

A PAGE FOR WOMEN AND THEIR INTERESTS

LOCAL CHAT: HOME AND FASHION HINTS: RELIGIOUS AND OTHER ACTIVITIES: THINGS FEMINE

Food Value of Chocolate Is Often Overlooked

CHOCOLATE has been termed a woman's sweetmeat because the gentle sex of every class displays a weakness for chocolate sodas and bonbons, but people who make this charge speak without sufficient reflection.

Chocolate is stimulating as well as nourishing, containing a principle called theobromine, similar to the theine and caffeine of tea and coffee, and persons working in offices often find when they are tired in the afternoon and need a "bracer" to help them finish the day's work that one or two small cakes of sweet chocolate will have all the refreshing effects of a cup of coffee without any of its bad effects.

It has even been said by those who are supposed to know that soldiers on long marches and others undergoing heavy hardships and feeling the necessity of a stimulant less more or less of their craving for it when they are provided with a liberal supply of chocolate and sugar. It is a wonder, in fact, how the world ever moved on its axis before the beguiling chocolate was discovered.

The flavor of chocolate combines happily with other flavors, and candymakers cover sweets of almost every sort with it. Coffee and chocolate are a favorite combination. Bonbons prepared from coffee, fondant, and coated with black chocolate are delicious, and a delightful cake frosting can be made with the same combination of flavors. The recipe calls for a very scant third of a cupful of butter, a teaspoonful of cocoa or grated chocolate, about a cupful of confectioner's sugar and just barely enough strongly flavored breakfast coffee to moisten the frosting so it will spread easily.

A chocolate cake flavored with coffee calls for a cupful of sugar, half a cupful of butter, four egg yolks, half a cupful of strong cold coffee, a cupful and a half of flour, two teaspoonfuls of baking powder and one square and a half of chocolate. Mix together in the usual way after melting the chocolate and after baking cover with a white frosting flavored with vanilla or cover with a coffee frosting or use without frosting.

The following is a rare old Mexican recipe for a chocolate beverage. To a quart of milk allow two or three eggs and two, three or even four small cakes of sweet chocolate, according to taste. Grate the chocolate or break it into small pieces. Let it melt in a chocolate pot on the fire, then add the milk. While it is heating beat the yolks of the eggs well and the whites to a stiff froth. Mix half a cupful of the chocolate with the beaten yolks and add to them the rest, stirring well. While the chocolate is very hot beat the whites of the eggs through a strainer and add throughout, and serve immediately. The success of this recipe depends upon the rapidity with which the eggs are mixed into the chocolate while boiling. It should then be taken immediately from the fire and should not be allowed to boil after the eggs are added.

Chocolate of good quality should present a smooth, glossy surface, should be oily when liquefied and cooled and should be free from sediment of a foreign nature. As chocolate and cocoa absorb odors easily keep them tightly covered or apart from other foodstuffs of strong flavor.

THE SYSTEMATIC WOMAN

When asked how she accomplished so much work, so easily, the mother of a large family replied, "I work by schedule."

That is the secret of all easy work. If you live in a nerve-racking rush, try what keeping a schedule will do for you.

Buy a note book and head opposite pages with the day and date. Before going to bed plan and write down the work of the next day. In the evening sum up what has been accomplished.

It does not take long to keep this simple schedule, but it is surprising how quickly you learn system from it. Busy women go so far as to plan certain duties for certain hours.

Do not plan to do too much in one day, for then the opposite page is a disappointment which spurs you to unwise efforts or needless discouragement. What is left undone one day may be carried over to the next day's planning page as a job against procrastination.

Reading over such a note book is an object lesson to the shiftless housewife who works by fits and starts, gets nothing accomplished, has no time for leisure and ends by being a nuisance to herself and a burden to her family.

BEADS FOR THE COIFFURE

Beads find a place in the coiffure as well as on the dress. The once much admired plan of braiding the tresses with pearls has been remembered. It was a favorite device of the heroine of fiction some forty years ago, when the fancy for placing a rose beneath the left ear failed to please her and some diversity was needed.

