

SCHOOL FOR HOUSEWIVES

BY MARION HARLAND

SOFT SUMMER DRINKS



Our Thirsty Girls—after a Bout at Tennis

IN THIRTY old times, the thirsty soul—or body—sought itself with plain water or with lemonade. The chief variation upon this was iced tea and, once in a while, iced coffee. These were the only beverages open to the drinker of temperate habits.

We have improved upon that sort of thing and have introduced "soft" punches, in which our old friend, lemonade, while still serving as a foundation, would not recognize itself. Tea, too, is metamorphosed, although hardly improved, and other mixtures of which we did not dream in earlier days are taken as a matter of course.

We may call ourselves old-fashioned and make fun of these innovations—but we cannot help acknowledging that some of them are very good. Especially are they a delight to the palates of our thirsty girls and boys who come in after a tramp across the golf links, or a bout at tennis, or a game of baseball. Even the seniors of the party may be beguiled into taking a second glass. The house where the pleasant welcome and the best and most refreshing thirst-quenchers are offered is likely to be the one to which the young people will flock, and we need not fear that our boys and girls will wander off to undesirable associations while they know that good things, both spiritual and physical, await them at home.

None of the drinks I have given below contains liquor of any sort. Those who have tried it, know that alcohol not only fails to relieve thirst, but also raises the temperature of the body in warm weather as in cold. Be our principles what they may, common sense urges us that when we wish to be cool we should take cooling drinks, and I do not hesitate to recommend those I have given as means to the end of lowered temperature, without and within.

Iced Tea.

Just as there is a popular fallacy that every one can make a cup of good hot tea, so there is an impression that any one can make good cold tea. The one idea is as mistaken as the other. You cannot make good iced tea of the dregs of the teapot, after the water has stood on the leaves all through the meal, by the simple expedient of filling up the teapot with boiling water.

There are two right ways of preparing tea for iced tea. One is the Russian fashion of making the tea hot with freshly boiling water and pouring it not upon cracked ice, in tumblers, when

this is done, the tea must be pretty strong in the first place, as the melting ice weakens it. The other way is by making the tea fresh some hours before it is to be used, and then pouring it off the leaves and setting it aside to cool. In one country house, where I am always a happy guest, iced tea is served as a beverage at luncheon, and in place of the regular 5 o'clock function of afternoon tea, all during the hot weather. The hostess makes the breakfast tea from the boiling kettle that swings on the crane at her elbow, and, when she has poured out her own morning cup, fills the teapot from the still bubbling kettle and strains the tea into a big pitcher, to be set aside until it is needed. Then it is poured into the ice-filled glasses and is a drink to cast nectar into the shade.

Such is iced tea at its best, and there is no reason why it should ever fall below perfection. Let me parody Bishop Butler: "Doubtless a better drink could have been made, but doubtless it never was."

Iced Tea Punch.

Make iced tea and turn it into a punch bowl on a big lump of ice. Add to a quart of the strong tea a tablespoonful of lemon juice, a bottle of apollinaris water and sugar to taste. Cut thin slices of lemon, and let them float on the surface of the punch. When they are in season, a few strawberries or cherries or a bit of pineapple may be added. Ladle out and drink in tumblers.

Ginger Ale Punch.

Squeeze the juice of six lemons upon a cupful of granulated sugar and leave on the ice for an hour. When it is to be served, put two cupfuls of cracked ice in a punch bowl with the lemon and sugar, a quart of water and the contents of two bottles of ginger ale. Have ready long sprays of fresh mint, bruise their stems between the fingers, then thrust them into the punch.

Mint Punch.

Make a lemonade foundation of lemon and sugar, as directed in the preceding recipe, by putting together lemon juice and sugar, and add to this a double handful of mint sprays, which have been bruised, with a couple of tablespoonfuls of white sugar. Let these stand in a cool place for an hour; put into a punch bowl with a block of ice and pour upon them



And Strain the Tea into a Big Pitcher.

two bottles of "charged" water, or the contents of two apollinaris seltzer. This is very refreshing.

Orange Sherbet.

