

THE PRINCESS IS THE NEWEST SKIRT MODEL.

Various Ways of Cooking Rice.

If the average cook were to be told that rice forms the chief food of about one-third of the human race, she would merely be filled with a contempt for the unfortunate millions who are content to subsist upon such fare, for her mind would instantly picture an endless success of rice puddings, that being almost the only use of which she considers it capable.

The nourishing properties of rice are proved by the fact that in many tropical countries it forms the staple article of diet of the natives, who live healthily and happily on little else. Its wider possibilities are better shown in countries such as Greece, Turkey, India, Spain, Japan, the East Indies, and other parts of the world, where it is much used in combination with, and as an accompaniment to, innumerable other materials. Indeed, in Java the mid-day meal is called the rice-travel.

In cold climates, however, it does not by itself form a perfect food, being deficient in nitrogenous matter, and containing only an infinitesimal proportion of fats and mineral salts. Nevertheless, it does not contain such an undue proportion of water as the potato, and with proper treatment the possibilities of rice are almost endless.

In households where economy is an ob-

pan with a small chopped onion. Put in the pieces of chicken and allow them to brown. Add a pint of white stock and a gill of tomato sauce. Cook for ten minutes and then add five ounces of washed rice, three tablespoons of grated cheese, a pinch of saffron, and a few button mushrooms. Season with salt and pepper. Cook for half an hour longer. Arrange the chicken in the middle of the dish, with the rice neatly piled around it. Lamb, mutton, or veal may be used in place of the chicken.

RICE CROQUETTES—Boil four ounces of rice in the usual manner. Add to it an equal quantity of cold chopped meat; white meat or poultry is most suitable, but any kind of meat may be employed. Vegetarians use grated wheatmeal bread. Add a tablespoonful of melted butter, two beaten eggs, a teaspoonful of chopped parsley, and season with salt and pepper. Mix all the ingredients well together; put aside until quite cold. Mold into symmetrical balls or cutlets, dip in beaten egg and fine bread-crumbs, place them gently in the frying-pan, and fry to a pale golden color.

RICE WITH TOMATO—Boil six ounces of rice in salted water. Drain it, allow it to dry, and then have ready some tomato sauce, made as follows: Skin, cut up, and stew a pound of fresh tomatoes. Season with pepper and salt, and a few drops of onion juice if liked. Cook for about half an hour, and then strain or not as preferred. Italy is not always done, and pour over the hot rice. Lift lightly with a fork to allow the sauce to sink in.

RICE SAUTE—Boil six ounces of rice in the usual way, shaking it so that the grains will remain quite separate. When dry allow it to cool. Heat an ounce of

woman to contentment as the knowledge that her hair is dressed becomingly. When she knows that her forehead is well developed or well formed she will always comb her locks softly from her face and either arrange them in soft curls on the top of her head or just below the crown. This arrangement is the sweetest and most natural way.

The ancients attributed a great deal of importance to the hair. Lank hair they thought indicated pusillanimity and cowardice, and yet Napoleon had never a curl. Frizzly hair was a sign of coarseness and clumsiness. Ringlets had the place of honor. Auburn or light brown hair was considered the most distinguished, portending intelligence, industry, a peaceful disposition and a loving nature. Black hair was not esteemed by the Romans, and red was an object of aversion. "When you see fair hair be pitiful," writes George Elliot in the olden times blond hair was extremely fashionable, and the Roma women who did not wear wigs and yet wished to conform to the fashion powdered their hair with a preparation of gold dust.

The ancient Hebrews esteemed fine hair a great beauty, and baldness the sign of the anger of God. Artificial hair was used in the earlier days by the Greeks and Romans.

The essential needs of a fine growth of hair are scrupulous cleanliness, ventilation and friction. It is extraordinary how few women are willing to concede that the scalp requires to be washed often enough to keep it decently clean. If there is an inclination to dandruff or it is exposed to dust and dirt, a weekly washing is almost necessary. Various alkalies, borax, ammonia, carbonate of potash and washing

DR. PRICE'S Cream Baking Powder

Good Health depends upon the food you eat.

Adds to the healthfulness of all risen floor-foods, while it makes the food lighter, sweeter, finer-flavored, more delicious.

Exercise care in purchasing baking powder to see that you get Dr. Price's, which makes the food more wholesome and at the same time more palatable.

PRICE BAKING POWDER CO., CHICAGO.

[Note.—There are many mixtures, made in imitation of baking powder, which the prudent will avoid. They are lower in price than cream of tartar powders, but they are made from alum and are dangerous to use in food.



DESIGNS FOR SILK PETTICOATS. IT WILL BE NOTED THAT THEY OPEN AT THE SIDE.

ject it may be cooked in many savory ways, and used to eke out those little odds and ends which waste and are not used, or at least unappreciated. When vegetables are scarce it answers as a good substitute for them, an undue proportion of water being occasionally added, while it also lends itself to the manufacture of a great variety of entrees, breakfasts, lunches, and dishes.

