

Work and Play in the Household

EDITED BY FRANCES MARSHALL

For the Pleasure Seeker

THE PICNIC GIRL.

The picnic girl is the jolliest, brightest, and most good-natured of all the large family of summer girls. In the first place, she starts out to have a good time and to have everybody else have one, and consequently she leaves any little pet dignities she may have at home with her starched frocks and her long gloves, and forgets herself completely.

She does not worry everybody on the way by wondering if it will rain. Certainly rain is not a joyous addition to a picnic, but if it comes nobody can help it, and the party must make the best of it. The person who predicts rain and then self-righteously exclaims, "There! I knew it!" when the drops begin to fall deserves a ducking in the pond.

Don't make the mistake of wearing your good clothes to a picnic, nor yet of wearing a frock that is soiled or untidy, with the idea that anything will do. Wear a dress that you won't regret tearing or soiling. Have it fresh and clean, and whatever you do, don't go in pumps and openwork stockings.

The woods are swarming in August with every sort of insect that lives, and they are just waiting for a foolish summer girl, also dressed in their very best, to do a scientific fact that mosquitoes carry many kinds of disease. You can fight them off elsewhere, but it's a risky thing to leave your ankles uncovered or unsupported when you are tramping through the woods or climbing hills. Leave vanity at home and wear high shoes.

The girl who is afraid to enjoy herself had better stay at home. The picnic girl with a joyous heart will run races with the children, climb over stone walls, lie flat on the ground, and drink water out of the brook when it is dis-

covered that the cup has been left behind or broken, and will not mind if her dress is stained with grass or berry juice or her arm scratched from rescuing some child's ball from a prickly blackberry bush.

There are almost as many kinds of picnics as there are girls, but the spirit is always the same. Have consideration for other people. If you are driving through the country, don't insist on stopping and getting out to pick every pretty flower you see growing along by the roadside, and don't get off by yourself or some other to climb hills or explore some unknown spot. It always makes trouble to have the party separated.

Don't try to row unless you really know how, and whatever else you do, never stand up in a rowboat when you are in the middle of a lake or river. If you are not afraid yourself, some one else may be. Don't take along a lot of things for some poor man to take care of, such as parasol, fan, book, or sketch pad. You don't go on a picnic to read or work, and the lunch is quite enough to be carried. Other belongings will only make trouble.

If, however, you feel the necessity for printed companionship, put a tiny book into your pocket. If you have a small handbag, the book can go in there, and it would not be a bad idea to slip in also a tiny pair of manicure scissors and a nail file for remedying any possible damage to the hands, and a little bottle of camphor, with an extra clean handkerchief for emergencies is not out of place. Better leave the wild flowers and vines growing in the woods unless you are certain of what they are, and remember that you are not called upon to eat pickles and ice cream just because both are produced on a picnic to read or work, and the lunch is quite enough to be carried. Other belongings will only make trouble.



I HAD a little pony,
His name was Dapple Gray,
I used to climb upon his back
And gallop miles away.

We'd go to war and fight all day,
But when 'twas supper time,
We'd get back home about as soon
As you can read this rhyme.

Put out this picture and paste it in your scrap book. Then paint it with the brightest colors in your scrap book.

Table on Ten Dollars a Week

An interesting letter from a correspondent who signs herself "Chevy Chase" suggests that a good many housekeepers are glad to discuss the problem of setting a good table on ten dollars a week. Now this problem is especially interesting, because it is a question of satisfactory solution. A family of five can be properly fed on seven or eight dollars a week, but a family of three can be very well fed on ten dollars. If the housewife is interested in any "Ten-dollar-a-week" and many other young housewives are interested in the housekeeping problem that confront them, as greatly interested as their husbands are in their daily tasks. Perhaps some of them would be glad to give advice based on practical experience. In this column, and to ask questions concerning their own problems. It is open to any "Ten-dollar-a-week" housekeeper.

For "Chevy Chase,"
Here are some suggestions for "Chevy Chase":
To begin with, look up your problem of setting a good table on ten dollars as an important problem. It is important, as the market is so fluctuating each day, and of an army to furnish it with health-giving supplies that come within a limited budget. The table should be set in advance, you will be sure to have well-balanced meals if you plan them beforehand. There are two ways of having well-balanced meals. One is to plan each meal so that it will contain some fats, some sugars and starches, and some proteins, which are contained in meat, fish, eggs, cheese, and to a smaller extent in dried peas, dried beans, macaroni, oatmeal, milk, and cocoa.

