

Rice as a Food

Rice is a much more nourishing food than the potato, is more easily kept and much less expensive, and agrees with even the most delicate digestion. It is as good for the invalid as for the laborer, and can be made into the daintiest of dishes for the fastidious. One reason that it is not more generally liked is that it is not properly cooked, and not agreeably seasoned. Here is a way that is much liked: First, wash and free the grains from all foreign or objectionable matter, and put into a sauce pan (a double boiler is best), and cover with boiling water; keep boiling briskly for half an hour, but do not let burn. When the water is all gone, put the rice into a fine colander over a sauce pan filled with boiling water, and finish your cooking by steam. If properly cooked, each grain is separate, then it may be seasoned as one likes. Sugar, butter, eggs, cream, a little salt, are all used for seasoning rice, and many use finely-flavored broths to cook it in. If one has a steam cooker, one pint of boiling water should be added to one cupful of rice, which should be salted to taste, and then set in the steamer and steamed one hour. It can be cooked in the dish in which it is to be served, as the steam heat will not hurt the dish. Or, milk may be used instead of water, which gives a richer flavor and more creamy body than water, and the seasoning, after the rice is done, may be two beaten eggs, one cupful of sugar, and a large spoonful of butter, with or without the addition of a cupful of chopped, seeded raisins or currants. After these ingredients are added, turn into a buttered dish and steam for half an hour longer, then it can be browned in the oven, if liked. If one has no steam cooker an old-fashioned steamer to be set into the top of an iron kettle over boiling water, and closely covered will do very well. Many things are better steamed than cooked over dry heat, or on top of the stove, and the danger of scorching or burning is done away with.

Some Seasonable Dishes

For creamed onions, select such as are not too large, and of uniform size. Take off the outer skin, and let the onions lie in cold water for an hour, changing the water twice; put them into freshly boiling and salted water and let cook for half an hour; drain off the water and add fresh from the kettle; let them boil where the heat is uniform, but not strong enough to break them, and let them get perfectly tender; then make a sauce of two tablespoonfuls of butter and one of flour, with a cup of hot milk; season with salt and pepper and cook until quite smooth, stirring; then add the onions, heat well, and serve in a covered dish.

Lettuce leaves with flaked fresh cream cheese or Neufchâtel, over which a dressing of three tablespoonfuls of olive oil and one of vinegar with a little salt and a dash of paprika is poured, gives an appetizing luncheon or Sunday night salad. Or, rub the yolks of hard-boiled eggs smooth with grated cheese; three to a cupful; add mustard, salt, and cayenne to taste, and olive oil and vinegar to moisten. Heap this upon tender lettuce leaves and use the whites of the eggs as a garnish. The whites may be colored with beet water, if color is desired.

Popovers are good for a change in breakfast breads. Measure a pint of flour after sifting, and stir into it a pint of milk; add a well-beaten egg, beating the white separately and adding it last; have the gem pans very hot and well-greased, pour in the batter, leaving room for its ex-

pansion, and bake in a very hot oven. About twenty minutes is the usual time given to baking. Have the oven very hot, but do not let burn.

To have green peas especially nice, select them with care, rejecting all old ones, put them in a basin without adding any water, and set in a steamer, and steam until done, which will require about half as long again as for boiling. When done, season with butter, pepper, salt, and a little hot, sweet cream. Serve hot.

Little Helps

When putting stoves away for the summer, instead of covering with oils use a good polish in which a large quantity of turpentine is used. Simply apply the polish, not brushing to produce a shine, and when the stove is brought in next fall there will be no rust.

For scouring with sapollo, dip the cloth in ammonia water before applying the sapollo. To protect the hand and fingers while doing the work, use an old kid glove. Ammonia serves to brighten without wearing off the plating or enamel.

Patent leather shoes should not be cleaned with water. Rub the leather with a cloth saturated with olive oil, and polish thoroughly dry with a soft, dry cloth. Water will usually ruin the patent material applied to the leather.

If the face perspires a great deal during hot weather, keep a bottle of spirits of camphor on the stand and pour a few drops into the wet palm after washing; then rub the face, but never without this diluting of the camphor, as it will soon roughen and redden the skin.

For sweeping hardwood floors, make a broom bag that will fit over the straw part of the broom which is used in sweeping the dust from the floor; let the bag have double ruffles on its lower edge, and it will both work and wear better. These broom bags are excellent for sweeping walls and ceilings.

Kitchen windows should have a length of screen wire tacked over the whole opening, then the sash can be lowered from either the top or bottom. The window should always be lowered a little at the top to allow the smells and impure air to escape and raised from the bottom to admit pure air.

Receptacles for soiled clothing should not be kept in sleeping or living rooms. A coarse-meshed bag or basket is the best for them.

For the Toilet

If the skin is roughened by the wind, bathe in equal parts of rose water and brandy, well mixed.

A good shampoo for the hair is made of a lather of castile soap, well beaten with the yolk of an egg. After the hair is well washed with this mixture, rinse through several lukewarm waters and dry as quickly as possible in the sun, or in a very warm room.

To keep the little annoying wisps of hair in place, push the locks in places and, using the small "invisible" hair pins, slip in the pin, then turn one point of the pin back until the end touches the top. When wanted to remove, the end is easily turned forward.

Do not use old, rancid "cream" on the face and hands, as this is apt to cause "breaking out" and blotches. Every woman can not use creams, any more than she can use ordinary soaps, as some one or more of the ingredients may be injurious in her particular case. Only freshly made creams should be used, and when made at home, the amount should be small, as oils turn rancid very quickly.

