

Home Making

THE Art of Good Housekeeping

TORONTO HOUSEHOLD EXHIBITION
ARENA, TORONTO - APRIL 9 to 14, 1917

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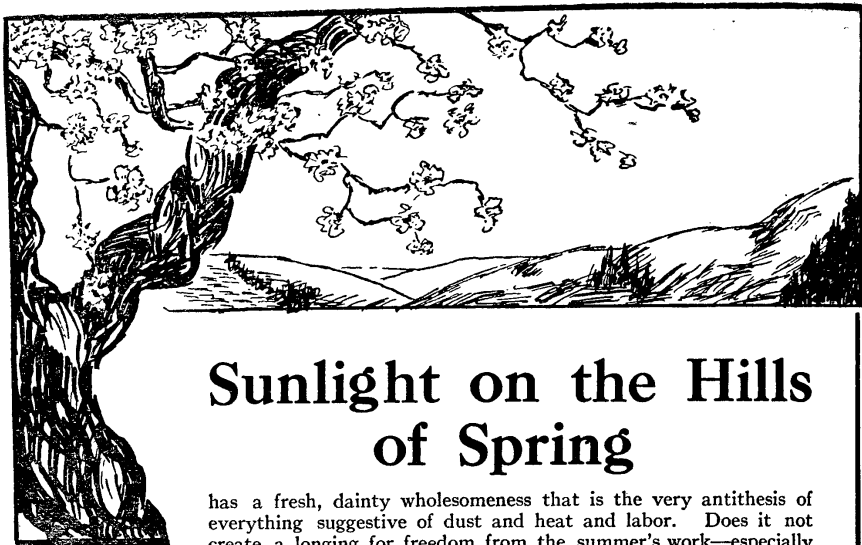
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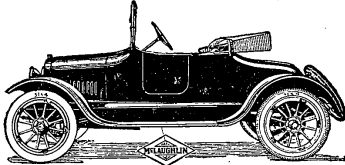
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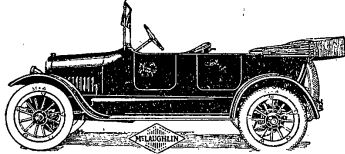
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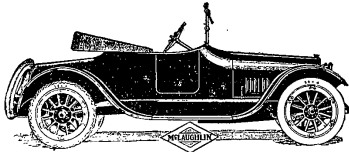
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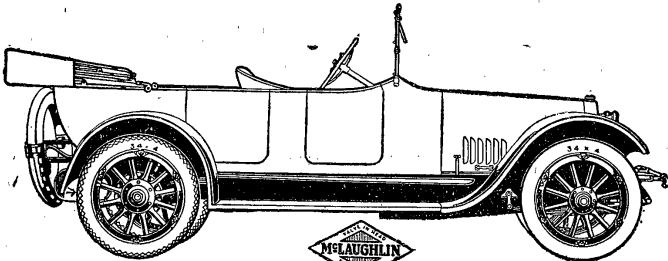
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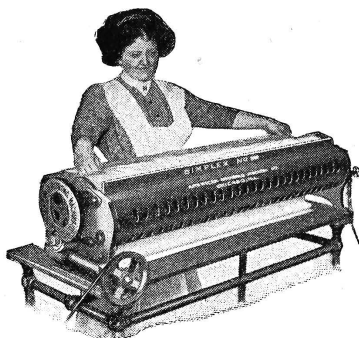
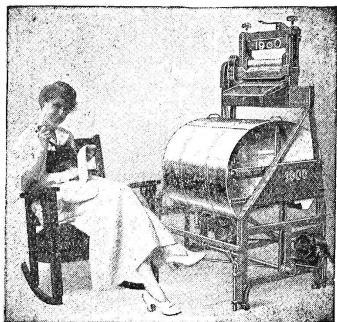
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HOME MAKING

The Art of Good Housekeeping

THE IDEAL HOME

I HAVE always felt that the best security for civilization is the dwelling," said Benjamin Disraeli when opening the Shaftesbury Park Estate in 1874, "and that upon properly appointed and becoming dwellings depends more than anything else the improvement of mankind. Such dwellings are the nursery of all domestic virtues, and without a becoming home the exercise of those virtues is impossible."

And a much more recent writer in the New York Outlook says:

"You can't buy a home. A man buys a house—but only a woman can make a home. A house is a body; a home is a soul."

But every woman who has the home-making instinct in her heart realizes the importance of the body to the soul, the very balm to the spirit which comes with the deftly-placed light, the rightly-chosen color, the orderly yet inviting arrangement of furniture, and, above all, the suitability of the house to the needs of the people to whom it is home. These early spring days herald the advent of housecleaning and house renovating and a general freshening indoors to correspond with the freshening which is beginning to take place out of doors. A cheerful maid has just come in with an enraptured face from shaking a rug over the balcony railing, and I hear her say: "Isn't this the most glorious day? Makes you feel like housecleaning!" The spirit of the renewal of things seems to get into our veins. Each year we make some changes, big or little, in our houses, and each change should make the home more expressive of ourselves.

And that word "becoming" is so happily chosen in Disraeli's speech. A thing to be becoming must express the personality of the person for whom it is designed and a house that does not express the personalities of the people for whom it exists is a failure artistically, for it lacks that "conscious utterance of thought by speech or action to any end," which, according to Emerson, "is art." And I believe any thoughtful person will admit that such an inexpressive house fails of being in the truest sense a home. So we see that true art and true homelikeness do not vie with one another, as is sometimes supposed but result from exactly the same causes. If we believe then in the influence of the home, we can hardly fail to believe in the influence of art therein.

Home-making involves a very wide range of interests, and we owe it to ourselves and our families to develop those interests to some extent. It is certainly owing to the children in a home to be surrounded by things that at least will not retard their development, and the development of an appreciation of beauty means the growth of a spiritual as well as an intellectual attribute. Indeed, everything nameable in the intellectual, spiritual or material worlds has its counterpart in each of the others, so we cannot touch life in any of its phases without influencing it in all.

The object of all the institutions of life is surely the higher development

of the individual and of the race in all phases of their being, and certainly no institution is in a position to contribute so largely to this development as the home.

