

New Things Every Woman Ought to Know

How to Make Your Kitchen Efficient

By GEORGE BOYNTON CHILD
Author of "The Efficient Kitchen"



IS THERE A "QUIET CORNER" IN YOUR HOME?

"Such a place, equipped with all the necessities for writing orders, keeping accounts, etc., adds much to the household's efficiency."

ENCOURAGING progress is being made in the task of applying the principles of efficiency to the household and making them produce there as good results as they are showing in our offices, stores and factories.

A number of books devoted exclusively to the subject of household efficiency have already appeared and one of the most interesting and helpful of these is "The Efficient Kitchen," by George Boynton Child, published by McBride, Nast & Co.

Much of the modern housekeeper's distress, according to Mrs. Child, is due to the fact that our kitchens express the needs and customs of our grandmother's time and not those of today.

The first step in making a kitchen efficient is to think of it not merely by itself but in its relation to the other parts of the house. This is where the woman who has determined to have a convenient kitchen is apt to find herself in conflict with the architect. The best way to overcome these difficulties is to plan the kitchen before you do any other room in the house.

Other things being equal the small kitchen is the most efficient. A very convenient kitchen, quite large enough for a family without a maid or for one employing only one servant, can be made of a room seven by eleven feet. Ten by twelve feet or eleven by thirteen feet is just about the right size for the average family. It should be oblong rather than square.

Wall paper should never be used in a kitchen. The only exception is the washable oilcloth paper which is recommended where the walls are in bad condition. Glazed tiling makes an ideal finish but where this is too expensive they should be finished with kalsomine and one or two coats of flat washable paint. For the floor, if well laid, linoleum will give the most satisfactory results for the money.

In most kitchen groceries are kept together in one closet; agateware utensils in another; cooked food in still another; service dishes which are part of a set, in the diningroom. This is a logical arrangement, and we do not see that it is wasteful of labor until we begin to work. Then we find that the waste of steps in-

volving in getting equipment and material together for any one process becomes a very serious loss indeed, not only of the time but of the energy of the worker.

Keep nothing in the kitchen that is not used every day. Things used oftenest should be kept in a convenient fixed place.

Have narrow shelves with one row of things on each. Use open shelves rather than cupboards and closed closets, except where a coal range is used, and the kitchen is necessarily dusty. Shelves should be at a convenient height, none lower than twelve inches nor higher than can be easily reached. Nothing should be permitted to rest on the floor. This saves bending over and facilitates cleaning.

Have nothing in the kitchen that is not easy to keep clean. Fixed equipment should be placed where the light is good.

Small utensils should be suspended from hooks and cupboards fastened to the wall or to the edge of shelves. Sink and work table should be at a convenient height for the worker.

However small or large your home, plan to have either in the kitchen or somewhere else what is well called a "quiet corner" where you can keep your household accounts and make your plans for conducting your domestic affairs in a systematic and businesslike way. This corner should be equipped with a table or desk, a chair, wastebasket, scissors, files for letters and bills; pencils, paper and memorandum pads; and, for the woman who has a large family to provide for, a little card index system.

Dishes with Which Washington's Best Cooks Tempt the Appetites of Famous Men

THE city of Washington has long been famous for its delicious things to eat. In hotels, restaurants and private homes there the epicure is able to find, as in no other city, all the dishes for which each section of the country is famous. In "The Administration Cook Book," published by the W. B. Conkey Company, have been gathered together the favorite recipes of many of Washington's famous women and some of the best of these are represented here.

STUFFED CHOPS.

By MISS GENEVIEVE BENNETT CLARK,
Daughter of the Speaker of the House of Representatives.



