

reflect upon the fact that, but for this protection, her dress would have received all that dirt.

"But I wear a black dress always!" says one woman.

But the dirt is there, even if it does not show. The fact that it is present should be an offence to a neat woman. And while certain kinds of dirt may not affect black, grease or dust does, and the sombre dress soon looks worse than would a coloured gown. Then, too, an apron saves the front of a dress a vast amount of wear and tear, and lengthens the period, that is at best too short, before the front breadth of a skirt becomes shiny and worn.

Gingham aprons are invariably worn by a careful housekeeper when in the kitchen. But there are many women who do not always have at hand a large white apron to slip on while the bric-a-brac is dusted, or while they are doing the hundred and one trifles that fall to the lot of the busy house-mother. An apron for this purpose should be plain, or finished with wide tucks, and innocent of elaborate embroidery or of lace.

Even the most fastidious husband will rather like to see the snowy apron over his wife's morning gown as she pours out his coffee and helps the bairns to their porridge. And he will probably like it doubly well if he appreciates that it will make the aforesaid gown last twice as long as it would otherwise.

#### CREAM OF PEA SOUP

For cream of pea soup use fresh green peas. Shell them and wash the shells. Put the shells with one quart of water into a kettle, boil for fifteen minutes; drain, saving the water, into which you will turn the uncooked peas; cover, cook rapidly for twenty minutes, press through a colander and then through a sieve. Return the mixture to the fire and cook slowly for fifteen minutes. Heat in a double boiler one pint of milk; moisten a tablespoonful of cornstarch in a little cold milk; add it to the milk in the boiler; cook until smooth. Turn this into the pea mixture; add a tablespoonful of butter cut into bits, and half a teaspoonful of salt, and use at once.

#### CHICKEN SALAD

The day before you want to serve it clean the chicken thoroughly and put on to cook in boiling water. Leave the fowl whole. Cook it until

perfectly tender, salting it when half cooked. The next day remove the skin and cut the meat across the grain into small pieces, using only the light meat if you prefer, but it is just as palatable with the dark meat added and far more economical, though the white parts of several chickens might be used for salad and the dark parts for dinner the next day. Cut celery in the same sized pieces.

#### SALAD SAUCE

Break three eggs into a quart tin pail and beat very light. Add salt and pepper, a level teaspoonful of mustard rubbed smooth with a heaping teaspoonful of butter, a level teaspoonful of sugar, three tablespoonfuls sweet cream and one-half cup of vinegar. Immediately set the pail in a larger one half full of boiling water. Stir the sauce constantly and cook until the raw taste is gone and it is thick, which will be in about five minutes. Pour enough of this, while yet hot, over the chicken to moisten it well. Stir lightly and set away to get cold. Serve on small, round plates with wafer biscuits.

#### HOW TO BAKE MACKEREL

Select a nice fat mackerel, wash and soak over night. As this is best for luncheon, change the water in the morning and keep it in a cold place. One hour before luncheon time take it from the water and clean all the black from the belly piece. Chop fine 2 pieces of celery, sufficient parsley to make 2 tablespoonfuls, mix this with half a cup of crumbs. Add 2 tablespoonfuls of butter, a dash of cayenne. Fill this in the thin part of the mackerel, fold it together, and place it in a baking pan. Dust with pepper and put in the pan about half a cup of water. Bake in a quick oven 30 minutes. Baste at least twice. Dish and cover with tomato sauce.

#### HIGH KITCHEN CHAIR.

There is much work usually done while standing that could as well be performed sitting. No one who has not tried it knows how much sitting lessens the fatigue of the daily labor, particularly when the back is not strong. Have the legs of an ordinary kitchen chair lengthened until the top of the seat is twenty-two inches from the ground. A footstool can be used if necessary. At this height it is possible to iron with ease while sitting, and it gives full command of anything on the table.