

# THE HOUSEMOTHERS' EXCHANGE

## FAMILY MEALS FOR A WEEK

**Monday.**  
**BREAKFAST.**  
 Oranges Cereal and Cream  
 Cornmeal Dodgers Fried Bacon  
 Toast Fried Potatoes Tea Coffee

**LUNCHEON.**  
 Merquage Eggs Potato Purf  
 Bread and Butter Lettuce Salad  
 Cake and Cocoa

**DINNER.**  
 Corn Chowder Fried Smelts  
 Lentil Liver Mashed Potatoes  
 Boiled Onions Cottage Pudding  
 Black Coffee

**Tuesday.**  
**BREAKFAST.**  
 Fruit Porridge and Cream  
 Mince of Liver on Toast Quick Biscuits  
 Brown Bread Toast Tea Coffee

**LUNCHEON.**  
 Barbecued Ham Baked Potatoes  
 Watercress Salad Hot Crackers and Cheese  
 Cake Cocoa or Tea

**DINNER.**  
 Macaroni Soup Roast Beef  
 Hominy Fudding Scalloped Tomatoes  
 Blanc Manger Cake  
 Black Coffee

**Wednesday.**  
**BREAKFAST.**  
 Fruit Graham Porridge  
 Apples and Bacon Rice Muffins  
 Tea and Coffee

**LUNCHEON.**  
 Yesterday's Cold Beef Stewed Potatoes  
 Tomato Toast Crackers and Cheese  
 Hot Gingerbread Cocoa or Tea

**DINNER.**  
 Bean Soup Cold Steaks  
 Baked Veal Cutlets Fried Bananas  
 Potatoes a la Parisienne  
 Meringue Custard Black Coffee

**Thursday.**  
**BREAKFAST.**  
 Fruit Cereal and Cream  
 Omelette with Tomato Sauce Popovers  
 Toast Tea and Coffee

**LUNCHEON.**  
 Scallop of Cod from yesterday's steaks  
 Stuffed Potatoes Lettuce  
 Salad with Cream Cheese and Nut-balls  
 Cake and Cocoa

**DINNER.**  
 Bean and Tomato Soup  
 Beefsteak a la Jardiniere  
 Scalloped Sweet Potatoes  
 Fried Oyster Plant Butter Pudding  
 Cream Sauce Black Coffee

**Friday.**  
**BREAKFAST.**  
 Hominy and Cream Fish Balls  
 Indian Meat Muffins  
 Brown Bread and Butter  
 Toast Tea and Coffee

**LUNCHEON.**  
 Baked Cream Turn Fried Potatoes  
 Cabbage Salad with Sauce  
 Hasty Corn Starch Pudding with Sauce

**DINNER.**  
 Oyster Bisque  
 Daked Bluefish Scallops of Irish Potatoes  
 Stewed Tomatoes  
 Coconut Custard and Sponge Cake  
 Black Coffee

**Saturday.**  
**BREAKFAST.**  
 Fruit Cereal and Cream  
 Fried Bacon Cornmeal Biscuits  
 Toast Tea and Coffee

**LUNCHEON.**  
 Creamed Biscuits (left-over)  
 Potatoes Boiled Whole with Butter and  
 Parsley Sauce  
 Hot Gingerbread and Cream Cheese Tea

**DINNER.**  
 Mutton Broth  
 Baked Calf's Head Stewed Oyster Plant  
 Scalloped Tomatoes Lettuce Salad  
 Marmalade Pudding Black Coffee

**Sunday.**  
**BREAKFAST.**  
 Fruit Cereal and Cream  
 Stewed Rabbit Popovers  
 Brown Bread Toast Tea and Coffee

**LUNCHEON.**  
 Rechauffe of Calf's Head  
 Fruit Salad with Mayonnaise  
 Bread and Swiss Cheese Cake and Cocoa

**DINNER.**  
 Tomato Bisque Boiled Rice  
 Creamed Potatoes Asparagus  
 Ambrosia Cooled Oranges and Grated  
 Coconut Layer Cake Black Coffee

