

SCHOOL FOR HOUSEWIVES

BY MARION HARLAND

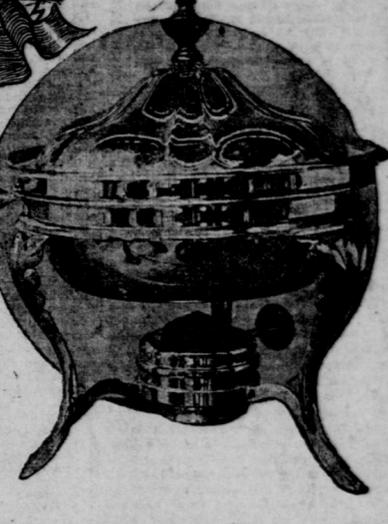
A FAMILY BASKET PICNIC



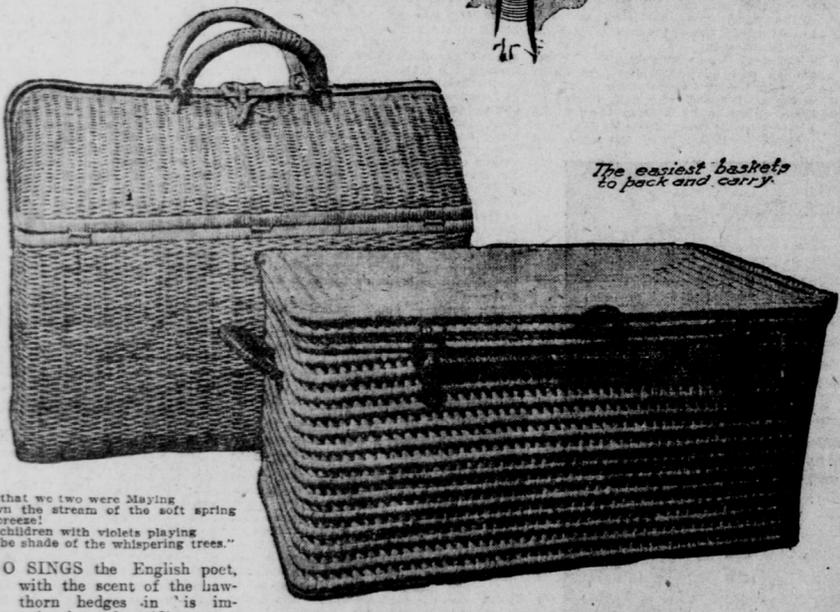
Table covers, as well as cloths, are made of tissue paper



For the one hot dish



MENUS AND RECIPES
SENT BY WESTERN
CONTRIBUTOR
MEALS FOR A DAY



The easiest baskets to pack and carry

"Oh! that we two were Maying
Down the stream of the soft spring
breeze!
Like children with violets playing
In the shade of the whispering trees."

SO SINGS the English poet, with the scent of the Hawthorn hedges in 'is imagination—the stifling, roaring town oppressing his senses. The perpetual miracle of spring-time awakens in people who talk, write and live prose, unuttered longings for country sounds, country sights and country smells. As a nation we Americans are just learning to spell vacation, after the Squeersian fashion. And when we, too, "know this out of book, we go and do it"—or we think we do. To nine hundred and ninety-seven out of every thousand, "vacation" means a dead stop in the routine of our daily living, for one, two or four weeks in the hottest season of the year, and "going somewhere." If that daily living be very plain as to externals and monotonous as to mental exercises, the "outing" is probably the gayest "resort" of which the pleasure-seeker has any knowledge. There he or she carries, an unconsidered looker-on, as long as the money allotted for leisure holds out. Then—back into harness for another eleven months and a half!

family picnic may not commend itself, unless they are caught young by the attractions of what I shall try, to the best of my humble ability, to set before flat-dweller and cottager as a delight within the reach of the poor in purse and reasonable in desire. Saturday is the most approved day for family excursions, if the occasion has been foreseen and provided for. If the father be his own master, he can pack and accommodate work to leave part of the day free. The mother can do the same. The hardest student among the children has what the much-courted "Patience" stipulated for—"the usual half-holiday."