ART IN THE HOME

The most ordinary arrangements of the home are constantly leaving their effect upon the unconscious minds of the children in the home, and to a lesser degree upon the older members of the family. But to start right we start with the consideration of the children, whose growing minds are very subject to infection by the faintest suggestion of posing or insincerity. It is rank insincerity to put anything in your house because it is considered beautiful, though it does not express your own ideas of the household. That you do not appreciate may indicate a lack in yourself, but when you have studied and learned to love it is time enough to make it a part of your home. It is important that the ideal in the making of a home should be not the highest and most modern achievement of the house-furnisher's craft, but the truest expression of the personality of the home-maker. Then don't let us clutter our houses with meaningless trash. Nothing is really neutral, and what doesn't do good is apt to do harm.

"COMFORT—THE FIRST ESSENTIAL OF THE HOME."

An angular, straight-backed chair, no matter how richly carved, produces even through the eye, an unpleasant sense of discomfort of sitting in it. In order to secure the highest degree of comfort in the home a broad rule would be to have all things in the form best adapted for the purpose for which they are designed. The essentials of an article of furniture are, then: First—fitness for its employment; second—ornament within restriction. Ornament may mean only an artistic treatment of wood surface, not necessarily carving or any decorative additions of that sort. G. C. Mason says: "One of the first principles of decorative art is that in all manufactures, ornament must hold a place subordinate to that of utility, and when by its exuberance ornament interfered with utility it is misplaced and vulgar."

In the development of the race we find that essential things are placed first and the development of any human scheme can safely follow the same course. The household equipment of primitive man consisted originally of absolute necessities, and when they had been fitted to their main purpose of contributing to the actual preservation of life there was time to think of the addition of ornament.

Within the last decade, this ideal of decoration had gained a very considerable footing, and we find the "living-room" in fact if not in name taking the place of the "drawing" or really "withdrawing-room." However, there are still many cases where space that is needed for the daily comfort of the family is devoted to drawing and reception rooms, which are only used on rare, formal and probably unhappy occasions. I don't believe anyone ever feels really unconstrained in a room that is habitually unused. I have read somewhere that every drawing-room ornament should contain the germ of conversation, and I'm sure that no ornament in one of these characterless "company" rooms could hold anything fraught with one spark of vital possibility. The drawing-room whose ornaments mean enough to us to be worth talking about must be a room where our guests will not be our unfortunate "company" but our own real friends with whom we want to share our dearest interests. If we use everything in the house—which presupposes that we give space to nothing which is not adaptable to use from either a material or an intellectual standpoint—it will really be a home, but if we fill it with rooms that are saved for company, chairs that are made only to look at, and cushions that must not be leaned against, it will most emphatically be merely a house.

WALLS AND FLOORS

Perhaps nothing contributes more to the homelikeness and expression of personality in a house than the wall decorations. For rooms where many pictures are to be hung, plain papers or those with an indistinct blending of colours are desirable. Large chintz patterns may be put on rooms where few or no pictures are used. Yellow and rose are good colours for dark rooms, while bright, sunny ones can stand the colder hues and greens, which will also prove very cool and restful in the summer. Mauve may be had in shades suitable for almost any room.

Floor coverings bear a very close relationship to wall coverings. Your chintz-patterned wall demands a plain rug. A morning-room that I saw very often and found unfaillingly satisfying to the eye, and I might almost say to the heart, so comfortable and comforting it was, had white woodwork and many windows and was papered with a cheerful medley of branches, birds and flowers in really gaudy colours, while on the floor was the nearest thing to grass that I ever beheld. When the sunshine flooded that room I felt like a child in a garden, and wanted most of anything to get right down into that cool green and play. The furniture was old mahogany with chintz-covered davenport and winged chairs and mullioned bookcases.

Darker papers in dining and living rooms, libraries and halls invite polished floors with Persian rugs. Donegal rugs come in very lovely colours and designs, too, but French ones in Oriental designs fill the place of their more expensive counterparts very acceptably, the designs

in hall runners being particularly good. There is also a heavy weave of deep, rough carpet, very like the Donegal mixture, but sold by the yard, which comes in shades of dull brown that are most effective for oaken halls and stairways.

Since the advent of rugs into such general favour, the variety in carpet designs has fallen off, but when you must have carpet, take care that it does not repeat some definite design to the verge of irritation. A mixed and indistinct pattern or a very small one will be much less likely to eventually get on your nerves.

In colour, your floor should be darker in general effect than your walls. It gives a sense of solidity and balance to have a gradual brightening of colour, as there is of furnishing and decoration, from floor to ceiling.

Furnishings

In furnishing a house, I would think first of the articles that may be bought for all rooms at once. Under this heading come blinds, curtains and their fixtures. White linen blinds are washable and useful, simply as blinds, not ornaments. A green shade inside is also advisable. Ornamental blinds with broad edges of lace are usually in poor taste. With the revival of low, small-paned windows comes a revival of curtains that really fulfil their original mission of shading the window. These are made of comparatively heavy material, hang straight from the window frame at the top to the sill below, and slide very easily on their rods. The only blind necessary with such curtains is a green one for darkening the house when it is empty or keeping it cool in summer. One Toronto house is very effectively curtained in this way, having old-fashioned brown damask for the windows downstairs and creamy white casement cloth for those upstairs. Another variation of the scheme is to have curtains of a thin material next to the window all over the house; and inside of these, curtains of chintz, monk's cloth or other goods which will carry out the colour scheme of each particular room. With casement windows draped in this way, the thin curtain is sometimes run on a slender rod at both top and bottom and the rods fastened directly to the window sash.

The wood most extensively used for house furnishing is oak, but mahogany and walnut are much in demand too. Oak is, of course, cheaper than either of these, and is treated to a number of different finishing processes which lend it variety. The highly-polished finish has gone out of favour to a great extent, and even old mahogany and walnut are rubbed down to a dull finish, which leaves them much less liable to cloud and mark.

Only a few of us can afford the solidity and beauty of Georgian mahogany, but good wood, just proportions and careful workmanship may be had in modern furniture, and with these points guarded our choice should make for both comfort and beauty in the home. And, moreover, we must never purchase old furniture simply because it is old. Atrocities do not all belong to the present and many early Victorian drawing-rooms, and those of other periods would surely have reduced an artist to tears. Some of the sad uses to which beautiful walnut was put are with us yet in the full glory of their redundant ornamentation.