(C) Edmonston.
Miss Clark

THE ordinary chop can be made into a dish for an epicure by means of a little stuffing. Select meaty chops, not too fat, and have them cut one and one-half inches thick. Have the butcher remove the bones, so the chops can be rolled. Several hours before they are to be cooked—really, they are better if put on ice the day before—spread them, where the bone was removed, with finely minced mushrooms, seasoned with salt and pepper, and roll them as you would a sirloin of beef, fastening them with wooden skewers. Sprinkle them with salad oil, dust with salt and pepper and keep them in the refrigerator until required.

Half a pound of mushrooms will do for a dozen chops. Save the stems and peel of the mushrooms to use with a tiny piece of mace and one cupful of stock for the gravy. Broil the chops in a very hot frying pan with a tiny bit of butter until quite brown on the outside and still pink in the center; arrange on a hot dish; then add to the fat in the pan one tablespoonful of butter and one of cornstarch, and when these are slightly brown add the stock, etc., and cook until about as thick as cream. Strain over the chops and serve.

ORANGE AND GRAPE-FRUIT MARMALADE.

By MRS. WILLIAM COX REDFIELD,
Wife of the Secretary of Commerce.



(C) Harris & Kwong.
Mrs. Redfield

WASH and cut in half three oranges, three grape fruit, and three lemons; carefully remove all seeds, but do not peel; put through the meat grinder, taking care to catch all the juice. To every pint of fruit add three pints of cold water. Let stand over night. In the morning put into a preserving kettle and boil for ten minutes.

Let stand until the following morning and again measure. To each pint of the mixture add a pint of granulated sugar. Return to the stove and boil steadily until the marmalade jellies when dropped onto a plate. Fill jelly glasses and, when cool, cover lightly with paraffin, then put on tin covers.

meal by eating an apple, the more sour the better. Oranges and lemons are among these tooth-cleaning fruits. He even advises a few drops of lemon juice or half a spoonful of vinegar in a glass of warm water for cleaning the teeth before retiring.

The dentist sees with his eye of science what is invisible to us, curtains, so to speak, of thick, glue-like substance draped about the teeth by the food remaining in the mouth after chewing. The fruit acids cut this substance and remove it from the teeth.

Following this fruit cleaning, however, he advises rinsing the mouth with an alkaline substance, as bicarbonate of soda in water or milk of magnesia.

Foods containing lime must be eaten, especially during our earlier years, to prevent the teeth growing soft and spongelike and becoming speedily destroyed by acids, because unable to offer firm resistance to them.

Foods must contain sufficient fluorine, a green, gaseous substance, else the teeth will have a tendency to slough away. Calcium and phosphorus, which are found in large quantities in fish, are solid elements, so to speak, of the teeth.

If the teeth are beginning to decay plentiful amounts of phosphorus and calcium in the food will arrest its progress.

Calcium is found in large quantities in most fruits and vegetables, in milk, cheese and eggs. Aspara-



(C) Edmonston.
Mrs. Garrison

ENGLISH PLUM PUDDING.

By MRS. LINDLEY M. GARRISON,
Wife of the Secretary of War.



ONE pound of raisins, stoned; one pound of currants, one-half pound of suet, chopped; one pound of sugar, one-fourth of a pound of almonds, chopped fine; one-half pound of candied peel, lemon and orange; two five-cent loaves of stale bread, crumbled fine; one nutmeg, grated; one-half teaspoonful of allspice; two carrots, grated fine; two apples, chopped fine; four eggs, one-fourth pint of milk, one-half teaspoonful of salt, one cup of best brandy. Boil seven hours, putting the pudding in small tin pails, well greased, and fastening the lids tightly. Set away until wanted, then boil two hours before using. Serve with brandy. This is very fine and is always served in my family for Christmas dinner.

CINDERELLA PUDDING.

By MRS. HOKE SMITH,
Wife of the Senator from Georgia.