From a dietetic point of view, rice should be used more judiciously in combination with such substances as meat, eggs, oil, butter, fat, cheese, and so on, which are themselves rich in those very elements in which rice is deficient. From the point of view of what is palatable, it should be remembered that rice has very little distinctive flavor of its own, so that it is most suitably employed with materials having the opposite characteristic.

To boil rice so that every grain shall remain distinct and separate, wash it till quite clean, and then cook it in plenty of salted, quickly-boiling water. In ten or twelve minutes try a grain between the finger and thumb, and if tender throughout, but on no account pasty, dash a pint of cold water into the saucepan, and the rice should then be drained and returned to the pan to dry thoroughly, lifting it lightly now and then with a fork. The addition of a little lemon juice when boiling will render it still whiter. Some cooks prefer to dry the rice in a colander before the fire, while another way is to use a double boiler for cooking the rice, in which case it need only be drained, and then dried by leaving it in the inner pan and allowing the outside water to evaporate.

SAVORY RICE MOLD—Wash and boil four ounces of rice in a quart of salted water for fifteen or twenty minutes. For this purpose it should be fairly tender. Drain, dry and add to the rice half a pint of milk in which has been dissolved a teaspoonful of cornflour. Add to the mixture a beaten raw egg and a tablespoonful of melted butter, and set it aside until cold. Mix a cupful of chopped chicken, lamb, or veal with two tablespoonfuls of chopped pine nuts. Season to taste with pepper and salt, and add a tablespoonful of stock or gravy. When the rice is cold, mix all the ingredients together and press into a well-buttered mold, which has been previously sprinkled with fine breadcrumbs. Put on the steam in a pan of boiling water, and cook in the oven for two hours. Dip the mold for an instant into cold water, turn out the rice on a hot dish and surround with tomato sauce, to which has been added a tablespoonful of grated cheese.

SAVORY RICE—Wash and boil six ounces of rice and an onion in three pints of salted boiling water. When the rice has boiled ten minutes, remove the onion, drain the water off, and add to the rice a small teaspoonful of good stock or gravy. Allow it to simmer gently at the back of the stove until it has absorbed all the stock. Then add two tablespoonfuls of grated cheese and a tiny pinch of cayenne pepper. Cook for three minutes longer, and then serve with very hot rice being one of those things which, like macaroni, are absolutely uneatable cold.

PILAU OF CHICKEN A LA TURQUE—Divide a tender fowl neatly into twelve pieces. Salt one ounce of butter in two

butter in a frying pan, and slice an onion into it. Fry the onion until it begins to brown, and then put the rice into the pan, and stir it, stirring very lightly with a fork, until it is a pale golden brown, and then carefully lift it out with a skimmer, and let it stand for a time before the fire in a colander lined with slices of paper, shaking it occasionally. Serve with fried fish, with game, or with roast chicken.

RICE WITH EGGS (this forms a good breakfast dish)—Boil four ounces of rice in salted water, and when it is nearly done, arrange it on a hot dish, and on the rice place four lightly-poached and neatly-trimmed eggs. If preferred, the rice may have a tablespoonful of butter stirred into it after draining, and the eggs may be fried in a little butter instead of poaching them.

RICE WITH SAUSAGE (another breakfast dish)—Form a pound of sausage meat into neat balls and fry. When done remove the balls from the frying pan to a hot dish. Have ready some rice, and about four ounces before it is cooked—and put into the hot fat which was left after frying the sausage. Cook for ten minutes, color with a pinch of saffron, and serve the rice on a hot dish.

STUFFED TOMATOES AU RIZ—Heat a teaspoonful of cold boiled rice gently in a little well-flavored stock. Choose as many smooth medium-sized tomatoes as are required. Cut a piece from the top of each and, with a sharp knife, remove the pulp. Season the inside of the tomatoes. Fill the cavity with the cooked rice, put a tiny pat of butter on top, stand on a buttered plate, and bake for ten or fifteen minutes. Serve hot on small croutons of fried bread.

soda are used for washing the head, and strong hair may bear this treatment for a day, but they burn the life out of the locks. Nearly all hair washes are too strong. Soap bark is very satisfactory, as it leaves the hair luxuriously silky, instead of flying like thistle down.

When the hair falls out, becomes very dry and breaks when it is excessively oily or the roots are damp from perspiration, you may be sure there is something wrong with the circulation. And then it is that massage takes the place of bland oils and irritants formerly used so freely. In an effort to coax or bully the hair into a healthy condition, writes a woman in the Philadelphiaquirer, "the excellent results produced by massage of the body and face suggested just such treatment for the hair, and the same wholesome effects were not long in forthcoming. Nothing known to science will so soon restore the circulation of the scalp as properly administered massage. Of course, the first treatment will not effect a cure, but it usually calls an immediate halt to the shedding of the hair, and the hair falls out in handfuls it is a disease and a serious matter, meaning much to either man or woman."

benefit it may be cooked in many savory ways, and used to eke out those little odds and ends which waste and are not used, or at least unappreciated. When vegetables are scarce it answers as a good substitute for them, an undue proportion of water being occasionally added, while it also lends itself to the manufacture of a great variety of entrees, breakfasts, lunches, and dishes.