Many of them have seen such a room as John Galsworthy describes where "There were visible marks of a recent struggle with an Edwardian taste which, flushed with triumph over Victorianism had filled the rooms with early Georgian remains."

In buying furniture, with drawers, remove the drawers and examine the frame as well as the drawer. Of the latter the front and the side piece should be dove-tailed together, and if the inside is different from the outside, it is veneered. In buying a chair turn upside and make sure that it is strongly screwed, doweled and glued. Cross-grained wood cannot be made into strong legs, and as it cannot be used at all for round ones, they are the safest to buy. All these practical points count in the art of furniture-making, and the most practical furnishings are the most artistic now as they were in the days of the Georges.

Pictures

People are apt to cherish a strange arrogance with regard to matters of taste, and in the choice of pictures this often expresses itself in the words: "Oh, I don't know anything about art, but I know what I like." With the speech may usually be included the implication that, "I don't want to know anything about art either. My own taste is good enough for me." But in spite of this unprogressive attitude, people do develop with more or less rapidity in their appreciation of pictures. Kate Gannett Wells says: "That they betray our stages of progress we accept, as conscious of our mistaken past values we move our once cherished pictures to the spare room or send them to auction. But far better to have had them, for the very revelation they impart of our growing ideals keeps us tender-hearted towards ourselves"—and towards others, too, perhaps.

In order to make our progress in appreciation as rapid as possible, the first step is the recognition of the fact that there are standards in all things, and if our individual tastes habitually differ from those standards we may decide that the fault lies with ourselves. The person who "knows what he likes" and refuses to consider expert investigation on the subject resembles one who insists upon pronouncing words in his own way, all the authorities to the contrary notwithstanding. The result does not affect the standard, but makes the rebel rather ridiculous.

I do not mean to suggest for a moment that our walls should be covered with pictures that have no significance to us, but are approved by art critics. No, indeed, but the standards of what is worthy in art covers so wide a range that there is scope for the satisfaction of every taste. Study some of the stories of both old and modern masters until you are in sympathy with their

ideals, then devote some time to a careful examination of reproductions of their works. If you cannot find more than half a dozen that really appeal to you, furnish your walls with that half dozen and buy no more until such time as living with these and loving them may have broadened your taste to include an appreciation of other great pictures. If you have money enough to buy original works of art, very much the same method may be adopted with regard to them.

In hanging pictures there are so many things to be considered that it is almost impossible to lay down any general rules. You must study your own pictures and wall spaces, and try to be sensitive to faults in the juxtaposition of subjects and the symmetry and balance of shapes and sizes. Will this picture dwarf or ennoble its neighbour? Will we hang it with a view to decorative value or ideal significance? It is sometimes very hard to decide but one thing is quite simple and quite certain, and that is that no picture must hang so high that it is inconvenient to look at. Your room will be much more homelike, and your pictures better enjoyed if they are hung so that they may be looked at while sitting down without necessitating a tilt of the chin. As to wall spaces, you want to choose the most important ones for the most important pictures, but remember that the most important wall spaces are not necessarily the largest, but those that most catch the eye and that are the best lighted. Also remember that the largest are not necessarily the most important pictures.

And last of all, remember that "neither furniture nor bric-a-brac, neither silver nor china give to a home that sense of satisfaction that comes from seeing daily on one's own walls within one's own home noble pictures. A child can't well do wrong, a man can't habitually be coarse, a woman can't be ever frivolous when overshadowed by the momentum of a great subject in art."

"VERILY, 'TIS NOT THE FOOD THAT TEMPTS, BUT THE MANNER IN WHICH 'TIS SERVED."

Table Service

"If we do not have much to eat, let's use the prettiest dishes." There is much in this familiar suggestion. Simple foods must be so served that they both rouse and satisfy the appetite. The arrangement of an inviting table is an art, but one that any earnest student can readily master. A table may be set and food served artistically just as surely as one's clothes may be made and worn artistically. Nor is it necessary to have servants, elaborate paraphernalia and much formality to accomplish this. The essentials of artistic table service are within the reach of all.

Cleanliness is the first requisite of good table service, and one may well forego some luxury in food for the sake of extra napery during the week. It is better to do this and send your tablecloths to a good laundry than to retain the expensive dainty and spend more strength than you or your maid can afford, for however it is done you must have the fresh linens. One way to help keep them fresh is to have your teapot, cream pitcher, and hot-water kettle brought in together on a small tray, which should have feet to raise it above the table, saving the finish from harm from the heat.

The idea of cleanliness applies equally to china, silver and glass, and cleanliness here means perfection of polish. A system by which tableware may be properly scraped, rinsed and washed, and dried while still steaming hot is well worth planning out. The habit of putting a butter dish in the refrigerator and allowing it to do for two or more meals without washing is fatal to a dainty table, for nothing is more unpleasant to sight or touch than any suggestion of greasiness. Fruit, jam and pickles should likewise be returned to their jars after a meal, so that the soiled serving dish may be washed. If a spoonholder is used on the table the spoons should be placed with the bowls downwards so that one touches them only by the handles.

Variety is the second great contributor to the effectiveness of table service. Of course one wants a plant or a bowl of cut flowers to add to the pleasure of every meal, and let these be changed as often as possible. Most people have a number of growing plants in the house, and can easily alternate a fern with a primula or a flowering bulb. Further variety may be achieved by occasionally arranging the table with doilies instead of the customary cloth. One lady sometimes uses on a square supper cloth a fancy square tea cloth, placed diagonally so that the corners of the table are bare.

There is really no limit to the variety obtainable in the serving of foods or to the appetizing and economic results of such service. It pays to spend money on a full equipment of up-to-date tableware, particularly the small casseroles, ramekins and glasses for individual service, for many a simple stew or custard assumes the dignity of an entree or a fancy dessert, when arranged and garnished in single portions in appropriate receptacles. The paper collars, doilies and cups may also sometimes be used to good effect.

