

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

WHITE bread was said by experts, or by those who claim to be experts, to be much superior to brown bread a few months ago, and we were told that the idea of eating graham bread or any bread containing part or all of the bran of wheat and other portions of the grain which are taken out in the bolting process was old-fashioned and might lead to injury. Now come the medical inspectors of the French army, a group of very distinguished physicians and scientists, who say that bolting pushed beyond a certain limit eliminates the useful element of flour in more than one respect and does nothing but improve the color of the bread. When white bread is used exclusively they have found that the men eat and need more meat, but when the flour is only partially bolted and only the coarser particles of the bran are removed the soldiers are in better health and they eat less meat, which results in superior economy and efficiency at the same time. The method of bolting flour was invented some centuries ago and it seems about time that the relative values of white and unbolted flour were settled, but the doctors can no more agree about it than they can about the therapeutic value of alcohol.

Recipes

Substitute for Eggs.

When the cake-maker hesitates to begin her baking for fear of extravagance in eggs, let her try gelatine in their place. A tablespoonful of gelatine added to a cake batter will equal three eggs. Dissolve it in a little cold water and add enough boiling water to make a cupful. Beat it with an egg-beater and add to the cake, and see if you can tell the difference.

Spanish Beefsteak.

Take about two pounds round steak an inch thick, pound until thin, season with salt and cayenne pepper, cover with a layer of bacon or salt pork cut in thin slices, roll and tie with a cord; place in a covered baking dish and pour around it half a cup each of milk and water; cook two hours, basting occasionally.

Potted Steak.

Three pounds of bottom round steak, six onions (medium size), one cupful of diced turnips, one cupful of tomato juice, two cupfuls of green peas, one tablespoonful of salt, one-eighth teaspoonful of pepper. Cut the steak in pieces suitable for serving, dip in flour and brown well in drippings. Add the onions, turnips, tomato juice and seasonings and barely cover with boiling water. Simmer until tender (about two and one-half hours), replenishing the water if necessary.

Salted Almonds.

Blanch by pouring boiling water over them and rubbing the brown skin off with a cloth. When blanched and dry, over each cupful pour one tablespoonful olive oil. Let stand one hour. Sprinkle one tablespoonful salt over each cupful. Mix thoroughly. Spread on tin pan. Place in warm oven ten minutes.

Graham Gems.

One pint of sour or buttermilk, 1 teaspoon soda (stir well), half cup sugar, half cup molasses, 1 cup of flour, half cup corn meal, 2 cups graham, 1 teaspoon salt. Bake 30 or 40 minutes in a loaf or gem pan. This is fine.

Good Supper Dish.

One cup rice, washed several times; soak 1 hour in warm water; then put on to cook with 1 quart tomatoes, 2 medium sized onions, minced fine; 1 tablespoon of butter, salt and a pinch of red pepper. Cook one hour and serve piping hot.

To Preserve Butter for Length of Time.

Work out all the buttermilk, use rock salt, put in airtight jars or cans, keep in a cool place and you will have good butter all summer or longer if desired.

Apple Salad.

Choose a solid apple, peel and scoop out the inside, leaving just a shell of

the apple. Chop half a cupful of nuts and mix with the chopped apple taken from the inside and a quantity of mayonnaise. Put back into the shell and serve on a lettuce leaf.

German Potato Salad.

Six medium sized potatoes, one-fourth pound fat bacon, one small onion, two teaspoons salt, one-fourth teaspoon of black pepper, one-half cup hot vinegar, one-half cup hot water, two tablespoons salad oil. Cut bacon into small dice and put into frying pan over a slow fire. Shred the onion into a large bowl, add salt, hot vinegar and hot water. When the fat is a light brown color and the dice well crisped, add onion—turning slowly at first. Serve on crisp lettuce and garnish with pickled beets.

Baked Rice Pudding.

Boil one-half cup of rice in plenty of water, and when cooked drain, put in buttered pudding dish with one pint of milk, four level teaspoonfuls of sugar, nutmeg to taste, one-half teaspoon of salt and two or three eggs. Bake as you would custard, stirring frequently until custard begins to form. Tapioca can be used the same way by soaking one-half cup of tapioca over night, then drain and proceed as above. Bake in a moderate oven so custard does not boil.

