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WHAT would you do if your clothes caught fire? Did you ever stop to think that question out carefully? The majority of women and children run screaming out-of-doors where the air fans the flames. There is usually just one result of that—a terrible one.

Did you ever instruct your children what to do for themselves in such a case, or what to do for others? There's only one safe way, and that is to smother the flames. To avoid inhaling the flames, the victim should drop or be thrown quickly to the floor, or upon a bed where the bed clothes can be made to do efficient work in smothering the fire. If there is nothing of the sort about, there is more chance by rolling on the floor and wadding the burning clothes under you than by any other way. The fatal thing is to run, and thereby fan the flame.

Tell the children that. Allow them to have fire drill occasionally. They will make great fun out of it, but it may some time mean the saving of life through knowing just what to do and being able to keep their wits. It is panic that causes much of the loss of life in fires. Fire drills at school and at home lessen the danger of this. Drill them for such an emergency as being caught upstairs at night in a burning house. Teach them how to go through blinding smoke with safety. Then if they ever meet with such an emergency they may act from force of habit, if not in cool thoughtfulness.

Sugar Secrets.

How many people know what an aid sugar can be in cooking? If you want that rich golden-brown on your biscuits, your pastry, or your griddle-cakes, use sugar. Put two tablespoonfuls of fine granulated sugar to each dozen biscuits or loaf, and bake in a moderately quick oven, withdrawing when just the right tinge. For griddle-cakes, use a little more in proportion; for pastry, a little less. If you make croquettes, as of rice, etc., or fritters of any kind, use a spoonful or two of sugar in the crumbs or in the batter. Even in browning butter, or browning a vegetable in butter, a scant teaspoonful of sugar will impart a delicate gold-brown. In roasting an apple, sprinkle it with sugar when half done.

When Cooking Bacon.

If bacon is cooked on a rack or wire toaster in the broiling oven of the gas stove, with the oven door open, the bacon will be much nicer than when fired, and there will be no smoke in the room. If the door of the broiling oven be left open when cooking any meat there will be no smoke in the kitchen.

A Bright Saucepan.

When you have occasion to use a bright saucepan or kettle over a smoky fire put a little grease over the bright part. Then if you will wash it in hot water the pan is as bright as ever, as the grease prevents the smoke from blackening the metal.

For Cake Bakers.

Many people melt the butter and then mix it with the sugar in cakemaking. This makes the cake heavy. Instead of this, put the sugar in a double boiler and let it get warm. In this way it creams the butter nicely and does not melt it.

Fruit Stained Hands.

To remove vegetable and fruit stains from the hands and fingers the following is excellent: Dip the fingers in very strong tea for a few minutes and then wash them in clear, warm water.

Keeping Egg Yolks.

The yolk of an egg will dry quickly if left exposed to the air. If dropped into a cup of cold water it will keep good for a couple of days.

To beat the whites of eggs stiff, always have them cold and add a pinch of salt.

Less rubbing will be required if clothes are soaked an hour before rubbing.

Fashion Talks By May Manton

BELTED dresses besides being smart are extremely becoming to little girls. These show the latest features. In the picture, they are all made of washable materials that are so much used and so attractive just now, but they would be pretty made up in wool crepe or wool voile or Henrietta cloth, all of which materials are liked for girls' dresses.

Number 7829 shows overlapped front edges but is closed all the way down the back so that it can be easily opened out and laundered. The skirt and body portions are in one but the belt over the waist line holds the fullness in place. If liked, the sleeves can be made short.

For the 6 year size, the dress will require 4 yds. of material 27, 2½ yds. 36, 2½ yds. 44 in. wide, with 1 yd. 27 in. wide for the trimming.

The second frock is made in the long waisted French style with straight plaited skirt joined to the blouse beneath a belt. It can be worn with or without the shield and the sleeves can be as illustrated or shorter. Plaid gingham with trimming of plain makes a very little frock but plaid wool could be treated in just the same way for the remaining weeks of cold weather while almost any simple childlike material can be used. White linen or soft finished pique would be charming with collar, cuffs and belt of eyelet embroidery.



Designs by May Manton.

7829 Child's Dress, 4 to 8 years.

7251 Child's Dress with Bloomers, 4 to 8 years.

7878 Child's Blouse, Dress, 4 to 8 years.

For the 6 years size, the dress will require 4 1-4 yds. of material 27, 3 1-2 yds. 36, 2 7-8 yds. 44 in. wide, with 1 yd. 27 in. wide for the trimming.

The third frock (7251) is made with separate bloomers that dispense with the need of petticoats. It is just a simple little one-piece dress with the sleeves sewed to it at the drooping shoulder line. An opening is cut at the front and a belt holds the dress in place. Nothing could be simpler and easier to make, yet the frock is one of the prettiest possible, childlike in effect and including the very latest features.

For the 6 year size, the dress will require 2 3-4 yds. of material 27 2 1-2 yds. 36, 1 7-8 yds. 44 in. wide; the bloomers 1 3-4 yds. of material 27, 1 3-8 yds. 36, 1 yd. 44 in. wide.