The decoration of foods brings out another phase of the search for variety. In winter most of us can only supplement the usual lettuce, parsley and tender celery-tops by other green things from our household plants, but there is no enumerating the offerings of our gardens for this purpose in summer. Daisies make a lovely garnish. Nasturtiums and their leaves add a delightful touch to many a dish, and the young and tender pods are a pungent and pretty addition to salads. But all year round we may work out colour schemes in our salads, desserts and other dishes by a thoughtful combination of ingredients with iced whites and yolks of eggs, slices of tomato, beet or cucumber, olives, pimientos, candied cherries and many other things. For garnishing with meringue, whipped cream, mashed potatoes or other substances of similar consistency, a pastry tube will prove useful.

But in the arranging of small silver and other matters that conform to rule, we may not indulge in much variety. Simplicity in such table arrangements is best achieved by following the dictates of custom. There is no virtue of any sort in the habitual defiance of convention, but while so-called etiquette may sometimes be elaborated to the extent of exaggeration, the general purpose and trend of custom is the simplification of our social relations. If we each did things in our own way there would inevitably be conflicting methods and consequent embarrassment, but by common agreement we do things in ways that are essentially the same, and thus avoid confusion. Therefore, we set our tables with silver and glass arranged in a prescribed order and turn certain dishes to certain uses, all of which in the end saves labour and contributes to the smoothness of the service.

Smoothness of service involves silence of service. Art does not end with the satisfaction of the eye, but continues into the realms of the other senses, and at table our ears should be protected from discordant sounds and kept undisturbed for the happy conversation which ought to be a feature of the meal time. You may not have a maid and of course you do not want your table crowded with dishes, but many things can be arranged on a side table from which they may be quickly and quietly brought between courses. Cups should be previously arranged on saucer also spoons. The rattle of spoons in a holder is not pleasant to hear, though a careful woman may reduce it to a minimum. The table should be completely set before the meal, so that there will be no irritating sound of sideboard drawers and doors or clink of glass and silver. Where a maid serves at table she should be shod with low-heeled noiseless shoes and should cultivate the grace of moving about unobtrusively.

The dining-room, above all rooms in the house, should be warm and sunny in winter and cool and restful in summer. The good a person derives from his meals is very appreciably enhanced by a table service unheralded by heavy odours, satisfying to the eye, noiseless to the ear, and, as a result of all these things, soothing to the nerves.

"DRESS IS NOT A QUESTION OF HOW MANY GOWNS."

Savater calls dress "a table of your costumes," and one needs to consider dress in all its connections to get the full significance of the definition. Dress in its relation to the home is most important in those phases which are most likely to be overlooked. The question of good dressing in a woman should be founded on her average appearance for every hour of the day, not on her appearance when dining or lunching out, or even when shopping.

A young millionaire advised his Bible class, in choosing a wife, to be sure to see the girl before breakfast. While one rather resents this constantly-recurring attitude of the man picking and choosing and the woman supposedly following up every possible means towards the end of being worthy of choice, one sees that there is some wisdom in the advice. But the man would do well to go a little farther and call upon the lady of his fancy before lunch, as well. It isn't so very hard to be fresh and neat before breakfast, but perchance the fair one may devote herself so strenuously to household affairs that waist and skirt become disconnected and safety-pins or hook-less eyes appear by noon; perchance she is artistic and apt in moments of aesthetic fervour, accidentally to convey portions of sky or sea to the tip of her own dainty nose; perchance she tears her hair in wooing some reluctant must; in fact, there are numerous chances of spoiling one's looks between breakfast and lunch time, and it behooves the cautious swain to prove the object of his investigations incapable of any of them.

But, apart from any consideration of the opinion of others, a woman who has a proper sense of the fitness of things would lose her respect for herself if she failed to symbolize, in her own person, the ideals of order, cleanliness and beauty, both material and spiritual for which her home should stand. Unfortunately, some housewives—and daughters—feeling of fitness is defective. It may carry them over matters of order and cleanliness very well, but trip on the beauty obstacle. Who hasn't seen a scrupulously neat and cleanly person prepare for some simple household task by making herself absolutely hideous? Some of them even make frights of themselves that beauty may come of it. And one wonders if the results will be so marvellous as to keep the average up to what it might have been without the hours of disfigurement.

To dress in harmony with the ideal home and requisite, would be to appear in the morning fresh and bright in washable clothing. To wear shabby afternoon dresses in the morning is surely an insult to one's family, and any sort of a cheap "tub" dress is preferably to heavy, germ-collecting cloth or soiled, frayed silk. One-piece dresses, large aprons for working in, and a firm but becoming coiffure will reduce to a minimum the danger of looking untidy by lunch time. Kimonos and negligees are only for one's room or a hasty voyage across corridors.

The danger of a woman not trying to look her best in the afternoon and evening is small compared to that during the hours already referred to, but one point often neglected is that of making her wardrobe suitable to her environment. It is always ill-bred for a woman to wear clothing of a cost and style beyond the station evidenced in her home. It shows lack of judgment in estimating the proportionate influences of home and dress, and is one of the most blatant and harmful of the false standards fostered by life in large cities. The gorgeous creatures emerging from a miserable home is a familiar figure to students of city life, and doubtless accounts for much of the restaurant entertaining which takes the place of simple home pleasures. The family funds are devoted to decking out the person and there is nothing left to make the home attractive.

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The woman of limited means and good taste will buy her dresses with a view to durability of both quality and cut, and this will steer her away from pitfalls of exaggeration. The late Monsieur Worth said: "The best dressed woman in Paris buys only three new gowns a year."

Household Hints

DO YOU KNOW THE RIGHT RELISH? HERE IT IS!

With fish, meat and game, serve the following relishes:—

Roast pork and roast goose, apple sauce.
 Roast Turkey, cranberry sauce.
 Boiled turkey, oyster sauce.
 Boiled chicken, bread sauce.
 Roast beef, grated horseradish.
 Roast veal, tomato and mushroom sauce.
 Boiled mutton, caper sauce.
 Lamb, mint sauce.
 Broiled fresh mackerel, stewed gooseberries.
 Boiled bluefish, white cream sauce.
 Boiled shad, boiled rice and salad.
 Fresh salmon, green peas with cream sauce.

HOW LONG SHOULD IT BE COOKED?

