# Marion Harland's Page



The Tirst Step





Cut-Close to the akin

THERE is a tradition that has come to us across seas and through centuries that the much prized grapefruit of today is none other than the mysterious forbidden fruit that grew in the Garden of Eden. Perhaps it is true. Perhaps, too, its slight bitterness is symbolical of the heritage of suffering that Mother Eve laid upon all succeeding generations when she listened to the voice of the tempter and turned longing eyes upon

laid upon all succeeding generations when she listened to the voice of the tempter and turned longing eyes upon the tree of knowledge.

Certain it is that in some Eastern countries the pomela, as it is sometimes called, is still known as the forbidden fruit, yet it would be hard to find a modern housekeeper who would not willingly forgive Eve for her short-comings when this season rolls round and she can add the appetizing dainty to her menu to tempt the jaded palates of those to whom she must cater.

Grapefruit is looked upon in some households as an expensive luxury, but when you consider the heights to which the price of oranges is soaring just now and the scarcity of other fruits, and when you remember that in many markets the grapefruit may be bought three for a quarter, and that half of one is quite enough to put before each person, this notion seems a bit exaggerated. Of course, the primary use for grapefruit is as a first course for breakfast, luncheon or dinner, but it is sometimes used as a dessert for a simple lunch, and its possibilities in the way of salads and sherbets are almost unlimited.

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For a simple home breakfast the core is usually removed, the fruit loosened at the sides from the skin and a tiny bit of sugar added to it. It is well to put this sugar on with a skimp hand, for many persons do not care for two much many persons do not care for two much many persons do not care for the mach sweet, and it is always possible to add it afterward.

it afterward.

For a more elaborate breakfast, remove all the seed and white fibrous parts, cut the pulp into pieces and mix with cracked ice. This, of course, is served in the shell of the fruit, and is perfectly permissible for the more ceremonious meals of the day. However, if you want something a little different opportunity is not lacking.

You may take red and white California grapes, cut them in halves, seed them and lay them about the edges of the grape fruit. Or you may take Malaga grapes, seed them and pile them in aga grapes, seed them and pile them in with the sugar and pulp. Maple sugar, used instead of the ordinary powdered sort, gives a peculiarly delicious flavor

to the fruit.

Grapefruit glasses are now used very much by people who have wearied

of the serving in the fruit shell. The cracked ice is piled in the outer glass, while the fruit and its juice are placed in the inner glass. Sometimes when this method of serving is employed the pulp and sugar are mixed and set aside several hours before they are needed. Salads are becoming more and more a matter of course in this country and

Salads are becoming more and more a matter of course in this country, and the average man has a leaning toward those whose component parts are of fruit. One grapefruit salad allows the pulp of half of one to each person. This is served on crisp lettuce leaves and garnished with blanched almonds and about a tablespoonful and a half of mayonnaise dressing.

Another salad is made of the grapefruit and celery in equal parts; still another of grapefruit and pineapple. The question of dressing is very much a matter of individual taste. Many persons think that mayonnaise dressing is entirely out of place in a fruit salad and that a French dressing is the only proper thing. One of the latest ideas is to make your French dressing of lemon instead of vinegar, since the acid of the lemon blends better with the fruit.

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fruit. Whether sugar should or should not

Whether sugar should or should not be used is another matter often discussed. There is a theory that it is out of place with most salads, yet the women who make the best dressing usually confess to adding a little-not enough to let the outsider into the secret, but enough to blend with and soften down the other ingredlents.

If the salad is served from the pantry it is always prettily piled up in half a grapefruit shell, which is set on a plate, one being put in front of each guest. If, however, the salad is put on the table in a large salad bowl and served from there, a garnishing of grapefruit peel makes a pretty and effective addition.

For the people who like sherbets of effective addition.

For the people who like sherbets of every kind, here is one that can be made of grapefruit. Squeeze every bit of juice from the pulp, being careful to allow not one seed nor a bit of white skin to drop into it. Allow half a pound of fruit to the skin to drop into it. of cut sugar to each pound of fruit Juice, stir and pour into a freezer.

A drink made from grapefruit, and known as bitter sweet, is made by cut-ting the fruit into sections, extracting the seed and covering with boiling water, a quart of water to a quart of fruit. When cool, strain and sweeten. This is served in glasses that are one-third full of cracked ice.

Grapefruit rind preserves are made by

cutting off every particle of the yellow epidermis and using two pounds of sugar to one of rind.

