

HOME HARMONIOUS

By Anita de Campi



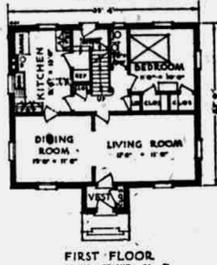
OLD WORLD CHARM.

SOME one has said that a picturesque house is one that you like to see other people live in, but pray to be delivered from yourself. This is not always true, and never need be true at all. Beauty, grace, unexpectedness—in a word, the quality which we call picturesque—can be combined as well with modern conveniences and standard plumbing as with thatched roofs and damp walls. It is all a question of knowing how and taking pains.

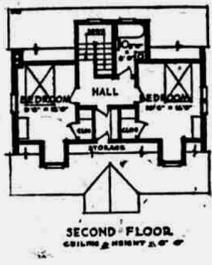
In proof whereof, consider the house here shown. It is picturesque to a degree. The pleasing features with its round arch not only softens the sharp peaked gables but gives almost a cloistered effect of peace and quietness. In some way not easy to describe the architect has given a home, protecting the expense of wide eaves. It has all the old world charm of appearance and yet is packed full of solid American comfort.

If it were possible to show the basement plans they would tell at a glance how carefully this house was designed. The basement usually is a concrete excavation, definite as to boundaries because furnishing the foundations of the house above, but without form and void within. Not so here. At the rear left hand corner is the furnace room, and next to that the fuel bins, both lighted from the garden side. At the rear right hand corner is the vegetable room, and between that and the stairs leading to the first floor is a big closet for screens and storm windows. The whole front of the basement, protected from dust by solid partitions, is a laundry and drying room, lighted at each end.

A house whose foundations are as carefully planned as this is sure to be well thought out in its more occupied parts. The vestibule, with a little coat closet at the side, opens straight into a living room 17 feet 6



FIRST FLOOR



SECOND FLOOR

inches by 11 feet 6. This of itself is a good size, but it is almost doubled by the wide opening into the dining room, 13 feet long, with the same width as the living room. The two really form one splendid apartment over 30 feet long, with little more than a suggested division between them.

Back of the dining room, of course, is the kitchen, 9 feet 6 inches by 13 feet. The arrangement of this home workshop is somewhat unusual, the range being in the outer corner. Cupboards and cabinets fill in all the nooks; a stationary ironing board is folded into the inner wall. The service entrance at the rear contains the refrigerator, and opens likewise on the basement stairs.

Coming back to the dining room side of the kitchen, a door leads to a little inner hall, also reached from the living room. This hall contains the stairs leading to the upper story, and close beside the stairway is a closet which probably will be devoted to the storage of brooms. More important still, this hall gives access to a linen closet, a bedroom, a bathroom, and a closet. The closets of the upstairs chambers are unusually large, and the bathroom is located so as to use the same stack as the ground floor lavatory. The house is of frame construction, veneered with brick.

It should be added that this inner hall is not the dark passage way which such contrivances usually are. It is lighted by a good window on the stair landing.

The upper floor contains two bedrooms, a bathroom, and a good allowance of storage space under the roof. The dormer windows seen from the front make a delightful bedroom nook. The closets of the upstairs chambers are unusually large, and the bathroom is located so as to use the same stack as the ground floor lavatory. The house is of frame construction, veneered with brick.

THE COOK BOOK

By Jane Eddington

SWEET AND SOUR AND WHIPPED CREAM.

IT is a comfortable thing to maintain health unobtrusively. It is not easy to do under doctor's orders. One of the ways of maintaining health is to take sufficient milk each day, whole milk, with the cream in it. A million pages of print have urged this upon people for some years now, and a large percentage of them have learned the lesson.

Yet this teaching has been taken so seriously by some people that they think that taking a pint or quart of milk a day will make them sure of health no matter how incomplete their diet is in other ways. This is not true, for milk needs supplementing by the energy foods, such as the food grains and the other food fats besides cream. Plenty of good bread and butter is a fine energy or fuel supply. It is the one thing the person who is growing too stout must leave out of her diet, except in small quantities, while leaving out candy also because it is too pure a fuel.

Body Demands Energy Food.

So much emphasis has been put upon the milk, vegetable, and fruit diet—especially for summer—that we always are finding people under the doctor's care who are trying to "build up." In other words, they have tried to live without eating enough of the energy-making or fuel food. Energy the body must have for its own work, to drive its blood through its veins, to secrete its juices for the monstrously hard work of digesting food, and to make that food over into body substances, and so forth. And besides this, most of us do some work with our hands and brains in summer, and we must supply energy foods, even in the hottest periods for this, or we "go to pieces" trying to make bricks without straw.