The following table, compiled by Eldora Lockwood Dow, gives the correct time for cooking various foods:—

Coffee.....	1 to 3 min.
Eggs (soft cooked).....	6 to 8 min.
Eggs (hard cooked).....	35 to 40 min.
(These not to be boiled, but allowed to stand in boiling water.)	
Young Beets.....	45 min.
String Beans.....	1 to 2½ hours
Old Beets (never tender).....	3 to 4 hours
Rice Pudding.....	3 to 4 hours
Macaroni.....	20 min. to 30 minutes
Lima Beans.....	1 to 1¼ hours
Asparagus.....	20 to 30 minutes
Peas (depending on age).....	15 to 30 minutes
Cabbage.....	35 to 60 minutes
Turnips.....	30 to 45 minutes
Onions.....	45 to 60 minutes
Spinach.....	25 to 30 minutes
Green Corn.....	12 to 20 minutes
Cauliflower.....	20 to 25 minutes
Rice.....	20 to 25 minutes
Bread.....	45 to 60 minutes
Biscuit.....	12 to 20 minutes
Gems.....	25 to 30 minutes
Corn Cake (if thick).....	30 to 35 minutes
Gingerbread.....	20 to 30 minutes
Cake (layer).....	20 to 30 minutes
Cake (loaf).....	40 to 50 minutes
Pies.....	30 to 50 minutes

MAY-DAY—MOVING-DAY, AND A FEW HINTS THEREON

Don't dismantle your house and make it uncomfortable until it is absolutely necessary to do so, and don't tire yourself out by trying to do everything in a few days. It isn't the big things that make the moving hard work, but the great accumulation of little things, so begin sorting and packing these a month or two in advance and accomplish that part of the work gradually. Start with the places that are smallest and farthest from view, pigeon-holes, drawers, cupboards, store-rooms and so forth, and, if possible, have a room cleared of carpet and furniture in which you may set out your boxes and do your packing. Get rid of all unnecessary things. To be worth packing and carting and setting up in your new house, an article should have a very definite use in view.

Number each box, and keep a list of its contents under the corresponding number in your notebook. China and bric-a-brac may be packed in barrels, and experienced packers may be

R. Prince

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**Carpets cleaned by compressed air
without injury.**

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Oriental Rugs Washed

engaged to make it secure if you care to have them. Barrels are also good for kitchen utensils. Books should be put in very small boxes, because they are so heavy. Indeed, all packing cases should be small. One has seen trunks, even, that seem designed with the express idea of breaking backs.

Everything should be made thoroughly clean before it is packed.

The really homelike things, pictures, books and so forth, need not be packed until almost the last. If you are moving in the same city the men you engage with the vans can lay your pictures carefully in the "well" of that vehicle; if not you can use quilts for making them firm and safe.

The first meal in the new house is often a problem. If you are fortunate enough to have a pleasant, summery day for your moving you might try the scheme arranged by the daughter of a household that was "fitting" last spring.

"Don't worry about supper, mother," she said as she went off down town to attend to some business, "I promise you I'll see to that."

Later when she joined the family amongst the dismal accumulation of packing-cases their new furnished their new home she unearthed a kettle and some cups whose whereabouts she had made sure of, carried a small table out behind a cluster of shrubs on the lawn and produced a picnic lunch bought at a tea-room. For a restful half hour, the family forgot the gray and disarranged interior of the house, the portending woes of getting settled and everything else and laughed and consumed sandwiches and other picnic goodies with a relish which was as much of the spirit as of the flesh, and they presently returned to their work with a new zest.

FISH ONE OF THE BETTER FOODS

A morning visit to St. Lawrence Market, will convince any thinking housewife that fish, on the whole, is a cheaper article of diet than meat. The best of fish is much cheaper than the best of meat, and the cheaper fish are quite remarkably cheap. But, you may say, meat is so much more nourishing. Not necessarily. Any fat fish, such as salmon, is equal in nutritive value to moderately fat meat. Salmon, it may be added, contains nearly three times as much nutriment as an equal weight of cod. An average herring contains about half an ounce of edible proteid and one to two-thirds that quantity of fat, while "the despised bloater offers the largest amount of nutriment for a given sum of any animal food, and two salt herrings contain as much animal proteid as need enter into the daily dietary of an ordinary working man," according to Dr. Robert Hutchison, of London, Eng.

HINTS FOR IRONING DAY

In sprinkling table linen, use a large salt shaker and in the water put a little cold starch—about a tablespoon to a quart of water, or less if you wish.

When ironing starched pieces, especially bureau scarves, centrepieces and such articles, iron them on a long, broad bath towel, placed on the ironing-board. When ready to shift, turn the towel instead of the article being ironed, and you do not realize how much more quickly your ironing will be finished. All starched pieces are apt to stick to the covering of the ironing-board and stopping to pull them off and then shifting means time lost.

Starch will not stick to irons if boiled twenty minutes; neither will a thick coat from over the top if stirred occasionally until partly cooled.

Before ironing the baby's flannels, take care to have them thoroughly dry; then wet one yard of coarse cheesecloth, put it over the flannel and iron till the garment is dry. In this way, the baby's underwear may be kept looking like new.

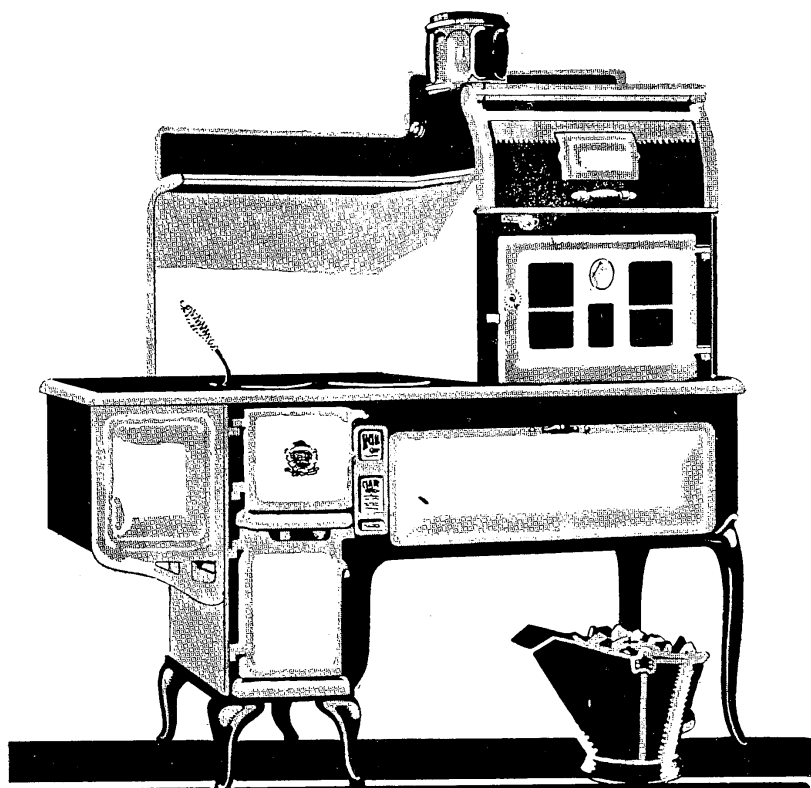
In pressing centrepieces, iron the centre before the edges, and the article will lie smoothly. This rule also applies to ironing handkerchiefs.

