

WOMAN'S HOME PAGE

CHARLES DWYER, Editor.

KEEPING HOUSE by RULE

by WEALTHA A. WILSON

Saving Time and Labor by System Makes Housework Easy.

TOO many housekeepers feel that their work is never done, that it pushes them continually, that there is never time for a "long breath." The mere thought of coming for a week causes them to gasp in terror; a guest for even one meal causes confusion.

It often happens that this state of affairs is brought about by the fact that the work is never looked squarely in the face. No apportionment of duties to days is made, no assignment of definite amounts of time to definite tasks. Dish-washing comes at just any time, or, perhaps, when it can be delayed no longer; it takes more than its due amount of time because the water is cold, the dishes not properly cleaned for washing, the food has dried on, the worker is tired or hurried, or not properly dressed for work. The whole thing is a dismal failure.

It may be there is no definite time for meals, because they come whenever other tasks are not claiming attention. Perhaps the marketing is done when one is hungry, instead of systematically. The meals may be very unsatisfactory, consisting of the same sort of food again and again, because the menu have not been carefully planned for the day or the week. Macaroni, rice and potatoes at one meal are not very inviting, and become tiresome after three days, even though enriched by chocolate in junket and cake.

The Housekeeper an Executive

The housekeeper must be more than a drudge; she must be an executive, able to plan to advantage and to live up to her plans, to a reasonable extent. She must know which work comes from the necessities of life and which from the luxuries. Sometimes she must have the courage to choose only the necessities, and the judgment to adjust her plans to her conditions.

Where there is no maid and the laundry work is done at home, some such schedule as the following will be helpful:

- MONDAY—Putting the house in order. Baking, preparing Tuesday's meals. Mending clothes for the week, repairing stains, etc. Planning the week's marketing. Putting clothes to soak over night.
- TUESDAY—Wash-day. Folding dry towels and sheets and putting away.
- WEDNESDAY—Ironing.
- THURSDAY—Up-stairs sweeping. Changing beds and room linen. Sweeping of attic and putting in order on alternate weeks.
- FRIDAY—Down-stairs sweeping. Straightening dining-room closets and drawers. Cleaning silver. Care of cellar on alternate weeks.
- SATURDAY—Thorough cleaning of the refrigerator. Baking for Sunday. Cleaning kitchen closets, floors and stoves. Changing table linen for dinner.
- SUNDAY—Changing table linen for breakfast and tea. Resting from housework.
- GUESTS—Dinner on Monday or Saturday, or tea on Sunday evening.
- MARKETING—On "Market-days," or when the fresh vegetables are brought to the grocery or the door.

Simplifying the Guest Problem

Having guests on certain days simplifies the problem of entertaining. The best work is done when the feeling that he is "one of the family." Everyone is at his best, hospitality at its finest. Many a family has been robbed of its keenest pleasure because the mother insisted on such elaborate preparations for guests. Rather than see her slave in the way they have foregone the pleasure of asking a friend to a meal. Children should be allowed a certain number of guests per month. The pleasure will be remembered as long as they live.

Reducing the Hips—Simple Directions to Effect a Marked Improvement in the Figure

SEVERAL letters have come to me lately asking for directions to reduce hips which are too large.

It would be a very unusual case indeed in which the disproportionate size of the hips depended upon the frame-work of the bones. One can easily tell if such is the case by feeling through the flesh to get the outline of the bones. If the size is due to large and flaring hip bones, it is of course impossible to do anything toward reduction; but, as I have already intimated, such a condition would be well-nigh unique. The large hips due to accumulation of flesh can be remedied and should be, but it will require persistence and patience. Many who have large hips, indeed most, are fleshy and large in every part of the body, and especially about the waist; and in order to make themselves look smaller they draw the corset laces tight and the flesh is squeezed out below the corset, giving unsightly large hips, which are far more ugly than a large waist, as the bodily symmetry is destroyed.

