Woman's World.

Dress and Character.

Specially Prepared for Our Feminine Readers.

A LA MODE.

My Polly glories in each smile
That fashion on attire bestows,
And flies to each extreme of style
In coiffure, dress and even pose.

The fairy folk in times of old
Were changed by Magic's wondrous wand;
She for new guises manifold
Adopts each model in "Le Monde."

So though my very age bespeaks
Discretion, yet my staid brain whirls—
I think that in as many weeks
I've been engaged to fifteen girls!
—Annette Schuyler Harrison in Smart Set.

RICHES AND COMPLEXION.

Women Who Spend a Thousand Dollars a Year For It.

A thousand dollars a year for a complexion!

Would you believe there are women in Chicago, wives of wealthy residents and leaders in the foremost social circles, who pay out this amount annually for preparations and treatment calculated to preserve and create a beautiful face?

To the woman whose complexion remedy consists of one bar of soap, and who confines her beauty culture to a liberaly daily application of this soap floated upon the top of a basin of pure water or spread across the surface of a crash wash cloth, with perhaps the luxurious addition of a small bottle of unadulterated glycerin during the winter months, when sharp winds bite and chap, it seems incredible that such a princely sum could be expended upon the complexion.

Yet in Chicago women are to be found who value their complexions not one whit less than the $1,000 mark and who do not hesitate to draw on their husband's exchequer to the full extent of their convictions. Of course, the thousand dollar complexion is not encountered with great frequency during daily walks along State street, and every pretty woman in Chicago is not so deeply indebted for her beautiful face, but in the ball rooms of the smart set, where the wealthy and daughters of the wealthy congregate, where men dwell on beauty and feast their eyes upon a fresh, roseate complexion, these dearly bought faces are not so uncommon.

EASY FOR THE SPECIALIST.

A woman's chief pride lies in her complexion. Wealthy women, perhaps more than those occupying less conspicuous stations, realize that their most priceless gift is a beautiful face. The attractive woman is aware of this fact, because she is attractive and because she sees in the mirror of her dressing table a vision of what she desires more than any other one thing on earth—graceful, fascinating lines of expression, and a clear, fresh, bewitching complexion. The less fortunate woman, the one whose face is not attractive and whose complexion is not what she wishes it might be, knows that beauty is a princely endowment through a mental calculation of acute envy. And so the complexion specialist profits both ways. The woman with the beautiful complexion pursues a course of retention, while her sister seeks to obtain that which she has not.

Thus it is that many a Chicago woman's face costs annually more than a good many men who support families receive in their pay envelopes during twelve months of service. The requirements of a woman who gives much of her time and considerable of her money to "beauty preparation" and of the one who seeks by artificial means to attain an equal standard of beauty come high. There are a thousand and one preparations and lotions included in their list of toilet articles and all of them cost money. The fact of the matter is that a wealthy woman feels justified in resorting to almost any art or device or in appreaching any reasonable expenditure to keep her complexion in as perfect a condition as possible.

TRIFLES THAT MOUNT UP.

When reckoning the annual cost of a good complexion that is maintained or secured through artificial means the calculation becomes a matter of trifles—for it is these trifles that go to make up a total that would stagger any man of ordinary financial standing. No woman goes to her specialist and hands over a thousand-dollar bill on Jan. 1 with the admonition that she expects beauty within the year. She hands out her money a few dollars at a time.

Sometimes she gets a two ounce tablet for a dollar, or a contracted cake of soap for which she pays another dollar, or a complexion wash to keep the skin velvety and free from blemishes which is considered cheap at $1.50. Then, again, her money goes for some other condensed package or phial from which the elixir of beauty is expected to spring.

COST OF BEAUTIFIERS.

There is really no end to the remedies women adopt to preserve and beautify their complexions. Columns could be consumed in enumerating them, yet a fair estimate of the amount of "complexion money" expended by a fairly active woman in the quest for beauty can be arrived at.