For marking linen with indelible ink in the way seen on articles of a past generation, the following recipe is given: Mix half a teaspoon of prepared chalk with two teaspoonsful of starch; then with the addition of boiling water, make a thick-boiled starch, in which should be put a few drops of spirits of camphor. Apply this preparation to the linen to be marked, smooth the place with an iron, and you may then write on it with a quill or fine pen and indelible ink. After the marking has "set"—that is, become black—wash out the stiffening preparation.

USES FOR DRIPPING

With the price of butter continuing to soar it surely behoves the household economist to inquire into the possibilities of substitutes. For making cookies, Johnny cake or almost anything but cake you may use one-quarter of the butter your recipe calls for and the other three-quarters pork dripping, or, if it has been kept in very good condition, beef dripping. For frying croquettes, doughnuts or anything else that requires deep fat use one-half lard and one-half dripping. Keep a tin especially for this mixture, which can be poured back into it, through a cheesecloth, after each using. For potatoes and other foods fried on a griddle, dripping is just as good as butter. Bacon fat is excellent for frying fish or veal.

All dripping should be strained through cheesecloth and kept in a warm place. Do not on any account, let it get chilled. This is particularly important with beef dripping, which very easily becomes tallowy and rancid. Pork dripping keeps very well and is the best of all. Lamb dripping is good for nothing but soap. In fact, the fat from soups or from any other cooking



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TORONTO, ONT.

may be saved for this purpose and the soap recipes accompanying packages of the best brands of lye will be found quite satisfactory.

If you have butter which has become strong, work soda into it, half a teaspoonful to a pound, and used with an equal quantity of lard it is excellent for pie crust.

MEAT PRICES SOAR. WE MUST HAVE MEAT! HOW SHALL I REDUCE THE MEAT BILL?

A famous chef says that cooking reduced to a science, covers only three ways of cooking meat. The first is the application of intense heat, to keep in the juices, and it is suitable only for portions of clear meat, where the fibre is tender. By the second method the meats are put in cold water and cooked at a low temperature. This is suitable for bones, gristle and the toughest portion of the meat, which for the purpose should be divided into small pieces. The third method is a sort of combination of the other two, dealing mostly with stewing meat, which is neither tender nor tough.

The housewife who buys only the first kind of meat, whether she order it to be cooked or cooks it herself, is expending very little brain-power on the management of her menu. The cheaper cuts are just as nourishing and, if properly cooked, very palatable. Of course you must think ahead to use them, for they require long cooking and cannot be ordered at the last minute.

"What is this? It is delicious." I have heard one housewife ask of another at luncheon when she was served with a tender, thinly-sliced meat, fine in grain and delicate in flavour. It was a second cut of brisket, which costs twelve cents a pound. It requires to be rolled, tied firmly, put into cold water and cooked slowly until tender, the time required depending upon the toughness of the meat. It should then be cooled in the water in which it was cooked.

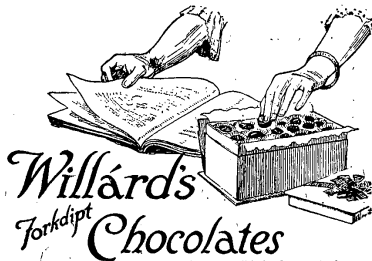
Another cheap meat which is very delicious is the hock, the next cut above the pig's foot. It may be cooked in the same way as the brisket and is good hot, is a "boiled dinner" or cold, moulded in its own jelly. The thrifty housewife will serve it hot first and make a shape from what is left over.

MEATS OFTEN ILL COOKED

Sausages are often insufficiently cooked. They should be washed, put into a covered pan with a cupful of water and allowed to simmer for twenty minutes, renewing the water if necessary. Then take off the cover and brown the sausages, pricking each one to let the moisture out.

Stews are very often cooked too quickly and in too much water. The meat should be washed and carefully looked over, then put into pot with about two cups of hot water; more may be added, as this boils down. This should simmer for four hours, the salt and onion being put in at half that time, not at the beginning. A pleasant flavour is gained by adding half a can of tomatoes an hour before this is served. The second cut of brisket makes an excellent stew. It may be stewed cut in slices like steak.

The forequarter of lamb is the most delicious part of all if it is well cooked. The shoulder



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blade should be removed, an onion dressing added, if desired, then placed in a covered pan in a slow oven. It should roast for at least three hours.

Veal is often under-cooked. Cutlets should fry for at least half an hour.

SOAP AND WATER

Washable things are becoming more popular every day. Cleanliness is considered more essential to health than it used to be, and with increased cleanliness of body there develops a fastidiousness which demands absolute cleanliness in all our dress accessories. For a long time dry-cleaning satisfied us, but now we demand that collars and yokes and frills be made of material that will stand soap and water, and we are discovering how very many unthought-of materials will stand soap and water. Lace blouses and yokes that were formerly sent to the cleaner we now wash at home and feel much daintier in them when it is done than we ever felt in gasoline or dry-cleaned things. Even quite elaborate arrangements of coloured silks will often withstand the cleansing properties of gasoline and chloroform and yield readily to pure soap and tepid water.

An eiderdown comforter is an expensive thing to have "done-over," and the light-coloured ones soil easily. "I had mine recovered in the house," said one housewife, "but it made it heavy, and, besides I knew it was still soiled underneath." So I ripped off the new cover and washed it with castile soap and warm water with splendid results."

