HOME AND ITS INTERESTS

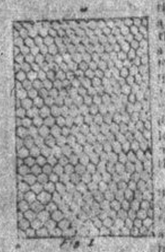
Bretonne Embroidery

Nineteenth in a Series of Articles on Needlework

The cathedral in France are works of art from within as well as without. For as is consistent with the wonderful architecture, the decorations of the altar, &c., are very lovely.

The cloths, the markers, even the vestments of the priests are often beautified by the most exquisite handwork.

We who travel in France and see and admire these things owe a great deal to the French peasants and especially to those of Brittany. In a country like France, where the religion means so much to the people en masse, it is considered a precious privilege to be able to make something for the church.



While the little hands are still very young they are taught to embroider, and they work very hard, indeed, looking forward always to the day when their tiny fingers will be skilful enough to fashion an altar cloth or to embroider a rose for the Pabbe.

Bretonne embroidery is also made in great quantities by the nuns in the convent. They seem to have a marvelous gift for handwork and many daughters of the well-to-do French families are sent to the convent to learn this needlework which is also used and very effectively, to adorn the home.

The daintiest curtains and other hangings, pillow tops, covers for settees, table covers, lamp shades, bed spreads, pillow shams and the like are fashioned in this embroidery.

Little accessories like collars, sachet bags, boudoir caps, edges for handkerchiefs and for fine underwear, &c., can all be developed in bretonne work.

The foundation for this embroidery may be of fine or coarse net, according to the use of the article to be made, and the work itself may be quickly and easily done. Heavy white or colored silk may be employed but white always gives the daintiest result.

The thread passes obliquely over one, two or three openings in the net, according to the length of the stitch desired, and the coarse or fine effect that is the aim of the worker. Figure I. illustrates the first step.

Figure II., the central and main part of the design, is done entirely in the oblique stitch, while the border design is a combination of the oblique and the horizontal stitch, which can also be made any desirable length.

The design shown to-day is only one of the innumerable patterns which can be worked in bretonne embroidery.

One can form squares, triangles, diamonds, Greek and Roman borders, checks and many other types simply by varying the position of the stitches.

The women of America have been used to thinking that any handiwork to be worth while must be exported; that, for some reason or other, their fingers did not and could not possess the subtle art that made embroidery beautiful.

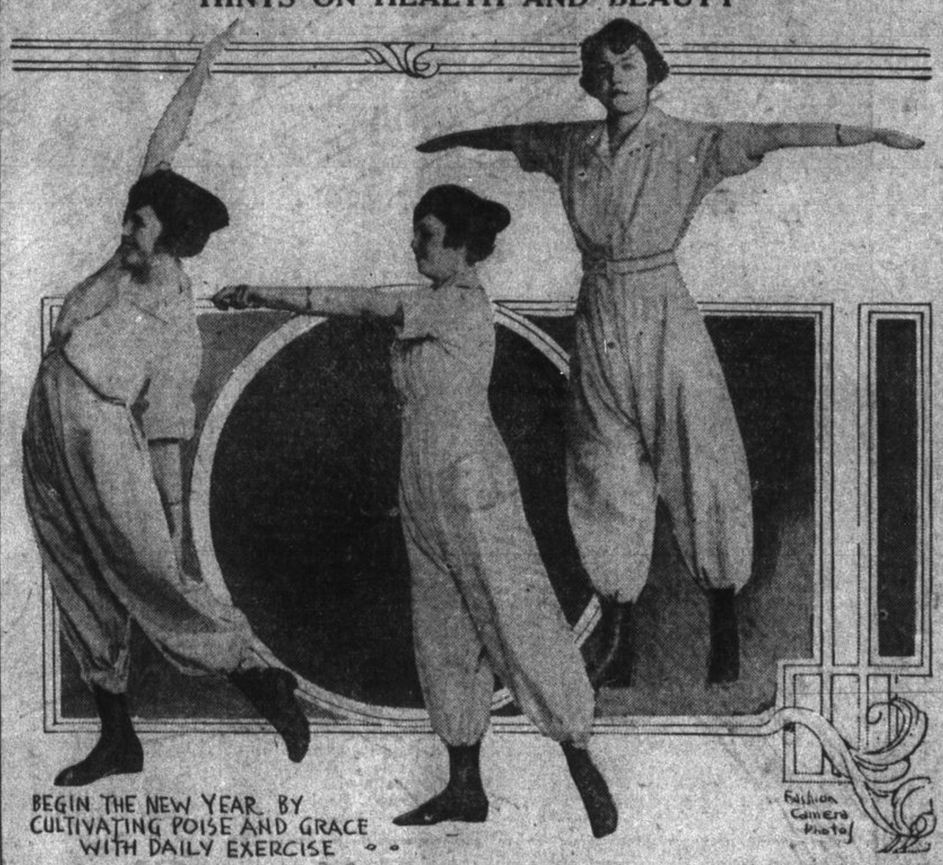
But the war has been responsible for a number of things, and among other lessons it has taught the American women their own capabilities and possibilities.