Therefore, the next thing to do, after having determined the condition of the bony framework, is to see how much the enlargement of the hips is due to lacing or wearing tight corsets, and then it will be found that the problem is one of reducing the flesh about the waist, abdomen and the hips, for it is only in a few instances where the deposit of flesh is upon the hips alone, although there are a few such cases. If after this investigation you find that the large hips

Many housewives have a particular menu for company, varying it according to season. Where there is a maid the "company menu" simplifies matters very much if one insists on making a difference for company. It is much more sensible, and much more of a compliment to the guest, however, to merely increase the quantity of family fare.

If the laundry-work is done out of the house, the work will be lightened considerably, but there is the same need of systematic planning for the other work.

Tuesday Wash-day

Monday is the time-honored wash-day, but Tuesday seems better. If Sunday is "Home Day," as it should be, everything is pretty generally used and needs a going-over on Monday. The laundress is depleted, clothes need mending before going to the wash, and one needs a little time for rest. The stores can be examined, meals planned and the week's purchases listed.

On Tuesday there is a chance to choose between necessities and luxuries. "Washing is a necessity, ironing a luxury." So say some. Bed linen and towels must be washed, but not necessarily ironed. A little care in hanging up and smoothing when folding is all that is required, and the smell of pure air and sunshine is more agreeable to many than the odor of a hot iron on linen.

Anything that saves nerve force and uses brains instead will be part of the wise woman's equipment. The market is full of labor-saving utensils which are really excellent and should be in general use. There are washing machines which are practical, and bread-mixers worth using. Carpet-sweepers and fireless cookers have come to stay and, rightly used, will be a boon to hard-pressed housewives. Dustpans fitted with an upright wooden handle and a toy broom are worth more than their

cost in their saving of time and tired backs.

The assignment of a definite amount of time to definite tasks is worth considering. It is so very easy to dawdle without realizing the fact—taking forty-five minutes to do a thirty-minute task, handling an article three times when once is sufficient—in countless ways one wastes time. Many women believe in conscientious work and think that means long hours. Analyze a task, allow a certain time for each part, and decide whether too much is being given to that particular thing.

Another place where time may be saved is in the care of tools after use. For instance, fruit-jars should be cleaned as soon as the fruit is removed. Anything that is to be used again should be put away ready for instant use at any time. Soiled linen should be laundered on the first wash-day, soft old sheets and handkerchiefs should be put away clean. Staple articles of food should be stored in proper receptacles. When large enough, glass fruit-jars or screw-top glasses are best as the contents are air-tight, vermin-proof and easily seen. "Paper-bag housekeeping" is a waste of time and patience, as well as material. The articles most used should be nearest to hand and in the most convenient place. All worthless or unnecessary things should be discarded at once.

Method and System

Methodical, systematic housekeeping is the only salvation of the woman who must keep house unaided, or of the one who must direct others and wishes a happy, well-ordered home.

The very neatness is attractive and a constant incentive to continual effort. The only danger is that neatness, system and order may become the paramount things, imposing a hardship as great as that brought about by the lack of those qualities.

Flexibility and adjustment must go hand in hand with system and method. Sanity, common sense and intelligence must point the way in every undertaking, and one must have the courage of her convictions.

In every day's programme should be included a rest period. Snatch it whenever possible, but be sure to be absolutely alone, to relax the muscles completely, and to think of something pleasant. Ten minutes a day is priceless.

The difference between ideals and attainment is often discouraging, but every good workman is satisfied with nothing less than the very best. Plan for doing his work. There are never times when the ideal must be lowered.

The Problem of Entertaining

THE extremes of ostentation, extravagance and pretentiousness seem to have been reached in this country in

modern times. There has been what has been cleverly called an "overdose of luxury," which repels, rather than attracts, or satisfies, or pleases. It is to be hoped that the time is approaching, or is really close at hand, when a reaction will bring about a recognition that simplicity is dignified, well-bred, and makes for true happiness in life. People are beginning to realize that lavish display is vulgar. Even the most obtuse people see that there is something false about it, something wrong about the showy extravagance which overfeeds guests, or has too many flowers on a dinner table. Even the obtuse people discover that there is something missing from that sort of entertaining, and the something missing is the true spirit of hospitality.

