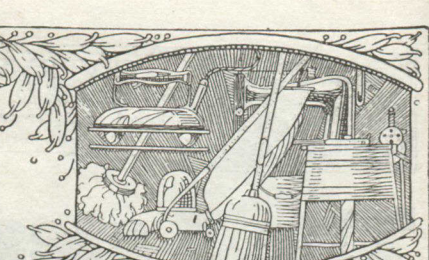


EVERYWOMAN'S HOUSEHOLD DEPARTMENT

Food and Housekeeping Efficiency
Edited by Katherine M. Caldwell B.A.



Equipping the Bride's Kitchen The Cost of A Modest Outfit

JUNE has become a veritable month of marriages, and whilst thoughts of trousseaux, trips and triumphs are dominant, the bride-to-be has practical moments in which she considers things as mundane, even, as the furnishing of kitchen and pantry! On her choice of equipment in these early shopping days may lie her freedom on many a later occasion.

If the bride is one of those fortunate individuals whose house is being built for her, there are many conveniences which she will have included in the architect's plan—contrivances that are always more difficult to add later. For instance, there will be cupboards to the point of luxury, in which to keep everything from cleaning appliances to china. No foot of available wall space is wasted. At a convenient place where the light will fall directly upon it, the ironing board will "let down" out of the wall when a narrow door is opened. Extra outlets will provide for the use of an electric iron (which will call for an outlet just to the right of the ironing board door), the toaster, percolator, etc.

She will "stand to be fitted" for her sink. Only the woman who has worked at the average too low kitchen sink and table will appreciate the saving in strength and energy that working with a straight back will mean to her. A couple of inches extra pipe for the sink, the addition of castors to the table, will bring them both up to the requirements of the woman who is of average height or taller.

There will also be shelves, where they will achieve the greatest good—directly above sink, table and stove, as a rule. Above the sink, there will be various cleaning agents for the porcelain, for pots, knives, etc. Above the table there will stand such dishes as are used in the preparation of food—and either above or beside it, a shelf for the delightful porcelain or glass jars that contain so many of the staples that are in daily use. A salt box and pepper shaker both here and above the stove will pay for the double attention.

The disposal of pots and pans is a question that has given rise to infinite discussion. The old time

"low-down cupboard" tucked in unsanitary retirement beneath the sink, as a rule, has had its indecencies dragged into the light and mercilessly exposed. The well-conditioned pot of to-day hangs either in a cupboard of self-respecting proportions or, bright with the conscious virtue of perfect cleanliness, offers a challenge from racks upon the walls. Besides the extra persuasion to scrupulous cleanliness, there is much to be said for the open rack on the score of the saving of time and effort in laying hands on the required utensil.

The built-in kitchen cabinet is becoming more and more a feature of the modern house. Its drawers will supply plenty of storage space not only for small cooking utensils but for the tea towels, glass towels, dusters, etc.

Amongst the many kitchen cabinets on the market to-day there are some which are indeed the boon they claim to be. Only a practical housekeeper should venture to choose one unaided—besides firmness of structure and suitability of materials, there are an infinity of points to be noted; for instance: do the doors slide back into helpful obscurity or do they sweep across the "table" portion, necessitating the removal of dishes and materials that may be in use? Are all the clever devices of real practical value in your housekeeping? Will your own experience and observation prove to you that the arrangement is so perfect in its workability as to have been of really scientific origin?

No woman with a regard for her own comfort and strength will be without a step-stool in her kitchen. This is the convenient little ladder-like structure, so easy to lift about if one aspires to high places and so comfortable to perch upon for work at sink, table or ironing board. Higher than the ordinary chair, it will be just the right height for most of one's activities; the lower rung or step provides a footrest. This step-stool, once it becomes a habit, will save literally hours of standing each day.

The garbage can will be also of the labour saving variety and the last word in sanitary equipment, if the white enamel can with separate pail that lifts out to be emptied, is chosen; its most appealing feature is the foot pedal, which raises the lid and

sprinkles the contents with a disinfectant powder. Its price is \$4.50.

Essential Equipment

Spatula.....	\$.65
Slicing knife.....	1.25
Grater.....	.15
Large fork.....	.65
Small Fork.....	.13
Cake Turner.....	.13
Rolling Pin.....	.30
Slicing Board.....	.70
Mixing Bowl Set.....	1.20
Large Mixing Bowl.....	.75
Tea Pot.....	.75

Pantry Set—

Bread Box.....	2.10
Sugar Box.....	1.10
Cake Box.....	.35
Flour Box.....	.65
Coffee Box.....	.25
Tea Box.....	.25
Casserole, fireproof, glass or earthenware.....	2.50
Ice Cream Freezer (2 quart).....	5.85
Jelly mould.....	.85
Waste Basket.....	1.65
Match Box.....	.10
Chairs—Plain white.....	1.35
Varnished.....	1.50
Stool.....	1.85 up
1-Quart Saucepan.....	.90
2-Quart saucepan.....	1.25
4-Quart Covered Kettle.....	1.75
Fireless Cooker (1 compartment).....	19.00
(2 compartments).....	35.00
Kitchen Table (porcelain top).....	21.75
(ordinary top).....	8.00
Kitchen Cabinet.....	\$36.00 to 67.50
4-Quart Tea Kettle.....	5.50
2-Quart Double Boiler.....	3.45
1-Quart Coffee Pot.....	2.75
7-inch Fry Pan.....	.60
10-inch Fry Pan.....	1.00

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The Second Wedding Anniversary

JUNE, which has long been established as the Marriage Month, holds natural interest for an ever increasing number of matrons—they who are celebrating that month, the anniversaries of their own wedding days. Last issue we discussed with the bride of a single year, the celebrating of her Paper Anniversary; this month, from all the aforementioned band of June Brides, we have selected the Bride of two years' standing as our centre of interest.