METAL HAT TRIMMINGS

Motifs of metal or of metallic embroidery are much used for feather mounts, and even without a feather such a motif is a sufficient finish for a smart tailored hat. Jet ornaments are used in the same way, and a Paradise plume cannot be set on more effectively than as the fringe of a large double bow of handsomely cut jet.

Hairdressing Styles That Are Smart This Winter



making the "valentine coiffure." First take a small portion of the hair at the back of the head and make a tight knot. This gives a foundation to pin to. Then part the front hair at the extreme right and draw loosely over the ear, pinning it firmly to the knot... is very simple. All you have to do is to bring the hair around over the firm little knot and roll under lengthwise of the head, catching it in place with a fancy comb... Great care should be taken in the selection of the comb which holds the knot in position, as one too large or too gaudy spoils the simplicity of the coiffure. For day time any kind of an inconspicuous tortoise shell ornament, preferably an affair boasting knob ornaments, is smart, and for evenings a rhinestone comb is very effective... The hair for this coiffure must be prettily undulated, but there should be no suspicion of ruffling. This in itself should recommend the fashion, for ruffling breaks the hair and is very destructive of binate growth... There is another phase of the "valentine coiffure" that is particularly becoming to young girls. It is made by the loose portion at the crown brought down over the knot and rolled under. This effect gives a "Buster Brown" appearance to the head, which may be modified by placing two large shell pins into the hair at each side... Another style of hairdressing that Paris is raving over is "la casque," a very old fashion. The old French (which is the mother of this new hairdressing, for "la casque" is made almost exactly as they used to make the French twist) back in the seventies... The hair is waved, parted and divided into three parts. The center section forms the coil at the neck, and the side sections are rolled inward at the center and pinned flat under a long "la casque" bar pin. Two of the illustrations show this old French style... The simple coiffure displayed in the center picture is not as easily arranged as one might imagine from looking at it. At first glance the hair seems to have been tossed up "anyhow," but the tresses are intricately handled... The long ends are divided into three parts at each side of the head, each division being lapped over the next... Enormous pins and combs at tortoise shell are now worn in the hair, especially when it is dressed with some elaboration for the evening... A cut in the group of hairdressing pictures shows the high French style. The hair is soft and fluffily waved.

at the back. The left side is drawn down almost to the right eye, covering the ear. To make this coiffure really smart both ears must be covered. The disposition of the left side of the hair arranging the front and sides of the hair in the same manner, only leaving a portion of it loose at the top of the head. The sides are rolled up and pinned securely to the knot at the back, and then held smoothly under a net. At one side of the knot are two large amber pins. At the opposite side is a fancy comb, also of amber. CATHERINE TALBOUR.

CHOOSING THE VISITING CARD

You drop into a stationer's and ask in a casual tone for new visiting cards. The salesman inquired, "What kind, madam?" Hundreds of cards are whiffled at you. You are informed that Mrs. Murray-Lothrop never uses old English lettering; you are assured that Mrs. Rutledge-Harman prefers her cards to read with three names; those of her husband and herself and of her debutante daughter. Your husband does not wish to use his middle name in full, but the man across the counter lifts his eyebrows and tells you that initials may have been in style when George Washington was the first gentleman of America, but they are not used now by any one who pretends to know social conventions.

THE MEDIC COLLAR

Medic collars are the last cry in neckwear, and may make them of any sort of lace provided that the mesh is heavy enough to support a milliner's hat under its outer edge, or you may evolve them from chiffon, tulle or gauze ribbon provided that the material is closely plaited or tufted and made to stand far out from the throat at back and sides. In front the Medic tapers into rather sharp points that join several inches below the throat or that join to either side of a V or square neck. It isn't a street collar for winter but it is a picturesque accessory for an afternoon blouse frock and, attached to a plaited of malines or lace, lends chic to the plainest of blouses.

SARDINES FOR A CHANGE.

Some day when you "don't know what to have for luncheon" get a can of sardines cut into small pieces and mix the fish with enough cold potatoes you'll probably have enough left from dinner of the night before, flour and beaten egg to hold them together. Then mold the mixture into balls, and fry like fish cakes. They are quick, certainly not expensive, and have at least the virtue of being "different."