Mahogany furniture cannot be kept in good condition and unclouded without frequent applications of soap and water with a chamois, and I suppose everyone washes their kitchen stove. Indeed, there are very few departments of the household where soap and water will not work greater wonders than any patent cleanser or polisher. It is quite safe, too, to try experiments with it, and you will learn more of its possibilities every day.

COOKING SUGGESTIONS

Sliced bananas with whipped cream are improved by the addition of a small quantity of preserved or candied ginger.

In making Spanish cream include a couple of tablespoons of strong coffee.

Garnish baked apples with chopped walnuts.

Add chopped blanched almonds and a spoonful of whipped cream to boiled custard served in glasses.

Use half a canned peach or apricot in the bottom of glass of plain ice cream and garnish with whipped cream.

The grated rind of a lemon is a delicious flavouring for a plain cake.



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ROSEALENE is extensively used in the Hospital for Sick Children. They have great confidence in Rosealene.

ROSEALENE is used on the farm and in the poultry house.

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COOKING SUGGESTIONS—Continued

Sprinkle salt wafers with paprika and place in the oven until they are crisp.

Hard-boiled egg, put through a potato ricer, adds an attractive touch to a salad.

To eggs baked in individual casseroles add a slice of tomato and a sprinkling of cheese.

A slice of tomato is good on individual casseroles of baked spaghetti and cheese.

Garnish macaroni and cheese with slices of hard-boiled eggs.

To potato soup add half a cup of blanched almonds, finely chopped.

Cream soups are improved by the addition of whipped cream at the last moment.

KITCHEN HINTS

Have bowls of enamelled ware in which to keep your left-overs, then you can put them on the stove in the same dish if you wish to heat them over.

To keep wooden kitchen utensils in good condition rub them frequently with sandpaper or scrape with a knife.

Clean white shelf paper, cut into sheets of various sizes, can be used in the kitchen so as to save much dish-washing. A trial will reveal many uses for it, and in breading croquettes it will be found much more convenient to have the crumbs spread on paper than a plate.

When preparing bread and butter if you wish to butter it on the loaf, use your chopping board to save the bread board from becoming greased.

In whipping cream you will save time and spattering by using a pitcher instead of a bowl.

Parsley may be kept fresh for a long time by placing it in a sealing jar, closing it tightly and putting in a cool place.

SOME TEA DON'T'S

Don't imagine that paying a good price will insure a good cup of tea. Inexpensive tea, carefully made, is better than expensive tea badly made.

Don't allow tea to grow damp in the caddy.

Don't steep tea in a metal pot.

Don't steep tea in a cold pot. Heat it before using.

Don't use water that has boiled for more than a minute or two.

Don't use water that has not reached the boiling point.

Don't allow the tea to brew for more than five minutes, and many kinds of tea will infuse in sufficiently in less time.

SEWING HINTS

Many women are now beginning to make their morning dresses for the summer, and there are numerous ways in which they can save time and energy.

In making up materials that are likely to shrink, leave the skirt two inches longer than necessary. Take up this extra material in a hand-run tuck on the inside of the hem. When the skirt shrinks it can be very easily lengthened by ripping out this tuck.

If you are inclined to wear out your dresses under the arms make the material double there, and when the top layer wears out remove it, turn the edges in neatly and your dress will be as good as new.

Sew a piece of the goods in an out-of-the-way seam of your wash dresses. It will fade with the garment and be very convenient for patching.

When cutting away material under lace have a piece of cardboard rounded at one end and of the right width to slip under the lace. This will obviate any danger of cutting the lace.

A very satisfactory and much simpler imitation of a French seam can be made by putting the edges of the goods together and running them up on the hemmer of the sewing machine.

Buy mosquito netting or use left-overs of net to make bags in which pieces are kept. You can then find what you want very quickly.

A REVIVING BATH

It is only by experimenting that the frequency and temperature of baths which best agree can be determined. No arbitrary rule can be laid down. In some places a hot sea-bath restores the vitality as much as three or four hours of sleep. The following formula is prescribed by a well-known French physician, who recommends it to be a sovereign remedy for the "blues" and wakefulness:

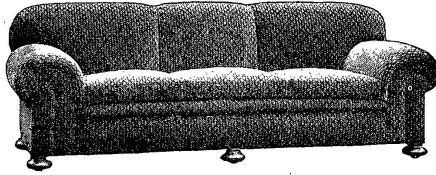
Sea salt	4 ounces
Spirits of camphor	2 ounces
Spirits of ammonia	2 ounces
Pure alcohol	8 ounces

Add sufficient hot water to these ingredients to make a full quart. First dissolve the salt in the hot water and let it stand until cool. Pour into the alcohol the spirits of ammonia and camphor, add the salt water and shake well; then bottle for use. Wet the body with this, then rub vigorously until the skin glows.

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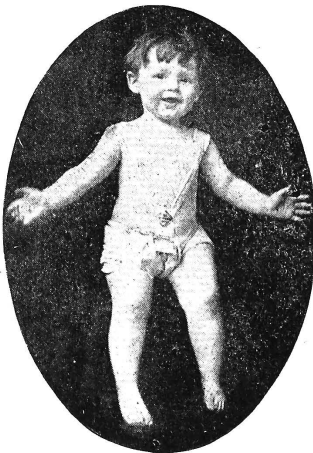


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and every baby will be much more comfortable and healthy, if you let it wear Turnbull's "M" Bands.

Not only that, but they will save you a great deal of time and trouble also.



The very finest, softest and perfectly clean Australian Merino Wool only is used in the making of them—with nonstretchable linen tapes over the shoulders and attached to linen tabs at the front and back to which the diaper is pinned, thus preventing any strain or stretching and keeping the diaper firmly in place—no matter how active the "baby" may be, there is no chance of accident, soiled clothes, etc., and the baby is comfortable and happy.

Ask your dealer to-day for

Turnbull's "M" Bands

or sent direct by mail—\$1.50 the box of three garments. Give age of baby when ordering. Satisfaction guaranteed or money refunded.