# RENTIN GROOMS AS A **PROFESSION**

WOMAN who found herself with-A out friends, and with only house and furniture at her comout friends, and with only her mand, pluckily stuck the sign "Rooms to let" in her front window and sat down to await the result. It came in the shape of three young men, college students, who looked her three best rooms over, engaged them on the spot, and remained with her for their entire college course.

Her success as a lodging housekeeper began that day and continued until a fortunate change in circumstances released her from the necessity for earning a living, but her case is worth recording. One of the three first lodgers explained their coming in

this wise:

"We had been looking for rooms all day, and were feeling pretty well disgusted when we chanced upon Mrs. P—'s sign, and somehow it had a 'different' look. Her parlor was comfortable, too, not a bit suggestive of a boarding house; her halls had no smell of cooking, and the bathroom was O. K. I think the thing that took most with us, however, was the 'livedmost with us, however, was the 'livedin' look that the bedrooms had.
"Other houses were quite as clean,
and often the furniture was hand-

and often the furniture was handsomer, but in almost every instance
the landlady had said, 'Of course, this
room will be very different when the
beds are made and the covers are on
the dressing tables and washstands.'
I suppose they would have looked
different, but somehow you can't always imagine that difference when
you are running around looking for a
place to live in, and you are mighty
apt to freeze on to the thing that
seems the most like home."
That young man had hit upon the
primary essentials for a successfully
conducted lodging house—cleanliness,
proper ventilation, good bath arrangements and a comfortable, homelike

and a comfortable, homelike

ments and a comfortable, homelike aspect.

System is very necessary if a lodging house is to be kept clean. If the mistress can afford a maid to help her, she should outline the duties of that maid so that no day shall be too full of work, and so that no room or floor will ever be neglected. If she must do the work herself with only occasional outside assistance, she should try to have that assistance on a regular day or days of the week so that the work will never accumulate.

In some cities regular window cleaners go about from house to house cleaning windows for a small sum, and these workers are a boon to the busy lodging housekeeper. In addition to the windows, she must see to it that her steps or porch are always in good condition and that dust and cobwebs are fought with diligently. Rugs which can be taken up and shaken are better than carpets. Some women prefer mattings under the rugs, some the bare floor. If your taste runs to the latter see that the staining is evenly and carefully done, and that the floors are wiped off regularly with a flannel cloth upon which there is a little coal oil.

Shades and curtains are an impor-

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tant item. The latter may be of the cheapest swiss or cheese cloth, but they must be fresh and clean. Towels should be of medium size, as good quality as you can afford, and there

must be a plentiful supply. Make your bathroom as attractive as possible. If it is of the old-fashioned sort, the effort is all the more necessary. Tiled oilcloth, varnished to make it wear better, will take the place of regular tiling on the floors. If the tub is tin instead of porcelain, a coat of white enamel paint will im-prove its appearance mightily. Indeed if the lodging housekeeper is clever if the lodging housekeeper is clever with her fingers she can, at very little cost, repaper her bathroom herself in a glossy white paper, and paint all the woodwork white, thus adding much to its attractiveness.

Of course, she will have a little cabinet for bottles, brushes and other necessities. She will see that the tub and basin are immaculate, that fresh towels are on the rack, and soap on the washstand, and she will keep an ever vigilant eye upon the drainage

the washstand, and she will keep an ever vigilant eye upon the drainage pipes, using plenty of disinfectants to prevent any odors.

Ventilation is to a certain extent a question of the position of windows and doors. Some halls will be stuffy, no matter how careful the owners may be, but every woman can open her windows and doors for a little while every morning and it she avoids heavy draperies ing, and if she avoids heavy draperies

ing, and if she avoids heavy draperies she is much better off.

The rooms that the lodgers actually inhabit must next be considered. It is one thing to be sure that the house in which you live is well heated and lighted, that it is kept clean and that the hot-water supply is plentiful; it is another to have the room which is your

not-water supply is plentiful; it is another to have the room which is your very own comfortable.

Of course, you don't look for handsome furniture, but you do expect it to be in good repair. Metal beds are better than wooden ones. A good mattress has a price above rubies in the estimation of the usual lodging house habitue. Bed linen must be whole and fresh, blankets in good condition, counterpanes, either white or of the dark bine or pink patterns that are popular just now, and an extra quilt of some sort must always be supplied.