They have not been able to get handwork from other shores and so they have discovered that they themselves could add a vanity of finishing touches to their own personal dress or to the accessories of home decoration.

They began to show an interest in embroidery because of necessity, but they are continuing to exhibit an interest for the work itself, and those readers who have profited by the former lessons will find that bretonne embroidery is no more difficult to learn, and certainly it is no less attractive than the others.

These articles on needlework are contributed by a Belgian designer whose work is noted for its artistic beauty.

HINTS ON HEALTH AND BEAUTY



BEGIN THE NEW YEAR BY CULTIVATING POISE AND GRACE WITH DAILY EXERCISE

We are so accustomed to dealing with beauty as it relates to the complexion, the hair, the eyes, &c., that we are prone to forget that grace of movement and poise in bearing count just as vitally in the sum total of charm.

How many of us have ever taken the time or trouble to analyze any of the different types of figure that we daily see? We subconsciously notice them, perhaps, and admire those that are well proportioned and graceful, but that is about all the interest that most of us take in the matter.

Sum Total of Charm.

Yet if we would try to find out the real reason for our being attracted by some certain individuals, while others we pass by without a second glance, we might find that we were discovering one of the prime factors in that attribute of which we talk so glibly and yet really understand so little—personality.

Sometimes, of course, it is loveliness of feature or of coloring that has appealed to our artistic sense, but just as frequently it is a freedom of movement, a well balanced poise that has caught our attention and won our admiration in passing.

Contrast exerts every bit as strong an appeal to our interest as does similarity, and if we would study the really unpreposessing types of figures that we see we would at least advance so far toward the goal of perfection as not to allow ours to become what all too many of them are.

In walking just one block we see many maids in many moods. First comes the slipshod, dowdy woman with stooping shoulders and narrow chest, whose clothes seem to have been donned for mere decency's sake rather than with any attempt at trimness or style.

Then the languid lady saunters by, too weary to even stand erect or to look anything but bored and listless.

Next looms into view the masculine girl, and she strides past with shoulders well back, it is true, and an air of dignity, but still lacking in something.

The latter carriage does possess its good points, but it is not the ideal type, for the true beauty of the feminine figure lies in its subtle elastic grace and in its well controlled poise—in knowing how to walk.

The angle that makes it possible to "step away" lightly is obtained when the ball of the foot is put down first and the toes pointed out. More ankle motion is required than most of us realize, for unless that joint moves easily the gait is inevitable flat footed, for the sole comes in contact simultaneously with the floor and gives a heavy, lumbering movement.

It is necessary to properly distribute the weight to make a correct balance, and this is done when the spine is straight, with only a slight lean forward from the hips and the shoulders well thrown back, with chest extended.

Exercise is beneficial in cultivating poise, and the three mentioned here are very simple.

With weight thrown upon the left foot and the right foot one step behind, let milady stretch out her arms forward and then draw them back, pushing back the elbows as far as they will go. In the same position let her then stretch them out vigorously at the sides.

A Graceful Walk.

The last movement is a bit more strenuous and requires more practice. She still retains the same position with her feet and, bending sideways, attempts to touch the left heel with the left hand, and vice versa.

To exercise the ankle cross the feet so that one is raised entirely from the floor and twist it forward, back and around, being certain the work is done from the ankle joint and not from the knee.

Capable Women

Jottings About the Doings of the Fair Sex

The silk filatures in China employ thousands of women.

Canada has a woman's association on reconstruction work.

The first woman's club in New Orleans was organized in 1884.

Seventy-four out of every 100 women in the United States marry.

Over 36,000 women are employed in the factories of Osaka, Japan.

Miss Julia Lathrop, chief of the Children's Bureau in Washington, is making an investigation of the child labor employment in North Carolina.

MISS JULIA LATHROP

The National Women's Council meeting held in St. Louis, Mo., has decided to have a world peace celebration the two days before Good Friday.

Over 100,000 women were placed in positions by the women's bureau of the United States Employment service while the war was in progress.