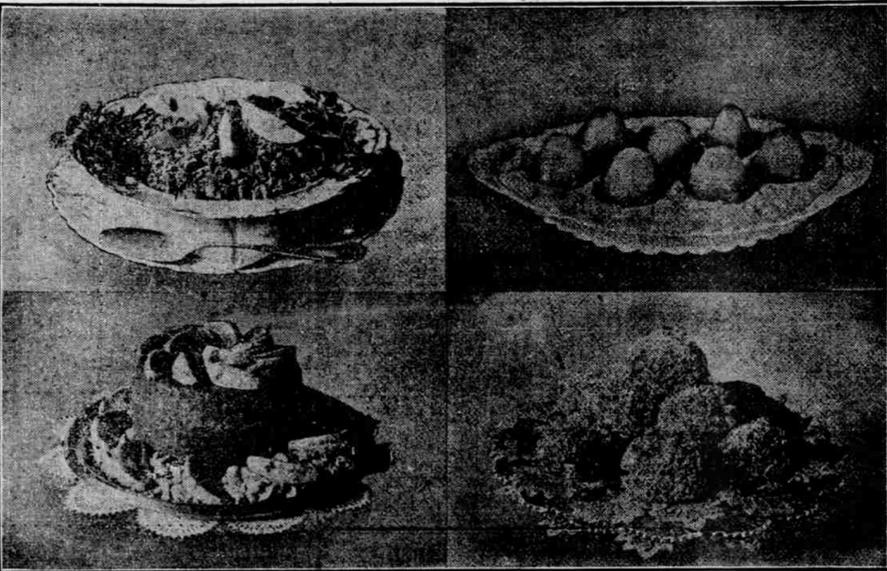
A hostess is not well-bred or hospitable who greets a guest negligently or with scant notice, looks over her guest's shoulder for the next arrival, and implies by her manner that she wishes everybody to hasten on to see the costliness of her house or the sumptuous feast which is offered.

To be truly hospitable is to be cordial to all who cross our threshold, to be neighborly, sociable, receiving our friends in heartfelt kindness, not looking for praise, or admiration or rewards; and always providing our best, although our best may be very simple.

It is a mistake to strain after effect, or to strive to find something very novel, very unusual, very different from others, or something by which to excel our neighbor who entertained last week. The search for the novel is a strain on a hostess, and unless she has plenty of executive ability, originality and experience it is never advisable to attempt innovations.

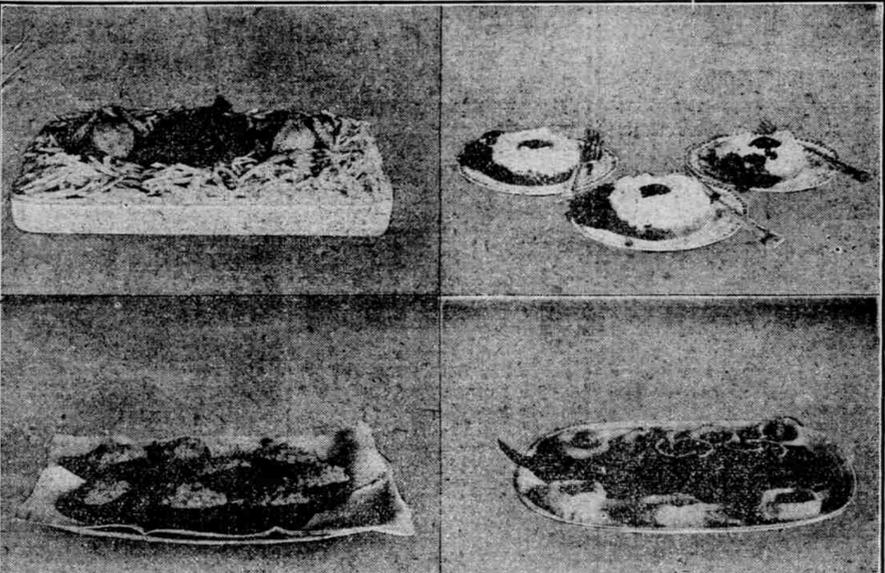
When inviting friends to one's house it is naturally to be supposed that it is for their pleasure. No effort should be spared which may contribute to their enjoyment. A warm welcome, a kindly greeting, a manner which shows that a hostess is sincerely glad to see her guests—these are some of the accomplishments that a hostess should try to learn. She may give the simplest little luncheon, the quietest little dinner, a card-party with the most inexpensive prizes, or she may do nothing more than invite a few friends in the afternoon for a cup of tea, and brew it and serve it herself, but if she is gracious, welcoming, winning in her manner, showing that she is fully compensated for any trouble she has taken by the pleasure of having her friends under her roof, they will enter into her spirit of good humor.