The law laid down by custom that she shall recognize the occasion chiefly through the medium of cotton, is as inescapable as the traditions of the wedding day itself. Generations of brides preceding her have built up, bit by bit, the customs to which she so willingly subscribes. The primary rule they have laid down is:

Cotton, cotton, everywhere!

Wherever a length of gay cotton cloth can be used with decorative effect, there it streams. The coloured fabric offering more in the way of charm to the eye than the plain white, anything in the way of coloured gingham, voile or chambray that is destined later for summer frocks, is requisitioned, for the time being, to deck the wedding feast.

A gay treatment for the table is the result of a little work on any odd pieces of cotton material that are on hand. Make square doilies, fringing the edges about half an inch. A uniform colour or a rainbow scheme may prevail. Everything must be very fresh and dainty, of course.

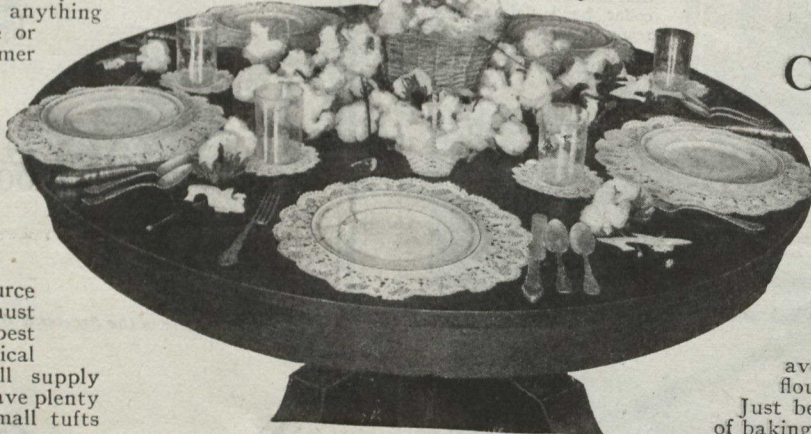
Cotton batting is a valuable resource when the table is to be decorated. It must be the very white kind and can be best obtained in the packages put up for medical use. A twenty-five cent package will supply quite enough to decorate the table and leave plenty for use elsewhere. Pull it apart in small tufts and fluff each one out very puffily.

The table illustrated here carries a jolly suggestion of the cotton fields. A small basket in the centre contains a grinning pickaninny doll in a downy mound of cotton. More cotton puffs rest lightly here and there over the table. Individual

WE HAVE received many letters asking: "What are the succeeding wedding anniversaries and can you give us some ideas for the menu, the table decorations, etc., at such and such a celebration?" Feeling that the subject is of interest in almost every home that EVERYWOMAN'S WORLD enters, we have planned a series of little articles touching upon the anniversaries that are usually celebrated, from that most important first one to the wonders of the golden and diamond wedding days

favours might follow this idea, being either tiny ducky dolls or those made of chocolate. If any of your local confectioners make the spun sugar known as "candy floss," little cornucopias of this cloudy, fairy-like sweetmeat—little more than sweetened air—would be delightful at each place. A bowl of it might form the centrepiece, with or without a little chocolate coon.

A wee pickaninny, in his natural setting, offers his good wishes on wedding ann



PLACE cards that are quite unique, are made from heavy white cotton, wet and made very stiff by putting through raw starch. Cut a paper pattern of a tiny "mule," or high-heeled, backless slipper such as those shown in the illustration.

The name of each guest is written in rose marking ink, if the colour scheme is in pink—or in the ordinary black ink that will not clash with other colours. A little upright of card-board pasted on the back will form a sort of easel to hold it up, if desired.

For the refreshments, anything white and puffy, like meringue or whipped cream, will help to carry out the idea. If a sit-down luncheon or supper is planned, a menu such as the following is suitable.

- Cream of tomato soup in cups
- Whipped cream on top
- Popovers split and filled with creamed chicken and mushrooms
- Cress rolls
- White grape, celery and pecan nut salad,
- Whipped cream dressing
- Frozen custard, marshmallow frappe
- Small cakes
- Coffee with whipped cream

Cream of Tomato Soup

CHOOSE a good brand of canned tomato soup, which only requires to be heated and an equal quantity of milk added at the last moment. Or to make your own, using canned tomatoes. Put the tomatoes into a saucepan, with a bayleaf, one small onion sliced, and boil until tender. Strain and keep hot or have ready to reheat when required for use.

Put an equal quantity of milk on to heat, and thicken it slightly with flour moistened with cold milk. Stir this in gradually, stirring constantly to avoid lumping. About 1 level tablespoon flour to 2 cups milk will be about right. Just before mixing the two parts, add a pinch of baking soda to the tomato, to prevent curdling. Pour the strained hot milk, stirring all the time, and serve at once. The cream is just whipped stiff and a spoonful floated on each cup of soup.

Popovers with Creamed Chicken

FULL directions for making popovers were given in last month's (Continued on page 48)