Of the 1,880,000 people with votes in the sixty-one London constituencies 706,000 were women.

Miss Florence A. Stone, of San Francisco, Cal., is the first woman mail carrier of the Far West.

Oklahoma has 470,176 women of voting age who are now qualified to vote at all elections.

Over a million men were taken care of by the American Red Cross nurses in France during the war.

Miss Helen Sanders has been acting as a chief advisor on the women's staff in the British Ministry of Munition.

The five women members of the recently selected Grand Jury in Quincy, Cal., are the most prominent women in that locality.

Arrangements have been made whereby the United States Girl Scout leaders will be trained by officials of the Boy Scouts.

Miss Esther M. Dill is rated in the draughting department of the Puget Sound Navy Yard on the same basis as any man in the shops.

An eight hour day and a forty-four hour week with no night work for women is being demanded by the National Woman's Trade Union League.

Mrs. Courley Dunn-Webb, the first woman golf professional on the Pacific Coast, is a daughter of Tom Dunn, the famous Scotch golfer.

Election returns show that throughout the country twenty-one women were elected to State Assemblies and one elected a State Senator.

The National Federation of Women's Clubs is said to be about to ask Congress to make the mountain laurel the national flower.

The British Board of Agriculture is inviting the co-operation of the educational authorities in the establishment of women's interests.

Mrs J. B. Hughes, recently elected as an Assemblyman in the California Legislature, is seeking the chairmanship of the Committee on Education.

Mrs. Lycie Lyseght, wife of a gallant captain in the British army, has gone into the movies and will devote her pay for the benefit of discharged soldiers.

Radcliffe College, the women's annex to Harvard University, was named in honor of Anne Radcliffe, an English woman, who donated $500 to Harvard College in 1643.

From investigations made recently it is found that practically none of the women who have been employed on munition work are willing to do domestic work.

Mrs. Mary C. C. Bradford, re-elected Superintendent of Public Instruction for Colorado, was one of the few democrats who escaped from the republican landslide in that State.

Mrs. William Ish, of Findlay, Ohio, is a world beater as a beet topper, having recently pulled and tapped thirty-two tons, which she had in a sugar refinery in two weeks.

Ninety thousand Ontario (Canada) women signed the franchise petition in 1917 and are now eligible and fully qualified to vote for those who are to represent them in the Legislature.

Miss Esto Broughton, of Modesto, Cal., elected a member of the California Legislature, is the youngest woman legislator in the country. She is an attorney and is only twenty-six years of age.

MRS. ELLA FLAGG YOUNG

Mrs. Ella Flagg Young, who for several years was head of the Chicago public schools and possibly the most famous woman educator in the country, left an estate of $50,000, all of which goes in trust for four women teachers, long associated with her.

Miss Dorothy Alden, who started from Long Beach, Cal., for Chicago with the announced intention of making the distance on foot, tired of the enterprise at Flagstaff, Ariz., where she began the completion of her journey by automobile.

London is to have an official force of 100 policewomen. Although they will not be sworn in as men are, they will be drilled and instructed in the law relating to their duties and will have women superintendents, inspectors and sergeants. Their wages will range from $10 weekly for privates to $15 for inspectors and the hours will be eight per day or night.

Good Things to Eat

Sufficient unto the meal are a few dishes thereof, provided that they are carefully chosen and well balanced.

The recipes that follow are republished at the request of readers who have tried them at some time and found them not wanting.

Fowl with Rice a la Casserole.

Wash two cupfuls of rice in several waters. Have ready on the fire a saucepan three parts full of boiling water, sprinkle in the rice and boil quickly until the rice is tender; then drain and add one teaspoonful of salt, half a teaspoonful of pepper and one tablespoonful butter substitute. The number of joints depends very much on the size of the fowl, but ten pieces at least should be procured—two wings, four pieces from the legs, two from the breast and two from the back. Wash the pieces of fowl, place them in a saucepan, with cold water to cover them and bring them slowly to the boil. Skim well, add one teaspoonful salt, two stalks celery, diced, one onion cut into small pieces, one bay leaf and two sprigs of parsley. Put the lid on the pan and simmer until the fowl is tender. Then lift out the joints and strain one cupful and a half of the liquor to make the sauce. To make the sauce melt three tablespoonfuls butter substitute in a casserole, stir in four tablespoonfuls flour, then add the liquor and a cupful milk and stir until boiling. Add one tablespoonful chopped parsley, one teaspoonful salt and a half teaspoonful pepper. Put in the pieces of fowl, allow them to reheat thoroughly in the sauce, cover with the hot, dry rice and serve at once.