AN UNCONVENTIONAL FAMILY
Throwing American traditions to the winds, and forgetting Poor Richard for six hours, set forth with the unconventional family after a 12 o'clock luncheon, for the actual country by the shortest route. Each of the party, the westest not excepted, has a basket or a paper box. The eldest boy or biggest girl has also a shawl strap, the purport of which will be discovered by and by. The destination of the happy crew, decided upon weeks ago, is a secluded grove or shady meadow so near town that little time is lost in reaching it. There must be grass, and wild flowers grow in the grass; trees and birds and squirrels haunt the branches. Water within easy distance is an absolute necessity. Whatever else was left at home, be sure a box of fish-hooks and a coil of twine form a part of each boy's outfit. If an unwary shiner or a brainless perch reward three hours' patient fishing, it will be eviscerated, stuck on a stick and crisped in the smoke of the camp-fire kindled upon the edge of the picnic grounds.

Mamma has brought the magazine she had no time to read at home. The shawl is taken from the strap and spread upon the softest turf where a treebole will support her back; papa stretches his lazy length of limb upon the ground near her, and his head supported by his crossed arms, looks up through green boughs at the blue sky and thinks (consciously) of nothing.

WHOLESALE ENJOYMENT
Reflect for a moment what it is for an American-born business man to think of nothing, with the open heavens above him, sweet air wandering over him, the chirp of free birds and the laughter of his joyous children in his ear! He is not making money for that hour, but he is

laying in health and happiness, with a store of pleasant memories for the busy weeks beyond the half holiday.

The children spread the cloth, which was the nucleus of the strapped bundle. Supervised by the mother, they unpack and arrange upon the cloth the contents of boxes and baskets—sandwiches, cakes, hard-boiled eggs, fruit and bonbons, chatting like magpies as they bustle over the pleasing task. There are bottles of milk and lemonade, and for the parents, ginger ale, all cooled in the shade of the brook, or in the spring.

A little later in the season there will be berries and gayer wild flowers than the "Innocents," anemones and wood violets, withering in the hot and grimy little hands that bear them homeward as the sun touches the tops of the trees. And yet later, nuts in hedge-row and wood, and wild apples to be had for the climbing and picking, and

"On the hill the golden rod,
And the aster in the wood,
And the yellow sunflower by the brook."

Always there will be wholesome enjoyment, the simple delights—exquisite as simple—of face-to-face communion with nature. The blessed old mother takes young and old lovingly to her bosom; now, as in the very oldest days of myth and parable, we, too, arise refreshed from contact with her teeming heart—the same now and for all time. Our next talk will be upon THE NEIGHBORHOOD PICNIC, with directions for the conduct of the same, including recipes for portable delicacies.

Chicken Salad

ONE of the recipes most often asked for by readers of this page is "chicken salad." Here is one sent in by a New England contributor which has all the earmarks of being tried and true:
One of the best ways of making chicken salad is to boil the fowls slowly in rich chicken stock until tender, then let them remain in it until quite cold, which will prevent the meat from becoming too dry. Separate the meat nicely and cut into pieces about one-quarter inch square. Use only white and tender pieces of celery, cut into much smaller pieces than the chicken. One-half chicken to one-half celery is a good proportion, but that is largely a matter of taste. If a rich salad is wanted, mix a little thin mayonnaise with the chicken, and set away to get very cold. When ready, serve on a cold platter, with crisp and tender lettuce leaves. Garnishings of hard-boiled eggs, pickled beets, stoned olives and capers may be used—separately seem to be the neater way—but if preferred, they may be served on the same platter with the salad. Little davoring will be needed with this salad, as boiling in the favored stock is sufficient.
M. E. B. (Coimister, Mass.)

