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CAREFUL MARKETING.

THE art of marketing properly is one which requires considerable study and skill, and the exact needs of the household should be ascertained to a nicety. There is no need to buy four herrings when three are ample, neither is it wise to buy perishable goods in large quantities.

Where one person has to plan the entire work of the household special care must be devoted to the marketing to allow sufficient time for the cooking and leave the mistress of the house leisure to attend to domestic matters.

A list of the various meat, fish, vegetables, etc., which are in season each month should be kept handy, and when the housewife takes her walks abroad to do the required amount of shopping she will know exactly what can be found in the shops and by careful experience note where the best quality of goods can be obtained for the smallest possible expenditure.

Food of poor quality is never economical. Doubtful eggs are a most unsatisfactory investment. Far better pay a little more for a reliable article than make an unwise purchase. This same remark applies to fish, meat and vegetables.

All goods which deteriorate quickly should be renewed daily. Butter should be as pure as possible and after purchasing should be removed from the paper and kept in a cool larder till required.

The choice of eggs is always rather a precarious venture, one fairly reliable proof being that if the egg appears clear when held before a lighted candle it may generally be assumed that it is fresh.

Recipes

FOR white bread, soak one cake of yeast in warm water till soft and puffy. Pare and boil two medium potatoes until just done. Pour the water into a stone vessel, mash potatoes smooth, pour the potato water on them and stir; then strain through a wire strainer, put back into stone vessel and add one tablespoon of sugar and stir. As soon as cool enough, add the yeast and stir well. Set in a warm place till it rises; take one-half of this next morning and use one pint of warm water and enough flour to make a smooth sponge. Stir this over and over (not round and round), until it is a smooth, fluffy sponge. Set in a warm place, but do not cover too close. A thin cloth or lid that does not fit tight is best. When light, mix with flour to a smooth dough and salt to taste. Knead well and set to rise. When very light, mold and put in pan. This makes four nice loaves. Bake one hour and turn out on clean cloth or paper, but do not cover till cold; then put in box or stone jar and cover. Bread should be baked and out of the way before noon, and you will never fail to have sweet, white, flaky bread. The other half of the yeast will keep for several days, for the next baking, if kept in a cool place.

Croquettes of Macaroni.

Boil one-quarter pound of macaroni in salted water until very tender. Drain and toss in saucepan with one tablespoonful of butter, half an ounce of Parmesan cheese, quarter of an ounce of cooked tongue cut in dice. Spread on a buttered platter, cover with buttered paper, press it well down and set away to cool. Divide with a knife into five parts, roll each one in grated cheese, then in beaten eggs and in cracker crumbs. Drain and serve on a folded napkin.

Pancakes in England.

We will eat pancakes, but their preparation is no longer heralded by ringing the church bells. The "pancake bell," however, was formerly sounded at 11 o'clock on Shrove Tuesday, and its effects have been described by Taylor, the Water poet: "As the clock strikes 11 there is a bell rung, called the Pancake Bell, the sound whereof makes thousands of people distracted and forgetful of manners and humanity. Then there is a thing called wheaten flour, which the cooks do mingle with water, eggs, spice and other tragical, magical enchantments, and then do put into a frying

Fashion Talks By May Manton



Design by May Manton.
8301 Short Coat for Misses and Small Women, 16 and 18 Years.

EVEN mid-summer brings the demand for such a pretty little jacket as this one, for there will be cool evenings if not cool days, and seaside and mountain resorts are sure to bring such requirements. The model is one of the smartest possible and also one of the simplest. The circular lower portion produces the fashionable ripple and flare while the raglan sleeves mean pretty folds and graceful lines without any necessity for fitting. In the picture, one of the pretty two-toned taffetas is trimmed with plain color and the coat is just warm enough to be acceptable on summer afternoons or early evenings. Girls who are planning fall outfits will be glad to know also that the model is an excellent one for the coming season. It includes all the newest and latest features.

For the 16 year size, the coat will require 3 1/2 yards of material 27, 3 yards 36, 2 1/2 yards 44 inches wide, with 1/2 yard 27 inches wide for the collar and cuffs.

The May Manton pattern of the coat 8301 is cut in sizes for 16 and 18 years.

Women Need Standards of Value

THAT women need most is an educational campaign along the line of standardization of values. The bargain sale makes victims of women at the cost of hundreds of millions of dollars spent by the storekeeper. That he gets a good percentage of return value on his hundred million output shows how much money Mrs. Housewife wastes by confusing yellow price tags with the actual needs of her home. Not knowing standard values is the great bugbear of the American purse. The American woman needs to put her mind to work and determine for herself whether she is buying the real article or not. The article bearing the yellow bargain tag is almost never cheap.

