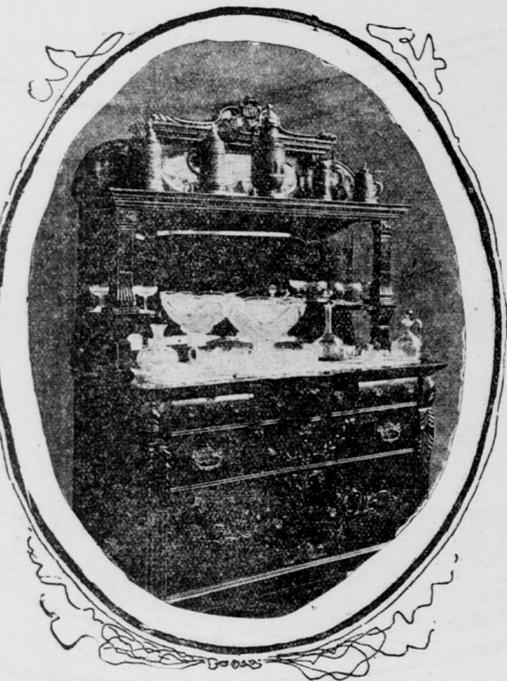


Valuable Items of Interest to the Practical Housekeeper

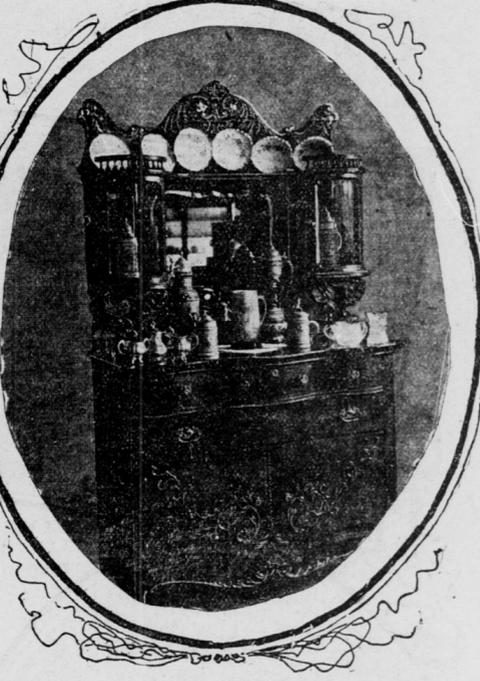
Good Cooking Brings Good Health.

CONDUCTED BY DEBORAH DEANE

Choice Receipts Well Worth Trying.



An Artistic Sideboard.



An Inviting Sideboard.

place on pieces of buttered toast and serve with melted butter.

FRIED SMELTS—Clean, dip in beaten egg and roll in cracker crumbs. Fry in very hot fat and serve with any sauce used for fish.

KIDNEY SAUTE—Brown an onion with a small piece of butter. Place the slices of kidney in the pan and allow to cook slowly. Season with a pint of red wine, salt and pepper and one cube of sugar. Cook until tender.

FRIED CHICKEN—Cut the chicken in small pieces, dip in flour and fry in hot pork fat. When the chicken is done make a gravy of two cups of milk, a large tablespoonful of flour, season with salt and pepper. Lay the pieces of chicken on toast and pour over all the gravy. Serve immediately.

TRIPPE COOKED WITH OYSTERS—Cut half a pound of tripe or as much as you need into small pieces. Place on stove, cover with water to which a tablespoonful of salt has been added. Cook for thirty minutes. Take out the pieces of tripe and add to the liquid, butter, salt and pepper. Thicken with flour. Put the tripe back, adding a dozen or more oysters, heat oysters through and serve.

BEF HASH—Use meat which has been left over. Chop fine and add half a cup of potatoes, one apple chopped fine. Season with butter, salt, pepper and a little minced celery. Serve on toast with a poached or fried egg.

MINCED HAM—Use cold boiled ham. Mince half a pound. Place in a frying pan and add half a cup of butter, a little water and some paprika. When hot place on pieces of toast, and if liked, serve with poached eggs.

BROILED VENISON—Either leave the sweetbreads; place in cold water for a few moments, then dry. Cut in long thin pieces, dip in melted butter or olive oil and broil a light brown. Serve with melted butter.

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pepper and plenty of butter. Place in oven a few moments and serve. VEAL CUTLETS FRIED—Salt and pepper the cutlet; dip in beaten egg and then cracker crumbs. Fry in hot fat, but fry slowly. BROILED KIDNEYS—Split the kidneys lengthwise, cover clear fire, broil with butter while cooking. When done pour over them melted butter and season with pepper and salt. To this list may be added: Chipped beef, codfish cooked in cream and ham and bacon. They are seen often on a breakfast table, while the preceding dishes are not.