Sour Milk for Ink Stains

I DO hope I can help "E. E." get the "ink out." Last summer my own little daughter tipped over an ink bottle on a "brand new" red percale dress. Her heart was broken! We tried sweet milk with little result, and then I had an inspiration—and a quart of thick sour milk. I put it—the ink spot—to soak in one pint, which in the course of a few hours, was black; then soaked it again in the remaining pint, which removed every sign of ink and left the color as bright as ever. I do want so much to write a letter to that "empty drawer" for I am an interested mother of four, and should have loved to have six or eight. My children have been the best paying investment I ever made, to put it selfishly. To me they are the best "worth while" of anything I know. Some time I am going to send some original recipes made by my husband, who has a fad for cooking and has made some things that are fine.
K. S. H. (Chicago)

THIS IS THE SORT OF LETTER that warms the "verra cookies of the heart," as our Scotsman say. I thank the whole-souled woman for her cordial endorsement of my oft-repeated assertion that no other investment pays as children recompense parents for what they have cost them. Each pays for itself with the first cry that greets the mother's ears, and from that hour goes on rolling up and compounding interest. "Children are a heritage from the Lord"—"Happy is the man who has his quiver full of them"—are inspired deliverances that never lose force and beauty. By all means, let us have John's "original recipes."

A Recipe Asked For

WOULD you kindly publish, if convenient, a recipe for making honeycomb candy? It is similar to cream candy, but is very brittle and delicate. I will greatly appreciate any information as to the same.
READER

I FANCY IT IS MADE LIKE SUGAR candy, but it is pulled white after being stirred after cooking. Stirring disposes it to granulation and also to brittleness.
Will some one let us have the exact recipe?

To Remove Oil Spots

WALL you please tell me through your column how to remove a spot made by sweet oil from an ingrain rug?
And in return for the very useful hints I have obtained from your department I send a recipe for a very good cake requiring but one egg, one cup of sugar, one egg, one cup of sweet milk, two teaspoonfuls of baking powder, and two cups of flour. I find it better to use just a little more flour.
Mrs. J. E. N. (Maywood, Ill.)

HAVING ACCEPTED PAYMENT IN advance, I commend you, first, to wash out the dust from the grease spot with warm water, mixed with household ammonia;—cover the spot with a paste of fuller's earth and water—quite stiff. Cover with paper, and

Polish That Cleans

I SHOULD like to ask you what I could use to polish my oak furniture that would clean it at the same time. Soap and water takes the polish off, and linseed oil, the color stays with it so long.
A. B. H. (Missouri)

AN EXCELLENT POLISH FOR furniture is crude linseed oil, two parts; spirits of turpentine, one part, adding a tablespoonful of salt to each gallon of the mixture. Shake into an "emulsion," apply with a soft flannel cloth. Leave it on for an hour, before polishing with charcolis skin. The smell leaves it in a few hours.

Begin Dinner With Soup

DO YOU always serve soup at dinner, and how many vegetables should be served?
2. Is it permissible at an ordinary luncheon to place the dessert upon the table with the rest of the meal, or should it be served separately?
3. When friends are visiting one what additions, if any, should be made to the family menu?
LEARNER (Colorado)

A WITTY EPIQUEUR HAS CALLED a dinner without soup "an acrophalous meal." That is, one lacking a head. When you can do it conveniently, begin the family dinner with a soup, and study to make it good. Instipid washes, looking and tasting like dishwater, distend the stomach and discourage digestion with appetite. Soup, two vegetable, meat or fish, with a sweet dish or fruit, followed by a small cup of black coffee, make a respectable family dinner.
4. The actual presence of the sweet course takes the edge from the appetite. And even if you are your own waitress, the table should be cleared and crumbed after meat and vegetables have been removed.

