

HOUSEHOLD HINTS

three gills of flour, stirring very gently, and lastly add the juice of a lemon. Bake about twenty minutes in a moderate oven.

While fruit is not a complete dietary in itself, it forms an excellent addition to a meat diet. The field of the fruit in many cases is of great assistance to the digestion. Pineapple, for instance, is so powerful a digester that it is never safe to take it on an empty stomach. The apple is especially valuable and should always accompany roast pork or goose, the fat of which is rendered more assimilable by its acid. The peculiar acids of the gooseberry, currant, cranberry, lemon and orange are all effective adjuncts to the proper digestion of game, poultry and meats, the taste, as well as time-honored usage, showing which particular fruit is best in combination with the meat used.

The importance of dried fruits as food is not always well understood. The process of drying eliminates a large portion of the water of which all fresh fruits are largely composed, leaving its nutritive parts in condensed form for our use.

Dried apples are very close to bread in the per cent of nutriment they offer, while dates, raisins, prunes and apricots are valuable additions to the dietary. In Germany dried pears are exposed for sale by the barrel, and are eaten in proper quantities by the common people, who seem to experience no difficulty in digesting them.

In Spain, Italy and Turkey, the ripe or black olives, accompanied by bread and cheese, form a staple article of diet, on which the hardy peasantry thrive and grow fat.

Small cakes are no longer considered a necessity at evening parties; dainty fruit sandwiches having taken their place. The bread is cut extremely thin and lightly buttered; then spread with raisins, dates or candied cherries that have been chopped fine and moistened with sherry or orange juice. These sandwiches may be simply cut in triangles or rolled and tied with baby ribbon. If the appetites of the con-

PARIS NEW YEAR

When Cards Are Left for All and Flowers for Madam.

ESSAY ON A CENTURY'S FASHIONS

What Has Survived of the Styles Set by Queens.

THE JEWELLED MUFF CHAIN

Special Correspondence of The Evening Star.

PARIS, December 30, 1899.

The great celebration in Paris is not on Christmas, but on New Year day. Anglo-Saxons make the former their annual festival day, the Latin nations New Year day. For weeks the Grand boulevard is lined with small booths, selling toys, candies and flowers. Some of these toys are of the mechanical sort—strange birds and animals provided with mysterious mechanism for propelling them over the ground. The style of the ornithological exhibits is particularly wonderful. Such birds never come on any growing height. The four-footed creatures are equally marvellous, and if their counterparts can anywhere be found in life they will be boons to museum managers.

New Year calls are the rule rather than the exception. In Paris, if you wish to be retained on any lady's acquaintance list on New Year day, you had better take the precaution of sending your card at a present. New Year day itself is reserved for the exchange of calls between relatives and the most intimate acquaintances only. Convention requires that each house where one calls on that date shall be honored with a gift for the hostess.

Men Do the Calling.

Women are not required to make calls; a card or a remembrance is sufficient. But men must observe the custom or their names will not be entered in the book which the lady of the house makes up annually when the returns are all in and from which she will make up her lists of invitations for social functions during the coming year.

Official Receptions.

The president of the French republic and the military governor of Paris both receive on New Year day, and the palace of the Elysee and the Invalides are thronged with curious Parisians anxious to see the French and foreign dignitaries file in and out to pay their official respects to the republic. Very grand some of the ambassadors look in their splendid uniforms. Compared with them Uncle Sam's representative in quiet black makes a very insignificant figure.

Shawl Draperies Again.

The shawl draperies introduced by the Empress Josephine are, in a modified form, adopted by the fashionable women of today. It was Josephine who made the shawl fashionable, for, draped about her slender, graceful figure, it served admirably to set off her waning charms. The scarf which Sara Bernhardt introduced some months ago was another of the fads of Josephine. After the fall of the French empire, until

Queen Victoria was crowned, there was no royal lady to lead in debbling the modes. Victoria's court was in her early years, a brilliant one, and the question of dress was given an attention that it had not received in exalted English circles for some time. The wide, flaring brimmed bonnets, with their wreaths of roses inside the brim, were adopted, and the hair that had been curled and, on full dress occasions, capped by high headresses, was then combed smoothly down on each side the head. It is to be suspected that a good deal of false hair was tucked into these magnificent braids with which the top of the head was sometimes ornamented, but as it was the fashion, what matter?

Lowest of the Century.

For all her beauty, the fashion which the Empress Eugenie inaugurated was the most hideous of the century. Eugenie is a Spanish woman and most women of her nation, when the national costume and famous mantilla are doffed, are usually found to be governed in atrocious taste. The second empire, notable for its bad taste, it saw the introduction of the corset, a revival of an even greater monstrosity than the hoopskirt of Queen Elizabeth. A corset, it is said, was introduced at the left side of the head which the beautiful, but not very becoming, but which many other less fortunate persons did not. The princess bonnet and the princess fichu, for which she was responsible, had been employed from time to time, and if there is any royal leader in matters of dress, it is certain that the Princess of Wales and America, at least, her decisions in matters of dress quite outweigh the Parisian dressmakers who arrogate to themselves the responsibility of determining fashions. The fashion of the corset, a characteristic of Anglo-Saxon women, but not of those of the Latin races. She never advocated the corset in matters of dress, and her simplicity and modest elegance are famous.

Good Sense Defined.

However, at the close of this era of notable feminine intelligence here we are with garments that are in defiance of both good taste and good sense. There are long, trailing skirts sweeping up the dust from a dozen pavements and fitted so tightly about the hips that they fairly impede the movements; the great, stiff stocks (well called stocks) around the neck and back in the vise-like grasp, ruinous alike to health and beauty; the stiff corsets, with their changeable configurations, into which with each new season the body is loaded; and, besides all these, the body is loaded with heavy fabrics adjusted over the hips for the purpose, as to be most unfortunate, for the museum and in the hands of the hairdresser. The woman who is compelled to add locks with which the hairdresser's shop has provided her, while the top of the head is covered with cushions to give a rounded appearance in accordance with the demands of matronhood. Following all this adaptation of the fashion of the present period it is to be hoped that for 1900 the martyr makers will yet be able to give us something picturesque and original.

Old Fans Treasured.

One of the revivals that I have just had called to my attention is that of antique fans. Therefore these women who are fortunate enough to have about the house the fan of a grandmother or great-aunt are to be preferred. A genuine Watteau fan is a treasure beyond price. The fans to be preferred are the tiny ones of ivory or which imitate the shape and surface, painted with quaint pictures and inscriptions of heresses. The old fans, of course, will be imitated for the shops, but it is far more difficult to own a genuine old fan, one, too, which has or can be fitted with the history with which, between dances, you can regale your partner.

A pretty novelty and one which makes a popular holiday gift is the Jewelled muff chain. Some of these chains are made of sun metal set with garnets, while others are of silver set with emeralds, amethysts and turquoises. The genuine article, of course, is high, but there are so many clever imitations that no mention of moderate cost. Coral beads, crystal and brilliant beads are also used for making the chains. The use of chains has even been extended to fur collarettes. A chain is attached to them and then to the jacket, so that when they are unclasped there is no danger of them falling off unnoticed, and so being lost.

CATHERINE TALBOT.

The "wassail bowl," a beverage honored on account of its ancient lineage, is frequently found in the holly-wreathed punch bowl, especially in the south and west. The rule for its concoction calls for a quart of ale, brewed in the holly-wreathed punch bowl, especially in the south and west. The rule for its concoction calls for a quart of ale, brewed in the holly-wreathed punch bowl, especially in the south and west.

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