ALL ABOUT THE PROBLEMS OF THE HOUSEWIVES

HAVE A CONSCIENCE IN COOKING

BY ANNE RITTENHOUSE,

MERICAN women naturally shaped piece on each filet. As a last inhave the delicate palate. junction remember to serve boiling hot: They are quick to recognize there is no medium temperature at stle cookery and to im- table, o their own cuisines, but-

that distinguished organiza- "bouquet" when applied to oysters and whose membership is composed of cooked turnips is not misused, for the then of fame and fortune, paused name Dupraz stands for many He who prepares each day wizardlike transformation from vegeenderful menus for leaders in society, table to flower. Given a supply of turhe artistic professions and in great nips, carrots and beets and he can proenterprises could not duce daisies, roses, dahlias and for-

dince daisies, roses, dailing get-me-nots which are so convincing that many a person neglects to eat His Gallie soul was disturbed them. Since it is the highest art to the idea that he might be misun-occaed art, this is doubtless a triumph, but one that is not always appretion as one of the fine arts, and clated inasmuch as many of the most all persons who are supreme in any of achievement he is modest. With a seture that indicated how much a greated to find fault with anything. Every woman who follows the Dupraz recipe for cooking sole will have the in the United States, he went on: satisfaction of knowing that she is repericans, are wasteful. in cooking year won the gold medal at the exhibithe American women demand always tion of the Societie Culinaire Philan-

but they have only recently thropique with his salmon moderne, and early concerned about making if it is a little trouble to elaborate best of the best. There should be sauce and decoration it is well to rethe grand conscience in cooking."
The grand conscience in cooking. The grand conscience in cooking. The grand conscience in cooking the Frenchman had uttered a consincing truth when he discerned the importance of the ethical side of presentations. And to cook well one must love the work, one must be self, for it. Then one does

idea is to provide just enqual have the gift for it. Then one does meal, to associate just the not stir up the kitchen, use too many tant dishes and to have everything utensils and make a mess of things.

oked at the last possible moment be-re-serving, so that nothing may be "creations" Antoine Dupraz will stop to Splained. "Cooking is a say that order and cleanliness are the Each process must be most imperative laws of the kitchen. d so that there will be no chance "Most kitchens are too crowded," he having means wait for the vegetables, declares. "The tendency is to want too should be placed on the table the many utensils, great numbers of pots that the fire has completed the and pans used seldom and always oc Much waste is due to indifference be the boast that one has a complete

clock as well as to poor estimates assortment of kettles and tins; it should at will be eaten at a meal. And be the pride that few are needed. is when the food is left after a de-mer or a dinner that is often cast ite ware and pottery are difficult to way instead of being made into tempt- keep clean. They collect dust and are ing entrees. For the domestic cuisine a nulsance. The adept in cookery does a knowledge of how to combine may his work easily without many utensils.

simplicity that stands for real elegance which always distinguishes the han monde. Even this may be said to be A protest against the national tendency again I must ask pardon-toward wastefulness. But the simplest dinner

ad a chance to learn the tastes of the extravagant way. cements in culinary things.

and in a hundred subtle ways impresses s personality upon what he produces Like the great designers of ostumes he studies his citentele and it of careless generosity. a conceded that his employers are dis-

d's centres of culture. menu which Antoine Dupraz condees typical of present day standards a as follows:

Clams or Oyster Cocktail
Celery Radishes Caviare
Creme of asparagus, chicken gumbo or consommé Filet of English sole. Marguery sauce

Filet of beef larded, Richelleu New asparagus. Mousseline sauce Salad Cour of Romaine, French Dressing Ice cream

Corbeilie de fantasie Café noir is in the cooking of the filet of sole that the art of the thehef reveals itself. The Dupraz s for preparing fish for the table

Each is original, and benefit of women who desire to the new year by adding to their dge of cookery he gives the folwith butter, salt and pepper and pants, and third, through municipal neg-

glassful of good white wine. Place lect. can cook evenly for a few mo-Boil the fish bones in a quart water with a little spice, half a from 10 to 20 per cent. for the care of the and a few onlons and carrots. another saucepan a quarter

and of butter and the same amount tour should be mixed and cooked wiy for ten minutes. Strain out the bones and add the liquid to the and butter, rectify this and add er butter. The sauce is now ready to ed on an oval dish. But the dish sould be garnished with a border of een laid in the centre it should be stated with a bouquet of poached After the sauce has covered the fish

large silce of truffles cut in a dice

which fish can be accepted for the powder biscults.

to wisdom in food values.

cakes, our fried meats or our baking prepare surprises since they will be allowed biscuits.

ways appreciated. It is work well reformed to offer the menu de laxe!

