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HOUSEKEEPER'S HANDY BOOK





THE SUNLIT DOORWAY OF A SUNLIT HOUSE

HOUSEKEEPER'S HANDY BOOK

BY

LUCIA MILLET BAXTER

WITH ILLUSTRATIONS

BY MARY H. NORTHEND



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TO MY FRIENDS
MR. AND MRS. ROSS TURNER

PREFACE

WHILE the writer was visiting friends in their country home not long ago, many questions of domestic economy came up. It was suggested that a book devoted to such matters would be of service to many housekeepers. This work is the result. The information contained herein is derived from practical experience. Naturally it has come from manifold sources; it has been accumulated in the course of observation and of practice; it is made up of knowledge handed down in the writer's family, and imparted by numerous friends, who herewith are accorded hearty thanks.

L. M. B.

MALDEN, MASS., June, 1913.

CONTENTS

CLEANLINESS AND HEALTH	1
HOUSEKEEPING MADE EASIER	11
HOME SANITATION	20
FOREIGN COOKING	30
SALADS	51
SANDWICHES	74
VEGETARIAN FOOD	83
PRESERVING AND PICKLING	108
HOME-MADE CANDIES	129
HINTS TO THE COOK	148
A HELPING HAND IN THE LAUNDRY	161
TOILET IDEAS	181
EMERGENCIES	193
NEEDLEWORK AND OTHER HANDWORK	204
INDEX	253

ILLUSTRATIONS

THE SUNLIT DOORWAY OF A SUNLIT HOUSE

Frontispiece

AN EGG SALAD FOR LUNCHEON	32
A STUFFED-BEET SALAD FOR DINNER	32
A VEGETABLE SALAD FOR THE VEGETARIAN	52
A CHEESE AND JELLY SALAD FOR A RELISH	52
FRESH AIR IN THE BED-ROOM MEANS REFRESHING SLEEP	66
CLEANLINESS IN THE KITCHEN MEANS PURE FOOD	72
A SUNSHINY KITCHEN IS THE BEST KITCHEN	80
A FIRE-PLACE GIVES CHEER AND VENTILATION	90
SUNSHINE IS THE BEST BATH-ROOM DISINFECTANT	108
THE SUNLIGHT POURS INTO THIS PLEASANT ROOM	132
UNCARPETED FLOORS WITH RUGS ARE MOST EASILY KEPT CLEAN	156
SUNSHINE IS THE CHIEF ORNAMENT OF THE HEALTHFUL HOUSE	160
FRESH AIR IS ESSENTIAL IN A HEALTHFUL BED- ROOM	170

ILLUSTRATIONS

EVEN THE SIMPLEST DINING-ROOM MAY BE SUNNY	182
THE BEST THING IN THIS GOOD ROOM IS ITS SUN- NINESS	194
LETTING IN THE SUNLIGHT	200
HAVE THE BACK-DOOR AS ATTRACTIVE AS THE FRONT-DOOR	210

HOUSEKEEPER'S HANDY BOOK

HOUSEKEEPER'S HANDY BOOK

CLEANLINESS AND HEALTH

MOTHER NATURE has given us lavishly three great helps to cleanliness: fresh air, sunshine, and water. If we neglect to use these intelligently, what can we expect but disastrous results? The care of the home and the family comes under the housemother's supervision, whether it be immediately entrusted to mistress or maid; and much depends on her vigilance. A clean house means healthy children; and ignorance of the conditions in one's house may cost the life of the little ones. Careless housekeeping promotes disease; therefore, it is most important actually to know for one's self that the house is clean from garret to cellar.

Vacuum cleaners, dustless dusters, and other labor lighteners make it possible to keep one's house freer than ever before from the

HOUSEKEEPER'S HANDY BOOK

germs collected in dust. A house that is kept clean all the time does not require the old-time spring cleaning, which not only so disgruntled the men members of the household, but so used up all the women that it might almost justly have been called the spring killing. The most sanitary houses are without carpets; bare floors with rugs are more easily made clean, and kept free from dirt.

How many of us realize that fresh air is a means to cleanliness, necessary to health as well as to good spirits? Open the windows every morning, rain or shine; damp air is better than impure air. On a cold day it will take only a short time to change the air. Remember, it is far easier to heat the clear cold air than the heavy close air so often found in houses, especially in winter. However hot it is outdoors, the air of the house should be kept in circulation in the summer. When a house is shut up tight,—in hot weather to keep it cool, and in cold weather to keep it warm,—the confined air is usually intolerably impure. It has been shown that colds and other infectious diseases are pro-

CLEANLINESS AND HEALTH

moted as much by the bad air, containing emanations from unclean bodies in the confined conditions of the winter months, as by lack of oxygen in the air.

Open the windows when sleeping; the old-time notion that night air is not good for us has been exploded. It is better, if one does not care to open the sash the full width, to open the window both top and bottom. If opened only in one place, half the space is required for the bad air to go out; and only a small space is left for the good air to come in. Many intelligent, thinking people are careless in this respect; they do not give themselves enough fresh air; and so they pay the penalty with sleeplessness, morning headaches, pallid faces, white lips, and a general condition of anæmia.

Children suffer particularly from this lack of fresh air when sleeping; and their vital forces, in consequence, are seriously depleted. The fresh air feeds and cleans the lungs; without it, the lungs are starved, and the child's body loses its strength and energy, and becomes susceptible to disease germs. It would

HOUSEKEEPER'S HANDY BOOK

be considered a disagreeable and unclean thing to bathe in water that had been used before; but to breathe the same air over and over again is not commonly enough thought to be the unclean practice it is, or it would not be allowed by thoughtful persons. Take an early morning stroll, before people are out of bed, and see how few bedroom windows are open. After a tuberculosis exhibition in one of our great cities, attended largely by poor people, it was noticed that more windows were thrown open at night.

Next to fresh air in the house, the beautiful and friendly sunshine is the most essential thing. Sunshine is life-giving, and is invaluable as a curative agent. A house with no sunshine is depressing; to a sensitive child, the lack of it will cause a lowering of the system. It has been noticed in hospitals that the recovery of patients is slower on the north side in comparison with others kept on the south side, and in the sunlight. Every house should have abundant sunlight in every corner of its rooms.

Through the windows comes all the light

CLEANLINESS AND HEALTH

of the house; it is deplorable that so many houses are kept dark by draperies and blinds. How bad we should feel if we could not have full-sized windows in our houses! Yet we are quite willing to waste half — or even more — of the space by covering it with opaque shades, shutting out just so much light, sunshine, and health. If you notice the windows in nearly all the houses even in the best parts of the city, you will see how dark the rooms must be inside. Who knows what demons of disease may be lurking in the dark corners within?

Take two families of children, both equally well-fed; place one in the fresh air and sunshine every day; keep the other under the roof, and with almost no fresh air. It would not take long to make the difference most apparent. The children used to being out-of-doors will be brown and rugged, with clear eyes, red lips, and good appetites; while the others will be pale, white-lipped, nervous, and fretful, and relishing almost no food. The sickly appearance of most of the children of the poor comes quite as often from air starvation at night as from malnutrition.

HOUSEKEEPER'S HANDY BOOK

It is important in the care of the house that every woman should have enough knowledge of plumbing to know how many traps are in the house, and where they are situated; and to be able to have them cleaned out at intervals depending on the size of the family, — the process not being required quite so often in a small as in a large family. In some houses, the trap covers are sealed down, and not to be opened unless a plumber is called. This is wrong, and most dangerous to health. Flushing the traps and pipes often with boiling water — one of the best of germ-killers — is absolutely necessary, especially in the kitchen. It is of little use to employ any disinfectant without using also boiling water.

The cellar is a place that is often neglected, being generally dark, cold, and disagreeably damp: conditions not conducive to cleanliness and health. There should be some way of letting in the sunshine and fresh air to dry and purify the cellar. An unclean atmosphere in the cellar will permeate the whole house; it has often been the cause of illness to some member of a family. Nothing that will collect

CLEANLINESS AND HEALTH

dampness should be permitted to stay in the cellar for any length of time, such as piles of old newspapers and barrels of dirty rags. To this latter cause was once traced the diphtheria of a child in an otherwise clean and well-ordered house. Vegetables and fruit, stored promiscuously in a cellar, will collect dampness and decay, and thus become dangerous to health. Personal supervision of the cellar by the mother in the house is almost more necessary than supervision of any other part — unless it be the ice-chest.

How often the ice-chest becomes a menace when it is left wholly to the care of servants to clean as well — and as seldom — as they see fit! What wonder is it that the milk does not agree with the child when it has become tainted with the foul air of the unclean and bad-smelling ice-chest! If you will interview your ice-man, you will be surprised at what he will tell you of the conditions of ice-chests observed on his daily rounds. An evil odor is nature's way of warning; and when found, the cause should be promptly discovered and obliterated. Everything in the ice-chest should

HOUSEKEEPER'S HANDY BOOK

be well-covered;— an inverted tumbler or cup placed over the milk and cream jars. All liquids should be wiped up as soon as they are spilled, and bits of food should not be allowed to collect. Cooking-soda, used as a powder, is excellent as a cleanser, almost polishing the surfaces of chests lined with aluminum or zinc, as well as sweetening the air. Bits of charcoal, changed once in a while, are useful as a sweetener; but nothing will do much good, unless the chest is kept sweet and clean with hot water and pure soap, both being the most excellent disinfectants. The pan under the ice-chest is apt to be a great collector of germs. It should be emptied each day; washed and scalded often. If it becomes slimy, which may happen unless it is carefully watched, it is dangerous. To slime on the ice-chest pan might be traced many a sickness.

Cleanliness in the kitchen means purity of the food. Laws have been passed to insure pure food; but on the house-mother depends much of the problem of keeping food uncontaminated. There is no simple food test. Food

CLEANLINESS AND HEALTH

that is wholesome will be known by its normal odor. Anything that smells queer, and tastes all right, we are apt to risk eating; we do not mind a slight attack of indigestion in consequence. With children it is different; and many of their complaints, especially in summer, could easily be traced to tainted food. We demand pure water, and yet we habitually put in it ice that has come to us covered with filth; washed carelessly, if at all.

It is important that there should be stringent regulations for kitchen discipline; observed alike by members of the family, and all domestics. It would be desirable to have a set of simple printed rules posted permanently over the kitchen sink. Handle nothing in the kitchen before washing the hands in hot water and soap. Require all the dishes, after being washed in water and soap, to be sterilized by dipping in a pan of scalding hot water. Be sure they are washed and wiped with clean cloths, — the lack of a clean dish-mop is where many a housekeeper slips up. Wash all fruits and vegetables thoroughly before cooking or eating them. Vegetables, such

HOUSEKEEPER'S HANDY BOOK

as cabbage, cauliflower, or lettuce, should stand in salted water before being used. Kitchen discipline should require that a person never come from the toilet without thoroughly cleansing the hands by washing with hot water and soap. Another important rule is that food should never be touched with spoon, knife, fork, or fingers that have come from the mouth.

How many of us would care to have a health inspector visit our houses and pass judgment on the conditions found? Our garrets may be filled with the accumulation of years (most garrets are); and the cellars so bad that it is a puzzle to know where to begin to remedy their condition. It might be wise for us all to become house inspectors ourselves and thus insure the health of our families.

HOUSEKEEPING MADE EASIER

WITHIN a few years the study of house-keeping or domestic science has kept pace with other progressive movements. While there is still much that can be done, house-work is no longer the deadly monotonous thing or the drudgery it used to be.

Colleges and public and private schools are giving courses of instruction in everything that tends to improve the home; household magazines are full of the newer methods in household economy; there are experiment stations at several colleges, in connection with the Agricultural Department at Washington, — a most admirable one for practical demonstrations conducted by Mr. Charles Barnard in Darien, Connecticut. The results of all these are available for persons desiring specific information, and can be obtained through the mail.

Bread-mixers, cake-mixers, meat-grinders, double roasting-pans, casseroles, self-wring-

HOUSEKEEPER'S HANDY BOOK

ing mops, dustless dusters, the steam cooker, the Aladdin oven, the fireless cooker, the vacuum cleaner, gas and electric cooking and heating apparatus: all these are practical and well-tested helps to make housekeeping interesting and easy.

Washing-machines, run by electricity, or water power, or by hand (the latter according to the principle of the old pounder of our grandmothers), do far better work, and with less wear and tear to the clothes than the usual washboard rubbing. The electric washing-machine is too expensive now to be generally used, but others are within the reach of a moderate pocketbook.

The various *vacuum cleaners* do away with all sweeping, shaking of rugs, beating of mattresses, pillows, etc. There are so many on the market that one can buy one at almost any price.

Motors, either electric or hydraulic, for mangles, sewing-machines, ice-cream freezers, and other forms of domestic apparatus, are available and are increasing in use.

Gas stoves have made the heavy coal-hod

HOUSEKEEPING MADE EASIER

and the disagreeable dust from ashes things of the past in most urban and many suburban houses. A gas stove with a fireless cooker to help it is an ideal combination; the cooker lessens not only the labor but the gas expense; in summer the absence of heat is a great consideration.

Casserole cooking is very common in France and not unfamiliar in this country. The casserole is an earthen dish with a cover, which by its long slow method of cooking tends to make the toughest meat tender and delicious in flavor. The remarkable device of paper-bag cooking makes use of the same principle.

The fireless cooker is older than most of us realize. Some form of it has long been used in many parts of the world. In Norway, and in other parts of Europe it is called a "hay-box cooker"; sometimes a "Norwegian nest." When the American Indians heated stones and cooked food on the stones covered up with seaweed or wet leaves, the principle of heat retention was the same as in the fireless cooker. Clam-bakes and the old-fashioned brick oven were forms of fireless cookers; the

HOUSEKEEPER'S HANDY BOOK

clam-bake was taught by the Indians to the Pilgrim Fathers, and has been an institution on the New England coast ever since.

When the fireless cooker was first put on the market it was used only to continue boiling or stewing operations begun over the fire. But improvements have been made, and now it will do almost anything a stove will do. The improved cooker is made with a metal lining; intensely heated disks or blocks of iron or soapstone retain the heat for a long time, and make it possible to bake bread, roast meat, or in fact do anything a stove will do in the cooking line.

A simple cooker, which will answer many purposes, can readily be made at home with little expense or difficulty. Take a butter firkin, or a box that will shut securely. Line the receptacle with several thicknesses of paper or asbestos; put excelsior, ground cork that grapes are packed in, hay, or even newspapers, for about four or five inches in the bottom. Place on this in the middle a six-quart pail (or whatever size seems best) with an air-tight cover, and pack the material used

HOUSEKEEPING MADE EASIER

for stuffing as tightly as possible about the pail, up to the level of the top, but not above it. Make a cushion to fit in snugly on the top of the pail; if your pail is covered tight and your box shuts snugly, your cooker will work, no matter how primitive it may be. This cooker may be improved by neatly tacking a lining over the hay; the space in the centre kept in shape by a cylinder of pasteboard inside the lining to inclose the pail. A cooker packed with insulating material after the manner of the hay box should be thoroughly ventilated after being used, or treated with some rapidly evaporating deodorizer like formaline.

The improved cooker is a box or cylindrical vessel so constructed as to be almost absolutely non-conducting when closed; the vessels previously heated, or the heated radiators, are placed inside without the insulating material or the cushion cover. This form is likely to be beyond the scope of simple home-made construction.

One must use the fireless cooker to realize what a saving of heat and labor it means.

HOUSEKEEPER'S HANDY BOOK

There are several cookbooks dealing with the subject, but patient experimenting is the best way to learn to use the cooker.

There are several things to remember in fireless cookery. If a dish is left too long in the cooker, without reheating, the food may sour. Some foods require a longer time on the fire before being put in the cooker than others; onions, beets, and string beans, for instance, need to be boiled half an hour before being placed in the cooker.

There is almost no evaporation; therefore, care must be taken not to use too much water, and vegetables and meats need to be covered. The cooker must not be opened until the food is to be served, unless it is necessary to reheat. It is better, after a few hours, to reheat meat that seemed unusually tough, and vegetables like beets, that take a long time to cook. The slow cooking makes vegetables and meats tender, the flavor is retained in all foods, and the house is free from the odor of cooking. One can, in a fireless cooker of three compartments, put a vegetable in two of the places and ice-cream packed in salt and ice in the

HOUSEKEEPING MADE EASIER

third. The principle is the same, the cooker retaining the cold as well as the heat.

When electricity is cheap enough to use liberally, an electric stove, to start the kettles boiling and to heat the metal disks for the improved cooker, should make housekeeping still easier. An electric fireless cooker represents the latest advance. It makes possible a very economical use of electric heat, and it has the great advantage of starting operations in the cooker itself instead of on the stove.

Electric utensils. At present there are the electric chafing-dish, the toaster, the water-heater, the heating-pad (in place of a hot-water bottle), the small electric stove, and the electric iron, all within reach of the advanced housekeeper. Electric flatirons are not very expensive to buy or to use; they cost little in electricity and, if carefully treated, waste less heat than other irons.

Gas irons are a comfort to house-mothers with gas stoves. They are comparatively inexpensive and use far less gas than ordinary irons on a gas stove. The carbon iron is quite new on the market. The old-fashioned self-

HOUSEKEEPER'S HANDY BOOK

heating charcoal iron of our grandmothers is still used extensively in the tropical countries.

A hygienic objection to the use of gas, oil, and other convenient forms of concentrated fuel, is that they vitiate the air with products of combustion, and unless there is provision for absolute ventilation under all circumstances, their use is dangerous to health. When the products of combustion are immediately drawn off by means of a flue, as in the case of a cooking-stove, this objection does not obtain. On this account the use of electricity is greatly to be preferred. Clean, absolutely safe, and free from danger of explosion, it is not injurious to the health, and in the end is likely to be more economical, even if the first cost is greater.

Gas stoves. Gas ranges or cook-stoves are to be found in all the modern apartments in the cities and in large towns where gas is used for lighting purposes. The coal range, with its dirt and ashes, will soon be a thing of the past. Gas stoves are of all sizes and prices, from a tiny stove with only two burners and a small oven, for a kitchenette, to a large

HOUSEKEEPING MADE EASIER

range with a hood, suitable for a very large family, or even a hotel.

A gas stove permits the regulation of heat, and the results are accurate when handled carefully and intelligently. There is very little literature that one can read about using gas for cooking, but the gas companies are most helpful, sending demonstrators wherever there is a stove; these demonstrators will teach the housekeeper many things necessary to know.

The only real way to learn is to use the gas range, and make notes of valuable ideas as they come. Saving gas, and at the same time securing all the required heat and satisfactory results, is the great problem. Soon one may discover that a yellow flame means a loss of gas, and it is an economy to notify the gas company. A gas stove that is not kept clean burns more gas than is necessary; it is most important to clean the stove at least once a week.

HOME SANITATION

EVERY woman should have at command some practical knowledge of sanitation, for upon the home-maker or housekeeper rests the responsibility of creating and preserving the sanitary conditions of home life. Upon these conditions in a large measure the health of the household depends.

Pure air is the first essential for a healthful home. The housekeeper should personally attend to the daily airing of every part of the house. In summer the windows should always be open in every room, except when the rain comes in or when the wind is too high.

Sunlight is one of the great factors essential to health. No matter if carpets, curtains, wall-paper, and cushions fade; never forget that health is more important than faded things. Never draw the curtains or shut the blinds in bedrooms during the daytime, particularly on a sunny day. A room where the sun shines in is pretty sure to be the best place

HOME SANITATION

to invigorate the body when asleep. Sunshine is a wonderful cure for the nerves; any one who has a south window and an easy-chair can have a sun-bath every sunny morning, summer and winter.

Cellar. There is nowhere greater necessity for constant care than in the cellar of the house; it should be light if possible, and as dry and clean as any room in the house. Once a year the cellar should be whitewashed, and so sweetened. It should be swept often, and tidied up like the rest of the house.

No decayed vegetables should be allowed to collect or anything that will retain the dampness; the air should be kept dry and pure by a constant current through the cellar. A clean, well-aired, and dry cellar will never smell.

Plumbing. The care of a house increases in proportion to the plumbing. Odors are often found in houses where the plumbing is of the very best, but this can be helped and possibly prevented by the intelligent use of proper disinfectants.

Kitchen sink. The kitchen sink should be treated every other week with a hot solution

HOUSEKEEPER'S HANDY BOOK

of sal-soda (washing-soda); the other drain-pipes in the house as often as once a month, unless there is illness, when it would be best to use a disinfectant in the bathrooms and all closets every day.

A *solution of sal-soda* is made by dissolving one pint or one pound of sal-soda in four gallons of boiling water; pour this while hot into the pipes; for pipes which may be clogged with grease make the solution much stronger.

A *solution of copperas* is very cheap, and excellent to use in drains and closets. This solution should be strong, using about one pound of copperas to one gallon of water.

Carbolic acid, an excellent disinfectant, is disagreeable to most people because of its odor. A five per cent solution is made by dissolving ten ounces of crystals in three gallons of water.

Potassium permanganate has no odor and is known in England as Condy's Fluid. The solution can be easily made by dissolving two ounces of permanganate in one gallon of water or a few crystals can be dropped in the pipes and closets from time to time. Care

HOME SANITATION

must be taken, as a strong solution of this is a deep rich purple color and apt to stain.

Care of the ice-chest. A neglected ice-chest is a menace to the life and health of the whole family. A well-ordered household should always mean a sanitary refrigerator. Keep the box full of ice, as refrigeration checks the germs.

One should be as particular in caring for an ice-chest during the winter months as in the summer-time. Keep a saucer of powdered charcoal standing in the ice-box. It will absorb all odors and keep the air pure. When opening a refrigerator that has been closed for a long time, burn for an hour a small-sized sulphur candle, then cleanse thoroughly with warm soapy water and dry perfectly, exposing to air and sun if possible. It is most important to keep the ice-chest wholesome and sweet.

It is also important that the door be kept closed; otherwise the temperature will rise and the ice melt rapidly.

A good scalding is not necessary very often if the chest is kept clean.

Remember that ice is apt to be dirty, and

HOUSEKEEPER'S HANDY BOOK

it is wise to watch the receptacle for the ice, that there be no leaves or anything collected there to decay or to clog the pipe. This pipe or the pan beneath should never be allowed to get slimy, as slime is a danger signal.

Once a week wash the walls, sides, shelves, and every corner with cold water, borax, and any sweet pure soap, rinse with clear water and wipe dry. The shelves may be taken out and scalded, but must be chilled and wiped dry before they are returned.

If anything is spilled, wipe it up at once, and be sure each day that there are no refuse bits of food or berries lying about.

It is best to keep everything covered; it is imperative that milk and butter should always be covered, and, if possible, kept in a separate apartment.

Do not keep food too long, to spoil and sour, and thus scent up the ice-box.

Pests. Few houses are entirely free from some pest, and the housekeeper has always to be on guard; absolute cleanliness and great vigilance are necessary if one expects to be entirely free from any of them.

HOME SANITATION

Water-bugs. Make a solution of turpentine, three parts water to one of turpentine. Pour this into the drain-pipes once a week. This will drive out the bugs to be killed when they appear, but will not kill them. Cucumber skins will scare away water-bugs and roaches. Keep away all crawling things from sink and pantry by little cakes made of corn meal and a strong solution of borax.

Ants. Alum or carbolic solutions are both disagreeable to ants, but our grandmothers used a remedy close at hand — leaves of pennyroyal or tansy spread on the window ledge and shelves. To rid a place of red ants, take a plate greased with lard and set it overnight where the ants are troublesome. Place three or four sticks to lead up to the plate so that the ants can get to it easily; in the morning it will be covered with ants. Immerse the plate in boiling water. If troubled by ants, fill a sponge with water and sprinkle with sugar; when it is fully inhabited kill the ants by scalding. Washing shelves in strong alum water will often drive ants away.

Flies are one of our most dangerous pests;

HOUSEKEEPER'S HANDY BOOK

they carry disease germs on their feet, and cause typhoid fever and other infections. Therefore, it is very important to screen the house well. Often this does not keep them all out. Oil of lavender sprayed about the room will drive them away; or one teaspoonful of formaldehyde in a cup of water placed in saucers about the house will kill them.

Mosquitoes are as dangerous as flies and have caused much disease. Yellow fever, malaria, elephantiasis, and blood poisoning have been traced directly to them. To keep off mosquitoes, apply equal quantities of oil of cedar and citronella sparingly to the face, hands, ankles, etc., or use the mixture with an atomizer.

Cockroaches may be driven out by a hot alum solution bath in all the cracks and crevices, or by the free use of a solution of carbolic acid. It may require several applications to be effectual.

Rats and mice. Rats are dangerous as being hosts for fleas. With infected fleas they cause the bubonic plague. Fill up all the holes with plaster of Paris, or the big rat-holes with mor-

HOME SANITATION

tar and glass. Often a small mouse-hole can be filled with kitchen soap. Sprinkle sulphur about in bureau drawers, closets, and around the rat-holes in houses, sheds, or barns, and there will be no further trouble with either rats or mice.

Moths and buffalo-bugs. Brushing, beating, and airing garments both winter and summer are necessary. Once no one ever thought the moth worked in the winter. But the heated houses keep these little creatures warm; so now they work all the year round. Always kill every moth miller found flying about the house; this will save more trouble than we realize at the time. If moths are found in a garment or in furs, take out into the air, brush well with a whisk broom, saturate with formaldehyde solution, and hang on the line. This kills not only the moths, but the eggs as well. If there are indications of moths or buffalo-bugs about the house, it would be advisable to wash the closets, the floor, and all the cracks, with a carbolic acid or turpentine solution. When moths are found in carpets, sweep the carpet well, and go over

HOUSEKEEPER'S HANDY BOOK

one breadth at a time with a sponge dampened in a turpentine solution made of three tablespoonfuls of turpentine in three quarts of cold water.

Bed-bugs. The quickest way to get rid of this pest is by the use of naphtha, but this being very inflammable makes it a dangerous process and not one to be generally recommended. Thorough fumigation with sulphur is effective. Eternal vigilance, with chloride of lime or even kerosene applied generally and frequently, will do the work. Sometimes, however, it is necessary to tear off the wall-paper and use either enamel or paint, and to stain or paint the floors and all the furniture. By doing this one can be sure the pests are exterminated; but it is always best to keep a strict watch, for one can carry them in clothes, and they are to be found in the trains and electric cars.

An excellent bug poison. One half pint each of turpentine and alcohol, and one ounce of sal ammoniac; mix all together, let stand in a warm place for a few days, and the mixture is ready for use.

HOME SANITATION

Disinfection. After a contagious or infectious disease in a house, the housekeeper should be able to deal with the simpler means of disinfection. Always remember that killing the odor does not necessarily kill the germ; the smell may disappear and the danger be left. Bichloride of mercury — two tablets — and two gallons of water, will make a solution suitable for washing floors, mop-boards, or any woodwork. Sheets, towels, and napkins should soak for half an hour in a five per cent solution of carbolic acid and then be boiled in clear water half an hour. Boiling water is the best germicide known. Sunlight and outdoor air are also two splendid disinfectants.

After a house has been closed for some time, every faucet should be opened and the water allowed to run freely for not less than an hour. This is particularly necessary in the bathroom, though the kitchen should not be neglected. After this has been done, ammonia should be poured down and allowed to stay in the traps for a time. If the waste pipes have not been flushed, they may be full of poisonous gases.

FOREIGN COOKING

Fruit soups. In various foreign countries, especially in Sweden, Norway, and Germany, fruit soups are often served in summer. When combined with tapioca, cream, or milk they afford a certain amount of nourishment. Cherries, currants, grapes, strawberries, and blueberries are used for the soups in many different combinations.

Strawberry soup. Cook half a cup of tapioca in three cups of water till it is transparent. Add half a cup of sugar, two cups of strawberry juice, and two tablespoonfuls of lemon juice. Let it come to a boil, take from the fire, and serve cold.

Grape soup. Made as above, leaving out the lemon juice.

Apple or apricot soup. Cook for one hour half a cup of dried apricots which have been well soaked, two tablespoonfuls each of raisins and raw rice, in three pints of water. When done, rub through a sieve and add salt and

FOREIGN COOKING

sugar to taste. Dried apples, peaches, or prunes can be used, adding more or less sugar as required.

Swedish salt fish. Soak the fish to get out some of the salt, but do not boil it. Butter a baking-dish, put in a layer of raw potatoes cut thin, then a layer of the fish shredded fine, bits of butter, a dash of pepper, but no salt. Repeat till the dish is full, then pour over it two eggs well beaten and milk enough to cover. Bake one hour.

Bacalao à la peruana. Cook in the chafing-dish or frying-pan one cup of fresh or canned tomatoes, three cups of salted codfish which has been soaked in water till quite soft, half a cup of stale bread crumbs, two small green apples or pears grated, one quarter of a cup of finely chopped onions, a few chopped olives, Spanish peppers to taste, a pinch of dry mustard or curry powder, and, stirred in at the last moment, two hard boiled eggs sliced.

Swedish meat-balls. Grind together one pound of fresh beef, half a pound of fresh

HOUSEKEEPER'S HANDY BOOK

pork, and one onion. Roll three common crackers and mix with the meat; add to this two well-beaten eggs, a dash of pepper, salt, and milk enough to roll into small balls. Fry in butter and serve with tomato or a rich brown sauce. (Potatoes mashed can take the place of the crackers if preferred.)

Tomato sauce (for above). Cook half a canful of tomato with half a small onion for fifteen minutes; strain and thicken with browned flour; season with little salt and paprika and teaspoonful of sugar.

Brown sauce. Fry, but do not burn, two tablespoonfuls of chopped onion in two tablespoonfuls of butter; add two heaping tablespoonfuls of flour, stir well, then add slowly two cups of stock, stir rapidly to keep smooth, simmer a few minutes, strain and flavor to taste.

Russian pilaf. Cook one cup of rice till grains are softened, but not done too much. Shake one cup of this rice in a frying-pan with one quarter of a cup of butter, add half a cup of tomato and half a cup of cubes of cold chicken (or any cold meat), half a cup of stock;



FOREIGN COOKING

salt and pepper to taste; cook till of the right consistency. This can be made in the chafing-dish.

The best way to cook rice for the pilaf so that every grain will be perfect. Wash one cup of rice in three waters. Have ready, boiling rapidly, two quarts of water, one teaspoonful of salt and one of butter, drop the rice into this slowly; do not stir with a spoon, but with a fork; keep the grains from sticking to the kettle. At the end of twenty minutes test the rice by taking out a few grains. It should be tender and done enough. Turn into a colander, set back on the stove or in the oven to dry, shaking the colander once in a while. Every grain should be like popcorn, but if boiled too long it will be mushy. (The rice water is good as a basis for soups or sauces.)

Kabobs (Turkish). Cut a large onion and a large apple in thin slices. Lay on a platter or large plate with four thin strips of bacon and as many slices of cold lamb; sprinkle all lightly with pepper, salt, and ginger. String on an iron skewer, bacon, onion, meat, apple, and so on; when the skewer is full enough,

HOUSEKEEPER'S HANDY BOOK

cook before the open fire or wrap in buttered paper and bake in the oven till done. Eat the kabob from the skewer.

Italian sauce for beef. Heat together in a frying-pan a tablespoonful of butter, half an onion chopped fine, and a few mushrooms. When heated add half a cup of vinegar, salt and pepper, and a little mixed mustard; boil half an hour, strain, and add a teaspoonful of oil.

Frijoles (Mexican). The frijole is a red bean, very much like the kidney bean, in great favor in Mexico and California. The red beans and black beans found in markets usually may be prepared in the same way as frijoles. Soak the beans overnight in cold water, then add salt and cook slowly in the same water all day, until the beans are very soft and the liquor thick as chocolate. Drain the beans in a strainer, and save the liquor to use as a sauce. Cook one sliced onion and one Chili pepper in hot oil till crisp and brown, being very careful not to burn. Put a spoonful at a time of the beans into the hot fat, and fry till brown, and dry; then serve in the liquor in which they

FOREIGN COOKING

were boiled. Instead of making little cakes, the beans can be fried all at once in one big flat cake with a crust like browned hash. Here are the same ingredients which New Englanders have in baked beans, but by cooking in this manner it makes a quite different dish.

Frijole soup. After cooking the beans as directed in the preceding rule, do not fry, but add one tomato to each quart of the bean pulp, rub through a strainer, add water to reduce to the proper consistency, and serve hot with slices of lemon and croûtons.

Yorkshire pudding (English). When roasting a piece of beef, lay it on sticks so that the juice will drop into the bottom of the pan. Three quarters of an hour before the beef is done, mix the following pudding and pour into the pan under the meat: One pint milk, four eggs well beaten, two cups of flour, one teaspoonful of salt. Cut in squares and serve on the platter around the meat.

Stewed chicken (Spanish). Have a large fowl or chicken jointed as for fricassee. Put in a deep frying-pan a quarter of a cup of butter; in this brown the joints of chicken, which

HOUSEKEEPER'S HANDY BOOK

have been washed, wiped dry, and rolled in flour. When done, take from the fire and put into a kettle, turn over it a tomato sauce, and cover well with water. Simmer, but do not boil hard, till the chicken is very tender, keeping the kettle covered so that the steam will help cook the chicken; then add a can each of peas and mushrooms. Cook slowly fifteen minutes more, and thicken if necessary with brown flour.

Tomato sauce for above is made by cooking, in the butter left from frying the chicken, two small onions and a can of tomatoes; strain, and thicken if necessary.

Gullasch (Hungarian). Take three big onions to three pounds of beef, which should be cut in squares and well salted. Cut the onions quite fine, and fry in a large shallow stew-pan in oil or butter. Put the beef in the pan with the onions and stew about two hours. Do not add water until all the liquid is absorbed. Stir often. About a half-hour before serving, add potatoes cut in small pieces, and stew soft. If more gravy is wanted, boil the potatoes separately and add only just before serving.

FOREIGN COOKING

(This rule can be made smaller by using one onion to one pound of beef.)

Mexican stuffed peppers (1). Cut large green peppers in halves, take out the seeds, and soak the peppers in salt and water for half an hour. Drain and stuff with a mixture made of tomatoes, bread crumbs, and seasoning to suit; tie the two parts together and boil for half an hour. The peppers may also be stuffed with any chopped meat, or one can vary the stuffing to suit the individual tastes.

Mexican stuffed peppers (2). Cut the tops from green peppers and remove the insides; pour over them sufficient boiling water to cover; stand till the water is cool, then drain and wipe dry. Fill the peppers with well-seasoned cold meat, or a mixture of one cup of cold beef cut in cubes and two small bananas, four ounces of raisins, four ounces of almonds; or with sardines prepared by first removing the skin and bones, then adding a cup of bread crumbs, some grated cheese moistened to suit with tomato juice. Stand in a deep baking-dish, pour over them a cup of tomato soup, or one cup of hot water containing two table-

HOUSEKEEPER'S HANDY BOOK

spoonfuls of butter. Bake in a good oven till peppers are tender.

Sholah pullow (East Indian). Kid or mutton, and rice, each, one seer; ghee, two thirds of a seer; onions, pallak greens, one quarter of a seer; turnips, beet roots, one third of a seer; moongha, mussur kadhalla, chunnah padhall, one third of a seer each; cinnamon, four mashas; cloves, cardamon, two mashas each; black pepper, one masha; coriander seed, one tolah; green ginger, two tolahs; salt, three tolahs; garlic, one tolah.

