

The Country Homemakers

Conducted by Francis Marion Beynon

THE MODE

Fashion is ever whimsical, but it is rarely that her mood is so changeable as it has been this summer. Mid-seasons she suddenly adopted the long tunic, since when no garment is accounted correct that has not some form of this over-drapery. Then do you remember those long basques that women used to wear, when we were little nippers under school age? The same long basques have suddenly come into the picture again, unaltered, except that slim people now have the option of wearing them shirred up and down under the arms. Below this, the dress has a tight underskirt with a full tunic ending somewhere between the knee and the ankle. When one desires to be extremely fashionable one has this underskirt striped like a zebra, and the upper part plain.

The second most startling fashion innovation is the cape which has reappeared out of a not so distant past. Little, short, rippling capes and long ones came into the shops about the middle of the summer. In the autumn garments the actual cape has given place to a cape effect, draped from the collar and falling down the back to the waist. This appears on some one-piece dresses and suits and is purely ornamental and extraneous matter.

The suit coats themselves are wonderful to behold, being addicted to long tails, after the fashion of a coachman's garment, some, as has already been stated, with capes down behind, and all of them cutaway in front.

The separate coats are made from thick soft woolly plaids and checks and built in a loose style, promising both warmth and comfort.

Millinery is either extremely small or fairly large and you can pay your money and take your choice, provided, of course, that in these stringent times you have the money to pay. But, all in all, the new hats are the prettiest thing in the whole program of fashion. Some of them are snug little turbans, skin tight, with a flower or a mount stuck up in front. When the brim of one of these small hats turns up it does not flare out as formerly, but fits snugly about the crown. The most attractive of the new hats are medium sized sailors, wider in the brim than those worn during the summer, and slightly rolled, which does away with the effect of stiffness and makes them infinitely more becoming to most women.

The prevalence of black in the head gear would almost lead one to think that the creators of fashion had anticipated the war. Almost every hat or every second hat is black or black and white. The next best colors are Bishop purple, wine or beetroot and bottle green.

One could not conclude a discourse on fashions without some reference to the new mode of hair dressing, which has the single recommendation of being extremely simple. The hair is combed straight up to the middle of the head, like a rooster's comb, wound around in a long roll which reaches from the neck to the forehead, and pinned there. Then, if one must follow the fashions to their ultimate conclusions, one arranges a little horn or curl of hair, only it is too stiff to be really described as a curl, which curves around from the front, in the direction of the ear. This accomplished, one can have the doubtful satisfaction of knowing that one is perfectly in accord with the mode of the hour, which will perhaps be some slight compensation for the knowledge that one looks exactly like one's neighbor and at least ten years older than one really is.

FRANCIS MARION BEYNON

TO CLEAN COPPER

Dear Miss Beynon:—I have just received the two books, "Maternity," (five cents), and "How to Teach the Truth to Children" (five cents). I think that thru your page and these little books many mothers, and expectant mothers, must have found great

help. I hope you will always be successful in the good work you are doing. Will you kindly forward enclosed letter to "Victorine."

To clean a copper kettle, scour it with a cut lemon dipped in bathbrick to remove the stains, and then wash in warm soapy water. Polish with dry powdered bathbrick and a soft cloth.

Before putting a new wick in a lamp soak it well in vinegar and dry thoroughly.

My best wishes to all the Homemakers.

"WAULKIE."

SWEARING A MENACE

Dear Miss Beynon:—First, I must thank you for the little books you forwarded me some time ago. I ought to have written before, but never seemed to get started, and now I want to beg "Bachelor Trustee's" pardon; he seems to be doing good work for his school. If there were more men like him, women would be quite content to leave things in their hands.

Now, Miss Beynon and readers, I always turn to the Homemakers page first and am interested in all the discussions. For some time now there has

been a lot of discussion on the "Banish the Bar" and the White Slave traffic and we must certainly do what we can to get rid of them, but what of another habit, that of swearing? Now some of you may think me a crank, but how many of you women have lived on a farm long without hearing the men swear? I firmly believe that the low, filthy talk men use around the farm and the livery stables in town is as great a menace to our children as either the drink or the white slave traffic. I think that without such talk there would be no white slave traffic and probably not so much drink, for bad leads to worse. You men readers, and I know there are a lot of you, you with little tots of three and four toddling round the yard after you, have you ever stopped to think what they are learning from you? Remember, anything Daddy does is right to them. Some say it is the mother's duty to train the children while they are young, but it is the father on a farm who has the largest part in the training of the boys. As soon as they can walk most of their time is spent with Daddy. Oh, men, pull yourselves together, pray your

THE WAY OF LIGHT DUMPLINGS

Dear Miss Beynon:—I so enjoy your bright page and derive many useful hints from the letters of members. Recently I found a recipe for doughnuts, containing mashed potatoes, which, when tried, proved so delicious that my husband declared I must return that member's favor, and tell her how I make dumplings for chicken soup.

