

HOME, ITS PROBLEMS AND INTERESTS



DINNER GOWN IN DOVE GRAY.

A dove gray chiffon velvet, combined with chiffon and ribbon in the same tone makes this more than attractive dinner gown. The upper part of the skirt is of chiffon, gathered full at the waistline, and at the lower edge, about knee depth is attached a circular flounce of the chiffon velvet, this heavily embroidered with strands of chiffon in a floral design. A bouillonne of gray satin ribbon in wavy design trims the chiffon at the lower edge, and where the chiffon top and velvet flounce are joined together another bouillonne is applied. The bodice is of an embroidered chiffon cut out in V shape, the fronts having tiny black velvet revers embroidered in silver threads, and laced together with silver cord and tassels. The black velvet is seen again in the crushed girdle, to the back of which is attached pleated coat tails of the velvet, which also gives the effect of a double skirt in the back. The sleeves are short puffs, finished with a band of embroidered chiffon and two deep frills of Val lace.



The Real Love Letters of a Real Woman

LXX.

My Dear:

The idea of praising the piece of work I sent you and then asking where I got the pattern? Why, bless your heart! I am several links removed from the monkey, and I don't have to have patterns and mimic everything. A little boy was once playing with his neighbor's little girl, who was extremely overbearing. When he could not stand her impositions any longer he spit on her. The little boy's mother reprimanded him severely for such an ungentelemanly act. She told him that it must be Satan that tempted him to do such things, and that he must resist Satan. At last the little fellow straightened up to his utmost height and indignantly exclaimed, "Mother, it may have been Satan that tempted me, but the spitting was my own idea!" Now, if he was so jealous as that over his idea, how do you think I must feel? But I'll forgive you this time, honey.

School has opened up finely this year. My class numbers sixty-two, and I have an assistant that is supposed to help, but, oh, my! She is one of those little doll pretty things that can't smile for fear of cracking the enamel on her face. She was going to put a quotation on the board this morning for the children to learn, and asked me to give her one. I had ten minds to one to say:

Little grains of powder,
Little dashes of paint,
Make a girl's face
Look like what it ain't.

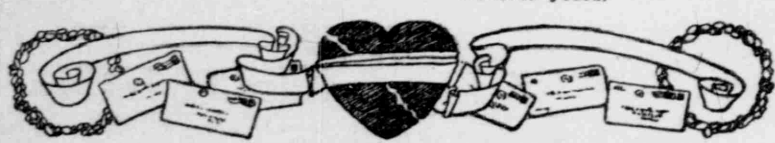
But I suppose "country" is just as prominent on me as paint is on her, so we'll call it square.

My new boarding place is all right, only one thing so far that troubles me, and that is the blind on my window. It won't stay open or shut, but puts in the hours of night slamming back and forth. Think I shall put up a sign, "Please help the blind," and see if I can get chink enough to buy a new one.

It was an awful job to move. I never realized before how things would accumulate. I had a whole load for the expressman after consigning a goodly quantity to the dump. I believe in the revised beatitude, "Blessed are the poor in furniture, for they get moved cheap."

This has been a hot day, but I suppose we shall get into a hotter place some time if we are not good. It is probably nice and cool at home, and I do wish I were there. I sometimes wonder if I could be anywhere, under any circumstances, where I should not long for home and you. No! There is no place in the world for me but with you.

Forever yours,



Rice and Cheese.

Rice and toasted cheese is a good combination, though better for luncheon or supper than breakfast. Cut slices of cold boiled rice and fry to a rich, brown in butter or drippings. Cut cheese into pieces about half as large as the slices of rice and toast over the fire until beginning to soften. Lay on the hot rice and serve immediately.

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A Meatless Dinner Easily Prepared

On the Supposition That Less Meat on Our Diet List Would Be Better for Us Many Housekeepers Are Adding More Vegetables.

By CORNELIA C. BEDFORD.

Among thoughtful people the belief is slowly spreading that the amount of meat consumed by the well-to-do in this country is far greater than is demanded for bodily growth or living. The war between Russia and Japan has more forcibly impressed on our minds the fact that the Japanese, while by no means vegetarians, not only use a surprisingly small amount of animal food, but thrive and are marveled of endurance on what would seem to us to be a restricted diet. When, however, we come to analyze their marketing list we find that a certain percentage of their dietary consists of leguminous foods.

A Wholesome Diet Essential.

The food elements which are most essential to life and health are the nitrogenous and carbonaceous, and if animal foods are discarded either wholly or in part, the same elements must be supplied from other sources, else the diet will be imperfect and the system become impoverished. While many vegetable foods contain a portion of one or both of these elements, the two best calculated to replace them are nuts and legumes. Those legumes which are mature contain a larger percentage of nitrogenous material than any other kinds of food, and for this reason are best adapted to act as substitutes for animal foods. Of these legumes peas, beans and lentils are the best known in this country. In using any of them as substitutes for animal foods there are a few points which must not be forgotten. All legumes are covered with a tough, indigestible skin which ought to be removed in the kitchen or broken by thorough mastication, the first method being the most desirable. They are best cooked by prolonged and gentle boiling or stewing, this being preceded by soaking; the length of time required for soaking depends upon the age of the legumes, those just ripened needing but a few hours, while those which have been kept in stock for months will require from twelve to twenty-four hours, soaking over night is a good and safe average.