Sholah pullow (as adapted to the chafing-dish). Have already cooked one cup of rice, one cup of diced mutton, beets and turnips sliced thin or diced; add spinach if desired in place of pallak greens. (It is just as good if only the beet is used.) Fry the onions brown in the chafing-dish, using oil or butter in place of ghee. When browned ready, add diced mutton, rice, vegetables, spices to taste, and all the seeds you can get.

Swiss eggs. Butter well a deep pie-plate, line with thin slices of cheese, pour over this half a cup of cream, seasoned with a little cay-

FOREIGN COOKING

enne, break in as many eggs as the plate will hold, keeping the yolk perfect, pour half a cup of seasoned cream over this, and bake from ten to fifteen minutes.

Omelet (Spanish). Make a plain omelet, allowing one egg to each person and one tablespoonful of water or milk to each egg. When done, fold in the following mixture of vegetables previously prepared: Cut fine and cook together in one rounded tablespoonful of butter, one onion, a tomato, a small green pepper, and a few mushrooms. (The Spanish also serve a plain omelet with tomato sauce.)

Spanish onion. To make the onions into cups, cut out the centres; pour enough boiling water to cover, and cook five minutes; then drain. (Be careful not to cook long enough to lose the shape of the onion cups.) Stuff with a mixture made of the centres, bread or cracker crumbs, butter, salt and pepper to taste. Stand side by side in a pan with enough water to cover the bottom. Cover and bake till tender.

String beans. (German). String one quart of beans and cut in pieces an inch long; wash

HOUSEKEEPER'S HANDY BOOK

and drain. Melt in a saucepan one rounded tablespoonful of butter; add a little salt, a grating of nutmeg, a dash of pepper, and the beans. Cover and shake over a hot fire five minutes; then add half a cup of hot water and put the kettle where the beans may cook slowly, adding from time to time a small quantity of water as it evaporates. If the beans are new, they will be tender, but it will take almost an hour. (String beans will always be better for soaking overnight in enough water to cover.)

French stuffed cucumbers. Cut cucumbers in halves, remove the seeds, drop into a kettle of boiling water, cook five minutes, then take out in a colander and let cold water run over them. Make a stuffing of two well-beaten eggs, one cup of bread crumbs, one cup of finely chopped meat, seasoned to taste with paprika and salt, making moist with a cup of cream. Stuff the cucumbers and put into a baking-dish, with half a cupful of stock (or if with water add two tablespoonfuls of butter), a slice of onion, a bay leaf, and a little white wine. Cook half an hour in a good oven.

FOREIGN COOKING

Carrots (French). Wash and cut the carrots in rounds, or if preferred in long strips. Put them in a saucepan and cover with water, or with chicken stock; cook till tender. Drain and save the water, which is delicious, made richer with butter and a little salt, as the stock for a soup. Make a cream dressing of one tablespoonful each of butter and flour mixed in a saucepan; add one cup of milk and stir till boiling. To this add the carrots, a little nutmeg, salt and pepper to taste.

Spaghetti à l'italienne. This can be served at luncheon with bread and butter; no meat being served with it. Boil till tender one pound of spaghetti in plenty of boiling salted water. While this is boiling, make the tomato sauce. Put in a stew-pan one can of tomatoes, a half cup of boiling water, one teaspoonful each of salt and sugar, a dash of pepper and a few cloves; melt two tablespoons of butter, and brown in this a chopped onion; when brown, add two tablespoons of flour and stir till it is smooth; add this to the tomato, stir well, and cook about ten or fifteen minutes; strain and keep hot. Drain the spa-

HOUSEKEEPER'S HANDY BOOK

ghetti when done, turn out on a hot platter, on which there is melted butter or olive oil; mix well, pour sauce over the spaghetti and sprinkle cheese over the top, just before serving. (As many do not care for cheese, serve it grated in a bowl by itself.)

Italian macaroni (1). Boil the macaroni in salted water thirty minutes. Melt in a saucepan and blend together half a cup of butter in a scant cup of tomato catsup; grate and have ready a cup of cheese. Drain the macaroni when done and pour over it the sauce, in which has been stirred the grated cheese, saving out a little cheese to sprinkle over the top.

Italian macaroni (2). Break into inch pieces one cup of macaroni, boil in two quarts of boiling salted water; serve with the following sauce poured over it. Make a cream dressing of two tablespoons each of butter and flour, adding two cups of hot milk; stir till smooth; season with salt and paprika, and flavor with a cup of grated cheese.

Creole sweet potatoes (Cuban). Boil three or four medium-sized sweet potatoes; pare and cut in pieces. Cook slowly in a frying-pan

FOREIGN COOKING

with one quarter of a cup of butter and half a cup of sugar; shake the pan often, being careful not to burn or break the pieces.

Cabbage à la français. Boil the cabbage fifteen minutes, shred coarsely, and put in a deep baking-dish. Pour over this a cream sauce, or a sauce made of two tablespoonfuls of melted butter, a scant teaspoon of salt, a dash of pepper, and four tablespoons of cream. Sprinkle with cheese, and bake half an hour.

Cream sauce for cabbage. Melt one tablespoon of butter, stir in one tablespoon of flour; do not brown. When mixture bubbles, stir in one cup of milk; season to taste as taken from the fire.

Corn pie (Cuban). Make a good pie-crust and line a deep dish, saving some of the crust for the top. Put into this first a layer of cooked rice, with small pieces of bacon over it; next, a layer of cooked chicken meat in pieces (not diced); and third, a layer of corn, either new sweet corn, or part of a can. Repeat until the dish is full; pepper and salt to taste; cover with top crust and bake until done.

Spanish chestnuts (boiled; good to serve with

HOUSEKEEPER'S HANDY BOOK

roast chicken or roast meat). Cut a slit in the outside shell of the chestnut; boil till the inner brown skin will come off easily, — about ten minutes. Make a sauce of two tablespoons each of butter and flour, and one cup of stock (or water); season to taste; add the chestnuts, and simmer ten minutes.

Baked egg-plant (French). Soak in salted water for an hour thick slices of the peeled egg-plant; drain, and boil till tender, but not soft; drain. Put in a baking-dish in layers, sprinkling each layer with butter or olive oil, salt, paprika, and grated cheese. Cover the top with a thick layer of bread crumbs, grated cheese, dots of butter, and bake twenty minutes.

Spinach fritters (French). Boil spinach till tender, drain very dry, and chop fine. Mix together two cups of spinach, two raw eggs, butter size of an egg, salt, pepper, a little nutmeg, one half cup of cream, and one teaspoon of baking-powder. Fry like corn fritters.

Honey-locust fritters (French). Dip the blossoms of the locust tree in an egg batter and fry in deep fat. It is not unusual in many

FOREIGN COOKING

foreign countries to find flowers cooked in various ways.

Aguacate avocado, or alligator pear salad (Mexican). Peel and remove the pits from two alligator pears. Mash the soft pulp and add two mashed and strained tomatoes, a little onion juice, salt, pepper (not red), and vinegar to taste. Beat together and serve alone, or on thin slices of bread.

Another delicious way to serve aguacate is to remove the large pit, fill its place with sherry wine and sugar and eat with a spoon as one would grape-fruit.

(This fruit is available in the big markets when in season.)

Scotch shortbread. Four rounding (not heaping) tablespoons of butter, two heaping tablespoons of sugar, ten rounding tablespoons of flour. Cream the butter, add the sugar, then the flour. Roll out; cut in rounds and bake light brown. This will make about fifteen small cakes. (The Scotch rule given was: four ounces of butter, two ounces of sugar, five ounces of flour.)

Swedish rolls. Scald one pint of milk; when

HOUSEKEEPER'S HANDY BOOK

lukewarm, stir into it half a cup of butter creamed with a quarter of a cup of sugar, the stiffly beaten whites of two eggs, and half a yeast-cake dissolved in half a cup of warm water. Add flour enough to knead; let rise as for any bread. Roll out half an inch thick, into rounds, raise again, and sprinkle with sugar just before putting into the oven.

Cheese cake (German). Bake half a pound of butter, half a pound of cottage cheese, and half a pound of flour; sprinkle on top, before baking, poppy seeds or chopped almonds. When served, cut in two and put jelly between.

Cheese cakes (English). Cook in double boiler, till it curds, one cup of sweet milk and one cup of very sour milk; strain and rub through a sieve. Beat with a wooden spoon the yolks of four eggs, one cup of sugar, juice of one lemon and grated rind; then add the curd. Line patty-pans with puff paste, press down to keep the air from between pan and pies, or use pastry shells. Fill these pans or shells with the curd mixture, scatter chopped almonds over the top, and bake in a moderate oven twelve minutes.

FOREIGN COOKING

Bengal chutney. Boil together, till tender, seven apples chopped fine, one quarter of a pound each of brown sugar, mustard, and salt; two tablespoonfuls each of chopped garlic, onions, and raisins; one and a half pints of vinegar, and a dash of cayenne pepper.

Pischinger torte (German layer cake). Mix seven ounces of unsalted butter creamed (one rounded tablespoonful is one ounce), seven ounces of melted sweet chocolate, three ounces of filberts, and three to four tablespoonfuls of powdered sugar. Roast the nuts in the frying-pan till you can rub the skins off. Then roast again with one tablespoon of powdered sugar, and pound fine. Stand on the ice ten minutes. Then take Karlsbad wafers (any thin wafer will do), six for each cake. Spread the mixture, putting one on top of another, leaving the top cake uncovered. Frost the whole with chocolate frosting and serve.

Chocolate frosting. Dissolve two squares of chocolate and add a small piece of butter, remove from the fire, and while hot stir in one unbeaten egg and one cup of powdered sugar.

HOUSEKEEPER'S HANDY BOOK

English tea cake (Bermudas). One pint of flour sifted with one heaping teaspoon of baking-powder, two eggs, one tablespoon of sugar, butter the size of an egg, one cup of chopped raisins, and milk enough to make a good batter. Bake twenty minutes in a hot oven, split, and butter.

Swedish cake. Four eggs, one cup of sugar, one half a cup of Swedish flour, one teaspoon of baking-powder. Beat yolks, add sugar, then flour, baking-powder, and last the whites stiffly beaten. Bake in small tins, split, and fill with whipped cream. Serve with chocolate.

English plum pudding. Three pounds of raisins carefully stoned, three pounds of currants carefully washed and dried, one pound of sultanas, three pounds of suet chopped fine, two and a quarter pounds of sugar, one and a half pounds of bread crumbs, one and a half pounds of flour, four ounces of sweet almonds chopped fine, fourteen eggs, three quarters of an ounce of mixed spices, one and a half ounces of bitter almonds (pounded), three-quarters of a pound of candied peel (shaved

FOREIGN COOKING

fine), two lemons (peel grated), three dessertspoons of salt, three quarters of a pint of brandy. This will make several good-sized puddings. Put the mixture into bowls, allow for swelling, and tie firmly in cloths. Boil for seven or more hours. This will keep and can be served six months after making.

Café Parfait (French). Mix, chill, and whip one pint of thick cream, one cup of granulated sugar, and one half a cup of coffee. Pack in salt and ice three hours.

Mousse. Whip till stiff a half pint jar of thick cream and its equivalent in milk. Add half a cup of sugar, a quarter of a cup of coffee, and one teaspoon of cocoa. This can be varied by adding to the sugar, till the cup is full, crushed strawberries, bananas, peaches, or any fruit in season, or a suitable flavoring. Pack in salt and ice and let stand three hours. (This will serve four people.)

East Indian mustard (a relish to bread and butter). A quarter of a pound of mustard, quarter of a pound of flour, half an ounce of salt, four shallots, four tablespoonfuls of vinegar, four tablespoonfuls of catsup, quarter

HOUSEKEEPER'S HANDY BOOK

of a bottle of anchovy sauce. Put mustard, flour, and salt into a bowl, and make into a stiff paste with boiling water. Boil the shallots with the vinegar, catsup, and anchovy sauce for ten minutes, and pour boiling hot over the mixture in the bowl; stir and reduce to proper thickness; put into bottle with a bruised shallot at the bottom and store for use. This is an excellent relish and will last for years.

SALADS

THE old Spanish proverb tells us: "To make a perfect salad, there should be a spendthrift for oil, a miser for vinegar, a wise man for salt, and a madcap to stir the ingredients up and mix them well together." If properly made, there is no dish more wholesome or more appetizing than a salad. It is but little trouble to make a salad, and it is a good way to use up odds and ends of vegetables, fish, fruits, and meats.

From a hygienic point of view salads are more valuable than is generally appreciated; particularly in the summer when the blood should be kept cool with food in which vegetables and fruit predominate.

A salad is not a success unless it is as attractive to the eye as to the palate. All salads look and taste better if served on lettuce leaves. If a supply of lettuce is not on hand, trim the salad with parsley, or with nasturtium leaves, and the effect will be attractive.

HOUSEKEEPER'S HANDY BOOK

Common sorrel makes a good garnish and is used for a salad in other countries.

Vegetables used for salad should be prepared carefully by freshening in cold water. Vegetable cutters in the shape of hearts, diamonds, stars, and crescents, are not expensive, and are invaluable for making a salad attractive.

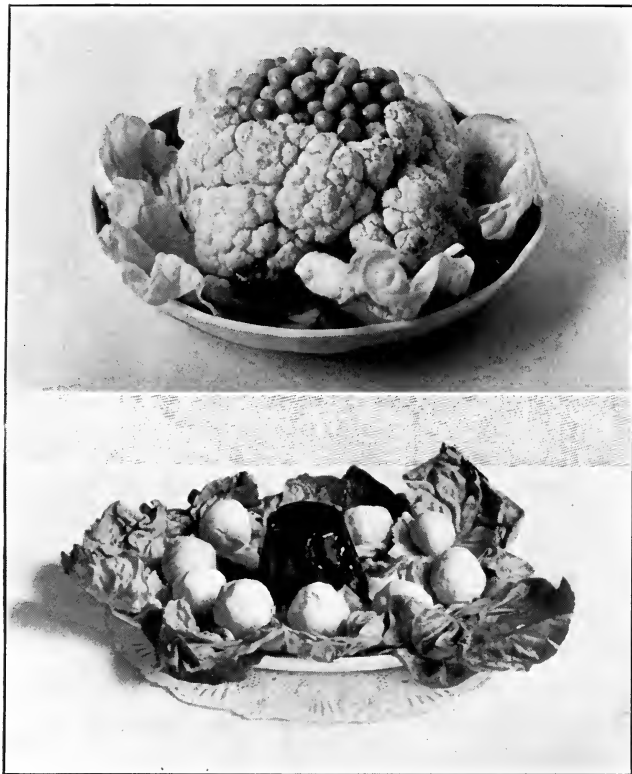
When possible, lemon, or preferably lime juice, should be used instead of vinegar. Those housekeepers who live in the orange belt are advised to use the juice of very sour oranges, which gives a delicious flavor.

When using lettuce, always dry it thoroughly, never cut, but tear or break it with the fingers, and in mixing use only a wooden spoon and fork. Salad with lettuce in it, or plain lettuce salad, must be served as soon as dressed, as the lettuce wilts very quickly.

It is well to keep on hand a supply of nuts (pecans or English walnuts). Either of these is a great addition to many salads.

SALAD DRESSINGS

A simple mayonnaise, easily made. Put in a very cold bowl, the yolks of two fresh eggs,



A VEGETABLE SALAD FOR THE VEGETARIAN
A CHEESE AND JELLY SALAD FOR A RELISH



SALADS

beat them, and stir in half a teaspoonful of salt, a dash of pepper, two tablespoonfuls each of vinegar and lemon juice. After mixing well, add half a cup of olive oil, a teaspoonful at a time, stirring all the time. Adding the acid first does away with the danger of curdling. Omitting the salt until the very last minute is also a sure preventive of curdling.

Should a mayonnaise dressing curdle, drop a piece of ice in the dressing, but take it out almost immediately. The stiffly beaten white of an egg will make the dressing smooth again. Another yolk of an egg beaten in is a sure remedy.

Mayonnaise (1). Mix one teaspoonful each of dry mustard and powdered sugar, a half teaspoonful of salt, one quarter of a saltspoon of cayenne in a bowl; set in a dish of chopped ice to keep the dressing cold. Add the yolks of two eggs and stir well, until the yolks are smooth; add slowly the olive oil, a few drops at a time, stirring all the while. When the dressing is thick, thin it with a little lemon juice, then add oil and lemon juice alternately till you have used one pint of olive oil,

HOUSEKEEPER'S HANDY BOOK

and two tablespoonfuls of lemon juice; and lastly two tablespoonfuls of vinegar. The oil should thicken the eggs almost immediately; the mixture should be thick enough to take up in a ball on the spoon before adding the vinegar. You will find it easier if you put the oil in a pitcher, holding the pitcher in one hand and stirring with the other. This dressing cannot be hurried, but do not stop to rest. When it is ready to serve, add half a cupful of whipped cream if you wish.

Mayonnaise (2). Hundreds of housewives labor under the delusion that mayonnaise dressing must be made drop by drop. On the contrary, it can be made very quickly as follows: Break one egg into four tablespoonfuls of salad oil, one of tarragon vinegar, half a teaspoonful of salt, and whip with an egg-beater. A thick mayonnaise is the instant result if the egg is fresh. Note in breaking that the yoke stands still and firm if you would have your mayonnaise the same. No order of mixing is necessary. Mustard, white pepper, paprika, cayenne, celery salt, etc., may be added if desired. This makes enough for six plates.

SALADS

A way to improve mayonnaise. In making mayonnaise with oil, try beating the white of one egg to a stiff froth and adding to it. It will prove delicious, and increase the quantity.

Cream salad dressing. Beat the juice of two oranges and two lemons with two whole eggs and half a cup of sugar and boil till clear. Whip one cupful of cream and stir thoroughly into the lukewarm mixture. Set away to cool before using.

Sour-cream salad dressing (1). One cup of sour cream, one tablespoonful each of sugar and lemon juice, half a teaspoonful of salt, half a saltspoon of white pepper. Mix well together, and it is ready to use.

Sour-cream salad dressing (2). Mix well one pint of thick sour cream (not milk), three tablespoonfuls of sugar, two of vinegar, one level tablespoon of salt, one saltspoon of paprika, and half a saltspoon of black pepper.

Sour-cream salad dressing (3). Make usual mayonnaise with the yolk of one egg (raw), one saltspoon each of paprika and mustard, and one cup of oil. Add the oil in small por-

HOUSEKEEPER'S HANDY BOOK

tions till the mixture thickens, then add two tablespoonfuls of lemon juice, and when ready to serve, stir in half a cup of sour cream.

Whipped-cream dressing. Whip stiffly half a pint or one cup of thick cream; add slowly two tablespoonfuls each of lime or lemon juice and horse-radish, half a teaspoonful of salt, and a dash of pepper. (This is excellent for fish salad.)

Boiled salad dressing (1). Three eggs, one cup each of vinegar, milk or cream, one tablespoonful each of sugar, salt, mustard, and olive oil. Steam in double boiler, stirring occasionally, till like a thin custard. (This makes a large quantity and will keep well.)

Boiled salad dressing (2) — very simple. Two eggs well beaten, one teaspoonful each of sugar, salt, and mustard, two tablespoonfuls of vinegar, butter the size of an egg; cook in double boiler till quite thick; when taken from the fire thin by adding milk or cream.

French dressing. Rub the bowl with garlic or an onion. Tear the lettuce (one head) into small pieces, pour over and stir into this three tablespoonfuls of salad oil; mix in salad spoon,

SALADS

one saltspoonful of salt sprinkled well with pepper, half a teaspoonful of sugar, and almost fill the spoon with lime or lemon juice (preferably lime, which gives a delicate flavor), or tarragon vinegar.

SALADS

Apple and date salad. One cup of apple cubes, one cup of dates stoned and cut up fine, is an easy salad to prepare and most delicious. Serve it on lettuce leaves with French dressing.

(When making apple salad, pour over the apples, as soon as cut, a little lemon juice, to improve the taste as well as to keep the apples from getting discoloured.)

Apple and pomelo salad. Remove the pulp carefully from two pomelo (grapefruit); pare and slice an equal amount of apples. Serve with a French dressing in lettuce cups.

Asparagus salad. Take cold asparagus tips or a can of asparagus; mix with French dressing, and serve on lettuce leaves.

Banana salad (1). Peel and slice bananas once lengthwise, arrange on lettuce leaves,

HOUSEKEEPER'S HANDY BOOK

sprinkle or roll in ground walnuts, peanuts, or pecan nuts. Serve on lettuce leaves with mayonnaise dressing.

Banana salad (2). This fruit salad requires mayonnaise dressing. Peel the bananas, cut across in halves, and then cut each piece lengthwise. Dip each piece in mayonnaise and lay two on a bed of shredded lettuce and two more across (like a log cabin). Use one banana for each person. Wash the lettuce, shake it dry, roll the leaves up tight, and cut in shreds with scissors or a sharp knife; form of these little nests for the sliced bananas.

Beef salad with green peas. Line the salad bowl with fresh, crisp lettuce leaves, add two cups of boiled or roasted beef cut in small pieces, one third of a cup of cooked peas. Season well with pepper and salt and a liberal amount of salad dressing. Garnish with rings of the whites of hard-boiled eggs and serve very cold.

Beet salad. Slice cold boiled beets and cut into dice; serve on lettuce leaves and cover with French dressing.

Brick salad. Take two cupfuls of mashed

SALADS

potatoes, two large onions chopped fine, two hard-boiled eggs, whites and yolks separate. Chop the whites fine, and put in with the potatoes; take the yolks while warm, add a tablespoonful of sugar, one third cupful of vinegar; mix well, add to the potatoes, then mould in small bricks. Serve with sprigs of parsley or lettuce. Put on ice until ready to serve.

Cabbage salad. Chop the cabbage fine, sprinkle with salt, and let it stand overnight. Beat one egg thoroughly, and add to one cup of boiling vinegar; rub one teaspoonful of mustard into more vinegar to form a smooth paste; add this to the boiling vinegar and pepper to taste. Let all come to a boil, and pour over the cabbage, stirring this roughly. Serve cool with lettuce, or in cups made from hollowed peppers, tomatoes, or cooked beets.

Cabbage salad with walnut meats. Select a firm white head; remove the loose leaves, cut the cabbage in two, place one half on a board and with a sharp knife shred it fine; then dress with the following: Rub the yolks of two hard-boiled eggs to a smooth paste and mix them

HOUSEKEEPER'S HANDY BOOK

with two tablespoonfuls of salad oil, two teaspoonfuls of sugar, one teaspoonful each of salt, white pepper, and made mustard, and let it stand five minutes. Then stir in a cupful of vinegar and pour over the shredded cabbage. Sprinkle with walnuts and serve with cheese sandwiches.

Cauliflower salad. Stand a firm white cauliflower in salt water for half an hour, then cook it in boiling water. When cold break it into small pieces or flowers; line a salad bowl with the best crisp leaves of a head of lettuce. Roll up the other leaves and cut in fine ribbons with scissors. Mix the cut lettuce with the cauliflower. Serve in a nest of leaves and pour over either a French or boiled dressing.

Cherry salad. Cut in two and remove the pits from red, white, and black cherries; dress the cherries with French dressing half an hour before they are served, and leave them on the ice.

Chicken salad. Marinate, with French dressing, two cups of chicken meat cut into dice, two cups of celery cut in small pieces. Put in the ice-box for half an hour or more.

SALADS

Serve on lettuce leaves with mayonnaise dressing and garnish with hard-boiled eggs cut in slices.

Choice salad of sweetbreads. Soak a pair of sweetbreads in cold salted water for three quarters of an hour, then cook until tender in boiling water containing a teaspoonful of vinegar and half a teaspoonful of salt. After taking from the fire, drop a minute into cold water to harden, cut out the pipes, and cut the sweetbreads into small pieces. Chill in the ice-box, and when ready to serve mix with two cold cucumbers cut in very thin slices. Dress with mayonnaise, and serve on lettuce leaves, in the halves of cucumbers hollowed out for cases, or in the centre of tomatoes.

Cream cheese salad (1). The cheese may be made into small balls, either white or tinted pale green (the coloring procured by chopping a little spinach and pressing). Arrange in nests of lettuce and mayonnaise, and sprinkle the balls with red pepper 'if you like. Garnish with nasturtiums. When serving a cream cheese salad, always pass toasted wafers with it.

HOUSEKEEPER'S HANDY BOOK

Cream cheese salad (2). Grind or chop very fine English walnuts; mix with rich cream cheese, roll into balls, press an olive into each side; and serve with lettuce leaves and mayonnaise dressing.

Cheese and pimento salad. Break up two cream cheeses and mix with two dozen olives and six pimentos chopped fine, or two dozen pimolas cut into fine strips. Serve on lettuce leaves with French dressing.

Chestnut salad. Boil big chestnuts in their shell till they crack open. (This takes forty minutes.) Remove the shell and the brown skin, cut into small pieces, but be careful not to crumble. Serve on leaves of lettuce with any kind of dressing, preferably French dressing.

Cucumber salad. Stew sliced cucumbers in water enough to cover them; season with salt and cayenne; strain off the water and put into a mould. Over this pour a pint of hot water in which a tablespoonful of gelatine has been dissolved. When cold serve on white lettuce with French dressing.

Cucumber jelly salad. Simmer together, and

SALADS

press when done through a sieve, two cucumbers pared and sliced, one onion, a stalk of celery, a piece of green pepper. Season with salt, pepper, and lemon juice. To each pint of the liquid add two tablespoons of granulated gelatine which has soaked in one quarter of a cup of cold water; stir well till the gelatine is dissolved. Tint delicately with green vegetable coloring and strain into individual moulds. Serve on lettuce leaves with mayonnaise dressing.

Egg salad. Boil six fresh eggs thirty minutes, cut in slices, and serve in a bed of crisp fresh lettuce. Serve with small balls of Neuchatel cheese and devilled crackers, which are made by taking butter thins, saltines, or any common cracker, spread with butter, dust lightly with cayenne, and set in the oven a few minutes to crisp.

Fish salad (1). Free the remains of any cold fish from bones, and pull into flakes with the fingers. Chop onion and parsley fine and mix through it. (If onion is not liked, this may be omitted). Serve on lettuce, and garnish with little gherkins.

HOUSEKEEPER'S HANDY BOOK

Fish salad (2). Mix with minced fish an equal quantity of cut celery, chopped cabbage, or shredded lettuce. Three salt anchovies, chopped with a dozen capers, may be added before mixing in the dressing.

Generally speaking, fish salads taste better for luncheon, or the midday meal.

Fruit salad (1) — *for dessert*. Fruit salads (as they are called) are very popular, and often are served for a first course. Fill dainty pretty glasses with chopped pineapple, thinly sliced bananas, white grapes cut in half and seeded, the pulp and the juice of the orange, and a candied cherry or two on top. Cover with a dressing made of four tablespoonfuls of powdered sugar, one gill of sherry, one tablespoonful of maraschino, and two of champagne. Stir till the sugar is dissolved, pour over the fruit and stand in a cold place an hour before serving.

Fruit salad (2) — *for dessert*. Blend such fruit as you like, oranges, bananas, plums, peaches, cherries, strawberries, etc. Chill the salad bowl, rub with geranium leaves, fill with alternate layers of the fruit, which must be

SALADS

cold. Serve with a dressing made of the yolks of two eggs, beaten to a cream, gradually adding the juice of two lemons and one cup of powdered sugar. Garnish with geranium leaves and whatever small fruit is in season.

Grape salad (1) — *for dessert*. Cut Malaga grapes in two and remove the seeds; mix with half the quantity of sliced bananas, orange pulp, and a sprinkling of any kind of nuts. Pour over all a glass of sherry, one of maraschino, and a cordial glass of brandy. Serve cold with powdered sugar.

Grape salad (2). Cut one pound of any kind of grapes in two, taking out the seeds, mix with one pint of chopped celery, and serve on lettuce leaves, either with a mayonnaise dressing or a French dressing made with lemon juice.

Grapes of two colors make a pretty salad.

Grape salad (3). Cut one heaping cupful of white grapes in two, and remove the seeds, add one small cup each of blanched almonds, apples cut in dice, and celery chopped quite fine. Dress with mayonnaise and serve on lettuce leaves in individual plates.

HOUSEKEEPER'S HANDY BOOK

Lettuce, egg, and cheese salad. Cut three hard-boiled eggs, take out the yolks carefully, cut off a slice from the whites so they will stand. Put a leaf or two of lettuce on a plate, crumble cheese over it, then add the yolks minced fine, stand the white cups on top, filled with mayonnaise.

Lobster salad. Cut the meat of two small lobsters into small pieces. Season with salt and pepper, and pour over enough mayonnaise to moisten well. Put in the middle of a platter, garnish the edge with lettuce, pour over the rest of the dressing, and put slices of hard-boiled eggs and olives over the top.

Lobster and egg salad. Mix two cups of lobster meat chopped fine with four hard-boiled eggs cut in slices. Serve with a mayonnaise dressing on lettuce or nasturtium leaves.

Mushroom salad. Cut up and mix with French dressing equal quantities of mushrooms and olives. Serve in tomato cups on leaves of lettuce, and with some mayonnaise if desired.

Macedoine salad. Mix thoroughly with a salad dressing, one cup of cold string beans,



FRESH AIR IN THE BED-ROOM MEANS REFRESHING SLEEP

SALADS

one cup of cold boiled potatoes, both cut fine, and one cup of green peas. Serve on lettuce leaves and garnish with small slices of cold beets.

Melon salad. Scoop out with a tablespoon a ripe cantaloupe. Marinate with French dressing, and place on ice until ready to serve.

Nasturtium salad. Slice equal quantities of cold boiled potatoes and ripe tomatoes, put in a salad bowl, and sprinkle with cloves. Make a border of nasturtium leaves and blossoms, allowing the stems to go well down into the centre of the bowl. Pour over the whole a French dressing and set on the ice an hour or two. When ready to serve, toss if desirable the flowers and vegetables together.

Onion salad. Chop (not mince) a large Spanish onion, dress it as liked best, then freeze slightly, not solidly, but just enough so that it will be cold and delightfully crisp.

Onion and bean salad. Peel and slice three medium-sized onions and let them stand in cold water half an hour. Then drain, dry on a napkin, cut in small pieces, and mix with two cups of cold baked beans. Serve with French

HOUSEKEEPER'S HANDY BOOK

dressing on lettuce leaves and garnish with stoned olives and slices of hard-boiled eggs.

Okra salad (boiled). Select young pods, cut off the stem ends, boil till tender in salt water. Drain well; pour over them when cold a French dressing, and serve.

Okra salad (raw). Cut young pods thin, sprinkle with salt and pepper, serve with alternate layers of okra and sliced onion, with a French dressing.

Orange salad (1). Slice four good-sized oranges, not over-sweet, in very thin slices, removing carefully all the seeds. Rub a salad bowl with garlic, and line the bowl with crisp young lettuce leaves, place the orange in the centre, and pour over all a French dressing. Then serve immediately.

Orange salad (2) — for dessert. Peel half a dozen oranges, cut in slices a quarter of an inch thick, remove the seeds and pith in the centre, put the fruit in a deep dish with the juice made by peeling and the thin yellow rind of one orange. Arrange in the dish, sprinkling with plenty of granulated sugar, and pouring over all a wine glass of curaçao.

SALADS

Blood oranges make a delicious salad, pleasing to the eye.

Orange and banana salad. Slice bananas and oranges very thin, using them in the proportion of one orange to three bananas. Arrange on lettuce leaves, and use the boiled salad dressing.

Orange mint salad (for dessert). Peel and remove the pulp from four large oranges; sprinkle with two tablespoonfuls each of sugar and chopped mint, one tablespoonful each of sherry wine and lemon juice. Chill by packing a short time in ice and salt. Serve in sherbet glasses, garnishing each glass with a sprig of mint.

Oyster salad (1). Parboil one pint of oysters till the edges curl, drain and cool, then cut into pieces. Mix with this one cucumber sliced or cut lengthwise and seasoned to taste. Serve on water cress with any of the cream dressings.

Pear salad (1). Little seckel pears, peeled, cut in half, and cored make a delicious salad. Serve with French dressing on leaves of lettuce. Cherries are sometimes used with them.

HOUSEKEEPER'S HANDY BOOK

Pear salad (2). Core, pare, and peel any pear not too ripe and soft. Serve on lettuce leaves with a French dressing. If desired, chopped nuts may be added.

Alligator pear. Aquacate avoca, or avocado, the delicate tropical fruit known as "alligator pear," can be found in the market early in April, but is cheaper and more plentiful later in the season. Peel, cut in cubes or thin slices, and serve with French dressing. (Mayonnaise will spoil it for a true epicure.)

Potato salad. Cut cold boiled potatoes into small cubes; add peas in the proportion of one cupful of peas to three potatoes; add salad dressing and stand two hours before serving. Cold beans, beets, sliced cucumber, or chopped green peppers can be used to combine with potatoes. Some add merely a sliced onion. In this last case, chopped parsley or even chopped lettuce will give a little more color as well as flavor to the salad. Garnish with shrimps or nasturtium blossoms.

Persian salad. Take two cold boiled potatoes, six cold boiled eggs, one head of lettuce. Cut the potatoes in small dice, slice the eggs,

SALADS

and shred part of the lettuce. Arrange all in a salad bowl and pour over a mayonnaise dressing. This should be served as soon as mixed, as the lettuce wilts very quickly.

Scallop salad. Soak the scallops in salted water one hour, drain, cover with boiling water, and cook slowly half an hour. When cold, cut in slices or pick apart, and mix with half the quantity of celery cut into bits. If the celery season is past, shredded lettuce may be used. Serve on lettuce with mayonnaise or boiled dressing, and garnish with slices of lemon.

Small-fruit salad (for dessert). Sprinkle with sugar and mix (after stemming) strawberries, raspberries, currants, or any small fruit. After the sugar is dissolved, add six tablespoonfuls of wine or brandy, or three tablespoonfuls of any liquor. If desired a little powdered cinnamon improves the flavor.

Sardine and shrimp salad. A box of sardines and a can of shrimps, served on lettuce leaves with either kind of dressing, will make a good salad. Garnish with radishes.

Sardine salad. Lay one box of sardines,

HOUSEKEEPER'S HANDY BOOK

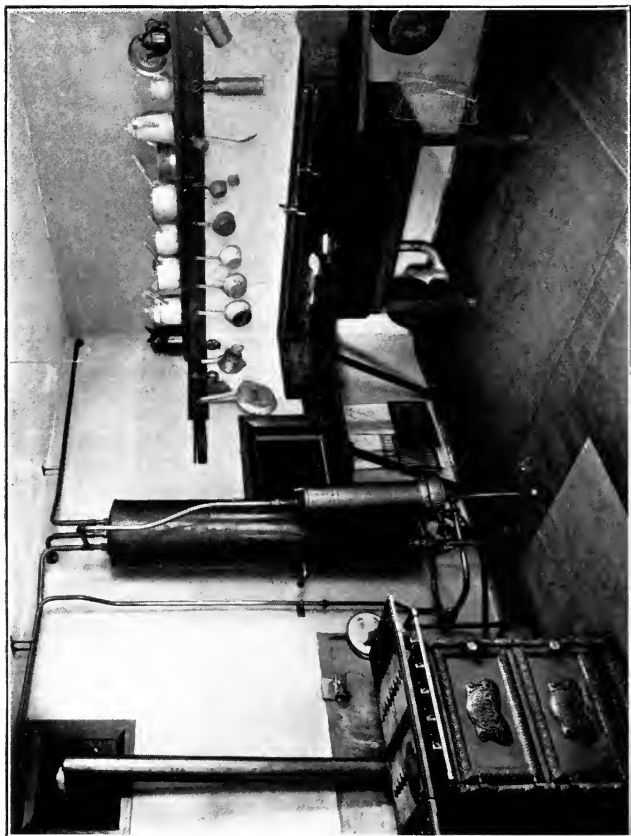
skinned and boned on a bed of crisp lettuce. Serve with a cream salad dressing and garnish with thin slices of lemon, or limes cut in halves.