Which is made of afternoon tea. It by the follows:

ways appreciated. It is work well refor the young girls like sweets. In
waste, they cultivate the menu to the menu de laxe!

Antione Dupraz, the chef of the Coloffice of the



French, "That is the average, but we so popular. They ask for them even at afternoon teas and they like to have them with the cafe noir after dinner.

"It is not difficult to imagine that Americans soon will be quite original ing. First is the Russian buffet, fol-lkidneys, all of which have been covered in their attainments in dicing, for they lowed by soup, with celery and clives, with Supreme sauce, cemand povelties. They are not afraid. Then come the filet of kingfish, roast. The V. Galettes. Fondantes aux of trying experiments and they are so lamb, artichokes, roast squab, salad, an Amandes," the delicious little almond in time it is possible for them to mak: of little cakes and cafe noir.

reputations by sending to the whole "Striped bass Finlandaise" is one of make them, for nothing could be more brated as some of their drinks."

Pierre Lafage presides over a realm Put in the water on the bottom of a Three-quarters of a pound of butter, that is a bon vivant's wonderland. White corridors connect spacing rooms. White corridors connect spacing rooms. Wide corridors connect spacious rooms where marble and tiling of dazzling whiteness form a background for a hundred cooks, all clad in spotless linen. Each room, somehow it is impossible to think of any of them as kitchens, is devoted to a special department of cook ing. Roasts of meat, vegetables, fish, game, breads and pastries all have separate places and all are in charge or more according to the size of the two peaches, which have been peeled, of experts whom the chef de cuising directs as a general commands his

of them are really large rooms. There pare, but it repays all the trouble at- the dish. is an immense one in which hang the large pieces of meat and another good sized one holds the fruits arranged in the most precise rows with here and there gorgeous baskets and the tables. Everywhere is the most perfect order, the most immaculate The cooks move noiselessly and there is no hint of haste, no

It is system that climinates all the unpleasant features connected with the preparation of food. Pierre Lafage outs the greatest stress on this. It is the lesson that every housewife must learn. In the leebex the chops should be laid evenly, the vegetables should be placed with exactness terials into truly savory dishes is most. He knows exactly what he wants and imperative. It is that knowledge that he never lets the things he uses col-Americans lack, but they are awake lect so that he has the sense of being the hotel at which many New York city illner.

From his vantage ground at the offen add more, Where the food is dell-Nothing should be haphazard, nothing plazar Plerre Lafage, chef de cuisine of cate nine courses is only an average should be too insignificant to receive the hotel at which many New York city illner. It is that knowledge that he never lets the things he uses containing to their deficiencies and their colleges crowded.

There again is another instance of things.

There again is another instance of the house and should be money. The day is coming when the years he has been preparing menus for that follows. It is well not to have any respected.

Bortsch Imperial

Filet de kingfish, bonne-femme Baron d'Agneau & la Gre que Fonds d'Articheuts, Hongroise Roast squab chicken Bombe Praiine Cafe

the Lafage directions for its prepara- it tion are as follows:

two stalks of celery, a sprig of thyme, a little parsley and a bit of seaweed. Then place the fish in the strainer and the paste and cut with fancy paste cut-season to taste. Add three-quarters of ters. Bake in a hot oven. a pound of butter, one-half pint of cider. One of the desserts that are especially one-half pint of white wine and twelve good for dinner parties is "Peches Bermuda potatoes peeled, Cover tightly Sultane." Cover the bottom of a dish with paste so that the steam will not with a little pistachio ice cream, making escape and cook in an oven for an hour a layer about half an inch thick. Place

The refrigerators are not less interesting than the kitchens, for some difficult for the average cook to pre-kirsch and put a veil of sugar around

costilest of wares will be employed in a clientele that is national and cosmon thing to distract attention from the he kitchen. There will be fewer uten-pointain, and he has learned a great place de resistance.

costliest of wares will be employed in the kitchen. There will be fewer utensils and they will be scientifically constructed."

It is wise counsel that the stasant faced Frenchman gives with such kindliness. He repeats again and gain that he would not presume to make conspicuous our national shortcomings in cookery; he refrains from pointing our pictures of this country quickly recognize what the laws that govern digestion. He does not mention our piece of our ht backwhar cakes, our fried meats or our baking prepare surprises since they will be all govern the kitchen. There will be employed in the kitchen. There will be fewer utensities a great please agreed a great please depreced a great please agreed a great please of this tis mational and cosmic please of the kitchen. There will be fewer utensities and they will be scientifically constituted."