Kitchen Tables.

There are kitchen tables now with tops covered with zinc. Where there is no room, and where you can not afford to put in a kitchen cabinet, a table of this kind will prove very satisfactory and is inexpensive. A top of this sort is easy to keep clean and is indestructible. The white oilcloth makes a neat table, but it has to be renewed often. An old-fashioned marble top or a slab

of soapstone is fine for making pastry or candies of the cream variety which require a board for kneading and molding.

Tongue and Egg Salad.

Cut cold tongue in thin slices, then cut again into pieces about one inch square; arrange a layer of tongue on fresh lettuce leaves, and on the tongue place a layer of hard-boiled eggs sliced thin; then another layer of tongue, and cover all with a good mayonnaise. Decorate the dish with slices of cold beets and parsley.

Jellied Meat.

One cup of beef which has been cooked and put through food chopper, half cup bread crumbs, salt and pepper to taste, mix well. Stir into this two-thirds cup of boiling water which has had one-half an envelope of gelatin dissolved in it. Pack in a tin and set in a cool place, after which it can be sliced.

Window Draperies for Country Homes.

Dotted or figured swiss is charming for the window draperies in the sleeping-room of a country home if the colors harmonize with the wall paper and other things in the room. Raw silk, sundour or a mercerized material are also all right.

The Fireplace in Summer.

Make the fireplace attractive in Summer by having a box to fit it, the box to be filled with soil and used to hold ferns transplanted from the woods. A white birch log may be cut the desired length and placed in front of the box to hide it. It will give the effect of ferns growing behind the log.

Kitchen Motto

SOMETHING a little unusual as a kitchen help found its way to one woman's kitchen—a framed copy of one of Robert Louis Stevenson's prayers. "The petty round of irritating concerns and duties," to which he referred, seemed to her a particularly appropriate phrase for the domestic routine.

His petition for help to perform them "with laughter and kind faces" is a good tonic with which to roll up one's sleeves and plunge in. "Give us to go blithely on our business," prayed the brave poet, stricken as he was with mortal disease; and the housekeeper echoes the prayer however weary she may be. This idea is worth imitating.

Stationers and art dealers furnish an attractive selection which find their way into many offices and homes. The fashion of introducing them into kitchens might be followed with advantage.

The reason why opals are so often lost from their settings is that they expand with heat more than other precious stones, and consequently force open the gold which holds them in place.

Household Hints

Use vinegar instead of water to thin paste, and the paste will not spoil.

Ordinary adhesive plaster will mend satisfactorily a rent in an umbrella.

A cloth moistened with camphor will remove white spots from furniture.

White or very pale shades of dress goods can be successfully dyed any color.

To give a soft tread to oilcloth, as well as to increase its length of service, put a layer of sawdust on the floor before laying the oilcloth.

Plant brushes that have become dry and hard may be softened by immersing in boiling vinegar for a few minutes, afterward washing in strong soap-suds.

In addition to trimming the stems of cut flowers to restore or preserve their freshness, place a small piece of charcoal or borax in the water. If roses, add salt.

Contrary to belief, a cedar chest may be used in any room and will go well with any furniture. As a utility article, it is used by itself and in most cases the natural finish is to be desired.

Waxed floors may be kept in excellent condition by rubbing once a week with a mixture of equal parts of turpentine, sweet oil and vinegar, using a soft cloth. Polish afterward with a soft rag, which may be wrapped around a floor broom.

To clean matting, brush it free of all surface dirt and then scrub it with bran water or with water to which a small quantity of salt has been added. Rinse with cold water, rub as dry as possible and hang on line to complete drying. Do not use soap, which has a tendency to turn matting yellow.

The best silver polish is of whiting, either fluid or moistened with alcohol or sweet oil, prepared chalk, cream of tartar, milk or a solution of alum. Moisten the whiting with soapy water, rub it over the silver carefully and allow it to dry; then rub it off with a very soft woolen or linen cloth.

THE UNTRAINED MOTHER.

PROBABLY the idea of training the children aright started with Moses.

Solomon prodded it along a little.

But no one seems to have given any admonitions about training the parents.