Shad roe salad. Boil a shad roe, separate the grains by washing in vinegar, place in a salad bowl with a pint of ripe tomatoes sliced thin on one head of lettuce. Dress with a French dressing, using lemon or lime juice in place of vinegar, and serve as soon as made.

Strawberry salad. Choose the heart leaves of a head of lettuce, put a few strawberries in each sprinkled with powdered sugar; lay a teaspoon of mayonnaise on each portion and garnish with thin slices of lemon.

Spinach salad. Cook the spinach, chop fine, mix when cold with French dressing. Serve on lettuce leaves with slices of hard-boiled eggs.

Tomato and cucumber salad. Peel as many small ripe tomatoes as there are to be persons; remove the hearts and set on the ice to cool. Pare cucumbers and chop coarsely, pour over a French dressing and serve in the tomato cups on a lettuce leaf.



CLEANLINESS IN THE KITCHEN MEANS PURE FOOD



SALADS

Chopped olives or chopped mushrooms are delicious served in the tomato cups.

Small, whole yellow tomatoes make another salad to please the eye as well as the palate.

Tomato jelly salad. Cook for fifteen minutes one half a can of tomatoes, a slice of onion, a clove or two, bit of bay leaf, one half teaspoon each of salt and paprika, strain; add four teaspoons of dissolved gelatine. Pour into individual moulds and chill. Serve on lettuce leaves with mayonnaise dressing.

Vegetable salad. Rub a large platter with garlic or a cut onion, arrange lettuce leaves all over the platter; upon these leaves put little mounds of vegetables cut in dice or sliced; string beans, peas, carrots, beets, cucumbers and tomatoes raw, potatoes or any vegetables the closet affords. Use French dressing or mayonnaise, and garnish with slices of hard-boiled eggs and olives.

Waldorf salad. One cup of apples cut in cubes, one cup of celery, half a cup of English walnuts. Serve on lettuce with any kind of salad dressing and garnish with half walnuts.

SANDWICHES

THE secret of a sandwich is in the making. The bread if white should be firm, fine-grained, and surely one day old. Brown bread may be used the day it is made. To make sandwiches, melt or soften the butter a little, take the loaf of bread in one hand, butter it, cut off as thin a slice as possible, butter again, and so on. Spread with the filling which is made ready, lay on the second slice, or even a third; press together, and then cut off all the crust, or cut into fancy shapes, always leaving out the crust in making a delicate sandwich. Sandwiches should never be made long before serving. If they must stand, wrap them in thick brown paper, and over this put a doubled napkin wrung out in cold water. Waxed paper will keep them moist for a long time when traveling.

Rolled sandwiches. For making rolled sandwiches, use fresh bread, — bread that is even twenty-four hours old will break. Cut in thin

SANDWICHES

slices and spread with butter warmed slightly so as not to crumble the bread, or with a mayonnaise dressing. Lay on a lettuce leaf, or other filling, then roll up, fasten with a wooden toothpick, and put in a deep dish. Cover as before directed, and before serving remove the toothpick.

Beef sandwich. To one cup of finely chopped raw roast beef add tomato catsup or Worcestershire sauce to taste; blend together with a teaspoonful of melted butter. Spread on either whole wheat or white bread and cut into triangles or any fancy shape if desired.

Baked-bean sandwich (1). Mash cold baked beans to a smooth paste; season with tomato catsup or mustard; spread on either whole wheat or white bread, and cut into triangles or any fancy shape.

Baked-bean sandwich (2). Mash cold baked beans to a smooth paste, season with tomato catsup or mustard, spread between buttered bread, either graham, brown, or white. If one likes onion, a few drops of onion juice makes a pleasant addition to the flavor.

Banana sandwich. Butter, and cut into

HOUSEKEEPER'S HANDY BOOK

rounds, white or whole wheat bread; cover with thin slices of banana; add a dash of salt and sugar and a little lemon juice; then add the second round to complete the sandwich.

Brown bread and water-cress sandwich. The bread should be well buttered, and only the water-cress leaves used. The cress being pungent gives a delicious flavor to the sandwich.

Brown bread and cheese sandwich. Cut or grind green olives quite fine and mix with cream or Neuchatel cheese; spread thickly between thin slices of brown bread.

Brown and white bread sandwich. One slice of brown bread and one of white, with any salad mixture between, makes an attractive sandwich. Another variation is made by taking three thin slices of bread, two of brown and a thin white one in the middle, using either a sweet mixture or something more solid for filling, the kind of a sandwich depending upon whether it is to be used for an afternoon tea or a picnic.

Chicken sandwich. Spread the bread lightly with butter, then a layer of the white meat of the chicken and a small white leaf of lettuce,

SANDWICHES

with a dash of mayonnaise; or chop the chicken fine and mix with a mayonnaise; this may be spread between slices of unbuttered bread; the mayonnaise makes it rich enough.

Chicken and cheese sandwich. Mix to a paste two tablespoonfuls of cheese and one tablespoon of butter; spread this upon thin slices of bread, and lay on this either chopped chicken or thin slices of the white meat.

Chestnut sandwich. Boil the nut till tender, peel and take off the brown skin, rub through a wire sieve, add a dash of salt, and spread between slices of buttered bread.

Chocolate sandwich (sweet). Mix till smooth five tablespoonfuls of powdered sugar, two of Baker's cocoa, two of boiling water, and half a teaspoon of vanilla. When cool spread between slices of bread, or thin water biscuits.

Cocoanut sandwich (sweet). Dissolve over heat one rounding tablespoonful of butter and two tablespoonfuls of sugar; when cool, add two tablespoonfuls of grated cocoanut, the juice of a lemon, and two well-beaten eggs. This must be cold when used for sandwiches.

Cream sandwich. Whip half a cup of cream

HOUSEKEEPER'S HANDY BOOK

till stiff; then add a dash of pepper, celery salt, and a teaspoon of lemon juice, and spread between thin slices of bread.

Cream mixed with any kind of jam in equal quantities is most delicious.

Cucumber sandwich (1). Cut a cucumber very thin; let it stand in French dressing for half an hour; then drain, and place between two slices of bread; or chop cucumbers fine and mix with mayonnaise.

Cucumber sandwich (2). Cut the cucumber lengthwise in thin shavings; stand half an hour in ice-cold water; drain dry; dress with mayonnaise, and lay between two slices of graham or white bread.

Currant jelly sandwich (1). Beat together till smooth one half a cup each of currant jelly and peanut butter; then spread on thin slices of bread.

Currant jelly sandwich (2). Mix Neuchatel or home-made cottage cheese with currant jelly till it is smooth and quite pink. Spread between slices of white bread, and cut in fancy shapes. This is most suitable for afternoon teas.

SANDWICHES

Egg sandwich. Boil the eggs hard; when cool, shell and chop fine; add a little butter, pepper, and salt, or a little salad dressing to make the mixture soft and easy to spread. Spread on slices of white or brown bread.

Egg and cheese sandwich. Mix well together the yolks of three hard-boiled eggs and one tablespoonful of butter; season to taste; add any kind of grated cheese and spread on white bread and butter.

Fig sandwich (sweet). Mix and cook till right to spread one cup of finely chopped figs, one third of a cup each of sugar and water, one tablespoonful of lemon juice. When cold, it is ready to use on thin wafers or thin slices of bread.

Ginger sandwich. Cut preserved ginger as thin as possible, and use with white crisp leaves of lettuce between the slices of bread.

Graham bread sandwich. Equal quantities of ground raisins and walnuts are delicious between thin slices of graham bread; also dates ground or cut fine, either alone, or mixed with cream cheese.

Lettuce sandwich. A most popular sand-

HOUSEKEEPER'S HANDY BOOK

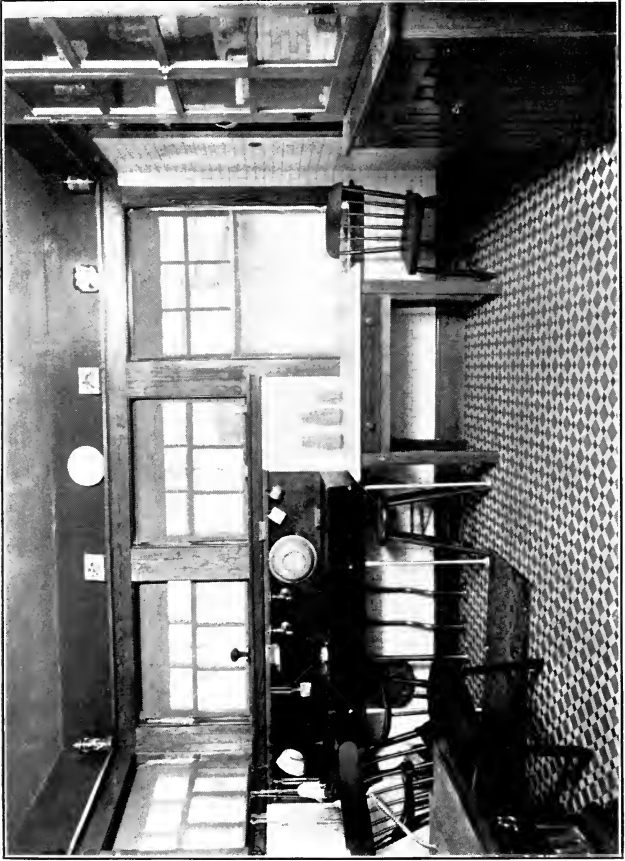
wich at afternoon teas is made by putting between thin slices of buttered bread a crisp leaf of lettuce well dressed in mayonnaise. Nasturtium leaves can also be used in this manner. They give a deliciously pungent flavor to a sandwich.

Lemon honey for sweet sandwiches. Cook in a saucepan one cup of sugar, the juice and grated rind of one lemon, the yolks of three eggs, the beaten white of one egg, and three tablespoonfuls of butter. When smooth it is ready to use, and makes a delicious filling for sandwiches.

Marshmallow sandwich. Put between thin slices of well-buttered white bread a layer of sliced marshmallows, sprinkled if desired with nuts ground fine. It is just as good without the nuts.

Onion sandwich. Chop two good-sized onions and one pickle very fine; mix with mayonnaise and serve between slices of white or brown bread.

Olive sandwich. Chop fine the large green olives, mix with mayonnaise, and place between biscuits or white bread. Chopped



A SUNSHINY KITCHEN IS THE BEST KITCHEN



SANDWICHES

stuffed olives and cream cheese with mayonnaise, served between slices of whole wheat bread, are most delicious.

Pimola sandwich. Cut or chop pimolas (olives stuffed with sweet pepper) very fine, mix with mayonnaise, and spread between slices of bread, using a leaf of lettuce if desired.

Raisin sandwich (1). Cook till thick one half cup each of chopped raisins and walnuts, one third of a cup of sugar, and one half a cup of boiling water, then add one tablespoonful of lemon juice. When cool it is ready to use.

Raisin sandwich (2). Remove the seeds from raisins cut in halves, lay closely together on thin slices of bread well buttered, or grind the seeded raisins fine, and spread between butter thins or any thin unsweetened wafer.

Picnic sandwich. Buy the finger roll, cut or tear out the middle, and fill the centre with any solid sandwich mixture desired, or a salad of some kind.

Sweet pepper sandwich. Soak the peppers a while in cold water (if too strong); then chop fine and mix to a paste with cream cheese and

HOUSEKEEPER'S HANDY BOOK

mayonnaise. Spread on thin slices of brown bread with all crust removed.

Sardine sandwich. Bone and skin the sardines, sprinkle with lemon juice and spread on slices of brown bread. Smoked sardines are preferable.

Peanut butter and cheese sandwich. Mix peanut butter and cream, thinned to right consistency with sour milk, and spread on white bread, or between any thin unsweetened wafers.

VEGETARIAN FOOD

THIS chapter aims to state the case for a vegetarian diet. The main objection to a meat diet is purely hygienic. Comparatively recent investigations indicate that a diet of meat makes an excess of nitrogenous elements, which cannot be absorbed without poisonous or toxic effects.

The toxic elements have to be thrown off, and the process induces colds, fevers, rheumatism, and other illnesses by putting too great a strain on the different organs; the liver, bowels, kidneys, etc. Nitrogenous excess is regarded as harmful to persons of sedentary habits, particularly when not robust.

Another objection to meat diet lies in its stimulating character, inducing a carnivorous, or meat-craving, appetite resembling in a degree that caused by the alcohol habit. Many people, who are quite sure they cannot live and keep strong and well without meat, may be said to have the meat habit; they really

HOUSEKEEPER'S HANDY BOOK

crave it for stimulation, not nourishment, as an inebriate craves alcohol.

The peasant in many countries, who from necessity is obliged to abstain from meat, has proved by a vigor greater than in any other class that a meat diet is not essential to strength and endurance.

The seeds of the leguminous plants, such as beans, peas, and lentils, are the most highly concentrated of all foods and contain more protein nourishment than any kind of meat. When cooked long at a low heat, as in a fireless cooker, they are made more easily digestible.

Green peas are more nourishing than any other succulent vegetable. Green beans of all kinds are similar to green peas in that respect. Lentils baked, boiled, or stewed, served with jelly or apple sauce, are nourishing and most delicious.

Wheat is the most important of all cereals. Spaghetti and macaroni, as well as white bread, are wheat-flour preparations.

Indian corn, or its meal, comes next in value to wheat. It is highly nutritious.

Rice has the least nitrogen of all grains, but

VEGETARIAN FOOD

it is one of the most easily digested, is a good addition to bread, and to the nitrogenous food, as beans, peas, and lentils. Rice in its unpolished state contains desirable elements eliminated by polishing for the market.

Chestnuts, used as a vegetable instead of potatoes or rice, are wholesome and nourishing, though not easily digested by many. There is a richness in their flavor not found in any other vegetable, and in many parts of Southern Europe the peasants eat chestnuts twice a day.

Milk is called the most perfect food, as it contains all the elements of nutrition. Strictly speaking, however, it is an animal food.

Vegetables with little or no starch are cabbage, turnips, parsnips, beets, celery, green beans, asparagus, egg-plant, artichokes, tomatoes, squash, cucumbers, spinach, and all green vegetables.

There is no other green vegetable so valuable as spinach. It is rich in iron and other elements which cleanse the blood; it should be eaten as often as twice a week when in season, and once a week in winter if possible.

HOUSEKEEPER'S HANDY BOOK

Foods for growth and repair are eggs, milk, cheese, nuts; and combined with butter, cream, or oil, — beans, peas and lentils. Eggs, milk, and cheese, though animal food, are freely eaten by many who are otherwise vegetarian, not being meat.

Recommended for heat and force are fats (butter, cream, oil), sugar, and the starchy foods, cereals, rice, corn, potatoes, and tapioca.

As great care should be taken that vegetables are not undercooked as that they are not overcooked. Most people do not cook them enough. A few lose their flavor, and are destroyed by being overdone; such are peas, corn, and cauliflower.

Always wash lettuce, cabbage, dandelion, spinach, or any kind of greens, in water with half a cup of salt; it will drive out the worms or insects. It will also loosen the grit, often hard to get rid of.

All green vegetables should be blanched to remove the bitter taste; it makes them greener and keeps them from wilting or losing flavor.

VEGETARIAN FOOD

Blanching. Wash clean, and put the vegetables in a kettle of boiling water, boil till almost tender, remove from the fire, and chill in a colander by pouring cold water through them. Vegetables treated in this way can be set aside and used later in the day, or the next day, if kept chilled on the ice.

The secret of success is in making the vegetable crisp in cold water, keeping the water boiling continuously, and not wholly covering the kettle. Vegetables that are doubtful as to freshness become digestible if blanched and chilled as above.

TIME-TABLE FOR VEGETABLES

Shell beans. Boil half an hour to an hour.

Green corn. Drop the ears into boiling water and boil from five to ten minutes, never very long. Too long a time will harden the kernels; it is wise to test after three minutes. If the milk in the corn is cooked, or it does not taste raw, it is done, no matter if it has cooked only two or three minutes. This vegetable is ruined and made indigestible when overcooked.

HOUSEKEEPER'S HANDY BOOK

Green peas. Drop slowly by handfuls into as little boiling water as possible; it is desirable that the boiling shall not stop when the peas are dropped in. Cook twenty minutes. These may be easily hardened and spoiled by long cooking.

Asparagus. The same time as for peas.

Carrots. Boil until tender, about forty-five minutes. The time depends on size and age.

Cabbage. Boil about three quarters of an hour if shredded, but be sure it is very tender. A whole cabbage will take from three to four hours.

Sweet potatoes. Boil thirty minutes in salt water or bake in a hot oven one hour.

White potatoes. Boil thirty minutes in salt water or bake in hot oven half an hour; if slow, one hour. Potatoes will spoil if overcooked.

Turnips. Boil from forty minutes to an hour or till tender. They should always be peeled and somewhat sweetened.

Beets. Boil from one to two hours, according to the age, but always till tender; they

VEGETARIAN FOOD

cannot be overcooked. When boiled, if put in cold water the skin will slip off easily.

Parsnips. Boil till tender, from forty-five minutes to an hour, according to the size.

Spinach. Boil twenty minutes, or cook fifteen minutes, in a small quantity of water with vessel uncovered.

Greens. Boil thirty minutes in salted boiling water.

Oyster-plant. Boil half an hour or till tender.

String beans. Boil one hour, or even two.

Cauliflower. Boil from forty-five minutes to an hour in salted boiling water. This vegetable is spoiled by overcooking.

Winter squash. Pare, cut in pieces, boil or bake till tender.

Onions. Boil about one hour, changing the water several times; they must cook until tender.

SOUPS FOR VEGETARIANS

Milk soup. Boil slowly, in two quarts of water, four potatoes and two onions; strain and mash through a colander; add one pint of milk, three tablespoonfuls of tapioca, two

HOUSEKEEPER'S HANDY BOOK

tablespoonfuls of butter; pepper and salt to taste. Boil slowly, stir often for fifteen minutes, then serve.

Sorrel soup. Pick, wash, and cut off the stalks from three large handfuls of sorrel, put into a stewpan with a piece of butter the size of an egg and one tablespoonful of flour. Stew half an hour, pour in boiling water as required, then boil half an hour. Have ready in the soup tureen one pint of good cream, pour the sorrel soup on this, beating well. The yolks of one or two eggs are added to the cream by some.

Beet soup. Peel and simmer a small bunch of beets in half a pint or more of water till they are in a pulp; season with salt and pepper, press through a sieve, and add one quart of milk; thicken with a tablespoonful of flour or two crackers rolled fine, and serve hot. (Old beets chopped can be used.)

Chestnut soup. Shell and boil till tender one full cup of chestnuts; when done, mash well or rub through a colander. Melt one tablespoonful of butter, and rub into it till smooth one scant tablespoonful of flour.



A FIRE-PLACE GIVES CHEER AND VENTILATION



VEGETARIAN FOOD

Stir this into one quart of milk; add the prepared chestnuts; season with salt and pepper, and a little nutmeg if desired.

Cream of corn soup. To one quart of milk add one half a can of corn, season to taste, thicken a little, and strain.

Corn and potato soup. Cook till soft, then rub through a sieve one pint of sliced potatoes. Stew one can of corn or its equal in green corn in milk for half an hour; rub through a sieve and mix with the potatoes. Season to taste, and if too thick, thin to suit with hot milk.

Quick tomato soup. Rub through a strainer one quart of stewed or canned tomatoes and cook five minutes; then stir in a saltspoonful of baking-soda; when it stops foaming, add two crackers rolled fine, a tablespoonful of butter, a teaspoonful of salt, a dash of paprika, and one cup of scalding hot milk. Cook five minutes, and the soup is ready to serve.

Baked bean soup. A delicious soup may be made from baked beans too dry to use any other way. Put beans into kettle, add water, cook till soft, adding water as it boils away; when almost ready to serve, season and add

HOUSEKEEPER'S HANDY BOOK

tomato catsup, about one tablespoonful to a plate. Strain before serving.

Lentil soup. Boil till tender one cup of lentils in three pints of water; if water boils away, replenish with hot water. Slice, and add to the lentils one cooked carrot, one onion; and half an hour before serving add two bay leaves and some parsley. Season to taste and thicken if necessary.

MEAT SUBSTITUTES

Cheese fondu. Two cups of mild cheese cut in small pieces, one cup of cracker crumbs, two cups of milk, two eggs well beaten, salt, pepper, and mustard to taste. Mix and bake twenty minutes or half an hour.

Succotash. Cook one cup and a half of Lima beans half an hour in slightly salted water; drain, and add the corn cut from six ears, a cupful of water, salt and pepper to taste. When the corn is tender, add a cupful of milk and butter to suit; if desirable add a little flour to thicken. This dish can be made from canned corn and beans, but is not as delicious as when made of the fresh vegetables.

VEGETARIAN FOOD

Old Colony succotash (Plymouth and Cape Cod). Add green corn, either fresh or canned, to beans half and half, and bake as beans usually are baked. Butter may take the place of pork. This is the original succotash as learned by the Pilgrims from the Indians.

Bread omelet. Soften two rounding tablespoonfuls of bread crumbs in six tablespoonfuls of milk or cream. When soft, mash to a paste, then season to taste. Beat four eggs together, add the bread crumbs, cook in a hot buttered frying-pan, fold over, and serve.

Bread and cheese omelet. Beat light five eggs and add to them one half a cup of bread crumbs soaked to a pulp in three quarters of a cup of milk and four tablespoonfuls of cheese. Fry to a delicate brown like any omelet, remembering that bread crumbs are likely to scorch.

Baked bread and cheese. Lay in a well-greased baking-dish thin slices of bread (not too dry) lightly buttered, and cover with bits of broken cheese, no matter how old or dry it is. Season to taste, filling the dish with alternate layers of bread and cheese. Beat two

HOUSEKEEPER'S HANDY BOOK

eggs, add one pint or more of milk and pour over the bread and cheese. Bake in a good oven.

Stewed lentils. Wash two cups of lentils in cold water, set on the fire in two quarts of cold water, with butter, sliced onions, chopped parsley, and a little salt. Simmer about two hours and then drain through a sieve. Stir the lentils for ten minutes in a stewpan with two tablespoons of butter mixed with one of flour. Serve on a flat dish with a border of mashed potatoes.

Corn pie. One can of corn, or its equivalent in fresh corn, two eggs beaten light, one cup of sweet milk, one tablespoonful of butter, pepper and salt to taste. Bake in a moderate oven till brown.

Green corn oysters (a good meat substitute). To one pint of green corn pulp add salt and pepper to taste, two well-beaten eggs, and flour enough to hold the pulp together. Sauté by spoonfuls in frying-pan, first on one side and then the other. Serve hot.

Corn fritters. Chop (not grind) fine one can of corn, add salt and pepper to taste, one egg

VEGETARIAN FOOD

beaten well, a small piece of butter, one half a cup of milk, and two cups of flour sifted with one teaspoon of baking-powder. When smooth, fry in little cakes and serve in place of meat.

Canned corn fritters. Beat two eggs, whites and yolks separately. Stir into the yolks two cups of milk, one cup of canned corn (chopped fine), and seasoning to taste. Thicken with flour in which is sifted one teaspoon of baking-powder, add the beaten whites last, and fry on a hot griddle. (It must be as thin as griddle-cake batter.)

Scrambled eggs with asparagus. Six eggs, one tablespoon of butter and two of milk, salt and pepper to taste, green tops of a bunch of asparagus boiled tender. Put butter and milk in frying-pan, add the beaten eggs, stir till thick, add asparagus tops, season and serve.

Scalloped corn is a delicious dish, prepared as any scallop, using cracker or bread crumbs, and moistening with milk.

Boiled lentils. Wash and boil one cup of lentils till tender; drain in a colander and lay

HOUSEKEEPER'S HANDY BOOK

them on buttered toast. Melt a little butter, pour over the lentils, and serve hot.

Baked lentils. Bake as any baked bean, using butter instead of pork.

A dainty way to serve eggs. Have ready rounds of toasted bread, or individual dishes, a teaspoon of butter in each. Allow one egg for each slice of bread or dish, beat the white stiff, put it on the bread and in the middle drop the yolk whole. Bake in the oven till the yolk is cooked a little and the white brown.

A good supper dish. Slice (not very thin) common potatoes, and boil till done; turn into a saucepan with finely chopped cheese. Stir till cheese is melted and it looks like creamed potatoes; season to taste.

Hot slaw. One quart of sliced uncooked cabbage, one egg, two tablespoonfuls of vinegar, salt and pepper to taste. Stir together and steam half an hour. When served, add butter size of an egg.

Stuffed potatoes. Bake large potatoes till done, cut open — either at the end, saving the top to use as a cover, or the long way — and scoop out the insides. Mix this with

VEGETARIAN FOOD

butter, a little salt and pepper, some grated cheese, and the yolk of an egg; refill and bake ten minutes.

Escalloped potatoes. Pare and stand in cold water six large potatoes. Slice and cover bottom of baking-dish; then add a thin layer of sliced onions, a little pepper and salt, and some bits of butter, another layer of potatoes, and so on, till the dish is full. Cover with milk and bake slowly till done, possibly one hour.

Sweet potatoes (Southern style). Boil sweet potatoes till almost tender; pare, slice, and arrange in baking-dish with pieces of butter; sprinkle with sugar, and turn over them a wineglass of sherry; bake till brown.

Baked sweet potatoes with sugar. Boil the potatoes and cut in slices. (Cold ones left over may be used.) Lay in a baking-dish, sprinkling each layer with sugar, and have sugar for the top. Pour over them half a cup of water and bake till transparent.

Potato puffs. Beat together one cup of cold mashed potatoes, half a cup of milk, one egg, a small piece of butter, seasoning to taste.

HOUSEKEEPER'S HANDY BOOK

When mixed well, bake in a quick oven in one big dish or in gem-pans.

Curried potatoes. Slice a large onion and brown in two tablespoons of butter. Cut up boiled potatoes (about two cups) and put into the frying-pan with the onion, dredge with curry powder, add half a cup of water, a little salt, and a squeeze of lemon. Cook ten minutes and serve hot.

Rice (Southern style). Rice served as a vegetable is often used as a substitute for potatoes. Unpolished rice is more delicious than the usual rice.

Rice should be served dry, steaming hot, never mushy, and with every grain separate. Wash one cup of rice, till the water is no longer cloudy; drain thoroughly. Boil briskly three cups of water, a scant teaspoon each of salt and butter; into this drop the rice gradually so as not to stop the boiling. Do not stir. The grains must be kept moving by the boiling water. Cook fifteen minutes; the rice will have absorbed the water. Place on the back of the stove or in the oven, to dry out.

Rice gems. One cup of cold boiled rice, one

VEGETARIAN FOOD

egg, one cup of milk, one cup of flour, a quarter of a cup of sugar, a dash of salt. Bake in hot gem-pans.

Rice and cheese. Boil one cup of rice; when done put in a baking-dish with one cup of milk and one cup of grated mild cheese. Brown in hot oven.

Rice croquettes. Boil half a cup of rice till very soft; when cold beat in two eggs, two teaspoonfuls of sugar, and one teaspoon of salt. Form into balls, dust flour over them, roll in egg, and fry in stewpan or chafing-dish. Try baking croquettes instead of frying.

Sauce for croquettes. Cook for five minutes one cup of sugar and one cup of water; add vanilla to taste, and use hot.

Rice cakes. Mix together one egg, two cups of well-boiled rice, two tablespoonfuls of milk, half a cup of flour in which has been sifted half a teaspoon of baking-powder, one teaspoon of sugar. Fry in cakes and serve with maple syrup.

Boiled rice may be varied in many ways. It is delicious combined with cheese as one would use macaroni, or with tomato — a

HOUSEKEEPER'S HANDY BOOK

pinch of cayenne, a few drops of onion juice. Rice served with cabbage, with cream sauce, is a favorite combination. Rice and baked bananas are delicious together. Cook each separately; spread a spoonful of hot rice on a plate or saucer, and place on top a baked banana, just out of the oven.

Oyster-plant cakes. Boil oyster-plant till soft, mash through a sieve, beat eggs light, allowing one egg to one teacup of vegetable. Form into balls with floured hands, and sauté brown.

Carrots. Peel and cut in rounds, in cubes, or in long strips. Cook in boiling salted water till tender. Serve with cream sauce. Or toss the carrots in the following mixture: For two cups of the cut carrots, take one tablespoon of butter, one teaspoon of sugar, lemon juice, and a little salt and pepper; put in a saucepan, add the carrots, and shake till the mixture is absorbed. Carrots and peas served together are appetizing.

Fried carrots. Boil large carrots, peel and cut in halves, or even cut again; dip in batter made of half a cup of milk, half a cup of flour,

VEGETARIAN FOOD

one egg, a little salt. Brown in hot oil or butter.

Beets with vinegar sauce. Boil six beets till tender; drain; cover with cold water. Remove the skins and cut into thin slices or cubes. Mix two teaspoons of sugar with four tablespoons of cornstarch, and add half a cup of vinegar; stir until smooth, then add half a cup of boiling water, and cook over hot water ten minutes. Stir in one teaspoon of butter, pour sauce over the beets, and serve either hot or cold.

Bananas baked. This fruit is most valuable as a vegetable, served with roast lamb, broiled chops, broiled chicken, etc. Peel and cut in half (lengthwise) as many bananas as are needed, one half a banana being enough for a single helping. For each half melt one teaspoon of butter in one tablespoon of hot water. Arrange in earthen dish and pour over them this mixture. Sprinkle with sugar and a very little salt. Over this squeeze a little lemon, and perhaps a dash of nutmeg or a little allspice. Bake twenty-five minutes, or till brown.

HOUSEKEEPER'S HANDY BOOK

Bananas are also most delicious baked whole with skins removed, with a little water in the bottom of pan, and well sprinkled with sugar. They brown beautifully in this way, do not dry up, and keep the banana flavor distinct.

Scalloped bananas. Peel and slice firm bananas, arrange in layers in a buttered baking-dish, sprinkle each layer lightly with salt and pepper and butter. When the dish is full pour in a cup of milk, or thin cream. Cover and bake slowly one hour; then remove cover and brown.

Artichokes. Strip off the large outer leaves and break off the stalks; lay the leaves downward for half an hour in salt water. Drain well; put into boiling water, adding salt and a pinch of soda. Keep under the water and boil two hours. Test by drawing out a leaf; if it comes easily they are done. Drain, and serve with butter sauce.

Jerusalem artichokes. Wash, boil like potatoes, drain, peel, serve hot with butter on them. Or they may be mashed like any vegetable, with cream or milk, pepper and salt.

VEGETARIAN FOOD

Boiled pears as a vegetable. Take any hard winter pear; preferably the Vicar of Wakefield. Wash, do not peel, and boil whole in a kettle of hot water enough to cover; boil slowly (so that they will not lose their shape) till tender. If cooked too long, they are mushy and lose their flavor. Cut in two, add butter, pepper and salt to taste. Serve hot.

Stuffed tomatoes. Cut off the tops and save for a cover later. Scoop out a little of the pulp from each tomato, mix with bread crumbs, butter and seasoning. Fill the tomatoes, put on the cover, and bake until done, but not until they lose their shape. A half-hour ought to be long enough.

Tomato and egg. Cut off the top of each tomato, take out the centre, and drop in its place an egg, being careful not to break the yolk; season to taste, and bake till done, or till the egg looks cooked.

Tomato cups. When used raw for salads or cold dishes, remove the skin and take out the centres; but if cooked, the skin is needed to keep them in shape.

Tomato curry. Put in a baking-dish six

HOUSEKEEPER'S HANDY BOOK

tomatoes cut in halves or sliced thick; pour over them the following sauce: melt two table-spoons of butter, add one of flour, mix well, then add one cup of milk, one teaspoon of curry, a dash of pepper, two teaspoons of salt. Bake in the oven till tomatoes are done.

Baked egg-plant. Boil the egg-plant for an hour. Cut in halves, take out the pulp, leaving a shell to be used later. Chop the pulp, season well, fill the shells, cover with bread crumbs and bits of butter and bake half an hour. Chopped mushrooms are delicious added to the mixture.

Macaroni and tomato. Have plenty of salted water bubbling when the macaroni is dropped in. When the sticks are tender, throw in a glass of cold water to stop the boiling at once; then drain and rinse in cold water.

Cook the macaroni as above, and between the layers spread the thick part of a can of tomatoes and a sprinkling of rolled bread or cracker crumbs. Over all pour the juice of the tomatoes, with a thicker sprinkling of crumbs, and dots of butter on top. Bake half an hour

VEGETARIAN FOOD

and serve piping hot. (Macaroni must never stop boiling until it is done.)

Turnips. Parboil turnips twenty minutes in water with a little baking-soda; throw away this water and add fresh, cooking till tender. This will make the turnip very tender and of better flavor. Turnips must all be peeled before cooking.

Cucumbers, indigestible to many people, become a safe and delicate vegetable when cooked.

Boiled cucumbers. Peel, cut in halves or quarters (lengthwise), put into salted boiling water; boil till tender, but not too soft, about twenty minutes. They may be served with butter and seasoning like vegetable marrow, or with a cream sauce on toast. Lemon juice and a dash of paprika added to the cream sauce will make a pleasant variation in flavor.

Baked cucumbers. Cut in halves and boil until almost tender; place in a baking-dish, pour over them a cream sauce, cover the top with bread crumbs and bits of butter. Bake twenty minutes.

Onions. The onion is very nutritious, being

HOUSEKEEPER'S HANDY BOOK

rich in nitrogen, and is also antiseptic. Onions may be stuffed and baked, boiled and served in cream sauce, or with butter, or milk.

Apples and onions, baked in layers with a little butter, pepper and salt, and water enough to keep from burning, are a delicious dish.

Baked cabbage. Cut a cabbage in quarters, take out the coarse stalk; cook fifteen minutes in boiling water, adding a pinch of soda to the water. Drain; add more boiling water and cook till tender, then chop fine. Turn into a baking-dish, pour over it a cream sauce, sprinkle over the top bread crumbs with butter, or cheese if preferred, and bake in a slow oven till brown.

Cauliflower may be cooked as above.

Mushrooms creamed. Peel, wash, and scrape the stems; cover with salted water and boil ten minutes. Prepare a cream sauce by rubbing a tablespoonful of flour into a heaping tablespoonful of melted butter, stirring into this a cup of hot milk. Drain the mushrooms, add the cream sauce, and season with pepper and salt.

VEGETARIAN FOOD

Mushrooms baked. Peel and cut off the stems. Put a layer in the bottom of a buttered baking-dish; pour over them some melted butter, a little lemon juice, salt and pepper; next a layer of mushrooms; cover and bake ten minutes in a hot oven.