Make Good Coffee.

How to make good coffee is one of the problems seldom solved in domestic life. The coffee belongs to the chincona family. The leaves are light-green and about five inches long. The flowers are white, very fragrant and grow in clusters. The fruit is at first green in color and then when ripening turns from green to red. The fruit contains two seeds, grown tight together. These seeds are the coffee beans.

Pure coffee freshly roasted, grind it or have it ground and mixed with that is if you like, the proper proportion of chicory. Keep the ground coffee in air-tight glass jars so that none of its flavor is lost. The addition of chicory is merely a matter of taste. Eight out of ten people dislike it and won't drink coffee which contains it. That is, if they know it. Pure Java or Java and Mocha mixed are the best coffees.

Now for the coffee pot. To those who like coffee made without an egg the old-fashioned filter pot is used. But I maintain and always will that coffee made without eggs has a different flavor. It is not so good. It lacks richness. So I use the plain, every-day coffee pot. For four people use a different cupful of coffee. Beat one egg and mix thoroughly with the coffee. Put in coffee pot adding two cups of cold water, and when it comes to a boil, then fill the pot with boiling water, allow to come to a boil once more, then set on back of stove and let coffee cups warm, pour in cold or hot cream as you like and then the coffee. Serve.

Just one more word. Be sure that the water used in making coffee is fresh. Never use water that has been boiled for any length of time. It makes coffee insipid.

Peach Desserts.

Peaches make delicious desserts if prepared carefully and served daintily. The following receipts are well worth trying, now that peaches are cheap.

PEACH COBBLER—Line a granite dripping-pan or other baking-pan with a rich crust—a crust too rich for biscuit and not rich enough for pie, pare and quarter some firm juicy peaches and stand them on end in the paste-lined pan, crowding them closely together and making a second layer if the pan be deep. To the parings add water and boil for ten minutes; strain, add sugar and boil again to the consistency of a thin syrup. Pour this syrup over the fruit, dot with butter and bake. Send to the table as baked, pinning a folded napkin around the sides of the pan. Serve with rich cream.

PEACH BETTY—Mix three cups of fine bread crumbs, one-half cup of granulated sugar, one heaping teaspoonful of powdered cinnamon and a dash of salt. Melt two generous tablespoonfuls of butter and stir in with the crumbs. Sprinkle a layer of these in the bottom of a deep pudding dish which has been well buttered, then add a layer of peeled and quartered peaches. Continue thus until the dish is full, having crumbs on top. This must be baked about forty minutes, keeping closely covered for half that time. Serve while hot with sweetened cream or rich milk.

PEACH PUDDING—One dozen ripe peaches, one pint of cream, one cupful of bread crumbs, one-half cupful of sugar, one wineglassful of white wine and four eggs. Heat the cream, pour over the crumbs and soak for two hours. Beat the yolks of the eggs with the sugar, add the moistened crumbs and cream, and beat again; strain in the peaches mashed to a pulp and the wine, and just before baking add the whites beaten to a stiff froth. Line the baking pan with pastry if preferred, or bake the pudding without it. Serve with cream.

BAKED PEACHES—Wash and wipe nice ripe peaches, place in a shallow baking dish with just enough water to prevent them sticking, sprinkle with sugar, bits of butter and grated nutmeg. To be eaten warm as a vegetable.

PEACH TRIFLE—Pare, quarter and

sugar the peaches, putting them in a serving dish and chilling in the ice box. Before serving heap with whipped cream.

FROZEN PEACHES—Mash twelve or fourteen peaches to a pulp, add one pint each of sugar and water; mix well and freeze. At frozen mixtures are better if allowed to stand three or four hours before using.

PEACH CUSTARD—One tablespoonful of cornstarch, one and a half pints of milk, half a cup of sugar, one teaspoonful of butter, yolks of two eggs. When custard has cooked thick and creamy set it aside to cool. Peel half a dozen large peaches, cut in small pieces and add them to the cold custard. Beat the whites of two eggs to a stiff froth, sweeten generously, add two tablespoonfuls of finely minced peaches, spread over the custard and serve at once.

FRIED PEACH CREAM—Place one pint of milk in a double boiler. Beat together two eggs, add a good half cup of sugar and beat again, then add one spoonful of flour, two spoonfuls of cornstarch, a pinch of salt, all mixed to a paste with a little cold milk. Stir this into the boiling milk with a large cup of finely chopped peaches. Let cook about fifteen minutes and pour in a shallow greased pan. Just what you want powdered sugar before sending to table.