Some one consulted me just the other day, some one under a doctor's care, who needed to build up, and had been advised to take considerable cream. My advice was for an all fuel luncheon, with crisp rolls, plenty of butter and milk in some form, hot or cold, and some cream which might be ice cream or some cream in coffee. With plenty of cream and sugar, the coffee part is just favoring for these two energy foods. But when it comes to taking cream for energy purposes we do better, in part at least, to take pure sweet butter, which for a given

bulk has four times the energy value that cream has, butter being cream with a great deal of water beaten and worked out of it.

Repertory of Cream Services.

However, if a member of the family needs especially building up, it is a pity not to have a large repertory of cream services. If a family as a whole needs to keep from feeling all flattened out in hot weather, because bread has sometimes been hard to swallow, butter unattractive, and cereals a bore, let that family make as wide a use of cream as possible. Home-made cream cheese, when the cream sours, is a palatable thing, even in the hottest weather, and whipped sour cream not drained for cheese, is a pleasant spread for brown bread. It makes an excellent dressing, well seasoned, for the ever popular crisp cabbage salad, and a sour cream cake with or without eggs has all the energy of the cream, and some besides.

But starting with the sweet cream we may find uses for it in our menus from soup to beverage. A little whipped cream, if salted, is an excellent garnish for soups, especially the cream soup. It is flat without the salt, and unattractive. It should be stiff or dry, from being whipped exceedingly stiff or well drained.

Cream with Fish.

There are wonderful fish sauces which are the better for cream, especially those in which a fish steak is cooked (poached). But there is another way of serving cream with fish that is exceedingly attractive. Add to the whipped cream, lightly salted, some grated horseradish, or just enough to season it, and pack and freeze this as you would a moussé. Just a jelly glass full will be enough for a relish for four servings of fish. When the glass is filled three-quarters full, cover it with buttered paper, put on the cover, and tie it on. Some small mold with a deeper edged cover than that of an ordinary jelly glass is better, but unless the glass floats in melting ice and salt it will serve.

A tablespoon of cream in a dark meat gravy will often modify it most acceptably. And a meat loaf will be much smoother, as will a frozen meat salad, if a little whipped cream is folded into it. Of course, the meat must be cold, and if it is to jelly the cream must be added before it begins to set.

Uses for Whipped Cream.

Real cream with vegetable, if used with discretion, is always delicious where a white sauce would be third grade. Excellent salad dressings are made with cream, while mayonnaise is in almost every one of its uses, even in the ever popular Thousand Island dressing, better for being extended with some whipped cream. So much may be used in some cases, say for a fruit salad, that the dressing is really whipped cream flavored with the mayonnaise. In using mayonnaise with fruit, it is quite essential that we thin it in some fashion with cream.

And when we come to the sweet part

of a meal there are literally hundreds of ways in which we may use a bit of cream, or a great deal. Of late years whipped cream has been spread over pumpkin pies, cup cakes, and gingerbread. Some of its most universal appearances are the least desirable ones. It is often combined in ornate ways, and many of them, with cooked creams, which if eaten in what used to be considered ordinary servings, left the average eater with an uncomfortable sense of fullness. Such service is like carrying coals to Newcastle. And fancy gelatins are often served with whipped cream, though if these are sweet or weighted with nuts we get that same heavy feeling after eating them that we get with the cream. Many of them are too flat of flavor for the cream, which makes them even more insipid.

Chantilly or Whipped Cream.

In cosmopolitan or international cookery, whipped cream is called Chantilly or Chantilly cream. It is used as a nomenclature as fillings of cream puffs, eclairs, and such ornamental pastries as the "gateau Saint Honore," and with fruits poached in the sweetest of syrups. Any cream, not the whipping cream alone, but much thinner sorts, may be whipped in any weather if well chilled, the instruments well chilled as well, and if only small quantities are taken at a time. The minute the whipping is started, air is beaten into the cream, and if it is summer air this is warm enough to take the whipping qualities out of any considerable quantity of cream. The actual time and energy used is little, if any, greater if only three table-spoons are whipped at a time. The sieve or drainer into which this is put should be cold, as are the cup or tiny bowl and the turbine egg beater with which it can be whipped without a spatula. The facility with which a bit of cream can thus be set up, as it were, tends to teach economy, since a quarter pint of cream can be made to do an unbelievably extended service when one gets the habit of beating up a nice three table-spoons of it to make a whole tea-cupful of whipped cream.

Flavored Chantilly.