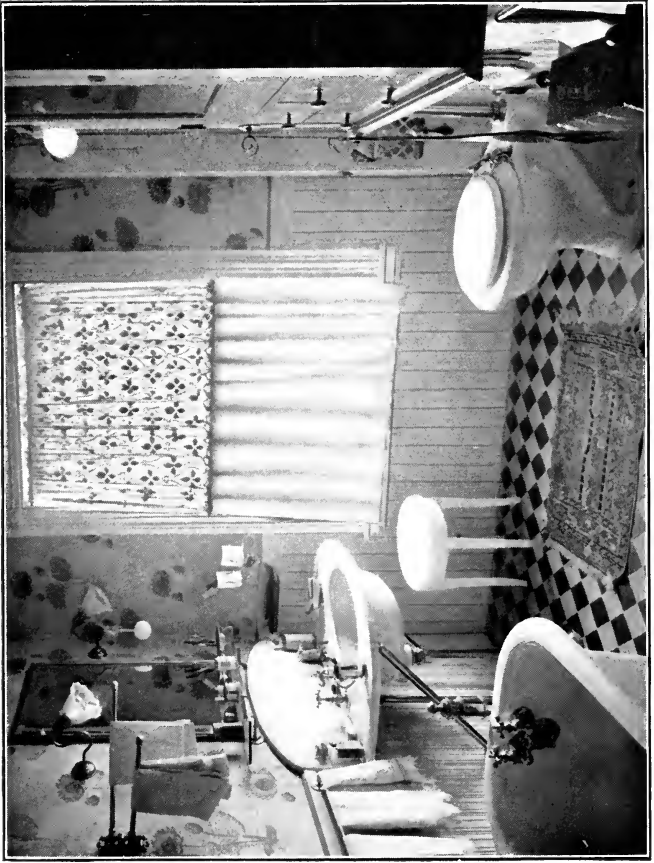
Mashed chestnuts. Boil the chestnuts till tender; peel off the brown skin; mash like potatoes, adding butter, salt and pepper, and milk or cream.

PRESERVING AND PICKLING

PRESERVING

ALWAYS use a porcelain lined kettle, and a wooden spoon for stirring. Before commencing to work, have everything ready. Bottles, tumblers, jars and their covers, must be washed clean and sterilized in scalding water. Always use new rubbers every season. In filling the jars, set each one in something deep enough to allow the juice to overflow, keep a silver spoon or fork in the jar while it is being filled, and move it about gently to force out the air bubbles. While overflowing, quickly put on the cover as tight as possible, and stand the jar upside down. When sure it is air-tight, put away in a cool dry closet; if in danger of freezing, cover with a paper bag or wrap each jar in newspaper.

There are a few points about fruit that it is well to know, and remember. Good preserves cannot be made from bad fruit. Scrupulously avoid every trace of decayed fruit. Some fruits



SUNSHINE IS THE BEST BATH-ROOM DISINFECTANT

PRESERVING AND PICKLING

require very little sugar, and others are spoiled if a good deal of sugar is not used. Strawberries, currants, plums, gooseberries, cranberries, and sour apples require more sugar than raspberries, blackberries, peaches, pears, and quinces.

Hard fruit, such as quinces and winter pears, must be boiled tender in clear water before adding the sugar.

Strawberries and gooseberries may be used together, three quarts of strawberries to one quart of gooseberries.

Red raspberries and currants make a delicious combination, two quarts of raspberries to one of currants. Hard apples may be used with the quinces and never be discovered.

A pound of sugar (two cups) to a pint of juice is allowed for acid fruits, and three quarters of a pound for sweet. In fruits that jelly with difficulty a tablespoon of the best vinegar added to each gallon of cooked jelly remedies the trouble.

The fruits for jams and marmalades must not be too ripe; thorough cooking is most important; remember marmalade requires

HOUSEKEEPER'S HANDY BOOK

more cooking than jam. The general rule is three quarters of a pound of sugar to one pound of fruit. Jam and marmalade must be stirred constantly, with a wooden spoon, to keep from burning. To test marmalade, after cooking half an hour, take out a little; if no juice appears around the edge it is done. Use paraffin over the tumblers of jelly and jam to exclude the air and prevent moulding; melt the paraffin and turn over the jelly the day after making. Margins of glass above paraffin should be sterilized with hot water and tartaric acid to prevent mould.

To preserve fruits that will easily crush, like berries and plums, it is best to pour over them a boiling hot syrup, stand overnight, drain off the syrup, and repeat till fruit is cooked by the hot liquid. Half a cup of water to two cups of sugar is a good syrup.

Marmalade — general rule. After cooking, drain the fruit, and rub the pulp through a sieve; add equal weight of sugar and boil half an hour, stirring often to keep from burning.

Jelly — general rule. Cover the fruit with cold water, boil till tender, then drain in a

PRESERVING AND PICKLING

jelly bag overnight. *Do not squeeze if you wish clear jelly.* Boil the juice twenty minutes, add its equivalent in sugar (that is, bowl to bowl), and cook five minutes longer.

Canning fruit without cooking. Make a syrup and boil five minutes, allowing one cup of sugar and one cup of water to each jar. Pare the fruit and pack whole in the jar, in each jar put one tablespoon of pure alcohol or brandy and pour in the hot syrup till brimful and seal.

Rhubarb without cooking. Cut the rhubarb in inch pieces, put in glass jars, fill with cold water, and stand till next day; then pour off and fill again with fresh water. Have the jars full to overflowing, then cover and seal. This can be done under water in a deep pan of cold water, and when jars are full of the cold water, fasten on the cover under the water. Rhubarb is the first thing that comes to preserve, and is in season as early as April, but in abundance by May.

Strawberry jam. (Make in June.) Wash the berries, pick over, stem, and mash, allowing a cup of water to a pint of fruit. Put in a

HOUSEKEEPER'S HANDY BOOK

kettle, boil slowly thirty minutes, stirring almost constantly. Add the sugar, two cups to a pint, and boil again twenty minutes.

Blackberry jam. (Make in June and July.) Mash the berries, cook without water, press through a coarse sieve, and, as blackberries are sweet, allow only one cup of sugar to one pint of juice. Boil half an hour, then test.

Currant jelly — *red, black, or white.* (Make early in July.) First among the small fruits are currants. Currants should not be overripe, or gathered after a rain. Pick over and wash, but do not stem. Put in a preserving kettle with water enough to cover; cook till soft; then drain all night in a jelly bag. Measure the juice, put into the kettle, cooking not more than six cups at a time; boil exactly eleven minutes; add six cups of sugar, and stir till the sugar is dissolved. Pour into glasses; if not firm, stand in the sun or the oven to harden. Currants, being rich in pectose, require less cooking than other fruits. A little gelatine dissolved in warm water, and added to the sugar and juice while cold, is recommended highly to insure a hard jelly that will

PRESERVING AND PICKLING

cut. A teaspoonful of cream of tartar (tartaric acid) to a quart promotes jelling.

Gooseberry jam. (Make in July and August.) Make in the same way as strawberry jam above, but cook berries longer before sugar is added, as the berries are hard and cannot be mashed till they are well cooked.

Beach-plum jelly. (Make in August.) Cover with water, cook till tender, strain through a jelly bag, letting it drip all night. Allow a pint of sugar to a pint of juice; boil till it begins to set when tested.

Peach preserve. (Make in August and September.) Peel with a silver knife, or plunge into hot water first and after in cold to prevent discoloring. For three pounds of fruit use its equivalent in sugar and one pint of water. When the syrup is hot, drop in the fruit (either whole with the pits or cut in halves), a few peaches at a time, as they cook through very quickly; remove into jars when done, and before filling jars with hot syrup add either a tablespoonful of brandy or good vinegar to each jar.

Crab-apple jelly. (Make in September and

HOUSEKEEPER'S HANDY BOOK

October.) This is one of the easiest jellies to make, using the general rule.

Green-grape jelly. (Make in September and October.) Gather grapes just as they are turning; pick over, stem, put in kettle with one cup of water, and cook slowly for half an hour. Strain through a jelly bag; measure and allow one and a half cups of sugar to two cups of juice. Boil rapidly twenty minutes, add the heated sugar, stir till dissolved, then boil briskly for three minutes. Pour into tumblers and stand two days; then cover.

Green-apple jelly. Wash and core, but do not peel, any green apples. Cover with water and cook till soft, then drip in a jelly bag all night. Add as much sugar as juice, and boil fifteen minutes. A bunch of elderberries will make the jelly red and will not injure the flavor.

Apple jelly of any kind of apples may be made more delicious by flavoring with rose-geranium leaves, as our grandmothers did their apple pies.

Apple ginger. Four pounds each of apple and sugar; make a syrup of the sugar by add-

PRESERVING AND PICKLING

ing one pint of water. Chop apples fine with one ounce of green ginger, or use white ginger root. Put into the syrup with the grated rind of four lemons. Boil slowly two hours or till clear.

Quaker apple sauce, or cider apple sauce. Boil a kettle of sweet cider till it is reduced two thirds; add half as much molasses as the reduced cider, and put into this as many pared, cored, and quartered apples as the liquid will cover; cook slowly till of a thick brown color and all mushy.

Green-grape jam. Jam is made of green grapes by rubbing through a colander, and then a sieve, instead of straining. Add the sugar, boil fifteen minutes, and stir all the time to keep from burning.

Grape jelly is made like green-grape jelly; it is firmer and better if a few green grapes are mixed with the ripe ones.

Orange marmalade (1). (Can be made in any season.) Pare the oranges and soak the peel in salted water forty-eight hours, one tablespoonful of salt to a quart of water. Then boil in fresh water, changing it once, until the

HOUSEKEEPER'S HANDY BOOK

peel is tender. With a spoon remove the white inside of the peel and throw it away. Cut the rind in narrow strips, cut the oranges fine (removing the seeds), and mix with the rind; add one cup of the sugar to one cup of the mixture, boil thirty or forty minutes, and then pour into glasses.

Orange marmalade (2). Six oranges sliced thin and two lemons. To each cup of fruit add three scant cups of cold water, and let it stand forty-eight hours; then boil till the rind is tender. Drain juice from rind, and to every cup of juice add one and a half cups of sugar; boil juice and sugar until it nearly jellies; add rind and boil until it jellies.

Amber jelly. Grind coarsely one grapefruit, one orange, and one lemon, removing only the seeds and tough centres; stand all night in an earthen bowl with three times its quantity of water. Next day boil ten minutes, stand one more night, and the last day add sugar to the fruit, bowl for bowl, and cook till it jellies.

Preserved pear chips (hard pears). Cut eight pounds of pears in small thin slices across the seeded centres; slice four lemons with peel

PRESERVING AND PICKLING

and two without peel; add five pounds of sugar and half a pound of preserved ginger. Let it stand in the kettle twenty-four hours; then cook slowly till the fruit is transparent and retains its shape. This tastes like an East Indian preserve.

Date jam. Put in a porcelain kettle two pounds of dates (stoned) and two cups of water; when well heated, add two cups of granulated sugar, a piece of butter, and a little nutmeg. Cook till quite thick, pour into tumblers, and cover. The advantage of this preserve is that it can be made at almost any time of the year.

Barberries and raisins. Preserve the barberries in sugar, pound for pound, and add as many raisins as desired. Boil the raisins without sugar in enough water to cover them; add the barberries and sugar and cook till done.

Barberry sauce. To three pounds of sugar add one and a half cups of water, bring the syrup to a boil, add two quarts of barberries, and one pound of seeded raisins. Cook slowly one hour.

Watermelon preserve — old-fashioned rule.

HOUSEKEEPER'S HANDY BOOK

(Watermelons are ripe and ready during the summer months, coming from the South as early as June.) Cut the hard rind into dice or small pieces; stand all night in salted water; then drain the next day and cook till tender. Cover the melon with boiling water, add one lemon sliced, and half as much sugar as melon. Cook ten minutes, and it is ready to serve; or put away in sealed jars. A good syrup for this is one cup of water, two cups or one pound of sugar, to one pound of fruit.

Peach jam. Pare and quarter the peaches; cook till tender and mash; allow three quarters of a pound of sugar and one cup of water to each pound of fruit. Cook, stirring constantly, for fifteen or twenty minutes.

Quinces are the last fruit for the housekeeper to preserve; they are not in season till October, and are sometimes not in condition to use till November.

Quince marmalade (1). Grate or grind the peeled and cored quinces fine; to one cup of quince add two of water, and two and a half cups of sugar. Boil one hour, stirring often, and pour into jelly glasses.

PRESERVING AND PICKLING

Quince marmalade (2). Peel, core, and cut the fruit; boil till very tender in water enough to cover. Drain and rub the quinces through a colander, or mash till smooth. Weigh and add the drained juice and sugar, allowing half a pound of sugar to one pound of quince. Boil till thick and clear.

Quince preserve (a very old rule). Peel, cut in quarters or eighths, and core the quinces; cover with cold water and cook slowly till almost tender, a part of the fruit at a time; if too tender it will get mushy, and the sections will lose their shape. Weigh, and for each pound of fruit use three quarters of a pound of sugar; mix with water the quinces were boiled in, add the fruit, and cook slowly till red.

Quince jelly. Boil the quince parings (not the cores), with water enough to cover, for one hour; drain, and use a cup of sugar to a cup of juice. When the juice boils, add the sugar and boil twenty minutes; then pour into hot jelly tumblers.

Tomato figs (a very old rule). Wash, cut in halves, and stem (but do not peel) green tomatoes. Add to them, in the kettle, molasses

HOUSEKEEPER'S HANDY BOOK

till it can be seen, and sliced unpeeled lemon, allowing one lemon to two quarts of tomatoes. Cook slowly until the tomatoes are easily pierced.

Grape conserve. Take seven pounds of grapes, four pounds of sugar, three pounds of raisins, two pounds of English walnuts. Pulp the grapes and cook till tender; put through a sieve to remove the seeds; then add to this a cup of water, the cooked skins, the sugar, and whole seeded raisins, and the walnuts chopped coarsely. Boil two hours very slowly. If the rule is too large, half of it can be made. It is delicious for sandwiches, or to eat with cold meats, and will keep two years.

Rhubarb conserve. Take seven pounds of rhubarb, cut in inch pieces, six pounds of sugar, grated rind and juice of one lemon or sour orange, one pound of figs cut in pieces. Boil together slowly one hour, or till thick like marmalade.

Currant conserve. Three quarts of currants, three oranges, three pounds of sugar, one pound of raisins. Squeeze the juice of the

PRESERVING AND PICKLING

oranges, cut the skin of one orange in very small pieces or shreds, and cook a while in water; then put all ingredients together and cook till it jellies.

PICKLING

A granite or porcelain kettle and the best cider vinegar should always be used in pickling. If the vinegar is too acid, dilute it with clear water. Use a wooden spoon to stir. For catsup the fruits and vegetables should be very ripe; it should be poured hot into the sterilized bottles and sealed while hot, always using new corks and new rubber rings.

Plum and grape catsup. Wash the grapes or plums and cook till tender, strain through a sieve, and to five pounds of pulp add three pounds of sugar and half a teaspoonful of all the spices. Mix well and bottle.

Tomato catsup (uncooked). Sprinkle one third of a cup of salt over half a peck of ripe, peeled tomatoes and one cup of ground onions; stand overnight, then drain well, and add one cupful of celery cut fine, three red peppers coarsely ground; to this add three pints of

HOUSEKEEPER'S HANDY BOOK

vinegar, one cup of sugar, a quarter of a pound of mustard seed, and a teaspoonful of all the spices.

Tomato catsup (cooked). Boil three hours, or till thick, one and a half pecks of tomatoes, two cups of vinegar, one cup of brown sugar, three tablespoons of salt, one level teaspoon of mustard, and one quarter teaspoon of cayenne pepper.

Spiced fruit. Nothing makes a more delicious relish for meats, hot or cold, than spiced fruit of all kinds.

Spiced currants. Boil for two hours five pounds of currants (which have been picked over and stemmed), four pounds of sugar, one pint of vinegar, one tablespoon each of clove, cinnamon, and allspice.

Spiced grapes (a favorite). Five pounds of grapes, four pounds of sugar, one pint of vinegar, one tablespoonful of cloves and allspice. Separate skins and pulp, boil the skins ten minutes in the vinegar; add pulp with seeds sifted out and sugar; boil one hour, adding spices fifteen minutes before it is done.

Green tomato pickle (good to eat in three

PRESERVING AND PICKLING

days). Slice one gallon of green tomatoes and four onions, salt in layers, and stand overnight; in the morning drain well. Mix well together and tie in a bag the following spices: one teaspoon each of black pepper and allspice, two teaspoons each of cloves and mustard or the seeds; pour over this three pints of boiling vinegar, add the tomatoes and onions, six green peppers cut fine, and half a pint of horseradish.

Ripe tomato pickle (uncooked; must stand a week before using; will keep). Mix together three pints of ripe tomatoes peeled and chopped, one cup of chopped celery, four tablespoonfuls each of chopped red peppers and chopped onion.

Pickled onions. Skin onions and put in a salt brine for twenty-four hours, one and one half cups of salt to two quarts of boiling water. Remove from brine, boil in clear water four or five minutes, or till tender, being careful not to boil too much. Pour the pickle boiling hot over the onions. For three pints of onions use one and one half pints of vinegar, one and one quarter cups of salt, two

HOUSEKEEPER'S HANDY BOOK

small red peppers cut fine, and two thirds
tablespoon of mustard seed.

Sweet pickle. A good general rule is seven
pounds of fruit, three and a half pounds of
sugar, one quart of vinegar, and spices to
taste.

Cucumber sweet pickle. Pare, seed, and cut
in long strips ripe cucumbers. Stand all night
with salt between the layers. Drain well the
next day and cook till tender in vinegar
enough to cover, removing each piece as soon
as it is done so as to keep the pieces whole.
Tie in a bag whole cloves, allspice, and stick
cinnamon, and heat, together with vinegar and
sugar, one and a half pounds of brown sugar
to one quart of vinegar. When hot add the
cucumbers, but do not cook them any more.

*Watermelon rind or ripe cucumber sweet
pickle.* Eight pounds of fruit, four pounds of
sugar, one quart of vinegar, one cup of mixed
whole spices — stick cinnamon, cassia buds,
allspice, and cloves. Pare the green from the
rind and cut into strips three or four inches
long. Boil one ounce of alum in one gallon of
water; pour this over the rind and let it stand

PRESERVING AND PICKLING

on back of stove several hours; then take out into cold water, and when chilled boil one half hour in the pickle, and can or put in a stone jar. The spices are always best when put into cheese-cloth bags.

The above rule (omitting the alum which is needed to harden the watermelon rind and cucumbers) may be used for any sweet pickle, such as pears and peaches.

Dutch salad. One quart of green tomatoes, one quart of onions, nine small red peppers, or six big ones, one small cabbage, one cauliflower (picked into bits). Cut the vegetables fine and stand overnight with one half cup of salt. Cook till tender in juices that have collected during the night, then add ten table-spoons of mustard, one cup of flour, two cups of sugar, one quart of small pickles sliced, five cents worth of tumeric, two quarts of vinegar, and cook together about ten minutes.

Cucumber pickle (1). Pour boiling water over the cucumbers, stand till cold, then put into one gallon of cold vinegar, to which has been added one small cup of salt, two table-

HOUSEKEEPER'S HANDY BOOK

spoons each of alum, white mustard, black mustard, a handful of horseradish, and spice to taste.

Cucumber pickle (2). Pour boiling water over the cucumbers, stand till cold, then put in cold vinegar with a little horseradish, which keeps the vinegar pure.

Chili sauce (1). Peel a dozen ripe tomatoes, slice two large onions and cut in pieces two small red peppers. To this add four cups of vinegar, two tablespoonfuls of salt, two cups of sugar and spices to taste tied in a bag; boil slowly, till thick, about two hours; be careful not to burn. (This can be made any time of the year by using canned tomatoes.)

Chili sauce (2) — *made in the winter*. Cook two cans of tomatoes slowly one half hour, then press through a colander or coarse sieve. Chop six small onions fine, put them into four cups of vinegar and boil slowly ten minutes; add tomato pulp and cook fifteen minutes more; then add three teaspoons of salt, one half teaspoon of cayenne, twelve table-spoons of sugar, and cook a little longer to right consistency.

PRESERVING AND PICKLING

Pickled peppers (red or green). Cut open, remove the seeds and cut in strips, put into quart jars; add one half cup of sugar, one dessert-spoon of salt; fill jar with cold vinegar, and cover. These are good to use on winter salads.

Pickled beets. Boil small beets till tender, put into jars and pour over them hot boiled vinegar; one quart of vinegar to two quarts of sugar.

Pickled cabbage. To one quart of chopped raw cabbage add one pint of cooked beets chopped fine, one cup of horseradish, one cup of sugar, four teaspoons of salt, and a dash of pepper. Cover with hot vinegar and stand till the cabbage is pickled to suit the taste,

Piccalilli. Chop fine or grind coarsely one peck of green tomatoes, add one cup of salt, stand overnight and drain in the morning. Then add six red or green peppers and six onions ground coarsely, two cups of brown sugar, two quarts of vinegar, and (tied in a cheese-cloth bag) one tablespoonful each of clove and allspice; mustard or celery seed may be added, but are not necessary. Cook

HOUSEKEEPER'S HANDY BOOK

slowly on the back of the stove for two hours.

Tarragon vinegar (1). The best time to make this vinegar is in August, when the plants are large and vigorous, using white wine vinegar if possible. Fill a quart fruit jar with vinegar and add three ounces of the fresh tarragon leaves; close the jar, stand twenty days, strain, and it is ready to use.

Tarragon vinegar (2). Dilute strong cider vinegar with a little water; put in a glass jar with a handful of dried tarragon leaves; screw on the cover and stand in the sun two weeks, then strain and bottle. (Powdered tarragon or the dried leaves can be bought at a drug store.)

HOME-MADE CANDY

COOKED candy is the better; but uncooked candy, using confectioner's sugar, is much easier to make. A clear day is necessary to secure the best results. Boiling the syrup is the hardest part, and is the secret of all good candy-making. Granulated sugar is preferable for cooked candies; the candy is coarser grained if stirred while boiling; butter should not be added till the candy is almost done. Flavorings and colorings must always be added after the candy is taken from the fire. The fruit juices — strawberry, lemon, orange, and pineapple — are the best flavorings. Colorings may be made from different berries and vegetables. Beets will yield a dark red color; strawberries or cranberries, a delicate pink; spinach, a delicate green; a grated carrot or the yolk of an egg will furnish yellow.

COOKED CANDY

English barley sugar. Put one and a half pounds of lump sugar and one pint of water

HOUSEKEEPER'S HANDY BOOK

in a porcelain kettle, stand half an hour, boil and skim till it becomes hard when tried in water. Add the juice of one lemon and boil up once, pour into a buttered pan, and when cool enough to handle cut into pieces and twist or roll them. If desired dust over with sugar when cold.

Butterscotch (1). One half cup of molasses, one half cup of sugar, one half cup of butter. Boil until it strings.

Butterscotch (2). Piece of butter the size of an egg, one cup of sugar, one half cup of water, one tablespoon of molasses, two tablespoons of vinegar. Boil till it hardens in cold water.

Butterscotch (3). Two cups of sugar, two tablespoons of water, butter the size of an egg. Boil without stirring till it hardens on a spoon. Pour on buttered plates to cool.

Peanut candy (1). Put one cup of white sugar into a spider and stir constantly. It will first turn brown, then lump, then melt into a syrup. When in this state, turn in a quart of peanuts, chopped fine, and pour at once into a buttered pan.

HOME-MADE CANDIES

Peanut candy (2). Two cups of sugar, one half cup of boiling water; stir till dissolved; do not stir after it boils, except when it begins to bubble. Then stir in very quickly one half teaspoon of cream of tartar, dissolved in a little cold water. Boil till it turns dark yellow, take off the fire, stir in small piece of butter, and pour over peanuts chopped fine and ready in buttered tin.

Peanut candy (3). One cup of sugar, one half cup of molasses, one half cup of vinegar, butter the size of an egg. Cook till done, and pour over chopped peanuts.

Peanut candy (4). Melt one cup of powdered sugar. When melted, stir in one cup of rolled peanuts and turn out on a board. Square it off with a chopping-knife.

Cocoanut drops (1). Boil until brittle four cups of white sugar, three fourths cup of water, four tablespoons of vinegar, one table-spoon of butter. Just before pouring out, add one cup of dessicated cocoanut and drop in small flat cakes on buttered tins.

Cocoanut drops (2). Two cups of white sugar, one cup of water; boil six minutes over

HOUSEKEEPER'S HANDY BOOK

a quick fire. Stir in one half cup of grated or dessicated cocoanut and remove from the fire. Turn into pan and mark into bars when cold.

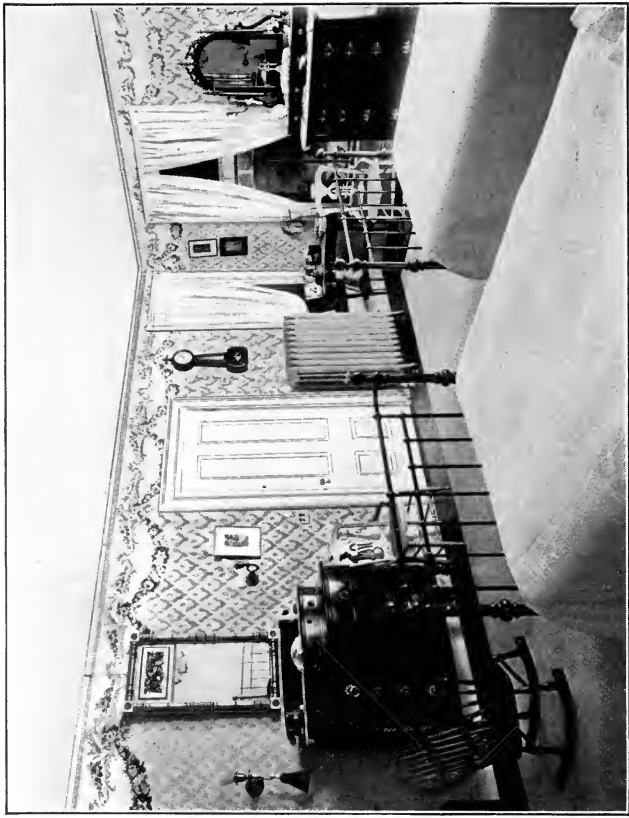
Sour-cream candy. One cup of sour cream, two cups of brown sugar, small piece of butter, one cup of chopped walnuts; boil eight minutes and stir a long time after taking from the fire.

Chocolate caramels. Two cups of sugar, one cup of molasses, one cup of milk, four squares of chocolate, butter the size of an egg, one teaspoon of vanilla, and a little salt. Boil until brittle when tried in water.

Maple candy. Boil till it threads two cups of maple sugar and one cup of cream; then add six figs cut fine and one quarter cup of grated cocoanut. Beat till it thickens, pour into a buttered pan, and cut in squares when cold.

Maple cream walnuts. Melt two cups of maple sugar in one cup of water; stir while cooking ten minutes; when a little will harden when dropped in cold water, add a level teaspoon of butter. Take from the fire; beat till

THE SUNLIGHT POURS INTO THIS PLEASANT ROOM



THE SUNLIGHT POURS INTO THIS PLEASANT ROOM



HOME-MADE CANDIES

waxy; make into balls; press a nut meat into each side of the balls. Lay on a buttered plate to become firm.

Maple caramels. One cup of maple sugar, one cup of brown sugar, one cup of water. Boil until brittle in water; when nearly done, add butter the size of an egg.

A simple fudge (always good). Two cups of sugar, one half cup of water, three dessertspoons of cocoa. Boil five minutes; then add a small piece of butter and a teaspoon of vanilla. Cream by beating a few minutes before turning into buttered pans.

Fudge. Two cups of sugar, one cup of milk, two squares of chocolate; test in water. Just before it is done, add butter the size of a walnut (too much butter spoils it) and one teaspoon of vanilla; cream and cool.

Molasses candy (1). One cup of molasses, one cup of sugar, one piece of butter the size of an egg, one tablespoonful of vinegar. Boil, but do not stir, till it hardens in cold water; when done stir. Pour into buttered pans and, when cool, pull if desired until white.

Molasses candy (2). Two cups of molasses,

HOUSEKEEPER'S HANDY BOOK

one cup of sugar, one cup of sweet cream; add a little soda just before taking from stove.

Creamy molasses candy. One half cup of molasses, one cup of sugar, one half cup of water, one teaspoonful of butter, one half teaspoonful of soda. Stir all together and boil till thick; when done it will be creamy.

Molasses taffy. Cook four cups of molasses over a slow fire and test by dropping a little in ice-water. If it cools so that it will crack between the fingers, it is ready to pour into buttered pans in very thin layers. Mark off into squares as it cools, and when cold break apart.

Peanut brittle. Spread a thin layer of chopped or ground peanuts on a buttered tin. Put four cups of granulated sugar in a dry saucepan without a drop of water. Stir the sugar; in a few minutes over a hot fire it will form into hard lumps; but keep on stirring. After it has grown quite dark, and you are sure it is spoiled, continue to stir and the lumps will all melt. At this point instantly pour it over the peanuts as quickly as possible, and when cool it will be pure and crisp.

HOME-MADE CANDIES

The above rule may be used for any nuts, also for puffed rice.

Baked peanut candy (1). Take one cup of chopped nuts, preferably peanuts, the stiffly beaten white of one egg, and one cup of brown sugar. Mix well, put in a buttered pan, and bake until a light brown, — about twenty minutes. Be careful not to let it brown on the bottom.

Baked peanut candy (2). Melt one tablespoon of butter, add one cup of sugar; when dissolved, add one pint of ground peanuts and bake fifteen minutes in well-buttered tin.

Honey candy. Two cups of granulated sugar, one half cup of water, four tablespoons of honey. Boil until it becomes brittle in water.

Opera creams. Two cups of sugar, two squares of chocolate, three fourths cup of milk. Boil three or four minutes, flavor, and put in a cold place. The pan should not be touched for at least an hour, or until it is absolutely cold; then beat till creamy and drop into balls on paper.

Cream squares. Two cups of sugar, one cup

HOUSEKEEPER'S HANDY BOOK

of milk, one tablespoonful of water, butter the size of an egg, a scant teaspoonful of vanilla. Cook, cream by beating, pour into a platter, and cut into squares.

To vary: Divide into three parts; cook the second part more slowly than the first, and the third part more slowly than the second; into one, put chopped raisins, nuts, citron, and currants, into the second, cocoanut, and into the third, chocolate enough to make it the proper color. Pour one layer over the other as it cools.

Pralines. Boil together one and seven eighths cups of powdered sugar, one half cup of milk or cream, one cup of maple syrup, until when tried in cold water it will form a soft ball. Remove from fire, beat until creamy, add two cups of chopped nuts of any kind, and drop from tip of spoon on buttered paper.

Cream peppermints. One cup of white sugar, one eighth cup of milk and water mixed, one teaspoon of extract of peppermint, one small pinch of cream of tartar, one teaspoon of butter. Boil sugar, milk, water, and butter for

HOME-MADE CANDIES

five minutes; then add cream of tartar and flavoring. When done, cream by stirring for about ten minutes, then drop on buttered paper.

Peppermints. Put one half cup of boiling water and one and one half cups of fine granulated sugar in a saucepan. Stir till the sugar is dissolved, bring to a boiling point, and simmer nine minutes. Beat till the mixture begins to thicken, and add six drops of oil of peppermint. Drop from tip of spoon on buttered paper; if the mixture becomes too stiff to drop, add a small quantity of boiling water.

Checkermints. Make same as peppermints, adding oil of wintergreen instead of peppermint, and coloring pink with the juice of cranberries, or with red fruit.

Puffed rice brittle. Boil for five minutes one cup of sugar, one half cup of water, one teaspoon of vinegar; then add two tablespoonfuls of molasses, butter the size of a walnut, and boil till it hardens in cold water. Stir in one half package of puffed rice warm and crisp from the oven, and spread in a buttered tin to cool.

HOUSEKEEPER'S HANDY BOOK

Butter taffy. One cup of sugar, one cup of molasses, one half cup of butter; boil till it will harden in cold water.

Marshmallow candy. Boil, without stirring till when tried it forms a soft ball, three cups of light-brown sugar and one half cup of milk. Beat in when done one half pound of marshmallows and one cup of chopped nut meats.

French creams. Bring slowly to a boil, and cook for five minutes, two cups of granulated sugar and one half cupful of milk. Beat till it creams, shape into balls with the hands, and place walnuts on the tops. A variety can be made by using dates, figs, or preserved ginger.

This mixture is also used for chocolate creams, making the balls and then coating with chocolate which has been melted by placing over hot water. Place on buttered paper till cold.

To sugar pop-corn. Boil till ready one cup of white sugar, three tablespoonfuls of water, and one tablespoonful of butter; then throw in three quarts of corn well popped and picked over, and stir well. Set away from the fire, stir

HOME-MADE CANDIES

till cooled a little — do not have too hot a fire.

Pop-corn balls (old-fashioned). Boil one quarter of a cupful of molasses with a table-spoonful of sugar until it hardens in water; remove from the fire before it turns brittle and pour it over two quarts of corn that has been well popped and picked over carefully. Mix well with the hands and make into balls the size of lemons.

Caramel pop-corn. Have ready a pan of pop-corn from which all the hard kernels are removed. Boil together one half cup of milk, one cup of granulated sugar, and three squares of chocolate; when nearly done add butter the size of an egg. Cook till it hardens in water. Add one teaspoonful of vanilla after taking from the stove. Pour while hot over the pop-corn, stirring with a spoon until it is well coated, then pour into buttered pans to cool.

Fruit candy. Two cups of sugar, one half cup of water, one teaspoon of cream of tartar. When nearly done add butter the size of a walnut and boil till it becomes brittle in cold water. Pour the mixture into a buttered pan

HOUSEKEEPER'S HANDY BOOK

which has been covered with dates, figs, or English walnuts, all cut very fine.

Horehound candy (1). Steep one ounce of dried horehound in one and a half cups of water; strain and add three cups of granulated sugar, and one tablespoonful of vinegar. Boil till it hardens in water, then cool and cut into squares.

Horehound candy (2). Boil slowly two ounces of dry horehound in one and a half pints of water for an hour; strain and add three and a half pounds of brown sugar. Boil till it hardens in water, then pour on a flat buttered tin and mark into squares when partly cool.

Crystallized mint. Boil together a pound of granulated sugar and half a cup of water, until it is brittle when dropped into water; add the juice of half a lemon, take from the fire, and stand in a vessel of very hot water. Have the sprigs of mint ready, dip one at a time quickly in the syrup, then spread on waxed paper to dry.

Frosted fruit. To frost fruit, beat the white of one egg to a froth with a very little cold

HOME-MADE CANDIES

water; dip in this a small bunch of grapes (white grapes are prettiest), and then in powdered sugar. Lay on waxed paper to dry.

Candied fruit. Boil two cups of sugar and two thirds of a cup of water till it threads or hardens in water; then dip in white grapes, or sections of oranges, and put on waxed paper to harden.

To glacé fruit. Make a syrup as for crystallized mint; dip in fruit pieces, one at a time, using a pickle or olive fork; lay on waxed paper. Use figs, dates, French prunes, and sections of oranges, especially the tiny sweet mandarin or tangerine oranges.

