

DAINTY FROCK OF DOTTED ORGANDIE



"A THING of beauty is a joy forever," applies without any qualifications, to some dress materials. Navy blue dotted with white never grows tiresome and is never out of date. It is a combination that gentlewomen approve along with all-white in summer frocks. Navy blue with emerald dots or with red dots, always is a combination that all these combinations appear among cotton and silk goods, with each returning spring. The dots are either printed or embroidered, the latter chosen where the higher cost is not considered. This spring finds all combinations in displays of the best shops—organdie with embroidered dots appearing so far to be the favorite.

Navy blue with white dots, in organdie, was chosen by the designer of the very simple and equally refreshing dress shown in the picture. There is nothing to tell of it that may not be

gathered by looking at the illustration, but the use of narrow bias bands of white organdie on the two flounces is worth mention, since this finish is featured on many cotton frocks this year, sometimes appearing at the bottom of a plain skirt, and always with organdie in collars, cuffs, or sash, fichu or overbodice. The elbow sleeves and surplice front of the waist look especially well with the plain collar and cuffs.

Figured silk is used in another frock made with two flounces, both the dresses being instances of the liking for three-tiered skirts. Satin is used for pipings and borders and to cover small buttons, and it provides the long folded sash with ends finished with fringe. The elbow sleeves and diagonal front fastenings are important in this model, which might border on the commonplace without their chic flavor.

Neckwear Maintains It's Place



NECKWEAR and waists in which collars play the outstanding part, have nothing startlingly new in design to offer, but they continue to play a leading role in the season's styles. Suits are dependent on them for the finishing touch in their success and many coats are made with reference to the vests, or blouses, that are to be worn with them. Organdie and net vests and collars, usually tucked and lace trimmed, are as essential in all kinds of summer dresses as they are in suits. It is with these that clothes, bearing the wear of daily service, are kept fresh looking, and the woman who does not undervalue the charm of daintiness will supply herself with neckwear.

A collar and chemise of tucked organdie trimmed with narrow val lace, as shown in the picture above, is the most popular of neck pieces. Variations of this pretty accessory, in net, batiste or georgette, with tucks, hemstitching embroidery and lace, all contributing their part, provide an endless number of variations of this model. The decoration is usually a combination of tucks and lace, or tucks and hemstitching with lace put in as little frills or bands of insertion. Cuffs to match are added for one-piece dresses and on the simpler materials; for cotton frocks these collar and cuff sets are often plain with narrow hem-stitched hems.

Tailored waists made of wash silks, wools, linen, percale or any of the

sturdier materials, appear in the displays with high collars or with turnover collars like that shown in the picture. The high collar is chic and the turnover is youthful. Organdie waists in white, with collars and cuffs in color, reverse the usual order of things in which color appears in waists with collars and cuffs in white.

Julia Bottomly

Charming Dancing Frocks.
A number of charming dancing dresses have the entire skirt made of petals of roses, dark brown or black, on self-tone tulle foundations. The result is a dress made of petals, but in no way looking like a flower dress. It gives more the effect of a ruffled skirt than of anything else and is wonderfully attractive. Similar effects are worked out in dresses of pink metal gauze. The bodices topping these petal-skirts are extremely plain, sometimes entirely devoid of trimming. The duffy appearance of such costumes is made even more pronounced by voluminous scarfs of tulle. These scarfs are also worn with the more sedate type of evening dress, and frequently the colors are in striking contrast to the dress. For instance, a scarf of brilliant blue may accompany a dress of rose color.

The KITCHEN CABINET

Few things are harder to put up with than the annoyance of a good example.—Mark Twain.

FIVE-DAY FOOD.

A can of salmon on the emergency shelf is a most convenient form of food, as it may be served in a variety of ways.

