

Things to Interest Our Woman Readers

Old and New Dishes

While degenerated modern digestive machinery has brought about a diminution of the abundance of the big feast to which we sit down this month it may be questioned if it has not improved the quality.

Certain it is that while the housekeeper to-day has less to prepare to meet the critical twentieth century appetite each course must be a gustatory gem in a fit setting.

The usual dishes present no difficulty to the capable cook. Practice has made perfection in these long since, but there are many little ways of supplementing their deliciousness which may be new; many little details of which she may be unaware.

Cider jelly is a latter-day method of offering the apple juice which is considered by many an indispensable item of the Thanksgiving menu. Take a quart of cider, making sure it is quite fresh, add a teaspoonful of lemon juice, enough sugar to make it agreeably sweet and heat it in a skillet. Dissolve a tablespoonful of gelatin in a little cold water and pour the hot cider upon it. Stir thoroughly and strain through a cloth, then chill in the refrigerator. It is pretty if molded in a design of ears of corn or other reasonable emblems and served on a platter surrounded with a ring of spiced pears.

An Excellent Salad.

A pretty salad to serve which is especially appropriate for a meal where the main course is fowl is dressed on individual plates, as follows: A bed of lettuce is arranged on each plate and on this a circle of sliced Bermuda onion, green sweet pepper, tomato and cucumber. Fresh dressing is the proper accompaniment.

To serve with the turkey or to follow closely upon it try cranberry water ice. Pick over a quart of fine plump cranberries and pour on them a teacupful of hot water—boiling. Cook till soft and reduced one-half its original quantity and allow it to cool.

Add the juice of a good-sized lemon, a syrup made of a quart of boiling water and two cupfuls of granulated sugar cooked till it thickens. Stir well and freeze to the consistency of water ice. Serve in little glass cups.

New Form of Bouillon

This form of bouillon, to return to the beginning of the bill of fare, will be new to many. It is quite generally regarded as delicious. Simmer two tablespoons of tapioca in two quarts of clear beef stock until smooth. When done put the yolks of raw eggs (in the proportion of one yolk for each two persons) in the bottom of the tureen. Now pour in the hot soup and beat until soup and eggs combine in a frothy cream. Those who lack time to prepare the little egg drops above described may find this potage quite a trifle more expeditious.

A quick and good form of pudding which hails from the Southern States calls for five large apples chopped fine, a cup of seeded, washed raisins, half a cup of butter, one cup of sugar, another of sweet milk, five eggs, a cup of flour and one teaspoonful of baking powder. Beat well, bake one hour and eat with hard or brandy sauce.

When chestnuts are not used as a vegetable or as part of the dessert course they may figure as a salad. Here is one rule that will be found well worth while. Boil large Spanish chestnuts in the proportion of six to each guest. Peel and blanch when done soak them in French dressing. Lay on the ice in the dressing to chill. Now make a good stiff mayonnaise dressing and stir into it half its quantity of stiffly whipped cream. Put a nice white lettuce leaf or two on each plate, arrange six chestnuts on the leaf, and on them heap a little mound of the white mayonnaise.

Creamed Lobster.

For a delicate entree, or a fish course, as you will, creamed lobster is delicious made in this way. Have ready a pint of lobster meat cut into dice and prepare the following mixture: A dozen canned mushrooms, sliced thin and heated in a cup of their juice, with two slices of onion. Thicken with butter and flour, as usual, and then brown it. Remove the onion and add a quarter-pint of stock, two drops of tabasco, a teaspoonful of lemon juice. Heat the lobster meat in this and serve in little individual dishes or paper cases, with a little finely minced parsley. It must be served very hot.

Mulled Grape Juice

Mulled grape juice is a new and well-liked beverage which is a particularly good choice for the feast of the harvest. To prepare it grate the rind of an orange and soak it for a quarter of an hour in the juice of a lemon. Add a half-pint and a teaspoonful of sugar. Put all these ingredients in a saucepan, add a quart bottle of unfermented grape juice, four whole cloves and a pinch of powdered mace. Bring it slowly to the boiling point and simmer ten minutes.

Apple Pudding Pie.

Many housekeepers have apple pie recipes which are too sacred for the name of competition to be uttered in their regard. Let her who is still open to conviction or who is a beginner try this most excellent one: Soften a heaping tablespoonful of butter and combine it with one pint of granulated sugar. Whip a cup of cream to a froth only. Beat four eggs, without separating, very light. Grate pulp. Mix all together. Line two deep pie plates or tins with paste and pour in the above mixture. Cover with the paste and bake until crusts look wholesomely brown. This rule gives two pies.

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What Sort of a Self Are You True To? It is indeed true that we should be apropos of a recent article in which a correspondent asked for advice as to whether she should leave her husband and child, because she loved another man, another correspondent takes exception to the suggestions made, and advising the woman to go with her new love, says, "A woman should at least be true to herself."