First of all, she must have at least two cakes of complexion soap every week, and she usually pays $1 for each cake. Then the next indispensable preparation is a complexion wash, and no woman who really desires a good complexion would think of even attempting to skimp along with less than two bottles of this for every seven days. Herein lies another expediture of $3. This is but the beginning of her needs. She must have beauty soap, which she would not dream of paying less than $1 a cake for; elixir of beauty, not to be touched for any consideration less than $1; skin food, put up in packages that command $1.50 each; superfluous hair remover, which, though a luxury at $5 a bottle, is at the same time a necessity; various lotions, not to be had for a mere song; skin whitener, at $1 a box, and complexion cream, for $1.50.

This outlay is startling, but it is only a mild beginning. Next come the commoner artificial agents of beauty. She uses several gallons of alcohol during the year for bathing purposes, and has a conspicuous array of flesh brushes. In summer she must have a preparation to protect her skin from the evil effects of the sun, and the sharp winds of winter call for something more. Her list also includes a dozen or more bottles of a preparation for mixing with the toilet water in which she washes and bathes. If she is annoyed by freckles she is placed at additional expense, for the complexion doctor has anticipated this annoyance and is prepared to meet it for $1.50 per application.

HARVEST FOR MASSEURS.

After the complexion loving woman has exhausted every means of contributing to her own beauty she has the masseur to fall back upon, and in this way she manages to get rid of a good deal of her annuity of complexion money. She is treated for wrinkles and flabby flesh, double chin, crow's feet under the eyes, lines across the forehead, moles, coarse pores and countless other disfiguring marks and blemishes, which are as varying as women themselves. She visits the masseur during the day and wears a mask at night in order that she may have a good complexion, and all of this, of course, costs money.

Then there are baths of so many kinds that they could scarcely be listed. Cream baths, beauty baths, milk baths, Turkish baths, Carcalla baths, Russian baths, etc., etc., all of them well known to "my lady," whose god is beauty. The expenditure in this direction also helps to disburse the $1,000 total.

Even this is not all. She subjects herself to the facial steaming process, practices deep breathing, gives close attention to her deportment, drinks three or four quarts of cold water every day, walks and sits erect, subdues the ugly feelings that may take possession of her so the lines of displeasure will not show in her face, and diets herself to the point of starvation. She bathes at least twice a day, and in so far as possible protects her face from exposure to dirt, dust and wind.

After all of this formality has been gone through she puts the finishing beauty touches upon her eyelashes and eyebrows, which receive almost as much attention as the complexion itself.

In spite of the clamorous quest for preserving and creating good complexions there has been a growing tendency among women for several years past to discontinue the use of face enamel, at one time the inalienable friend of the woman with an unattractive face. Comparatively little of the enamel is now used in Chicago, although it is still on sale in various lustrous tints. Enamel is now more popular for use on the arms and bust than on the face. —Chicago Tribune.

Summer Gowns to be Costly.

Costly thy habit as thy purse can buy seems to be the accepted motto for the gowns in this year of our prosperity; still, it is the costliness controlled by good taste and the intuitive instinct of the fitness of things, for the best dressed woman is not always she who has the most elaborate clothes, but she who knows how and when to wear what she has. A refined woman's esthetic sense unconsciously teaches her that while it is utterly out of the question for her to indulge her artistic perceptions in a robe of panne foulard at $5 a yard, that instead of endeavoring to imitate the idea in a cheap so-called silk at 50 cents the wiser part is to grasp the leading idea of the skirt and bodice shape with, perhaps, a touch of the characteristic trimming, and reproduce these in one of the many beautiful mercerized cottons, with which every shop is now so bountifully supplied. The best of these cottons are so well manufactured that the luster will not disappear, even after a vigorous tubbing but beware of rashly purchasing them, for there are some that will spot with the slightest drop of water. Many of the season's daintiest patterns in foulards are priced at $1 a yard, others at $1.50 and $2. But if you are a judge of quality the former will be found to answer every purpose.

The summer season of 1902 will undoubtedly hereafter be known as the period of the vogue of the bell sleeve, which is tight-fitting over the upper arm, but slopes into a full and puffed effect below the elbow, being gathered into some fancifully conceived cuff at the wrist. This gives the opportunity for the introduction of white chiffons and mulls, ecru laces, as well as the white filet ones; small buttons, tiny ribbon straps, or cordings and loops also serve to give an added touch of daintiness and fashion to the sleeve. The upper part is sometimes tucked in hairline tucks, or shirred, or plaited in mousquetaire fashion. The same idea of the sleeve is carried out in the vest and collar; but one could almost swear that the sleeve design is first conceived, and the remainder of the garment hung upon that. Some beautiful imported models are showing the deep lace cuff reaching to the elbow and totally without lining; others show the elbow sleeve with the pompadour ruffle of delicately soft lace or point d'esprit.