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EXHIBITORS

Toronto Household Exhibition

1917

NAME	ADDRESS	GOODS
Branston, Chas. A. & Co.	359 Yonge	Electric vibrators
Canadian Cereal & Flour Mills Co., Ltd.	Royal Bk. Bldg.	Flour
Branston, Chas. A. & Co.	359 Yonge	Electric vibrators
Canadian Cereal & Flour Mills Co., Ltd.	Royal Bank Building	Flour
Canadian Milk Products, Ltd.	Mail Building	Milk
Channell Chemical Co., Ltd.	269 Sorauren	O-Cedar Polish & Mops
Clarke, Ernest	60 Front W.	Jobber of toys
Consul, J. A.	86 Bloor W.	Cabinet Maker
Davies Co., Ltd., Wm.	521 Front E.	Meat Packers
Disappearing Propeller Co.	33 Melinda	Boat propeller
Eggo Baking Powder Co., Ltd.	Hamilton, Ont.	Baking powder
Eureka Vacuum Cleaner Co.	8 Temperance	Vacuum cleaners, etc.
Gutta Percha & Rubber, Ltd.	47 Yonge	Rubber goods, tires, footwear, mechanical rubber goods.
Happy-day Dog Supplies.	44 Adelaide W.	
Hargreaves (Canada), Ltd.	24 Wellington W.	Makers of "Ocean" blue, "Gipsy" stove gloss, Glosso "One Minute" metal polish, "Lindleo" floor wax, "Zog" cleans paint, Pynka, "Shu-Shi" boot polish.
Hawes & Co., Ed.	Duke & Sherbourne	Stove and shoe polish
Hurley Machine Co., Ltd.	413 Yonge	Washing machines
Lambert, Mlle. Ella	2 College	Toilet preparations
Lister Co., Ltd., R.A.	58 Stewart	Electric Lighting Plants
McLean Publishing Co., Ltd.	149 University	Trade magazines
McClary Mfg. Co.	177 King W.	Stoves and Ranges
McDonald & Wilson, Ltd.	12 Queen E.	Electric appliances
Moffatt Stove Co., Ltd.	Weston, Ont.	Electric ranges
Natural Tread Shoes, Ltd.	156 Bay	Natural Tread Shoes
New Method Laundry, Ltd.	2 River	
Nineteen Hundred Washer Co.	357 Yonge	Washing machines
Ontario Department of Agriculture		
Owens, C. B.	115 Bay	Vacuum cleaners
Provincial Board of Health		
Rooke, C. H.	168 Bay	Electric Lighting Outfits
Rosealene Products, Ltd.	145 Wellington W.	Disinfectant
Taylor, John & Co., Ltd.	12 Wellington E.	Soaps and Perfumes
Toronto Auto Accessories Co.	598 Yonge	Weather strips
Toronto Grafonola Co.	61 Queen St. W.	Talking machines
Toronto Hydro Electric System	116 Yonge	
Toronto Pleating Co.	14 Breadalbane	

Continued on page 21

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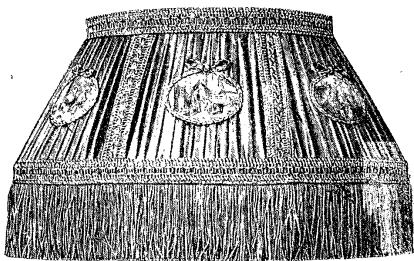
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Exhibitors—Toronto Household Exhibition—Continued

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Toronto Pleating Co.....	14 Breadalbane.....	
Triplex Weather Strip Co.....	932 College.....	Weather strips
Tyrrell, Wm. & Co., Ltd.....	780 Yonge.....	Books
Welch A. & Son.....	302-304 Queen St. W.....	Stoves and ranges
Western Can. Four Mills Co., Ltd.....	74 King St. E.....	Flour
Whirlwind Carpet Cleaning Co.....	779 Bloor W.....	
Westwood Bros.....	635 Queen W.....	Stoves and ranges
Woman's Century, Ltd.....	62 Temperance.....	Magazine

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Footwear

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Brantford, Ontario

An illustration of a woman lying in bed, looking out a window. The window frame contains an advertisement for Penmans knit-goods. The advertisement features the brand name in a large, elegant script, followed by 'Knit-goods' in a bold, sans-serif font, and 'THE STANDARD OF EXCELLENCE' in a smaller font. Below this is a paragraph of text explaining why most women wear Penmans underwear and hosiery. At the bottom of the advertisement is the company name 'Penmans Limited Paris' and a logo consisting of a triangle with a pen nib inside. The illustration shows a woman in a nightgown and slippers, looking out a window with patterned curtains. A bedside table with a lamp is visible next to the bed. The overall style is that of a vintage magazine advertisement.

Penmans
Knit-goods
THE STANDARD OF EXCELLENCE

MOST women wear Penmans underwear and hosiery. The reason is that there is full value given for every cent invested and the added satisfaction of possessing what is best for one's needs regardless of the cost.

Penmans Limited
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No
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Safety
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Why Waste Your Strength?

Why should you keep on wasting strength and time on wash-day—rubbing—rubbing—rubbing—making your back ache and your hands red? That way is both tiresome and expensive. It wears out the clothes—and it's the worst kind of drudgery. And if you hire help, it costs too much. Don't do it! Just get a

Thor Electric Washing Machine

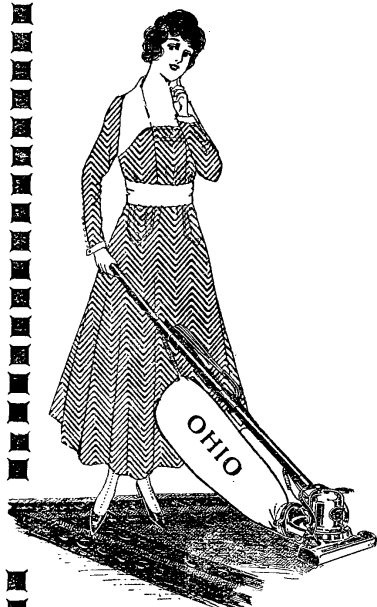
Then you'll have leisure on washday—time to read—to rest—to enjoy yourself. The Thor will do a good sized wash for you in an hour—and only 2 cents for electricity. And your clothes will be cleaner than ever before. The Thor pays for itself over and over—in money—in time—in comfort.

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