Filet of mosaic work done in pasted shades of floss on a net background is also claiming the attention of needle women.

TRIED RECIPES

RAISED DOUGHNUTS

The ingredients for four dozen medium-sized doughnuts are one cup of sugar, one half cup of butter, two eggs, one pint of warm milk, one cup of yeast or one yeast cake dissolved in warm water, one half teaspoon each of soda and salt, a dash of nutmeg. Mix with flour like soft bread dough. Let it rise over night. Turn out on a floured board, roll, cut one inch thick, cut into rings. Let rise until very light. Fry in hot fat, turning often. When cold roll in powdered sugar. If these doughnuts are kept in a jar and heated and rolled in sugar as they are needed they will seem like freshly cooked doughnuts.

Another way to make fresh doughnuts every day is to make the dough as directed and cut off enough each morning to roll out and fry for breakfast, keeping the rest of the dough in the refrigerator, which chills the yeast plant and retards rising. However, the cook must rise early to raise the dough. The first method is easier, though.

DROPPED DOUGHNUTS.

Two well-beaten eggs, one cupful of sugar, one cupful of sweet milk, one level teaspoonful of salt, one half nutmeg, grated rind of lemon, three cupfuls of flour and two heaping teaspoonfuls of baking powder. Drop from a teaspoon into boiling fat. The doughnuts will rise in round balls. Fry until a golden brown. Roll in sugar.

Sewing machines should be treated with great care if you would have them last a long while and do perfect work. After every two days of steady work oil the machinery thoroughly, but be careful to wipe away all superfluous oil. Run the machine rapidly but steadily, without any tread, for five minutes after oiling. This will cause the oil to scatter and the superfluous drops can be wiped away and none will be left to stain the material you are working on.

When duplicates must be made in any part of a paper pattern, instead of doing the work twice, use carbon paper and mark with a hard pencil. Thus your work is perfectly exact and you run no risk of ruining the material.

The best way to finish off a machine seam is to turn the material and stitch back for an inch. This does away with the necessity of tying the thread, which, if forgotten, often causes trouble in the finished article.

KITCHEN SHOWERS IN MASQUERADE

A kitchen shower may be lifted out of the commonplace and be made interesting, even artistic, and certainly amusing by dressing up each article given until it looks like something else.

The costume needed for such masquerades is plenty of crepe paper, bolts of cheap baby ribbon and a paper of pins.

A clothes horse, two or three ply, could be hung on each side with brown paper to resemble a screen of hard wood. Even more amusing would be a decorated screen with caricatures drawn or pasted to the flat paper surface.

The rolling pin may be rolled with blue or pink paper tied on the handles with fluffy bows, and have a veil neatly fastened round it to be presented a veil roll.

Clothes line can be rolled round and round and woven into place with the baby ribbon, until it looks like one of the woven mats used for front steps. Decorate buckets and wooden pails until they resemble gay trash baskets.

Get a half dozen flat wire egg beaters, tie the handles two together with light wire and make a wire hook to resemble a coat hanger. Wind the entire framework with strips of crepe paper and tie on a huge tissue paper bow. Give a set of three of the hangers.

Fashion a pardinier made from the lid of a wooden box, in which put, point down, a fence of paring knives with the handles up. Weave in strips of the crepe paper in several colors an cleave only the tips of the handles, showing as a border. Fill the center with a potted plant.

Egg-beaters and potato-mashers make amusing dolls, with heads made from potatoes, apples, or painted rags, and a body made—so the utensils will stand from rolls of cardboard. Dress in tissue paper hat and gown. (Clothespins may be turned into amusing dolls with crepe paper, using marshmallows for heads, each decorated with features in black ink. To present these dolls elect fill a long baking dish with moss or sand and stick the pins into it. Drape the pan with double frills of neutral tinted paper so as not to detract from the gaiety of the dolls. A scrubbing brush may be covered with paper and have baby ribbon bows for handles and hangers, with the bristles stuck full of hairpins to represent a hairpin holder. Invert a dispan into one a size

FEMINE CHAT

The fashion for browns in dull wood and fur tones without any hint of yellow is assured.

