



The Home Department

Conducted by
Helen Watts McVey

Some Social Rules.

For a dinner more or less formal, invitations are usually sent out two weeks in advance, though, on special occasions, less time may be given. In order that the hostess may know the number of guests for which she is to provide, immediate acceptance or "regrets" should be sent in reply. Well-bred people recognize the necessity of these answers without reminding letters being placed upon the cards of invitation. The correct form of invitation, as well as of acceptance, is formal and simple, but in declining one may state briefly the reasons for not being able to attend.

Guests need not be acquaintances, but should move in the same class. It is permissible to speak to each other without a formal introduction, as courtesy demands polite recognition of the guests of your hostess. The acquaintance so formed may end with the occasion, if so desired.

A hostess is not required to wait longer than fifteen minutes for a tardy guest, and it is obligatory on the guest to be promptly on time, and not too early. The usual time given to dinners is from an hour and a half to two hours. It is due to your hostess that you do all in your power to not only enjoy yourself, but to add to the enjoyment of others. One should not seek to monopolize the conversation; good listeners are as necessary as good talkers.

When dinner is announced, the host offers his right arm to the lady he is to escort to the table, the other couples following, the hostess being the last to leave the drawing-room. The host escorts the eldest lady, or the greatest stranger, while the hostess is escorted by either the greatest stranger, or by some gentleman whom she wishes to place in the seat of honor, which is at her right.

Husbands should not escort their wives, nor brothers their sisters. All guests should stand until the hostess is seated. As a rule, the lady at the right of the host, or the eldest lady, should be served first. As soon as any one is done, his plate should be promptly removed and all crumbs brushed from the cloth before the next course is served. When all have finished dessert, the hostess gives the signal that dinner is ended by pushing back her chair, and, in leaving the room, the oldest lady leads, the younger following.

In getting up a dinner, the hostess should seek to have a small variety, cooked to a nicety and served with grace. An acceptable and sensible dinner is soup, fish and one vegetable, a roast with one or two vegetables, a salad and cheese and a dessert. Jellies and sauces are helped on the dinner plate—not on side dishes. Fruit is served with puddings and pies.

The carver should serve meat as he cuts it; the platter should not be filled with hacked fragments. Do not help too abundantly, or flood the dishes with gravies, which many dislike. Soups should never be called for a second time, and none should refuse it when served, even though it is not touched. Take the soup noiselessly from the side of the spoon. Fish must be eaten with the fork in the right hand and a piece of bread in the left, unless fish-knives are pro-

vided. Do not call for a second helping. Side-dishes coming after fish must be eaten with the fork. The knife should be used only to cut meats and anything too hard for a fork. In a substantially meat dinner, a second portion may be served, but care should be taken not to overload the plate.

Guests do not usually remain long after the dinner is ended, if the affair is formal.

Mental Training.

In making statements or giving opinions, it is well to give foundations for our beliefs. If we cannot give a satisfactory reason to ourselves, we should search for one. It is not a good plan to allow either ourselves or our young people to merely express opinions, for we are thus in danger of forming a habit of merely voicing hearsay or prejudice, rather than stating facts. By thus carelessly following the statements of others, without investigation, we simply strengthen the habit of mental shiftlessness and irresponsibility. When asked to give a reason for one's opinion, it is often found that there is none—that we are merely parroting after another.

We should insist upon something better, and this will mean mental development—forming the habit of thought. A child or a young person should be required to define any word used in their hearing, or by themselves. It is surprising, when one looks into the subject, how few persons can give, off-hand, a definition of the most commonly used words—even those of their own every-day usage. Not one in a hundred has any knowledge of the different shades of meaning conveyed by words which they recklessly use as perfectly synonymous.

Another method of thought development is in requiring of our children and especially of our daughters while training them for housekeepers and home-makers, a reason for doing their work in certain ways. There is, in every labor, a right way and a wrong way, and, invariably, the right way is the easy way. How many girls can tell you why the dough for pastry must be made with cold material, and kept cold until used, while in bread-making things must be kept warm? How many of them can tell you why, in cake-baking, the butter should, as a general rule, be washed, while in biscuit-making the washing is unnecessary? How many women can tell you why, in sweeping a carpet, the stroke of the broom should be a short and quick rather than long and slow? In short, how few women have learned to reason and think about the commonest things, and how necessary it is that they should do it!

Home Chats.

It is all nonsense to tell a girl that a pretty face and dainty clothing have no value. Beauty adds to the value of everything, and to nothing more than to the prospects of the young girl just entering upon life's journey. If she have half sense, she will discover this for herself, and it is told to her by every one she comes in contact with, whether she be herself possessed of it or not. It is far better to teach her the uses of, and how to retain the gift, and to impress it upon her mind that, in order to rightly enhance it, there are other requirements of even greater value. For

real happiness, there must be more than a pretty face or pleasing form; without beauty of mind and spirit back of these, such beauty is of short life; but if the mental and spiritual faculties are cultivated and taught to dominate those of mere color and contour, this outward beauty will be but an added attraction. Teach them the just valuation of physical beauty, and how to possess it, even to old age.

