

Health and Thrift in the Home

ECONOMY AFTER HOLIDAYS IN USING LEFT-OVER FOOD White Sauce in Three Degrees of Thickness Provides Foundation for Many Tasty Dishes—Making Gravies.

AFTER the elaborate meals of rich food served during the holidays there comes a time of making full use of the various left-overs and serving more simple meals for a time at least, not only in consideration for the family's digestion, but also to relieve the strain on household expenditures.

If you know how to make white sauce, you can make any left-over into a tasty dish," remarked one experienced housekeeper. Her conclusions are just about right, since a white sauce in one of its three degrees of thickness is the foundation for many tasty dishes.

A thin white sauce is made of one tablespoonful of flour, one tablespoonful of butter, and one cupful of liquid, generally milk. Seasoning is added to taste, usually one-fourth of a teaspoonful of salt, and one-eighth of a teaspoonful of pepper. The flour and seasoning in the bottom of the saucepan, rub the butter into the flour, and then add the milk, stirring a little while if not soft enough, then add the milk, about one-third at a time, and stir the whole until it boils. The sauce should then be strained through a fine sieve and cooled.

When making custard, if the eggs are first stirred into a thin white sauce that has been properly sweetened, the custard will not separate and curdle, and will be much thicker. In either a pie or a cup custard, a little white sauce can be made on a thin white sauce foundation when sugar and vanilla are added. If a number of beaten eggs are stirred into the foundation white sauce, and sugar, fruit syrup, chopped nuts and other ingredients are added, you will have something that you may call French ice cream, from making or custard ice cream, as you choose.

Other White Sauces.

To make a medium white sauce the ingredients and method are the same as for a thin white sauce, but the two tablespoonfuls of butter and two of flour are used. The proportions of other liquid ingredients and other ingredients are added, you will have something that you may call French ice cream, from making or custard ice cream, as you choose.

Stir the chopped meat or other food

rapidly until well mixed and smooth. Then return it to the double boiler and put it back on the stove to cook a few minutes. This will be perfectly smooth without straining. When roasting meat or fowl and you want to keep the gravy free from lumps, dip up a few spoonfuls of the fat and add the flour to it. This will make a smooth and creamlike paste. A little cold water should be added and the whole stirred into the gravy and the whole stirred into the gravy until it is thick. You will not have to strain this. Keep on hand a supply of brown sugar and put it in a pan over a slow fire and brown it until it is scorched good, stirring constantly. The scorched sugar takes away the sweet taste. Put in a teaspoonful to a quart of gravy.

Sauce for Fruit Pudding.
Cream together a rounding tablespoonful of butter and a cupful of granulated sugar in making sauce for fruit pudding. Mix to a smooth paste two rounding teaspoonfuls of flour and about one-fourth of a cupful of cold water. Stir into a cupful of boiling water to which has been added a pinch of salt. Stir until the consistency of starch and when time to serve pour it over the creamed butter and sugar. Flavor to taste.

Flax Sauce.
To make a raw-flax sauce for fish, take two cupfuls of boiling water, eight tablespoonfuls of butter, one-eighth of a teaspoonful of pepper, four tablespoonfuls of flour and one-half a teaspoonful of salt. Melt four tablespoonfuls of butter, remove from the fire and stir the flour into it until it is smooth. Then stir in the boiling water, add the remainder of the ingredients and boil for five minutes. A teaspoonful of lemon juice may be added.

Leftover Turkey or Chicken.
A good way to make use of left-over turkey is to combine with an equal quantity of rice. Remove the meat from the turkey bones and run it through the chopping machine, then add enough butter, milk, salt and pepper to season. Form the mixture into small balls, roll in beaten egg and bread crumbs and fry. Garnish with parsley. The pieces may also be made into timbales, or small cakes for luncheon, served with boiled rice or sweet potatoes.