The Menu for a Meatless Dinner.

With these points in mind, let us undertake the preparation of a carefully planned meatless dinner. The one here suggested will not be found difficult to cook or serve.

Cream of Pea Soup
Legume and Nut Roast
Brown Onion Sauce
Mashed Potatoes
Stewed Corn and Tomatoes
Celery and Apple Salad
Saltness
Orange Sponge
Coffee.

To Prepare the Roast.

As the roast requires the longest time for its preparation, let us take it up first. On the preceding evening, pick over and wash separately two thirds of a cupful of each of green lentils and dried peas. When peas, which must be soaked in two bowls of fresh cold water. In the morning drain, turn into separate saucepans, cover with fresh water, heat slowly and let simmer all the morning or until they break in pieces; press through a sieve and return to the side of the fire, where each may evaporate without danger to scorching, until no longer watery. Now take one cupful of finely chopped Brazil or English walnut meats with salt and just enough powdered sage or thyme to slightly season. Take eight pieces of unsweetened Zwieback, or very dry bread, and break them into small pieces, beat with a fork, adding a half cupful of hot cream, salt and sage to taste, and when thoroughly mixed, a well-beaten egg. Butter an oval or oblong mold, the size of a brick loaf bread pan, and line bottom and sides with the nut and pulp mixture. Make the bread mixture in a long roll, place lengthwise in a pan and over it press the remainder of the first mixture. Stand in a pan of water, cover and bake for an hour and a half in a moderate oven. For the sauce cut the two onions, turn into a saucepan with one large tablespoonful of butter and cook very slowly until nicely colored. Add two slightly heaping tablespoons of flour and stir until browned again, then pour in gradually one pint of water—or water and stock if tomato—stirring until smoothly thickened.



NOBBY STREET HAT.

In the millinery world it would seem that all roads lead to the hat with the up-turned brim—at least on one side. For wear with one's best gown is a pretty model in black French felt—the low round crown trimmed with bows of black velvet ribbon and on left side where the brim turns are two white plumes.

Season with salt and pepper and draw to one side to simmer gently for twenty minutes. Strain before serving.

Cream of Pea Soup.

For a delicious soup—which the uninitiated will declare contains stock—open a can of green peas; do not discard the liquid but let all stand an hour or two to aerate before using. Turn into a saucepan, add a pint of water, a bay leaf, a blade of mace, salt, and white pepper to taste. Simmer for twenty minutes, mashing occasionally with a wire potato masher. Rub through a sieve, return to the fire, thicken slightly with flour wet with cold water and boil for three minutes. Stir in a half cupful of hot cream and serve immediately.

Pure the potatoes and let stand in cold water for a time before boiling. When easily pierced with a fork, drain off the boiling water and press through a ricer, adding butter, seasoning, and hot milk as desired, then beat hard for a moment before serving.

Celery and Apple Salad.

As a dressing for the salad beat two eggs, add a pinch of dry mustard, half teaspoonful of salt, a dash of cayenne, and half a cupful of warm water; stir in slowly four tablespoonfuls of vinegar, then place over the fire in a double boiler, and stir until the mixture thickens like custard. Add two tablespoonfuls of butter cut in bits, take off, stir until blended, strain, and set aside until cold. Just before using, stir in one-half as much stiffly whipped cream. Cut fine equal quantities of blanched celery and tart apple, mix with the dressing, turn into a dish, and garnish with celery tips and some bits of sweet red

pepper. Work into cottage cheese just enough thick cream to slightly soften it, then mold in small balls and serve with the salad.

For the orange sponge, soak one-third of a package of gelatine in one-third of a cupful of cold water; when soft, stand over hot water until dissolved. To one cupful of strained orange juice add sufficient sugar to make very sweet, and stir until dissolved. Add the gelatine and set in a cool place until the mixture begins to thicken. Add the unbeaten whites of three eggs and whip with a flat wire beater until the entire mass is a perfect sponge and quite thick. Turn into one or more wetted molds and set aside in a cool place until firm enough to unmold.

Florentine Salad.

Select four small sweetbreads, blanch and simmer in acidulated water for two hours, cool, cut in dice and place in the ice box to chill. Cut half a pound of lobster meat in small pieces, sprinkle with lemon juice and set aside. Strip celery in cord-like shreds and throw into ice water to crisp and curl. Prepare a dressing by putting into a chilled bowl four tablespoonfuls of olive oil, a tablespoonful each of salt and white pepper and a dash of anchovy essence. Stir vigorously while adding three tablespoonfuls of lemon juice and one tablespoonful of ice water. Combine the sweetbreads and lobster, pour over the dressing and let rest for fifteen minutes. Drain the celery, form into small nests on individual salad plates, put a spoonful of the salad mixture in each and garnish with blanched celery plumes and butterflied cut from slices of pink shaddock.

Mayonnaise for Salads.

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