Salmon Souffle.
Remove the skin and bones from canned salmon; separate into flakes and season with one teaspoonful of salt, two teaspoonfuls of lemon juice and pepper and paprika to taste. Cook one-half cupful of bread crumbs with one-half cupful of milk five minutes. Add the salmon, the yolks of three eggs beaten thick and the whites beaten stiff; these are folded in lightly at the last. Turn into a buttered baking dish and set into a pan of hot water to steam. Serve with:

Spanish Sauce.—Melt three tablespoonfuls of butter, add three tablespoonfuls of flour; stir until well blended, then pour on gradually, stirring constantly, one cupful of milk and one-half cupful of cream. Bring to the boiling point. Add one-half cupful of pimento puree, one teaspoonful of salt and a few dashes of cayenne. To prepare the puree, put a can of pimentos through a sieve, after draining them.

Faked Rhubarb.—Wash and scrub eight prunes; when soft, remove the stones and cut in pieces, cut up two cupfuls of rhubarb without removing the peeling, add one cupful of boiling water to the rhubarb and prunes and bake in a moderate oven until nearly cooked; then add two-thirds of a cupful of sugar.

Meat and Potato Pie.—Take one cupful of cold chopped meat, one tablespoonful of minced onion, one-half cupful of canned tomatoes, two cupfuls of mashed potatoes, with salt and pepper to season. Put a layer of meat in the bottom of the baking dish, add a little onion and seasonings, and half the tomato; repeat and cover with the mashed potato. Cover and bake in a hot oven.

Hot String Bean Salad.—Take cooked string beans and a tablespoonful or two of shredded onion. Pour over them a little hot bacon fat and a few slices of bacon cut in cubes and cooked brown. Add salt and pepper and enough boiling vinegar to give the proper zest.

What a young man earns during the day goes into his pocket; but what he spends in the evening goes into his character.—Dr. T. L. Cuyler.

GOOD THINGS TO EAT.

A salad is always enjoyed and any new combination welcomed.

Cheese Salad.—Take half a pound of rich American cheese, one cream cheese, one tablespoonful of cream, two green peppers and one Southern onion chopped fine. Rub the cream cheese, cream and grated or minced American cheese to a smooth paste. Add the finely chopped onion, a stalk of celery and the peppers all finely minced. Season with paprika, add salt and cayenne and mold into a loaf. Place on ice to harden. Serve with hot toasted crackers.

Lobster With Rice.—Cut the white meat of one chicken and one lobster into dice. Put two tablespoonfuls of sweet fat into a shallow frying pan, add one sweet green pepper and one sweet red pepper chopped fine; stir until they are soft. Add the lobster and chicken, one teaspoonful of salt; heat slowly, while a cupful of seasoned tomato sauce is prepared. Put two cupfuls of hot seasoned rice in the center of a platter, put the meat mixture over the top and pour over the tomato sauce and send to the table.

Cadillac Codfish.—Pick over salt codfish and separate into small pieces. Measure two-thirds of a cupful of coffee with lukewarm water, cook until soft and drain. Cut four medium-sized cooked potatoes into slices, arrange a layer of potatoes and a layer of fish, sprinkle with salt and pepper; repeat. Pour over one and one-half cupfuls of tomato sauce, sprinkle with buttered crumbs and brown in a moderate oven.

Venetian Sauce.—Melt one-fourth of a cupful of butter, add four tablespoonfuls of flour and stir until well blended; then pour on gradually while stirring constantly two cupfuls of boiling water. Bring to the boiling point and add the juice of half a lemon, one-fourth of a cupful of capers, one tablespoonful of finely chopped parsley and two tablespoonfuls of finely chopped pickles. Again bring to the boiling point, season with salt and add two tablespoonfuls of butter bit by bit.

Dutch Peppernuts.—Mix a pound and a quarter of brown sugar, two tablespoonfuls of cinnamon, one tablespoonful of cloves and one teaspoonful of baking powder. Into this stir three eggs, and add as much flour as it is possible to work in, for this dough must be very stiff. Roll moderately thin, and cut in circles the size of a quarter; bake in a very slow oven. These little cakes will puff up, and are delicious. They will keep for months.

Olive Sauce.—Cook two dozen large queen olives in hot water for 30 minutes; pare and chop, into a saucepan put four tablespoonfuls of finely minced onion, and cook brown. Add four tablespoonfuls of flour, one-half teaspoonful of salt and a dash of pepper; stir together to a paste and add one and one-half cupfuls of brown stock. Cook, stirring constantly, until the mixture boils, then stir into it the chopped olives, and serve. This is a sauce especially nice for fish, game or cold meat.