How to Make Good Gravies.
To make gravies, first mix the flour in a good-sized bowl with the beaten egg, if any is used; if not, with milk or water. When the liquid is boiling, pour it on the flour and stir



Last summer Mrs. Longcope was most cordial about urging Mrs. Sweet, the richest lady at the hotel, to stop with her if Mrs. S. ever came through Pleasantville. Mrs. Sweet and party, motoring through to Toledo, have arrived, and Mrs. Longcope is trying to summon a semblance of her last summer's hospitable spirit, and wondering what on earth she'll do, with nothing in the house for dinner but lamb stew.

"Just Hats"

By Vyvyan
A Leopard Skin Helmet.

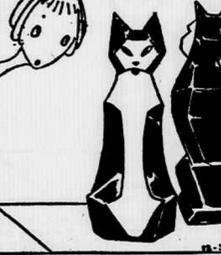


When a noted and brilliant French actress came to New York she brought this bonnet with her. It is of leopard skin and is made in the form of a helmet. A long blonde veil covers it about the brain and swaths the neck and hangs in full folds nearly to the hem of the cloak.

VERSIFLAGE.

Happy New Year to you—and you! May every wish of yours come true! May "twenty-three" bring joys galore and strew some roses on your floor so you a fragrant path may tread! May you have jam as well as bread! May you have work for hands and brain, and hours of play to break the strain! May you know weariness profound, and then a sleep both long and sound! If you know loneliness and grief, may loving service bring relief! There's nothing like loneliness, I know, to make the heart wide and one's life removed from every care and strife. And so in this year "twenty-three" a cocktail I would like to see. A cocktail I would give each friend, and this would be its special blend: A little sorrow, lots of joy (the coin of life must have alloy), a little work and lots of fun, a little shame and lots of respect, a little ache, a weary head, and then a most luxurious bed. Laughter of children, scent of flowers, the sting of winter, April showers, and need of tender, loving women, and this.

PAM'S PARIS POSTALS



PARIS, December 16.—Dear Ursula: This porcelain "cat vase" with the head for a lid was one of my recent gifts. His back and ears are deep yellow to match the sides, and the rest of him is white.

FEED THE BRUTE

Favorite Recipes by Famous Men.
KIN HUBBARD.
(Abe Martin).
Genuine Unspiced Buckwheat Cakes and Country Sausage.
First, catch an honest, well-to-do, clean shaven or neatly trimmed farmer, with a round, wholesome looking, fond wife, and engage some sausage. Kill him a buckwheat grower and procure from him a heaping two-bushel bag of buckwheat. Have some ground, and mix with sour milk and yeast and set behind back-burner stove or near hot-air register, or steam radiator, to rise. Allow same to rise slowly and methodically. Serve as griddle cakes following morning. Country sausage may be made as another sausage—either in patties or links.

Listen, World!

WRITTEN AND ILLUSTRATED BY Elsie Robinson

This is a true conversation: Two mothers were talking. The younger mother is conservative and, save where her affections are involved, intolerant. The older mother, after a long, adventurous life, has become a bit radical. This is what they said:

Younger Mother: I think it's terrible the way the boys treat the girls nowadays and talk about them. They don't seem to have any respect left. I know it's partly the girls' own fault—wearing hiking trousers, smoking, going without chaparrons, paying their own way and taking part in athletics. Why, it just makes me sick, Clara. My husband and I have never seen a girl who doesn't seem to have any respect left. I know it's partly the girls' own fault—wearing hiking trousers, smoking, going without chaparrons, paying their own way and taking part in athletics. Why, it just makes me sick, Clara. My husband and I have never seen a girl who doesn't seem to have any respect left.

Older Mother: Good thing, too, Jane. Most ideals are silly. Why should we have ideals about women? Women are not different from men.

Younger Mother: Why, they're too! You know perfectly well that we're more honest and pure minded and patient and intelligent.

Old Mother: Oh, pooh! You've read all that stuff in sentimental novels, Jane, and it sounds so pretty that you won't let yourself believe anything else. But it isn't the truth. It's a 50-50 split between the sexes. As to patience, if a woman had to stand the heat from the responsibility for a family put into a man's hands, they'd groan over little things, only they like to think they don't. And as to honesty and intelligence—men are honest and intelligent to the extent they're very high on those virtues.