Covers on washstand, dressing table and table; rugs arranged to add to the appearance of the room, a comfortable chair or two and nice curtains are among the essentials to comfort. Pictures and ornaments are not necessary, most people preferring their own; and, of course, the lodgers bring their own toilet accessories. Some houses supply soap, but this is by no means always necessary.

necessary.

A comfortable couch adds immensely A comfortable couch adds immensely to the furnishing of any room, and if the lodger is a student, he will be apt to ask for a lamp, in addition to the gas, or in place of it, and he will want a larger table than the business man, and perhaps a bookcase, though this last is a luxury rather than a necessity. Renting rooms is by no means a rose-term path but attention to details will strewn path, but attention to details will insure success to the woman who has hit upon this way of making her bread and butter.

# WHAT TO DO WITH THANKSGIVING LEFT-OVERS

little girl, in short frocks and pantalettes, sitting demurely in the chimney-corner, hemming my daily "stent" of cambric rufflingmy mother and two young ladycousins read by turns and aloud, a story in Godey's Lady's Book, called "Mr. and Mrs. Harvey Wood-It was written by Miss bridge." Eliza Leslie, noted for the broad satire and wholesome teachings of her domestic tales and as the author of a standard cook book.

## WHAT HE HAD TO EAT

The story turned upon the fortunes of a sensible young husband and his pretty, extravagant bride. There were several chapters of it. I recall but one. That described a dinner-party, and the ingenuity with which the pound-foolish, pennywise wife served to the wretched man of the house for a week thereafter the miserable remnants of a repast which had been a failure throughout. Day after day she "fed him upon the poor shadows of a shade," related the author -- a phrase

that stuck fast in my memory. It has been revived there times without number by the open murmurs and unspoken yet evident disrelish of men and children for the

"leavings" of great occasions. "One broad streak of fat and six narrow streaks of lean!" I once heard a 15-year-old schoolboy growl in the week succeeding Thanksgiving. "Our house has been a regular hashery ever since that one big blow-out. Turkey-rack and turkeystuffing; odds and ends of chicken pie, oyster pie and pumpkin pie; fat ham and rusty lean ham; dabs of cranberry-sauce and apple-sauce and vegetables warmed up until you can't tell potatoes and turnips apart -that's the bill-of-fare with us nowadays. By Jiminy! when I have a house of my own, I'll see to it that every blamed bit that isn't eaten on the first day goes into the garbage pail-instanter!"

We cannot do away with the stubborn fact that the remnants of the holiday feast must be utilized by the prudent housemother. Nor can we deny that the discontented lad had some reason on his side. Leftovers and staleness are synonyms to some minds. There is reason, too, in this prejudice. Divorce of the two ideas is a fine art. To acquire this art is better worth the cook's time and pains than any other part of her profession.

When a hungry collegian called the galantine he nad devoured with gusto "glorified head cheese," and

N THE very long ago-so far a contented husband declared his back in the past that I was a wife's "second-day dinners better than any other woman's first," they paid unconscious tribute to this same domestic art.

The "motif" of this familiar talk with my fellow-students is such transmogrification of the flotsam and jetsam of the abundant Thanksgiving dinner as shade down the festivities gradually and gracefully to the level of everyday living. That "transmogrification" is a long word, but it expresses my meaning as no other can. The character of the left-overs must be changed for the eve and the palate or the art is defective.

Begin we with the first course of the family dinner: Soup may be made, as I shall show presently, of the bones, or, technically speaking. the "rack," of the big turkey. I advise that this be deferred until a late day of the week, when the meat has been stripped off for other purposes. Even bones are more juicy when they are kept covered. A palatable bisque may be compounded of the traditional chickenpie, without which the conventional Thanksgiving dinner would not de-

#### serve the name. MAKING CHICKEN BISQUE

Mince the meat very fine. The hest way to do this is to run it through the meat-chopper. Meanwhile, put the bones over the fire with the gravy, thinned with warm water. The bones must be cracked. Simmer, covered, for two hours. Mince and crush the remnants of pie-crust, and dry them in the oven crumbs, the finer the better. Half an hour before dinner strain the soup from the bones, and set it back on the range, seasoning to taste, and adding a cupful of oyster-liquor. When it boils, put in the minced chicken, cook ten minutes, slowly, stir in the dry crumbs: bring to the boil, add half a cupful of hot milk in which has been melted a tablespoonful of butter rolled in a teaspoonful of cornstarch and

As a "chicken-and-oyster bisque," this will pass muster at any dinner. no matter who the guest may be. If you have not enough pastry, substitute dried breadcrumbs. Judgment is required to apportion ma-terials properly. If there be much meat left, increase the quantities of other ingredients. The cornstarch is added to prevent separation of the ingredients.