The big colleges are taking in hand the girl who will be the Mrs. Housewife of tomorrow, and through Domestic Science courses are teaching her to know values and to make a business of keeping house. Today, science invades and controls the whole house, including laundry and kitchen, says The Mother's Magazine. In Madison, where the University of Wisconsin is situated, many

of the town laundresses have availed themselves of Domestic Science lectures and the result is the best grade of laundry work at moderate cost. Before the opening of this course at the university, it was almost impossible to have good laundry work done in the city or to find trained domestic servants. Scientific laundry work is taught, not only here, but at other universities. Through the introduction of oxygen powder as a cleanser, the use of safe acids for fixing colors, the abolition of the old-style hot starch and the proper holding and folding of clothes, laundry labor has been greatly reduced.

Beet Relish.

One quart chopped cabbage, cooked; 1 quart chopped beets, 1 pint grated horseradish, 2 cups sugar, 1 teaspoon black pepper, quarter teaspoon cayenne pepper, 1 teaspoon salt. Cover with vinegar and put into jars. Wrap in paper or keep in dark place. Will keep indefinitely.

English Mustard Pickle.

One quart of small or midget cucumbers, 2 quarts of small onions, 2 quarts

of string beans, 3 quarts of green tomatoes, chopped coarse; 2 heads of cabbage, cut coarse; 2 heads of cauliflower, 1 quart of small muskmelons, 6 red peppers, 4 tablespoons mustard seed, 2 tablespoons celery seed, 2 tablespoons ground allspice, 2 tablespoons ground cloves, 3 cups sugar, two-thirds cup ground mustard, 1 ounce turmeric. Salt to suit, also vinegar. Pickle the beans, onions, melons, cauliflower each as they are ready in the summer, and seal until frost. Salt the tomatoes over night, drain; mix all ingredients together, cook drain; mix all ingredients together, cook with plenty of vinegar and add as needed.

There is no part of housework which cannot be performed more easily if only a little common sense is applied and if the housewife avails herself of only a small part of the good things that are being done by science for the home. Housework is not drudgery—at least it need not be. It is only one kind of human service. We were all born for service, and woman's best service is given in the home.

There are 37,800 autos in Minnesota.

Household Hints

THE stove front can be painted with black stove enamel instead of blacking it daily.

If oatmeal is put to soak overnight in cold water it will take only half the time to cook it in the morning.

The juice of a lemon added to a pan of water will freshen wilted vegetables. Let them stand in it for one hour.

It is a good idea to have a good sized kitchen salt shaker filled with a mixture of salt and pepper. This saves time in seasoning.

The odor of kerosene lamps can be stopped by putting one teaspoonful of fine table salt into each lamp. The salt should be changed once a month.

It is a good idea to rinse muslin hangings, children's dresses and pinafores in alum water. It will render them non-inflammable.

Good flour adheres to the hand, and when pressed tightly, remains in shape and shows the imprint of the lines of the skin of the hand.

Tomatoes are delicious broiled. Cut them in thick slices and broil them over a hot fire; when they are done, butter and sprinkle with salt and pepper.

A paper blanket folded over the outer edge and top of ice in the refrigerator will save the iceman's bill.

Baking powder biscuits can be spread with mayonnaise seasoned with chopped mint and will make delicious sandwiches.

TEACH GIRLS TO SAVE.

IT is no particular hardship to learn to save money. It is something that has to be learned; it rarely comes naturally. If the girl who earns five dollars a week and pays two and a half for board can be depended upon to put a dollar of the remainder aside, well and good; if not, she should be encouraged, nay, even compelled to do so. A bank book is a great help in these matters, and if she is not willing to put in a dollar at a time, she should hand it to her mother or father until it becomes five. When the postal banks, which are reaching out for just these small savings, become established throughout the country, they will be an infinite help. For Uncle Sam disdains the large depositor, and will not accept more than a hundred dollars a month from anybody. But he gladly furnishes a stamp book for the stray dimes.

The girl who saves a dollar each week will have fifty to spend on a summer visit or some pretty clothes—it matters little what she spends it for as long as the habit of thrift is established. And the girl who pays her board and saves a little, is the really self-respecting wage earner. She is neither a spend-thrift nor a slave, and she is self-supporting. She is getting more out of her work than the mere occupation or the mere money. She is forming habits of industry, thrift and independence.

ROMPERS FROM OLD SHIRTS.

NOT every mother knows that she can make perfectly good rompers for the baby out of her husband's old colored shirts.

No matter how expensive the material of which the shirt is made it soon rubs through at the collar, leaving the rest of the garment practically unworn. The material is much more expensive and usually prettier than the chambray or gingham which the average mother buys for the rompers which go on. Two wears regardless of sex.

There is a saving of time as well as material, for the pattern may be so laid on that the buttons down the front of the shirt come at the back of the romper. This leaves only the buttonholes in the seat to be made. The little sleeves come out of the big ones.

By taking care to make them long enough in the seat the rompers may be outworn and outgrown at the same time. Another advantage is that in winter they accommodate the baby's skirts. On hot summer days these may be dispensed with entirely. A romper pattern with pleats should be selected, so that piecing if necessary may be invisible.