Younger Mother: Oh, you just don't see what I mean! Why, it's horrible the way the boys treat the girls! It's awful. It's the first hopeful treatment that has ever occurred in history. They're beginning to treat them as equals at last. Which means that they're pushing them off their pedestals, which were only a pack of lies, and expecting them to stand the same tests as a boy stands. Of course there's a lot of silliness and roughness going on, but the long run it will make for a fair deal for women than they've ever had.

Old Mother: I don't believe it! They are helping to the extent you are, etc., etc., etc.

This is a true conversation. With which side do you sympathize? (Copyright, 1922.)

BEAUTY CHATS

By Edna Kent Forbes.

Preventing Chapped Skin.
These are the days when a cold cream jar is a woman's best friend. Few things so spoil one's good looks and good nature as a rough, red, prickly, dry, chapped complexion. No one need have it who takes the very slightest care of herself. The first thing to remember is that in really cold weather the ordinary inexpensive cold cream is not good enough. These creams, like my own cleansing cream, are made from white mineral oil, which the skin will not readily absorb. To be sure, such creams will help a little in preventing or curing chaps, but try this instead: Fine cream—Almond oil (or olive oil), 4 ounces; spermaceti, 1 ounce; white wax, 1 ounce; rose water, 4 ounces; benzoin, 1 drachm. Make up as usual, melting the oil and the wax and spermaceti, adding the warm rose water and benzoin and beating until ready to congeal. This forms a stiff cream and goes on best after the face is washed with hot water. Wipe what's left on the skin with a cloth wrung from hot water, powder—and you can face the keenest wind unharmed. This is good for the hands, if used after they've been washed and if loose gloves are pulled on and kept on for some hours. It's a splendid nourishing cream and I also advise it usually for massaging wrinkles. But any cream is awkward on the hands during the day. The honey-almond lotion is best for that purpose as it evaporates so readily and leaves the skin soft and white. Have my formula for it also? If not write for it, not failing to enclose your a. a. Mrs. T. W. S.—In growing nails should be trimmed so the center of the nail is shorter than the sides. The sides of the nails are then lifted very gently from the fleshy part of the toe and a very thin piece of absorbent cotton is placed under the nail. This will keep the nail from continuing the pressure under the flesh and will almost always correct this bad tendency. Esther M. A.—It is foolish to think that you cannot improve the condition of your nails. If you neglect to keep the cuticle from growing over them and never use any oil on them, they will be filled with ridges and probably grow worse. Such ridges are usually caused by a dry skin, and when the skin that grows over them is allowed to increase it impedes the circulation. Nails neglected to the extent you are cannot be otherwise but brittle and full of ridges. If you will rub some oil or a cream into them each night and keep back this growth of dead cuticle you cannot fail to improve your nails, in addition to giving you so much more comfort in the use of your hands in your work.

Eatmor

Cranberry Butter is the most healthful and delicious spread on bread for the youngsters.
Cranberry Butter
Three pints cranberries, 1/2 cup water, 2 cups sugar. Cook the cranberries and water until the skins of the fruit are broken; then press through a sieve, and cook this pulp until it becomes quite thick; add the sugar and cook for 1/2 hour over a very gentle fire, stirring constantly. When slightly cool turn into jars, and cover closely. This makes a delicious and healthful spread on hot biscuits, bread, buttered toast, or cake. Serve Cranberry Sauce as a relish with beef.

Cranberries

Producers of R & R Boned Chicken

Your Home and You

BY HELEN KENDALL.

The House of Cheer.
Often in walking up or down the streets on a winter evening, have you noticed how bright and cheerful some of the houses look and how dark and dreary others appear?

"The Appletons must be away," you say. "See how dark their house is!" Or: "Doesn't the Smithsons' house look jolly and gay? They must be having a party!" Ten to one, however, it means that the Appletons have the gloomy habit of leaving Simons the cheerful one; and that the Appletons haven't the knack of making their house look inviting, while the Smithsons have. It doesn't necessarily mean burning extravagant lights all over the house if we give an effect of warmth, well lighted dwelling. And even if it did run the bill up a dollar or so a month, it seems to me it would be worth the cost. The house that shows only a faint, flickering light in the hall, a suggestion of a shaded reading lamp in the bedroom, and every shadow somewhere in the rear of the house, and for the rest black, blank windows, is no kind of a companion for the neighboring houses or for the passer-by.