Peel and squeeze eight large oranges and two lemons. Put the juice of the lemons and the pulp and seeds of the oranges into a bowl with a small cup of granulated sugar. After it has stood ten minutes and the sugar is well melted, add a tablespoonful of minced pineapple, and after standing a few minutes longer pour upon a block of ice in a punch bowl or large pitcher with plenty of ice. Stir up well from the bottom before pouring out.

Fruit Punch.

Make a foundation of a good lemonade, allowing five lemons to a quart of water and sweetening to taste. To each quart of the lemonade allow half an orange, sliced, a tablespoonful of pineapple, cut into dice; a small banana, sliced, and a handful of cherries or strawberries or raspberries. Let all stand half an hour before serving, and turn into a punch bowl or large pitcher with plenty of ice. Stir up well from the bottom before pouring out.



There Are Many Worse Drinks than Good, Clear Coffee, with Plenty of Ice.

Iced Coffee.

Make your coffee clear and strong. And add to it plenty of cream and no milk. The best plan is to have the clear coffee in a pitcher and add cream and sugar as it is needed. To those who have never tried it, let me say that there are many worse drinks on a hot day than good, clear coffee, served with plenty of ice and without cream or sugar. But the coffee must be of the best and freshly made—not the leftovers of the breakfast beverage.

Pineapple Lemonade.

Boil two cups of sugar and a pint of water ten minutes and then set it aside to cool. When it is cold add it the juice of three good-sized lemons



Ginger Ale Punch.

and a grated pineapple. Let this stand on the ice for two hours. When ready to serve add a quart of water, either plain or "charged," and pour on a piece of ice in a punch bowl or in a large pitcher.

Currant Punch.

Make a syrup of sugar and water as in the preceding recipe, and set aside to cool. Crush together four cups of red or white currants and a cup of red raspberries. Put them through a press and put with them the syrup and three pints of cold water. Add the juice of a lemon and let all stand for a couple of hours before serving. Throw a handful of stemmed currants and of raspberries into the bowl or pitcher from which the punch is served.

Strawberry Punch.

Make as the currant punch is compounded, substituting a pint of strawberry juice for that of the other fruits, and add the juice of three

lemons instead of one. Put a handful of the hulled berries into the punch when made. While this punch is especially good when made with the fresh fruit, it may be made from the fresh strawberry syrup when the berries themselves are out of season. The addition of a half cupful of red raspberries to this punch is an improvement.

Raspberry Shrub.

For a foundation for this beverage one must have the old preparation of raspberry vinegar or raspberry royal. To five teaspoonfuls of this a quart of cold water must be allowed, and the mixture must be served with plenty of ice. If red raspberries to float on the surface of the punch cannot be procured, in their place may be used a cupful of shredded pineapple or a banana cut into dice.

Marion Harland

Family Meals for a Week

SUNDAY

BREAKFAST. Melons, cracked wheat and cream, deviled kidneys, popovers, toast, tea and coffee.

LUNCHEON.

Cold chicken, Saratoga potatoes, tomato and lettuce, cream, blackberries and cream, cake, iced tea.

DINNER.

Yesterday's soup, roast of beef, Swiss chard, young beet, boiled with the tops; peach "surprise," cake, black coffee.

MONDAY

BREAKFAST. Baked pears and cream, dried rusks, fried tripe, rolls, toast, tea and coffee.

LUNCHEON.

Mince of chicken (a left-over), salad of peas and lettuce (a left-over), Swedish crackers, Graham bread and butter (thin), gingerbread and cocoa.

DINNER.

Cream of chard soup (a left-over), cold roast beef, stuffed eggplant, green corn, peach shortcake, black coffee.

TUESDAY

BREAKFAST. Melons, cereal and cream, barbecued ham, rolls, toast, tea and coffee.

LUNCHEON.

Hash of beef and mashed potatoes (a left-over), green corn fritters (a left-over), broiled tomatoes, peaches and cream, tea.

WEDNESDAY

BREAKFAST. Grapes, cereal and cream, bacon and fried peppers, corn bread, toast, tea and coffee.

LUNCHEON.

Ragout of liver and mushrooms (a left-over), salad of peas and beans on crisp lettuce.

tea, with mayonnaise (a left-over); crackers and cheese, bread and butter, fruit, tea.