There will be a subtle influence which will make them happy, and at ease. Nothing is more enjoyable than a visit at the house of a popular hostess, who is at home informally always on a certain afternoon in the season, where guests arrive two or three at a time, and where one is sure to meet friends or perhaps some very interesting visiting stranger, have a pleasant chat and enjoy "the cup that cheers."



CREAMED EGGS
SPRING PUDDING

JELLIED EGGS
COCONUT BALLS



PLANKED BROILERS WITH POTATO STRAWS
STUFFED BAKED POTATOES

OX-EYES
BROILED FISH WITH "FAT RASCALS"

but there are times when it must be changed. This is true where there are children or illness. In either case the sensible thing to do is to consider which things are absolutely imperative, and then plan for the most efficient methods. The rest period should always be planned for. If any time remains for extras they might be given occasionally as treats.

The housekeeper should consider her assets and use them to the best advantage. One valuable asset in the case of young children is good habits. As soon as a child begins to do anything he should be taught at once how to do it. Children need not play over the entire house; they much prefer one particular room or part of a room. They are perfectly willing to put their toys away when through playing, if taught, and if given a closet for the purpose. Many a mother's slave and wastes time by tracking after children because she has not taken pains to train them to consideration and un-

selfishness. Of course they forget, but not all the time. Household duties can be planned to fit into the waking and sleeping hours of children, even though the programme seems unconventional. It is your task to manage your house well, and you must use the plan that seems best to you.

Illness means retrenchment along all the usual lines. Rooms should be cleared of all articles requiring unusual attention or likely to cause trouble to strangers or careless helpers. Those parts of the house not in general use might be closed. The laundry work of the patient should be attended to promptly; that of the family should be lessened. It is sensible to substitute paper napkins and a clean white oil-cloth for the regular table linen if one is overwhelmed with work and lack of help. The simplest and most nourishing food should be prepared for the family, and at such times the fireless cooker is invaluable.

Appetizing Dishes and How To Make Them

JELLIED EGGS
Fill empty egg shells with a blanc-mange, and when chilled break off the shells. Have ready liquid jelly made from one-half box of granulated gelatine soaked in one-fourth pint of cold water until softened; add one-half pint boiling water, one-half pint of sugar; stir until gelatine is dissolved; then add one-half pint orange juice and the juice of one large lemon. Strain through a cloth into egg cups or other individual molds until one-half full and then chill; then, with a teaspoon heated in hot water, form a cavity in the centre of

each cup large enough to allow a blanc-mange egg to stand upright; fill the mold with the jelly liquid, melting that removed from the cups also. Let stand in cold place to become firm. When ready to use, stand the molds in hot water until gelatine loosens from the sides, turn upside down on a chilled plate, and surround with whipped cream or a boiled custard sauce.