The creation of a joyous, harmonious, attractive home is a work sacred enough to wish an angel from her harp, or a monarch from his throne.—E. B. Herbert.

THREE MEALS A DAY.

The every day problem of preparing nourishing food in the right quantity, with little waste and a reasonable expenditure, is the ark of twenty million housewives in the United States. In cities where the community kitchen has been established, where families may purchase a cooked meal, much of the labor, fuel and good health of the women may be conserved. Where the servant problem was difficult in days past it is now unsolvable, for we are coming to the place where "there ain't no such animal" they are not to be had at any price.

The labor saving in this plan is worth considering. If 40 homes in any community bought meals, even the saving of dish-washing (as the dishes in some places are sent and returned to be washed) would give the housewife many hours a day to attend to other household duties, saving her strength, good looks and temper.

Instead of using the telephone to order the day's supply of foods or marketing from place to place, in towns where co-operative or community kitchens are established, she simply orders the meal prepared for that day, and it is delivered in piping-hot receptacles, with dishes for serving if so desired. In a few minutes the meal is on the table, and afterward there are no cooking dishes to be washed. A motor appears and gathers the food containers; these will be washed in steam vats, hundreds of them at once. The economy of this enterprise will appeal to most householders, as it does away with the cost of the fuel burned in the forty or a hundred homes preparing that meal. Food bought in such quantities can be purchased much cheaper, as everyone knows.

These community kitchens have proved successful in several cities, and are growing in popularity. The cost of the plant, to begin with, the salary of the manager and helpers, has all been met with a fair profit in most cases, and so far this seems to be the only ray of light for the servantless home.

"If thou art worn and hard beset With sorrows thou wouldst fain forget; If thou wouldst read a lesson that will keep Thy heart from fainting and thy soul from sleep, Go to the woods and hills; no tears Dim the sweet look that nature wears."

Bread made with buttermilk is fine of texture, tender and especially good.

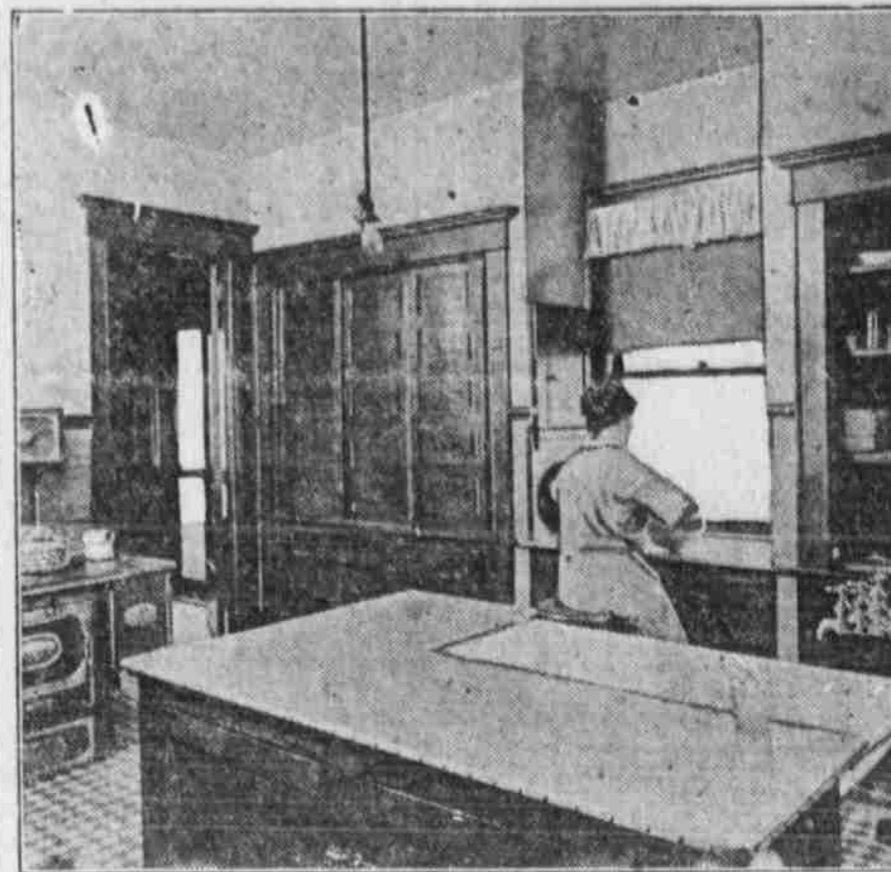
Take one and one-fourth pints of sweet fresh buttermilk, add one tablespoonful of sugar, two teaspoonfuls of salt, one-half of a compressed yeast cake and flour to make a stiff batter. Send half a pint of sifted flour with the buttermilk, then add the salt and sugar. Dissolve the yeast in a little tepid water. When it is a little more than lukewarm add it to the batter. Beat thoroughly and set to rise over night in a warm place. In the morning it should be very light and covered with air bubbles, which break when the cover is removed.