LILAC.



Illustrating the new basque, the long tunic, the cape effect, and the new tight fitting hat

To a quart sifter of flour add about half teaspoon salt, one spoonful baking powder and one-quarter spoonful soda. Sift into bowl. Work in with finger tips about two tablespoons lard. Add sweet cream, sweet or skimmed milk to make moist dough, stirring with a spoon. Just twelve minutes before you sit down to dinner remove the chicken from the soup and see that soup is plumping. Add the dumplings in spoonfuls and keep lid on pot, as the steam helps to lighten them. Cook exactly ten minutes, then serve hot. I have excellent luck this way, and the dumplings can be reheated two days later and not be "sad." A little careful experience will perfect them. I have found in boarding out, before my marriage, and in having hired women since, that very few women can make good dumplings. They go "sad" so often.

To those who read Mrs. Fulcher's letter as to how she cured her baby of constipation, I would like to remark that I know Mrs. Fulcher well and you will travel far to find a healthier, happier, fatter and prettier baby than hers. Perhaps some one can tell me some easy relief for constipation in women.

Miss Beynon, tho not a mother, I heartily commend your remarks about children. I am an ex-teacher and do not believe any more than half the Canadian children get a square deal. They are brought into the world with no thought of provision for a respectable education and sometimes no thought for garments or food. I have had tiny, weak boys walk to school thru four miles of snow and drifts, to be so tired they would lay their dear heads on their slates and fall asleep when they sat down in the school room. I have had others come three, two and one miles with scant wraps and scantier stale, uninviting lunches, thru bush roads in Ontario where bears were known to roam. Is this "square"?

This sounds extreme, I know. Probably their lunches, at least, were o.k. when leaving home, but crushing and squeezing into a tin pail or a school bag does not improve them, either in summer heat or in zero weather. Yet what can be done? Most of those parents were very poor, yet many of the children had brains fit for a Prime Minister, if given a chance.

EVELYN BRUCE.

Keeler, Sask.

SCHOOL SANDWICHES

Sandwiches are of endless variety. While a wafer thin slice of rare roast beef, boiled tongue, cold lamb or chicken makes an acceptable filling, as a rule meat minced so fine as to be almost a paste is preferred. In the latter case the meat is nice moistened with a little of the gravy or stock and seasoned with salt and pepper. A little left-over fish, baked or boiled, may be boned and flaked in small pieces, then heated in a saucepan with a little cream or milk to moisten, a bit of butter and a dusting of pepper, then cooled and spread on thin slices of buttered bread. If you have had a thick broiled steak for dinner, get father to carve a few thin slices across the grain and set them away for the luncheon. Green peas, mashed into a paste and seasoned with salt and pepper, make an excellent filling, likewise chopped spinach seasoned with lemon juice and mayonnaise. And, by the way, use olive oil in every way you can devise for the children. Good olive oil is expensive, especially when purchased by the small bottle instead of in the half gallon or gallon tin. Yet it is the most nourishing of foods, and will do away with the necessity for cod-liver oil or the various emulsions prescribed for the growing child. Let the young folk eat mayonnaise on their bread or salads freely. Moistened with oil, peanuts chopped fine, or spread the clear oil on bread in place of butter.

Other delicious sandwich fillings are cream cheese mixed with chopped nuts and raisins and moistened with grape-juice; shaved maple-sugar spread between thin slices of buttered brown bread; minced celery mixed with cream cheese and moistened with whipped cream; chopped olives and cream cheese moistened with cream and mayonnaise; mushrooms cooked in cream with bits of crisped bacon; minced calf's liver well seasoned; or dates, stoned and chopped. Made up in this way bread keeps moist and fresh, less of the surface being exposed. Only tender, home-made bread, fully twenty-four hours old, will roll properly. Spread the slices of meat, paste, or other filling on a slice of thinly buttered bread, turn the bread gently and roll rather firmly. As fast as the sandwiches are finished, wrap in waxed paper.

Sweet fillings that appeal to childish appetites are jellies, marmalades; stewed fruits thickened with a little corn starch or carefully drained from juice; frosting, boiled or plain, mixed with candied fruits, nuts or raisins; maple sugar grated; or, even better, a plain butter and sugar sauce.

Sponge-cake and milk make a nutritious lunch. To this add a few nuts, and the ration is well balanced.