The other method is to plan the meals of each day or of each week so that they will be well balanced. Cut up peaches, cereal and cream, broiled bacon, buttered toast, coffee. Luncheon: Dried pea soup, water-cress sandwiches, sliced tomatoes, huckleberry pudding. Dinner: Vegetable soup, broiled beefsteak, scalloped potatoes, green peas, apple pie.

Here are the meals for a day, which, as a whole, are well balanced, but taken separately are one-sided—Breakfast: Cereal and cream, whole wheat muffins, cocoa. Luncheon: Vegetable salad, bread and butter, jam. Dinner: Fruit appetizer, broiled fish, sliced cucumbers, stewed tomatoes, green corn, watermelon. The breakfast in this day's menu is too hearty; the dinner contains too little starch and fats. But the whole day gives a fairly well-balanced ration.

To Bring Down the Meat Bill.
The greatest difficulty besetting "Chevy Chase" is the fact that her husband is very fond of meats. Meat is expensive, and apparently is becoming more expensive day by day. The husband in question would probably not welcome the plan of some housewives to serve meatless

meals in summer, thus boycotting the butchers and bringing down the price of their wares. No matter how much a man may like meat, he should train himself not to eat it three times a day. Bacon or eggs for breakfast are far better than chops or steak. And a light meat at luncheon is best. Chops sandwiches—made up of two hot slices of roast between which are arranged a slice of tomato, a slice of chicken, two crisp pieces of bacon, two leaves of lettuce, and some mayonnaise—are good luncheon substitutes for meat.

Then, to keep down the meat bill, there are many cheap cuts of meat that contain really more nourishment than sirloin roasts and broilers. They require careful cooking, but when they are carefully cooked they are as delicious as the time expended on them seems well spent. Ask the attendant vegetables and the Agriculture for Farmers Bulletin, 261 on the "Economic Use of Meat in the Home" or the constant "Chevy Chase" Library. This contains some very valuable meat recipes. The ragout of mutton with farin balls, the Spanish beefsteak, and the stewed shin of beef, therein described, are especially tempting. Remember that the success of such dishes depends on cooking the meat slowly until it is perfectly tender and on gaining fat from the attendant vegetables or bacon or other flavoring agents.

One more bit of advice to "Chevy Chase": Remember that a well-served meal tastes much better than one poorly served. A hot stew, cooked to perfection and daintily arranged on a clean, attractive table, is far more inviting than a beefsteak lightly burned, not quite hot, and served unattractively.

Patriotic Economy.
On the whole, it seems as if it would be quite possible for "Chevy Chase" to serve very good meals for herself, her husband, and her maid for less than ten dollars a week, after she has had a little more experience and practice. She may call herself a "nine-dollar-a-week" housekeeper before very long. The money so saved could be spent for recreation, for books or magazines on housekeeping subjects, or for labor-saving devices. Of course, it could form the nest-egg of a savings bank account, too, and every cent saved toward it would be one more cent in proof of the good management and housewifery of "Chevy Chase."

The great Russian novelist Tolstoy once wrote in a letter to his wife that every cent she saved was evidence of true patriotism. For, he pointed out, she was conserving the resources of the country by making the supplies she bought give the greatest amount of usefulness that was in them. So, in this day, when the conservation of natural resources is urged in every part of the land, the housewife who runs her household economically can feel that she is doing her part in a big, national undertaking.

Some women feel that petty economies are uninteresting and beneath them. It is by petty economies that great industries are built up. A big manufactory prevents waste by utilizing its by-products. Just as a successful housewife should prevent waste by utilizing left-over food. And as no attention to petty details is too great for the consideration of a great financier or an ambitious business man, so economy, which affects better results at less expense than does unwise extravagance, should be the watchword of all housekeepers.

THE HOUSEKEEPERS' ALMANAC

MONDAY, AUGUST 10.
Breakfast napkins or lunch napkins save laundry. They are small and easy to wash and iron and they save the laundering of heavy damask napkins. They can be hemstitched squares of heavy linen or squares of Japanese toweling to go with Japanese runners.

TUESDAY, AUGUST 11.
If you have carefully screened windows and doors and yet find flies in the house, remember that they will sometimes make their way down chimneys to reach food that they smell. So have the chimneys screened at the top.

WEDNESDAY, AUGUST 12.
If children's wash frocks or your own are faded from much washing, bleach them white by boiling them in water in which there is a strong solution of washing soda.