Orange and grapefruit rind (candied). Cut the peel with scissors into strips; the orange may be made fine, but the grapefruit is better quite half an inch wide. Put into a big earthen bowl and cover well with water, allowing one large spoonful of salt to each quart of water. This salt bath takes the bitter out of the peel. One may be several days or a week collecting the rind, and if the brine looks bad, make it new and fresh. Boil the rind slowly till very tender, possibly five or six hours, changing

HOUSEKEEPER'S HANDY BOOK

the water three or four times, and always putting in cold water. If necessary, let it stand overnight, but change the water before doing so, and add cold water while cooking to keep the rind covered. When very tender, drain, and add equal weight of sugar, allowing a cup of water to each pound of fruit. Cook for an hour covered, then remove the cover and cook till the syrup is nearly boiled away. Drain in sieve and colander, roll in sugar. (Granulated sugar is better than confectioner's sugar.) Care should be taken in handling not to break or shorten the rinds. Do not use a spoon, but give the kettle an occasional twist to prevent sticking. Put away in glass, else it will dry too quickly.

UNCOOKED CANDY

Turkish figs. Chop together very fine, one pound each of figs, dates, and walnuts. Then knead in as much confectioner's sugar as possible, anywhere from two to three cups. Roll out one fourth of an inch in thickness, cut with a small round cutter, and dip each in the confectioner's sugar.

HOME-MADE CANDIES

Orange drops. Grate the rind of one orange and squeeze the juice; add a pinch of cream of tartar. Stir this with enough confectioner's sugar to mould easily into balls.

Cream dates. Remove stone from fresh California dates; fill the centres with French candy made as follows: white of one egg, equal quantity of lemon or orange juice, or water. Mix well and stir in confectioner's sugar till stiff enough to shape into balls.

Providence. Use equal quantities of figs, stoned dates, and English walnuts. Grind together fine in the meat-chopper, roll in a mass on a board dusted thick with confectioner's sugar. Cut into rounds and pack in boxes ready for use. To keep well, it should be about a quarter of an inch thick.

Various sorts of mints. Mix confectioner's sugar with the white of one egg till the mixture can be rolled. Flavor a portion with lemon, and tint yellow; flavor some with wintergreen, and color a delicate pink; make the third portion green, and flavor with vanilla and almond, using more vanilla than almond.

Fruit paste. One pound each of figs, dates,

HOUSEKEEPER'S HANDY BOOK

and cherries, one half pound of nut meats, two cups of seeded raisins; put all through a chopper, turn on a board, and knead well with confectioner's sugar till you can roll it out one half an inch thick. Cut into pieces and roll in granulated sugar.

French cream candy. To the white of one egg add one tablespoon of cold water; beat in confectioner's sugar till no more can be added, — nearly a pound will be required. Make balls, and press half a nut meat on one or both sides, or fill stoned dates and roll the dates in granulated sugar. Chopped nuts may be added to the paste, also seeded raisins, and then small balls made and rolled in sugar.

Walnut cream. Stir together one and a half cups of confectioner's sugar, the white of one egg, and an equal quantity of water until stiff enough to mould. Put a little ball of cream on half a walnut, place the other half on the other side, and roll in sugar.

CHAFING-DISH CANDIES

Chocolate marshmallow fudge. Stir together two cups of sugar, three tablespoonfuls of

HOME-MADE CANDIES

cocoa or chocolate, and add one teaspoon of butter. When it boils, put in ten cents' worth of marshmallows, but do not stir. Boil five minutes. When done add one half cup of chopped English walnuts; beat well, pour into buttered pans; when cool cut into squares.

Vanilla caramels. Put into blazer two cups of sugar, a cup of cream, and two generous tablespoonfuls of butter. Stir constantly, to prevent scorching, until a little of the boiling liquid will turn to a firm paste if dropped in ice-water. Remove from fire, stir in two teaspoonfuls of vanilla extract, and beat hard for several minutes before turning into buttered tins to cool. Mark off into squares.

Pecan candy. Boil one and a half cupfuls of coffee-crushed sugar in half a cupful of milk for ten minutes. Add a tablespoonful of butter, a cupful of chopped pecan nuts, and a little vanilla. This makes also a good cake frosting with the nuts sprinkled on top.

Walnut candy. Boil about ten minutes, in the chafing-dish, one pound of brown sugar, one half a cup of milk, and a small piece of butter, stirring all the time. Remove from

HOUSEKEEPER'S HANDY BOOK

the fire; add vanilla and half a cup of chopped walnut meats ; pour into a buttered pan, and before it is quite hard, cut into squares.

Fudge. Two cups of granulated sugar and two squares of Baker's chocolate, one half cup of milk, one teaspoonful of vanilla, butter the size of a walnut. Boil nine minutes, remove from the heat, and cream by beating it; or to vary it, pour it over half a pound of marshmallows cut into pieces.

Peanut candy. Cover a buttered pan with one and a half cups of chopped peanuts. Melt in the chafing-dish one and a half cups of sugar and pour over the nuts. Cool and mark into bars.

Nut candy. Boil together three cups of brown sugar and one cupful of cream or milk till it becomes a soft ball in cold water; just before removing from the fire add a small piece of butter, a teaspoonful of vanilla, and one cup of chopped or ground nuts. When cooling, stir or beat till it hardens, put in a buttered pan, and cut into squares.

Taffy. Boil together one and a half cups of light-brown sugar, half a cup of molasses, a

HOME-MADE CANDIES

tablespoonful each of vinegar and hot water, and a little salt. Cook till brittle if dropped into cold water; just before it is done, add butter as large as an egg, and when taken from the fire add one teaspoonful of vanilla. Pour into a buttered pan, and when half cool cut into squares.

Nicest candy I ever ate. Three cups of brown sugar, one cup of milk, butter the size of an egg. Boil until it begins to harden in water, then add one cup of chopped walnuts. Beat till quite creamy, then pour into pans.

HINTS TO THE COOK

Care of the stove. Before polishing the stove, wash it with vinegar. This removes all grease, leaving the surface smooth, and keeps the blacking from burning off so quickly, saving much time and labor. A little sugar added to the blacking is a good thing to try.

To clean the nickel on stoves and ranges. Take a woolen cloth, wipe the soot from the bottom of the tea-kettle, and with this rub the nickel. If there is grease or other dirt, first remove this with a damp cloth rubbed well with soap.

Zinc is best cleaned with hot soapy water, then polished with kerosene and coal ashes.

Heat in the oven. Always keep the stove clear from ashes and dust in every part, or the oven will be cold, no matter how good the draft, or how much coal is used.

A hotter oven is required for bread, rolls, and sponge cake, when mixed with water, than when milk is used.

HINTS TO THE COOK

When cake rises in a point and cracks open, the oven is too hot.

A cup of water placed in the bottom of the oven will prevent things from burning.

Perforated covers for the frying-pan will prevent the grease from spattering on the stove. The holes allow the steam to escape and do not prevent the food from browning. Any lid that will fit the frying-pan may easily be perforated at home, with a nail, or any sharp tool, and a hammer.

To keep things from boiling over. If the edge of the saucepan is well buttered, cocoa, chocolate, candy, or anything of the kind will not boil over.

Salt in a double boiler. The contents of the inner vessel of a double boiler will cook much more rapidly if the water in the outer compartment is salted in the proportion of half a cup of salt to two quarts of water.

Salt sprinkled on any substance burning on the stove will stop the smell.

Boiling meat. When boiling meat of any kind, add a tablespoonful of vinegar to the water when first put over the fire. This

HOUSEKEEPER'S HANDY BOOK

makes the meat tender, without leaving any flavor of the vinegar.

To soften tough meat. Brush over with oil (or butter) and vinegar, using one part of vinegar to two parts of oil or butter, and let stand for a few hours. This is often done in tropical countries. A little vinegar served in the platter with the steak adds to the flavor of the meat.

A tablespoonful of vinegar added to the water in which fish is boiled has a tendency to whiten the meat, and to render it firmer.

When poaching eggs, if a teaspoonful of vinegar is added to the boiling water, it will prevent the whites from spreading.

When cooking cabbage or turnips, place a small dish of vinegar on the back of the stove and it will destroy the odor.

A number of dishes that are usually fried can be baked quite as well. Sausages cooked in this way are very delicious and much more digestible.

When frying anything to be rolled in meal, use half flour and it will be found to brown better.

HINTS TO THE COOK

To improve griddle cakes. A teaspoonful of brown sugar or molasses added to the griddle cake batter makes it brown better and more easily.

Baking apples. When baking apples, prick the skin with a fork, and they will cook without bursting.

Measuring butter. A tablespoonful of melted butter is measured *after* melting. A tablespoonful of *butter melted* is measured *before* melting.

Rub sweet butter over the top of bread after taking from the oven, and wrap in a bread towel, to make a rich and soft crust.

Salt will curdle milk; therefore in preparing milk toast, sauce, scrambled eggs, or anything with a milk foundation, do not add salt till it is taken from the fire.

Soft custard. When making soft custard, if the custard curdles when it is done, set in a pan of ice water and beat with a Dover beater, and the custard will become smooth and creamy.

Milk will keep sweet longer in a shallow pan than in a pitcher.

HOUSEKEEPER'S HANDY BOOK

Beating eggs. To beat the whites of eggs quickly, add a pinch of salt.

When an egg is beaten for fish or croquettes, add one tablespoonful of water, and it goes further.

Vegetables. Old potatoes, or any vegetables (when not new) are improved by soaking in cold water for several hours after paring.

Celery should be allowed to lie in cold water, to which a little salt has been added, for an hour before it is required for the table. This will make it very crisp.

Coffee. To make a cup of coffee more nourishing, stir into it an egg well beaten. First beat the egg in the cup, then add a little cream, and then sugar, and lastly pour the coffee in very gradually. When adding the coffee, beat with a spoon or small egg-beater.

To sterilize milk, place the bottle or can of milk in water over a fire and when the milk is heated to 180° F. or a little more (not by any means to the boiling point), continue such heat for half an hour.

To peel tomatoes without scalding, scrape carefully over the surface with the back of a

HINTS TO THE COOK

knife, or the edge of a very dull knife; after this the tomatoes will peel easily.

Lard used for frying cakes or croquettes can be clarified and used again by heating thoroughly with several slices of raw potatoes and then strained. It can even be clarified after cooking fish and made as good as new.

For cleaning kettles, cereal dishes, etc., use the rectangular cover of the cocoa tin. It is better than a ring dish-cloth or a chain dish-cleaner.

When food burns, quickly seize the kettle or pan from the range, and set into a larger pan containing cold water. This will cause the steam to escape from the outside, instead of passing upward through the food. Remove to another vessel and continue cooking; if careful not to disturb the burnt part there will be no taint or odor to be detected by the most critical person.

Care of a burnt saucepan. Unless absolutely necessary, do not scrape a burnt saucepan, but fill with cold water in which a little washing-soda has been put, and let it boil slowly on the back of the stove until the water is almost

HOUSEKEEPER'S HANDY BOOK

boiled away. Refill and boil again, then clean with a good stiff scrubbing-brush. Often wood ashes will hasten the work.

The best way to clean the inside of old pots and pans is to fill them with water in which a few ounces of washing-soda is dissolved, and set them on the fire. Let the water boil until the inside of the pot looks clean.

To brighten copperware. Crushed borax spread thickly on a flannel cloth, wet with hot water, and well soaped will brighten the copper like magic.

A pinch of baking-powder is an excellent substitute for soap when washing glasses. It gives the dainty polish sought by all good housewives.

To clean out sink drain. Should the sink drain chance to get choked, pour in one fourth of a pound of copperas dissolved in two parts of boiling water. If this is not efficacious, repeat before sending for a plumber.

Care of fruit jars. When emptying fruit jars, wash thoroughly, rinse well, and drain. With a salt-shaker, shake salt two or three times into the jar, put on cover without rubber and

HINTS TO THE COOK

screw on, or fasten tight. Another season, the jars will need only rinsing with cold water.

Canned fruits and meats. Before buying tinned fruits and meats, see if the top is flat or depressed. If the top has bulged out, the air has entered, and fermentation has set in.

Vinegar should not be kept in a stone jar; the acid may affect the glazing and the vinegar become unwholesome. Glass jars are best for vinegar.

When cutting new bread or cake, always put the knife in hot water first; you will find it facilitates the cutting.

Coffee sprinkled on raw fish will keep the fish odor from scenting the ice-chest. It can easily be washed off, and does not discolor the fish.

Substitute for cream (good on fruit). Beat together the whites of two eggs, a level tablespoonful of sugar, one tablespoonful of corn-starch, and butter the size of a nut. Stir in one half cup of cold milk, and beat very hard. Put a cup of cold milk over the fire; when it boils, draw the dish to a cooler part of the range and pour in the egg mixture.

HOUSEKEEPER'S HANDY BOOK

Simmer till the milk thickens, and, when cold, strain.

Home-made baking-powder. One half a pound of cream of tartar, one quarter of a pound of best baking-soda, one quarter of a pound of cornstarch; mix and sift three or four times, and pack into old baking-powder tins; use two rounding teaspoonfuls to a cup of flour.

Butter without ice. When the ice fails, try one of these methods of keeping the butter:

(1) Place a large earthenware bowl on the kitchen table, and in it place a small bowl upside down. On this inverted bowl put the butter dish containing sufficient butter for the next meal, wrapped in oiled paper. Over this spread a clean napkin, covering the small bowl and the edges resting on the bottom of the large bowl. Then fill the large bowl with fresh cold water up to the level of the butter plate. Put a heavy towel over the large bowl with ends wrapped around it. The butter will be firm in two hours.

(2) When not too soft, place a napkin around it, and completely bury it in the flour.



UNCARPETED FLOORS WITH RUGS ARE MOST EASILY KEPT CLEAN

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HINTS TO THE COOK

The result will be as satisfactory as keeping it in an ice-chest.

(3) To keep butter cold, put it in a covered dish; cover with a wet cloth and set in a draft of air.

(4) To keep butter, fill a bowl with cold water. Put the butter on a plate, put on top of the bowl, then take a piece of muslin or cheese-cloth or a napkin and put over the butter and let both ends drop into the water. You can easily get the butter for use, and you will find it quite solid and cold.

MEAT AND VEGETABLES TO BE SERVED TOGETHER

Roast beef. Potatoes prepared in all the different ways, baked or browned sweet potatoes, asparagus, squash, spinach, Brussels sprouts, string beans, cauliflower, or lima beans.

Filet of beef. Potatoes, stuffed tomatoes, or stuffed peppers, asparagus, or artichokes.

Beefsteak. Lyonnaise potatoes, baked potatoes, French fried potatoes, fried potatoes, fried tomatoes, asparagus, spinach, or squash.

HOUSEKEEPER'S HANDY BOOK

Beef à la mode. Potato balls, carrot balls, asparagus, or glazed onions.

Corned beef. Boiled potatoes, cabbage, beets, turnips, carrots, beet or tomato salad.

Roast mutton and lamb. Green peas, string beans, cauliflower, spinach, green corn, potatoes, Brussels sprouts, lima beans.

Boiled mutton. Boiled potatoes, cauliflower, cabbage, white turnips, string beans.

Lamb and mutton chops. French fried or baked potatoes, egg plant, green corn, creamed corn, stewed, boiled, or fried tomatoes, French peas.

Roast veal. Mashed potatoes, creamed spinach, cauliflower *au gratin*, French peas, Brussels sprouts, or asparagus.

Veal cutlets. Creamed, mashed, baked, or plain potatoes, wax beans, asparagus, or spinach.

Roast pork. Mashed potatoes, mashed turnips, apple sauce, creamed corn or beans, red cabbage.

Roast turkey and chicken. Mashed potatoes, creamed onions, creamed corn, mashed turnips, cranberry sauce, Brussels sprouts.

HINTS TO THE COOK

Ducks and geese. Plain or mashed potatoes, browned sweet potatoes, creamed onions, creamed corn, apple sauce, or baked apples.

Relishes to serve. 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 or mushroom sauce.

Boiled mutton, caper sauce.

Roast mutton, currant sauce.

Roast lamb, mint sauce.

Broiled fresh mackerel, stewed gooseberries.

Boiled bluefish, white cream sauce.

Broiled shad, boiled rice and salad.

Fresh salmon, green peas with cream sauce.

TABLE OF WEIGHTS AND MEASURES

4 teaspoons equal 1 tablespoon.

2 teaspoons equal 1 dessert spoon.

2 dessert spoons equal 1 tablespoon.

8 tablespoons (liquid) equal 1 gill.

HOUSEKEEPER'S HANDY BOOK

- 6 tablespoons (dry) equal 1 gill.
- 2 gills equal 1 cup.
- 2 cups equal 1 pint.
- 4 cups (liquid) equal 1 quart.
- 4 cups (dry) equal 1 quart.
- 2 cups butter equal 1 pound.
- 2 cups granulated sugar equal 1 pound.
- 2 cups liquid equal 1 pound.
- 1 tablespoon butter equals 1 ounce.
- 2 tablespoons flour equal 1 ounce.
- 2 tablespoons coffee equal 1 ounce.
- 2½ cups powdered sugar equal 1 pound.
- 4 saltspoons equal 1 teaspoon.
- 2 tablespoons equal butter size of an egg.

TO MEASURE WITHOUT SCALES

- 1 fluid ounce equals 2 tablespoons.
- 1 drachm, or 60 drops, equals 1 teaspoon.
- 1 rounded tablespoon of granulated sugar, 2 of flour or powdered sugar, equals 1 ounce.
- 1 liquid gill equals 4 fluid ounces.
- 1 fluid ounce equals 8 drachms.
- Butter size of a small egg equals 2 ounces.
- 9 large or 12 small eggs (without shells) equal 1 pound.



SUNSHINE IS THE CHIEF ORNAMENT OF THE HEALTHFUL HOUSE

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A HELPING HAND IN THE LAUNDRY

Home-made soap. Save every bit of fat until, when melted, it fills a five-pound pail. Heat to a liquid in the oven. Place a large earthen bowl in the sink and put in it one can of potash, one quart and a half of cold water, one tablespoonful of ammonia, one small tablespoonful of borax. Stir this with a long stick (or it may burn) till dissolved, then pour the warm fat slowly in, stirring occasionally till thick. Pour this when well mixed into a long pasteboard box, and place in the air and sun till hard and white. The rule which always comes on a can of potash is a good one, but it gains by adding one cup of ammonia and one half a cup of borax.

German washing-fluid. Dissolve two pounds of shaved soap in three gallons of water, add one tablespoonful of turpentine, and three tablespoonfuls of liquid ammonia. Soak the clothes in this three hours and wash without boiling. Turpentine loosens the dirt and does not injure any fabric.

HOUSEKEEPER'S HANDY BOOK

Soap solution, which is most useful in bleaching, is made by shaving a cake of soap into a pan, and pouring over it boiling water, stirring until the soap is thoroughly dissolved, using about one quarter of a cake to a boilerful of clothes.

Javelle water. This can be bought at any druggist's or department store, but is easily made at home. Dissolve half a pound of chloride of lime in two quarts of water, pour off the top, which will be clear, and add to this one quart of liquid soda. This should be kept in the dark, corked tightly, and must be used only on white goods.

Liquid soda. Boil one quart of water and one pound of sal-soda (washing-soda). Cool and put in a labeled bottle. This can be used from time to time to whiten clothes, a tablespoonful to a tub of clothes. It will clean and whiten kitchen towels, and also sweeten the sink.

How to make one gallon of bluing for fifteen cents. Buy ten cents' worth of soluble blue in any drug store, put in a cup, adding a little water, and stir till free from lumps. Then

HELP IN THE LAUNDRY

dissolve one teaspoonful of oxalic acid (five cents' worth will be enough) in a little hot water; when this is dissolved, put in a large pan and pour over it four quarts of cold water, adding the soluble blue. The oxalic acid will keep the bluing from spotting the clothes.

Home-made bluing. Dissolve one ounce of Prussian blue in five quarts of cold water, also one half an ounce of oxalic acid in a pint of water. When the acid is thoroughly dissolved, mix it with the Prussian blue. Strain through a piece of muslin into a bottle. This makes an excellent bluing, and costs about one tenth of that which you buy already made. It also renders the clothes very white.

: *Bluing easily made.* Moisten one package of good bluing dye for cotton; pour on it one quart of boiling water; strain and it is ready for use.

Great care should be used in selecting bluing. Test it first, and if little clusters of tiny ironrust spots appear, discard it at once.

Never let clothes stand in bluing water; it will make them streaked.

Keep the bluing for use in a flannel bag, as

HOUSEKEEPER'S HANDY BOOK

the meshes will hold the undissolved particles.

Blue the water always until a handful shows the color.

Starch. To make starch, dissolve two table-spoonfuls of starch in one half cup of cold water; pour over this one quart of boiling water, stirring briskly till clear. Scrape into this, while hot, wax from a candle's end or a little salt, and the starch will never stick. Stand on back of stove and cook slowly for some time.

How to starch thin waists and muslin dresses. Dissolve a tablespoonful of gum arabic in about three quarts of water, and dip in this the articles to be starched, while wet. Wring them out and dry them (in winter, in a place where they will not freeze). After drying, sprinkle, roll them up, and iron as usual.

Hints for washing-day. Washing is greatly simplified by putting the clothes without soaking into a boiler of cold water, using one tablespoonful of turpentine and one of ammonia to each pail of water. Boil fifteen minutes after they come to a boil, and rinse in two clean waters after the suds water.

HELP IN THE LAUNDRY

For clothes that have become yellow and grimy, make a mixture of clear lime water, and turpentine in equal parts. Shake this together till creamy; then use a cupful of the mixture to every boilerful of clothes.

Table linen or white clothes that have become yellow are best bleached in the month of May. Lay the linen or cloth on the grass without rinsing out the soap. The sun, the soap, and the May dews will make them clear and white.

Egg shells will soften and whiten clothes if used as follows: Wash the egg shells from time to time and dry in a basket. For washing-day, take a large cupful, crushed fine and tie in a cheese-cloth bag. Drop the bag of shells into the boiler with the washed clothes.

A small piece of paraffin in the wash boiler will whiten clothes.

Yellow, dingy lace or muslin curtains are most speedily restored to their former purity of color if boiled in a strong soapsuds which is half milk and half water. Boil half an hour, and finish washing them as usual.

To whiten old muslin, yellow with age, boil in strong indigo water. Or dissolve half a tea-

HOUSEKEEPER'S HANDY BOOK

spoonful of borax in one pint of hot water. When cool, soap the fabrics and wash in the borax water.

How to wash a sweater or any knitted garment. Soak for half an hour in lukewarm water and Ivory soap which has first been dissolved in the water. Do not rub, but squeeze the garment without lifting, till it is well saturated with the soapy water. Rinse in several warm waters (always without lifting); hang over the line while wet. A shawl will dry in the bottom of a basket in the hot sun by shaking it occasionally.

Washing blankets. The best and easiest way to wash blankets is to soak them for one hour, well covered, in lukewarm water in which has been dissolved one quarter of a pound of borax and a little white soap. (The soap may be omitted if the blankets are not badly soiled.) Lift from the water, do not wring, hang on the line, and hose well with cold water on both sides. The blankets will get fluffy as the water beats against them.

Or, take two tablespoonfuls of ammonia, one teaspoonful of borax, and half a bar of

HELP IN THE LAUNDRY

shaved soap. Boil together with a pint of water till the soap is dissolved. Add this to a tub of lukewarm water. Soak the blankets in this one hour, then souse the blankets up and down, and all the dirt will come out. Rinse several times in clear water (not cold) or till the soap is out; hang in the sun without wringing, perfectly straight, for several hours. When dry, beat with a rattan beater as you would rugs and furniture. This brings up the nap and makes them as fluffy as when new.

Washing flannels. In washing flannels care must be taken not to shrink them. Wash on a clear day. All the water must be of the same temperature; never rub, or use yellow soap; dry as quickly as possible. In ironing, do not have your iron too hot.

Before washing new stockings, set the color with alum and salt.

To keep clothes from freezing. In winter, add a large handful of salt to the rinse water and the clothes will not freeze while hanging them out. When ready to go out, wet the hands with vinegar, let it dry on, and you will have no cold fingers.

HOUSEKEEPER'S HANDY BOOK

To prevent fading. Great care should be taken in washing delicately tinted shirt-waists and summer dresses to prevent fading. All colored goods should be first put to soak in salt and cold water, for this keeps the color from running. Nothing will prevent a garment from fading if hung in the sun. Delicate colors are safer if dried in the house.

The popular "shepherd's plaid" should be washed in warm water and pure white soap, rinsed well in clear water, and hung in the shade wrong side out.

To prevent colors from running. A tablespoonful of black pepper stirred into the first suds in which cottons are washed will prevent running.

Five cents' worth of sugar-of-lead crystals dissolved in a pailful of water makes a solution which fixes colors, and establishes the tones of pinks, blues, and lavenders. The fabrics should remain in the sugar-of-lead bath half an hour or so before going into the suds to be washed. (This mixture is poisonous, and should not be left standing about.)

HELP IN THE LAUNDRY

Green is a very difficult color to keep in wash goods, but by the use of powdered alum in the following manner, it may be retained till the garment wears out: Before trying to remove any of the dirt, plunge the frock into a bucket filled with water, to which has been added a large piece of alum. Let it soak half an hour and then lift it out of the water; do not wring, but hang in the shade to drip and dry. When well dried, wash in a suds of white soap and warm (not hot) water and dry in the shade, ironing on the wrong side.

Alum in the rinse water only will often prevent green from fading.

Oxgall is good to use for grays and all shades of brown.

Vinegar will sometimes revive colors: one tablespoonful of common vinegar to each quart of rinsing water. Saturate well, wring tightly, dry quickly.

To brighten faded colors. To brighten faded pink gowns, put one eighth of a yard of Turkey red cheese-cloth in water and boil till the color is right; try with a small piece of the dress before dipping. Remember it will dry

HOUSEKEEPER'S HANDY BOOK

a bit lighter. Blue cheese-cloth used in the same way will freshen a light blue dress.

To bleach faded muslins. To bleach colored muslin dresses that have faded, soak overnight in a solution of one heaping tablespoonful of bichloride of lime to a pailful of water. Remove the dresses and boil in water prepared in the same manner. Wash as usual and the dresses will have become white.

How to wash silk garments. Articles made of silk must be washed in lukewarm water and white soap. Borax and ammonia will make pure white silk yellow.

How to wash a pongee silk. Wash in lukewarm water and Ivory soap; do not wring, but let it drip dry, hanging the skirt by the belt.

Ironing silk and pongee. Iron rough dry silk and pongee with an iron that is not too hot.

Irons. All irons are better for being greased once in a while, or washed with soap and water; they must always be kept in a dry place to prevent rusting.

Irons will heat more quickly on a gas or



FRESH AIR IS ESSENTIAL IN A HEALTHFUL BED-ROOM

HELP IN THE LAUNDRY

alcohol stove if covered with a tin pan to hold in the heat.

When ironing, use a sponge for moistening the dry spots on thin articles.

Sheer dainty dresses may retain their fine crispness till very old by dissolving a piece of gum arabic as large as a nutmeg and putting it in the last rinse water. This is far better for muslins and thin fabrics than any starch.

To iron waists that are trimmed with braid, place the braided portion of the garment right side down on a Turkish towel. When ironed in this manner the result will be most satisfactory. A lace or embroidered waist ironed in the same manner can be made to look new.

Stains, and how to remove them. When an article is stained, first learn the nature of the stain, then the remedy to apply. It is always safe to try kerosene first on any stained white goods. Cold or tepid water, or milk, never fixes a stain.

Yellow spots are often due to acids; a weak solution of ammonia may remove them. Apply carefully directly on the spot.

Running colors. When an article is stained

HOUSEKEEPER'S HANDY BOOK

with color from other goods, put the article to soak in cold water; the next day wash out of this water and dry in the sun.

Chocolate, tea, and coffee are perhaps the most obstinate and frequent stains with which the housewife has to contend. When fresh, stains of this sort can be removed by soaking in cold soft water in which a little borax has been dissolved. After soaking a short time, pour boiling water over the stain, letting the stained part stay in the water for a time.

If the stain is a bad one and obstinate, get at any drug store a small box of salts of lemon. Pour boiling water into a bowl, stretch the stained piece of goods over this, apply a little of the salts of lemon, occasionally drop the stain into the hot water. The steam from the hot water as well as the water, together with the salt, will remove a very bad stain. In removing all stains of any kind the stained part must always be well rinsed after every application.

Soap sets many stains, so it is always wiser to remove the stain when fresh and always before washing.

HELP IN THE LAUNDRY

Ink stains. While fresh, soak in milk, using fresh milk as it becomes discolored. If this stain has been allowed to dry, use salts of lemon, first wetting the spot, then rubbing the salts on and rinsing well in cold water. It may be necessary sometimes to repeat the process. If the salts of lemon is not strong enough to remove the stain, try oxalic acid; use it weak, and with great caution, or it will eat a hole in the goods. Apply, rubbing and dipping in hot water, till the stain disappears, but do not let the acid stay on the goods any length of time, and be sure to rinse well.

Saleratus will remove ink stains, when salts of lemon, milk (sweet or sour), and oxalic acid have failed.

Smear an ink stain with mutton tallow before sending to the wash and it will often come away like magic.

To remove ink from colored materials, dip the stained part in warm milk and rub the spot lightly under the milk, with the finger. As the milk becomes inked, change it, and continue until the stain fades away, then rinse and dry quickly unless the article is to be washed.

HOUSEKEEPER'S HANDY BOOK

To remove ink stains from books use a small quantity of diluted oxalic acid applied with a camel's-hair pencil and blotted with blotting paper; this will remove the ink with two applications.

Ink spilled on a carpet may be taken up without leaving a stain if dry salt be applied immediately. As the salt becomes discolored, brush it off and renew. Continue this till the ink has disappeared.

Printer's ink may be removed from cloth by soaking in kerosene oil.

Fruit stains. When first made rub salt on the stain, and afterwards pour boiling water over and through the stained part, allowing it to stand in the water for a time. In cold weather, fruit spots can be removed by hanging the stained article out of doors overnight.

If the stain has been fixed by time, soak the article in a weak solution of oxalic acid, or hold it over the fumes of sulphur.

Grass stains. (1) Rub lard on the spot and then wash in soap and cold water.

(2) Saturate the spot thoroughly with kerosene and then wash as usual.

HELP IN THE LAUNDRY

(3) Clear ammonia will remove grass stains without leaving a trace, but it must be used only on white goods.

(4) Molasses rubbed well into grass stains before washing will often be sufficient to remove them.

(5) Moisten with pure alcohol, or try rubbing moistened cream of tartar on the stains.

Paint stains. Turpentine will always remove a fresh paint stain. If old and dried, scrape the surface carefully with a knife, soften the paint with a little vaseline, and then apply the turpentine, which will remove paint and vaseline.

Varnish and paint. If the stain is on a coarse fabric, dissolve by saturating in turpentine; use alcohol if on a fine fabric. Sponge with chloroform if a dark ring is left by the turpentine.

A paint-stained dress. If you happen to get wet paint on a dress, rub the stain at once with another piece of the same material, and the stain will disappear. One can use another and covered part of the garment—as the facing or under side of the hem.

HOUSEKEEPER'S HANDY BOOK

Old paint stains. Equal parts of ammonia and turpentine will take paint out of clothing, no matter how hard and dry it is. Saturate the spot two or three times, and wash out in soapsuds.

Machine-oil stains should be rubbed with soap and cold soft water. If the water is not soft, soften it with borax. Hot water will make the stains permanent. Another remedy is to rub the stain well with lard, let it stand for several hours, then wash with soap and cold water.

Blood stains. Soak in cold salt water, then wash in warm water with plenty of soap, and afterward boil; or saturate with kerosene oil and let it stand a few minutes, then wash.

Spots on wall paper and window shades. Fill a small cheese-cloth bag with corn meal and rub carefully the soiled surface as you would a plain cloth; sometimes a large grease-spot can be removed by the use of a blotting-paper and a hot iron; the heat draws the grease into the blotting-paper. Then rub with a meal-bag.

HELP IN THE LAUNDRY

Iodine stains. Wash with alcohol, rinse or wash in soapy water not too hot.

Scorched stains. Wet the scorched place, rub with soap, and bleach in the sun. Often, if slightly scorched by an overheated iron, laying the garment in the sun will cause the yellowed place to disappear.

Bluing spots can be removed from clothes by soaking in kerosene, then washing with naphtha soap in cold or lukewarm water. The same thing will remove wheel grease from wash goods.

Pitch, wheel grease, or tar stains. Soften with lard and soak in turpentine. Scrape off carefully all surface dirt that will come off, then sponge with the turpentine. Rub gently till dry and then place in the open air for a couple of hours.

Leather stains on white stockings may be removed by applying oxalic acid, diluted in water, in the proportion of half an ounce of acid to a pint of water. Rinse and repeat until the stain is gone. Wash very thoroughly afterward, or the acid will leave a mark of its own.

HOUSEKEEPER'S HANDY BOOK

Acid stains, such as vinegar or lemon juice, which will very often change the color of a colored fabric, may be removed by sponging very lightly and carefully with ammonia and water, using one tablespoonful of ammonia to four of water.

Iron rust. (1) To remove iron rust, dampen the cloth and rub well with cream of tartar on the spots; let it stand an hour, then wash; if not removed, repeat the process.

(2) Use salts of lemon, if not too bad a stain; otherwise oxalic acid may be used, but with great care.

(3) Try lemon and powdered alum over steam instead of salts of lemon, but rinse in cold water immediately.

Mildew is a stain caused by linen or cotton being put away damp. It is a true mould and requires warmth and moisture for its growth. It is a most difficult stain to remove and requires time and great patience. Javelle water may be tried in cases of advanced growth, but success cannot be assured.

Stretch the stained part over a hard surface and rub off as much as will come with a piece

HELP IN THE LAUNDRY

of soft dry cloth. Rub in a little salt and try if lemon juice will take it out.

The best way is to wet the stains thoroughly, rub them over with plenty of soap, and rub chalk on the place; put the article in the sun, and keep it sprinkled with warm water. Renew the soap, the chalk, and the wetting from time to time, and the stain will come out; rinse well in clean cold water. Lemon juice and sunshine will often remove mildew.

Handkerchiefs are especially liable to mildew. Soak them in a very weak solution of chloride of lime for several hours; then, rinsing them in plenty of water will take the mildew from them.

For strong fabrics, dissolve four tablespoonfuls of lime in one half a pint of water, and soak fifteen minutes.

Stains on carpets (soot or oil.). Rub the spot with starch, flour, corn meal, salt, or fuller's earth. Oil from the street can be treated in this way, care being taken to remove with a whisk broom all the particles that are on the surface; then try any of these

HOUSEKEEPER'S HANDY BOOK

dry remedies, repeating till the stain disappears.

To remove stains from mattresses. Place the mattress in the sun and cover the spots with a thick paste, made by wetting starch, or flour, with cold water. After an hour or so, rub the paste off, and if not quite clean repeat the operation.

Mud stains. On dark clothes, allow them to dry thoroughly before attempting to remove them. Then a brisk brushing will probably take all the mud away without leaving any traces of the ugly mark that would have remained otherwise. If not, rubbing with grated raw potato will often take away a bad mud stain.

Stains made by heat on wood may be removed by rubbing with hot milk.

Instead of wiping up alcohol when spilled on varnished wood neutralize at once with oil, for the varnish softens quickly. Restore color by rubbing with kerosene or with equal parts of oil and turpentine.

TOILET IDEAS

Cold cream (simple and inexpensive). Heat four ounces of almond oil in the double boiler; add one ounce each of spermaceti and white wax. When melted, beat till almost cool. To this mixture add four ounces of rose-water and twenty drops of benzoin (each separately, but drop by drop), beating till quite cold.

This may be converted to *cucumber cream* by adding two tablespoonfuls of cucumber juice instead of the rosewater and benzoin.