From a dietetic point of view, rice should be used more judiciously in combination with such substances as meat, eggs, oil, butter, fat, cheese, and so on, which are themselves rich in those very elements in which rice is deficient. From the point of view of what is palatable, it should be remembered that rice has very little distinctive flavor of its own, so that it is most suitably employed with materials having the opposite characteristic.

To boil rice so that every grain shall remain distinct and separate, wash it till quite clean, and then cook it in plenty of salted, quickly-boiling water. In ten or twelve minutes try a grain between the finger and thumb, and if tender throughout, but on no account pasty, dash a pint of cold water into the saucepan, and the rice should then be drained and returned to the pan to dry thoroughly, lifting it lightly now and then with a fork. The addition of a little lemon juice when boiling will render it still whiter. Some cooks prefer to dry the rice in a colander before the fire, while another way is to use a double boiler for cooking the rice, in which case it need only be drained, and then dried by leaving it in the inner pan and allowing the outside water to evaporate.

SAVORY RICE MOLD—Wash and boil four ounces of rice in a quart of salted water for fifteen or twenty minutes. For this purpose it should be fairly tender. Drain, dry and add to the rice half a pint of milk in which has been dissolved a teaspoonful of cornflour. Add to the mixture a beaten raw egg and a tablespoonful of melted butter, and set it aside until cold. Mix a cupful of chopped chicken, lamb, or veal with two tablespoonfuls of chopped pine nuts. Season to taste with pepper and salt, and add a tablespoonful of stock or gravy. When the rice is cold, mix all the ingredients together and press into a well-buttered mold, which has been previously sprinkled with fine breadcrumbs. Put on the steam in a pan of boiling water, and cook in the oven for two hours. Dip the mold for an instant into cold water, turn out the rice on a hot dish and surround with tomato sauce, to which has been added a tablespoonful of grated cheese.

SAVORY RICE—Wash and boil six ounces of rice and an onion in three pints of salted boiling water. When the rice has boiled ten minutes, remove the onion, drain the water off, and add to the rice a small teaspoonful of good stock or gravy. Allow it to simmer gently at the back of the stove until it has absorbed all the stock. Then add two tablespoonfuls of grated cheese and a tiny pinch of cayenne pepper. Cook for three minutes longer, and then serve with very hot rice being one of those things which, like macaroni, are absolutely uneatable cold.

PILAU OF CHICKEN A LA TURQUE—Divide a tender fowl neatly into twelve pieces. Salt one ounce of butter in two

butter in a frying pan, and slice an onion into it. Fry the onion until it begins to brown, and then put the rice into the pan, and stir it, stirring very lightly with a fork, until it is a pale golden brown, and then carefully lift it out with a skimmer, and let it stand for a time before the fire in a colander lined with slices of paper, shaking it occasionally. Serve with fried fish, with game, or with roast chicken.

RICE WITH EGGS (this forms a good breakfast dish)—Boil four ounces of rice in salted water, and when it is nearly done, arrange it on a hot dish, and on the rice place four lightly-poached and neatly-trimmed eggs. If preferred, the rice may have a tablespoonful of butter stirred into it after draining, and the eggs may be fried in a little butter instead of poaching them.

RICE WITH SAUSAGE (another breakfast dish)—Form a pound of sausage meat into neat balls and fry. When done remove the balls from the frying pan to a hot dish. Have ready some rice, and about four ounces before it is cooked—and put into the hot fat which was left after frying the sausage. Cook for ten minutes, color with a pinch of saffron, and serve the rice on a hot dish.

STUFFED TOMATOES AU RIZ—Heat a teaspoonful of cold boiled rice gently in a little well-flavored stock. Choose as many smooth medium-sized tomatoes as are required. Cut a piece from the top of each and, with a sharp knife, remove the pulp. Season the inside of the tomatoes. Fill the cavity with the cooked rice, put a tiny pat of butter on top, stand on a buttered plate, and bake for ten or fifteen minutes. Serve hot on small croutons of fried bread.

soda are used for washing the head, and strong hair may bear this treatment for a day, but they burn the life out of the locks. Nearly all hair washes are too strong. Soap bark is very satisfactory, as it leaves the hair luxuriously silky, instead of flying like thistle down.