The original question is not now again under discussion. But I should like to ask my second correspondent, "What sort of self should we be true to?"

Should we be true to the self that is selfish, that is indifferent to the sufferings of others, that thinks nothing of duty, that has no regard for the social good? Or should we be true to the self that is unselfish, that considers the ties of duty, the good of the community, that is willing to sacrifice for others, if sacrifice be necessary, that is at least willing to shoulder the results of its own mistakes, and not ask somebody else to bear them.

For without doubt we all have two selves, a lower self that would lazily slip into selfishness and self-indulgence and the shirking of responsibilities, and a higher self tells us unselfishness and service and willingness to do our share for the common good are the only things worthy of the true man or woman. Which shall we yield to? Which in the end will bring us soul-growth and enlightenment and true happiness?

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USE FLATTERY FOR CURES

And now comes a very learned man, a psychologist, a physicist and a philosopher, who seems to have investigated the whole subject to his own satisfaction, and finds that the world is cursed with truth, or, rather, with a lack of lies. Human beings, particularly those of the feminine gender, suffer physical torments, it appears, because they are not buoyed up by sufficient flattery. What women need is not so much quinine and ipecac as a lot of white lies. When you go home to the wife of your bosom you are not to tell her that she looks bad and ought to have a doctor at once. By no means. You must tell her that she looks younger than she has for years, and that she never was as dear to you, and that you are hardly able to pull through your daily tasks because you are so distracted by thoughts of her.

The remedy at least is cheap. It costs nothing but effort, but, alas! more effort than some men are willing to put forth. It is not because a man is too truthful to tell lies to his wife about her appearance, but because he hasn't the willing mind. It is too common for men to presume that simply because they are married

they need not bestow courtesy or sentiment upon their wives. Some men reserve their stories of flattery for other men's wives, which makes particularly interesting reading in the divorce courts.

Now, this learned man is right in his fundamentals. We do not know whether or not a case of appendicitis or of cerebro-spinal meningitis may be cured by flattery, but if more men went home to their wives with cheerful faces, with loving words, with the most tender courtesy and a box of candy or a bunch of violets, a lot of heart trouble would be cured instantly. The principal fact about a woman is that she is a woman. She lives on love. She is made for it and normally can not exist in good spirits without it. The greatest injury that can come to a woman is the feeling that she awakens no romantic inspiration in her husband. If every husband would tell his wife once a day that he loved her, as well as show it, the world would be much happier. It is not alone necessary to love your wife; you must show it by a thousand things that seem meaningless, trifles to the men, but are the larger part of life to a woman.

Boiling a ham. A ham should always be soaked overnight before being boiled, thoroughly washing and scrubbing with a brush before putting it in the water. In the morning cover with fresh cold water and bring to a boil gradually, and cook slowly until the small bones pull out readily; then set the vessel aside and let the meat cool in the water in which it was boiled. When nearly cold, draw off the skin without cutting, trim neatly and place in a baking pan in a slow oven, first dusting the top with brown sugar, and let brown a little. Serve with cider sauce, a recipe for which was given a few weeks ago.

Milk for flesh reduction. The simplest article containing complete nourishment is milk. That is Dr. Mitchell's cure for obesity, but he puts his patients to bed while he gives it to them. An amount of milk sufficient for the nourishment of a healthy, active person presents digestive difficulties for many. It is not the simple liquid diet it seems, but presents a solid mass of curds in the stomach. Lime water makes it more digestible. In the form of buttermilk, it is easier to digest and makes a very effective reduction diet. It is wise to take with it a little gluten bread with butter, since the fats have been removed from the milk.

Cafe au lait. Two cups strongly made coffee, fresh and hot; two cups of boiling milk. Strain the coffee from the boiler into the table coffee pot through thin muslin. Add the boiling milk and set in a vessel of hot water, a "cooey" of a thick cloth wrapped about five minutes. Then it is ready for use.

Recipe that made fortune. The Berwick sponge cake has been famous throughout the northern portions of New England for fully three-quarters of a century. The particulars of its history are told in a manuscript cookbook now in the possession of Miss Isabelle Gordon of La Grange, Ill. According to this authority, William Briggs, injured in a railroad accident, promised not to sue the company provided it would agree to build him a restaurant at North Berwick, Me., and there stop every train for five minutes. This was done as agreed, and in twenty years Briggs reaped, made rich from the sale of his wonderful sponge cake. The Berwick

Some good candies. Pecan Nougat—Stir together one and one-quarter pounds of pulverized sugar, one pound of glucose and one-eighth-pound of gelatine dissolved in a little hot water. Whip or beat the mixture until it becomes light and white, then stir in slowly one pound and one-quarter of sugar which has been cooked until it balls. Now mix in thoroughly one and one-quarter pounds of chopped pecan meats—not very fine; line a box on the bottom and sides, first with ordinary blank writing paper, then with paraffin paper, and pour in the candy, pressing it down to form a smooth, compact mass. Lay paraffin paper on the top and set aside to become cold and dry. The nougat may then be readily slipped from the box and sliced with a sharp knife. The slices should be wrapped in paraffin paper.