While the blouse bodice appears predominate in the American created foulards, in the Parisian gowns are to be seen both blouse and eton effects, with some slight sprinkling of the short Louis XVI coat, also some postilion effects in allover lace jackets. This coat and the bodice with postilions, whether of lace, silk, cloth, or whatsoever material, are undoubtedly the reigning styles which are most suitable for the stout figure. But then, too, we must remember that as nowadays there are no more old-lady styles, woman seeming today to have found the fountain of perennial youth so long sought for, so, too, the mature figure is being eliminated gradually; thanks, no doubt, largely to the introduction of the straight-front corset in its latest and best form. —Marie Tours in Chicago Tribune.

Fashionable Footwear.

Any adequate description of the new silk hosiery is impossible, but it will suffice to say that it is more gossamer-like than ever, and most beautifully embroidered in lace-like open-work designs.

Both conventional and flower patterns are used and even brought out in various ways, one of which is a sort of darning stitch. A dainty all-black stocking is inset with motifs of black Chantilly lace embroidered in small black flowers all around the edges.

This is usually in an oblong shape over the instep, but there is a great variety in open work, all-over designs of hand embroidery, and everything to gratify a woman's fancy in the way of lace effects, both in the silk and in the lisle thread.

As for price you can pay anything between $1 and $30 a pair, and possibly more if you combine real lace applications with the hand embroidery.

Hosiery to match the gown is the correct thing for full dress, in which case the slippers are of the same color in suede leather.

High heels characterize all the dress shoes both for afternoon and evening wear, but they are not considered good form on the street. The street heel is medium high and in shape what is called the Cuban heel.

In fancy slipper both black and white satin are used, variously beaded and strapped across the instep, and black velvet slippers studded all over with cut steel points are added to the list of glace and suede kid slippers.

HER FACE HER FORTUNE.

Why One Girl Got a Good Paying and Easy Position.

She was a sweet looking girl, with as fair a pink and white complexion as woman ever desired, and was chatting with one of her own sex on a Staten Island ferryboat, while I was seated so near that I could not help hearing. Several times my truant eyes deserted my paper and stole a glance at the face that was so attractive.

"It was the luckiest thing that ever happened to me," she said to her companion, "when I went into that Fifth avenue store just to buy a comb. How little I thought that I would be working there at greater wages than I had ever hoped to earn! I hesitated about going in, because I feared the prices would be too high, but I did go in and came out with a comb without paying a cent for it. And, better than all, I had been engaged to begin the next Monday as a saleswoman.

"I was nearly discouraged before that, for I was getting only $4 a week, and we were awfully pinched at home, but my luck changed on that day, and it was Friday, too. Fortunately for me, the store was crowded when I went in, and the proprietor left his desk that stands in a little railed-off corner and came to wait on me. I noticed that he looked very sharply at me, but not at all in an impudent manner.

"'Pardon me, miss,' he said, 'but I am looking for a young lady to assist me in the store here, and if your circumstances are such that you would care for the place I would like to have you consider it.'

"I was wonderfully surprised, but thanked him, saying that I knew nothing about the business.

"'That doesn't matter,' he replied. 'You can soon learn it. To be frank, I would like to have you on account of your complexion. You know we sell all sorts of goods for the complexion and articles for beautifying, and your face would do more to make sales than all of the arguments and representations that could be made.'

"Well, the result was that I got a fine place, with easy work, at $15 a week. My hours are short, and I simply play the agreeable while selling goods at an immense profit. I wouldn't let any of the concoctions touch my face for anything, but the customers appear to be impressed by my complexion, and the proprietor is satisfied. So am I."—New York Herald.

Home Circle.

"WE TWO."

JIM.