Cheese Cutlets.

Melt three level tablespoonfuls of butter, add two level tablespoonfuls good cornstarch, mixed with one and one-half tablespoonfuls flour; cook for a few minutes together, then gradually add three-fourths cupful milk; stir till it boils, beat for ten minutes, lift the pan often, then beat the mixture, return to fire and cook until perfectly done.

Then add yolks of two eggs, slightly beaten; one cake or one-half cupful Canadian cream cheese, cut in slices, and keep hot while cheese melts; add one-half teaspoonful salt, one-half teaspoonful Worcestershire sauce, dash of tobasco and one-half cupful coarsely chopped American cheese; mix in well, but do not let it melt; pour mixture into deep pie tin so that cutlets may be easily shaped by cutting mixture into six or eight pie shaped pieces; when cold and firm, dip in beaten egg, roll in plenty of fine bread crumbs and fry in deep hot fat.

Golden Flakes.

Hard boil four eggs. Toast four thin slices of bread cut into triangles. Place the toast on a platter so that points will lie with eight points next to edge and cover bottom of platter. Make a thin cream sauce.

Melt one rounding tablespoonful of butter and add one and one-half tablespoonfuls of cornstarch; cook together until they bubble; gradually add one and one-half cupfuls of milk, one-half teaspoonful of salt, pepper to taste; cook until perfectly smooth. Cut whites of eggs into slices, add them to sauce, cook for a few minutes, then pour over the toast points, leaving them visible about one inch.

Press yolks through fine sieve to imitate flakes of gold on top. Put into oven for a few minutes. Serve hot, garnished with parsley.

Salted Almonds Soup.

Blanch and salt very slightly one-half pound almonds, when cold and crisp, put through chopper and grind until like coarse meal; cook thoroughly two and a half tablespoonfuls corn starch in one and a half level tablespoonfuls butter; gradually add one pint strained veal broth and make a very smooth sauce.

Then add alternately the fine ground almonds to sauce with one quart hot veal broth; cook for a few minutes, add seasoning of salt and paprika and one cupful cream; serve in bouillon cups, with one spoonful whipped cream on top of each cup.

Mince Meat Fritters.

With one-half pound of mince meat mix two tablespoonfuls bread crumbs or a tablespoonful of flour, two eggs well beaten and the strained juice of one-half a small lemon; mix these well and drop the fritters with a spoon into plenty of hot lard; fry them from seven to eight minutes, drain them on a napkin, and send them very hot to table. They should be quite small.

Florentine Cake.

Cream two-thirds of a cupful of butter substitute with two cupfuls of syrup; sift four cupfuls of sifted flour with five teaspoonfuls of baking powder and a quarter of a teaspoonful of salt; add this to the creamed butter substitute and syrup, with a cupful of milk; flavor with a teaspoonful of almond extract, and bake in a loaf pan.

Icing.—Boil a cupful and a half of corn syrup until it threads; remove from fire, add a quarter of a pound of melted marshmallows, and pour onto the stiffly beaten whites of two eggs, then spread this over the cake and decorate with candied cherries cut into quarters.

Apple Tapioca.

Three-fourths cupful of pearl tapioca, cold water, two and a half cupfuls of boiling water, one-half teaspoonful of salt, seven sour apples, one-half cupful of molasses.

Soak the tapioca for one hour in cold water to cover; drain; add the boiling water and salt; cook in a double boiler until transparent. Core and pare the apples, arrange in a greased pudding dish; fill the cavities with tapioca mixed with molasses, and bake in a moderate oven until the apples are soft. Serve with cream. If apples lack flavor, add half a teaspoonful of cinnamon and a little nutmeg.

Mock Cherry Pie.

One and one-half cupfuls of cranberries (cut in halves), one-half cupful of raisins, one cupful of corn syrup, one cupful of boiling water, one tablespoonful of flour. Mix the ingredients and cook the mixture in a double boiler until it thickens. Bake with two crusts.

PATRIOTIC SALADS.

A number of patriotic salad combination are given by the Food Administration as follows:

Flaked fish, celery and mayonnaise.

Cabbage, nuts and boiled dressing.

Beets, salmon and boiled or mayonnaise dressing.

Chopped turnips with boiled dressing.

Cold baked beans with chopped onion and boiled or mayonnaise dressing.

Cottage cheese with slices of egg and boiled or mayonnaise dressing.

Apples, celery and nuts with mayonnaise.