THURSDAY, AUGUST 13.
An easy way to hem table linen is this: Set the hemmer on the sewing machine for a narrow hem and unthread the needle. Trim the linen to be hemmed and run it through the hemmer. The holes pricked by the needle, which should be fine, can be used for the hem which you later put in, French fashion, by turning the hem back and overhanding it.

FRIDAY, AUGUST 14.
A coating of lard should be rubbed on large pans that are used only once in a while. This will keep them from rusting. Try it with the big dripping pan that holds the Thanksgiving turkey and the Christmas goose.

SATURDAY, AUGUST 15.
If a stoppage occurs in any drain pipes, dissolve two quarts of washing soda in three gallons of boiling water and pour it down the pipes. Use only a pint of soda to three gallons of water to flush out the pipes occasionally to prevent stoppage. This treatment should be applied to all pipes every month.

Keep the Hands Beautiful

If the hands are large and inclined to redness, it is wiser to wear tight gloves. The pressure on the muscles of the arm will make the hands swell and emphasize the knotted look of this defect. The redness, which all women of refined taste should fear, is the direct result of close sleeves and wristbands too tight. Such fixings, merely from the aesthetic point, are besides very unbecoming to a large, ill-formed hand.

Square or spatulated finger tips may be improved by a daily pinching up of the ends of the fingers. But this must be done often to obtain good results, and, of course, it is not to be expected that fibrous nails and almond-shaped finger points can be acquired if nature has denied them. The best one can do is to try and improve defects through infinite care, the study of graceful gestures, and artistic and becoming costume.

If the nails of square finger tips are cut square, the nail will continue to broaden and flatten. The nails should be cut in a delicate oval, with the curve left somewhat longer than the flesh, and this trimming as well as the pinching must be done after the hand-bath, which, of course, must be taken in hot water with a good soap.

Flexible movements of the wrist decidedly change the impression of a large and otherwise beautiful hand. To quote the people who make a cult of graceful movements of the body, never take a thing from another person; receive it with a flexible wrist and fingers held apart, is bound to go with a generous nature, even if it is also a spendthrift one.

Moist hands are an affliction to their owners, and they certainly are not inviting to others. They ruin gloves, impede the progress and daintiness of fancy work, and if they are constantly cold as well they may indicate a very bad circulation. To correct all this an effort should be made first to tone up the general health and overcome any disposition to nervousness over trifles. A mechanical method for reducing the flow of moisture is to rub the palms several times a day with a mixture made from fifteen grams of belladonna and seventy grams of cologne. The hands should also be washed in warm water in which a little powdered alum has been dissolved.

REQUEST FOR CORRESPONDENCE

The editor will be glad to receive and publish favorite recipes and to answer questions.



The Guests at a Lawn Party Should Wear Their Most Attractive Summer Clothes.

For the Woman Who Entertains

AN AUGUST LAWN PARTY.

In this country the summer lawn party is classed with the informal entertainments, and hence a friendly little note is the accepted form of invitation. However, many women use their visiting cards with the date and hour on the left-hand corner and the words "Lawn party" written across the top of the card. Invitations to lawn parties should be answered either by acceptance or regrets as soon as a decision can be reached.

On the day of the party the lawns should be mowed very short, the flower beds trimmed and cleaned from all dead leaves, and the entire floor of the house thrown open—windows and doors. Tables with chairs should be scattered over the lawn, and if possible two or three rugs should be placed about on the lawn under some chairs in order that elderly people may have protection from the damp ground. It is generally well worth while to hire a few dozen camp chairs from the town caterer if you expect a large crowd, as it saves much work in carrying large ones from the house.

One large table is covered with an immaculate white tablecloth, and from this are served the refreshments. Fruit should be served in great abundance, and at this season of the year, when peaches are plentiful, there should be a heaping dish of them on the table. A large bowl of punch or some mixed fruit drink should be on the center of the table, and the menu should consist of salads, sandwiches, ice cream, fruit, and cakes. In addition to this there should be numerous dishes of candies, olives, stuffed and plain sautéed nuts, etc., which should be passed to the guests by members of the receiving staff.