That is the treable with too many tending its triumphant presentation on households—the fuportance of cooking is not recognized. Now that famous many vegetables any decided tendency toward simple fare:

But perhaps that is because he does not the too one special class.

He has found out that the women of this country quickly recognize what the reast but the roast, but it is not so lossing of their knowledge of cookery now. It is better as it is. The American custom was different—once many vegetables any decided tendency towardsimple fare:

But perhaps that is national and cash the famous boasting of their knowledge of cookery now. It is not so not agreed thinks all the younger sons are not gourmands; they care some with the roast long, and the found the found in the found in the tis and the preparation will be interested. It is not any their food as they do for its taste. They will be interested. It is not any their food as they do for its t orating with truffles. Lastly, place it on a plate in a deep braising pan, containing a Vittle water and brown in a

moderate oven. When cooked serve on an oval dish-Mignardies with garnishing of quenelles of chicken force meat, slices of sweetbreads, small white heads of fresh mushrooms, slices Translated this is certainly appetiz- of trulies, cock's combs and slices of

layish in supplying their tables that ice flavored with almonds, the daintiest cakes that melt in the mouth, will be a world new dishes which will be as cele- the dishes that epicures appreciate and delicate. The Lapage recipe for them

Three ounces of sugar. Mix with the whites of eggs. Platten

cut in two and cooked in a strong syrup, An ideal manner of serving chicken on top of the ice cream and pour ever

ADVENTURES IN ECONOMY

In the midst of his most intricate

cupying valuable space. It should not

When it is known that for twenty clothes, to tamper with the food supyears Antoine Dupraz has studied what plies. All agree on these premises constitutes a good dinner this dictum. The result is that after a slight inclination. Show any of us that they are filled with ination. When all the superfluous obabout the rooms in which we live will show any of us that they are filled with catch the dust and live was at Delmonico's and be has Club he was at Delmonico's and he has go on in the usual blind and therefore had a chance to learn the tastes of the extravagant way.

The three methods of reducing the last when and heavy curtains have been replaced of being clean as presented are: Elipse to learn the tastes of the extravagant way.

patrons at other restaurants, where The trouble is that there is nothing hose who dine demand the highest scientific in these periodical considerations of the general money question as After he became acquainted with the applied to domestic economy. The averdemands of Americans he returned to age man would rather submit to extra to learn whatever might be new strain and to added anxiety than to disn European ideas and there he found turb the peace and pleasure of his wife what every chef knows, that the and daughters, even though he may know y successful cook is a creator as that they are living in a fool's paradise well as an imitator. So now he origi-nates novelties and improves on old favorites. He develops individuality that have been monopolized by her husthat have been monopolized by her husband as long as the man of the family

minating diners, for they bring to scientious woman to daring adventures the countless worthless treasures that are their club the fastidiousness, the fine taste and the critical sense which belong to women of large social experibia University, hundreds of girls are studying facts for future use, but it is not necessary for the woman who has not taken a degree to remain in ignorance of what domestic economy has found out. The college is generous about sharing the knowledge it has attained, and so the housekeeper who is willing to join an of the course it would not be wise to re-division. The course it would not be wise to re-division to the form of tables and chairs so devices for reduced by the employment of all the new devices for reducing labor and improving sanitary conditions. The vacuum proving sanitary conditions. The vacuum proving sanitary conditions. The vacuum proving sanitary conditions the distless distribution of the control of ence and extended acquaintance in the studying facts for future use, but it is because they are supposed to add a touch

tion and comfort, beauty and order. Then is it not dangerous to try to reduce

lates in the home in three ways: First, after the fish has been boned and through the faulty construction of houses: kin taken off put it into a sauce- second, through careless habits of occu-The family of average means an cook evenly for a few mo
per cent of its income for rent, and if

Color scheme will be welcomed

As one of the fundamentals in there is anything like good housekeeping

At first thought this is astonishing. Surely it seems improbable that out of an annual income of \$1,500 it costs from \$150 to \$300 to keep passably clean, and out of an income of \$3,000 twice as much. but a little computation of what a servant receives in wages or what is paid to the over the fish, which should be charwoman and the laundry will be conbusiness man or business woman from paste, and when the sole has \$100 to \$150 for personal cleanliness. And these computations are not made from observation of the unusually fastidious but just ordinarily neat, well groomed persons who go out every day to earn a a last touch is given by putting a living.