There are any number of ways of sweetening and flavoring Chantilly so that it will serve itself for a light dessert. Ground macaroons are one of the flavorings used for Chantilly in many a fancy combination of the cream—for fancy desserts or "sweet entremets"—but the preparation can be used alone. Dried fruits, like chopped dates and figs, can be folded into whipped cream to make a quick dessert. Straps, like that of raspberry or chocolate, may be gently folded into whipped cream to make an attractive addition or garnish for a dessert, but these combinations also may be served alone as "a building food" dessert at less cost of energy in the preparations than that required for the foodless gelatin, foodless save for the sugar and other food things added to them, and not so safe in warm weather as might be, at any rate not safe after twelve hours from the time when made.

Coffee Nectar.

No ice cold drink in summer is more palatable to a great number of people than coffee nectar. Make drip coffee, dripping it into hot cream. Let this get cold, and then put it into the chillest part of the icebox. When ready

to serve, fill a tumbler about a third full of the coffee, put in three table-spoons of cream which has been whipped dry, and fill up with seltzer water or just ice cold milk. Of course it should be sweetened—to taste. Once forget the sugar and your guests will feel pained—most of them.

Chocolate Nectar.

Fill tumblers about one-fourth full of chocolate syrup, add the three table-spoons of whipped cream, and fill up glass with seltzer water. To make a chocolate syrup, take one square or ounce of chocolate, add a cup of boiling water to it gradually, melting and cooking it completely so that it thickens the water, add two cups of sugar, stir until it has dissolved, and cook until it is a thick syrup—about five minutes. As it cools a teaspoon of vanilla, and when it is cold drain it into a jar to keep for a week if you want to keep it that long. With it, the whipped cream, and the seltzer, you are always prepared to serve in scarcely a minute a guest who asks for a nectar, but something better and more wholesome, as well as more sanitary, than that from the public fountain.

Whipped Sour Cream Salad Dressing.

Sour cream needs to be cold to whip up well, as well as the sweet, and a sour cream salad dressing is not attractive or worth while unless the cream will whip up so as to be thick. For a cup of sour cream use one table-spoon of sugar, a table-spoon of vinegar or lemon juice, a teaspoon of salt, and it is improved with a salt spoon of celery salt. Cabbage salad in this fashion and cucumbers are the two materials with which this is used. The Jewish restaurants serve what they call a sour cream sauce, with hot boiled potatoes, which is practically like this but a little flatter. By using the sugar and the vinegar—not one alone—we get a dressing of enough character to use as a salad dressing.

Sour Cream Cheese.

Sour cream, lightly salted and stirred smooth, may be drained through double cheese cloth to make a firm cream cheese, but to make a sort of Chantilly cream cheese, whip the cream thoroughly before draining it—for eight or ten hours. A great number of additions may be made to this cream, but it is exceedingly attractive as a spread for a cracker, a slice of gingerbread or sponge cake, etc.

Piquant Cream Cheese Sandwich Filling.

There is no prettier or more up to date sandwich filling than that made with creamed cream cheese, chopped green peppers, and a little chopped pimento, to which may be added or not, as you choose, a little onion juice, etc. The homemade Chantilly cheese is exceptionally good for this. Open sandwiches made with this filling are decorated with tiny rounds of stars or threads of pimento.

Instead of the homemade cream cheese the commercial cream cheese may be softened and creamed with a little fresh cream, and if desirable a little whipped cream may then be folded into it. In serving these people it is always best to increase the bulk of our cream: that though the mouthfuls are large the total calorie content is small.

By the way, sweet salad fillings with a basis of cream cheese are attractive, and may be colored with fruit juices. And as for the piquant sandwich filling, we may add the chopped sweet green pepper to sweet butter, or even to margarine, and get a good sandwich filling. In any case, these pepper sandwich fillings are better for being chilled, and they keep well.

LOVE LETTERS

BLAZING A NEW TRAIL.

BLANCHE: Today as the sun sets, will find me facing westward—speeding toward the lovely mountains of Colorado—and I'm almost glad. "Washington has become unbearable and I'm sort of longing to lose myself in the vast quiet of those lovely hills. Many a weary heart has found rest and ease in their shelter, and I feel I must lose myself somewhere until this terrible heart anguish has somewhat diminished. O, Blanche, I cannot rest you from my heart. You must remain there forever—your home shall, at least, be mine—so I'm taking you to the mountains and there we—my image and I—shall fight it out to the miserable end.