For the skin which can not bear soap try this: Wring a piece of flannel cloth out of warm water, and pour on

it a few drops of glycerine; bathe the face in warm water, and while wet, wash with this cloth, rinse well, and dry thoroughly with soft cloths.

If the hands are rough, soak in tepid water, then wash with a good vegetable oil soap, and rinse well. Then rinse them in vinegar to kill any alkali left, and let dry. If oil is put on the skin before using the vinegar, the skin is apt to be red and coarse.

One of the best and most inexpensive, as well as safest cold creams can be made at home by melting and whipping together half a cupful of pure mutton tallow and half a cupful of pure almond oil, using an egg-beater to blend them, adding a very little of any preferred perfume—lavender is good. Pack into little jars or glasses, and seal tightly by tying over the tops oiled paper and covering with tinfoil, making as air-tight as possible. Use small jars, and keep cool.

Wall Paper

Rooms with low ceilings look higher with striped walls, while a large-patterned paper makes a small room look smaller. A small room should be hung with paper of small design, or with plain, unfigured colors. Pale blue, violet or green may be used on a room with southern exposure, as these colors prevent a glare. A white ground with colored flowers or figures is better where the room is exposed to the sunshine, as pale-tinted paper is apt to fade in such situations. On the ceilings of the bedrooms, use a plain paper, as it is more restful to the eyes. Especially is this a valuable hint, where sickness is apt to occur, as patterns become absolute torture at times to the eyes of the sick. Where engravings are to be hung, a dull-toned, plain paper is preferable, as bringing out the best points of such pictures. If the furniture is upholstered in large-figured goods, or the carpets made with large patterns, a plain wall paper of a harmonizing shade should be selected. In case of plain furniture covering, or neutral tones in the carpet coloring, a figured paper in suitable colors has a good effect. Dark green, mustard, terra cotta, are good colors for this. A hall paper should be warm, inviting, and "homely" without being hot and stuffy in coloring. A figured base is often indicated. For a bedroom with southern exposure, a paper with a white, or very light, ground, and dark purple, violet, or dark blue flowers or figures makes the room delightfully fresh looking. For the kitchen, it is better to paint the walls, or use kalsomine or alabastine instead of paper, for sanitary reasons.

To brighten matting, sprinkle corn meal on the matting and sweep first with a broom, then with a carpet sweeper. Where there are cracks in the wall plaster, mend with plaster of Paris mixed with vinegar instead of water, as this will not "set" quite so quickly, and better work can be done. All loose plastering should be pulled off and patched before papering.

Query Box

S. L.—If the hair is graying in spots, wetting the whole head with strong sage tea will equalize the color.

Annie B.—You will have to have assistance in using the scalp shampoo, as the liquid must not be applied to the hair.

R. F.—There is always the risk, in using the dry shampoo that the powder will not be thoroughly brushed out of the hair, and leaving it will injure the hair.

Isadore—It is hardly possible for the inexperienced to satisfactorily change the color of the hair by home methods. If it must be done, go to a professional, and have it done right.

Housewife—To retain the green color of your pickles, try this: Some days before pickling, add to the vinegar to be used some nice, clean leaves of the vine, and sprigs of parsley; let steep a few minutes, but not boil; then set aside until you are ready to use it. The vinegar should have a decided green tinge which the pickles will absorb. This is harmless.

Kathie—Here is a recipe for a home-made mint phosphate: Crush fresh, clean sprigs of peppermint and cover with powdered sugar; mix together lemon juice, slices of pineapple and orange, marachino cherries and a little phosphate and dilute with water and crushed ice; then add the mint. It is a refreshing drink for hot evenings.

Sufferer—A well known physician tells us that eye troubles are not merely local departures from health, but are generally symptomatic of derangements or disturbances of other organs of the body, and the use of eye waters, eye salves, etc., without constitutional treatment, or attention to the cause of the sympathetic ailment, will generally prove of no benefit. Troubles of the internal organs, noticeably the stomach, are often the source of the trouble. Nerve troubles especially disturb the eyes.

S. C.—You can straighten your form if you will. Test your "crookedness" by standing against a door frame, or the wall, with heels, shoulders and head all touching. Hold the shoulders well back and the chest up. If you are very much "lopped," it may be a little tedious, but, as you go about your work, try to keep the attitude, testing yourself frequently. The back of the neck should bear against the collar band of the dress. Unless your physician ordered it, for some deformity, do not wear a corset, braces, or other harness, but depend upon your body muscles, which will gain strength with use. Sleep without a pillow or at best a very small one. Cultivate a wholesome respect for yourself. Your mental attitude has a whole lot to do with the physical one. Learn to regard yourself with approval, think cheerful thoughts, and don't neglect the "measuring," live up to the measure, and success to you!

DOCTOR'S FOOD TALK

Selection of Food One of the Most Important Acts in Life

A Massachusetts doctor says: "Our health and physical and mental happiness are so largely under our personal control that the proper selection of food should be, and is one of the most important acts in life."

"On this subject, I may say that I know of no food equal in digestibility, and more powerful in point of nutriment, than the modern Grape-Nuts, four heaping teaspoons of which is sufficient for the cereal part of a meal, and experience demonstrates that the user is perfectly nourished from one meal to another."

"I am convinced that the extensive and general use of high class foods of this character would increase the term of human life, add to the sum total of happiness and very considerably improve society in general. I am free to mention the food, for I personally know of its value."

Grape-Nuts food can be used by babes in arms, or adults. It is ready cooked, can be served instantly, either cold with cream, or with hot water or hot milk poured over. All sorts of puddings and fancy dishes can be made with Grape-Nuts. The food is concentrated and very economical, for four heaping teaspoons are sufficient for the cereal part of a meal. Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."