Went to school an' learned to spell;
Readin' writin'—learned 'em well!
Graduated at the high
School to home an' bye an' bye
'Stablished his supremacy
At the university!
Then come home an' started in
Bizness that we swore 'ud win,
But the bizness sort o' lapsed
Into nothin'—an' collapsed.

JOE.

Couln't keep the chap in school—
Seemed to allus have some fool
Idees of his own, an' laid
'Round the river in the shade.
Never graduated, ner
Keered what graduatin's fer!
Jist packed up one day, an' he
Seemed to sort o' natcherly
Light right on a claim that's jest
Rich as any in the west.

WHAT ARE YOU AFRAID OF?

Foolish Fears That Haunt the Bravest Men.

Between courage and bravery, according to competent authorities, is fixed a great gulf. Physical courage, natural and simple, may carry a man safely in and out of great dangers; bravery is needed when, physical courage being lacking, the spirit leads the flesh into situations from which natural timidity would withhold it. This is, perhaps, one of the reasons why men and women strong to do and dare strange perils advisedly shrink back, afraid, from absurd and ridiculous trifles. Natural courage mysteriously fails to provide for these unexplainable instances. The object feared is too small or insignificant to call forth sufficient effort of the will to rob it of its unreal terrors.

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Fear, again, in some degrees, is said to be a necessary concomitant of reverence. The man who fears most is not necessarily the most reverent of mortals, but the untaught savage in whose consciousness fear is carried to its natural extreme of blind superstition certainly knows more reverence than the civilized man who is periodically enslaved by the one irrational dread which proves stronger than his reason, but the objects of whose veneration are few. Many of the absurd and unreasonable terrors which oppress humanity may have had their root in some long-forgotten racial or evolutionary cause or necessity. Ernest Seton-Thompson opines that the shapeless, green-eyed monster which terrorizes the wakeful nights of childhood, the world over, originated in the grim reality which embittered the dreaming existence of the progenital monkey, asleep on the forest bough. The great cats of the forest, slow-moving, green-eyed, but dimly perceived through the thick darkness, stole and crept upon the inert monkey, unseeing after sunset, and bore him, shrieking but helpless, away to destruction. The unreal race-memory of that long-past terror troubles the sleepless night-watcher now. Other unreal and insignificant terrors—the mice, spiders and black cats of shrinking femininity and time-honored jokes—and the no less ridiculous fears to which truthful men will confess, occasionally—may be due to a similar cause or impulse. For many of the more general superstitious fears, such as the dread of spilling salt, the evil eye, beginning a journey on Friday, or of making one of a party of thirteen, recognized and historic causes may be traced out. There still remain, however, the peculiar and inexplicable fears for which no manner of reason can be discovered, and which go far toward proving all humanity akin.

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Men who have faced cannon, for instance, who have fought with wild beasts, endured the solitude of the great forests and mountains, known the peril of the great deep and of mighty tempests, unflinching will shrink with terror from the thought of spending a night alone in a large house. There are other brave men—and women—who tremble at the thought of a locked door or of the dark. The sight or smell of blood terrorizes many otherwise courageous individuals, some of them physicians, surgeons, hospital nurses, missionaries and the like. Adventurous and daring hunters who quail before the ordinary house dog are by no means uncommon. History is full of striking instances in which persons of acknowledged mental superiority have bowed, in abject terror, before some trifling or unreasonable object, not always intrinsically unpleasant—as the famous queen, who fainted upon touching velvet, and the violets which so invariably disconcerted Talleyrand. Of President Lincoln it is said as a boy he actually feared to lift a tiny, wriggling, new hatched chicken in his hands. There are brainy and courageous men and women in plenty who would faint or shiver if left alone with a harmless fireside cat.

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Grasshoppers, to some people, are big with an indefinable terror. Water is a natural element, and natural infants swim without difficulty, but swimming instructors tell countless true stories of human beings so terribly afraid of water that it is impossible to teach them to master it. Heat, cold, dull days, fire, thunder, strong winds, and even rain have power to hold certain members of the human family in the bondage of fear. The dread of thunder and lightning is so common and widespread as to be almost universal. Fear of human crowds or even of small gatherings renders the mildest public occasion a time of real suffering to many people.