My pride forbids me to plead further, and yours forbids you to retract your words and acknowledge error. So I guess we've reached the end. We won't quarrel and I'll try never to blame you, little girl. You will remain at home, and will, I hope, eventually find happiness in the love of some good man. You are worthy of the best. But,

Blanche, don't, don't ever cause another man to suffer as I do. Be sure to love him before you promise him happiness. God knows I've had a bitter lesson. Remember, dearest girl, that all my best wishes are for you. Should you ever chance to think of me at all, please bear in mind that it was a frank of fate which brought us together and then separated us, leaving me so cruelly wounded. You are not at fault—you thought you really loved me—but you didn't.

Wherever I am, I shall talk to you daily, and shall keep you always with me, so you may know that somewhere in those mighty western mountains is a man who is carrying three small pictures of a beautiful girl, close to his heart: a man whose heart is said—whose life is bitter.

I've been gazing at a picture of you for ever an hour—time is slipping away rapidly and if I would say all I desire I must write swiftly and wait until later to dream.

Let me tell you of the picture upon which I've been gazing—over which I've been dreaming. The portrait of a beautiful girl, dark brown hair, tender eyes, and sweet, pouting lips. Sometimes it seems as though she

were about to speak. I dared to love her. I have been mad enough to imagine she was meant for me. Yet—I'm glad I have loved her and dared think of a day when she might be mine, for I feel I'm better for having done so.

One year ago I met her and she crept into my heart and remained there, a beautiful dream to me. I've told her, millions of times, how I loved her—how badly I needed her, until now—well, the dream is over, the air castles shattered, hopes departed, and my picture of happiness lies in ashes at my feet. She once told me "life was but a cigarette"—how sadly true that is! I smoked and dreamed—until the cigarette had gone—awakened to find naught but the burned end in my possession and the ashes all about me.

But the dream was worth while. I saw gloriously beautiful things as the smoke curled lazily and wafted upward, transporting me into realms of supreme happiness. And always on those journeys I was accompanied by a wondrously sweet, tender, beautiful girl—the girliness of whom was distracting—yet, with the sweetest little womanly ways that appealed and fascinated, a girl to be wooed gently, tenderly—a woman to be won through persistency. Perhaps I wooed too ardently—too savagely. I lost my dream girl. My heart seems to mock with "she's gone, she's gone," so now there is nothing left but to say good-by. Goodby to my heart—my hopes, dreams, mad ambitions—just good-by. I've heard that all partings are sad. I wonder if ever before has a heart so burdened with sadness as mine.

I've spoken my good-bys to my friends here, and I'm locked in my rooms with you—to say that last word to you alone. Two short hours more and I shall be leaving everything behind, love, work, friends, everything one holds dear, and shall be once more blazing a new trail.

I suppose this is most tiresome to you, so I will bring my last letter to an end—but it's hard, O Blanche, it's hard to say good-by to you forever. It seems like tearing out my heart, sometimes I fear the awful quiet of those somber mountains, the distant call of the coyotes, the scream of the bobcat. The aching heart may be more than I can possibly endure and I must try—I must.

I shall think of you, dream of you, and love you, you always, but I shall think, dream, and love alone. I wish you happiness, joy, and everything you desire. I am glad I've loved you, glad I still do, and glad I always shall. You are not at fault; it was just a piece of fate which is so often cruel, merciless. Good-by, dear. PHILIP.

Bright Sayings of Children

"Are they all like that when they come?" asked Robert of the nurse, when she showed him his new brother. "Just like that," she assured him.

Sara went on a large steamboat excursion and when she returned was asked if there were many on the boat, she replied, "O, just stacks of kids, but hardly any people." F. E. C.

One hot day last summer I sent Genevieve to the store. She had not been long accustomed to going on errands alone, so I watched on the

A moment later he called to his next door playmate. "Come on over and see how you looked when you was begun." M. C. R.

Ruth insisted on standing in a boat in which we were rowing on pretty rough water, when at last her father, becoming put out about it, sat her down with harsh words. She was quiet for a few seconds and finally rose to her feet again, singing, "O, say, can you see, by the dawn's early light," etc. Ruth at least remained standing till we had recovered from our laughter. L. E. M.

Bernice was sitting near her daddy, anxious to have him talk to her. She watched him reading his paper, col-

porch for her return. I saw her coming down the street, dodging along behind a man who was walking slowly. When at last she did reach home I said to her: "What on earth were you doing, acting in such a manner?" "It's so dreadful hot, sister, I walked behind a fat man all the way to be in the shade." J. C. K.

Bernice was telling a playmate about some puppies she had seen while visiting her uncle's farm. The playmate asked how long they were. Bernice replied: "They aren't any long yet. They can't stand up, or wag, or even bark yet." Mrs. M.