When the hair falls out, becomes very dry and breaks when it is excessively oily or the roots are damp from perspiration, you may be sure there is something wrong with the circulation. And then it is that massage takes the place of bland oils and irritants formerly used so freely. In an effort to coax or bully the hair into a healthy condition, writes a woman in the Philadelphiaquirer, "the excellent results produced by massage of the body and face suggested just such treatment for the hair, and the same wholesome effects were not long in forthcoming. Nothing known to science will so soon restore the circulation of the scalp as properly administered massage. Of course, the first treatment will not effect a cure, but it usually calls an immediate halt to the shedding of the hair, and the hair falls out in handfuls it is a disease and a serious matter, meaning much to either man or woman."

benefit it may be cooked in many savory ways, and used to eke out those little odds and ends which waste and are not used, or at least unappreciated. When vegetables are scarce it answers as a good substitute for them, an undue proportion of water being occasionally added, while it also lends itself to the manufacture of a great variety of entrees, breakfasts, lunches, and dishes.

From a dietetic point of view, rice should be used more judiciously in combination with such substances as meat, eggs, oil, butter, fat, cheese, and so on, which are themselves rich in those very elements in which rice is deficient. From the point of view of what is palatable, it should be remembered that rice has very little distinctive flavor of its own, so that it is most suitably employed with materials having the opposite characteristic.

To boil rice so that every grain shall remain distinct and separate, wash it till quite clean, and then cook it in plenty of salted, quickly-boiling water. In ten or twelve minutes try a grain between the finger and thumb, and if tender throughout, but on no account pasty, dash a pint of cold water into the saucepan, and the rice should then be drained and returned to the pan to dry thoroughly, lifting it lightly now and then with a fork. The addition of a little lemon juice when boiling will render it still whiter. Some cooks prefer to dry the rice in a colander before the fire, while another way is to use a double boiler for cooking the rice, in which case it need only be drained, and then dried by leaving it in the inner pan and allowing the outside water to evaporate.

SAVORY RICE MOLD—Wash and boil four ounces of rice in a quart of salted water for fifteen or twenty minutes. For this purpose it should be fairly tender. Drain, dry and add to the rice half a pint of milk in which has been dissolved a teaspoonful of cornflour. Add to the mixture a beaten raw egg and a tablespoonful of melted butter, and set it aside until cold. Mix a cupful of chopped chicken, lamb, or veal with two tablespoonfuls of chopped pine nuts. Season to taste with pepper and salt, and add a tablespoonful of stock or gravy. When the rice is cold, mix all the ingredients together and press into a well-buttered mold, which has been previously sprinkled with fine breadcrumbs. Put on the steam in a pan of boiling water, and cook in the oven for two hours. Dip the mold for an instant into cold water, turn out the rice on a hot dish and surround with tomato sauce, to which has been added a tablespoonful of grated cheese.

SAVORY RICE—Wash and boil six ounces of rice and an onion in three pints of salted boiling water. When the rice has boiled ten minutes, remove the onion, drain the water off, and add to the rice a small teaspoonful of good stock or gravy. Allow it to simmer gently at the back of the stove until it has absorbed all the stock. Then add two tablespoonfuls of grated cheese and a tiny pinch of cayenne pepper. Cook for three minutes longer, and then serve with very hot rice being one of those things which, like macaroni, are absolutely uneatable cold.

PILAU OF CHICKEN A LA TURQUE—Divide a tender fowl neatly into twelve pieces. Salt one ounce of butter in two

butter in a frying pan, and slice an onion into it. Fry the onion until it begins to brown, and then put the rice into the pan, and stir it, stirring very lightly with a fork, until it is a pale golden brown, and then carefully lift it out with a skimmer, and let it stand for a time before the fire in a colander lined with slices of paper, shaking it occasionally. Serve with fried fish, with game, or with roast chicken.

RICE WITH EGGS (this forms a good breakfast dish)—Boil four ounces of rice in salted water, and when it is nearly done, arrange it on a hot dish, and on the rice place four lightly-poached and neatly-trimmed eggs. If preferred, the rice may have a tablespoonful of butter stirred into it after draining, and the eggs may be fried in a little butter instead of poaching them.

RICE WITH SAUSAGE (another breakfast dish)—Form a pound of sausage meat into neat balls and fry. When done remove the balls from the frying pan to a hot dish. Have ready some rice, and about four ounces before it is cooked—and put into the hot fat which was left after frying the sausage. Cook for ten minutes, color with a pinch of saffron, and serve the rice on a hot dish.

STUFFED TOMATOES AU RIZ—Heat a teaspoonful of cold boiled rice gently in a little well-flavored stock. Choose as many smooth medium-sized tomatoes as are required. Cut a piece from the top of each and, with a sharp knife, remove the pulp. Season the inside of the tomatoes. Fill the cavity with the cooked rice, put a tiny pat of butter on top, stand on a buttered plate, and bake for ten or fifteen minutes. Serve hot on small croutons of fried bread.

soda are used for washing the head, and strong hair may bear this treatment for a day, but they burn the life out of the locks. Nearly all hair washes are too strong. Soap bark is very satisfactory, as it leaves the hair luxuriously silky, instead of flying like thistle down.