CREAMED EGGS
These are equally appetizing on toasted bread for breakfast or as luncheon or supper dish. Allow one

hard-boiled egg for each person to be served and one extra to garnish the top of the dish. Prepare a sauce by placing one rounded tablespoonful of butter in saucpan, and when melted quickly stir in two level tablespoonfuls of flour; when thoroughly blended add three-fourths pint of warm milk, stirring constantly until creamy; then add salt and pepper to suit, and the whites of the hard-boiled egg chopped coarsely. Pour into a hot dish, cover with the hard-boiled yolks, put through a ricer, and garnish with the other egg cut into lengthwise sections, watercress or green parsley.

MAITRE D'HOTEL BUTTER
Make a rich white sauce with half a pint of milk, one ounce of butter and a heaping teaspoonful of flour. Take from the fire and add one tablespoonful of scalded and chopped parsley, lemon juice, paprika, salt, nutmeg at discretion.

OX-EYES
A noted chef once said: "To the pale, through the eye, and this method of serving eggs will be found appetizing, dainty and delicious."

Cut rounds of bread, toast them to a pale brown, dip in hot milk, butter generously and place on a buttered baking-sheet. Separate the yolks and whites of as many eggs as there are rounds of toast. Add a pinch of salt to the whites, whip to a dry froth and pile high on each toast round. Make a depression in the centre, drop in a yolk, sprinkle with salt, pepper and a piquant table sauce, top with a "pea" of butter and run into a brisk oven to cook. Remove to small plates and garnish with parsley. This is also an excellent dish for an emergency luncheon when unexpected company appears and "the cupboard is bare."

Some Novelties in Lace Work—the New Braids and Stitches Shown This Spring

THE charm and value of real laces depend, outside of their beauty of design, upon the fact that they are hand-made, the time and skill required in the making placing them at a price that makes their purchase possible to a woman of means only. Good taste feels a prejudice against the palpably machine-made laces, so that between these two conditions many lovers of beautiful laces were prohibited from owning them. We all feel grateful to the ingenuity that thought a way out of the difficulty by giving us machine-woven braids, closely copying all the character of the hand-made and in this way providing to the worker's hand the very largest percentage of the work already done. The hand-made stitches that by holding the braid-shapes produce the design constitute a relatively small portion of the completed piece, but we have, when completed, what may be truthfully called hand-made lace at most moderate cost.

The collar and cuff set shown here is a particularly pretty design in Bruges lace. The filling-stitches may be readily copied from the illustration. For the more solidly filled spaces point Tuscan is used, and in the others finely worked button-hole bars with picots at their centres. Point Tuscan is worked back and forth across the space and consists of two button-hole stitches, with a short loop of thread left between, taken into each of the loops of the preceding row. The all-lace waist is a striking exam-

ple of a piece of work that, costing comparatively little for pattern and materials, has, when completed, a high money value. The stitches are all of the simplest description. The waist shown completely is made of the Princess and Duchess braids. The cost of materials will be even less if either the English or Renaissance braid (not illustrated) is used. Either of the latter braids will make a handsome waist, though not such fine lace as the Princess and Duchess braids. The arrangement of the braids is such that only the simplest stitches are necessary. Both the Princess and the Duch-



LACE NOVELTIES SHOWN IN NEW YORK SHOPS

Edith L. Mackay

BOILED ICING
Dissolve one cupful granulated sugar in one-fourth cupful of cold water; add a pinch of cream tartar; cook till syrup spins thread when dripped from a spoon; turn slowly on the white of one large egg beaten stiff and dry; flavor; beat until cold.

side to side and from opposite corners of the opening. The edging braid that completes both the yoke and collar is attached to the row above it by simple fagoting stitches. Neckpieces of this kind are very useful and generally becoming; they brighten up a waist, rendering a comparatively plain costume suitable for afternoon or simple evening wear. The yoke and collar may be attached to the waist, and made a permanent portion of the costume, or the yoke only may be joined, its upper edge finished with a narrow band, and the collar made detachable, as are most of the collars now, in fact it would be an excellent idea to have two collars to one yoke, used in this way, as it is the collar that soils more quickly and needs more frequent laundering. If attached as a part of the waist, both yoke and collar should be underlaid with one or more thicknesses of white chiffon or mousseline de soie.