



# What Can We Do?

Trained nurses are urged by the Red Cross to enroll for service in European hospitals. Nurses who can leave this country at any time, for foreign service, are needed or will be, and it is very necessary that they should enroll at once.

The woman's bureau of the Red Cross has published a leaflet which may be had by applying at any chapter, describing layettes for French or Belgian mothers who may need them. With regard to these simple outfits of warm baby clothes the Red Cross has issued the following:

"The articles and garments in the layette have been chosen upon the advice of the woman's bureau representatives who have returned from a two months' investigation of allied needs in France. The Red Cross is anxious that these baby clothes be made by women working at home instead of in the chapter workrooms.

"The garments are very simple. Great emphasis is laid on the purchase of extremely durable materials, since swing to the coal shortage in France, hot water is available in most villages only twice a week, while the greater part of the laundry work is done in icy streams. The method of cleansing is by pounding with stones. Warm baby clothes will save many a child who otherwise might perish this year.

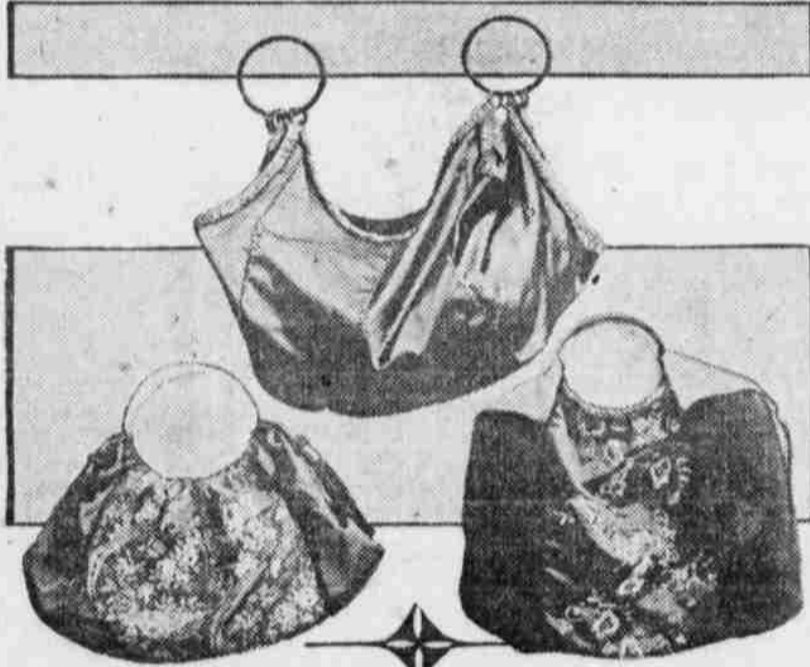
"The layette will, if necessary, serve also for civilian relief here in America.

"Patterns described in the leaflet can be obtained at Red Cross chapters and at practically every retail dry goods store with a pattern counter. The outfit calls for:

"Two daisy-cloth or outing flannel dresses, one flannel or knitted or crocheted jacket, three bleached muslin jackets, three thin white flannel brassieres, one flannel or daisy-cloth hood, two pairs of booties, two swaddling cloths or woolen blankets, three flannel binders, twelve diapers, three undershirts, one bonnet and a bag filled with sundries for the little newcomer into a warring world. Wherever possible the Red Cross urges that the layette be completed before it is turned over to the chapters for shipping. Where this is not possible, single articles will be acceptable.

"Members of the Junior Red Cross, little girls in the grammar grade sewing classes, have offered to help with the baby clothes; and many women in rural districts will find these simple contributions to the winning of the great war and the comforting of French motherhood, easier to make than cutting hospital garments for men or struggling with the wool scarcity when they have volunteered to knit."

## Attending to Our Knitting



There is no prospect now of a respite from the necessity to knit and if such a respite were in sight there are many women who would not take advantage of it. This knitting for the soldiers turns out to be a fascinating occupation that quiets the nerves and satisfies the heart's desire to do something worth while.

There is no end to the demand for warm socks, for scarfs and sweaters and helmets, and there is no limitation to the willingness of women to make them; so we are destined to go on knitting. Even the end of the war will hardly see the end of our devotion to the good, old-fashioned art. By that time we shall have become addicted to it—and also to the necessity of being useful.

The knitting bag is the outward and visible sign of our patriotic industry and every day brings out new ones. The last arrivals are somewhat smaller than the sweater bags that were so numerous in the summer and fall followed by knitting bags patterned after them. Satin and ribbon are used for making many of these new bags. In plain and printed weaves and in brocaded and embroidered patterns. They are designed so that they can be easily carried on the arm and to make the knitting so accessible that everywhere their wearers sit down for a quarter of an hour, or even less time, the knitting goes faithfully on. Three ribbon bags are shown in the group illustrated. The largest bag is made of rose-colored ribbon in five strips, herringbone-stitched together. The end strips are trimmed in a curve and the edges are finished with a narrow plaiting of inch-wide satin ribbon matching the bag. Small rings with cover of crocheted silk floss suspend the bag

from large metal ring handles. The bag at the lower left of the picture is made of black satin ribbon set at each side of a handsome brocaded ribbon, with black ground and flowers in many rich colors. It is suspended from two narrow metallic rings, one of them set with a few mock jewels in colors. A handsome black silk tassel finishes each end of this dignified bag.