A Famous Nursery Prescription
MY CASE is briefly this: An apparently healthy child was taken suddenly with rheumatism of the joints; a long critical illness ensued, attended with wreck of the nervous system, so that he has bordered on St. Vitus' dance ever since. The worst feature is that the valves of the heart leak, the rheumatism having thickened them, I am told. We have had many eminent physicians, but they all tell me there is nothing, absolutely nothing, I can do for the heart; that medicine, surgery and electricity are of no avail.
The child is growing and developing rapidly, but he is very pale, has no strength, and a shortness of breath that do not like to hear. He is exceedingly nervous and active, and does not sleep very well, but has good appetite. He is now 11. It is four years since his illness. I see no more tendency to rheumatism, but the doctors are all very

discouraging about the heart. I cannot but feel that there must be help somewhere, somehow, for this. It is not in me to give up. Can any of you help me? Can you tell me the treatment which has done the little tuberculosis children so much good? It might help me, and you. ALORA (Joliet, Ill.)

IF YOU SEND ME STAMPED AND directed envelope, I will tell you of the treatment that cured the children in question. It might assist nature in restoring your boy to health. His case is not so uncommon as you may imagine. Don't think me a "fresh-air crank," when I remind you that growing children need oxygen as imparted in the natural way far more than they need drugs. Plenty of sleep, plenty of milk and plenty of flannel," was the famous nursery prescription of a great specialist. Add abundance of pure air by day and by night, simple, wholesome food and regular—not violent—exercise, and you have the best regimen that science can offer. Hundreds of other children have been accredited and cured. Many keep a pig, which, when killed and properly taken care of, will supply an ordinary family with lard, bacon, ham, sausage and fresh pork. I have taken it for granted that all such housekeepers have made the most of their opportunities, have canned and dried vegetables and fruit in season, and have also packed several dozen eggs for winter use. We will go no further than pantry, chicken yard and cellar, to find the means of securing abundance, in either canned or cellar stored; all vegetables the same, and all meat, butter, eggs, milk and cream, fresh. The plentiful sauce will be found beneficial at this time of year.
For the halved brown potatoes, boil potatoes in their jackets the day previous to using, peel, cut in halves and brown in bacon drippings.
FOLIA SALAD—Six cold boiled potatoes, three hard-boiled eggs, one onion, one head of cauliflower, one bunch of salt, dash of pepper, one tablespoonful of prepared mustard, and tosse all together lightly with one-half cup of sweet cream. This is delicious.
For the succotash use one cup of home-dried corn and one cup of beans soaked and cooked.
CURRIED RULLS—Use any good baking powder biscuit recipe, adding just before mixing one-half cup of well-cleaned currants. Roll to one-half inch thickness, spread with butter, sugar and cinnamon. Roll up, cut in thin rounds and bake a light brown.
DUCHESS SOUP—Place one quart of milk in a double boiler on stove. Add one slice each of onion and carrot. Stir gently one-half hour. Strain, return to fire and add one tablespoonful of butter blended with one tablespoonful of flour, one-half teaspoonful of salt and dash of pepper. Cook just a minute, remove from fire and pour over one well-beaten egg. Serve at once. Easily prepared and very nutritious.
PRUNE TAPIOCA—Soak twelve large prunes in three cups of water for a day. Drain from water, slip out stones and cut the prunes in halves. To the water add one-half cup minute tapioca. Place on stove and cook until clear, add about half cup of sugar and juice of one-quarter lemon. Remove from fire, add prunes and cook until clear.
To be eaten cold with cream, either plain or whipped.
Original and very dainty.
Mrs. F. W. D. (Wyoming, Ill.)