When the hair falls out, becomes very dry and breaks when it is excessively oily or the roots are damp from perspiration, you may be sure there is something wrong with the circulation. And then it is that massage takes the place of bland oils and irritants formerly used so freely. In an effort to coax or bully the hair into a healthy condition, writes a woman in the Philadelphiaquirer, "the excellent results produced by massage of the body and face suggested just such treatment for the hair, and the same wholesome effects were not long in forthcoming. Nothing known to science will so soon restore the circulation of the scalp as properly administered massage. Of course, the first treatment will not effect a cure, but it usually calls an immediate halt to the shedding of the hair, and the hair falls out in handfuls it is a disease and a serious matter, meaning much to either man or woman."

benefit it may be cooked in many savory ways, and used to eke out those little odds and ends which waste and are not used, or at least unappreciated. When vegetables are scarce it answers as a good substitute for them, an undue proportion of water being occasionally added, while it also lends itself to the manufacture of a great variety of entrees, breakfasts, lunches, and dishes.

From a dietetic point of view, rice should be used more judiciously in combination with such substances as meat, eggs, oil, butter, fat, cheese, and so on, which are themselves rich in those very elements in which rice is deficient. From the point of view of what is palatable, it should be remembered that rice has very little distinctive flavor of its own, so that it is most suitably employed with materials having the opposite characteristic.

To boil rice so that every grain shall remain distinct and separate, wash it till quite clean, and then cook it in plenty of salted, quickly-boiling water. In ten or twelve minutes try a grain between the finger and thumb, and if tender throughout, but on no account pasty, dash a pint of cold water into the saucepan, and the rice should then be drained and returned to the pan to dry thoroughly, lifting it lightly now and then with a fork. The addition of a little lemon juice when boiling will render it still whiter. Some cooks prefer to dry the rice in a colander before the fire, while another way is to use a double boiler for cooking the rice, in which case it need only be drained, and then dried by leaving it in the inner pan and allowing the outside water to evaporate.

SAVORY RICE MOLD—Wash and boil four ounces of rice in a quart of salted water for fifteen or twenty minutes. For this purpose it should be fairly tender. Drain, dry and add to the rice half a pint of milk in which has been dissolved a teaspoonful of cornflour. Add to the mixture a beaten raw egg and a tablespoonful of melted butter, and set it aside until cold. Mix a cupful of chopped chicken, lamb, or veal with two tablespoonfuls of chopped pine nuts. Season to taste with pepper and salt, and add a tablespoonful of stock or gravy. When the rice is cold, mix all the ingredients together and press into a well-buttered mold, which has been previously sprinkled with fine breadcrumbs. Put on the steam in a pan of boiling water, and cook in the oven for two hours. Dip the mold for an instant into cold water, turn out the rice on a hot dish and surround with tomato sauce, to which has been added a tablespoonful of grated cheese.

SAVORY RICE—Wash and boil six ounces of rice and an onion in three pints of salted boiling water. When the rice has boiled ten minutes, remove the onion, drain the water off, and add to the rice a small teaspoonful of good stock or gravy. Allow it to simmer gently at the back of the stove until it has absorbed all the stock. Then add two tablespoonfuls of grated cheese and a tiny pinch of cayenne pepper. Cook for three minutes longer, and then serve with very hot rice being one of those things which, like macaroni, are absolutely uneatable cold.

PILAU OF CHICKEN A LA TURQUE—Divide a tender fowl neatly into twelve pieces. Salt one ounce of butter in two

butter in a frying pan, and slice an onion into it. Fry the onion until it begins to brown, and then put the rice into the pan, and stir it, stirring very lightly with a fork, until it is a pale golden brown, and then carefully lift it out with a skimmer, and let it stand for a time before the fire in a colander lined with slices of paper, shaking it occasionally. Serve with fried fish, with game, or with roast chicken.

RICE WITH EGGS (this forms a good breakfast dish)—Boil four ounces of rice in salted water, and when it is nearly done, arrange it on a hot dish, and on the rice place four lightly-poached and neatly-trimmed eggs. If preferred, the rice may have a tablespoonful of butter stirred into it after draining, and the eggs may be fried in a little butter instead of poaching them.

RICE WITH SAUSAGE (another breakfast dish)—Form a pound of sausage meat into neat balls and fry. When done remove the balls from the frying pan to a hot dish. Have ready some rice, and about four ounces before it is cooked—and put into the hot fat which was left after frying the sausage. Cook for ten minutes, color with a pinch of saffron, and serve the rice on a hot dish.

STUFFED TOMATOES AU RIZ—Heat a teaspoonful of cold boiled rice gently in a little well-flavored stock. Choose as many smooth medium-sized tomatoes as are required. Cut a piece from the top of each and, with a sharp knife, remove the pulp. Season the inside of the tomatoes. Fill the cavity with the cooked rice, put a tiny pat of butter on top, stand on a buttered plate, and bake for ten or fifteen minutes. Serve hot on small croutons of fried bread.

soda are used for washing the head, and strong hair may bear this treatment for a day, but they burn the life out of the locks. Nearly all hair washes are too strong. Soap bark is very satisfactory, as it leaves the hair luxuriously silky, instead of flying like thistle down.

