5 yds. of material 27, 2 5-8 yds. 36 or 44 in. wide. The width at the lower edge is 1 yd. and 16 in.

The pattern 8249 is cut in sizes from 24 to 36 inches waist measure. Ask your merchant for this pattern.



8249 Child's Rompers, 2 to 6 Years. With Round or Square Neck, Short or Long Sleeves.

BY MAY MANTON.

PRETTY little rompers such as these can be made from plain serviceable material and worn during the morning hours or they can be made from white linen or white galatea and be quite dressy enough to be worn during the afternoon. The tucks at the front make an attractive finish and provide fullness for the bloomers. The plain sleeves are stitched to the armholes.

For the 4 year size, the rompers will require 3 3-8 yds. of material 27, 2 1-4 yds. 36, 1 7-8 yds. 44 in. wide, with 1 1-8 yds. 27 for trimming.

The pattern 8249 is cut in sizes for 2, 4 and 6 years. Ask your merchant for this pattern.

How to Economize in the Kitchen

THERE is a great deal of waste in the American kitchen. Thus the green tops of certain vegetables, such as beets, carrots, onions and radishes, all of which are utilized by cooks of other countries as soup greens, are often thrown away, although they are of food value. Pea pods make a delicious soup if boiled with a small piece of fat pork and some barley or rice and then strained clear.

The stock pot, that treasure of the Tuscan and the French cook, receives all the clean waste that is thrown away by other nations. Even fruit peelings go into it, and the daily boiling, skimming and straining leave it a jar of broth which quickly jellies in the cold ice box and can be used as a founda-

tion for purees and gravies, as an addition to all gravies and as a factor in the making of forcemeats and sauces.

The lemon, orange and grapefruit peelings, thrown away in many households, make a delicious sweetmeat candied with ginger which would cost next to nothing in the putting up, but not one native cook in ten thinks of utilizing them.

Turnip tops make a fine salad, healthful as the dandelion. At a dinner given by a woman's club the question of what would go in a salad was tested by the service of a bowlful containing dock leaves, young mint, wood sorrel, chopped chives and sassafras buds. This mixture was garnished with honeysuckles and wild flowers. It was voted a success.

Walking and Talking

SOME babies begin to crawl about on their knees at eight months old, others not until they are ten or twelve months old or even later.

It is the same with walking and talking. Children vary greatly, and no table can be made to give the exact time at which they should do these things.

If, however, at 18 months the child makes no attempt to creep about a doctor should be consulted, as there must be serious lack of vigor.

Some children can walk at a year and some not before they are two.

Baked apples are delicious with their cores filled with orange marmalade or chopped nuts and sugar.