Lamps can be so placed in the front of any house that they make it look lighted up from cellar to garret. There should, I think, be a light in the hall at every door during the early evening hours, when the stairs are in use by the children or the elders are dressing for going out. If light will shine through the room to the windows and give the two upper floors all the light they can live on.

A modernized oil lamp with a bright shade placed near the window in a living room, bedroom or library will give out a cheery message far in excess of its cost. I think, too, that during the early evening, when callers are apt to run in, the electric light in the roof of the veranda should be lighted, and the house number clear to strangers who may be looking for it.

By a little thought and planning, with a little trip across the street to see how your house looks, your present lighting can be arranged so that the dwelling looks very nearly as bright from without as from within.

Worn-Out Neckties.

What do you do with your husband's discarded neckties? It is a good plan to cover them with a material. You have the lining and the fabric all made for you. Buy thirty-four-inch silk, or crepe de chine, or cotton Japanese crepe, instead of the cheap all-wool ties. It is one-fourth of a yard of material.

Oysters With Onions.

Peel and cut eight small onions into dice and fry in two tablespoonfuls of hot butter until a golden color. Add sixty oysters and their liquor, one teaspoonful of finely chopped parsley, one and a half teaspoonsful of salt, pepper and red pepper. As soon as the edges of the oysters begin to curl, place them into a hot tureen and serve at once.

Let Cuticura Keep Your Skin Fresh and Young

Daily use of the Soap keeps the skin smooth and clear, while touchings of the Ointment now and then prevent little skin troubles becoming serious. Cuticura Talcum is ideal for powdering and perfuming.

From the Hub Out

Those who live in Portland, Maine, may drink a brand of coffee that has a large local sale. Those who live in Portland, Oregon, may never have heard of it. In Springfield, Massachusetts, a local coffee may dominate the market. In Springfield, Ohio, it is unknown. Citizens of St. Joseph, Michigan, may drink a blend famous in St. Joseph. To the folk of St. Joseph, Missouri, it means nothing.

Chase & Sanborn's SEAL BRAND COFFEE

Chase & Sanborn, of Boston, have been producing good coffee since 1864. They followed every railroad extension and every new-made wagon trail along our growing frontiers, and planted the Chase & Sanborn agency franchise with a real merchant in each new town. To-day, Chase & Sanborn's Seal Brand Coffee is almost as much an American institution as baseball. Sold in one, two and three pound sealed tins.

Plum Pudding

For Christmas—and Other Days
Has graced American tables for fifty years
Always delicious and wholesome. Made after a famous recipe from the finest ingredients obtainable.



BEDTIME STORIES

Welcome Robin Explains.
A moment's carelessness may seem yet in a twinkling it may change the course of life.

It was winter and Peter Rabbit had found Welcome Robin living in the cedar swamp. He had supposed that Welcome Robin was far away in the Sunny South, and finding him there in the cedar swamp was one of the most delightful surprises of his whole life. Of course, he was curious, tremendously curious, as to why Welcome Robin was there.

"I remained up here because I had to," explained Welcome Robin. "Had to?" exclaimed Peter. "Why did you have to?"

"Because," replied Welcome Robin, rather mournfully, "just about the time I was ready to start for the Sunny South I met with an accident." Peter pricked up his ears. "What kind of an accident?" he demanded.

"I hurt one of my wings," said Welcome Robin. "You see, Broadwing the Hawk surprised me." Welcome looked a bit alarmed. "The only way I could escape was to plunge into the midst of a thick tree. There wasn't time to pick my way. I had to plunge right in among those branches. I got away from Broadwing, but I hurt one of my wings so that for a day or two I couldn't fly at all, and when I could fly it was only for a short distance. I was helpless while all my friends had started for the Sunny South. You know that is a long, long journey, and I couldn't take it. By the time I was strong enough to even think of it, Jack Frost had laid everything out so there was nothing for me to do but stay right here."