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It is perhaps a natural thing to fear death. But the man or woman who so abjectly, perpetually and profoundly fears death as to die a hundred deaths daily would seem to be placed in a position as unreasonable as unpleasant. Such people, nevertheless, are numbered by the thousands. The fear of disease, according to competent authorities, is—or should be—utterly foreign to the nature of a healthy human being. Yet there are times when the dread and fear of some particular illness or malady sweeps the country, the world, broadcast—as the fear of tuberculosis is dismaying countless multitudes at the present moment. The fear of poverty, disaster, desolation, loneliness, physical prostration, stalks specter-like, before many individuals until life holds but little of cheer or sweetness. There are human beings who are afraid of music; others who shrink from certain colors, combinations of them, or a particular play or harmony of light and shade. The fear of sweet sounds is now explained by certain psychologists upon the ground that it is instictive, that it exists in answer to the newly established theory that certain musical tones will disintegrate human bodies if produced at certain times and under certain conditions; but for the fear of color and color tones no such shadow of scientific reasoning has yet been announced or discovered. The extremes of all these idiosyncrasies are found in the insane asylum. The beginnings, according to students of human nature and medical authorities, have roof within us all.

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The sight of a gun or pistol, even if known to be really unloaded, will affright some people almost beyond the verge of insanity. Any position of height exerts a similar effect over others. A harmless, impotent, creeping worm or garter snake will do the same for other temperaments. To demonstrate the foolishness and lack of reason of and for such fears is quite unavailing. Even if the one terror is by some means removed or lessened another is immediately substituted and dreaded in its place.

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Holdup men, burglars, cable and trolley cars, automobiles, negroes, Chinese, Indian and Japanese brethren, snakes, spiders, ghosts, wrinkles, undertakers, policemen, dogs, cats, horses, monkeys, parrots, wild beasts, darkness, dressmakers, doctors, falling trees, lightning, windstorms, fire, water, insanity, opals, amber, flowers, ice wagons, skeletons, elevated railways, certain sciences and studies, premature burial and an unhappy future existence, fainting or induced unconsciousness, falling houses, and a mania for speculation, these are a few among the almost innumerable fears admitted by reasonable and intelligent Chicago people. Every human being in existence, it is safe to say, is afraid of something. Even the bravest, most courageous, most persistent fear-fighters among the courage-exalting and fearless exponents of mental science and mind mastery is afraid of—fear.—Chicago Tribune.

The Gentle Art of Scolding.

The woman in authority should study consideration of other people's feelings The common scold or the continual fault finder is perhaps the most disagreeable person in the world, not only unhappy herself, but making others so.

Scolding, viewed in one light, is really an accomplishment—that is, when used for the proper correction of servants and children. If you feel called upon to deliver a rebuke to a servant make it clear to the offender that your displeasure is justified; never lose your temper, but be calm and dignified, for remember that your bearing has much to do with the respect that you are held in by those under your authority. Never let a scolding degenerate into nagging, for if you do you lose all claim to respect from the delinquent, and then the person at fault becomes your critic, and a very scornful critic at that.

Let all scoldings be guaged by the error, but do not make any rebuke long drawn out. Give each a hopeful ending. When properly administered a merited scolding quickly bears the fruit of better behavior on the part of the offending one.

Many wives have spoiled the good nature of their husbands by seizing upon some fault, trivial perhaps, and constantly dwelling upon it.

Where a home is made unhappy by a great fault of the husband, if he is worthy of loving and saving, he is more effectively appealed to by tenderness than by denunciation or scorn. There are many men today in the wrong path possessed by worthy attributes, who might be saved by gentle reproof from the error of their ways, but are only spurred on their downward course by the unrelenting fierceness of a scolding wife. Those who have been saved from evil ways bear witness to the efficacy of the gentle sympathy and loving advice of a true helpmate.

A Thoughtful Mother Says.

That if you want your children to be courteous, you must treat them with respect.

That they will invariably copy your manners, so you must take care that they are the best.

That you should be as careful of their feelings as you wish them to be of the feelings of others.

That when it is necessary to administer reproof it should be given in private.

That most children are sensitive on this point; it injures their self-respect and they feel it acutely, though they are not able to express it in words.

That to tell a child in public that it has been rude or lacking in good breeding is as unwarrantable as it would be to tell a guest so.