Combinations of different fruits which have been canned whole.

Potatoes and onions with dressing.

Salmon, onion and mayonnaise.

Prunes stuffed with cream cheese.

Chestnuts, celery and pimentoes with mayonnaise.

Every housekeeper will have many more combinations which she has successfully tried out. Keep a list of them and be sure that they are all wartime salads.

The YELLOW ROSE of LOVE

A miracle, the shining of th.. sun!
Now brightly shining where the guns have slain,
That gauged the strength of man with glistening steel.
The sunlight fell 'mid human flesh and blood
And lingers there to soothe .. boy's hot pain;
Shining with hope where eyes are veiled in gloom,
Pushing the dark as.. with luminous hands;
Holding with power, till deeper vision wakes,
Reclaims the soul upon a narrow bed.
The sun is shining on the battlefield—
Fierce shines the sun where cruel cannon roared;
Pledging fair honor to each knightly deed;
Weaving deft magic ere the body fell,
Ere fingers faltered, feet forgot to move.
Fair shines the sun where lovers held the sword,
Gladly it shines where fall.. braved the smoke—
Met death that weeping mothers could be free.
Valiant it shines whe.. faithful brothers stood,
Their courage pitted 'gainst the raging Hun.
A flame of glory shin.. the sun to-day
Glows beauteous above the dying eyes;
A lilied flame above the sacred dead—
Above the graves in Italy and France;
Death cannot claim the body, speaks unlife,
Where sunshine seeds the Yellow Rose of Love.

A FEW DON'TS.

Don't lose your temper. It is of far more importance to keep good tempered and undisturbed even if things do go a little wrong, than to set the nerves of the whole family on edge because of some omission.

Never use water which has been standing over night in the tea kettle. In the morning fill it with fresh water, boil and use at once.

If copper or brass is very dirty don't worry, but put some fine salt on a plate, dip into it a cut lemon and rub on the metal. The strong acid will remove the worst stain.

Don't allow granite ware to dry over a hot fire, as the heat in expanding may cause the outside to scale.

WELCOME SUGGESTIONS

Perspiration stains may be removed from a garment by soaking in strong salt water before washing.

In making tomato soup with milk the tomato should have a little soda put into it before being added to the milk.

Excellent shortcake with biscuit crust can be made with dried raspberries made into jam and used for filling.

Cabbage with eggs, milk, salt, and pepper, dotted with bread crumbs and butter and then baked, is delicious.

Cabbage stew is made with cabbage, onion and little bits of bacon stewed and seasoned with salt and pepper.

If a garment is stained with prune juice, soak it in kerosene before washing, and the stains will come out.

WORTH KNOWING.

1—In families where cream is a luxury, the top of the milk thickened with evaporated milk will be equally satisfactory for cereal and coffee.

2—Bluing and ammonia put into water clothes are to soak in will loosen the dirt and bring the clothes out nicely white when washed.

3—Bean pots, so hard to clean, if inverted in a dish of baking soda and water and boiled for several minutes will come out spotless.

4—A piece of brown wrapping paper put into bottom of roast pan when cooking will save cleaning pan, as grease, &c., will be on paper, which can be thrown out.

5—As garbage is ready for pail, put in newspaper and save cleaning bottom of pail so often.

TAKEN FROM HOUSEWIFE'S NOTEBOOK

Vegetables to the front! The campaign is on, and there must be no slackers found. Vegetables once called old-fashioned, common, coarse, indigestible or tasteless must fall in line, for the soup pot yawns for all that are not used in other ways. On meatless days vegetables (often disguised in a radiance not their own) must alternate with fish as substitutes.

A well cooked and flavored vegetable dish, with corn bread or muffins, coffee, tea or cocoa, a simple salad and some fresh or stewed fruit, makes an excellent meal, hearty, nourishing and sufficient to answer all health requirements.

Even though the vegetables are selling at prices in advance of those asked before the war, by cutting out a large percentage of meat, fancy desserts and other non-essentials and using salads more freely the family table will be well supplied at an outlay of about the old food allowance.

Cheap desserts, as a rule, are flavorless abominations that we can easily do without. Fresh or canned fruits take their place, and almost every one can eat cheese and nuts with a meatless diet without suffering any discomfort, and these add to the possibilities for variety in serving vegetables.

Extra butter and eggs may be afforded, for sauces or seasoning, where the price of meat has been reduced or cut out of the budget, and they add much both to the flavor of food and its nutrition.