At the beginning of the new year every If these figures are doubted let the the cost of being clean is the employment ments, not only with the family budget may, of course, cost a great deal. Even then it has more elegance, since the dollars have been concealed, since they dollars have been concealed, since they have been spent for rare importations prepared for epicures.

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"A good dinner means first, a well balanced menu in which are assembled the dishes which associate well together, second, cooking that is above the ordinary superfative in its perfection, and third, flawless service. The flowes service, The flowes service, the dishes which associate well together, second, cooking that is above the ordinary superfative in its perfection, and third, flawless service. The flowes service, the flow of the dark of the

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AT HOME AND CALLING CARDS

economy expedition for 1913 may easily do so.

It is wise to begin on economies that the family will not notice disdainfulle.

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Elimination is the first on North N the impression of plenty and comfort.

the expense? The answer is that the effort to apply scientific intelligence should insure greater advantages, while the outlay is diminished.

And now for the facts. Dirt accumulates in the home in three ways: First, through the faulty construction of houses; second, through careless habits of occurrence of the facts of dustless articles. There is not much economy in buying all sorts of new mops and brushes, the average housekeeper will tell herself, and she will frown as she contemplates the scientific method of reducing the color of being clean. Then she will realize that her domain has not been really clean after all her expense. ment of each room. Why not anticipate the spring repairs? Now is an ideal time to procure workmen and a change of the procure will be welcomed. That is the reason that these reforms which the progressive thinkers have tested

maintains the usual American attitude one moves the family gods they become by silk or chintz it will be found that even f careless generosity.

Facts, however, will spur any concontinuous workers to daring advantures

family devils All of us have family with the old fashioned methods the hours of daily labor have been reduced onethe countless worthiess treasures that are

It is wise to begin on economies that the family will not notice disdainfully. Therefore the first adventure should be in grappling with the cost of being clean. That seems an odd way to start, doesn't it? But it means beginning at the foundation, for cleanliness includes sanitation is too sweeping there will be avoided. The reality adept housewife contrives to give the elimination is too sweeping there will be found necessary. The radiator brush will prevent accumulations between the gitded coils, which are always collectors of dust and incidental transfer of the elimination. The reality adept housewife contrives to give the elimination is too sweeping there will be found necessary.

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The radiator brush will prevent accumulations between the gitded coils, which are always coilectors of dust and incidental supports of the elimination is too sweeping there will shape will be found necessary. he impression of plenty and comfort.

She never lets any sordid or unpleasant class of dustless articles.

As one of the fundamentals in reducing a brave spirit in the woman who experi-

tion of unnecessary articles, the employ ment of measures that prevent the ac-cumulation of dust and the education of the family. It may be that the last will be the most difficult. Ellen H. Rich-ards, the famous writer on all topics relating to domestic science, laid stress on the "attitude of mind which finds pleasure and satisfaction in a well cared for house." This attitude of mind is not uncommon in the average man or woman until personal effort is demanded. The woman who undertakes an ad-venture in reducing the cost of being clean by making her home much cleaner than it has been at a smaller founday of ment of measures that prevent the clean by making her home much cleaner than it has been at a smaller joutlay of money must expect to encounter obstacles and to face peril in the line of family misunderstandings. But she must remember that the "soul which can irradiate the numberless pettinesses of home management is the soul nourished elsewhere," and she will surely pass through her adventure triumphantly.

where, and she will surely pass through her adventure triumphantly. And what about the cost of personal cleanliness? If a person's time is val-uable it cannot be reduced except by added expenditures of money This paradox is apparent to all who realize the value of personal appearance.



This is turning an old phrase face about, but modern methods of reducing fat have made this revision possible. If you are overfat and also averse to physical exertion and likewise fond of the table and still want to reduce your excess flesh several pounds, do this: Go to your druggist (or write the Marmola Co.. Farmer Building.. Detroit, Mich.) and give him (or send them) 75 cents. For this modest amount of money the druggist will put you in the way of satisfying your ambition for a nice, trim, slim figure. He will hand you a large case of Marmola Prescription Tablets (compounded in accordance with the famous Marmola Prescription), one of which you must take after each meal and at bedtime until you begin to lose your fat at the rate of 12 to 16 ounces a day. That is all. Just go on eating what you like, leave exercising to the athletes, but take your little tablet faithfully and without a doubt that flashy flesh will quickly take unto itself wings, leaving behind it your natural self, neatly clothed in firm flesh and trim

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