When mixing the batter take three quarts of flour, a tablespoonful of lard and one-half teaspoonful of soda, and more salt if needed. Add to the sponge and water to make a smooth stiff dough. Knead fifteen minutes and set to rise in a warm place. Cover closely to exclude the air. When the dough is light mold into loaves. Set to rise again and when light bake as carefully as if it were cake.

Sally Lunns.—Take four cupfuls of flour, four tablespoonfuls of sugar, four tablespoonfuls of butter, one-quarter of a tablespoonful of salt, one yeast cake, two eggs, half a cupful of milk and water. Crumble the yeast cake into a cup, put with it one teaspoonful each of sugar and flour; add half a cupful of lukewarm water and stand in a warm place for fifteen minutes. Sift into a bowl the flour, salt and sugar; rub in the butter. Pour the yeast into the center of the flour, add the eggs well beaten, milk and enough lukewarm water to make a very soft dough. Mix and beat well with a wooden spoon; set in a warm place to rise for one hour. Grease three round cake tins and place the mixture in these. Let stand in warm place till risen to the top of the tins. Brush over with beaten egg. Bake in a hot oven for ten minutes. They should be lightly browned all over. Stand a minute before turning out. They may be buttered and eaten fresh but are usually split in three and toasted when a dry old.

Nellie Maxwell

WHY FARMERS' WIVES GROW OLD EARLY



A farm kitchen with conveniences like this is one of the urgent needs on many farms, investigations show.

Walking 457 miles a year to get water for her family's use is the record of one New Mexico woman, as revealed by a survey of farm home conditions made not long ago by the United States department of agriculture and the state extension service. In addition to carrying 32 tons of water, which is a minimum for a family of six to use in a year, she did all the housework and helped with the field work and care of the live stock. Here is the story she tells:

"We live on a farm of 800 acres located one and a quarter miles from a small town. We have no automobile, but use horses and wagons as a means of transportation to town or elsewhere. We live in a six-room house which is lighted by lamps and heated by stoves. I have no labor-saving devices, except a built-in kitchen cabinet or cupboard, a sewing machine and a washing machine run by hand power.

"There are six members in the family, including two children between ten and sixteen and two under ten years of age. During harvest, silo filling, or thrashing we have eight extra helpers. I have no help in the house except that of three children in carrying wood and coal and running errands. During the first six months of 1919 five members of the family were ill in bed a total of twenty-three days.

Why Farmers' Wives Grow Old Early.

"I do the washing and ironing for the entire family, make my own outer garments and part of the children's clothing, and bake all my own bread. The water for household purposes must be carried a distance of 400 feet, and this is one of my daily tasks as well as the care of 50 chickens. The eggs from this flock are marketed at the nearest store and the money is used for general housekeeping purposes.

"I help with the milking of 32 cows and wash the milk pails and separator. The cream is sold and used for general housekeeping expenses. During eight months in the year I help with the farm work, care for the vegetable garden and help care for the live stock.