A harmless cosmetic or cold cream. Heat in a double boiler six ounces of oil of sweet almond, two ounces of lanolin, one ounce of white wax, and one ounce of spermaceti; stir well till ingredients are dissolved and mixed. Remove from fire, beat with egg-beater till cold, and during the beating process add two teaspoonfuls of simple tincture of benzoin and a drop or two of attar of roses. Put in little jars and keep in cool place till cold and

HOUSEKEEPER'S HANDY BOOK

firm. It is healing and whitening, and gives a soft texture to the skin.

Buttermilk as a cosmetic. There is nothing better for tan, freckles, sunburn, or moth spots than fresh buttermilk applied at night with a soft cloth or sponge. Wash off in the morning, and repeat several nights; one application would have no effect. Buttermilk will also keep the hands soft and smooth.

Oatmeal as a lotion. Pour boiling water on a bag of oatmeal, stand a while, press gently, pour off the clear liquid, and add bay rum to suit. This is excellent for the face and hands.

Watermelon lotion. The water from the watermelon is most soothing to the face, and it is claimed that if applied continuously it will often remove freckles.

Cucumber lotion. Mix together and stand overnight three tablespoonfuls of cucumber juice and three of alcohol; add slowly, the next day, one tablespoonful of oil of almonds and ten drops of benzoin. This is recommended for sunburn and freckles. Cucumber water is made by cutting up three large cucumbers, skin and all, and steeping in half a



EVEN THE SIMPLEST DINING-ROOM MAY BE SUNNY



TOILET IDEAS

cup of water over a slow fire till pulp is soft; then straining.

Witch-hazel jelly. Three parts of witch-hazel, one part of benzoin, and one of glycerine, well mixed.

Cracked and sore lips. Any one whose lips are constantly cracked and sore needs a tonic, or alterative; for without doubt it indicates that the blood is not right.

When there is a slight eruption on the lips, they should be bathed with a weak solution of alum water before applying cold cream.

Spirits of camphor will help cracks or fever blisters. By itself it becomes irritating, but after the alum solution it is effectively applied to a raw place; the alum prevents the camphor from drying the sensitive surrounding skin.

When a cold-sore or fever-blister is fully developed, a grain of permanganate of potash dissolved in a tablespoonful of rosewater may be used. Many times fever-blisters could be prevented if grease, in the shape of mutton tallow or cold cream, were applied as soon as inflammation is felt.

HOUSEKEEPER'S HANDY BOOK

To prevent nail-biting. Procure a tube of liquid court-plaster. After cleaning the hand thoroughly, apply a drop to each finger tip, spreading over the top of the nail. Allow this to dry a few minutes before using the hands. Renew applications each day. Soak previous plaster away, and encourage the child by talking of the improved appearance of the nails and the evil of biting them.

Home-made toilet water. Use any essence desired; oil of lavender or rose, for instance. About twenty-five drops will perfume five pints of water. Into each one or two half-gallon jars put a funnel lined with filter paper, with a bunch of cotton at the bottom. On top of this cotton put some finely powdered magnesia, over which has been poured the perfume essence. It should be divided and half the quantity put into each jar. Pour into each jar some rainwater, or ordinary boiled water. This will filter through the cotton, paper, and magnesia, and make a soft toilet water with a delightful fragrance.

Jasmine toilet water. Home-made jasmine water is very refreshing. To make a gallon,

TOILET IDEAS

take a quart of spirits of cologne and put it into a gallon jug; add half an ounce of the oil of jasmine. Let it stand two weeks. Fill with the best alcohol, and let it stand two weeks or more.

Lavender water. A delightful toilet water is made of white wine vinegar and lavender flowers. Steep handfuls of the lavender in the vinegar. Keep the jar for three days in a warm place on the back of the stove, after which strain and bottle.

Toilet soap. For toilet soap, dissolve one can of lye in one quart of water. Try out five pounds of mutton tallow until perfectly pure. Have the grease as cool as it can be without congealing; then pour it, a few drops at a time, into the dissolved lye, beating constantly. Stir into the mixture four ounces of glycerine and one half an ounce of oil of bergamot, or oil of lavender, as preferred. Oil of geranium also gives a pleasant perfume. When all the ingredients are blended, beat in two tablespoonfuls each of powdered borax and ammonia. Whip hard. Line a pan with paper and pour the soap into it.

HOUSEKEEPER'S HANDY BOOK

Soap cream. Dissolve a cake of castile soap in one quart of boiling water; simmer till like thick cream. Remove from the fire, and when almost cool, beat into this one half ounce of benzoin, a few drops at a time. This cleanses as well as whitens the skin.

Sunburn. Shake well in a bottle one ounce of olive oil, one ounce of water or rosewater, one teaspoon of cooking-soda, and a tiny bit of soap. (The latter may be omitted.) This can be used when the skin is stiff, red, and sore.

In Spanish tropical countries the ladies thickly powder the face to prevent sunburn, which in acute cases is always painful.

Perspiration. Bathe with Ivory, or any good soap; rub on a little alcohol, and powder with a mixture of cooking-soda and talcum powder.

Soap jelly for a shampoo. Make a jelly by dissolving a large cake of green castile soap, or any pure soap, in a quart of boiling water. This will keep, and can be used from time to time. First wet the hair with warm water, then take two tablespoonfuls of the jelly (a

TOILET IDEAS

very little soda if desired) and rub thoroughly into the hair and well into the scalp. Rinse several times, making the water colder each time. Dry the hair in the sunlight and open air if not too cold.

Shampoo for white hair. The best shampoo is four ounces of white castile soap, dissolved in one pint of boiling hot water. Cool and keep in glass. When ready to use, beat the white of an egg into as much soap as you need to use at one time. Rub into the scalp well before using any water, rinse in several waters and to the last water add a drop or two of bluing. Borax, soda, or ammonia should never be used on white hair, as it will give a most undesirable yellow tinge.

For falling hair. Kerosene oil vigorously rubbed into the scalp will stop the hair from falling out.

For vermin (lice). Wash the scalp and hair thoroughly with ammonia and water; repeat each day till there is no sign of life. Undiluted kerosene answers the purpose and does not injure the hair, but gives it a beautiful gloss. A little sulpho-naphthol in water is

HOUSEKEEPER'S HANDY BOOK

another good remedy. In obstinate cases, it is often necessary to cut the hair besides using the remedies, before one can be quite sure the head is clear of the vermin.

For rough hands in winter. Try one ounce of glycerine, two and a half ounces of rosewater, one half pint of alcohol, and twenty drops of Fowler's solution of arsenic. Corn or Indian meal is excellent for the hands and quite equal to the more expensive almond meal. A bowl of the meal kept in the bathroom, or near the kitchen sink, if faithfully used will keep the hands smooth and soft, and when chapped or sore will often heal them. After washing and drying the hands, dip them into the bowl of Indian meal, and rub diligently several times a day if chapped. A few drops of olive oil used on the hands occasionally will keep them smooth.

To remove stains from the hands after paring vegetables, fruits, etc., dip the hands into a dish of strong tea, rub well with a nail-brush, and rinse in tepid waters. Ripe tomatoes, also the juice of a lemon, will remove stains from the hands. Always remember

TOILET IDEAS

that, after washing the hands with soap, they should be rinsed in clear water.

Care of the feet. Bathe the feet every morning in warm water, soaping well; rinse in cold water. If a little alum is put into the water it will help harden, and prevent aching. A handful of bran, once in a while, is very good, but soaking the feet will make them tender and soft.

Lemon juice applied at night is most refreshing to tired feet; a good rub with vaseline and talcum powder after it is most soothing.

For perspiring feet, soak a few minutes in the alum water and then apply a lotion of white-oak bark. Dust into the stockings each morning some talcum powder. Each of these remedies, with fresh stockings each day and low shoes, which keep the feet better ventilated, will soon lead to improved conditions if not a cure.

Cold feet are helped by putting cayenne pepper in the shoes.

Calloused feet. Callouses are hardened skin; they can be softened by applying petroleum

HOUSEKEEPER'S HANDY BOOK

jelly once a day. After using the jelly for two or three days, soak the feet in hot water, with a little mustard and salt added to the water. Do not cut, but rub off the hard skin with a rough towel, or with pumice soap.

Equal parts of carbolic acid and glycerine applied persistently is excellent for calloused feet.

When the feet feel inflamed and hot, wrap them in folds of cotton cloth wrung out in cold salt water, and over this put flannel.

Rub the soles of the feet at night with a lemon; it will act as a tonic and a stimulant.

Ingrowing nails. If the toe is very sore, remove the inflammation by soaking the foot in hot water and a few drops of sulpho-naphthol. Apply a salve made of mutton tallow, sugar, and castile soap. Our grandmothers used to bind on a piece of salt pork to reduce soreness and swelling.

Bunions and corns. These are caused by wearing shoes that do not fit well. A shoe too large will cause a corn quicker than a tight one.

A bunion can be helped by wearing a plas-

TOILET IDEAS

ter, but first remove some of the pressure by putting cotton between the big toe and its neighbor. The soreness and inflammation will yield to repeated applications of iodine.

Corns. Apply and tie firmly a piece of lemon to the toe for several nights, and the corn will be easily removed. Two or even three applications may be necessary for removal, in the worst cases. Never cut a corn; there is always danger of blood poisoning.

Soft corns are caused by pressure and moisture between the toes. Bathe the feet every night; be sure night and morning that the feet are perfectly dry between the toes. Apply collodion; this will form an artificial skin over the corn and protect it so that it will heal.

Chilblains will yield to alum water if applied freely and generously. Carbolic soap will always relieve a mild case of chilblains. Tannin cools the feet. A few cents' worth sprinkled or shaken into the stockings every day or so will relieve burning feet.

Double chin. To develop the neck and reduce the double chin, stand erect with hands on the hips, fingers forward. Drop the

HOUSEKEEPER'S HANDY BOOK

chin slowly, then throw the head back quickly, but without a jerk; repeat ten or a dozen times. Turn the head to the right, with chin over shoulder, as many times. Then turn the head to the left in the same way, and the same number of times. Gradually increase the number of times each day until you can do it sixty times and not get tired.

To fill in a hollow neck and soften the outlines, try the rotary movement of the head. A five-minute daily exercise will work wonders. Face directly front, drop the head forward till chin rests on the chest; now move the head in a rotary motion.

To cure tired wrinkles, sleep by an open window.

Insomnia. Sometimes, after a long period of wakefulness and restlessness, a tiny biscuit, or a glass of milk, will take the blood from the head and soothe one off to sleep.

A mustard bath. Few know the value of mustard in the bath to relieve weariness. One tablespoonful of dry mustard in a bathtub of warm water will refresh tired and aching muscles and leave a pleasant glow.

EMERGENCIES

Bee stings or stings of any insect. Apply to the spot as soon as possible ammonia and water, bruised or chewed catnip or plantain leaves, moistened cooking-soda or saleratus, or wet earth. Any of these remedies will ease the pain very quickly.

Bites of any domestic animal — dogs, cats, parrots, etc. — may be dangerous and should be washed at once and thoroughly in water and sulpho-naphthol as hot as can be endured, wrapped in absorbent cotton, and saturated with alcohol, till the doctor or surgeon arrives.

Burns. Apply a solution of common baking-soda (one tablespoonful of soda to a glass of water), sweet oil, olive oil, carron oil (made of equal parts of lime water and linseed oil), or vaseline thickly spread on the spot. The object is to exclude the air and dust from the injured surface. If the clothing catches on fire, never run; lie down and roll, which will extinguish the flames. Throw a person down,

HOUSEKEEPER'S HANDY BOOK

wrap him in a rug, and roll till the fire is smothered.

Burns from gunpowder and electricity may be treated just as burns from fire.

Black eye. To prevent a black eye, rub the injured part with butter and it will not turn color.

Choking. If meat or anything lodges in the throat and there is danger of choking, raise the left arm high above the head. This with the coughing will generally dislodge the object. A few quick blows with the open hand between the shoulder blades will often be enough. A child may be held up by the feet, head down; this with a few blows between the shoulders will jar and dislodge the foreign body if not too far down.

Cough. Any hot drink will soothe a cough. A teaspoonful of glycerine in a small glass of hot milk will arrest a severe attack of coughing.

A hot-water bag on the chest at night will soothe and relieve a cough or cold.

Flaxseed tea (for a cough and sore throat). Boil fifteen minutes two tablespoonfuls of



THE BEST THING IN THIS GOOD ROOM IS ITS SUNNINESS



EMERGENCIES

whole flaxseed in a pint of boiling water. Cut up one lemon and add two tablespoonfuls of sugar. Strain the flaxseed boiling hot over the lemon and sugar and stir well.

Hoarseness. Make a tea of Irish moss and hot water, steep a long time; strain, flavor with lemon juice, and sweeten to taste.

Cold. A hot bath should be taken, followed by a cathartic; and the patient put to bed. One day in bed will often cure a bad cold. An effective modern remedy is a hypodermic treatment with the antitoxin derived from the streptococcus bacillus, the cause of colds. It promptly breaks up the trouble and prevents the sore throat and cough that otherwise may follow. Of course this treatment may be administered only by a physician.

Cramps. Cramps in the limbs may be relieved by simply rubbing, or starting up the circulation by jumping out of bed. For cramps in the bowels caused by colic, apply flannels dipped in hot water. Heat alone will often relieve the pain. If colic cramps are very severe a warm enema is helpful.

Croup. Summon a physician at once; croup

HOUSEKEEPER'S HANDY BOOK

is dangerous to young children. Meanwhile apply hot flannels to the chest. Keep the room warm; if possible have a tea-kettle boiling rapidly; the steam will help and relieve the patient.

Diarrhœa. First give a tablespoonful of castor oil (or sweet oil) for an adult, or a teaspoonful for a child, to remove the irritating cause; then give some diarrhœa remedy.

Earache. Apply a hot-water bottle, or cloths wrung out of hot water, over the seat of the pain. Put into the ear a drop of warm olive oil.

Fainting. Lay the patient down flat, head level with the body; loosen the clothing, especially about the neck. Allow all the air there is, and bathe carefully the face and hands with cold water. Smelling-salts will also help revival.

Fits. Lay the patient flat, put one arm under his head, and loosen the clothing. Place any hard substance between the teeth to prevent biting the tongue.

Frost-bites. Rub the frozen places with snow or cloths wrung out of cold water; keep

EMERGENCIES

the patient away from heat. Continue the rubbing, and give hot tea or coffee or brandy in small quantities.

Hiccough. Try holding the breath persistently. Drink cold water very slowly; if this does not help, a small quantity of sugar has been known to stop the trouble even in adults.

Hysteria. The patient will best recover if left alone. Do not sympathize or restrain. If very severe, apply mustard plasters to soles of feet and palms of hands.

Ivy poisoning. Any one very susceptible to poisoning by ivy, sumach, or any other poisonous plant may often prevent an attack by anointing the face and hands with olive oil or vaseline before going into the woods, or by washing the face and hands with a solution of cooking-soda on returning.

There are many and various remedies: Glycerine is said to kill it at once. If the blisters are too deep to bear rubbing, lay on cloths wet in a solution of equal parts of water and glycerine. Plain cream is a useful remedy. For the inflammation, apply cloths

HOUSEKEEPER'S HANDY BOOK

wet in a cooking-soda solution (a tablespoonful of soda to a cupful of water) or lime water. Dissolve starch in a glass of water, apply freely and allow to dry. This is cooling, and will stop the itching and dry the pimples. Some find dry starch or talcum powder cooling and soothing to the inflammation.

Indigestion. A simple or severe attack can be immediately helped by drinking a cup of very hot water. Lukewarm water may act as an emetic. Lime water will relieve many forms of stomach trouble and will often remove the cause of bad breath. So useful is this that no one should be without it; it is inexpensive and easy to make. Put as much lime as you can hold in one hand in one gallon of water. When sediment settles, pour off the clear liquid from time to time as required. A tablespoonful of this solution in a glass of milk will not affect the taste and makes it most digestible.

Mustard plaster. Mix one tablespoonful of corn meal or flour with two tablespoonfuls of mustard, wet till moist, and spread on a piece

EMERGENCIES

of muslin; cover with another piece and heat before applying.

Neuralgia. Apply to the seat of pain a bag of salt or sand heated very hot, or a plate heated in the oven. Try hot cloths or a hot-water bag. If heat does not relieve the pain, an ice-bag may.

Nose-bleed. In extreme cases a physician should be called, as the loss of much blood is weakening. But as a rule nose-bleed need not cause anxiety. Do not allow the patient to bend the head, but sit or stand erect. Apply ice or cloths wet in cold water to the back of the neck. Press a hard roll or wad of tissue paper under the upper lip as far as it can go, and hold it there with the tongue till the bleeding stops. The nose must not be blown for hours after bleeding stops.

Poisons. Send for a doctor immediately, but give an emetic at once. An emetic always near is a teaspoonful of salt or mustard in a cup of lukewarm water. Repeat every few minutes until vomiting occurs.

Shock. Send at once for a doctor, but lay the patient flat and keep warm with blankets

HOUSEKEEPER'S HANDY BOOK

and hot-water bottles, whether summer or winter. Rub the arms and legs vigorously always towards the heart. If conscious give hot drinks: tea, coffee, or hot milk.

Sore throat. For a simple sore throat caused by a cold, nothing near at hand is better than gargling repeatedly with saleratus or salt and water. At night pack the throat with several folds of linen wrung out in cold salt water and over this a flannel band. This steams the throat and eases the inflammation.

Sore finger. Soak the inflamed part for some time in hot water in which has been put a few drops of sulpho-naphthol. Repeat till the throbbing has stopped. This remedy may be used for sore toes or sore places on the foot from a blister.

Sprains. Fold a towel or cloth around the sprain and keep it wet with ice-cold or very hot water till the inflammation is reduced. Where heat does not succeed, an ice-bag will. In ankle and foot sprains, elevate the foot.

Unconsciousness. Lay the patient flat with head raised slightly. Keep the body warm,



LETTING IN THE SUNLIGHT

EMERGENCIES

applying hot-water bottles to the feet, and bathe the head in cold water. (In some hospitals nurses are not allowed to use hot-water bottles for fear of burning the patient.) Give aromatic ammonia, but no stimulants unless directed by a doctor.

Vomiting. The patient should always lie flat on his back. Give large quantities of water as hot as can be taken. Small bits of ice, swallowed, or melted in the mouth, will often relieve. In seasickness, always lie flat on the back, without a pillow, and remain as quiet as possible.

Wounds. If severe, summon a doctor. Cover the wound at once with something clean. It is better to bind a wound at once, dirt and all, than to handle with unclean hands. In pierced wounds, caused by needles, bits of glass or splinters, remove the cause with a large needle (sterilized in alcohol or a candle flame) and then freely apply hot water and some sort of antiseptic. Soap and water followed by alcohol is our best disinfectant. In slight bruises apply hot or cold water and keep the body warm.

HOUSEKEEPER'S HANDY BOOK

PERIODS OF INFECTION OF CONTAGIOUS DISEASES

Measles. Three weeks from the commencement of the disease, if all rash and cough have ceased.

Mumps. Three weeks from the commencement of the disease, if all swelling has gone down.

Chicken pox. Three weeks from the commencement of the disease, if every scab has fallen off.

Typhus. Four weeks from the commencement, if strength is reëstablished.

Diphtheria. Six weeks from the commencement, if sore throat and other signs of the disease have disappeared.

Smallpox. Six weeks from the commencement, if every scab has fallen off.

Scarlet fever. Six weeks from the commencement of the disease, if the nose is not sore and the peeling has ceased.

Typhoid fever. Six weeks from the commencement of the disease, if strength has returned.

EMERGENCIES

Whooping-cough. Six weeks from commencement, if cough has ceased.

LENGTH OF QUARANTINE AFTER EXPOSURE

Diphtheria — twelve days.

Scarlet fever — fourteen days.

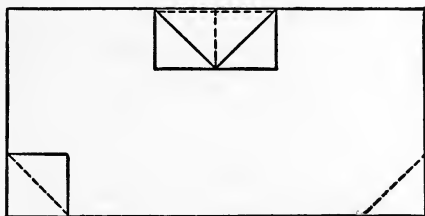
Smallpox, measles, and chicken pox — eighteen days.

Whooping-cough — twenty-one days.

Mumps — twenty-four days.

NEEDLEWORK AND OTHER HANDWORK

Nightingale. Two yards of flannel or silk will make a pretty and comfortable wrap for an invalid, sitting up in bed. A straight slit is cut six inches deep in the middle of one side and the corners turned back to form the neck. The opposite corners are turned back to



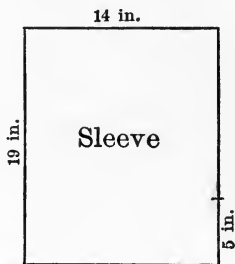
form the cuffs. The edges can be bound or trimmed with ribbon; the turned-back corners at neck and wrist may be trimmed with lace and tied with ribbons at dotted places in illustration, or buttoned. This wrap is said to be an invention of Florence Nightingale,

NEEDLEWORK

who planned and made it for her convalescent patients in the Crimean War.

Japanese kimono. Six yards of crêpe will be ample for this garment, the quantity depending, in a measure, on the height of the wearer.

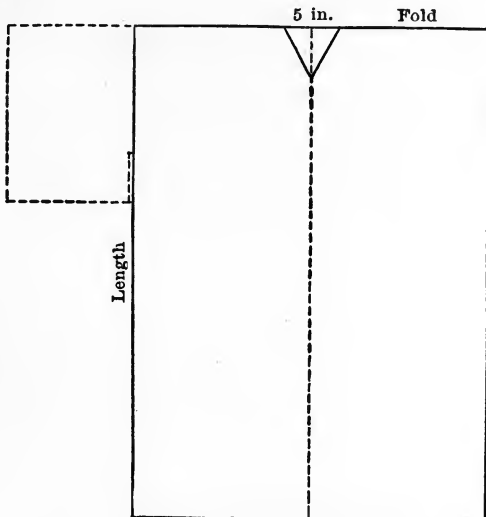
First cut off thirty-eight inches for the sleeves, which are fourteen inches the other way. Sew the sleeve together at the bottom to a depth of five inches, making the



pocket which is invaluable to the Japanese wearer. Fold the goods left in the middle; if too long, measure the wearer from neck to floor and fold accordingly. Cut the material in the middle of one side to the very top, measure five inches across the centre and cut slanting any distance to suit. The neck and sides may be finished with a three-inch band of the same, or with ribbon. A robe made in Japan will often have a strip a yard long on each side and the ends finished square. To sew the sleeves in, put the half of the sleeve

HOUSEKEEPER'S HANDY BOOK

at the top of the garment, making an extended straight line from the shoulder to sleeve.

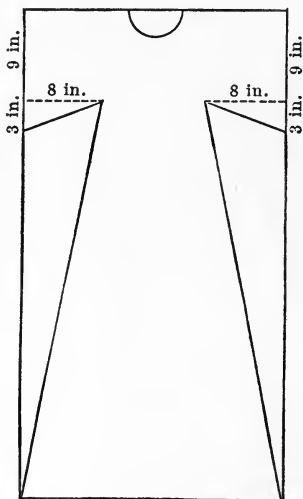


A slip-over gown cut by measure. Fold three and one half yards of forty-inch goods in the middle, making it secure with pins. Find the middle of the fold and mark a circle for the neck with a dinner plate. On the edges measure down nine inches from the fold, and at right angles from this, towards the centre,

NEEDLEWORK

measure eight inches. From this point cut a diagonal line to the bottom of the goods to make the sleeve,

measure twelve inches from the fold, or three inches more, and cut diagonally to the eight inches mark. If too scant, the long triangular pieces can be turned upside down and set into the body of the gown. An improvement in the fit can be made by taking up two tucks an

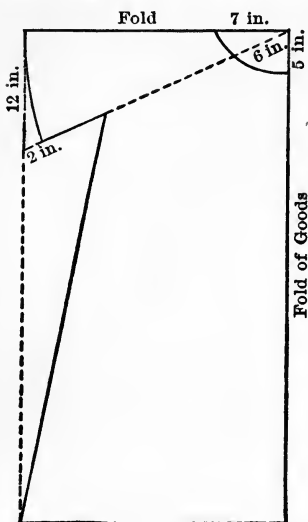


inch wide, five inches deep in both front and back. Beading may be used at the neck, or embroidered scallop.

Nightdress by diagram. Fold three and one half yards of nainsook in the middle, and double so as to have half the width. Measure on the top fold seven inches, on the side, five

HOUSEKEEPER'S HANDY BOOK

inches, and in the middle, six inches in a slanting line; cut a circle and form the neck



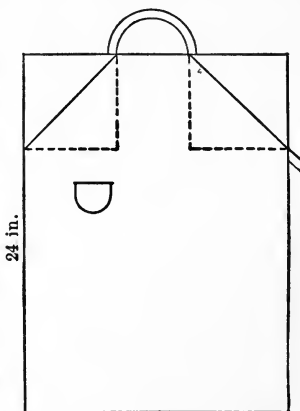
of the gown. Measure from the top fold at the side twelve inches and draw a slanted line as indicated; on this line, five inches from edge of goods, make a dot from which you get the slanting side of the gown. Two inches on this line will indicate the curve of the sleeve.

Piqué hat for a baby. Make a circle eleven and one half inches in diameter with a pencil and cord, or with a dinner plate. Mark a circle in the centre of this small circle, and you have the rim of the hat, which may be finished with embroidered scallops. Bind the inner edge with white muslin or tape and sew on buttons about two inches apart.

NEEDLEWORK

For the crown, make a circle nine inches in diameter; finish the edge with scallops; make as many buttonholes as you have buttons (possibly eight); they must be three inches apart, and quite near the edge. Button the two pieces together and sew on muslin ties.

A work-apron for men. This is practically a surgeon's apron, but if made of denim or coarse colored linen, it is suitable for any kind of work. It will take one yard of material twenty-seven inches wide, or if the goods is a yard wide, it may be made with the width of the goods for the length of the apron. Find



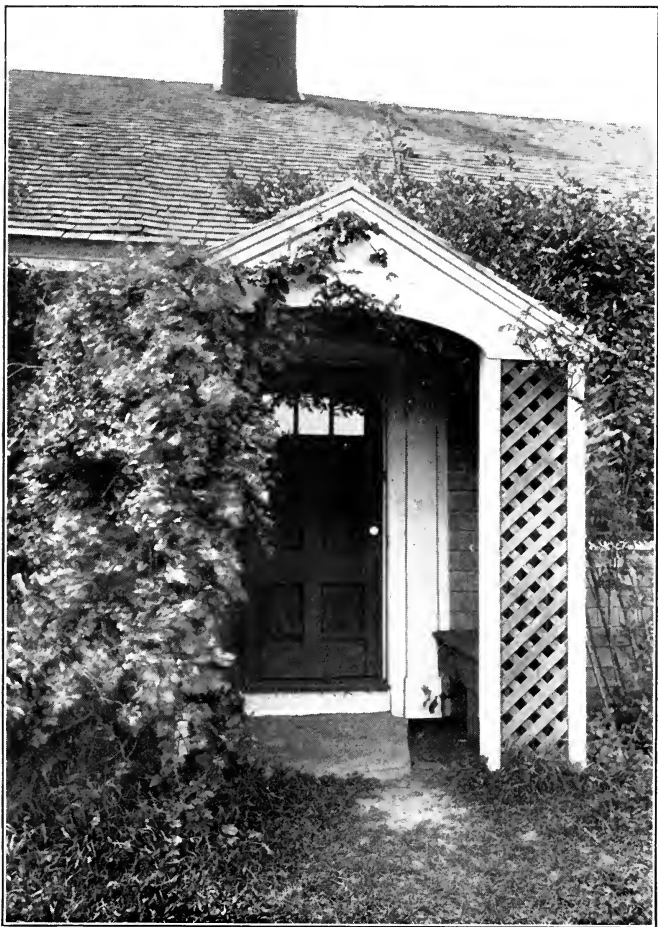
the middle of the top and measure each way four and one half inches, making nine inches in all. From the bottom of the goods towards the top, measure twenty-four inches, and fold

HOUSEKEEPER'S HANDY BOOK

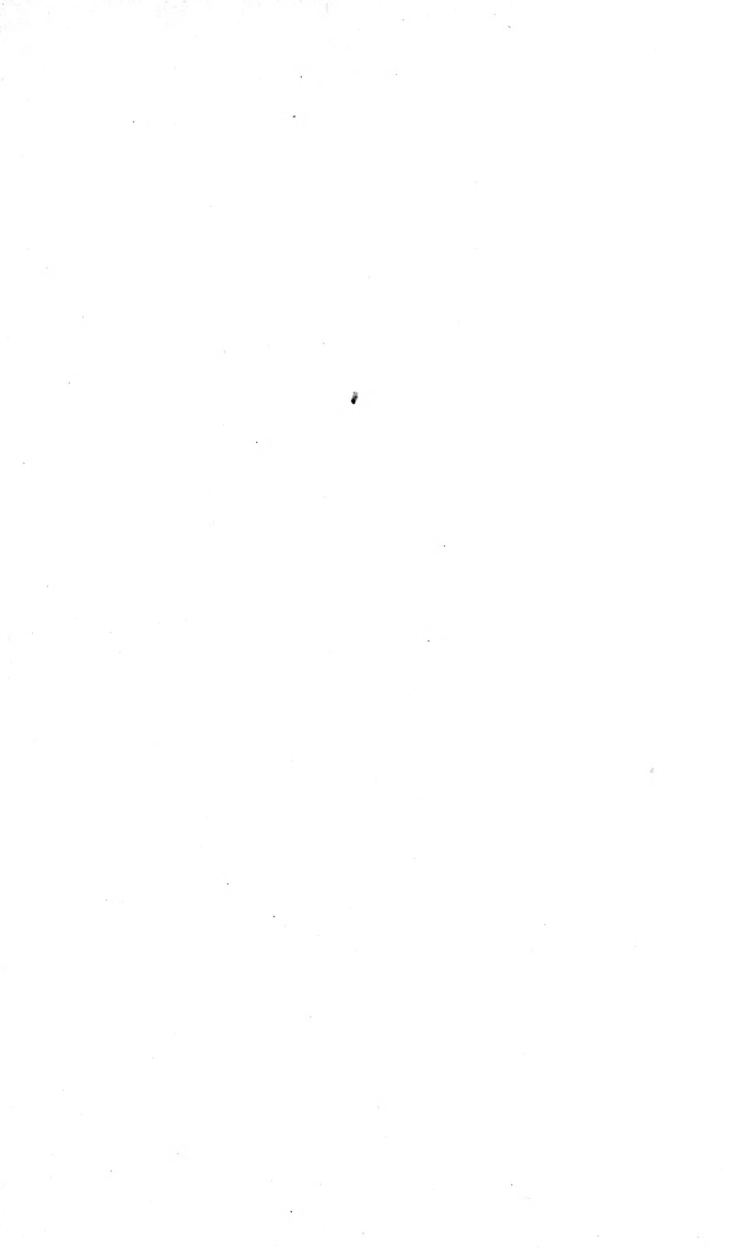
from this point in a slanting line to the nine-inch measure. A strap an inch wide and twenty-three inches long is made of the goods and sewed at each corner of the top, to go over the neck. Two other straps to tie are attached to the opposite corners of the slant. A pocket may be added if desired.

Home-made towels. Fourteen yards of damask toweling will make one dozen towels. Six of these may be hemstitched and six embroidered with scallops. Each towel should be cut forty-two inches long, which will leave plenty of room for a hem or a scalloped finish.

A pin-cushion (a miniature mattress). This cushion requires three eighths of a yard of flowered ribbon five inches wide, and a yard and a quarter of an inch wide, to match the dominant color in the wider ribbon. Cut the wide ribbon into two equal parts to make the mattress-like cover; fasten these together by sewing the narrow ribbon around three sides, leaving one end open. Into this opening slip as many layers of wool wadding as it will easily take. Sew the end which has been left open, and tuft the mattress with a colored



HAVE THE BACK-DOOR AS ATTRACTIVE AS THE FRONT-DOOR



NEEDLEWORK

embroidery silk to match the narrow ribbon. If desirable to hang this cushion, sew some of the narrow ribbon to the upper corners. Filled with colored pins it makes a very pretty and a useful present at any season.

Scrap-bag. This bag can also be used for soiled linen. Take three yards of percale and fold in thirds, stitch the sides and bottom together, and put a piece of curtain stick eighteen inches long in a hem at the top. In the middle of the two outside pieces make a slit about nine or ten inches long, and you have two compartments, one on each side of the centre yard.

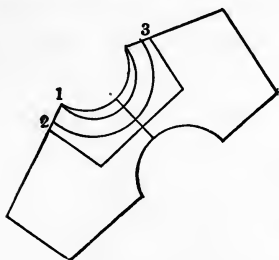
Work-bag. Cover with silk or cretonne two circular pieces six inches in diameter for the bottom of the bag. Cut a piece twenty-seven inches long and twelve inches wide, sew this together and gather one side over a small embroidery hoop for the top. Sew the other side, either gathered or plaited, to one of the circular pieces; the second circular piece is put inside and will cover all the raw edges. This bag is closed by twisting the ring at the

HOUSEKEEPER'S HANDY BOOK

top, and is good not only for work, but for handkerchiefs or collars.

Button-bag. Cut two circles of any material twelve or fifteen inches in diameter, stitch these partly together wrong side out and turn, sewing the rest by hand. Firmly sew brass rings about three inches or less apart all around the edge, run a ribbon through, and so draw up the bag, which can be opened flat, when hunting for a sizable button.

A simple way of cutting collars and yokes that will fit. Lay a plain waist-lining, with the



shoulders basted on a paper, cut around the neck down the front and back. Trace with a wheel on this paper a collar or any shape yoke desired.

1 is a collar; 2 a deeper collar or round yoke; 3 a square yoke.

Sewing in sleeves. An easy way to put sleeves in a dress or shirt-waist. Trim out the arm-size to fit, take a tape measure and measure one inch back from shoulder seam.

NEEDLEWORK

Double the arm-hole; where it comes opposite, cut a notch. Put the inside seam of sleeve at this notch, gathering the sleeve two inches back from the shoulder seam and four inches toward the front.

Sewing helps. A good interlining for cuffs or tailored shirt-waists is soft old table-linen. The linen is already shrunk and holds the starch well.

Sew a button on the neckband of a shirt-waist instead of making a buttonhole. It will always be there, and there is no stud to press on the back of the neck.

It is almost impossible to machine-stitch fine lace or any thin material without puckering unless it is stitched over newspaper. Baste on the paper; after stitching, the paper will tear away very easily, leaving the work all smooth. This is advisable when stitching thin silk.

When sewing-silk is used on a machine, a small piece of flannel or felt, put on the spindle under the spool, will prevent the silk from unwinding, tightening, and breaking, as it often does from a fresh spool.

HOUSEKEEPER'S HANDY BOOK

When sewing a new braid on a skirt, insert a thin piece of cardboard in the hem, and thus prevent the stitches catching through. The braid should always be shrunk in boiling water before using.

To prevent cotton from knotting, make the knot on the end of the thread that first leaves the spool, and you will sew without kinks or knots.

When putting hooks and eyes on a waist, sew the eyes on the left front the required distance apart, with the loops a little way out so as to hook readily, then baste right front over this left side, lapping as much as necessary. Then turn waist wrong side out, put a hook in each eye, one at a time, and sew in place.

When sewing a hem, measure and mark by making holes with a big needle.