Wide black velvet ribbon at each side of a richly embroidered satin ribbon serves to make the handsome bag at the right. The trumpet flowers embroidered in red silk in a black ground are enriched with silver threads entwining their stems and foliage and brightening the blossoms. This bag is lined with soft green satin and is suspended from large satin-covered rings.

*Julie Bottomley*

### Feather Hats.

The feather hat for afternoon deserves a place all by itself. All the best French milliners have sponsored it and, what is more to the point, have sent over such models that they are sure to be taken up and worn.

After all, in a new mode the principal thing to make it a success is that it shall be so new and attractive that a woman just cannot ignore it.

### Embroidery on Veilour.

Women are used to wool embroidery on street suits. And now they find floral designs, worked in silk, on suits of veilour—floral designs such as one could have been considered suitable only for centerpieces!

# The KITCHEN CABINET

Not to know at large of things remote from me, But to know that which before us lies in daily life is prime wisdom.

## GOOD THINGS AND INEXPENSIVE.

We are learning that good, tasty food need not be of high cost.

**Beef Liver With Onions.**—Slice the liver very thin. Remove all veins and dust with seasoned flour. Slice six onions thin and fry them until soft in a little bacon fat. Remove the onions and fry the liver. When well cooked on one side, turn, put the onions on top and finish cooking. Remove to a hot platter, add a little water to the fat in the pan to make the gravy, then pour it over the liver.

**Hominy and Tomato.**—Take two cups of hominy and combine with well seasoned tomato, using a cupful seasoned with two tablespoonfuls each of fat and flour cooked together and added with salt and pepper to the tomato. Mix all together and bake in a well buttered baking pan, cover with buttered crumbs the last of the baking. Keep covered until the crumbs are put on, then let them brown and serve hot.

**Vegetable Chowder.**—Dice six slices of fat bacon and cook it until brown, add two onions sliced thin, and cook until soft in the bacon fat. Combine a can of lima beans with four large potatoes cut in cubes, and a quart of milk. Add the bacon and onions and cook until the potatoes are done. Thicken with two tablespoonfuls of flour mixed with a little of the cold milk, add four and a half teaspoonfuls of salt, a can of okra and stir in a can of tomatoes, adding a fourth of a teaspoonful of soda as they come to the boiling point.

**Dried Beans With Cream.**—Soak a half cupful of beans, any variety except the navy, and cook in the same water until tender. Season with salt and pepper and sweet cream; two or three tablespoonfuls will be sufficient. This is a most filling and nutritious dish good for a meatless meal.

**Bean Loaf.**—Take one cupful of lima beans, soak over night and stew until tender, put through a sieve and season well with cream, salt and pepper, with a few dashes of red pepper, add crumbs and form into a loaf, steam or reheat in the oven and serve piping hot.

**Rice Cups With Marmalade.**—Mold in small cups sufficient rice (well cooked) to serve the family. Unmold, brush with butter and put into a hot oven ten minutes to brown. Take orange marmalade—freshly made is better—or heat a glass of the hardened marmalade and pour it rich and thick over the rice cups. Serve with a custard, making a most delicious dessert.

I pray you O excellent wife, not to cumber yourself and me to get a rich dinner for this man or this woman who has alighted at our gate, nor a bed-chamber made ready at too great cost. These things if they are curious in, they may get for a dollar at any village. But let this stranger, if he will, in your looks, in your accent and behavior read your heart and earnestness, your thought and will, which he can not buy at any price in any village or city.—Emerson.

## ORANGE POSSIBILITIES.

Oranges are always in season and are usually reasonable in price, so that they may be freely used as fresh fruit, or as dessert in combination with other materials.

**Orange Washington Pie.**—Cream together half a cupful of butterine and one cupful of powdered sugar, adding

when very light the grated rind and juice of one orange and one well-beaten egg; then stir in alternating half a cupful of milk and a cupful and a quarter of flour sifted with a teaspoonful of baking powder. Bake in two layer cake pans in a quick oven for 15 minutes. For the filling heat a small cupful of cream, add a tablespoonful of gelatin that has been soaked in a tablespoonful of cold water for five minutes, sweeten with a tablespoonful of sugar and flavor with the juice and rind of one orange; strain this into a bowl placed in ice water and whip with an egg beater, adding when quite stiff a cupful of whipped cream and half a cupful of chopped hickory nuts; spread this between the layers, heating in a small pyramid on top.