"In the summer I rise at five o'clock and my working day ends at 9:30 p. m., with no time free. In winter the day begins at 6 a. m. and lasts until 8 p. m., with no time off. I work on an average of fifteen and a half hours a day, three hundred and sixty-five days in the year, with not even my noon hour free."

Survey blanks were filled out by 244 New Mexico farm women, and about one-half of them reported water brought by hand from a distance of 300 to 400 feet. The average was 47 feet. In over 60 per cent of the cases the housewives did the carrying.

One gallon of water with a bucket weighs at least 8 1/2 pounds. One woman who lived on a farm and carried water for a family of five, which statistics show to be the size of the average American family, reports that it takes six pails of water for the ordinary day, and she has counted many times the 16 pails required for the family washing. Six pails of water 305 days in the year make 2,190 pails; 16 pails for the washing, 52 weeks in the year, make 832 pails, or a total of 3,022 pails of water for a family of five in a year. Taking this as the usual amount of water used, and the 47 feet as the average distance carried, the distance traveled in one year is 53 miles.

Woman Carries Water 457 Miles.

Besides traveling this distance she must bear the weight of the water. Ordinary pails contain from 2 1/2 to 3 gallons; 3,022 pails of 2 1/2 gallons will equal 7,555 gallons. Using 8 1/2 pounds which is a low estimate, as the weight of one gallon of water and the container, Mrs. Average Farmer in New Mexico carries in one year 64,217 pounds or 32.1 tons. This is not all, for the water she carries into the house must all be carried out again. So she lifts another 32.1 tons in carrying it out, which makes 64 tons carried in a year.

But That's Only One Item.

The woman who bears children and cares for them, their father and the hired man, cooks for them, does the washing, ironing and family sewing, does the housecleaning, cares for the chickens, weeds the garden, travels miles about an inconvenient kitchen

doing her housework, walks 53 miles and carries 64 tons of water during the year, is not getting a fair show, the United States department of agriculture believes.

Small wonder it is, under these conditions, that as soon as possible the farm woman wants to move into town, where she can have more conveniences and where she thinks life is more pleasant and less strenuous.

The home demonstration agents are teaching farm women the value of simple and inexpensive equipment which eliminates inconvenience and drudgery. In many instances it is lack of thought on the subject rather than lack of money that compels the farm housewife to do work under such handicaps. If the exodus from the farm to the city is to be stopped, the farmer's wife must be given a chance at health and happiness on the farm; otherwise she will use her influence toward moving to town.

MUCH WASTEFULNESS IN AWKWARD HABIT

Considerable Energy Saved in Doing Things Right Way.

One of Several Facts Disclosed by Experiments Made by Office of Home Economics—Low Kitchen Table is Wearing.

From buttoning shoes to washing dishes, there is an easy and awkward way of doing all work, as everyone well knows. Now, along comes the scientist, who says his experiments show that, aside from feeling and looking more comfortable when you do your work in the right way, you also save considerable energy.

This fact is one of several which recent experiments made by the office of home economics of the United States department of agriculture have disclosed. These experiments have been made for the purpose of determining the energy requirements of an individual in the various circumstances of his daily life and for use in estimating the amounts and kinds of food required by him to meet the needs of his body for energy.

It was found in the homely everyday task of dish washing that, when a woman washed dishes on a table so low that she was obliged to bend over, her energy output was 30 calories per hour. When she washed them on a table that was a little too high for comfort, it required 25 calories per hour, while only 21 calories were used when the working surface was of the right height.

It doesn't take long to saw off the legs of a table or to put blocks under it which will make it the right height.

Household Questions

Beefsteak and oysters make a good shepherd's pie.

Raffia makes a good covering for the rusty clothes hanger.

Rich sauces, spices and pastry should all be avoided.

Fig paste makes an excellent filling for layer cake or for pie.

Be sure not to get too much butter in a pound cake or the cake will be heavy.

Weight rather than size should govern the selection of cabbage. A small, firm head is the best.

Glycerin smeared on, and the glass stoppers of bottles will keep them for a long time from sticking.

An apron of white olefin worn while washing clothes or dishes saves the wear of dresses and the laundry bill.