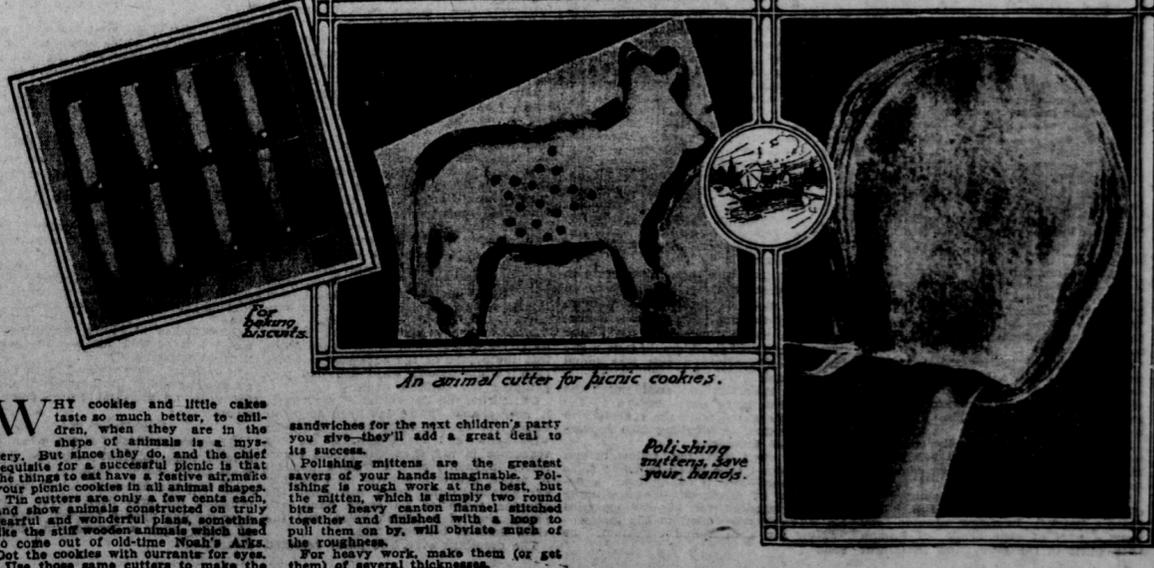
Government Whitewash

IN RETURN for the many helpful suggestions which you have given me, I enclose recipe for government whitewash, for which you made a request:
Sift half a bushel of lime with boiling water. Cover to keep in steam; strain through a fine sieve or strainer, and add to it one peck of salt, previously dissolved in warm water; three pounds of ground rice, boiled to a thin paste and stirred in while hot; half a pound of Spanish whiting and one of glue, previously dissolved by soaking in cold water, then hanging over a slow fire in a small pot, hung in a larger one filled with water. Add five gallons of hot water to the mixture, stir well and let it stand a few days, covered. It should be applied hot.
A pint of this mixture properly applied will cover one square yard. Color matter can be added as follows:
For cream, add yellow ochre; for fawn, add, proportionately, four pounds of umber to one of Indian red and one pound of common lamp black; for stone color, add, proportionately, four pounds of raw umber to two of lamp black.
MRE. C. R. H. (Ohio)

Dining Table Marred

IHAVE a beautiful dining table, very highly polished. The pad I used was not quite thick enough, for several hot dishes have left marks upon it. They are not rough or deep, and unless you look across the table you cannot see them. For instance, if you were standing on one side of the room and looked across the table, you can see plainly where dishes have been placed. I feel very bad about it, and am anxious to know what to do to remove them. I shall look anxiously for an answer when my turn comes. Mrs. C. (New York)

BUY CARPHORATED OIL, such as druggists keep for children's sore throats; write out a soft flannel cloth in it, and rub the marks well and long. Polish with charcolis skin when the oil has been on the table for an hour, blending the spots with the surrounding surface.



An animal cutter for picnic cookies.

WHATY cookies and little cakes taste so much better, to children, when they are in the shape of animals is a mystery, but since they do, and the chief requisite for a successful picnic is that the things to eat have a festive air, make your picnic cookies in all animal shapes. The mittens, which is simply two round bits of heavy cotton flannel stitched together and finished with a loop to pull them on by, will obviate much of the roughness.
For heavy work make them (or get them) of several thicknesses.

Polishing mittens, save your hands.
Polishing mittens are the greatest savers of your hands imaginable. Polishing is rough work at the best, but the mittens, which is simply two round bits of heavy cotton flannel stitched together and finished with a loop to pull them on by, will obviate much of the roughness.
For heavy work make them (or get them) of several thicknesses.