It is the custom in a large majority of American families to have dinner on Sunday at the hour which brings luncheon on weekdays. In that case the menu for the two meals may be shifted to suit the habits or the convenience of the household. The menu given here for the Sunday luncheon requires little cooking and may be easily prepared by the mistress of one maid. The one that may be made ready on Saturday. Ten minutes over a brisk fire will suffice to heat it and the foregoing menu for a week has been prepared by request, and not of

the editor's own motion. I am told by those who should be better advised than I that correspondents would like to have this kind of help about once a month, perhaps oftener. It was then suggested that the menu be set forth every week. It was likewise our programme to insert recipes for the principal dishes. Were this done the Exchange would be inevitably crowded to the wall—and over it! I purpose, instead, to hold myself ready to print in full any and all recipes for dishes which appear on the menu. If correspondents will write to me, asking for directions as

to the preparation of any dish unfamiliar to them. I do not assert—let me remark in conclusion—that the meals I have indicated as seasonable are those which may be put upon the table for \$4.45 or \$6 per week. I have aimed to bring them within the reach of people of moderate means and to show the house mother how to provide her family with food at once inexpensive, convenient and varied. Will my coadjutors tell me candidly, how far I have succeeded in the attempt and let me know what particular dishes are new, and, in sound, attractive?

**H**OME dress makers who understand exactly how to use dress trimmings to the enhancement of the gown's beauty work wonders over night. Ribbons this season are playing a great part in trimmings, and there is a larger variety from which to choose than ordinarily.

Narrow velvet ribbon in colors, but particularly in black, white used considerably in the winter styles, is in much more evidence in gowns and furblows for spring. Other ribbons are the Persian, coming in various different widths and prices, ranging from 24c. up, lousine, Japanese ribbons, and numerous others.

Many entire small garments are fashioned of ribbon and lace exclusively. Princess gowns and girlish skirts and separate blouses are made in this manner, and the ribbon selected is usually some pastel shade of rather narrow satin ribbon. The lace is Valenciennes.

Deep separate cuffs are made of ribbon and lace, as often as of lace and embroidery. Chemisettes and numerous other dressings show the utilization of ribbon and lace in their building.

To the esthetic maid or matron few garments appeal more strongly than a beautiful matinee jacket or short negligee. These little bodice fittings are not only an economy in that they save the lingerie blouse from looking house-worn, but are a strengthening device to woman. A loose, comfortable matinee jacket worn in hours of relaxation proves a necessity to women on account of their restfulness.

The design shows one fashioned of wide Persian ribbon with Valenciennes lace forming the ribbon. Naturally there is no obligation to use the size of ribbon here shown.

## Attractive Lingerie Neckwear for Lenten Needles

**T**HE return of the tailored shirt waist opening in the front has created in the feminine mind a perfect passion for lingerie neckwear of an entirely novel and effective sort. It may be divided into collars, frills and ties. And the woman who has not a full assortment of each for wear with shirt waists in white, or colored wash goods, silk or light wool, will be a full year behind the times.

First, as to collars, with cuffs to match. These are fashioned like a man's high two-inch turn-over collar, and may be made of plain linen, embroidered linen or pique, with scalloped edges, plain or with small circles, or conventional figures embroidered in each. Patterns for these may be bought or ripped to furnish the model. The scalloped or plain pique collars are the best for the beginner to fashion. Machine made copies of these collar and cuff sets can be bought as low as twenty-five cents the collar, but they show the factory stamp. The hand-made collar can be bought as low as 75 cents, as high as \$7.00. Half a yard of pique, with mercerized linen bias for embroidery will make three sets of collars, with cuffs to match.

Dot, circles, fleur de lis, conventionalized daisies and shamrocks in diminutive size are favorite designs for beginners, and simple, conventional vine designs sometimes run around the lower edge of the collar.

Narrow, hemstitched frills are used to finish

off the front plait, and the deft-fingered girl can make these in sets of ruffle-edged box pleats to run the entire distance down front of the waist, and a turnover collar with cuffs to match, finished first with a hem or scalloped, and set under this the fine gathered or knife-pleated frill. The latter, of course, is made from lawn or handkerchief linen. With these sets, a silk Windsor tie or tiny silk cravat is worn.

But far more fascinating to the feminine needle at this moment, are the many styles of lingerie ties, cravats, jabots and rabats. A rabat looks like a handkerchief plain or edged with lace, laid in fine pleats, so that it is snug covered where it joins the collar and flares out as the pleats unfold toward its lower edge. It gives a flat, tailored effect. The jabot gives a cascade effect in lace alone, or lace and lawn, and is worn with dressy rather than tailored waists.