PEACH PUDDING—One cup of sugar, one-half cup of butter, two eggs, one-half cup of milk, one-half cup of baking powder. This should be spread over a broad, shallow pan. On top of this batter place peaches, halved, peeled and seeded, in the hollows put sugar, a bit of butter and a drop of vanilla. Bake and eat warm with milk.

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Sweet Pickles.

THE PICKLE—Mix one teaspoonful each of allspice, green ginger and cinnamon; half a teaspoonful of nutmeg and

The Midday Siesta

By Marion Harland

The word comes to us from the Spanish, and is defined by our English lexicographers as "a short midday nap." The deeper root is in the Latin *sesum*. "to sit," or *sessure*, "to sit long." It is a composite of the definitions that shall cover what the siesta should mean and be:

"A pause in the day's occupations" that shall knit up at least the cuff of the raveled sleeve of care; a breathing spell half way up the long hill of daily toil, a loosening of the tension of the human machine, an interim between forenoon and afternoon, devoted honestly, openly and religiously to rest, pure and simple.

To do nothing consciously and deliberately for an hour, or for half that time, is an impropriety in the sight of our average housewife, a misdemeanor in the estimation of her busy husband. He may whittle a stick and she twiddle her thumbs while gossiping with a neighbor for half as long again without offense to conscience. Not one in five hundred of either sex has the moral courage to say: "I make it a rule to get an hour's clear rest after luncheon (or dinner) every day, and I miss it sadly when I do not have it."

A woman upon whom I was urging the siesta as a work of necessity and mercy told me that she was "opposed upon principle to forming any habit the interruption of which would make her uncomfortable."

"If I take a rest at a certain hour every day I should be sleepy always at that hour, and sometimes that would be inconvenient, you know."

I retorted that the same objection applied to the formation of any habit, such, for instance, as eating one's luncheon or taking a daily bath, or a brisk constitutional, or combing the hair, or brushing the teeth.

I remarked, moreover, in my haste, what I beg leave to repeat here at my leisure—that, in my opinion, not one of the practices I enumerated was more essential to my health of mind and body than the midday rest hour. Were I a dictator I would enjoin it by law, and enforce it by the constabulary.

It should be a penal offense to do any work of whatever description between the hours of 2 and 3 in the afternoon, and each man, woman and child should rest apart from the other members of the household. And after this manner should the sanitary season be spent.

Dealing with the house mother, as the one most in need of this type of life preserver, and the one whose example would be most surely followed by the rest: She must retire to her room and let down her hair, exchange her dress for a loose wrapper, when she has removed her stays; don a pair of loose slippers, disengage herself as luxuriously as possible upon bed, lounge or reclining chair, and think of nothing, so far as in her lies, for the full number of minutes prescribed by law. If she cannot make a vacuum of her mind, let her read in moderation the lightest novel she can lay her hands upon without exerting herself to look for it. She should empty her mind of care, turning it upside down to drain out the dregs. For the next hour she should belong entirely to herself, and have no earthly concern except to relax physical, mental and moral muscles. If the light fiction should interest her to the extent of making her care "what comes next in the story" it should be laid by as unfit for the purpose she has in hand. Presently she will grow drowsy; the book will slide from the lax fingers, the eyelids close, and sleep—that blessed thing.

Beloved from pole to pole—carry on the good work to fulfillment. Leaving Utopia and theory, I would observe that the length of the slumber—the genuine "nap"—is not so important as the reality of the loss of consciousness. Ten minutes will as surely loosen the invisible screw at the base of the brain as an hour.

The busiest literary woman I know ascribes the sustained vigor of bodily and mental powers that enables her to work at sixty as earnestly and happily as at forty to the siesta never intermitted, except under the stress of necessity, for thirty-five years.

"I seldom really sleep a quarter of an hour," she says. "Sometimes I only lose myself for five minutes and awake, made over. Then I have a rapid bath, dress and am good for another half day's work."

She has condensed the life giving secret into two words, "Lose myself."

cloves; put them in an earthen jar and pour in one quart of boiling horseradish. Cover and let stand two or three days. Stir often. After the third day strain, allow to settle and strain again. Place on the stove, add four pounds of sugar and cook until scum ceases to rise. Use to pickle the following fruits: PICKLED PEACHES—Peel the fruit and steam fifteen minutes. Then boil in the pickle for a few moments; set away to cool and repeat the next day. Fill jars with them, seal and put away.

TOMATOES PICKLED—Use medium sized, firm tomatoes. Scald and skin them. Place them in a large steamer and cook twenty minutes; drop them in the pickle and cook from ten to twelve minutes. Pack in earthen jars and cover with the pickle.