Turkey Rack Soup. Break the newly denuded carcass of the turkey into small pieces, and put over the fire with the juice of an onlon, a stalk of celery, cut into inch lengths,

and a bay leaf. Cover with two quarts of cold water and cook slowly for three hours. Take from the range, turn into a bowl: cover, and leave it as it is un til the next day. Then skim it, and strain the bones, etc. Season to taste, add the stuffing, which has been rubbed through a colander, and set the soup on the range. Prepare in another saucepar a cupful of hot milk, adding a pinch of soda, and a "roux," made by heating a heaping tablespoonful of flour with one heaping tablespoonful of flour with one of butter, and working to a bubbling paste. When the thickened milk has cooked one minute, stir in a beaten egg, and pour into the soup. Remove at once from the fire and serve.

A tablespoonful of minced parsley added to the liquid on the fire two minutes before the thickened milk goes in is an improvement to this savory family soup.

## Turkey Scallops.

Turkey Scallops.

Cut—not mince—cold turkey into small pieces of uniform size, when you have freed it of gristle and skin. Mix with these one-third as much fine bread-crumbs. Season with salt, pepper, and a little onion juice. Moisten with gravy, or stock—or, if you like, oyster liquid. Fill silver or china scallop shells with the mixture, cover with fine cracker crumbs, stick bits of butter on top, arrange in a shallow baking pan, and bake, covered, ten minutes, then brown lightly and quickly.

Set in order on a platter and garnish with parsley or celery tops. with parsley or celery tops.

Potato Souffle.

Scald two cupfuls of milk, adding a Scald two cupfuls of milk, adding a pinch of soda to avoid curdling. Stir into it a heaping tablespoonful of butter. Have ready in a bowl one large cupful of cold mashed potato, and work the hot milk into it gradually until you have a smooth puree. Season with pepper and salt. Beat two eggs very light, and whip them into the puree. Turn into a buttered bakedish, and bake in a quick oven to a light brown. Serve at once, as it soon falls.

Fried Celery. The refuse stalks of celery may be used here, and those which are slightly withered. Scrape off the skin and rust, and cut into pieces from two to four inches long. Leave in iced water for an hour. Cover, then, with boiling water, and cook ten minutes after the boil begins again. Drain and set in ice until cold and firm. Roll in beaten egg, then in cracker dust, seasoned with pepper and salt. Leave on the ice until you are ready to cook, and fry in deep fat to a delicate brown. delicate brown.

Drain and serve upon a dish lined with a hot napkin. Cabinet Pudding. Crumble the fragments of the Thanksgiving plum pudding with your fingers until almost as fine as coarse salt. Add to a cupful an equal quantity of cracker dust, and moisten with a cupful of milk. Beat three eggs light, with three tablespoonfuls of sugar, and stir into the mixture. Beat hard for one minute, and bake in a buttered mould or dish. Serve with liquid sauce.

Turkey Salad.

Turkey Salad.

You may prefer to make other use of the cold turkey than to convert it into scallops. Turkey salad is better than chicken, although not so often served, probably because of the expense of the big bird.

Free the meat from strings and skin and cut into dice. Mix two cupfuls of the turkey and one of celery cut into dice. Season with pepper and salt, and with a mixture of three tablespoonful of oil beaten to an emulsion with one tablespoonful of vinegar. With a silver fork toss and stir this into the meat and celery; turn into a chilled salad bowl, and pour a good mayonnaise dressing over it.

I have hesitated long as to the propriety of admitting to my column letter I am now about to lay before our family. Perusal of it will reveal the cause of my doubts. I should be untruthful, as well as ungrateful, if I failed to confess that words of honest praise and affectionate appreciation, such as come to me with the opening of every mail, stay my heart and animate my courage to attempt yet greater good for those I gladly serve. withhold these precious evidences that I have not spent my strength in vain and labored for naught, partly because they would sometimes lose sweetness if shared with the public, but chiefly because delicacy and taste forbid the publication of complimentary mention of myself. This is a column devoted to serious work, and not

to "advertising purposes." I am so confident of the faith our members have in the sincerity of my motives that I trust them to believe what I now affirm. I print the letter before me because I know the advice the writer quotes to be sound, through and through: because I owe my own marvelous vigor, and, I devoutly believe, my very life, to obedience to the precepts here laid down, and, finally, because I would strengthen the faith of others by the added testimony of an intelligent and responsible advocate of my common-sensible reg-

advocate of my common-sensible regimen.