Cheese soufflé. Cook together a tablespoonful each of butter and flour, the latter heaping. Pour upon them a cupful of scalding milk, and stir until smooth. Set aside until almost cool, then beat the sauce gradually into four eggs, beaten light, and whip in a cupful of grated cheese. Season with salt and cayenne pepper, and pour into a deep greased pudding dish. Bake in a steady oven until light and brown, and serve at once.

The ideal marriage. When the husband gets ready to regard his wife as an equal partner in the marriage firm instead of an employee with one's share in a million-dollar company, or as merely a housekeeper; when he is willing to regard his income as much his wife's as his own and not put her in the position of a beggar for every penny she gets; when he will grant her the same privileges he demands for himself; when he is willing to allow his wife to live her own life in her own way without trying to "boss" her, we shall have more true marriages, happier homes, a higher civilization.—Orison Sweet Marden, in Success Magazine.

NEWEST LETTER PAPER.

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Sandwiches

Two-Story Sandwiches.

Cut brown or white bread in wafer thin slices and butter delicately. On one side spread a sweet or savory relish and on the other a tasty accompaniment. Put the two together with the spread sides on top and crown with a thick third slice of bread buttered side down. Among happy combinations for the filling are boiled ham or tongue moistened with mayonnaise or a good boiled dressing, and sprinkled with either minced pickles or olives. Pate de fois gras, spread on one slice of bread, and delicately shredded cucumbers or tomatoes moistened with mayonnaise make another savory blend.

Club Sandwiches. For these, boiled chicken is better than roasted, and the dark meat is quite as good as the light. Other essentials are that the bread shall be stale enough to toast nicely and the bacon delicately broiled, then laid on a rack in a pan in the oven, so that while it remains crisp the slices remain flat for spreading on the slices of bread. This preliminary work is done early enough to have chicken and bacon perfectly cold before using. On the toasted buttered bread is placed a lettuce leaf. On this are thin slices of the broiled bacon. The second slice of bread follows, and over this more lettuce, chicken and bacon. Mayonnaise in quantity to suit individual preference is used with the lettuce, but should not be added until just before the sandwiches are needed lest it liquefy and become absorbed by the bread. Slices of peeled tomato or one or two olives and slices of hard-boiled egg with pickles chopped fine are variations that can be introduced as desired.

Devil's Food. Devil's food is one of the simplest and best of the dark cakes. The ingredients are: Half cup of milk, four ounces of chocolate, half cup of butter, three cups of pastry flour, one and one-half cups of sugar, four eggs and two teaspoonfuls of baking powder. Cook until smooth and thick and set aside to cool. Beat a half cup of butter to a cream. Gradually add one and a half cups of sugar and the yolks of four eggs. Beat light and smooth. Add the chocolate and three cups of pastry flour into which has been sifted the baking powder. Beat for five minutes and stir in the whites of the eggs, which have been beaten stiff. Bake in four layers. Put together with a brown sugar fudge, to which a tablespoonful of sweet cream has been added while it is being beaten. Chopped nuts may also be added to the filling if desired.

Old-Fashioned "Fried Cakes." Cream two tablespoonfuls of sweet lard with a cupful of sugar and add to this one cupful of milk, a teaspoonful of mixed cinnamon and nutmeg, two well beaten eggs, three tablespoonfuls of baking powder and flour to make a soft dough. Roll out, cut into shapes, fry and sprinkle with fine sugar.

Nut Bread Sandwiches. These are always popular and decidedly "filling." To make the bread scald a half cupful of milk, add a half cupful of boiling water and when cooled to lukewarm stir into it three-fourths cake compressed yeast, dissolved in three tablespoonfuls each butter and lard, two tablespoonfuls molasses, a cupful chopped pecans or English walnut meats, a half cupful

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ETIQUETTE OF A FORMAL DINNER.

By ELIZABETH BIDDLE.

The arrangements for a formal dinner, whether there be six or twenty-six guests, should be the same. Six is a good number, as one servant, if well trained, can wait on that number without difficulty. The service will, of course, be slow, but it can be well done. The usual hour for a dinner party is seven o'clock, but half-past seven is preferred by many and for very ceremonious affairs eight o'clock is the correct hour.