It takes a little more thought and labor and "know how" to make the common vegetables attractive, but it can be done. In most cases "it's the seasoning" as does it" and the methods of cooking. If the housewife can coax the family to eat and to think they are the dainties they long have sought she will have opened a bright vista of future economy which will make a big dent in the high cost of living.

Vegetable cookery is an art in itself. Vegetables must be carefully selected, perfectly cleaned and washed and cooked under just the right conditions to get their real quality and flavor. Careful combining of the best kinds of vegetables to serve at the same meal is important.

Using the vegetables that are in season and mixing them with ingenuity to prevent monotony is another road to economy and popularity as well.

INSURE USE OF PRESERVES.

One woman who puts up her own jams and preserves not only plans carefully just how many of these she will require during the winter, but takes further means of insuring the use of these at the proper times.

On the back of her pantry door is a woman lacks six or more sheets of paper, one for each of the months when fresh vegetables and berries are not easily obtainable. On each sheet she writes out the name of another of canned things which she wishes to use on her table during that month, as they are used she checks them off.

If something out of the allotted number is left over at the end of the month note of this is made upon the schedule for the following month and the things are then eaten in addition to what she had expected to use during that month. In this way it is answered the question just how much of this and that the housekeeper provided in the fall for her family. There are no unwelcome cans of tomatoes or corn which conscience urges the housekeeper to make use of after the delicious fresh things come upon the market in the spring.

KITCHEN KINKS.

Creole stew is made with a medium fowl cut into joints, tomatoes, carrots, okra and sweet peppers cut small. The whole is simmered over the fire and finished in the fireless cooker.

A good meringue is made with whites of two eggs, four tablespoonfuls of maple syrup and one-quarter teaspoonful vanilla. Beat the whites till stiff, add syrup gradually and the vanilla last.

Crisp noodles for chicken are made of one egg, one and one-half cupfuls corn flour, one tablespoonful water, one-half teaspoonful of salt. Mix, roll thin, hang over a clean towel till a little dry, then slice into shoestrings and fry in a basket in deep vegetable fat.

A meat chopper, pair of shears and sharp knives are necessary for preparing many foods.

When paring onions or peppers wear a pair of automobile goggles that fit tight around the eyes, you will not shed one tear.

THE HOME WEDDING

The conventional form of a wedding procession for a home wedding would be as follows:—

The clergyman takes his place in the room where the ceremony is to be performed and is joined by the bridegroom and the latter's best man. The bride walks with the relative who is to give her in marriage, preceded by the bridesmaid. They form themselves at the head of the stairway or end of the hall and descend or advance, walking between the ribbons to the strains of a wedding march.

The bridegroom advances a step as the bride approaches, to take her hand. She accepts his left arm and they advance together. The best man takes his place at the right of the bridegroom. The bridesmaid stands next to the bride. The relative steps back and joins the family when his part is over. After the ceremony the ribbons are removed. The bridal party turns and faces the guests to receive congratulations.

Refreshments should be served about half an hour after the ceremony is over. Serve sandwiches, hot oysters and salads, ice cream and cake.

HOUSEHOLD HINTS.

Dried coffee grounds are useful for knife cleaning.

Boiling water poured over fruit stains will remove them as if my magic.

A pinch of salt will improve the flavor of fruit if put in while cooking.

After washing lamp chimneys, polish with dry salt; it prevents cracking.

To keep milk sweet for several days add a teaspoonful of salt to each quart of milk.

Combs will last much longer if before being used they are washed with soap and water, then rubbed with olive oil.

To make a new broom last, soak in salt water before using.

Iodine stains can be removed by soaking three minutes in cold water, then rub with baking soda; repeat till stains disappear.

MEATLESS MINCE MEAT.

Mince meat without meat is good. One cupful fine bread crumbs, three cupfuls apples, one cupful raisins, one-half cupful sugar, one cupful molasses, one-half cupful vinegar or boiled cider, one teaspoonful cassia, one teaspoonful salt, one-fourth teaspoonful cloves, one-fourth teaspoonful allspice, one-fourth teaspoonful nutmeg, one lemon.

Add suet, butter or salt pork or more fruit if liked.

SUGAR SAVING.

Patrons of lunch rooms and restaurants in the United States will be interested to know what happened when the open sugar bowls which formerly stood upon the tables were done away with and they took only one teaspoonful of sugar either on his cereal or in his beverage.

According to one of the bulletins of the United States Food Administration, a certain proprietor of seven lunch rooms in Washington, D. C., reported the saving of 300 pounds of sugar each month after he had abolished the open sugar bowls.