The family on the right of us was moving away, and my daughter, Mary, was sorrowful about it. After the last load had gone and mother and father and the children had left is

When she asked him how he figured that he said, "Well, one was half through when I got there." E. M. B.

The other morning while at breakfast, Philip, in reaching toward his plate, knocked against the cream pitcher which the maid was passing. Before I had time to correct him, he

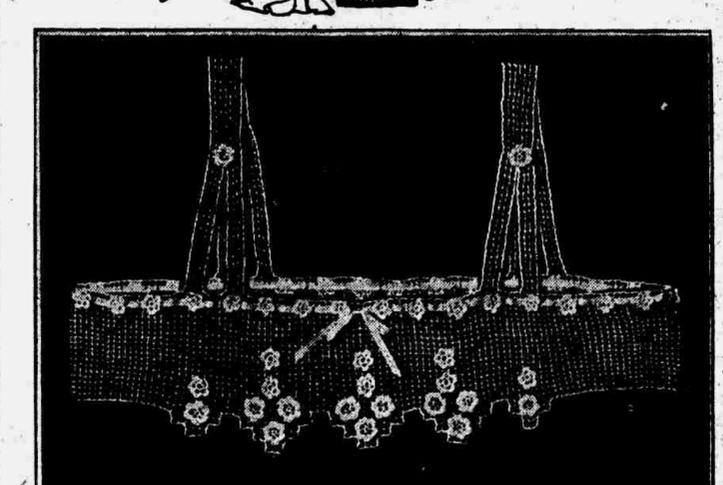
the taxi, Mary came to me and with tears in her voice said: "Mother, will miss them, won't we, were they such a nice neighborhood?" M. O.

Roger, who was watching his father read a recently installed water meter, received the caution that hereafter he must be careful in the use of water. That evening at the supper table, when the boy's mother complained that he had not washed his face before coming to the table, his eyes fairly sparkled.

"That's all right, mother," he comforted. "You won't have to wash me away from the table. I'm conserving water." V. H. B.

Practical and Fancy Needle Work

By Clotilde



GIANT MESH FILET YOKE.

(Course: Star Needlework Journal, N. Y.) THIS lovely yoke, with shoulder straps, will make just the right finish on a crêpe de chine or wash satin camisole or combination. It is a pattern that will work up rapidly and be effective. Wouldn't it make a gift that would be appreciated by any girl or woman? And if you like to crochet, probably two will not be too many for you to attempt.

Materials required: Three balls of crocheted cotton, size 100, white. Ch 89 for 20 open meshes, working first tr c in 12th stitch from hook, ch 2, skip 3 stitches, and tr c in next stitch, continue working up and down, according to illustration, and finish with a row of s c all around yoke and straps.

Single roses—Ch 6 and join to form a ring.

First row—Ch 1, 1 s c over ring.

Second row—Ch 4, skip 2 stitches, and slip stitch in next stitch; repeat four times.

Third row—Ch 1, 1 s c, 5 d c, 1 s c over each loop.

Double roses—Ch 6 and join to form a ring.

First row—Ch 5, 5 c over r*, ch 3, d c over ring; repeat from * four times.

Second row—Ch 1, 1 s c, 5 d c, 1 s c over each loop.

Third row—Ch 7, d c in d c of 1st row in back of the 2d row, c ch 4, d c in next d c of 1st row; repeat from * four times.

Fourth row—Same as second row.

Work 15 double roses and 40 single roses, pin in position as illustrated, and fasten to yoke with needle and thread.

Answers to Sewing Queries.

MRS. A. H.: There are no patterns of the Fashion's Blue Book pictures.

MRS. C. R. D.: There are directions for making Cluny lace in some of the books sold at the fancy goods counters.

MRS. S. F.: The first two installments of the ribbon alphabet were printed in the papers of May 27 and 28,

and if you will write to the circulation department, enclosing 10 cents for each copy, the papers will be sent to you.

MRS. G. L. K.: There are no patterns of the Fashion's Blue Book pictures.

MISS D. B.: You can get the papers you wish by writing to the circulation department, enclosing 10 cents for each copy.

MRS. MCC.: The first installment of the ribbon alphabet, A to H, was printed in the paper of May 23, and you can get it by writing to the circulation department and enclosing 10 cents.

MRS. F. W. H.: I have mailed you directions, which I hope you will understand, and think you will have no trouble in finishing the bag.

MRS. E. M. H.: I am glad you liked the ribbon alphabet. You can get the entire alphabet by writing to the circulation department, enclosing 10 cents for each of the three copies.