That it is no excuse to argue that you are doing it for the purpose of making the child better and more thoughtful.

That this can be accomplished much better if you take the child aside at the first convenient opportunity, and gently but firmly point out what the error was, and what should be done on the next occasion.

That it is possible to callous a child's conscience by too rigid discipline, and this is a mistake made by too many mothers.

That the punishment that is administered while the mother is angry or impatient over the fault is never so beneficial as that given after both the parent and the child have had time to "cool off," and think the matter over. Then the child has had time to realize the fault and the justness of punishment, and the mother has had time to decide what sort of punishment is most in line with the fault, and will be apt to make a lasting impression.

Rules For Dyspeptics.

Eat slowly, masticate the food very thoroughly, even more so, if possible, than is required in health. The more time the food spends in the mouth the less it will spend in the stomach.

Avoid drinking at meals; at most, take a few sips of warm drink at the close of the meal if the food is very dry in character.

In general dyspeptic stomachs manage dry food better than that containing much fluid.

Eat neither very hot nor cold food. The best temperature is about that of the body. Avoid exposures to cold after eating.

Be careful to avoid excess in eating. Eat no more than the wants of the system require. Sometimes less than is really needed must be taken when digestion is very week. Strength depends not on what is eaten, but on what is digested.

Never take violent exercise of any sort, either mental or physical, just before or after a meal. It is not good to sleep immediately after eating nor within four hours of a meal.

Never eat a morsel of any sort between meals.

Never eat when the mind is worried or the temper ruffled, if it is possible to avoid doing so.

Eat only food that is easy of digestion, avoiding complicated and indigestible dishes, and taking but one to three kinds at a meal.

How to Tell the Age of Eggs.

The following method of determining the age of eggs is practiced in the markets of Paris. About six ounces of common cooking salt is put into a large glass, which is then filled with water. When the salt is in solution, an egg is dropped into the glass. If the egg is only one day old, it immediately sinks to the bottom; if any older it does not reach the bottom of the glass; if three days old, it sinks only just below the surface; from five days upward, it floats, the older it is, the more it protrudes out of the water.

Farmer O'Neal's Wooden Teeth.

Farmer Poley O'Neal of Mumfordville, Ky., is using a set of false teeth he made himself out of a piece of seasoned apple root with no other tool than his pocketknife. The teeth are of perfect shape and regularity, and the plate, which is of the same piece of wood, fits the mouth as well as if fashioned by a plaster impression. He can crack corn with these teeth.

Useful to Know.

Beef is not regarded as fresh unless the lean when freshly cut is bright red, easily compressed, elastic and of fine grain. The fat must be yellowish white and firm, the suet perfectly white and firm. If the lean is coarse, tough, elastic and of a dull purplish color, the fat scanty, yellow and moist, beef is looked upon with suspicion. The same tests apply to mutton, except that in good mutton the fat is white and not yellowish. In unwholesome mutton the fat is decidedly yellow.

Life Stories in Faces.

Character, indeed, is written plainly enough on the faces one meets in daily life. Some speak of tragedy, some of comedy and not a few give you a distinct warning.

Even a ride in a street car or a short railway journey gives proof of this fact. Look around you. Those two strangers opposite you never saw before, yet you know that one is passionate, the other mean, and your heart warms to the little old lady near by. You want no one to assure you she is kind and gentle, while a whole network of wrinkles about the eyes tell you that the old gentleman in the corner loves his joke.

Strang how quick we are to read our neighbor's face and how slow to realize that our own is open for him to read! Yet it is. The story is there, and we are writing it every day of our lives. Not only do smiles and frowns leave traces, but every passion which sways the heart stamps its record upon the face.

Young Mexican Women.

The industrial development of Mexico has opened a new field of effort to Mexican women. In a number of cities already trained young women have found employment as telegraphers at railway stations, and "El Pais," of Mexico City, is pleased to note that the road officials, in several instances, have publicly borne testimony to the modesty and aptitude of the young lady employes. It is interesting to learn that several of the Mexican young women studied telegraphy at convent-academies in the United States.

Kitchen and Table.

THE SUNDAY MENU.