The table should be covered with a heavy felt or cotton-bannel cloth. Over this is laid the cloth of white damask or of heavy linen and lace, embroidered linen, open work, or any style of cloth which the hostess may wish to use. No one can make a mistake, however, in using a cloth of heavy, fine satin damask, which has been well laundered and with one long fold down the middle. The table cloths which cannot be washed are not in good taste, and none but those who can afford to have a new one for every dinner should ever think of using them.

The napkin should be large and never folded in fancy designs, but simply folded in a perfect square, with the monogram corner showing. When one speaks of the arrangement of each "cover" it means the arrangement of the glasses, knives, forks, spoons, etc., which are laid before each seat at the table. The "service" plate is the plate which is laid at the cover between each course. When the soiled plate is removed the service plate is laid in its place. It is also laid at each cover before the guests enter the dining room. These plates should be the best ten-inch plates which the hostess possesses.

At the right of the service plate place as many knives as will be required before dessert, each one with the sharp edge turned toward the plate and in the order in which they will be needed, beginning at the extreme right. At the right of the knives place the spoon for soup, with the inside of the bowl turned up; then the oyster fork or small fork for canapés. At the left of the cover place as many forks as will be needed before the dessert, unless there will be a great many courses, in which case it is best to have the necessary forks laid at each cover when the course is served. Too much small silver looks like a display. Place forks in the order in which they are to be

used, the fish fork at the extreme left and the entree fork next; then the large fork for the roast, then the fork for the game or salad, all with the tines turned up.

At the upper right hand of the plate, near the center, place a goblet or glass for water, then, if wine is to be served, place the wine glasses in the order in which they are to be used, reaching the glass for water in a circle.

The napkins may be folded over once with the hand, slipping between the folds, but in sight, a dinner roll, breadstick, or piece of bread cut two inches long by one and a half thick. Place the napkin at the left of the forks, if there is room, otherwise place them on the service plate. The dinner cards should be laid on the napkin.

Extreme simplicity combined with an artistic effect is the order of the day in regard to table decorations. In the center of the table there should be a low bowl or basket of cut flowers, or one very tall vase filled with long-stemmed blossoms. This may be surrounded by very small vases filled with smaller blossoms, or medium-size vases may be stood at the four corners of the table. The center piece of flowers should either be low enough for the guests to look over it, or high enough for them to see each other beneath the flowers.

Small silver or glass dishes, containing relishes, bonbons, salted nuts, etc., may be placed on the dinner table, but the decree of fashion now is that they should be placed on the side table. The same may be said of decanters of wine. Carafes are never placed on the table, the ice water being poured by the butler or maid whenever it is necessary. Butter is never served at a formal dinner, therefore butter plates are not needed.

There are two ways of serving a formal dinner, both equally good form. The choice may depend entirely upon the taste and convenience of the hostess.

If there is someone in the pantry to help the butler or waitress, the most convenient form is to serve each course from the pantry on individual plates.

The butler or waitress should carry a tray in the left hand, on this should be placed the plate containing the portion which should be taken to the right side of the guest and with the right hand placed upon the service plate. This is done until after the

soup course. When the soup plate is removed, the service plate is taken with it. After this course the plate with the portion of food on it is placed on the table in front of the guest, and close to the edge of the table. If anything is to be served with the course it should be placed on the tray and passed to the left side of each guest, being held low enough to enable the guest to help himself or herself, with the right hand.

If the method of always having a plate before each guest until dessert is followed, then the tray should be dispensed with. Remove the plates from the right with the left hand and place the following course or empty plates with the right hand also from the right. The dishes containing vegetables, etc., may be carried to the butler or maid in the palm of the left hand with a folded napkin beneath the dish.

Guests should be served in rotation, beginning alternately at the right and left of the host and hostess, giving in opposite direction for each successive course.

The more simple way of serving is to have the carving done in the kitchen or pantry, then place the course on a large platter, accompanied by the necessary serving fork or spoon. Place the hot plates before the guests and then offer the platters to each guest, at the left side. Fish may be cut up in this way, also the roast. If the game is large, it may also be cut into small pieces and served from a platter. If small birds are served they may be placed on a platter and offered to the guests in this way, or one may be placed on each individual plate and laid before the guest. Salad may be put into a large bowl and handed to the guests.

To remove each course, wait until everyone has finished, then take the tray to the left hand and with the right hand remove the plates from the right, placing it on the tray. Or the plate may be removed without using a tray. Never pile one plate on top of another when clearing the table, if it is not convenient to take so much time as it will to remove one plate at a time, take one plate in each hand, not using a tray, thus removing two plates at a time. If the knife or fork are accidentally left on the table by a thoughtless guest, take them up afterwards and put them on a tray.

This form of serving is not usually followed at a large and very formal dinner.

Wine should always be poured into glasses from the right and should follow the serving of each course.

Black coffee in small cups, fol-