PICKLED PEACHES—Scald and skin the peaches. Bring the pickle to a boil and turn in the peaches. Boil six minutes, pour off the pickle and boil it five minutes, then pack the peaches in a jar and cover with the pickle, seal and put away.

PICKLED BLACKBERRIES—Bring the pickle to a boil, add the berries and cook slowly for fifteen minutes. Put in glasses and set away. Blackberries pickled in this way are very nice to eat with mutton.

PICKLED APPLES—Crab apples are best, though the large everyday apples may be used. If crab apples are used wash them and boil until they are tender. Boil the pickle and pour it over the apples. Allow to stand a day and then repeat. After the second boiling of the pickle place the fruit in jars and seal.

If after a few weeks or months the pickles be covered with mold, strain off the juice and boil, adding enough fresh pickle to cover the fruit. Sometimes the most carefully put up fruit proves a failure. There is no telling why; it simply does. As a rule the only remedy is re-cooking and immediate use.

The latest Government census in India showed 6,916,759 girls between five and nine years of age who were already married, of whom 120,000 had become widows.

SUPERFLUOUS HAIR

Is removed by DR. and MRS. A. W. TRAVERSE, Donohoe building, 170 Market st., cor. Taylor, room 2-22, with the electric needle, without pain or scar. Moles, warts, wrinkles, blackheads, freckles, birthmarks, etc., also removed. Permanency guaranteed. Hours, 1 to 4 p. m.

LOIE FULLER Uses the best skin food and tissue builder, BRAHMAN TOILET CREAM.

Confidential Maids

By Marion Harland

Two-thirds of the scandals that poison the social atmosphere steal out, like pestilential fogs, through servants' gossip. We discuss "the girl" in our bed chambers, and, if so much stirred up by her works and ways as to forget what is due to our ladyhood, compare notes in the parlor as to these same works and ways. Being well-bred women, the traditions of our caste prevent us from making domestic grievances the staple of drawing room conversation and the marrow of table talk. The electroplated vulgarian never calls attention more emphatically to the absence of the "sterling" stamp upon her breeding than when she chatters habitually of the virtues and the faults of her household staff.

On the other hand the most sophisticated of us would be amazed and confounded if she knew what a conspicuous part the generic "she" plays in talk below stairs and on afternoons and evenings "out."

The prince of satirists puts it cleverly: "Some people ought to have mutes for servants in Vanity Fair—mutes who could not write. If you are guilty—tremble! That fellow behind your chair may be a janissary with a bowstring in his plush breeches pocket. If you are not guilty, have a care of appearances, which are as ruinous as guilt."

We should be neither shocked nor confounded that these things are so. If we are mildly surprised it argues ignorance of human nature and of the general likeness of one human creature to another that proves the whole world kin. When mistresses in Parisian toilets, clinking gold spoons against Dresden as they slip Bohem in boudoir or drawing room, raise their eyebrows or laugh musically over the latest bit of social carrion of "our set," Jeames or Abigail, who has caught a whiff at a door ajar or through a key-hole, is the less sinner in serving up the story in the kitchen cabinet. The domestics are in, yet not of, the employer's world, living for six and a half days of the week among people with whom they

have no affinity by nature or education. Where we would talk of "things" the lower classes discuss what they name "folks." Their range of thought is pitifully narrow; the happenings in their social life are few and tame. What wonder if they retail what we say and do and are, as sayings, doings and characters appear to them?