"But if you were strong enough to fly I don't see why you couldn't have gone on just as well as you could remain here," protested Peter.

"Food, Peter, food," replied Welcome Robin. "One has to have food on one's mind to eat. Of course, everything frozen what chance would I have had to get any? I was here, I cried Peter.

"Look at these cedar trees, Peter," said Welcome Robin, "what do you see on them?" Peter looked. Many of the trees were covered with berries. "Those berries," said Welcome Robin, "are good food. They will stay on the trees all winter. I can always be sure of enough to eat. Of course, there must be cedar berries along the way to the Sunny South, but I would never be sure of finding them when I needed them. So the wise thing, the sensible thing, was to stay right here, and here I am. It is in other places, and there is plenty of shelter. I guess I shall manage to pull through

History of Your Name.

DANZIGER
VARIATION—Danzig, Danziger.
RACIAL ORIGIN—German.
SOURCE—Geographical.

Very much the same influences have guided the development of family names in Germany, and indeed, all the European countries, as those which are responsible for the formation of English surnames. One of the most powerful of these was the tendency of men to distinguish their names from others by bearing the same first name by reference to the place from which they came. Most men in a community would be distinguished by reference to the particular local spots which they dwelt, or to their vocation, or to their trades, occupations, personal appearance or peculiar abilities, titles and nicknames.

But a man were a newcomer in the community the most natural thing for his neighbors to call him after was "John the Frenchman," "Hugo of Alsace," "Peter of Hamburg" or "Gustav the Hanoverian," and hours of play to break the strain! May you know weariness profound, and then a sleep both long and sound! If you know loneliness and grief, may loving service bring relief! There's nothing like loneliness, I know, to make the heart wide and one's life removed from every care and strife. And so in this year "twenty-three" a cocktail I would like to see. A cocktail I would give each friend, and this would be its special blend: A little sorrow, lots of joy (the coin of life must have alloy), a little work and lots of fun, a little shame and lots of respect, a little ache, a weary head, and then a most luxurious bed. Laughter of children, scent of flowers, the sting of winter, April showers, and need of tender, loving women, and this.

The name Danziger is simply Danziger, "a man of Danzig."

WILHELMINA STITCH.

PARIS, December 16.—Dear Ursula: This porcelain "cat vase" with the head for a lid was one of my recent gifts. His back and ears are deep yellow to match the sides, and the rest of him is white.

FEED THE BRUTE

Favorite Recipes by Famous Men.
KIN HUBBARD.
(Abe Martin).
Genuine Unspiced Buckwheat Cakes and Country Sausage.
First, catch an honest, well-to-do, clean shaven or neatly trimmed farmer, with a round, wholesome looking, fond wife, and engage some sausage. Kill him a buckwheat grower and procure from him a heaping two-bushel bag of buckwheat. Have some ground, and mix with sour milk and yeast and set behind back-burner stove or near hot-air register, or steam radiator, to rise. Allow same to rise slowly and methodically. Serve as griddle cakes following morning. Country sausage may be made as another sausage—either in patties or links.

PICKLED ARTICHOKE.

Allow one cupful of brown sugar to one pint of vinegar. Scrape the artichokes and drop them into water scalded with vinegar. Drain, and keep them in a good color. When all are ready, put them into the spiced vinegar and cook until beginning to boil. They break and easily when they get to a certain point in the process and so must be watched and removed before this happens. They are not a pretty color, but they are delicious eating. Artichokes may be moistened by simply boiling them as one would potatoes and serving them mashed with cream sauce.

Baked Oysters and Mushrooms.

Take one quart of oysters, one-half cup of mushrooms, one cupful of rich milk, one well beaten egg, and allow butter, pepper, salt and cracker crumbs as desired. Place a layer of oysters in a baking dish, season with pepper and salt, sprinkle over this some chopped mushrooms covered with cracker crumbs, moisten with milk and dot with butter. Proceed in this way until the dish is full. The last layer should be moistened with milk in which the egg is beaten. Bake in a moderate oven for thirty minutes.