EMBROIDERY

In old times, our great-grandmothers in their childhood worked samplers, which were done in cross-stitch, this stitch being the most familiar type of canvas stitch, which is considered the earliest used embroidery stitch.

NEEDLEWORK

Cross-stitch was worked upon the mesh in the form of a cross, and it is of the greatest importance that the stitches always cross in the same way. Square-meshed canvas has been made to guide the worker in making designs and patterns upon the different fabrics.

Outline stitch. The first stitch in these days taught to a beginner is outline stitch, sometimes called *stem stitch*, *Kensington stitch*, or *tent stitch*. It may be described as a long stitch on the surface and a short stitch on the under side, the thread always kept above the needle; that is, to the left.

Bulgarian stitch. Several rows of this stitch, side by side, and close together, are known as Bulgarian stitch.

Chain stitch. Bring the needle and thread out, hold the thread down with the left thumb, put the needle in again at the hole through which you brought it out, take up one quarter of an inch of the goods; drawing the thread through this gives you the first link in the chain. The back of the work is like a back stitch. A decorative chain may be made by slanting the stitch from left to right.

HOUSEKEEPER'S HANDY BOOK

Seed stitch is made of two or three tiny stitches one over the other, the thread carried on the back to the place for the next seed. It is used in fine needlework for filling in leaves or the petals of flowers.

Big needle stitch. This stitch is found in most of the muslin capes and collars of a hundred years or more ago. One comes across it in letters, leaves, petals of flowers, as a background, in single rows or in continuous rows close together to give a lacelike edge. It looks like drawn work, but no threads are drawn.

The material must be very sheer, the needle very large, — No. 0 or No. 1, — and the cotton fine, — either No. 100 or No. 150. The needleful must not be too long; it is a help, if not a necessity, to tie the thread into the needle. This stitch is not difficult and can be done rapidly after one sees the method.

Draw a line with a pencil on a piece of thin white cotton as a sampler, mark dots above and below this line as a guide; notice the dots

5	3	1	are not opposite.
·	·	·	Tie the cotton
·	·	·	from 3 to 1 on the under side, sew
6	4	2	on this over and over twice to bind

NEEDLEWORK

the little bunch of threads or goods taken up. Now pass the needle diagonally from 3 to 2 across the line, and sew over and over as before. Next, work from 2 to 4, then 4 to 3 across the line, from 3 to 5, then 5 to 4 across the line, from 4 to 6, then 6 to 5 across the line, and so on indefinitely.

Another method is to have the dots one above the other. Tie the thread as before from

$\begin{array}{cccccc} \dot{9} & \dot{7} & \dot{5} & \dot{3} & \dot{1} & \\ \hline \dot{10} & \dot{8} & \dot{6} & \dot{4} & \dot{2} & \end{array}$ 3 to 1, and sew over and over till bound; three times ought to be enough.

Now pass the needle diagonally from 1 to 4 on the under side, sew from 4 to 2, complete the group by sewing from 3 to 4. Next, work from 5 to 3, pass the needle diagonally on the under side and from 6 to 4, and then from 5 to 6. Continue till practice makes easy and perfect. If the stitches pucker the goods, the fault is in taking up too many threads or having the dots too far apart. One can, after seeing into the method, soon make the stitch as easily as one can sew anything, work without a guiding line, and never use a dot.

Herring-bone stitch. This is a most familiar

HOUSEKEEPER'S HANDY BOOK

stitch; it has been used so exclusively for seams that its decorative qualities have been overlooked. It may be worked in fine lines or in tapering forms. The rising sun, which was made in one corner of the old homespun blankets, was done, in circular rows of bright-colored wool, in this stitch.

Buttonhole stitch. This stitch is more useful in decoration than one might expect. A simple buttonhole stitch, taken far apart, will make the *blanket stitch* much used on flannels. Two rows of this stitch, used back to back, will give a fairly good leaf form. A very simple form of this stitch is made by keeping the thread to the left, putting the needle higher up, slightly to the right, and bringing it out below. This gives a one-sided buttonhole stitch, and when used with coarse silk instead of braid on a braiding pattern is most decorative and satisfactory. The *ladder stitch*, which is often found in Oriental work, is a form of buttonhole stitch and quite easy.

Ladder stitch. Draw (for a sample) on some white material two parallel lines a quarter of an inch apart. Use colored silk to show the

NEEDLEWORK

pattern well. Start at the top of the left-hand line, hold the thread down with the left thumb, put the needle in the next line at the top, slanting it to come out below the starting-place, and above the thread. Pull the thread through its entire length, then with the point of the needle pull the slanting thread to form a square, inserting the needle directly opposite where the thread came out, slanting the needle as at first.

Feather stitch. This stitch is simple slanting buttonhole stitch. It is called *brier*, *coral*, and *cat stitch*, as well as *feather stitch*. This last name is given because of its feathery appearance. It may be described as an alternate buttonhole loop made first on the right and then on the left-hand side. The loops may be single, or in pairs, or in threes, fours, or fives; combined with dots or French knots, one can make a variety of designs.

French knots. To form the simple French knot, bring out your thread to its full length where the knot is to be, hold the thread under your left thumb, put your needle under the thread quite near the cloth, and turn it so as

HOUSEKEEPER'S HANDY BOOK

to twist the thread once around it. Then put the needle in where it came out, draw it through from the back, and bring out where the next knot is to be. One twist of very coarse silk will make a beautiful knot; but many prefer to twist the silk two or three times. If a very large knot is desired, it is better to use double thread than to twist so many times around the needle.

Bullion or roll stitch is made by winding the thread about the needle seven or eight times, and is used in making small flowers and leaves. It has also been called the *rice stitch*; when done in cotton, it resembles rice.

Lazy daisy or bird's-eye stitch. This is a loop like a chain stitch radiating from a centre. The loop is fastened by a tiny stitch at its base, and the needle brought out at the centre again.

Darning stitches. This consists of parallel lines of alternating stitches long on the face and short on the back of the material. A greater part of the thread being on the surface, it is valuable as a background, leaving

NEEDLEWORK

out the design which has been worked in outline stitch.

Satin stitch is at its best when worked in floss; the stitch must lie evenly and not be too long. *Long-and-short stitch* is a form of satin stitch.

Couching is fastening to the material to be embroidered one or more threads or cords, with small stitches at right angles to the cords. It is best done in a frame.

CROCHET

Irish crochet lace. This lace may be made of silk, linen, or cotton, whether fine or coarse depends upon the use to which the lace is to be put. It may be used for dress trimmings, medallions, edgings, and yokes, and when made of colored silks or even silkatine, is most effective on colored dresses. There are a number of cotton and linen threads imported for the work, Manlove cotton possibly being the favorite, though Madonna cotton does excellent work. Any of the crochet cottons are suitable, and ordinary spool cotton will make a good strong durable lace.

HOUSEKEEPER'S HANDY BOOK

Madonna cotton No. 80, Manlove cotton No. 50, and Coats's cotton No. 60, with a number 11 or 12 needle, are best for fine work.

Manlove cotton No. 36, Crochet cotton No. 50, and Coats's cotton No. 24, will make a coarse, firm and durable beading, insertion, or edge, for cotton dresses and heavy linen or cotton crepe shirt waists.

Explanation of stitches

A *chain stitch* is a series of loops drawn with the crochet needle through the preceding loop.

Single crochet is made by inserting the hook in the work and drawing the thread through the work and the stitch on the needle.

A *double crochet* is made by putting the needle or hook through the work, thread over needle and draw through the work (thus giving two stitches on the needle), then draw the thread through these two stitches.

A *treble crochet* is made by putting the thread over the hook, the hook through the work, thread over and draw through the work (thus giving *three* stitches on the needle), then

NEEDLEWORK

draw the thread through two (this still leaves two on the needle), and finish by drawing the thread through the last two.

Picot means a loop and is made up of a chain stitch in different lengths depending on the work.

A narrow and simple edge. Make a chain the length desired. Crochet chains of five and catch in every fourth stitch of the long chain to the end, and break off the thread. Fill the first of these loops at the starting-point with 8 doubles; the second loop with 4 doubles; turn, chain 5 and catch to the centre of the 8 doubles; fill this chain of 5 with 4 doubles and 1 picot (which is a chain of 4), 4 doubles, and the remaining space in the loop with 4 doubles. This makes one scallop; continue by repeating.

Narrow edge. This can be crocheted directly into the muslin if desired by omitting the chain at first. For an edge to sew on material, make a chain the length desired. Crochet chain of six and fasten to the foundation chain; skipping four stitches, make these loops the entire length of chain and break off the

HOUSEKEEPER'S HANDY BOOK

thread. Into first loop of 6 chain, crochet 6 doubles, a picot of 4 chain, 4 doubles. Chain 8 and fasten back into the middle of the 6 doubles; fill the chain of 8 with 2 doubles and a picot for six times, or until there are 6 picots; then 2 doubles into the same scallop, and 2 more doubles into the chain of 6; this completes the tiny scallop. Into next loop of 6 chain, crochet 6 doubles, a picot of 4 chain, 4 doubles. Repeat; and so on to the end of the long chain.

Pretty edge crocheted on goods. First over-cast the material, or turn it over once and baste closely, crocheting deeply into the goods. Crochet 15 doubles into goods, chain 51 and fasten back over 10 of these doubles, fill this loop of 15 chain

with { 5 doubles, 1 picot (a chain of 4)
5 doubles, 1 picot
5 doubles, 1 picot
5 doubles.

(This makes 3 picots in all and 5 doubles at each end of the scallop.) Crochet 5 doubles into edge of goods. Chain 10 and fasten back into first picot of scallop; chain 13 and fasten

NEEDLEWORK

into third picot of scallop (skipping the middle one); chain 10 and fasten at the starting-point, or over the first 5 doubles that were left.

Fill first loop of 10 with { 5 doubles, 1 picot
3 doubles, 1 picot
5 doubles.

(Notice only 2 picots.)

Fill loop of 13 with { 4 doubles, 1 picot
4 doubles, 1 picot
4 doubles, 1 picot
4 doubles.

(Notice 3 picots.)

Fill last loop of 10 like the first.

(This makes one completed scallop.) Begin the next scallop with 15 doubles in the edge of the goods. This pattern crocheted in coarse linen is most effective on the edge of doilies.

Edge of doily. (Use No. 20 O. N. T.) Cut the doily the required size and prepare edge.

Crochet 4 doubles into goods, chain 4 for a picot, then 4 doubles into goods.

Chain 14 for the first scallop, turn and catch back into 5th stitch of the chain, leaving a loop the use of which will be revealed

HOUSEKEEPER'S HANDY BOOK

when the doily is ready to be finished. Cover this chain with 16 doubles; catch into cloth. Turn and crochet in back of these 16 doubles till all are used.

Turn and crochet { 4 doubles, 1 picot
4 doubles, 1 picot
4 doubles, 1 picot
4 doubles.

(This covers the 16 doubles and makes 3 picots in all.) Catch into cloth. (This will leave a detached scallop.) Crochet again into cloth 4 doubles, 1 picot, 4 doubles. Chain 9 and catch into first picot of detached scallop; fill this chain with 16 doubles and proceed as before. In making doilies, after crocheting the first scallop, use this as a unit and so equally divide the remainder of the circle, which will simplify the work and keep the scallops equal in size.

A narrow insertion. This is suitable for a shirt-waist or dress and can be used as a beading if desired.

Crochet chain of 16, fasten with a treble on this chain into ninth stitch from the needle. Chain 5 and fasten with a treble, skipping 5

NEEDLEWORK

of the foundation chain. Chain 3 and with a treble fasten to the end. This is the first row completed and will consist of three open spaces.

Turn, chain 8, and catch with treble into first treble of previous row. Crochet 4 trebles in the next space and fasten with a fifth treble into last treble of previous row. Chain 3 and catch with treble into chain of 8. This finishes the second row.

Turn, chain 8, fasten with a treble into first treble of previous row. Chain 5, skip 4 trebles, and fasten with a treble into next treble of previous row. Chain 3 and fasten with treble into chain of 8.

This will show the pattern and the repetition can be easily followed.

Ladder pattern. (A narrow beading.) Crochet a chain of 18 and catch it together in a big loop; turn, chain 2, and into the big loop put 5 doubles, 1 picot of 5 chain, 5 doubles. Chain 10 and catch with a treble into the chain of 2 or the first of the 5 doubles (skipping over all that has been done). This will give a proper space between the bars.

HOUSEKEEPER'S HANDY BOOK

Chain 2 and again fill chain of 10 with 5 doubles, 1 picot, 5 doubles.

Repeat until you have the desired length. The outer edge on each side is finished and made firm by filling each section with 4 doubles.

This beading if required for heavy linen may be made of No. 20, 24, or 36 Coats's cotton.

An insertion. (Wider than the others.) Use No. 40 Coats's cotton. Chain 28 and catch into 8th stitch from the needle, making a loop.

First row — Chain 6 and catch back into third from needle, making a small picot. Chain 6 and catch back to make another picot. Chain 2 and fasten this to chain of 28, after skipping 4 stitches of chain. This makes a loop with 2 picots on it.

Repeat these picot loops making 3 in all, and fasten with a chain of 5 to the end of foundation chain of 28.

Second row — Turn, chain 8 and fasten into middle of chain 5. Make the picot loops (6 chain caught back for picot, 6 chain caught

NEEDLEWORK

back for picot, 2 chain) and catch into middle of loop between the picots; finish this row with 5 chain into centre of 8 chain.

Third row.—Turn, chain 8, and catch into middle of 5 chain, and repeat picot loops across.

The pattern can now be easily seen and followed.

Irish crochet rose. (A simple and easy rose to make.) Chain 6 and join in a ring; chain 6 and put one treble into this ring; repeat till there are six places for petals, the last chain of 4 being caught into first chain of six.

First row of petals — Crochet into first space indicated or loop

of four { 1 double
5 trebles
1 double

Repeat till all six petals are made.

Chain 7 and fasten in back of petals (between each one) for six petals.

Second row of petals — Crochet into loop

of seven { 1 double
9 trebles
1 double

HOUSEKEEPER'S HANDY BOOK

Repeat in each loop till second row of six petals is made.

Chain 9 and fasten in back of second row of petals.

Third row of petals — Crochet into loop

of nine { 1 double
11 trebles
1 double

Repeat till third row of petals is complete.

If another row is desired, chain 11, and so on, increasing the chain 2 stitches and adding two more trebles each time.

Crocheted shawl. This shawl is made of chains; the work begins in the centre and the meshes increase as the shawl grows in size.

Chain 5 to form a ring.

Chain 3, catch into ring; repeat till there are 4 loops in all.

Chain 1 and catch in back of next loop of chain 3, so as to start second row at top of the loop.

Second row. — Chain 3, catch with a slip stitch, in the stitch started from; chain 3 and fasten in middle of next 3 chain; chain 3 and

NEEDLEWORK

catch in same stitch for widening at the corner. Chain 3, catch into next loop, chain 3 and catch into same.

Continue in this way, being careful to widen in the same stitch at each of the four corners by crocheting twice in one loop.

When the centre is large enough, chain 5 instead of 3 for four or five rows, always widening at the corners.

The shawl may be finished with fringe tied in, or with a fringe made of long chains of equal length, or with scallops.

Crochet rug. Cut unbleached cotton, either white or colored, into inch-wide strips, sew together as if for carpet rags, and crochet with a very big hook in circles or ovals. A cream-white one with a blue border makes a pretty rug for a bedroom and can be easily washed.

Use the double crochet stitch and widen often enough to make it lie flat.

KNITTING

Explanation of stitches, and abbreviations found in most directions:—

k. = Knit plain.

HOUSEKEEPER'S HANDY BOOK

p. = Purl, or, as it is often called, seam. Throw the thread over the needle (which will bring it in front of the work). Insert the right-hand needle into the stitch exactly opposite of the usual way and knit. Always keep the thread in front of the work instead of back as usual.

n. = Narrow. To decrease or narrow is simply to knit two stitches together.

k 2 to. = Knit two together or narrow.

sl. = Slip a stitch from the left needle to the right without knitting it.

sl. and b. = Slip and bind. Slip one stitch, knit the next, then pass the slipped stitch over the knit stitch. This is also called *cast off*.

o. = Throw the thread over the needle. This also will make one if the next stitch is knitted as usual and in the next row this thread over is knitted as a stitch.

To knit crossed. = Insert needle in the back of the stitch and knit as usual.

To bind or cast off. = Slip or knit the first stitch; knit the next, pass the slip stitch over the knitted and repeat till none are left.

NEEDLEWORK

Row. = Means to knit across once when two needles are used.

Wristers. (Use silkatine or knitting-silk.) Cast 85 stitches on to three needles. Knit in ribs of three stitches plain and two seamed for 90 rows. Bind off loosely and finish edge with a crocheted scallop.

Knit purse. (Old-fashioned and was used for silver and gold. Use silkatine or knitting-silk.) Cast on 59 stitches and knit first row plain.

Second row. — Seam two together, thread over, across the row; knit the last stitch.

Repeat this row till there are 65 rows. Knit 83 rows plain. Knit 64 rows like the second row. Bind off. Gather and sew the ends; sew the sides, leaving an opening in the middle of two and a half inches.

Always keep 59 stitches on the needle.

Knit balls. (A plaything^{*} for children.) Cast on 24 stitches and knit alternate stripes of white and some color. Knit two rows across in each color, and 24 stripes in all, then join.

Fill a small pill-box with beans; wind a ball

HOUSEKEEPER'S HANDY BOOK

of common coarse yarn or twine about it; draw over this the knitting and sew the ends with a needle and coarse thread.

Knit blanket. (Use bone or wooden needles.) Knit in strips a yard long of alternate colors. Cast on 17 stitches. Knit one row across the needle. Seam one row. Knit one row. Seam one row. Knit one row. Repeat from first row.

When the strip is a yard long, bind off two stitches and drop one, repeating across the row, and the drop stitch will run down to the chain making the strip openwork in design.

Knitted sack. (For a small child.) This is made of blue, or any color preferred, and white saxony, and is sewed together under the arms and along the sleeves.

Cast on 68 stitches with the white wool for the back and knit till there are 36 ridges. (Two rows across make one ridge.)

At each side of this piece (which will be at each end of the needle), cast on 26 stitches, making 120 in all, and knit until there are 20 more ridges.

NEEDLEWORK

Knit 50 stitches and slip off on a cord; bind off 20 stitches for the neck; knit the remaining fifty stitches on the needle. (This is to be half of the front.)

Knit the 50 stitches for 5 ridges, cast on 7 stitches at each end of the needle and knit 16 ridges. (There ought to be 64 stitches on the needle.)

Bind off 30 stitches for the sleeve, knit 34 ridges for the rest of the front, and bind off loosely for the bottom.

Knit the 50 stitches remaining in the same manner for the other front.

Finish the sleeves at the bottom like the sack. If crochet is used, make the scallop after the sleeve is sewed up. If a knitted finish or border is preferred, pick up the stitches across the bottom of the sleeve and with the blue knit 6 ridges, sewing up the garment after this is done.

A knitted border (with fitted corners, for above sack). Pick up across the bottom all the stitches, using the color, and knit across once plain.

At the beginning of the needle, knit 2,

HOUSEKEEPER'S HANDY BOOK

thread over twice, narrow; knit plain till within 3 of the end of the needle; thread over twice, narrow, knit 1.

Second row. Knit 3, purl 1, knit plain all but the last two; purl 1, knit 1.

Knit for six ridges, then bind off all the stitches.

The two sides of the front are knit in color and in the same manner, and the slanting corners sewed together to finish.

For the neck, take up the stitches across both neck and border with the colored yarn and knit one row plain.

Knit 7, thread over twice; narrow and knit 5, thread over twice; narrow and knit 5, and repeat across the row.

Knit back plain and drop the last half of thread over twice, making it into one loose stitch or hole for ribbon later.

Knit across plain.

Knit 2, thread over twice, narrow; knit plain till 3 stitches are on the left-hand needle; thread over twice, narrow, knit one.

Knit 3, purl 1, knit plain all but two; then purl 1, knit 1.

NEEDLEWORK

Knit till there are six ridges, and bind off. Sew the slanting corners as before.

Finish the edge with a simple crocheted scallop and run ribbon through the holes at the neck.

Knit rug. (Coarse steel needles and No. 8 White Cotton.) Ravel out tapestry carpet, the ravelings to be about two inches long.

Cast on forty stitches and knit across plain.

Take a piece of raveling, knit it into the stitch by placing it over the needle after it is inserted into the stitch, then bring cotton over needle and draw through the stitch raveling and cotton together.

This may be knit any length. Forty stitches will make a strip a quarter of a yard wide.

When finished, trim off evenly with sharp scissors.

Pieces of silk, two inches long and one inch wide, may be used in place of ravelings.

Quilt, laurel leaf pattern. (A very old design.) This is knit in squares and sewed together, making the four leaves meet.

First row. — Cast on 3 stitches.

HOUSEKEEPER'S HANDY BOOK

Second row. — Thread over, knit 3.

Third row. — Thread over, knit 4.

Fourth row. — Thread over, knit 5.

Fifth row. — There should be six stitches ready. Thread over, knit 1, purl 3, knit 2.

Sixth row. — Thread over, knit 2; thread over, knit 3; thread over, knit 2.

Seventh row. — Thread over, knit 2; purl 5, knit 3.

Eighth row. — Thread over, knit 3; thread over, knit 5; thread over, knit 3.

Ninth row. — Thread over, knit 3; purl 7, knit 4.

Tenth row. — Thread over, knit 4; thread over, knit 7; thread over, knit 4.

Eleventh row. — Thread over, knit 4; purl 9, knit 5.

Twelfth row. — Thread over, knit across needle plain.

Thirteenth row. — Thread over, knit 5; purl 9, knit 6.

Fourteenth row. — Thread over, and knit across plain.

Fifteenth row. — Thread over, knit 6; purl 9, knit 7.

NEEDLEWORK

Sixteenth row. — Thread over, knit across plain.

Seventeenth row. — Thread over, knit 7; purl 9, knit 8.

Eighteenth row. — Thread over, knit plain.

Nineteenth row. — Thread over, knit 8; purl 9, knit 9.

Twentieth row. — Thread over, knit plain.

Twenty-first row. — Thread over, knit 9; purl 9, knit 10.

Twenty-second row. — Thread over, knit 10; slip 1, knit 1, pass the slipped stitch over, knit 5, knit 2 together, knit 10.

Twenty-third row. — Thread over, knit 10; purl 7, knit 11.

Twenty-fourth row. — Thread over, knit 11; slip 1, knit 1, pass the slipped stitch over; knit 3, knit 2 together, knit 11.

Twenty-fifth row. — Thread over, knit 11; purl 5, knit 12.

Twenty-sixth row. — Thread over, knit 12; slip 1, knit 1 and pass the slip stitch over; knit 1, knit 2 together, knit 12.

Twenty-seventh row. — Thread over, knit 12; purl 3, knit 13.

HOUSEKEEPER'S HANDY BOOK

Twenty-eighth row. — Thread over, knit 13; slip 1, knit 2 together, pass the slip stitch over and knit 13. This finishes the leaf, and there should be 28 stitches on the needle. The other half of the square is made up of ribs decreasing at the beginning of each row.

Twenty-ninth row. — Narrow or decrease by knitting 2 together, then purl across.

Thirtieth row. — Narrow and knit plain.

Thirty-first row. — Narrow and purl.

Thirty-second row. — Narrow and purl.

Thirty-third row. — Narrow and knit plain.

(Notice 29, 30, and 31, make a ridge.)

Thirty-fourth row. — Narrow and purl.

(Notice 32, 33, and 34 make a ridge.)

Repeat, narrowing all the time, till there is only one stitch.

There will be three ridges, each narrowing to a point.

When the squares are sewed together (on the right side) the four leaves will diverge from the same centre, and as the quilt is finished the ribs at the corners will make a square of ribs.

NEEDLEWORK

Some of the following knitting directions are very old and not even named.

Block design. (The stitches must be divisible by 4.) Knit 4, purl 4, for four rows; then reverse and purl 4 on knit 4, knit 4 on purl 4; reverse in this way every fifth row.

An experienced knitter may vary this by using more or fewer stitches in the block with more or fewer rows.

Moss stitch. (Also called *Rough-and-Ready.*) Knit 1, purl 1; in next row across purl 1, knit 1, always being careful to purl the knit stitch and knit the purl stitch.

Design No. 1. (Often found in old pieces of knitting.) Cast on any number of stitches divisible by 4 and 1 over.

First row. — Knit across plain.

Second row. — Knit 1, purl 3 together, all across the needle ending in knit 1.

Third row. — Knit 1, on next stitch make 3 by knitting 1, purl 1, knit 1; knit 1, make 3 all across the needle.

Fourth row. — Knit across plain.

Fifth row. — Purl 3 together, knit 1, and so on across; end in knit 2.

HOUSEKEEPER'S HANDY BOOK

Sixth row. — Knit 2, make 3 on next stitch, knit 1, make 3, and so on across row.

Seventh row. — Knit across plain.

Eighth row. — Repeat from 2nd row, knit 1, purl 3 together and so on.

Design No. 2. Cast on any number of stitches and knit across plain.

First row. — Thread over, knit 2 together, knit 1; thread over, knit 2 together, knit 1; and so on, always ending in knitting 2 together. Every row is alike, always same two together and same one plain.

Design No. 3. (Good for a sweater.)

First row. — Knit 1, purl 1, knit 2 together, repeat across the row.

Second row. — Purl across.

Third row. — Knit 2, purl 2, repeat.

Fourth row. — Purl across.

This completes the pattern. Repeat, starting at first row.

Design No. 4. (Available for a sweater.)

First row. — Knit plain across the row.

Second row. — Purl across.

Third row. — Knit 2 together, thread over, knit 2 together, and knit last stitch plain.

NEEDLEWORK

Fourth row. — Knit across plain.

Fifth row. — Knit across plain.

Sixth row. — Purl across.

Repeat from 1st row, six rows completes the pattern.

Design No. 5. (Simple design or stitch for a sweater.) Knit 3, purl 1, repeat across ending with knit 1. Knit this over and over till the work is done.

Design No. 6. (For sweater.)

First row. — Purl 2, knit 1, purl 1, knit 1, purl 1, knit 1, purl 1 across row.

Second row. — Knit 2, purl 1, knit 2, purl 1, then knit 1, purl 1 across row, ending with purl 2.

Third row. — Like the first.

Fourth row. — Like the second and so on.

Sweater. (Use No. 3 or 4 bone needles, and No. 12 steel.) One who knows how to knit may easily knit a sweater using measurements, and varying number of stitches according to size desired.

Measure the length of back, width between shoulders, length of front from top of shoulder to under arm, neck and wrist.

HOUSEKEEPER'S HANDY BOOK

Cast on as many stitches as seems advisable; seventy stitches will make one for thirty-six inch bust measure.

Knit one or two inches plain garter stitch for a border, using steel needles, then with bone needles begin any pattern chosen. Knit till the desired length from bottom of sweater to under arm, bind off at each end of the needle (for under arm), five for a small sweater, and eight for a larger one.

Every other row, narrow at each end of the needle till five more for a small sweater, and eight for a larger, have been taken off at each end of the needle, the number of stitches being reduced ten or sixteen according to size.

Continue without narrowing till back is required length from neck to bottom of sweater.

Divide the stitches for the neck and shoulders. Knit the first twenty-five for a small sweater and thirty for a large one; slip these on to a cord. Bind off a certain number for neck in centre of back, being careful not to have too large a number or the neck will be loose. The number of stitches left on the

NEEDLEWORK

needle to knit should be equal to those taken off on the cord so that the two front sides will be alike.

Knit plain for one inch, then widen every third row at the neck side till there are more stitches on the needle — twenty more stitches for a small sweater and twenty-four for a large one.

Knit three inches more, increasing at the beginning of each row till eight for a small sweater, and twelve for a larger sweater, have been added.

Knit without widening till the work measures four inches for a small sweater and seven inches for a larger one, from shoulder to under arm. On the side away from the neck cast on seven stitches for a small sweater, twelve for a larger sweater; this extends under the arm and makes the width of the front.

Knit till front is long as back without border, then knit garter stitch the same width as the back.

Sew up under the arms.

The border is not necessary; one can begin the pattern at once when starting sweater.

HOUSEKEEPER'S HANDY BOOK

Take stitches from the cord on to the needle, and knit the second front like the first.

Sleeves. Two directions are given, the sleeves always beginning at the top.

No. 1. Cast on sixty stitches, increase two at the beginning of each row till there are one hundred.

Knit this number for one inch; then narrow at each end of the needle every fourth row till there are sixty remaining.

Knit and do not narrow again till the inside seam is the required length.

Change to steel needles and knit garter stitch to match the border; or, if no border is used, knit one, purl one, for three inches, which will make a close cuff.

No. 2. Cast on forty-six stitches, start pattern at once. At each end of the needle cast on three stitches every row till there are eighty-eight stitches on the needle.

Knit pattern and do not increase for three inches; then narrow one stitch at each end of the needle every fifth row till there are forty-six stitches. Knit till the sleeve is the required length.

NEEDLEWORK

The cuff is made by using the steel needles and either knitting garter stitch or seaming.

Border. A border is made by casting on the steel needles twelve stitches, and knitting garter stitch. For a band up the front, it should be sewed on from the edge of the right-hand front round the neck and down the other side. It may be of the same color as the sweater or of a contrasting color.

Button-holes may be made at regular intervals in this border by binding off four stitches in the middle of the needle and on the next row, casting the four stitches on again.

Pockets and collars are knitted separate and sewed on the sweater, the pockets always the same color as the sweater.

Cast on as many stitches for the collar as the neck requires, always allowing an inch more than the neck really measures. Knit garter stitch or seam till the width desired.

SMOCKING

When in childhood we saw in the picture books the illustrations of how "Simple Simon met a Pieman," we little thought that the

HOUSEKEEPER'S HANDY BOOK

frocks on the men were the smock-frocks worn at one time quite generally by the English countryman, in the fields, gardens and shops.

These frocks were made by the farmers' wives, of jean, or strong holland, which is a kind of coarse linen. A well-to-do farmer would wear a colored smock during the week, and a more elaborate white one on Sunday. The bodies and sleeves were gathered and stitched in wonderful designs, their beauty depending on the ingenuity and ambition of the needlewoman. The skirt was left loose and hanging. It is a matter of regret that the smock-frock has now almost disappeared, for it was most picturesque. Possibly in some remote English village one might find an old man still clinging to his smock, but it is quite doubtful. Within a few years, interested persons have tried to revive the custom and industry in some of the shires, but with poor success.

Smocking is the name given by the smock to this special type of embroidery. It is the application of a sewing stitch which catches the folds or tiny pleats together, and becomes

NEEDLEWORK

decorative by varying the stitch to make different designs, and by using colored threads. This embroidery is much used in England on children's dresses, and often on ladies' waists and gowns.

It is most essential in smocking to have the gathering threads which lay the pleats perfectly straight, and to regulate the distance of the stitches one from the other accurately. The whole beauty of the work depends upon the evenness of the gathering. One can buy a sheet of impression paper with dots to indicate the distance between the stitches and the gathering threads; but with patience one can manage very well with a tape measure, using a pencil on white cloth, or chalk on silk and woolen fabrics.

Lay the measure in a straight line across the material to be smocked, and make a dot at every quarter of an inch on the measure. Make as many of these dotted lines half an inch apart as the depth of the yoke will require, which is about fifteen. It always helps in smocking if a few more threads are gathered than are really needed.

HOUSEKEEPER'S HANDY BOOK

Pass the needle from right to left in at one dot and out between the dots, or, if the material is very thin, the needle may go in at one dot and out at another, using a coarse basting thread.

When all the rows of dots have been used, pull up the threads (not too tightly, and very carefully), and adjust the gathers evenly. Fasten the threads around a pin, or by tying two together, and the work is ready.

Always in smocking the worker begins at the left and works toward the right, each pleat being taken up by the needle separately.

The outline stitch. This is the simplest stitch for smocking, not unlike the outline stitch in embroidery, and might well be called *the smocking stitch*, since all the other stitches are varying adaptations of this simple one.

Thread the needle and tie a knot in the silk or whatever is used. Begin at the upper left-hand corner; bring the needle out from the back at the side of the first pleat, insert the needle from right to left on this pleat, keeping the silk above the needle; draw the thread out to its full extent, take up the next pleat

NEEDLEWORK

the same way, and so on, always bringing the needle out below the stitch.

If the gathering threads are straight, one can follow them in working, and so keep the smocking lines straight, or as a guide (which some may find helpful), baste a dark thread in a straight line, lightly catching it to occasional pleats, and work under or over this line as seems best and easiest.

Rope stitch is made by having the thread above the needle on one pleat, and below the needle on the next pleat, and so on.

To form diamonds, make three outline stitches, passing the needle through each pleat, each stitch a little above the other in a slanting line, then make three downward stitches, trying to keep the same slant. Continue this across the work, and there will be a row of half diamonds; then in the next row make three downward stitches and three upward, and so complete the diamond.

When the smocking stitches are done to the required depth, pull out the gathering threads, which are basting threads, and are no longer required to keep the pleats in place.

HOUSEKEEPER'S HANDY BOOK

Rope silk, coarse linen thread, knitting silk, or silkatine can be used, the choice depending on the taste of the needlewoman, and the cloth to be smocked.

Smocked blouse, or frock, for child. Of material eighteen inches wide, take two straight widths for the front, two for the back, and two for each sleeve. The front has a seam down the middle. Join the sleeve section to the front width and then to the back width for eight or ten inches, to make the neck and the shoulder seams, the length depending on the size of the wearer.

The blouse or frock is now ready to gather for the smocking. After the gathering has been done, draw up the first few runs to fit the neck; smock a row or two, then the rest of the gathers can be adjusted to the figure or to a pattern that fits. Measure on the child, or on a pattern that fits, to ascertain correct sleeve length. When the smocking is completed, slip the garment on the child, and turn up around the bottom to desired length.

THE END

INDEX



INDEX

- Air, fresh, 2; night, 3; pure, 20.
Acid fruits, sugar used, 109.
Ants, 25.
Alligator pear, 70; as a dessert, 45.
Apple and date salad, 57.
Apple and pomelo salad, 57.
Apple ginger, 114.
Apples, baked, 151.
Apples and onions, baked, 106.
Artichokes, 102; (Jerusalem), 102.
Asparagus salad, 57.
- Bag for buttons, 212.
Baked-bean sandwich (1), (2), 75.
Baked egg-plant, 104.
Banana salad (1), 57; (2), 58.
Banana sandwich, 75.
Bananas, baked, 101; scalloped, 102.
Barberries and raisins, 117.
Barley sugar, 129.
Beach-plum jelly, 113.
Bed-bugs, 28.
Beef and green-pea salad, 58.
Beef sandwich, 75.
Beet salad, 58.
Beets, boiled with a sauce, 101; pickled, 127.
Bites, 193.
Black eye, 194.
Bleaching linen, 165.
Bluing, cheap, 162; easily made, 163.
Boiled salad dressing (1), 56; (2), very simple, 56.
Boiling meat, 149.
- Boiling over, 149.
Bread and cheese, baked, 93.
Bread cutting, 155.
Bread, from oven, 151.
Bread for sandwich, 74.
Bread-mixers, 11.
Brown and white bread sandwich, 76.
Brown bread and cheese sandwich, 76.
Brown bread and water-cress sandwich, 76.
Butter, keeping, without ice, 156.
Bunions, 190.
Burns, 193.
Burnt food, 153.
Burnt saucepan, care of, 153.
Buttermilk, 182.
Butterscotch (1), (2), (3), 130.
Butter taffy, 138.
Buying canned goods, 155.
- Cabbage, baked, 106; French style, 43; pickled, 127; salad, 59; salad with walnut meats, 59.
Cake, cheese (English), 46; English tea, 48; cheese (German), 46; (German layer), 47; Swedish, 48.
Cake-mixers, 11.
Cakes, oyster plant, 100.
Calloused feet, 189.
Candy, cooked, 74, 129.
Baked peanut (1), (2), 135.
Barley sugar (English), 129.
Butterscotch (1), (2), (3), 130.
Butter taffy, 138.

