

money. It is worth repeating again and again—when you have figured carpet, have your walls, at least in part, plain. Use paint, or alabastine, or ingrain paper for the main part of the wall, and merely put a figured dado at the bottom, or a figured or flowered frieze (not a regular border-paper, which costs more and does not look as well, at the top. The arrangement will cost you less, and will look infinitely better and more restful than the distracting "pattern everywhere" effect.

Don't have stained glass, or much be-decorated fireplaces, or cheaply-carved furniture, or coarse Nottingham curtains, or gaudily-colored vases or pictures. Plain things sometimes cost more, sometimes less, but they are almost invariably in better taste. A palace may carry rich ornamentation well; an ordinary house, which can at best have but a cheap imitation of intricately-patterned things, is but made vulgar by their presence. Better far leave out decoration altogether—even though the rooms may look bare for a while—until tasteful things can be procured; and yet there is not often a necessity for excessive bareness.

For example, here is a living-room which I saw the other day. It had a large southern window and two western ones, consequently plenty of sunshine and a necessity for cool coloring. The walls were painted to within two feet of the ceiling a cool gray-green, the upper two feet being covered with a sort of apple-blossom paper in pink and green, and the narrow molding between painted white. A very few pictures, chiefly photos of landscapes, were disposed over the plain space below the molding. The floor, which was so old and uneven that it required hiding, was covered with a fine Japanese matting, over which were distributed a few rugs, chiefly green and tan in tone. One was a sheepskin dyed a beautiful olive green; the rest were manufactured rugs, but hooked ones, like the beautiful arts and crafts mats shown this year at some of the larger exhibitions, would have done just as well. There was not much furnishing—a big table with a centerpiece and fern-pot; an old cupboard enamelled black and transformed into a bookcase; a couch with cushions in green, tan and terra-cotta; muslin curtains just reaching the sill; a few comfortable chairs; yet the effect was much better than that of another room which I saw this summer, with red Brussels carpet, green and gold figured wall, mantel with a pink drape, and cushions comparable to Joseph's coat for color and variety.

One could imagine the first room in variations—wall of dull blue-gray, with a figured old blue frieze above; cream ceiling; cream cheese-cloth curtains with a swastika border stencilled in old blue; rugs in deep rich blue; couch cover and cushions in deep blue and tan. Or, again, rugs in green and brown, or fawn and brown; walls fawn with landscape frieze in brown buff and green; curtains of fawn stencilled in brown. . . . Similar combinations may be thought out in gray and buttercup, or pink; brown and buff; crimson and olive, etc.

Stencilled curtains are, by the way, becoming quite the rage. They are very inexpensive, and decidedly pretty if the work is neatly done, best results usually coming from a simple pattern, such as the shamrock, swastika, or fleur-de-lis. Directions for stencilling were given some two or three months ago in "The Farmer's Advocate."

If you have any old furniture which looks too shabby for use, do not discard it as hopeless. Have it screwed together solidly. If it is made of good wood, clean it with a good furniture renovator, and rub to a polish (never use varnish). If of poor, cheap wood, give a coat of enamel paint of whatever color will best suit the general tone of the room. Curtains of scrim or cheesecloth may also be tinted to match the prevailing tone of the room by treating with a mild solution of Diamond dye. . . . Another time, some tips for making woodwork stains and for polish will be given. M.

(To be continued.)

THE GERM OF THE BULLETINS.

COOKING VEGETABLES.
[Condensed from Bulletin No. 256, issued by the U. S. Dept. of Agriculture.]

CABBAGE.

Because of the relatively large amount

of sulphur which cabbage contains, it is apt to be indigestible and cause flatulence when it is improperly cooked. On the other hand, it can be cooked so that it will be delicate and digestible. The essentials for cooking it properly are plenty of boiling water, a hot fire to keep the water boiling all the time, and thorough ventilation that the strong-smelling gases may be carried off in the steam.

To Boil Cabbage.—Cut a small head into four parts. Soak half an hour in a pan of cold water to which has been added a tablespoon of salt; this is to draw out insects that may be hidden among the leaves. Next take out and cut into slices. Have a large stewpan half full of boiling water; put in the cabbage; add one teaspoon salt, and cook from twenty-five to forty-five minutes, depending upon the age of the cabbage. Turn into a colander, and drain; put in a chopping-bowl and mince. Season with butter, pepper, and salt. Have the kitchen windows open a little at the top while the cabbage is boiling. Cabbage is also very good with a little salt pork.

Puree of Cabbage and Potatoes.—One pint boiled, finely-minced cabbage, six medium-sized potatoes, two tablespoons butter or savory dripping, salt and pepper, half a pint hot milk. Peel the potatoes and put them in a stewpan, with boiling water enough to cover. Cook half an hour. Pour off the water, and mash fine. Beat in the hot milk, seasoning and cabbage. Cook five minutes longer, and serve hot.

CAULIFLOWER.

Put the head down in a pan of cold, salt water to which a teaspoon of vinegar has been added. Let soak an hour or more, then put in a stewpan, stem end down, and cover with boiling water. Add a teaspoon salt, and cook with the cover of the pan partially off, boiling gently all the time. A large head will require half an hour; small heads, from twenty to twenty-five minutes. The cauliflower begins to deteriorate the moment it begins to be over-cooked, so this must be guarded against. If it must be kept warm for any length of time, cover the dish with a piece of cheesecloth.

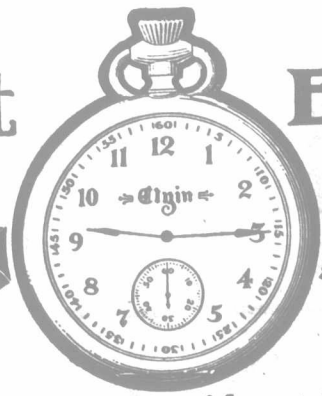
Creamed Cauliflower.—One pint cooked cauliflower, one pint milk, salt and pepper, one tablespoon butter, half tablespoon flour, three slices toasted bread. Have the cooked cauliflower broken into branches, and seasoned with a little salt and pepper. Put the butter in a saucepan on the stove. When hot, add the flour and stir until frothy, then gradually add the milk, stirring all the time. When the sauce boils, add more salt, pepper and the cauliflower. Cook ten minutes, and serve on the buttered toast.

BEANS.

Shelled beans contain a large percentage of nitrogenous matter, but are sometimes apt to produce flatulence. This trouble is largely due to the hull or skin and the germ, and may be remedied in a great measure by proper cooking, and, when possible, the removal of the hulls. The best forms in which to eat dried beans are in soups and purees. Beans that have been thoroughly stewed or baked under the right conditions may be eaten by people who live a good deal out of doors. Fat of some kind is necessary in cooking beans. It has a softening effect on the beans, and since this vegetable has a very small percentage of fat, it is very desirable to supply it either when cooking or when serving. When possible, cook in clean, soft water. To soften the beans and remove the strong acid flavor, soak first over night in cold water, and then bring to the boiling point in fresh cold water. Throw this away, and finish the cooking in fresh water. A little soda in the water in which the beans are soaked, and in the water in which they are first scalded, will help to soften and sweeten the beans. All beans, however they are to be finally served, require this preliminary treatment.

Puree of Dried Beans.—Put one pint of cooked and strained beans in a stewpan, with two tablespoons butter or savory dripping, one teaspoon sugar, seasoning of salt and pepper, and hot milk enough to make the puree like mush (about half a pint). Cook in the double-boiler for one hour, stirring often, and adding more milk if too dry. Heap the puree in the center of a hot platter, garnish with a circle of sausages, pork

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