Long wraps of velvet, cloth or satin are much favored for autumn wear before putting on fur coats.

The fad for making one side of the bed different from the other is as much as ever in evidence.

Insects like neither salt nor alum, and a small quantity sprinkled on the carpet will keep them away.

Toughness of anel cake is often due to the fact that the eggs are not beaten properly. They should be

FROM GAY PARIS

Most gray charmeuse and silver lace is the dernier cri in combinations for evening gowns. Again and again these two fabrics charmingly united, but never twice in precisely the same way because their neutral tones permit of the introduction of such a variety of other or of white. Muffs and other relief notes for evening and other party occasions often appear in a clinging veiling for a tulle or a hood, and shirt draping or silver lace, and a velvet banding for sleeves and skirt or mist gray charmeuse. Pink blue or lovely with "mist" and silver, but more so than freest rose or yellow or green. Often two of these tints are blended exquisitely as in the case of a misty-looking gown having a stole of purple and blue charmeuse and a silver lace tulle outland with mauve and blue crystal beads. Another costume has a girle of one satin, velvet with folds of amber malines and bands of opal and amber on the outside of its bodice draperies. Still another has a black velvet skirt and a blue velvet embroidered malines overcoat, veiling silver lace and edged with milled black and pearl beading.

Crystal tulle trims some of the new evening toilettes, however, and new garnishing is immensely fashionable, but their glitter upon the neutral tone is not particularly good, as at the same time, crystals against a strong color look bizarre. The new ways of using the lace trimmings as an edging or as a linking for the filmy draperies of a bodice, the veil of rose gown in charmeuse, and such draperies should be toned down by a white edging along the more substantial underparts and the more substantial underparts should be a shade paler than the draping. For crystal tulle, the effect must look, incidentally, to separate at a touch of the draping and the front of them will appear substantial and glossy when brought directly into contact with a decided color. A proof of what may be accomplished with crystal tulle and a few yards of charmeuse and malines was seen the other evening out at the Pys-Castellan. The gown, which attracted the admiring eyes of nearly every dressmaker of pearl white charmeuse, velvet with lizard green malines and white chiffon. Chains of crystal tulle decorated the edges of its V-shaped collar, the fronts of its pinnacles and a train buck fell over the edge of a train pointed in last shape. The gown slightly tingling the crystals, gave her a watery, unsubstantial appearance which so emphasized the fragile beauty of the woman who wore the gown that one masculine diner teased the opinion of many another diner when he exclaimed: "She looks too good to be true. I'm sure she's a spy girl."

Peau de anede, a fabric with the full finish of anede and the softness of silk, is a favorite this season.

Luxurious and beautiful fabrics are employed for evening wraps, and the cuffs and collars are almost invariably of some expensive fur.

Some of the evening wraps are lined with satin; the foundation is of brocade and over this some contrasting shade of chiffon is draped.

A very minute amount of kerosene oil on a cloth will also clean furniture.

Add coffee to the rinse water when washing ecru curtains to preserve their original color.

Add two tablespoons of household ammonia to every four quarts of water with which windows are washed.

A soft rag moistened with lemon juice and then dipped in silver willing, will be found excellent for cleaning piano keys.

If you will include a steel crochet needle in the implements for use in the sewing room you will have something as good as any patent ripper ever invented. Simply catch the hook under the thread in the stitches of bastings and pull them out in double quick time.

When a hole is worn in your carpet rug whp over the edges of the whole with yarn matching the colors in the rug; then, also with yarn, fill in the hole with very tight crocheted stitches, using a plain stitch; then over this work little loops of yarn that will correspond to the loops in the weave of the carpet itself.

Instead of using a wooden "egg" darning, try putting the worn stocking over your own shoe toe. Then you will be able to see exactly how the darned place will lie on your foot and can make it loose or tight as necessity requires. When selecting a darning "egg" always get a white one, so that when mending black or colored stockings you will be able to see the work more plainly.