When the hair falls out, becomes very dry and breaks when it is excessively oily or the roots are damp from perspiration, you may be sure there is something wrong with the circulation. And then it is that massage takes the place of bland oils and irritants formerly used so freely. In an effort to coax or bully the hair into a healthy condition, writes a woman in the Philadelphiaquirer, "the excellent results produced by massage of the body and face suggested just such treatment for the hair, and the same wholesome effects were not long in forthcoming. Nothing known to science will so soon restore the circulation of the scalp as properly administered massage. Of course, the first treatment will not effect a cure, but it usually calls an immediate halt to the shedding of the hair, and the hair falls out in handfuls it is a disease and a serious matter, meaning much to either man or woman."

SUGGESTIONS FOR THE LENTEN NEEDLEWOMAN.

benefit it may be cooked in many savory ways, and used to eke out those little odds and ends which waste and are not used, or at least unappreciated. When vegetables are scarce it answers as a good substitute for them, an undue proportion of water being occasionally added, while it also lends itself to the manufacture of a great variety of entrees, breakfasts, lunches, and dishes.

From a dietetic point of view, rice should be used more judiciously in combination with such substances as meat, eggs, oil, butter, fat, cheese, and so on, which are themselves rich in those very elements in which rice is deficient. From the point of view of what is palatable, it should be remembered that rice has very little distinctive flavor of its own, so that it is most suitably employed with materials having the opposite characteristic.

To boil rice so that every grain shall remain distinct and separate, wash it till quite clean, and then cook it in plenty of salted, quickly-boiling water. In ten or twelve minutes try a grain between the finger and thumb, and if tender throughout, but on no account pasty, dash a pint of cold water into the saucepan, and the rice should then be drained and returned to the pan to dry thoroughly, lifting it lightly now and then with a fork. The addition of a little lemon juice when boiling will render it still whiter. Some cooks prefer to dry the rice in a colander before the fire, while another way is to use a double boiler for cooking the rice, in which case it need only be drained, and then dried by leaving it in the inner pan and allowing the outside water to evaporate.

SAVORY RICE MOLD—Wash and boil four ounces of rice in a quart of salted water for fifteen or twenty minutes. For this purpose it should be fairly tender. Drain, dry and add to the rice half a pint of milk in which has been dissolved a teaspoonful of cornflour. Add to the mixture a beaten raw egg and a tablespoonful of melted butter, and set it aside until cold. Mix a cupful of chopped chicken, lamb, or veal with two tablespoonfuls of chopped pine nuts. Season to taste with pepper and salt, and add a tablespoonful of stock or gravy. When the rice is cold, mix all the ingredients together and press into a well-buttered mold, which has been previously sprinkled with fine breadcrumbs. Put on the steam in a pan of boiling water, and cook in the oven for two hours. Dip the mold for an instant into cold water, turn out the rice on a hot dish and surround with tomato sauce, to which has been added a tablespoonful of grated cheese.

SAVORY RICE—Wash and boil six ounces of rice and an onion in three pints of salted boiling water. When the rice has boiled ten minutes, remove the onion, drain the water off, and add to the rice a small teaspoonful of good stock or gravy. Allow it to simmer gently at the back of the stove until it has absorbed all the stock. Then add two tablespoonfuls of grated cheese and a tiny pinch of cayenne pepper. Cook for three minutes longer, and then serve with very hot rice being one of those things which, like macaroni, are absolutely uneatable cold.

PILAU OF CHICKEN A LA TURQUE—Divide a tender fowl neatly into twelve pieces. Salt one ounce of butter in two

gives birth to a son, but he serves her loyally as long as he lives in a way that women in other countries know nothing of. Through the influence of a medical missionary, Miss Krout was invited to a feast in a high-class Chinese house, which consisted of twenty-five or thirty courses, beginning with dessert and ending with soup, and the delicacies being eggs that had been buried for seven or eight years. Plates are not changed during a meal in China, such an act being considered to be an omen of the hostess's death within a year. It is permitted, however, to throw surplus food on the floor, and when the meal is over the cats come in and pick up the fragments.

Contrary to the general opinion, Miss Krout stated that many girls in China are well educated. Until they are 10 years of age boys and girls of the better class are taught together and in many families the girls' education is extended long beyond that period.

Miss Krout, taking pains to make it clear that she was a "non-religious" woman, and had gone to China prejudiced against the missionaries, defended them staunchly, declaring that they were broadminded, without cant, forced their religion upon no one, and did a great work in educating and civilizing the people, especially in uplifting the women.

The Dowager Empress, she said, is a well-educated woman, a poet and an artist. Al-

though cruel and treacherous, she has been inspired for the most part by genuine enthusiasm. Knowing that the Western Powers are closing in about China, she has tried to preserve it.