**Frozen Orange Pudding.**—Prepare a custard by using a pint of milk, two eggs and two tablespoonfuls of sugar. Remove from the heat and flavor with the grated rind and juice of one orange. While this is cooling, peel two oranges and remove all of the white and seeds, flaking the pulp in small pieces, sprinkle liberally with powdered sugar and let stand. To the cold custard add a half pint of sweetened whipped cream and turn at once into the freezer, stirring in when half frozen the prepared orange pulp and a small cupful of grated macaroni crumbs; continue the freezing until very stiff and then pack in a melon

mold. Unmold on a large platter and garnish with whipped cream and orange peel.

If the diet is to be healthful and economical, the person who plans it ought to know in a general way how much protein and other nutrients are needed and how much is contained in the different food materials.

## WHAT MAY BE DONE WITH WINTER FRUITS.

We have grapefruit, oranges, lemons, bananas and apples in plenty in most markets the year round. In winter when the fresh berries are lacking there are many dainty ways of using these common fruits.

**Banana Salad.**—Split bananas in quarters lengthwise and lay on a bed of shredded lettuce. Sprinkle with finely chopped nuts and serve with French dressing. Chilled bananas served this way make a tasty dessert, using whipped cream in place of the salad dressing.

**Celery and Grapefruit Salad.**—Cut the grapefruit in thirds, remove the pulp and cut up with an equal amount of celery. Mix with salad dressing and fill the shells with the mixture, garnish with celery tips or watercress.

**Mint and Orange Salad.**—Take three tablespoonfuls of finely chopped mint, six oranges, the juice of half a lemon and two tablespoonfuls of powdered sugar. Remove the pulp from the oranges, mix with the other ingredients and chill. Serve in dainty glasses.

**Grapefruit Cocktail.**—Cut each grapefruit carefully to resemble a basket, remove the pulp and scallop the edges. Cut the pulp rather fine and mix with canned white cherries, sweetener to taste. Chill and serve in the baskets. Garnish with red cherries. Other fruit combinations may be used if desired.

**Orange Salad.**—Peel oranges and slice thin, laying them in overlapping slices on an oblong plate, garnish with powdered sugar and candied cherries, or dress with French dressing and garnish with parsley or watercress.

**Apple Cups.**—Pretty apples scooped out to form cups and refilled with the minced apple with celery and nuts, make a most attractive salad. Any salad dressing may be used. Slice a small piece from the stem, and, leaving the stem in for a lifter, then with a sharp spoon scoop out the apple; when filled the lid may be replaced, the apple served on a dolly covered plate. Yellow, green and red apples may be used, or one color is preferred. A cocktail may be served in apple cups or any sauces for meats, making a most dainty receptacle.

Be always displeased with what thou art, if thou desire to attain to what thou art not; for where thou hast pleased thyself, there thou abidest.—Quarles.

## SIMPLE ECONOMICAL DISHES.

The housewife of today uses the strictest economy with conservation of resources, without lowering the food value of her menus.

**Buckwheat Gems.**—Beat a half cupful of sugar with one egg, add three tablespoonfuls of melted fat, add alternately one cupful of milk and a cupful of buckwheat flour, then beat in half a cupful of wheat flour, 1½ teaspoonfuls of baking powder, and a half teaspoonful of salt. Bake in gem pans and serve with honey.

**Banana Sour Ice Cream.**—Dissolve one cupful of sugar in the juice of two lemons, then add 1½ cupfuls of sour cream and three bananas put through a ricer. Freeze.

**Simple Pudding.**—Reserve a third of a quart of milk and scald the remaining two-thirds, add a half teaspoonful of salt, and mix with six tablespoonfuls of flour mixed with the third of a quart, when smooth add to the remainder and cook until thick and smooth. Remove from the heat and stir in two well-beaten eggs. Flavor to suit the taste. Put a small portion of a cupful of sugar into a deep dish, pour in the pudding and spread the rest of the sugar over it. Cover the dish and set away where the pudding will cool slowly. These last directions are the most important.

**Steamed Date Pudding.**—Beat one egg, add two teaspoonfuls of butter, one-half a cupful of flour, one-half a cupful of sugar and one-half a teaspoonful of baking powder, two tablespoonfuls of milk and a cupful of chopped dates. If this pudding is steamed in four cups it will take 25 minutes, if in one dish, allow 45 minutes to an hour. Serve with cream.

**A New Sandwich Filling.**—A cupful of finely minced cabbage salad which contained a bit of onion and green pepper chopped and dressed with mayonnaise was a leftover. Bread was buttered and on it was placed thin slices of cheese, then a spoonful of the salad, topping another slice of buttered bread. The combination was especially pleasing.

Add a little sugar to both corn and peas, canned or fresh; it will improve the flavor.

*Nellie Maxwell*

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