No doubt all the rules for bringing up children were laid down by the parents themselves, so, of course, they

complacently think they are quite capable of rearing children properly. But many parents need training quite as

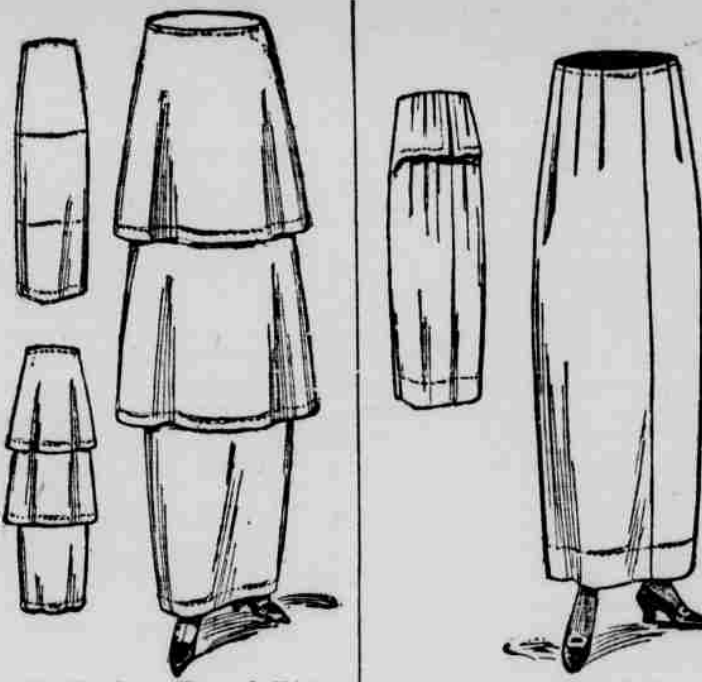
much as the children, and many a young boy or girl whose life is wrecked

is primarily not to blame for it. The real cause lies not with his or her will-

ingness or deception, but with the parents, who lacked the training that fitted

them to guide the lives of others.

Fashion Talks By May Manton



3211 Two-Piece Flounced Skirt,
22 to 30 waist.

WITH OR WITHOUT RUFFLE.

Everything that flares to produce a wide effect to the skirt is fashionable. This one is made with two circular flounces. It is very simple and very smart and it can be treated in a number of different ways. As shown here, it is all of one material but the flounces could be made of plaid or other fancy material while the skirt is plain, or, if the material is heavy and it is desirable to reduce the weight, thin silk can be used for the skirt beneath the flounces while the lower portion only is of the material. The model is a good one for all reasonable materials. The heavier ones will require only to be stitched on the edges, the lighter ones, such as taffeta and other silks, can be finished with little plaitings of ribbon or narrow ruchings of the material or in any manner that tends to give the effect of fullness at the lower edges.

For the medium size, the skirt will require 2½ yds. of material 27, 44 or 50 in. wide, with 2½ yds. 27, 2½ yds. 44 or 52 in. wide for the flounces; width at lower edge 3 yd. and 20 in., for medium also. Ask your merchant for this pattern.

3215 Two-Piece Skirt for Misses and
Small Women, 16 and 18 years.

WITH BUSTLE EFFECT, HIGH OR
NATURAL WAIST LINE.

Here is one of the very newest skirts.

It is made in two pieces but there is a

seam at the front and one at the back

in place of the sides and the fullness

that comes at the front is laid in plaits.

At the back there is a quite novel

treatment, the skirt being slashed and

joined to a yoke while the outer portion

is arranged to give a bustle effect. The

model can be used with success for the

Spring suitings, for silk and also for

linen and the like, for it is really very

simple and means no complication that

will prove a hindrance to the laun-

dress. In the picture, the material is

taffeta and the simply stitched edges

make some thing of a feature.

For the 16-year size, the skirt will

require 8½ yds. of material 27, 36 or 44

in. wide. The width at the lower edge

is 3 yd. and 33 in.

The pattern of the skirt 3215 is cut in

sizes for 16 and 18 years. It will be

mailed to any address by the Fashion

Department of this paper, on receipt of

ten cents. Ask your merchant for this

pattern.