BREAKFAST.
Fruit, Wheatina and Cream.
Fricasse of Chicken. Cream Potatoes.
Wheat Gems. Coffee.

DINNER.
Vegetable Soup.
Loin of Pork with Tomato Sauce.
Mashed Turnips. Boiled Samp.
Chopped Celery and Cabbage Salad.
Cranberry Pie. Cheese.
Black Coffee.

SUPPER.
Fried Oysters on Watercress.
Sliced Ham. Sweet Pickles.
Lemon Jelly. Cake.
Tea.

The Lenten Table.

Various ideas to suit different tastes may be taken for dinner at Lent. For soups: Oyster and clam, plain or with cream; black bean, called by some mock turtle; tomato, plain or bisue; and the different kinds of cream soups, such as of spinach, asparagus, lentils, celery, rice, peas, corn, barley, onion, watercress, dried Lima beans or white beans. There is also clam chowder. In addition are the various kinds of fish to be boiled and accompanied by tomato, oyster, shrimp, lobster, mushroom, curry, celery, caper, Hollandaise or cream sauce. For fried or boiled fish there are tartar sauce, maitre d' hote, mayonnaise, etc.

Codfish if carefully selected and prepared may be made into delicious dishes. Fried codfish steaks will be found satisfactory if prepared as follows: Procure from a medium-sized codfish, steaks about an inch and a half thick. Sprinkle with salt and let stand for a couple of hours. Put into a frying pan the drippings produced by frying out the fat of a pound of fat salt pork. Dip the steaks in well-beaten eggs, and then in cornmeal and place in the frying pan, where the fat is smoking hot. Fry a dark brown on both sides, and serve with tomato sauce.

To cream codfish in a savory manner try this recipe: Place over the fire a cupful of shredded codfish in cold water; let it come to a boil and throw away the water; repeat this process if the fish is very salty. Then pour over the fish a cupful of cream or rich milk, add butter and pepper and thicken scantily with flour. Serve on toast with chopped hard boiled egg and minced parsley. This formula may be combined with a pint of mashed potatoes, butter and cream being added according to taste; the mixture may be molded into croquettes, balls or cakes. Rice and macaroni may be substituted for potatoes. They are much less expensive. There are various savory ways of preparing them. Rice should be boiled carefully, and each kernel should be separate. It should be washed thoroughly in three waters and put into a double boiled, with a little salt and boiling water. For one cupful of rice add one quart of boiling water and one scant tablespoonful of salt. Boil rapidly fifteen minutes; then pour off all the water, cover tightly, return to the fire and cook twenty minutes longer. The water in the under boiler must boil rapidly all the time. Rice cooked in this manner will have every grain separate.

Macaroni needs a great deal of seasoning. When it is to be boiled add two quarts of water and one tablespoonful of salt to twelve sticks of macaroni. Break and wash it and throw it into salt water and boil rapidly for twenty minutes. Pour off the water, season with salt, pepper and butter and serve.

There need be no complaint because of any restriction of the meat diet, as the following list for breakfast, for instance, indicates: Tea, coffee or cocoa; fruit and cereals, eggs, fish, potatoes and bread in any form desired. Choice may be made of oranges, whole or sliced, apple sauce, baked apples, stewed prunes, grape fruit; wheatena, oatmeal of various kinds, hominy, rice flakes, samp, shredded wheat, eggs soft and hard boiled, scrambled, fried and poached, and in omelets; creamed codfish, codfish balls and cakes, smelts, fresh mackerel broiled, salt mackerel boiled; trout, panfish, whitefish, bluefish fried or broiled, eels fried or stewed, herring, Yarmouth bloaters; potatoes hashed in cream or browned, French fried, Lyonnaise or baked, or as Saratoga chips; muffins of all kinds, French rolls, griddle and pancakes, toast dry and buttered, milk toast, Boston brown bread, plain or toasted.

Uses For Old Newspapers.

Old newspapers save work in the kitchen. When you have any "messy task" on hand, like dressing chicken, picking over fruit, etc., lay a paper on the table, gather the litter up with it and burn all together. This saves scouring the table. A crumpled newspaper cleans a window nicely, and brown paper rubbed over the stove not only removes all the dust, but helps to polish it.

EVERY

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