(C) Edmonston.
Mrs. Hoke Smith

TAKE a large round sponge cake, and, with a sharp knife, scoop off the top and all of the inside, leaving just a shell of cake. Cover this with a layer of home-made apple jelly. Make a quart of rich, old-fashioned custard, and, when perfectly cold, stir into it as much of the cake crumbs as will make it the consistency of stiff gelatine jelly. Fill the cake shell with this and on top pile double whipped syllabub and let the syllabub cover the sides of the cake shell entirely. Sprinkle over this maraschino cherries. Serve ice cold. This is a recipe that I invented for my children when they were small, and since they have all become grown-ups they ask for it so frequently that I feel sure it will prove palatable to others.

CHICKEN TIMBALE.

By MRS. ALBERT S. BURLESON,
Wife of the Postmaster-General.



(C) Edmonston.
Mrs. Burleson

STEAM a fowl until the meat falls from the bone; skin, and remove all bones, then pound the meat in a mortar; when almost smooth, add an unbeaten egg and continue the pounding until the mixture is fine enough to put through a sieve. Add gradually a glass of cream; mix thoroughly; season with salt, pepper and a pinch of mace. Keep cool. Fill buttered timbale cups, sprinkle with finely broken nut meats or truffle, set in pan of hot water and bake twenty minutes without closing the oven door.

TOMATO ASPIC SALAD.

By MRS. OSCAR UNDERWOOD,
Wife of the Democratic Leader of the House of Representatives.



(C) Edmonston.
Mrs. Underwood

HEAT one can of tomatoes with a small leaf of added; one cup of soup stock, one tablespoonful of sugar, salt and pepper to taste. Strain and add a scant half-box of gelatine which has been dissolved in a little water. Put in mold and set aside to cool. When firm, remove to salad dish and fill the center with Waldorf or pepper salad and serve with Mayonnaise on crisp lettuce leaves. This is my husband's favorite salad and one that many of our guests find delicious.

What to Eat for Your Teeth's Sake---By Mme. Lina Cavalieri

OTHERWISE well-informed persons show an appalling ignorance of what to eat, not merely for the purpose of enjoyment but to strengthen the different organs.

For example, do you know what you should eat to make your teeth strong and lasting? Don't apologize. In all of your enlightened city you would probably not find a score of persons outside the offices of those specialists whose business it is to know, the dentists, who have any intelligent ideas on the subject. They might talk vaguely about lime, but that is as far as they could go. They would be moved quickly to change the subject.

Three principal elements compose the teeth. Calcium or lime, phosphorus and fluorine are three corners, so to speak, of tooth structure. To make teeth strong and enduring we should eat plentifully of the foods that will supply these elements.

Yes, I should say we might, by the way, Brown, how did you like the little book I gave you last week? Brown was taken aback. He remembered the little parcel, and also knew it was something in his dirty box, over the mess. But he'd never opened it, and therefore hadn't the faintest idea of what book it really was. However, he felt pretty sure on one thing, so decided to risk it.

"Oh, the little book, sir. Well, I may say I enjoyed it."

The parson was delighted, and showed his delight by wringing Brown's big fist.

"Yes, sir," he encouraged her continued. "I thought it great, but of course, it finished like all the rest of them, got marinated and lived happy ever afterwards."

Of No Avail.

The regged waiter trudged up the garden path bathed in the sunshine, and took off his hat to the lady at the door. She eyed him keenly, and a look of recognition passed over her countenance.

"Look here," she said, "you called at this house in the middle of the winter," he did, me'am, he sorrowfully admitted.

"And I give you a good meal, on condition that you swept the snow out of my baby's eyes."

"That's right, me'am."

"And when you had the meal you went off without doing it."

The man ramed the back of his hand (frantically) over his eyes.

"Yes, me'am," he said, brokenly, "and my conscience smote me. That's why I've tramped all the way back, under the scorching sun, to finish the job!"

But consciences of such a caliber were not in demand in that neighborhood just then, and he went empty away.

And So It Goes On.

Nanky automatically delighted with himself, left the shop of the curio-dealer with spinning footstep.