The May Manton patterns, 7829, 7878 and 7-51 are all cut in sizes for children from 4 to 8 years of age.

Securing a Door.

The sudden entry of any person into a room which has a door, but no key or bolt, may be prevented easily. Just lay your brush on the floor, with the handle jammed under the door, or, if it is a very close fitting door, use your toothbrush. If you do this the door cannot be opened without a very violent struggle on the part of the person who wishes to enter. So you may feel just as safe as if you were locked or bolted in.

Scratches on Polished Tables.

The common floor-wax rubbed on the scratched surface of a table will make it look like new. Use only a little at a time, and after it has thoroughly dried, shine with a soft flannel for five minutes. If this is done once a week, the table will always be in good condition.

To Remove Scorching.

Rub a soft bread-crust over your scorched cloth and the burn will disappear.

Keeping Rugs Flat.

To keep rugs from rolling up at corners sew flat iron rings at each corner on the under side.

To Remove Shine From Cloth.

Use very little turpentine and rub cloth very hard, going over and finishing a small portion at a time. The smell is disagreeable while it lasts, but will soon evaporate on exposure to the air.

A Casserole Economy.

It is almost a necessity in modern cooking to have a casserole, but many find them expensive. Especially are casseroles expensive if the care of them is left to inexperienced persons who may crack them, when the value of the casserole is naught. An economist has discovered that you can buy instead of the expensive casserole a crock with a cover that is not expensive at all and it serves every purpose of the casserole. It will break, of course, but one can afford to break a good many before they will cost as much as a single casserole. Spareribs are much improved by par-boiling before roasting.

Every room in a house, even in winter, should be thoroughly aired at least once a day.

A very good substitute for the hot-water bag is shelled field corn heated and put into a bag.

Recipes

ONE of our most valued products and yet at the same time one that we in America do not use as much as those in other countries is cheese.

We use it principally with dishes au gratin, this is, of course, sprinkled with cheese. In such dishes the sprinkling should not be done till the cooking process has been completed.

In cooking cheese care should be taken not to burn it or even cook it thoroughly, for there are various digestive disturbances which may arise from the consumption of burned or decomposed fats.

Remember the old proverb: "Cheese is a good health—it digests everything but itself."

One of the best ways to make use of the food value of cheese is to use it on vegetables. Potatoes, cauliflower, cabbage and all the various macaroni products may all be baked with a generous grating of any sort of mild cheese applied before they go into the oven.

Soft Boiled Eggs.

When soft cooking eggs allow one pint of water for one egg and one-half pint extra for every additional egg. Have the water boiling to the cooker.

Draw the vessel to the side of the range. Put the eggs in swiftly, but lightly, that they may not crack.

Use only a utensil that has a perfectly tight lid and see that it is put on promptly and exactly.

The cooker may stand on the edge of a coal range, the shelf over a gas range or on a wooden table. Allow it to remain covered from four and a half to six minutes. The exact time depends upon individual opinion as to the degree of firmness for a jellied egg and also upon the freshness of the original article.

Italian Polenta.

Polenta is a favorite dish with the Italians. It is said to be very nourishing. To make it take one pint of well cooked cornmeal mush, add one tablespoonful of butter, two tablespoonfuls grated cheese and one beaten egg. Beat for two minutes; then pour into an oiled bread pan and set away to cool. When cold slice in half inch slices and place in layers in a buttered baking dish, sprinkle each layer with grated cheese, dot with bits of butter, or use olive oil. Bake in a slow oven till the cheese melts and turns crisp and brown, coating over the polenta.

Tomato Mince.

One peck green tomatoes, ground fine; scald in own juice and let cool, then scald in clear water, drain; add 5 pounds of sugar, 2 tablespoonfuls salt, 2 pounds of seeded chopped raisins, 1 cup vinegar, juice of 2 lemons, 1 tablespoon each of cloves and allspice; boil well and seal while hot. This is a fine relish.

Tomato Catsup.

Cook one gallon of choice ripe tomatoes; strain them and cook again until they become quite thick; about fifteen minutes before taking up, put into them a small level teaspoonful of cayenne pepper, one tablespoonful of mustard seed, half a tablespoonful of whole cloves, one tablespoonful of whole allspice, one of black pepper, tied all in a thin muslin bag. At the same time add one heaping tablespoonful of sugar, and one teacupful of best vinegar, and salt to suit the taste. Seal up air tight in bottles or jugs.

Chow-Chow.

Chop fine one-half dozen onions, three heads of cabbage, one-fourth peck of ripe tomatoes, one-half peck of green tomatoes; add one pint of salt and let it stand over night. Drain and add one pound of brown sugar, one tablespoonful of mustard seed, and same of black pepper, one ounce of celery seed, put all in a kettle, cover with vinegar, boil three or four minutes. This keeps well all winter without sealing, and will keep indefinitely if sealed.

Meat broths should be made only in porcelain or agate ware utensils.