The smallest lingerie cravats or made ties measure no more than three and a half inches in length and less than two inches in breadth. They are made of fine linen, batiste or lawn, edged with a very narrow, scalloped or pointed French val, and laid in finest of knife pleatings. They are drawn in a very tight knot in the center to give a butterfly effect. They can be fastened on a bit of pasteboard covered with the lawn and attached to the collar with a bit of narrow elastic. Or a patent safety pin on a bar which comes for

this purpose can be purchased at the notion counter and the cravat fastened to the collar by this means. A very cunning cravat shows two bows three inches in length, one set above the other like a double butterfly, with both knots showing, and a tiny pointed bit of lace on the end of each. These are similar to the double-silk

bows worn during the winter. Next in size comes a four-inch cravat, which stands out on either side from a very tight knot like a half-furled fan. This is in plain pleated lawn, with a deep point of Venice or Irish lace. These made-up ties require most skillful ironing when washed and, in fact, never look really smart after they are washed, so many women are embroidering narrow, short ties, slightly broader at the ends than in the center and tying them in tight, natty bows. These are less than a yard in length, from 30 to 33 inches, about 2 inches wide where they slip under the turnover collar, and 3 inches or a trifle more at the ends, which may be made as ornate as one's ability as an embroiderer will permit.

The rabats are made of lawn oblongs inset or edged with lace and embroidery, then finely pleated. One dainty design shows a long, narrow rabat, with a single plain edging of Val on either side, while across the bottom to the depth of five inches, is set row after row of fine insertions with a plain edge of lace like that used on the sides. Another design particularly good for the woman with the round face, shows a pointed rabat, finished across the bottom with hemstitching, and on either of the shorter sides with embroidered Swiss. This design will appeal to the woman who can hemstitch but not embroider.

Very long tie ends without bows, usually double, one being wider than the other, are

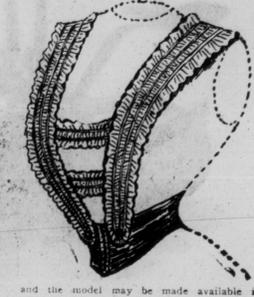
worn in place of silk ties, and these are fastened to the collar with a circular or crescent shaped pin or brooch. They usually meet the belt, and give long lines to an otherwise chubby figure.

MARY DEAN.

**Two Good Recipes**  
**WHITE CAKE.**  
 Take 3 cups of flour, 2 cups of sugar, 2 teaspoonsful of baking powder; to this add 1 cup of fresh butter, 1 of sweet milk, and the whites of 5 eggs; mix well and bake in a loaf. Line the tin with buttered paper to prevent burning.

**ALMOND CREAM CAKE.**  
 Beat the whites of 10 eggs, and into this sift 1 1/2 cups of powdered sugar and 1 cup of flour into which is stirred a large teaspoonful of cream of tartar; stir gently and bake in jelly pans. For cream, take a half a pint of sweet cream, the yolks of 3 eggs, a tablespoon of powdered sugar, a teaspoonful of cornstarch which has been dissolved smoothly in a little milk. Beat the yolks and sugar together with this, boil the cream, and stir these ingredients in, as for any cream filling, only make a little thicker; into this mix a half pound of blanched almonds which have been chopped very fine, put together like jelly cake and over the top stick the remaining half pound of nuts.

DOROTHY DOUGLAS.



and the model may be made available in silks, organzies, challes or other materials.

Challie, at 50 cents a yard, would make a most acceptable jacket, using narrow baby ribbon to match the figure or dot in the material.

If the ribbon used is 4 inches wide, it will require 9 1/2 yards for the medium sized person, or if material is used, 3 1/2 inches wide, 2 1/2 yards will be necessary; if 27 inches, 2 1/2 yards, and if 44 inches 1 1/2 yards, with 1 1/2 yards of lace, insertion, and 9 yards of edging.

Broad pieces of ribbon may be used as four-in-hand ties, and the ends may be finished with lace and narrower ribbon.

Inch-wide satin ribbon and Valenciennes lace make pretty berthas for either a silk or lingerie blouse.

In using satin ribbon for the model in the design, about an inch and one-half in width, it will require about 15 yards of ribbon and 18 yards of lace insertion and 9 yards of edging.

Ribbons are advantageously made into stocks by using the very narrow ribbon, either in satin or velvet, and all of the different shades known to the manufacturer may be employed in their creation.

If organzie is used to construct the jacket, on account of its width, it will take very little over a yard. This would insure the wearer a garment at very little cost, and one as fresh and airy as may well be imagined.

Embroidered velvet bands are worn by fashionable women with gowns boasting of no collar, and with Dutch necks. These bands may be obtained in all of the tones that are now in vogue, ready to wear, in the shops.