DINNER. Clear soup, with noodles; veal cutlets, spinach, string beans, melons and pears, black coffee.

THURSDAY

BREAKFAST. Melons, cereal and cream, omelet, with cheese; muffins, toast, tea and coffee.

LUNCHEON.

Scalloped veal (a left-over), soufflé of spinach (a left-over), string beans and lettuce salad (a left-over), with French dressing; crackers and cheese, rice pudding, tea.

DINNER.

Cream of corn soup, broiled fowls, with egg sauce, rice croquettes, baked tomatoes, peach shortcake, with brandy sauce, black coffee.

FRIDAY

BREAKFAST. Fruit, cereal and cream, slices of flour, stewed potatoes, brown bread, toast, tea and coffee.

LUNCHEON.

Cold chicken (a left-over), broiled tomatoes, hashed and browned potatoes, crackers and cottage cheese, with gooseberry jam; tea.

DINNER.

Codfish chowder, chicken and lettuce salad, with mayonnaise (a left-over); asparagus, peach ice cream and cake, black coffee.

SATURDAY

BREAKFAST. Melons, cereal and cream, bacon and eggs, quick biscuits, toast, tea and coffee.

LUNCHEON.

Chowder (a left-over), browned potatoes, egg and nasturtium salad, toasted crackers and cheese, melons, ginger ale punch.

DINNER.

Okras and tomato soup, beef's heart, stuffed and baked; squash, onions green apple tart, black coffee.

THE HOUSEMOTHERS' EXCHANGE

WE "move up" a little closer today—after the manner of other family circles when a welcome guest appears in the doorway—to seat at our council table a woman who has a story to tell, and who knows how to tell it. She is moved to it by reading what has been written by sister housemothers upon the all-important theme of daily living and daily expenses. When her experience has been read nobody will cavil at the unusual quantity of space granted to her.

I do not dare trust my pen to run on after setting down that monosyllabic, SPACE! For that way madness lies! I growl more and more at limitations which must be inevitable—or they would not be yet which fret me grievously as the tide of interesting correspondence swells from week to week.

But my growl has stolen already nearly a "slice" of room designed for the teacher of the hour.

Twelve years ago I left school teaching to begin home making, with a husband, three of five children and a small income. My inexperience in housekeeping made his life as great as mine, but love made up deficiencies and we began life with a big

capital of courage. There was little money to live help with, and home must be clean and attractive, so the lack of time has prevented me from giving my opinion when the subject of marrying on a \$15-a-week income has come up. But the letter of "Mrs. O. J. E." draws my hands from the sweater and dust cloth to the typewriter, for health, happiness, contentment and even comfort are possible on \$11 a week for two.

First, we must have the love that "makes good" everything; second, common sense; third, cheerfulness that can serve as sauce for the plainest meal. There are many families living comfortably on incomes that would make the really well-to-do shudder. Of course, they do not have the delicacies of the season and they do not follow out many of the printed menus, for time, as well as expense, has to be considered in the preparation of meals. Still, there are simple bills of fare that have brought one family at least to strong and happy manhood and womanhood.

I learned in that long ago time the extent of income, my husband's actual expenses, insurance, midday lunch downtown, and details—then the amount left for food. Seven of us really lived on an average of \$1 a week for the first four years after we were married. After that the expense of living increased, but the salary was larger. Then, when two little ones came in for a share of our love and income, we were able to allow \$1 a week for each person, and that seems quite like luxury, but always home and "mamma's" cooking have

been the best in the world to the children—some of whom come to it now only at intervals.

Our breakfast was a well-cooked cereal—a different one for every seven days—bread, butter and cocoa for the children and coffee for the father. We always had molasses cookies, for our Solomon had a love for them, and long-cooked dried fruit, and often fresh fruit was ours by "managing."

