

The I-Room Apartment

By LORETTO C. LYNCH.

With the advent of the ever higher cost of starting a home many young folks are considering the one-room apartment. And many landlords are redividing their apartments to accommodate this latest solution to the housing problem.

It has been my good fortune to help a business girl furnish her first home. It was not the typical "little gray home" with which the west is supposed to be plentifully sprinkled, but a modern one-room apartment. She and her husband-to-be were to go to business every day and so everything had to be planned to entail a minimum of housework. But the apartment house had been expressly built to accommodate just such couples and it was with a real sense of delight that we began the task.

The room was a large square one. There were two deep closets, one for clothing, the other was the kitchenette, done in white, but not difficult to keep clean, for the surfaces were of washable enamel. The small range was an electric one. The electric light flooded this windowless closet. Everything necessary to the making of a simple meal was close at hand.

The bathroom had a built-in dresser, with a generous mirror, a glass-covered table top and a chest of roomy drawers. There was also a double set of shallow drawers on either side of the mirror for the smaller articles of the toilet. The bathroom was entirely done in white and the towels and rugs we purchased were of white, with a Greek fret design in sea-green.

But the furnishing of the large room was the real delight. It was necessary, in order to improve the effect, to "break" the square effect. To accomplish this several small rugs were used on the parquet floor instead of one large one. The room, in order to accommodate the various color schemes of the various tenants, was entirely paneled in wood finished in a creamy white dull enamel. There was a plate shelf upon which we used colorful bits of china. For instance, we had a plate in brilliant red. There were among the other things a conglomerate colored vase, a Chinese yellow incense burner and still there was room for the things that were to be there in the years to come.

Single beds, to be folded into mahogany tables in the day time, were among the furnishings. These were not grouped together, but were placed near comfy chairs and did service not only as library tables, but when pushed together provided a company dining table.

There was a huge stuffed davenport with a predominating rose tone in the tapestry. Low tabourettes, two or three of them, held potted flowers or the smokers' comforts. But the lamps were the furnishings upon which we used much time and thought. There were lamps to represent candles at the side of the walls. These were covered with frosted glass covers. But when lighted against the white wood panels of the walls they looked cold and insipid. And in place of a deep orange silk were substituted. These gave a charming effect of themselves and added just the required bit of color to the walls. But, of course, these were not always to be lighted. And in a Japanese art shop we found just the floor lamp we were looking for.

The standard of this floor lamp was of antique gold. There was a vivid red-silk shade with deep fringe to match. There were long silken tassels, encircled with fine cords of gold by which to switch on the welcome glow. This was selected with the vivid red shades because in this part of the country there is a rather disagreeable rainy season when the less optimistic citizens need some of these mechanical aids to cheer.

There are decided possibilities in these one-room apartments for those planning a first home.

Bathroom Hints.
All cloths and utensils used in cleaning the bathroom should be scalded and dried, preferably in the open air.

The crust of lime which is sometimes deposited by hard water can be removed from porcelain fixtures with hydrochloric acid. This acid is very poisonous and is also injurious to the skin and to many materials, including the metals used in plumbing. It must, therefore, be handled with extreme care. Gloves should be worn when using it.

To clean the bowl of a toilet, bail out as much water as possible, pour in about a pint of commercial hydrochloric acid (sometimes called muriatic acid) and let this stand for several hours, or until the crust crumbles when poked with a stick. Then flush with a large quantity of water. The water in the tank is not enough; more must be poured in by hand in order to dilute the acid and carry it away rapidly.

In a porcelain-lined sink or bathtub the acid must not be allowed to stand on the soiled earthenware, because it may get through to the metal underneath and eat that away. It must, therefore, be applied drop by drop to the lime and flush out with plenty of water as soon as the crust begins to crumble when pressed.