INDEX

- Candied fruit, 141.
Candied orange and grapefruit
rind, 141.
Caramel pop-corn, 139.
Checkermints, 137.
Chocolate caramels, 132.
Cocoanut drops (1), (2), 131.
Creamy molasses candy, 134.
Cream peppermints, 136.
Cream squares, 135.
Crystallized mint, 140.
Fruit candy, 139.
Fruit, frosted, 140.
Fruit glaze, 141.
Fudge, 133.
Honey candy, 135.
Horehound candy (1), (2), 140.
Maple candy, 132.
Maple caramels, 133.
Maple cream walnuts, 132.
Marshmallow candy, 138.
Molasses candy (1), (2), 133.
Molasses taffy, 134.
Opera creams, 135.
Peanut candy (1), 130; (2), 131.
Peanut brittle, 134.
Peppermints, 137.
Pop-corn balls, 139; sugared,
138.
Pralines, 136.
Puffed rice brittle, 137.
Simple fudge, 133.
Sour-cream candy, 132.
Candy, uncooked, 142.
Cream dates, 143.
French cream candy, 144.
Fruit paste, 143.
Mixed mints, 143.
Orange drops, 143.
Providence, 143.
Turkish figs, 142.
Walnut cream, 144.
Carbolic acid, 22.
Care of ice-chest, 23.
Carrots, boiled, 100;
French style, 41; fried, 100.
Casserole cooking, 13.
Catsup, plum and grape, 121.
Cauliflower, baked, 106; salad,
60.
Celery, 152.
Cellar, 6, 21.
Chafing-dish candies, 144.
Chocolate marshmallow fudge,
144.
Fudge, 146.
Nicest candy, 147.
Nut candy, 146.
Peanut candy, 146.
Pecan candy, 145.
Taffy, 146.
Vanilla caramels, 145.
Walnut candy, 145.
Cheese and pimento salad, 62.
Cheese fondu, 92.
Checkermints, 137.
Cherry salad, 60.
Chestnuts, 85; boiled, 43;
mashed, 107.
Chestnut salad, 62; sandwich,
77.
Chicken and cheese sandwich,
77.
Chicken salad, 60; sandwich,
76.
Chicken, stewed, Spanish style,
35.
Chilblains, 191.
Child's frock, smocked, 252.
Chocolate caramels, 132.
Chocolate sandwich (sweet), 77.
Choking, 194.
Chutney, Bengal, 47.
Cider-apple, 115.
Cleanliness and health, 1.
Cleanliness in the kitchen, 8.
Cleanser, cooking-soda, 9.
Clothes freezing, 167.
Cocoanut sandwich (sweet), 77.
Cockroaches, 26.
Cocoanut drops (1), (2), 131.
Coffee, 152.

INDEX

- Coffee on fish, 155.
Cold, 195.
Cold cream, 181.
Cold-sores, 183.
Collars and yokes, cutting, 212.
Combinations of fruits, 109.
Conserve, currant, 120; grape, 120; rhubarb, 120.
Cooking by gas, 19.
Cooking-soda as a cleanser, 8.
Copperas, solution of, 22.
Copperware cleaned, 154.
Corn, 84; fritters, 94; (canned) fritters, 95; scalloped, 95; oysters, 94; pie, 94.
Corns, 191.
Cosmetic, 181.
Cough, 194.
Covers for frying, 140.
Cracked lips, 183.
Cramps, 195.
Cream candy (French), 144.
Cream cheese salad (1), 61; (2), 62.
Cream peppermints, 136.
Cream salad dressing, 55.
Cream sandwich, 77.
Cream squares, 135.
Cream, walnut, 144.
Creams (French), 138.
Crochet —
Cotton and needles, 222.
Edge crocheted on goods, 224.
Edge of doily, 225.
Lace, 221.
Ladder insertion, 227.
Narrow edge, 223.
Narrow insertion, 226.
Rose, 229.
Rug, 231.
Shawl, 230.
Simple edge, 223.
Terms used, 222.
Wider insertion, 228.
Croup, 195.
Cucumber, baked, 105; boiled, 105; jelly salad, 62; lotion, 182; pickle (1), 125; (2), 126; salad, 62; (1), (2), 78; sweet pickle, 124; stuffed, 40.
Cups of tomatoes, 103.
Curdling of mayonnaise prevented, 53.
Curdling milk, 151.
Currant jelly sandwich (1), (2), 78.
Currants, spiced, 122.
Curried potatoes, 98; tomato, 103.
Dates, creamed, 143.
Diarrhœa, 196.
Discipline, kitchen, 9.
Disinfectants, 22.
Carbolic acid, 22.
Copperas, solution of, 22.
Potassium permanganate, 22.
Sal-soda, solution of, 22.
Dish for supper, 96.
Dishes sterilized, 9.
Disinfection, 29.
Double chin, 191.
Egg and cheese sandwich, 79.
Egg-plant, baked, 44.
Egg salad, 63.
Egg sandwich, 79.
Eggs, beating, 152.
Eggs scrambled with asparagus, 95.
Eggs served daintily, 96.
Eggs (Swiss), 38.
Electricity, use of, 18.
Electric utensils, 17.
Chafing-dish, 17.
Flatiron, 17.
Heating-pad, 17.
Toaster, 17.
Water-heater, 17.
Emergencies, 193.
Bites, 193.
Black eye, 194.

INDEX

- Burns, 193.
Choking, 194.
Cold, 195.
Cough, 194.
Cramps, 165.
Croup, 195.
Diarrhoea, 196.
Earache, 196.
Fainting, 196.
Fits, 196.
Flaxseed tea, 194.
Hiccough, 197.
Hoarseness, 195.
Hysteria, 197.
Indigestion, 198.
Ivy poisoning, 197.
Mustard plaster, 198.
Neuralgia, 199.
Nose-bleed, 199.
Periods of infection, 202.
Poisons, 199.
Quarantine, length of, 203.
Shock, 199.
Sore finger, 200.
Sore throat, 200.
Sprains, 200.
Unconsciousness, 200.
Vomiting, 201.
Wounds, 201.
Experiment stations, 11.
- Faded goods, bleached, 170.
Faded colors brightened, 169;
prevented, 168.
Fainting, 196.
Feet, care of, 189.
Fever blisters, 183.
Figs, Turkish, 142.
Fig sandwich (sweet), 79.
Fireless cooker, 13.
Fireless cooking, 16.
Fish salad (1), 63; (2) 64.
Fits, 196.
Flaxseed tea, 194.
Flies, 25.
Flushing traps and pipes, 6.
- Foreign Cooking*, 30.
Aguacate avoca, or alligator
pear salad (Mexican), 45.
Apple or apricot soup, 30.
Baccalao à la peruana, 31.
Baked egg-plant (French),
44.
Bengal chutney, 47.
Brown sauce for Swedish
meat-balls, 32.
Cabbage à la française, 43.
Café parfait (French), 49.
Carrots (French), 41.
Cheese cakes (English), 46;
(German), 46.
Chocolate frosting for German
layer cake, 47.
Corn pie (Cuban), 43.
Cream sauce for cabbage, 43.
Creole sweet potatoes (Cuban),
42.
East Indian mustard, 49.
English plum pudding, 48.
English tea cake, Bermuda,
48.
French stuffed cucumbers, 40.
Frijoles (Mexican), 34.
Frijole soup, 35.
Fruit soups, 30.
Apple soup, 30.
Apricot soup, 30.
Grape soup, 30.
Strawberry soup, 30.
Gullasch (Hungarian), 35.
Honey-locust fritters (French),
44.
Italian macaroni (1), (2), 42.
Italian sauce for beef, 34.
Kabobs (Turkish), 33.
Mexican stuffed peppers (1),
(2), 37.
Mousse, 49.
Pischinger torte (German
layer cake), 47.
Rice for Russian pilaf, 33.
Russian pilaf, 32.

INDEX

- Scotch shortbread, 45.
 Sholah pullow for chafing-dish, 38.
 Sholah pullow (East Indian), 38.
 Spaghetti à l'Italienne, 41.
 Spinach fritters (French), 44.
 Stewed chicken (Spanish), 35.
 String beans (German), 39.
 Spanish chestnuts, 43.
 Spanish omelet, 39.
 Spanish onion, 39.
 Swedish cake, 48.
 Swedish meat-balls, 31.
 Swedish meat-balls, sauce for, 32.
 Swedish rolls, 45.
 Swedish salt fish, 31.
 Swiss eggs, 38.
 Tomato sauce for Spanish chicken stew, 35.
 Yorkshire pudding, English, 35.
 French creams, 138.
 French dressing, 56.
 Fresh air, 2.
 Fritters, honey-locust (sweet), 44; spinach, 44.
 Frosting, chocolate, for German layer cake, 47.
Fruit, advice about, 108.
 Candied, 141.
 Candy, 139.
 Canned, uncooked, 111.
 Combinations, 109.
 Frosted, 140.
 Glace, 141.
 Hard, 108.
 Jars, care of, 154.
 Paste, 143.
 Salad for desert (1), (2), 64.
 Spiced, 122.
 Fruits, acid, 109.
 Frying in meal, 150.
 Fudge, 146; cooked, 133; marsh-mallow, 144.
 Gas, use of, 18.
Gas—
 Cooking by, 19.
 Irons, 17.
 Saving, 19.
 Stoves (1), 12; (2), 18.
 General rule, for jelly, 110; for marmalade, 110.
 Ginger sandwich, 79.
 Goods bleached, 170.
 Gown, 206.
 Graham bread sandwich, 79.
 Grape catsup, 121; conserve, 120; salad (1) for dessert, 65; (2), (3), 65.
 Grapes, spiced, 122.
 Green-pea salad, 58.
 Griddle cakes, 151.
 Hair, care of, 187.
 Hands, rough, 188.
 Hard fruit, 108.
 Health, 1.
 Helps in sewing, 213.
Hints to the cook, 148.
 Baking apples, 151.
 Baking-powder, 156.
 Beating eggs, 152.
 Boiling meat, 149.
 Buying canned fruits and meats, 155.
 Care of burnt saucepan, 153.
 Care of fruit jars, 154.
 Care of stove, 148.
 Care of vinegar, 155.
 Celery, 152.
 Clarifying lard, 153.
 Cleaning copperware, 154.
 Cleaning kettles, 153.
 Cleaning pots and pans, 154.
 Cleaning sink drain, 154.
 Coffee, 152.
 Cutting new bread, 155.
 Curdling milk, 151.
 Frying in meal, 150.
 Heat in the oven, 148.

INDEX

- Measuring butter, 151.
Measuring without scales, 160.
Meat and vegetables served together, 157.
Perforated covers for frying-pan, 140.
Relishes to serve, 159.
Removing bread from oven, 151.
Salt in double boiler, 149.
Soft custard, 151.
Substitute for cream, 155.
Table of weights and measures, 159.
Time-table for vegetables, 87.
To clean nickel, 148.
To improve griddle cakes, 151.
To keep milk sweet, 151.
To peel tomatoes, 152.
To prevent boiling over, 149.
To soften tough meat, 150.
To sterilize milk, 152.
Treatment of vegetables, 152.
Vinegar used, 150.
Vinegar used with eggs, 150.
Vinegar used with fish, 150.
Washing glasses, 154.
When food burns, 153.
Zinc cleaned, 148.
- Hoarseness, 195.
Hollow neck, 192.
- Home-made* —
Baking-powder, 156.
Bluing, 162.
Candy, cooked, 129.
Jasmine water, 184.
Javelle water, 162.
Lavender water, 185.
Soap, 161.
Toilet water, 184.
Towels, 210.
Washing-fluid, 161.
- Home sanitation, 20.
Honey candy, 135.
Horehound candy (1), (2), 140.
- House, opening, 29.
Hysteria, 197.
- Ice-chest, 7; care of, 23.
Ice-cream, mousse, 49.
Improved cooker, 15.
Indigestion, 198.
Infection, periods of, 202.
Insomnia, 192.
Ironing embroidery, 171.
Ironing silk or pongee, 170.
Irons, care of, 170.
Irons, gas, 17.
Ivy poisoning, 197.
- Jam* —
Blackberry, 112.
Date, 117.
Gooseberry, 113.
Green-grape, 115.
Peach, 118.
Strawberry, 111.
- Jelly* —
Amber, 116.
Apple, 114.
Beach-plum, 113.
Crab-apple, 113.
Currant, red, black, or white, 112.
Grape, 116.
Green-apple, 114.
Green-grape, 114.
Quince, 119.
- Keeping butter, 157.
Keeping milk, 15.
Kettles cleaned, 153.
Kimono, 205.
Kitchen discipline, 9.
Kitchen sink, 21.
- Knitting*, 232.
Balls, 233.
Blanket, 234.
Designs unnamed, 241.
Old designs —
No. 1, 241.

INDEX

- No. 2, 242.
No. 3, 242.
No. 4, 243.
No. 5, 243.
No. 6, 243.
Purse, 232.
Quilt, laurel leaf, 237.
Rug, 237.
Sack, 234.
Sweater, 243.
Sweater border, 247.
Sweater sleeves, 246.
Terms used, 233.
Wristers, 233.
- Lard, clarified, 153.
Laundry helps, 161.
 Bleaching linen, 165.
 Bluing easily made, 163.
 Cheap bluing, 162.
 Colors running, 171.
 German washing-fluid, 161.
 Irons, care of, 170.
 Ironing embroidery, 171.
 Ironing silk and pongee, 170.
 Home-made bluing, 162.
 Home-made soap, 161.
 Javelle water, 162.
 Liquid soda, 162.
 Soap solution, 162.
 Whitening curtains, 165.
 Whitening muslin yellow with age, 165.
 Whitening yellow clothes, 165.
Stains, 171.
 Acid, 178.
 Blood, 176.
 Bluing spots, 177.
 Chocolate, 172.
 Coffee, 172.
 Fruit, 174.
 Grass, 174.
 Iodine, 177.
 Ink, 173.
 Ink on carpet, 174.
 Iron rust, 178.
- Leather, 177.
Machine oil, 176.
Mattress, 180.
Mildew, 178.
Mud, 180.
Obstinate, 172.
Old paint, 176.
Paint stains, 175.
Paint on dress, 175.
Pitch, wheel grease, or tar, 177.
Printer's ink, 174.
Scorched, 177.
Setting stains, 172.
Soot or oil on carpet, 179.
Spots on wall paper, 176.
Tea, 172.
Varnish and paint, 175.
- Starch, 164.
Starching thin goods, 164.
To bleach faded muslins, 170.
To brighten faded colors, 169.
To prevent fading, 168.
To prevent colors running, 168.
To prevent clothes freezing, 167.
Washing blankets, 166.
Washing flannels, 167.
Washing new stockings, 167.
Washing pongee silk, 170.
Washing silk garments, 170.
Washing a sweater, 166.
- Lemon honey sandwich (sweet), 80.
Lentils baked, 96; boiled, 96; stewed, 94.
Lettuce, egg, and cheese salad, 66.
Lettuce, prepared for salads, 52.
Lettuce sandwich, 79.
Lobster and egg salad, 66.
Lobster salad, 66.
- Macaroni (Italian) (1), (2), 42.
Machines for washing, 12.
Making a fireless cooker, 14.

INDEX

- Maple candy, 132.
Maple caramels, 133.
Maple cream walnuts, 132.
Marmalade, 110.
 Orange (1), 115; (2), 116.
 Quince, 118.
Marshmallow candy, 138.
Marshmallow, chocolate, fudge,
 144.
Marshmallow sandwich, 80.
Mayonnaise (1), 53; (2), 54.
 Curdling, remedied, 53.
 Improved, 55.
 Simple, 52.
Measuring, 160.
Measuring butter, 151.
Meat-balls, Swedish, 31.
Melon salad, 67.
Men's apron, 209.
Mexican frijoles, 34.
Mildew, 178.
Milk sterilized, 152.
Mint, crystallized, 140.
Mints, mixed, 143.
Molasses candy (1), (2), 133.
Molasses creamy candy, 134.
Molasses taffy, 134.
Mosquitoes, 26.
Moths and buffalo-bugs, 27.
Motors, 12.
Mushrooms, baked, 107.
Mushroom salad, 66.
Mustard bath, 192.
Mustard, East Indian relish, 49.
Mustard plaster, 198.
- Nail-biting, 184.
Nails, ingrowing, 190.
Nasturtium salad, 67.
Needlework, and other hand-
 work, 204.
 Button-bag, 212.
 Crochet —
 Cotton and needles, 222.
 Edge crocheted on goods,
 224.
- Edge of doily, 225.
Insertion (wider), 228.
Irish lace, 221.
Ladder insertion, 227.
Narrow edge, 223.
Narrow insertion, 226.
Rose, 229.
Rug, 231.
Shawl, 230.
Simple edge, 223.
Stitches explained, 222.
Cutting collars and yokes, 212.
Embroidery —
 Big-needle stitch, 216.
 Bulgarian stitch, 215.
 Bullion or roll stitch, 220.
 Buttonhole stitch, 218.
 Chain stitch, 215.
 Couching, 221.
 Cross-stitch, 214.
 Darning stitch, 220.
 Feather stitch, 219.
 French knots, 219.
 Herring-bone stitch, 217.
 Ladder stitch, 218.
 Lazy daisy or bird's-eye
 stitch, 220.
 Outline stitch, 215.
 Satin stitch, 221.
- Gown, 206.
Home-made towels, 210.
Japanese kimono, 205.
Knitting, 282.
 Balls, 233.
 Blanket, 234.
 Border of sweater, 247.
 Moss stitch, 241.
 Old designs, 241.
 Purse, 232.
 Quilt, laurel leaf, 237.
 Rug, 237.
 Sack, 234.
 Sleeves for sweater, 246.
 Stitches explained, 232.
 Sweater, 243.
 Wristers, 233.

INDEX

- Nightdress by diagram, 207.
 Nightingale, 204.
 Pin-cushion, 210.
 Piqué hat, 208.
 Scrap-bag, 211.
 Sewing helps, 213.
 Sewing in sleeves, 212.
 Smock, 248.
 Smocked frock, 252.
 Smocking, 248.
 Smocking in diamonds, 251.
 Smocking stitches, 250.
 Smocking, preparing for, 249.
 Work-apron for men, 209.
 Work-bag, 211.
- Neuralgia, 199.
 Nickel, cleaned, 148.
 Night air, 3.
 Nightingale, 204.
 Nose-bleed, 199.
 Nut-candy, 146.
- Oat-meal lotion, 182.
 Okra salad (boiled), 68; (raw), 68.
 Olive sandwich, 80.
 Omelet bread, 93.
 Omelet with bread and cheese, 93.
 Omelet (Spanish), 39.
 Onion and bean salad, 67.
 Onion salad, 67.
 Onion sandwich, 80.
 (Spanish), 39.
 Onions and apples (baked), 106.
 Onions (baked), 105; (boiled), 105; (pickled), 123.
 Opera creams, 135.
 Orange and banana salad, 69.
 Orange and grapefruit rind, 141.
 Orange drops, 143.
 Orange mint salad (for dessert), 69.
 Orange salad (1), 68; (2), for dessert, 68.
- Oven heat, 148.
 Oyster salad, 69.
- Parfait, café, 49.
 Peanut butter, 134.
 Peanut butter and cheese sandwich, 82.
 Peanut candy, 130.
 Peanut candy (baked), 135.
 Pear salad (1), 69; (2), 70.
 Pears (boiled), 103.
 Pecan candy, 145.
 Peppermints, 137.
 Peppers (Mexican), stuffed (1), (2), 37.
 Peppers, pickled, 127.
 Persian salad, 70.
 Perspiration, 186.
- Pests* —
 Ants, 25.
 Bed-bugs, 28.
 Bug poison, 28.
 Cockroaches, 26.
 Flies, 25.
 Mosquitoes, 26.
 Moths and buffalo-bugs, 27.
 Rats and mice, 26.
 Water-bugs, 25.
- Pickled cabbage, 127.
 Pickled beets, 127.
 Pickled onions, 123.
 Pickled peppers, 127.
- Pickling*, 108.
 Chili sauce (1), (2), 126.
 Cucumber pickle (1), 125; (2), 126.
 Dutch salad, 125.
 Green tomato pickle, 122.
 Piccalilli, 127.
 Plum and grape catsup, 121.
 Tomato catsup (cooked), 122.
 Tomato catsup (uncooked), 121.
 Ripe tomato pickle, 123.
 Spiced currants, 122.
 Spiced fruit, 122.
 Spiced grapes, 122.

INDEX

- Sweet pickle, general rule, 124.
Tarragon vinegar (1), (2), 123.
Picnic sandwich, 81.
Pie, corn, 43.
Pimola sandwich, 81.
Pin-cushion, 210.
Pipes, 6.
Piqué hat, 208.
Plumbing, 6, 21.
Points about fruit, 108.
Poison for bugs, 28.
Poisons, 199.
Pongee, washed, 170.
Pop-corn balls, 139; caramel, 139;
sugared, 138.
Potassium permanganate, 22.
Potatoes (scalloped), 97; (stuffed),
96.
Potato salad, 70.
Pots and pans cleaned, 154.
Pralines, 136.
Preparing lettuce and vegeta-
bles, 52.
Preserving, 108.
Acid fruits, 109.
Amber jelly, 116.
Apple ginger, 114.
Apple jelly, 114.
Barberries and raisins, 117.
Barberry sauce, 117.
Blackberry jam, 112.
Canning fruit uncooked, 111.
Cider apple sauce, 115.
Crab-apple jelly, 113.
Currant conserve, 120.
Currant jelly, red, black, or
white, 112.
Date jam, 117.
Fruit combinations, 109.
Fruit, hard, 109.
Fruit, points about, 108.
Gooseberry jam, 113.
Grape conserve, 120.
Grape jelly, 115.
Green-apple jelly, 114.
Green-grape jam, 115.
Green-grape jelly, 114.
Jelly, general rule, 110.
Marmalade, general rule, 110.
Orange marmalade (1), 115; (2),
116.
Peach jam, 118.
Peach preserve, 113.
Quaker apple sauce, 115.
Quince marmalade (1), 118;
(2), 119.
Quince preserve, 119.
Rhubarb conserve, 120.
Rhubarb without cooking,
111.
Strawberry jam, 111.
Tomato figs, 119.
Watermelon preserve, 117.
Providence, 143.
Pudding, English plum, 48.
Pudding, Yorkshire, 35.
Puffed-rice brittle, 137.
Puffs of potato, 97.
Pure air, 20.
Quaker apple sauce, 115.
Quarantine, length of, 203.
Quince jelly, 119.
Quince marmalade, 119.
Quince preserve, 119.
Raisin sandwich (1), (2), 81.
Rats and mice, 26.
Rice, 85.
And cheese, 99.
Boiled, 99.
Cakes, 99.
Croquettes, and sauce, 99.
For Russian pilaf, 32.
Gems, 98.
(Southern style), 98.
Rolled sandwich, 74.
Rolls, Swedish, 45.
Rule for jelly, 110.
Rule for marmalade, 110.
Running colors, 168.
Russian pilaf, 32.

INDEX

Salads, 51.

Alligator pear, 45, 70.
Apple and date, 57.
Apple and pomelo, 57.
Asparagus, 57.
Banana (1), 57; (2), 58.
Brick, 58.
Beef, with green peas, 58.
Beet, 58.
Cabbage, 59.
Cabbage and walnut meats, 59.
Cauliflower, 60.
Cheese and pimento, 62.
Cherry, 60.
Chestnut, 62.
Chicken, 60.
Cream cheese (1), 61; (2), 62.
Cucumber, 62.
Cucumber jelly, 62.
Dutch (a pickle), 125.
Egg, 63.
Fish (1), 63; (2), 64.
Fruit (for dessert), 64.
Grape (1), (for dessert), (2), (3), 65.
Lettuce, egg, and cheese, 66.
Lobster, 66.
Lobster and egg, 66.
Melon, 67.
Mint, with orange, 69.
Mushroom, 66.
Nasturtium, 67.
Okra (boiled), 68.
Okra (raw), 68.
Onion, 67.
Onion and bean, 67.
Orange (1), 68; (2) for dessert, 68.
Orange and banana, 69.
Orange mint (for dessert), 69.
Oyster, 69.
Pear (1), 69; (2), 70.
Persian, 70.
Potato, 70.
Sardine, 71.
Sardine and Shrimp, 71.

Scallop, 71.

Shad roe, 72.
Small-fruit (for dessert), 71.
Spinach, 72.
Strawberry, 72.
Sweetbread, 61.
Tomato and cucumber, 72.
Tomato jelly, 73.
Vegetable, 73.

Salad Dressing —

Boiled (1), 56; (2), very simple, 56.
Cream, 55.
French, 56.
Mayonnaise (1), 53; (2), 54.
Mayonnaise curdling prevented, 53.
Mayonnaise improved, 55.
Simple mayonnaise, 52.
Sour-cream (1), (2), (3), 55.
Whipped-cream, 56.
Sal-soda, solution of, 22.
Salt fish, Swedish, 31.
Salt in double boiler, 149.
Salt on stove, 149.

Sandwiches —

Banana, 75.
Baked-bean (1), (2), 75.
Beef, 75.
Bread used in making, 74.
Brown and white bread, 76.
Brown bread and cheese, 76.
Brown bread and water-cress, 76.
Chicken, 76.
Chicken and cheese, 77.
Chestnut, 77.
Chocolate (sweet), 77.
Cocoanut (sweet), 77.
Cucumber (1), (2), 78.
Currant jelly (1), (2), 78.
Egg, 79.
Egg and cheese, 79.
Fig (sweet), 79.
Ginger, 79.
Graham bread, 79.

INDEX

- Lemon honey (sweet), 80.
Lettuce, 79.
Marshmallow, 80.
Olive, 80.
Onion, 80.
Peanut butter and cheese, 82.
Picnic, 81.
Pimola, 81.
Raisin (1), (2), 81.
Rolled, 74.
Sardine, 82.
Sweet pepper, 81.
Sanitation in the home, 20.
Sardine and shrimp salad, 71.
Sardine salad, 71.
Sardine sandwich, 82.
Sauce —
 Barberry, 117.
 Brown, for Swedish meat-
 balls, 32.
 Chili (1), (2), 126.
 For cabbage, 43.
 Italian, 34.
 Tomato for Swedish meat-
 balls, 32.
Saving gas, 19.
Scallop salad, 71.
Scrap-bag, 211.
Serving meat and vegetables,
 157.
Serving relishes, 159.
Shad roe salad, 72.
Shock, 199.
Shortbread, Scotch, 45.
Silk garments, washed, 170.
Simple fudge, 133.
Sink drain, 154.
Slaw, 96.
Sleeves, sewing in, 212.
Small-fruit salad (for dessert),
 71.
Soap cream, 186.
Soap jelly, 186.
Soap solution, 162.
Soap, toilet, 185.
Soft corns, 191.
Soft custard, 151.
Sore finger, 200.
Sore throat, 200.
Sour-cream candy, 132.
Sour-cream salad dressing (1),
 (2), (3), 55.
Soups —
 Apple or apricot, 30.
 Baked bean, 91.
 Beet, 90.
 Corn and potato, 91.
 Corn, cream of, 91.
 Frijole, 35.
 Fruit, 30.
 Grape, 30.
 Lentils, 92.
 Milk, 89.
 Quick tomato, 91.
 Strawberry, 30.
Spaghetti (Italian), 41.
Spinach salad, 72.
Sprains, 200.
Stains —
 Acid, 178.
 Blood, 176.
 Bluing spots, 177.
 Chocolate, 172.
 Coffee, 172.
 Fixed or set, 172.
 Fruit, 174.
 Grass, 174.
 Hand, 188.
 Ink, 173.
 Ink on carpet, 174.
 Iodine, 177.
 Iron-rust, 178.
 Leather, 77.
 Machine oil, 176.
 Mattress, 180.
 Mildew, 178.
 Mud, 180.
 Obstinate, 172.
 Oil on carpet, 179.
 Old paint, 176.
 Paint, 175.
 Pitch or tar, 177.

INDEX

- Printer's ink, 174.
Removed, 171.
Scorch, 177.
Soot on carpet, 179.
Tea, 172.
Varnish, 175.
Wall paper, 176.
Wheel-grease, 177.
Wood, 180.
- Starch, 164.
Starching thin goods, 164.
Stations, experimental, 11.
Sterilize dishes, 9.
- Stitches* —
Big needle, 216.
Bird's eye, 220.
Bulgarian, 215.
Bullion, 220.
Buttonhole, 218.
Chain, 215.
Couching, 221.
Cross, 214.
Darning, 220.
Feather, 219.
French knots, 219.
Herring-bone, 217.
Ladder, 218.
Lazy daisy, 220.
Moss, 241.
Outline, 215.
Roll, 220.
Satin, 221.
- Stove, care of, 148.
- Stoves* —
Electric, 17.
Gas, 18.
- Strawberry salad, 72.
String beans, 39.
Substitute for cream, 155.
Succotash, 92.
Succotash, Cape Cod, 93.
Sunburn, 186.
Sunlight, 20.
Sunshine, 4.
Sweetbread salad, 61.
Sweet pepper sandwich, 81.
- Sweet pickle (cucumber), 124.
Sweet pickle, general rule, 124.
Sweet pickle (watermelon rind), 124.
Sweet potatoes, 42.
Sweet potatoes (with sugar), 97.
Sweet potatoes (Southern style), 97.
- Table of weights and measures, 159.
- Taffy, 146.
- Time-table for vegetables, 87.
- Toilet ideas*, 181.
Bunions and corns, 190.
Buttermilk, 182.
Chilblains, 191.
Cold cream, 181.
Cold-sores, 183.
Corns, 191.
Cosmetics, 181.
Cracked lips, 183.
Cucumber lotion, 182.
Double chin, 191.
Falling hair, 187.
Feet, care of, 189.
Feet, calloused, 189.
Hollow neck, 192.
Home-made toilet water, 184.
Ingrowing nails, 190.
Insomnia, 192.
Jasmine toilet water, 184.
Lavender water, 185.
Mustard bath, 192.
Nail-biting, 184.
Oatmeal lotion, 182.
Perspiration, 186.
Rough hands, 188.
Shampoo for white hair, 187.
Soap cream, 186.
Soap jelly, 186.
Soft corns, 191.
Stains on hands, 188.
Sunburn, 186.
Tired wrinkles, 192.

INDEX

- Toilet soap, 185.
Vermin, 187.
Watermelon lotion, 182.
Witch-hazel jelly, 183.
Tomato and egg baked, 103.
Tomato and cucumber salad, 72.
Tomato and macaroni (baked), 104.
Tomato catsup (cooked), 122.
Tomato catsup (uncooked), 121.
Tomato (green), pickled, 122.
Tomato jelly salad, 73.
Tomato sauce, 36.
Tomatoes, peeled, 152.
Tomatoes (ripe), pickled, 123.
Tomatoes (stuffed), 103.
Tomatoes (yellow), 73.
Traps, flushing, 6.
Tough meat, 150.
Turnips (boiled), 105.
- Unconsciousness, 200.
Uncooked candy, 142.
Uncooked fruit canned, 111.
Use of electricity, 18.
Use of gas, 18.
Utensils, electric, 17.
 Chafing-dish, 17.
 Flatiron, 17.
 Heating-pad, 17.
 Small stove, 17.
 Toaster, 17.
 Water-heater, 17.
- Vacuum Cleaners, 12.
Vanilla caramels, 145.
Vegetables (blanched), 87.
Vegetables, care of, 9.
Vegetarian food, 83.
 Apples and onions, 106.
 Artichokes, 102.
 Baked bananas, 101.
 Baked bread and cheese, 93.
 Baked cabbage, 106.
 Baked cucumbers, 105.
 Baked lentils, 96.
- Baked sweet potatoes with sugar, 97.
Blanching vegetables, 87.
Beets with vinegar sauce, 101.
Boiled lentils, 95.
Boiled pears as a vegetable, 103.
Boiled rice, 99.
Bread omelet, 93.
Bread and cheese omelet, 93.
Canned-corn fritters, 95.
Carrots, 100.
Cauliflower (baked), 106.
Chestnuts, 85.
Corn, 84.
Corn fritters, 94.
Corn pie, 94.
Cucumbers (boiled), 105.
Dainty way to serve eggs, 96.
Fried carrots, 100.
Foods for growth and repair, 86.
Green-corn oysters, 94.
Hot slaw, 96.
Jerusalem artichokes, 102.
Macaroni and tomato, 104.
Mashed chestnuts, 107.
Meat substitute, cheese fondu, 92.
Mushrooms (baked), 107.
Mushrooms (creamed), 106.
Old Colony succotash (Plymouth and Cape Cod), 93.
Onions, 105.
Oyster-plant cakes, 100.
Potato puffs, 97.
Potatoes (curried), 98.
Rice, 85.
Rice (Southern style), 98.
Rice and cheese, 99.
Rice cakes, 99.
Rice croquettes, 99.
Rice gems, 98.
Sauce for croquettes, 99.
Scalloped bananas, 102.
Scalloped corn, 95.
Scalloped potatoes, 97.

INDEX

- Scrambled eggs with asparagus, 95.
Spinach, 85.
Stewed lentils, 94.
Stuffed potatoes, 96.
Stuffed tomatoes, 103.
Succotash, 92.
Supper dish, 96.
Sweet potatoes (Southern style), 97.
Tomato and egg, 103.
Tomato cups, 103.
Tomato curry, 103.
Turnips, 105.
Washing vegetables, 86.
Wheat, 84.
Vegetable salad, 73.
Vegetable time-table, 87.
Vegetables, prepared for salad, 52.
Vegetables, treatment of, 152.
Vegetables washed, 86.
Vegetables, without starch, 85.
Vegetarian soups, 89.
 Baked-bean, 91.
 Beet, 90.
 Chestnut, 90.
 Corn and potato, 91.
 Cream of corn, 91.
 Lentil, 92.
 Milk, 89.
 Quick tomato, 91.
 Sorrel, 90.
Vinegar and eggs, 150.
Vinegar and fish, 150.
Vinegar, care of, 155.
Vinegar, tarragon (1), (2), 128.
Vinegar used, 150.
Vermin, 187.
Vomiting, 201.
Walnut candy, 145.
Washing blankets, 166.
Washing flannel, 167.
Washing glasses, 154.
Washing machines 12.
Washing new stockings, 167.
Washing sweater, 166.
Washing vegetables, 9.
Water-bugs, 25.
Watermelon rind (sweet pickle), 124.
Watermelon lotion, 182.
Weights and measures, 159.
Wheat, 84.
Whipped-cream dressing, 56.
White hair shampoo, 187.
Whitening curtains, 165.
Whitening old muslin, 165.
Whitening yellow clothes, 165.
Witch-hazel jelly, 183.
Work-bag, 211.
Wounds, 201.
Wrinkles, 192.
Yellow tomatoes, 73.
Zinc, cleaned, 148.

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