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There is a beauty of middle age, too, that many women lose sight of, through various causes, and of the value of which they should oftener be warned. We all love a face that is pleasant to look upon, and of such faces, color and contour are not the prevailing charm. The fading face of the over-worked wife and mother possesses a beauty we are not slow to recognize and appreciate, while the dear, old, wrinkled face of the family grandma may be the most beautiful face in existence to those who see the lovely spirit back of it. We may all be beautiful in a certain sense, if we will, and this beauty is not dependent upon fairness of face or form, though these are greatly to be wished for, too. But the beauty of the inner self is a matter of personal cultivation, and it is a duty we owe to our fellow mortals, as well as to ourselves, to seek diligently to render ourselves as charming as possible, whatever our age, to the friends we have gathered about us.

Query Box.

Alta M.—Your questions are too general; it would require too much space to answer.

Ruthie D.—Ask a physician to give you the address of some training school for nurses in your own state.

Sufferer.—Large quantities of buttermilk used for drinking daily is said to be very beneficial in cases of rheumatism.

L. N.—The stomach may not always give sign of indigestion, but other parts of the body show results. One may suffer from the effects of this ailment without knowing rightly where to locate the trouble. Ask your physician.

Querist.—Lent is a fast commemorative of Christ's fasting forty days in the wilderness. Its observance is not commanded by the Bible. It is a religious requirement of the Catholic church, and is popularly observed among Protestants as a season of rest from social gaieties.

A. D. T.—A face powder is used rather as a protection against wind and weather than as a cover for blemishes, and should not be applied so thickly as to be noticeable. A clear, smooth complexion is pretty much a question of diet; one should not use highly-spiced foods, rich pastries, or other indigestible material, as these ruin the delicacy of the complexion.

Inquirer.—Applique means material cut out in various shapes and sewed, embroidered or fasted on other material as a trimming. Webster gives its pronunciation as "appleek," though it is often pronounced "applikay" by seamstresses. "Mercerized" means a chemical process which renders cotton threads lustrous, producing a silky effect. I cannot tell you.

Student.—Jerome Klapa Jerome, the English writer, was the son of a clergyman of the Church of England; he was born in 1859; has been a clerk, a schoolmaster, actor, journalist, editor (with Robert Barr) of a maga-

zine called *The Idler*, and is the author of many books. He is known as a humorist.

Culinary.—The black pepper used in culinary preparations is the coarse pepper made by grinding the peppercorn with the outer shell or husk, on it. White pepper is made of perfectly ripe peppercorns after the husks have been removed, and is in every way superior in flavor to black pepper, though less pungent. White pepper costs but a trifle more than the black, and does not discolor a white soup or sauce as the black does.

Fannie M.—For cleansing fabrics without discoloration, the following is a prize preparation: Grate two good-sized potatoes into a pint of water, wash and strain through a coarse sieve into another vessel containing a pint of clear water, and allow to stand until thoroughly settled; pour the clear liquid off and use to sponge materials, which are then washed in clean water, dried and ironed. The sediments left after pouring off the clear potato water may be used for cleansing carpets.

Young Housewife.—To use up cold potatoes, if boiled, cut into dice, put into a baking dish, sprinkle over them half a cup of grated cheese; make a white sauce, or gravy, by stirring into one tablespoonful of butter a heaping teaspoonful of flour, and, as soon as hot, turn into it a cup of hot milk, stirring until smooth and bring to a boil, then pour over the potatoes, cover with cracker crumbs moistened with a tablespoonful of butter, and bake until a nice brown.

Sarah.—To make butter pie, try this: One teaspoonful of sugar, one teaspoonful of butter; two tablespoonfuls of flour beaten smooth in a half-teacupful of water (cold); stir well all together; make a nice paste for crust, fill with the mixture, flavoring to taste, and bake about ten minutes in a slow oven. To be eaten cold.

Mrs. M. C.—Boucle cloth is a fabric having knotted or curled effects raised on the surface of the cloth by a process of weaving. Crepe de Chine is a thin, crinkled dress fabric. Veilings, tweeds and mohairs are all popular spring dress goods, while for summer wear, all sorts of muslins and light silks, dimities, organdies, ba-

DOCTOR EXPLAINS His Article in the Medical Magazine About Coffee.

One of the most famous medical publications in the United States is the "Alkaloidal Clinic," in a recent number of which an entertaining article on coffee by a progressive physician and surgeon is published. In explaining his position in the matter this physician recently said:

"In the article in question I really touched but lightly upon the merits of Postum Food Coffee. I have had several cases of heart trouble, indigestion and nervousness where a permanent cure was effected by merely using Postum in place of coffee without any other treatment.

"In my own family I have used Postum for three years and my children actually cry for it and will not be satisfied with any other beverage. Indeed they refuse to eat until they have had the customary cup of Postum and as it is a builder and does nothing but good I am only too glad to let them have it.

"To get the best results we boil the Postum at least 20 minutes and it is then settled by adding a little cold water, then the addition of fresh cream makes a beverage I now prefer to the very best coffee." Name given by Postum Co., Battle Creek, Mich.

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