The hostess of a lawn party should be prepared for a gloomy party and showery day. If the weather is bad, she cannot get out, and her invitations, so the inside of her house should be ready for the emergency. The usual hours for a lawn party are from 3 until 7. It is never wise to extend them late into the evening. Women guests should be dressed in their daintiest of summer gowns—organzas, white lingerie, gowns, pale colored silks. Attractive hats should be worn and parasols should be carried if possible. Men come in very informal costume. White flannels with negligé shirts and blue serge coat. They should wear straw hats, but no gloves. Women generally arrive with their shoes on and take them off during the early afternoon. There are no restrictions as to the time for staying at a lawn party. As space is not to be considered as at a formal tea, many guests spend the entire afternoon strolling over the grounds and chatting with first one group of acquaintances and then another. As many of the guests arrive in carriages, some driving themselves, sending the vehicle to the barn until its owner calls for it again. The hostess at such an afternoon entertainment should be dressed in her best afternoon costume—without hat—before her guests are due to arrive. She should be assisted during the afternoon by young girls, also dressed in their very best afternoon gowns. The hostess must be in a conspicuous place, where all of her arriving guests can easily find her. She must see that any stranger is introduced to her assistants, and they in turn introduce the newcomers to many of the guests as possible. During the afternoon she must cast fleeting glances over her assembled guests, seeing that no girl is strolling about alone, and getting congenial people together in friendly little circles. If she finds that some young man is being bored to death by a circle of women who are talking "clothes," she should rescue him and lead him away to a group of more agreeable young people.

If the garden or lawn party is to be a large affair, such as an afternoon tea would be in the winter, music should be played during the entire afternoon. Stringed instruments are preferable, such as mandolin, guitars, and banjos. For a small party music is not necessary. In departing, guests must see their hostess and bid her good-by with some complimentary remark about having had a good time, etc.

Guests who have attended a lawn party should call upon their hostess within a week or two. Summer calls are very formal, but they are none the less necessary, and if a man or woman has spent a jolly afternoon at the expense of a charming hostess, the least they can do is to pay the prescribed "party call."

A Tempting Warm-Weather Meat

The decided salty flavor of ham renders it one of the most palatable meats that can be served during the hot months. When the fresh meats begin to pall and seem heavy, ham, either alone or in combination with chicken, veal, or sweetbreads, can be so prepared as to just "touch the spot." The buying and cooking of the various cuts, however, have much to do with its tasty and appetizing qualities, and the housewife who would have the service of ham greeted with welcome must study the best methods of offering it in inviting ways.

To bake a ham so that it will have a perfect flavor, an English recipe is unequalled. Soak the ham as for boiling, and after wiping it quite dry, cover entirely with a thick paste made of flour and water. Then wrap it in a greased paper, tying it in several places to prevent the paper from slipping off. Place the ham in a baking tin and cook for a well-baked oven, basting it frequently over the fire with hot drippings. If the paper shows evidences of becoming burned, place another sheet over it. Ham of five pounds will require four hours in the oven. As soon as it is done remove the paper and the ham, while still hot, slip off the rind. When the ham is cool, brush it over with several coats of glass and put it away in the refrigerator. Warm these together, and add the sieved ham, beating with a wooden spoon. Take the pan from the stove, season with pepper and grated nutmeg, and stand away to cool. Whip a pint of cream, add it by degrees to the prepared ham, fill into a mold, and put away in the ice box until thoroughly set. For the salad, stone ripe red cherries, cover with a light French salad dressing, mix with

less have to pay a few cents extra over the cost of the weight, as butchers seldom like to cut the meat in this way. Before broiling, place in a saucapan of cold water and bring to a boil to remove the saltiness. Now wipe dry, put between the bars of a gridiron and brown slightly on both sides. Butter and serve with hot graham bread and some kind of chowchow.

Remove the skin from cold cooked chicken, cut the meat into small pieces, and mix with the same quantity of finely chopped ham and a little chopped onion. Season with salt, pepper, and macae, and pour in about two tablespoonfuls of boiling water. Butter a deep baking dish, line the edges with a light paste, and put in the meat mixture. Cover with thick puff paste, punch a hole in the top, and bake in a moderate oven. When cooked pour a half cup of thickened milk and season with butter and salt into the hole in the top of the paste, and after leaving in the oven long enough to heat, serve immediately.

Pass a pound of lean cooked ham through a fine mincer. Place in a deep bowl with two tablespoonfuls of cream. Rub to a paste and pass through a fine wire sieve. Place half a cupful of apple jelly in a saucapan, with a glassful of white wine. Warm these together, and add the sieved ham, beating with a wooden spoon. Take the pan from the stove, season with pepper and grated nutmeg, and stand away to cool. Whip a pint of cream, add it by degrees to the prepared ham, fill into a mold, and put away in the ice box until thoroughly set. For the salad, stone ripe red cherries, cover with a light French salad dressing, mix with