GENERAL PHILIP H. SHERIDAN, the great cavalry leader of the American Civil War, followed the Franco-Prussian War of 1870-1871 as a privileged spectator. In his "Personal Memoirs" he describes what he saw and makes some comments on German strategy and tactics which are remarkably interesting in view of present events. Here is what he says:

"Prince Bismarck spoke to me about the state of public opinion in America, and wished to know if Americans regarded Prussia as the aggressor in the war. He talked much about the American form of government and said that in his early life his tendencies were all republican, but that family influence had overcome his preferences and he intimated that after adopting a political career he found Germany was not sufficiently advanced for republicanism."

"The day after the battle of Gravelotte Bismarck invited me to go over the field with him, and I gladly accepted his invitation, as I was curious to see whether the much talked of Krupp guns had really done the execution that was claimed for them by German officers. When we got inside the French works I was astonished to see how little harm had been done by the German artillery. From the terrific cannonade of the German guns I thought that it must have caused great destruction, but all I could perceive, however, was one disabled gun and two badly damaged caissons. It was plain to see that the German artillery fire had not caused the French much trouble."

"The day after the battle of Sedan I rode over the battlefield, the section where the fighting had been largely an artillery duel. I wanted to observe once again the effectiveness

of the Krupp guns. Counting all the French dead that I came across, killed by artillery, I figured 300, a ridiculously small number; in fact, not more than one dead man for each Krupp gun used on that part of the line.

"After Sedan the German army, 210,000 strong, moved toward Paris. The French had little with which to oppose this enormous force, not more, perhaps, than 50,000. The rest of their army had been lost or captured in battle or was cooped up in fortifications in consequence of blunders without a parallel in history, for which Napoleon and the Regency in Paris must be held responsible.

"The first of these great faults was the fight at Worth, where MacMahon, before his army was mobilized, accepted battle with the Crown Prince, pitting 50,000 Frenchmen against 175,000 Germans; the next was Bazaine's fixing upon Metz as his base and stupidly putting himself in a position to be driven back to it when there was no possible obstacle to his joining the forces with MacMahon at Chalons; while the third and greatest blunder of all was MacMahon's move to relieve Metz, trying to slip 140,000 men along the Belgian border.

"Indeed, it is exasperating to think of all this, to think that Bazaine carried into Metz—a place that should have been held, it at all, with not over 25,000—an army of 130,000, because it contained, as his excuse was, 'an accumulation of stores.' With all the resources of rich France to draw upon, I cannot conceive that this excuse was sincere; on the contrary, I think that the movement of Bazaine must have been inspired by Napoleon, with a view to the maintenance of his dynasty rather than for the good of France.

"At Reims the Germans expected strong resistance, for the French intended to die to the last man before giving up the place. But

this proved all fudge, as is usual with these 'last ditch' promises, the garrison decamping immediately at the approach of a few soldiers.

"Thanks to the courtesies extended me I had been able to observe the principal battles and study many of the minor details of a war between two of the greatest military nations. Of course I found a great deal to interest and instruct me, yet, nowadays war is pretty much the same everywhere, and this one offered no marked exception to my previous experiences. The methods pursued on the march were the same as we would employ.

"The early advantages gained by the Germans may be ascribed to the prompt mobilization of their armies; their later successes were greatly aided by the blunders of the French.

"The cavalry was operated in accordance with the old ideas of covering the front and flanks of the army; but this directed it was in no sense an independent corps, and hence could not be said to have accomplished anything in the campaign or to have added a weight of influence proportionate to its strength. The method of its employment seemed to me a mistake, for being numerically superior to the French cavalry, had it been massed and maneuvered independent of the infantry, it could easily have broken up the French communications and done much other work of weighty influence in the prosecution of the war.

"The infantry regiments I thought too large—too many men for a colonel to command, unless he has the staff of a general.

"Following the operations of the Germans from the battle of Gravelotte to the siege of Paris, I may say that I saw no new military principles developed, whether of strategy or grand tactics."

What Sheridan Thought of German Tactics