Miss Krout believes that there still is great vitality in the so-called moribund race.

finished with full frills of batiste and lace, and at the waist is a belt of white Louisiana ribbon, which falls in long ends from the settee back. The hip yoke, which will be much used, is very successfully made in this way, and the continuous lines from bodice to skirt give a suggestion of the Princess idea that appears to be steadily gaining ground. An exquisite gown in black and white is cheer black batiste over a white foundation, with elaborate trimmings of Chantilly lace. The skirt is a three-piece, with deep circular flounces that widen as it reaches the back. At intervals over the flounce heading are flounces, and again above the flounce are entire detux of the lace, with waved edges that exactly follow its outline. At the hips, in place of darts, are tiny tucks of graduated length that run to nothing at the lower edge and give the yoke effect. The bodice is a bolero made over white chiffon, that in turn is worn over the silk foundation. The little jacket is exceedingly short and reveals a vest of white chiffon on which are applied motifs of the lace and is finished at the neck by a collar which matches the vest. The sleeves are in bishop style, with entire detux of lace running perpendicularly, and are finished with bands of lace, below which fall soft frills of Chantilly edging that are tiny at the seam but wider at the back of the hand. Beneath the bolero, making the one touch of color, is a deep girle of turquoise

panne ribbon that closes with a jeweled clasp.

GRANDMAMA'S CAPS.

How to Fashion Dainty Headdress of Lace and Ribbon.

For elderly ladies the cap still holds its place as one of the necessities. Nothing is sweeter than a dear, old face, with the gray hair slightly waved above the forehead, surmounted by a charmingly dainty cap of lace or lawn.

These caps must not be effaced to perch on the top of the head, nor to raise a semitransparent tower over it, but must be adaptable to its shape, moderately close fitting to the lines of a pretty head, and capable of being raised or lowered according as the crown is too high or too flat for beauty.

The requisites are some stiff foundation net, lace about six inches wide, and ribbon and trimmings of various widths and colors. First cut out the shape in the foundation net, then take a single strand from the ribbon wire, and sew it round the foundation, turning the net over a little so as to cover it. A thin wire like this can be bent to the shape of the head, but a stout, rigid wire assumes its own form, and refuses to be modified. In most cases it is wise to cover this foundation with a bit of silk or ribbon trim, and then take a single strand from the ribbon wire, and sew it round the foundation, turning the net over a little so as to cover it. A thin wire like this can be bent to the shape of the head, but a stout, rigid wire assumes its own form, and refuses to be modified. In most cases it is wise to cover this foundation with a bit of silk or ribbon trim, and then take a single strand from the ribbon wire, and sew it round the foundation, turning the net over a little so as to cover it.

WHAT KIPLING SAYS.

The American Girl as the Author Sees Her.

As to the maiden, she is taught to respect herself, that her fate is in her own hands, and that she is the more stringently bound by the ties of the liberty so freely accorded to her. Wherefore, in her own language, "she has a lovely time" with about two or three hundred boys who have sisters of their own, and a very accurate perception that if they were unworthy of the trust a syndicate of other boys would probably pass them into a world where there is neither marrying nor giving in marriage. And so time till the maiden knows the other side of the house; knows that a man is not a demigod or a mysteriously veiled monster, but an average, egotistical, vain, gluttonous, but, on the whole, companionable sort of creature, that does not come to her sister in England till after a few years' matrimony. And then she makes her choice. The golden light touches eyes that are full of comprehension, but the light is golden none the less, for she makes just the same sweet, irrational choices that an English girl does. With this advantage she knows a little more, has experience in entertaining, insight into the businesses, employ and hobbies of the men, gathered round her, talks with the boys and talks with the other girls who find time at those mysterious conclaves to discuss what Tom, Stuke or Jack have been doing. Thus it happens that she is a companion, in the truest sense of the word, to those she weds, zealous for the interest of the firm, to be consulted in time of stress and to be called upon for help and sympathy in time of danger. Pleasant it is that one heart should beat for you, but it is better when the head above that heart has been thinking hard on your behalf, and when the lips, that are always very pleasant to kiss, are wise counsel.—From "Pleasant Sea to Sea."

gives birth to a son, but he serves her loyally as long as he lives in a way that women in other countries know nothing of. Through the influence of a medical missionary, Miss Krout was invited to a feast in a high-class Chinese house, which consisted of twenty-five or thirty courses, beginning with dessert and ending with soup, and the delicacies being eggs that had been buried for seven or eight years. Plates are not changed during a meal in China, such an act being considered to be an omen of the hostess's death within a year. It is permitted, however, to throw surplus food on the floor, and when the meal is over the cats come in and pick up the fragments.

Contrary to the general opinion, Miss Krout stated that many girls in China are well educated. Until they are 10 years of age boys and girls of the better class are taught together and in many families the girls' education is extended long beyond that period.