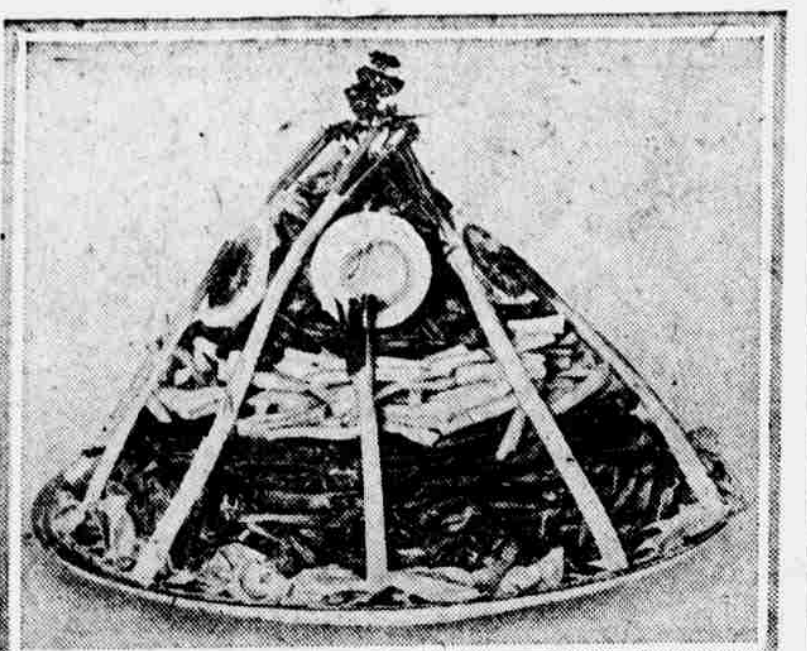
Miss G. Cooper, recently presented with the governor's clinical medal, is the first woman to win the coveted prize in the 100 years of history of the Charing Cross Medical school in London.

To take a census in Kamerun is considered easy, for each man decorates his roof with figures representing his wives and children and a large figure to represent himself.

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Macedoine Salad



Take one lettuce, six small spring onions, two carrots, three stalks of celery, a few slices of cucumbers and two tomatoes. Pick the lettuce leaf from leaf and, after washing thoroughly, toss in a towel to drain off the moisture. Wash the onions in a well and cut them into the desired lengths. Tear the lettuce leaves apart with the fingers, peel and shred the carrots and celery and arrange them in suitable dish, the sliced cucumber and tomatoes and a hard-boiled egg cut in rings. Garnish with green. Serve with a French dressing.

Use Cheese
Like milk, cheese is an inexpensive food, no matter what the price. It is safe to speculate that cheese owed its origin to some accidental souring and ripening of "sour milk curd, for long before refrigeration was known cheese was the form in which milk was preserved for future use.

Today the coagulating agent that produces the curd is rennet, and the ripening, the process that gives the characteristic flavor to each variety, is due to the action of different kinds of bacteria.

This results in a very wide variety of cheese, from the cream cheese that requires only a few hours in the home preparing to the French cheeses exposed to the mold of months in damp caves.

All good cheeses are pure, healthful foods, the high flavors being due to natural ripening processes. Cheese has an important mission in the dietary; served as an accompaniment it adds some food value, flavor and distinction; it materially increases the food value of a dish.

Do You Know---XV

Three Questions a Day for the Housewife.

- 1. How the squash got its name?
- 2. What qualities should good white bread possess?
- 3. Is it safe to use rubber rings for canning that have been left over from last year?

(These questions will be answered by the Housewife.)

Answers to Previous Questions.

- 1. All cooking oils and fats should be kept in a dark place. They should be carefully covered.
- 2. Bake pears as you would apples, adding a little grated lemon peel with the sugar to give flavor. Some cooks think brown sugar gives a better flavor to baked pears than white sugar.
- 3. Sultana raisins are small seedless ones. They come from Smyrna and grow without seeds.

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Doing Without a Maid In Your Household

Have you ever noticed that sometimes the woman who is now getting along without a maid or domestic help of any sort is losing her knack of sitting down in her own living rooms or drawing room and enjoying her own home?

And one of the worst developments of the maidsless system is a sort of restless spirit. There is no more leisurely lingering about the dining room table over after dinner coffee while the maids in the kitchen are finishing the dishes. Now some one makes a motion to rise as soon as the coffee is swallowed. Dishes have to be washed and what fun is lingering over coffee when one must do dishes?

Undoubtedly there is a certain satisfaction in sitting leisurely in your own living rooms when you may look at the carefully polished floors and the well cleaned rugs without the association of the hours of work on your part that were needed to produce that result. You enjoy the glow of the open fire more when you are not persistently thinking that the more wood that is burned the more will have to be huddled upstairs and the more the ashes gather the more you will have to carry downstairs.

You would rather be off to the movies, seated in a straight, uncomfortable chair while your mind is carried away from associations of work and where you may watch to your heart's content the winsome heroine who somehow never seems to have to disturb herself over household matters or problems of servants.