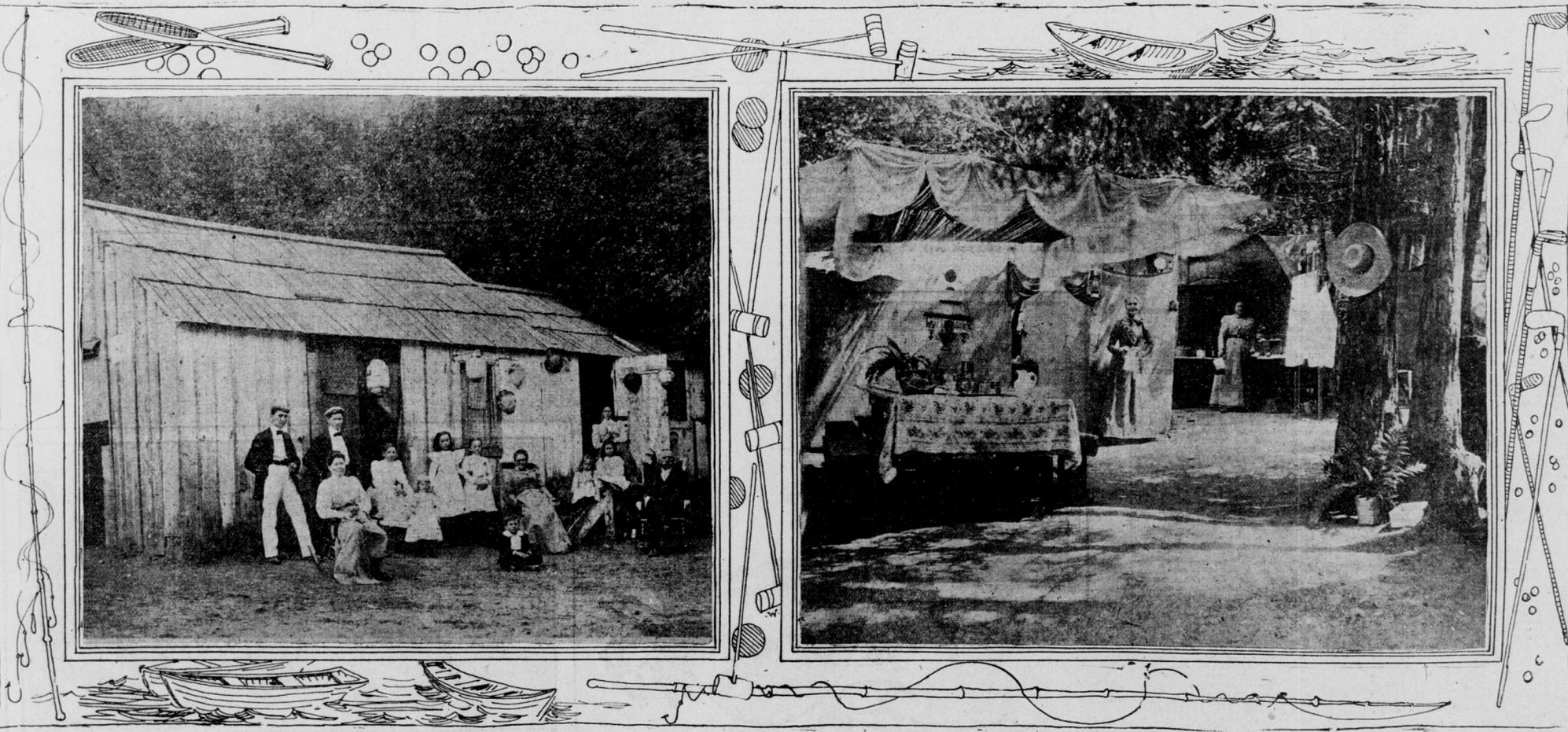
What would be extraordinary if it were not so common is the opportunity gratuitously afforded in—we will say guardedly—one family out of three for the collection of material for these sensations of the nether story. I speak by the card in asserting that the influence gained by the confidential maid over her well born, well maintained, well educated mistress is greater than that possessed by any friend in the (alleged) superior's proper circle of acquaintances.

Without taxing memory I can tell off on my fingers ten gentilewomen in every other sense of the word whose intimate confidantes are hirelings who were strangers until they entered the employ of their respective mistresses (?). Our next door neighbors on both sides and the acquaintances across the way are in like bondage.

One has in mind one of the best and most refined women I ever knew, whose infatuation for her incomparable Martha was the laughing stock of some, the surprise and grief of others. Martha disputed the dear soul's will, oft and again; gave more advice than she took and behind her back, ridiculed her unparagonably as many of the mistress's friends were aware. The dupe would have resigned the affection and society of one and all of her confidantes sooner than part with Martha.

Another "just could not live without my Mary." The remote suggestion throws her into a paroxysm of distress. Her own husband knows it to be necessary to warn her not to tell this and that business or family secret to Mary, knowing the white in his sad soul, the accents to be against her keeping her promise not to share it with her factotum. Ellen is the bosom friend of a third; Bridget is the right hand, the counselor and colleague of a fourth. A fifth confides to her second rate associates that her father's Fanny knows as much of family histories (and there are histories in the class as she does, and that she-the miscalled mistress—takes no step of importance without consulting her.

HOME COMFORTS IN CALIFORNIA CAMP LIFE



The above are from camp scenes at Larkspur, where the season has just closed. The kitchen and dining-room scenes show a degree of comfort and convenience excelled only in the best of city homes, while "the mansion" has all the comforts of home except gas. The term "camping out" usually suggests all sorts of discomforts contingent upon roughing it in the open. These pictures, however, demonstrate that at Larkspur the advantages of outdoor life were combined with those of a city home.