Ribbons are very much utilized in forming half-princess gowns. The high girde belts are fashioned of velvet ribbon and the skirt material, and the straps going over the shoulder are of the ribbon. In some gumpes the shoulder pieces are made of broad taffetas, with narrow quiltings of the same.

MARY DEAN.

## HOME-MADE TAILORED WAISTS



**A Knife Pleated Frill Closes the Opening**  
**Quarter of an Inch Tucks Are the Vogue**  
**A Thin Lacy Satin Waist with Jabot**

**B**y almost imperceptible degrees the tailor-made waist has regained its place in madame's winter wardrobe, from which it had been eliminated for several seasons.

As of yore, its favorite form is in white materials, ranging from fine lines to that soft ottoman silk which has so quickly established itself in feminine affections. Then there are the various grades of fallie, soft grograin silk and liberty satin, as well as the washable brocade stuffs especially made for shirtwaists. This, however, is less used than formerly.

Colored waists are also fashionable—indeed, being so much more practical, they rule in point of numbers. They are precisely like the white waists in form and texture—barring the linen ones. This latter, by the way, has its own models, differing slightly from the others.

As for the making, when you say "box pleats without yokes," the story is told, for the heavier materials. There are various ways, however, of arranging the pleats, which are never more than an inch wide.

In a waist of oyster-white grograin silk the whole front is made of pleats three-quarters of an inch wide and an inch apart. These are stitched from the neck to the waist, are creased tightly in place, but not pressed. One pleat is directly in front, under which the waist fastens invisibly. There are three similar pleats in the middle of the back and three in the top of each

sleeve, which are cut just below the elbow and lace with a turn-back cuff. An Irish lace stock makes a charming and appropriate neck finish, giving a very soft effect.

A liberty satin is made with inch-wide pleats stitched by machine on either edge. This blouse opens in front in a central pleat, which is fastened with small crocheted buttons at intervals of three inches. There are but two pleats in the back and none in the sleeves, which, being long, do not lend themselves so well to pleating.

This model is especially suited to a colored waist. With it would be worn a linen collar and cuffs, to which the Parisienne adds a crisp little jabot. Sometimes colored silk buttons, which match the waist, fasten through

this white linen jabot, giving an original and attractive touch.

Ottoman silk waists are more satisfactory than pleated. They are provided with a perfectly plain back, the front given a little fullness by two half-inch pleats arranged in the shoulder seams. These are machine stitched just enough to hold them in place. A front of an inch and a half wide is also stitched there is an entire absence of handwork on today's tailor-made waist, and is usually covered with a white jabot. A fastening of three or four mock jewel buttons looks extremely rich.

With this waist is worn a star turn-down collar and cuffs and a tiny bow tie of the same color as the velvet, but a tone or two lighter.

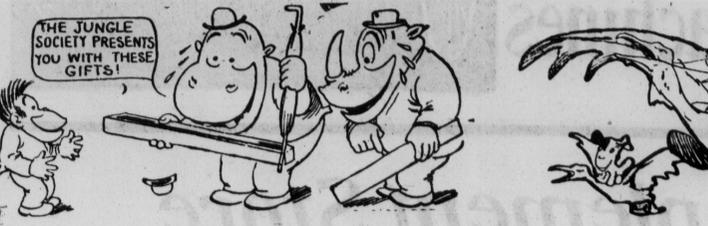
Linen waists are just one thickness beyond the transparent grade. They usually have a yoke in the back, with a small group of tucks below it, and narrow tucks all over the front. Quarter-of-an-inch tucks almost overlapping are the present vogue. These launder better than the box pleat.

**A CONVENIENT CHANGE**  
 Blessed change for the maidless woman, the opening is almost invariably in front. A pleasant variety is given by having a double knife-pleated frill instead of the plain buttoned box pleat.

With the linen waist may be worn a perfectly plain collar and cuffs and a diminutive bow tie of white linen edged in valenciennes lace. A very new and feminine touch, however, is a fine pleating of lace to edge the cuffs and collar.

Every kind of linen collar and cuff is fashionable as long as they are very high and severe looking. Even the lace stocks have that air because they are stretched so smoothly round the neck and are so carefully held in place by numerous fastenings.

Round collars that fasten in the back with two jeweled studs and a third in front in place of a brooch are pretty for very young girls, but very trying to their older sisters. These collars usually have a little pleating of linen around the bottom. The cuffs are trimmed in like manner.



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