Perhaps if you were as good an actress as the real woman in the films you would be able to get the comfort you are losing out of your own home. You would be able to play two roles. You would be able to be the hard working housewife by day and in idle hours the care-free woman of leisure of your dreams.

has a habit of asking friends for luncheon and tea and is given to little dinner parties, then undoubtedly there is economy on the side of keeping house, for anything approaching the sort of hospitality that one can offer even in a simple home is amazingly expensive at hotels or tea rooms.

With children, too, the greater cost all goes in the balance of boarding, for the family of two adults and two children keeping house could hardly double the expenses of the same family with no children.

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Walnut Recipes

Cheese balls: Take equal parts of cottage cheese and ground walnuts. Add a little celery cut fine, chopped parsley, and mix with sweet cream. Salt to taste. Make into small balls and sprinkle with paprika. Serve as fish with nut bread.

Salmon soufflé: Small can salmon, one-half cup bread crumbs, one cup milk, three eggs, one-half cup chopped walnut meats, salt, paprika and lemon juice; season salmon with salt, paprika and lemon juice. Then add milk, yolks of eggs, and walnut meats. Fold in whites of eggs well beaten. Bake in buttered pan 20 minutes. Serve with cream sauce.

Walnut and olive sandwich filling: Mix equal parts of walnut meats and ripe olives chopped fine with enough mayonnaise to spread on dishes.



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Sandwich filling: One-half cup Diamond brand walnut meats chopped fine, one-half cup sharp eastern cheese, grated, one-quarter teaspoon salt, one-half teaspoon dry mustard, one-eighth teaspoon paprika. Mix with enough mayonnaise to spread.

Meatless meat loaf: Two cups cooked beans, two cups bread crumbs, one cup walnuts (ground or chopped fine), one bell pepper chopped fine, one egg, two tablespoons milted butter, salt and pepper to taste. Mix all ingredients thoroughly. Shape into loaf and bake 30 minutes in moderate oven. Serve with tomato sauce.

Sweet potatoes and marshmallows: Eight medium-sized sweet potatoes, three-quarter cup chopped walnut meats, one-half pound fresh marshmallows, butter size of walnut, salt and pepper; boil potatoes, remove skins and mash. Add walnuts, butter, salt and pepper. Mix thoroughly and put in baking dish. Cover with marshmallows and just before serving put in oven until marshmallows rise and become a delicate brown.

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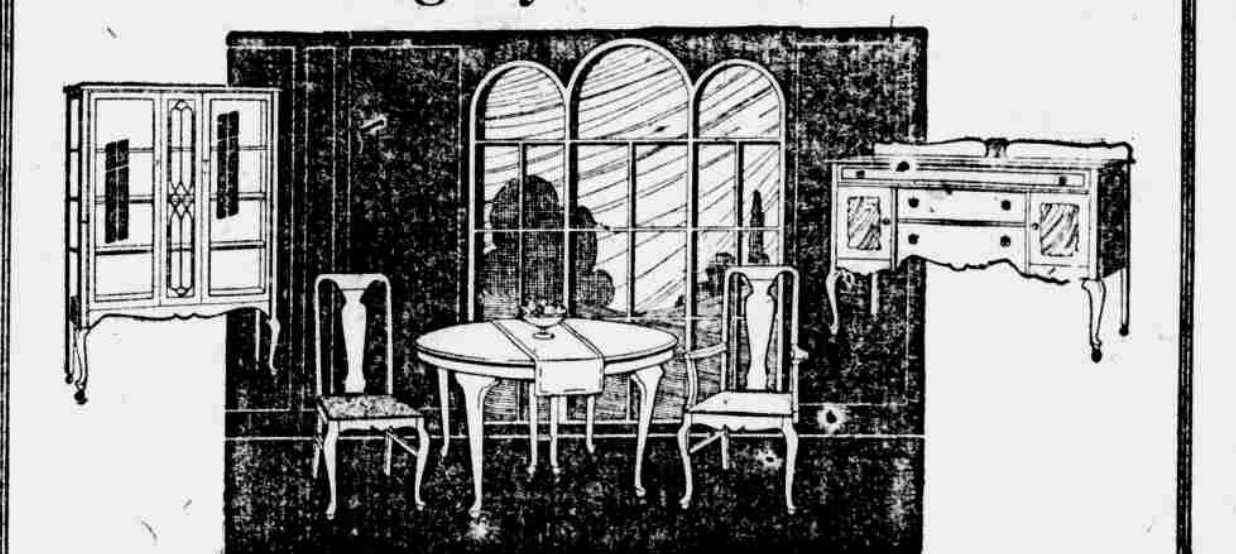


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