I feel I should tell others what I have enjoyed through the Housemother's Exchange. After my first child was born I feared that I should go insane, so much did I suffer. For months I was afraid to be alone, for fear of doing some great harm to myself and child.

I was away from all my near relatives. As I could not find courage to tell any one of my dread I determined to take Marion Harland's free prescription. Now a mother of three children—my youngest a boy 7 months old—and at the age of 28, I feel younger and look younger than I did when I was 22 and am perfectly well.

The prescription is this:

Breathe fresh air through the nose deep into the lungs, and often.

Drink plenty of fresh water.

Hold yourself erect always.

Take plenty of sleep.

Don't get cross; don't worry.

Keep the body clean.

Read good books.

Don't work too hard if you have to do all your own work. If you have three children you can't do it. Let it go, and don't worry about it. Twenty years from now they will have a mother who is altogether sane, which will be a greater blessing than all the pretty clothes and such things they are deprived of now.

I teach my children to breathe through their noses and to hold their shoulders straight; give them wholesome food and teil them stories which interest them.

J. V. L. (Minnesota).

# Mornen Howland

KITCHEN RECIPE BOOK

VERY good housekeeper has her special set of recipes which she constantly uses, and the tidy souls of many are tried by the soiled condition of the cover of any book that is kept about the kitchen. Flour will stick, butter will smear, sugar has an annoying habit of making itself felt; and in a little while she is constrained to copy her treastres into a fresh blank book, or else to recover the old one.

Now, if in the beginning she would make a cover for her book of kitchen recipes out of white oilcloth, she would obviate much of her woe. Oilcloth is pliable and it is durable; moreover, it can be wiped off with a damp cloth after each using, and is thus kept in a presentable condition for a very long time.

### KEEPING THE SILVER BRIGHT IN SPITE OF GAS AND HEAT

THERE is nothing uglier than dull, smeary-looking silver. It is bad enough in a toilet service, but when ill-kept silver is seen on a dining table, it presages a carelessness that is far from reassuring to the diner. I have even seen at a formal dinner where every other appointment was handsome in the extreme knives, forks and spoons that would not have passed muster with a careful house-

such conditions are absolutely inexcusable, as much for an ordinary family meal as at a formal function.

There are dozens of silver polishes, soaps, liquids and powders, so quickly applied and effective in results that even the heavy repousse dear to the housewife can easily be kept shin-

It is not enough to give silver a It is not enough to give silver a weekly cleaning, as is so much the custom. Coal gas, steam and furnace heat all tarnish it quickly, while the dust from even the best-kept house will soon dim a polished surface.

To keep silver bright after use, it should be washed at once with a chamois leather soaked in warm, soapy water, rinsed thoroughly in boiling water, and dried and polished quickly with a soft cloth or a fresh chamois skin. This, to a well-trained dishwasher, should be as expeditious as the ordinary slipshod methods of drying the table

slipshod methods of drying the table silver in constant use.

If it becomes too clouded, yet one does not find it convenient to give it a regular cleaning, silver can be wonderfully improved by a rub with a rouged chamois. One of these should be in every well-equipped pantry. They are sure to rub off on hands and gown, especially when new, but are excellent for an emergency. an emergency.

The most persistently and brilliantly

The most persistently and brilliantly shiny silver I have ever seen belongs to a woman whose maid confided to me the secret of its good appearance. She always used pure alcohol instead of water to moisten her silver powder. Never use a stiff brush or a rough cloth on a plain surface, for scratches dire will result.

A very occasional turning over of all A very occasional turning over of all one's silver to a jeweler for repolishing is useful when one can afford the ex-

## RAINY-DAY CLOSET

RAINY-DAY CLOSET

RAINY days often mean trouble in the household where there are one has suggested that the mother of such a brood would do well to provide herself with a rainy-day closet.

To it will find their way special playthings, reserved for state occasions; pletures, scrap books, paste pots, scissors, old magazines and paint boxes. Anything, in fact, that can provide indoor amusement. When the rainy day comes round the closet may be opened and a distribution of its blessings made. Children delight in novelty, and the very fact that there is a special treat reserved for the days when the sun doesn't shine will go a long way toward alleviating any disappointment over the putting off of out-of-door games and pleasures.