Miss Krout, taking pains to make it clear that she was a "non-religious" woman, and had gone to China prejudiced against the missionaries, defended them staunchly, declaring that they were broadminded, without cant, forced their religion upon no one, and did a great work in educating and civilizing the people, especially in uplifting the women.

The Dowager Empress, she said, is a well-educated woman, a poet and an artist. Al-

though cruel and treacherous, she has been inspired for the most part by genuine enthusiasm. Knowing that the Western Powers are closing in about China, she has tried to preserve it.

Miss Krout believes that there still is great vitality in the so-called moribund race.

finished with full frills of batiste and lace, and at the waist is a belt of white Louisiana ribbon, which falls in long ends from the settee back. The hip yoke, which will be much used, is very successfully made in this way, and the continuous lines from bodice to skirt give a suggestion of the Princess idea that appears to be steadily gaining ground. An exquisite gown in black and white is cheer black batiste over a white foundation, with elaborate trimmings of Chantilly lace. The skirt is a three-piece, with deep circular flounces that widen as it reaches the back. At intervals over the flounce heading are flounces, and again above the flounce are entire detux of the lace, with waved edges that exactly follow its outline. At the hips, in place of darts, are tiny tucks of graduated length that run to nothing at the lower edge and give the yoke effect. The bodice is a bolero made over white chiffon, that in turn is worn over the silk foundation. The little jacket is exceedingly short and reveals a vest of white chiffon on which are applied motifs of the lace and is finished at the neck by a collar which matches the vest. The sleeves are in bishop style, with entire detux of lace running perpendicularly, and are finished with bands of lace, below which fall soft frills of Chantilly edging that are tiny at the seam but wider at the back of the hand. Beneath the bolero, making the one touch of color, is a deep girle of turquoise

PUTTING HIS WIFE FIRST.

Story of How a Western Senator Shared Good News.

A pretty story is told in the San Francisco Argonaut of how John C. Fremont informed his wife (nee Jessie Benton) who spent her girlhood days in St. Louis, of the joyful news of his election as Senator of California in 1850. The balloting of the delegates took place in San Jose, and Mrs. Fremont was at Monterey, and as a season of heavy rains was on, there was but little prospect that her keen desire to know the result would find immediate gratification.

Before a blazing fire that night sat Fremont's wife. She heard nothing but the storm without till the door opened and a man, dripping with rain, stood on the threshold and asked, in consideration of his sorry plight, if he might enter. It was Fremont. He had torn himself away from his idolizing followers and ridden out into the darkness and storm to tell his wife, seven miles away, that he had been elected to the United States Senate.

Though it was late in the night when he reached Monterey, he was in the saddle again before dawn and on his way back to San Jose, making in all a ride of 140 miles.—San Francisco Argonaut.

HOME LIFE IN CHINA.

Many of the Girls Are Now Well Educated.

However courteous, polite, witty and attractive the Chinese diplomats may be while in this country, Miss Krout of New York declared the other day to a company of club women that when they returned to their own land they need not be Orientalists, as if they never had left it, and their wives sank to the degraded position which the Chinese women in this country occupy.

"They have no idea of the high relation of husbands and wife, in which America leads the world," she remarked, and the members applauded heartily.

A Chinese woman is degraded until she

HOW TO GO UPSTAIRS.

Three Distinct Methods to Reach the Upper House Regions.

"The proper way to go upstairs," said the young ambulance surgeon, "is to hold the cap, back over the table, and make a foot firmly on the successive stairs."

He paused a moment as he pushed his cap back over the table, and it is a fact that his host, the newspaper man, passed to him.

"I suppose you have just come from a lecture on hygiene, and that owl-eyed professor has impressed you with the idea that he really knows what he is talking about. Now, my experience," the continuing with a grin, "proves that the best way to get upstairs is to take the elevator."

Both laughed at the alleged witicism, but stopped suddenly when the hostess remarked that she supposed the professor was acceptable, but your usual way appears to be to take off your shoes and crawl up on all fours, so that no one hears you. Even that might be all right," she continued, "but why do you complete the transit by falling over a chair and waking up every body within a block of the house with your side remarks? I should think that either of the methods you suggested would be an improvement on the style you apparently preferred last century."—New York Telegraph.

HARMONIES IN COLOR.

Black and white.

Blue and gold.

Blue and orange.

Blue and salmon.

Blue and maize.

Blue and brown.

Blue and black.

Blue, scarlet and lilac.

Blue, orange and black.

Blue, brown, crimson and gold.

Blue, orange, black and white.

Red and gold.

Red, gold and black.

Scarlet and purple.

Scarlet, black and white.

Crimson and orange.

Yellow and purple.

Green and gold.

Green, crimson, turquoise and gold.

Green, orange and red.

Purple, scarlet and gold.

Purple, scarlet and white.

Lilac, scarlet and white or black.

Lilac, gold, scarlet and white.

Lilac and black.

Pink and black.

Black, with white or yellow, and crimson.

White, with the various colors, other than those have been selected as of the most general use.