Luncheon was bread or corn mush and milk with one warm dish, such as baked or scalloped potatoes, or hash, or meat or fish balls with salad or some left-over from the dinner before. My idea of economy is to have but little left over and nothing wasted but cores or peelings. A square inch of meat put through a meat chopper, a handful of crumbs, or a few potatoes are not to be despised, for croquettes are very nice. Bits or suet can be "fried out" and saved for frying purposes, although "fried" things as well as "pork" do not often appear on our table. But our dinner? How we did revel in talk, laughter and cheap cuts of meat or my meat at all!

Some vegetables are always cheap and we serve them in new ways. There are so many different kinds of bread, or wheat of falling the same "batch," and "made dishes" are so appetizing that we always have a great variety of good things. We have all sorts of fruit made with few eggs and plain milk. Every Saturday night we are sure of beans and brown bread with a salad and light dessert. We do not like soup, but a whole meal has been pronounced perfect when a

pound of meat has slowly seasoned a half-dozen different vegetables. We are fond of salads, and a bit of ground green cucumber, lettuce and tomatoes for many a meal. Macaroni and cheese are as "filling" as meat, and lima beans are another friend.

Care, thought and slow cooking make many a dainty meal. I use a freest cooking stove, but I have taken so much of your time now that I cannot tell you of any of them. As one learns the tastes of one's family, favorite dishes count for more than a quantity of them. I learn all of this and with a brave heart that knows no discouragement, a home full of love and good health, she has a wonderful opportunity for being a helpmeet indeed.

Mrs. W. B. H. (Minneapolis, Minn.).

In my humble and individual opinion, one letter like that would conduce to the best interests of the Housemothers' Exchange more than half a dozen editorial "leads." True, it is not every woman who can indulge such. It is full of useful suggestions and practical wisdom. The writer has arrived at the right appreciation of a great truth, which

thousands of excellent women never fully apprehend—to wit, that housewifery is a profession, and that she scores a tremendous point who loves her calling, throwing herself into the details and routine with as much enthusiasm after fifty years of practice as she felt at the outset. What we love to do we generally do well.

Hungry for Mental Improvement.

There are many colleges for the culture and training of young women. Can you tell me of one for older women who have years against them, but still possess elasticity and activity of mind and body with ever-renewed desire for knowledge? Successive years of hard work and disappointment brought many needful lessons, but they have not destroyed my love of study, which I am now free to indulge, had I the means.

Is there any place in any college or home where I could exchange "help" where part of my time could be given to household duties in return for instruction in music and literature? I am hungry for mental improvement in every way, and I would give faithful service for the same.

KATHERINE O. H. (Clinton, Miss.).

If it were right for me to pub-

lish the personal epistle inclosing the foregoing appeal, many a heart would throb with sympathy and compassion for the writer. Since this may not be, I lay the request before the family-at-large. The plaint is dignified. There is no weak whim in the lament over lost years. Yet at every line there sounded in my ear as if uttered by the "hungry" woman: "O I feel like a seed in the cold earth. Quickening at heart, and longing for the air!"

Who will open the clouds and let in the sunshine and air?

"For Drawback."

Several weeks ago I read in your department an inquiry as to the meaning of the words "For Drawback" on a bag containing flour or other mill products. The words mean that the empty bag was manufactured in a foreign country (probably Great Britain) and the importer thereof had signified his intention of returning it when shipped to the country whence it came. Should he do so, he would be entitled to a rebate or "drawback" of the amount of duty paid on the empty sack. Many times the flour or other goods packed in these bags is not exported, but shipped to different parts of the United States, where the phrase is usually as much of a mystery

as it is to your correspondent. The words have no reference to the grade, quality or quantity of the contents, and the inquirer, if she follows carefully the excellent hints and recipes of your department, will have equally as satisfactory culinary results from a sack of flour stamped "For Drawback" as from any other.

JOHN J. E. (Chicago).

I am grateful to our masculine member for confessing that, although a man—and a business man at that—he does not comprehend the significance of the cabalistic "draw-back." It is an unlucky technical term.

Marking House Linen

WHO has not found difficulty in writing upon linen with indelible ink? One woman has discovered a way to remedy the trouble. Stretch the portion of linen to be marked in an embroidery frame, which holds the fabric so tight that it is almost as easy to write upon it as upon a writing tablet. When a simple discovery like this is made one wonders, "Why didn't I think of that?"