

The Housekeeper's Page



HE tired, drowsy feeling that almost everybody is liable to experience in the spring can be avoided to a great extent by a change of food to help fit the body for the change from cold to warm weather. Less meat and more vegetables, salad greens, and fruit should be the rule.

Salads should have an important place in the daily menu through the spring.

Much of the appetizing success of a salad depends on the fresh crispness of the materials used and the proper mixing of the dressing. The salad greens, such as lettuce, celery, cucumber, water cress, etc., should be thoroughly washed and put into ice cold water to become crisp. They are then wiped and patted dry between towels, as the oil in the dressing will not mix with the leaves if there is water adhering. When the green materials must be got ready in advance, they can be kept fresh by folding them loosely in a damp towel after they are taken out of the cold water, and keeping them in a cool place.

French dressing is most commonly used with vegetable and egg salads. To make it, put four tablespoonfuls of olive oil into a small bowl, season with half a teaspoonful of salt and quarter of a teaspoonful of pepper, and add two tablespoonfuls of vinegar a little at a time, stirring to blend well. A teaspoonful of made mustard can be added if desired.

Mayonnaise is the best dressing for a salad of chicken, lobster, salmon, or meat of any kind. It is not difficult to make if the ingredients are cold and care is taken to blend well as the process goes on, by adding the oil slowly and much stirring. Into a bowl that is cold off the ice put a teaspoonful of mustard, a half teaspoonful of salt, and a few grains of cayenne. A teaspoonful of powdered sugar may be added. Mix the dry ingredients, break over them the yolk of an egg, and stir well. Have ready a cup of olive oil as cold as it can be without beginning to harden, and a couple of tablespoonfuls of vinegar. Add the oil, just a few drops at a time, continuing the stirring. When the egg is thickened so that it can be taken up in a lump on the spoon, thin it with a little vinegar, then add oil and vinegar alternately, blending perfectly. Half the quantity of acid may be lemon juice instead of vinegar. The mixture should be smooth, and stiff enough to hold its shape. It must not be put with the salad ingredients until just before serving, as it liquefies soon after being mixed with the meat and vegetables.

Some vegetable and fruit salads are nicest with a cooked dressing. Mix a teaspoonful of mustard, the same of salt, a few grains of cayenne, and two level tablespoonfuls of sugar; add the slightly beaten yolks of two eggs, then mix in very gradually three-quarters of a cup of milk and a quarter cup of hot vinegar. Cook in the double boiler or over hot water, stirring until the mixture thickens, but not long enough to curdle, then add a tablespoonful and a half of melted butter, strain, and let the dressing cool. Add a half cup of whipped cream just before serving, or cream may be used instead of the milk or mixed with the milk, in cooking.

A cucumber and tomato salad is one of the first among fresh salads. Pick over and wash some crisp lettuce leaves, dry between towels, and arrange in a bed in the salad dish. Cut an inch from each end of the cucumbers, take off a thick paring, and cut in thin slices, also peel and slice the tomatoes. Put in alternate layers on the lettuce in the dish, and pour mayonnaise or French dressing over the whole. The cucumber, tomato, and lettuce must all be crisp and cold before being made into the salad.

Waldorf salad, often mentioned on menu cards, is composed of equal parts of apple, celery, and English walnut meats, all three or any two combined. Pare and cut the apple into dice, cut the white, crisp parts of celery stalks into quarter inch pieces, and chop the nuts. Serve with the cooked dressing.

There is a difference of opinion among cooks as to whether potato salad should be mixed with hot or cold potato, the advocates of the former claiming that the salad will not become so soggy. If hot potato is used, mash enough to make a pint, add half a cup of chopped cabbage, the same amount of chopped celery, a tablespoonful of minced parsley, and a hard-boiled egg cut into small bits. Mix well, and moisten with a boiled dressing. Keep on the ice till wanted, and serve on a leaf of lettuce.

A lobster salad is attractive served in lettuce cups. Cut the lobster meat into dice, season with salt and cayenne, and moisten with a spoonful of mixed oil and vinegar or lemon juice. Keep on the ice till ready to serve. Fold lettuce leaves

into nest or cup shapes. Mix the lobster with mayonnaise dressing, put a large tablespoonful in each lettuce cup, with a spoonful of mayonnaise on top, and garnish with lobster claws and parsley.

A nice chicken salad is made of cold boiled chicken, celery, cucumber, and a few walnut meats, all cut into small bits. Moistened with a French dressing and leave in a cool place for a while, then mix with mayonnaise, arrange on a bed of lettuce leaves to serve, and garnish with stoned olives.

A Macedoine salad is made by combining several kinds of cold cooked vegetables, mixed with French dressing or mayonnaise, served on lettuce leaves, and garnished with cress or parsley.

All kinds of fruits in season may be combined in salads. A special fruit dressing is made as follows: Make a syrup of half a cup of sugar with quarter of a cup of water, and a thin shaving of lemon rind added, bring to the boil, and boil three minutes. Add three tablespoonfuls of strained lemon juice, pour over the slightly beaten yolks of two eggs, and cook to a soft custard.



Hints For House Cleaning

A good method of cleaning paint is to take a little whitening on a damp piece of old white flannel, and rub lightly over the surface of the paint.

After the carpets or rugs are taken up and beaten—unless one is fortunate enough to have a vacuum cleaner—and re-laid, wiping them over with a cloth wet in water to which ammonia is added will brighten the colors.

It is a good plan to have the curtains laundered a few days before cleaning the rooms. When taking down curtain rods, tie a little tag to each, so that no time will be lost in finding the right rod for each curtain. In the same way, mark the window shades.

A simple polish for ordinary furniture is made from beeswax melted in turpentine. Allow quarter of a pound of the wax to a half pint of turpentine. This is for light furniture. For darker wood, melt quarter of a pound of yellow beeswax in a pint of boiled linseed oil, and color with alkanet root.

For brightening up brass rods and fixtures, nothing is much better than a paste of rotten-stone mixed with sweet oil,

and polishing with a piece of soft leather or old flannel. If there are stains on the brass, try a solution of oxalic acid. Leave on for a moment, wash off with clear water, dry, and polish with sweet oil to prevent speedy re-tarnishing.

Rubbing with pieces of a loaf of half-stale bread with the crust removed is well known as a cleanser for wall-paper. Wetting the bread in household ammonia and kneading it into a ball increases its cleansing properties. Try on a small piece of the paper first to see that the ammonia does not affect the color.

To remove grease spots from wall-paper, try holding a piece of brown paper over the marks and pressing with a hot iron.

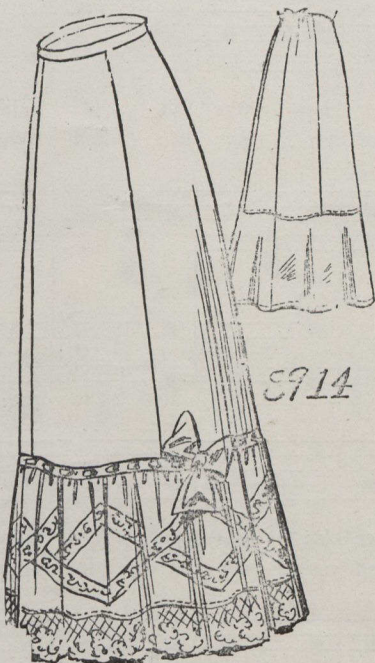
Discolored piano keys can be whitened and cleansed by rubbing them with a paste of whitening mixed with lemon juice, and polishing.

Washing linoleum with milk will make it look well. If it is desired to repolish it, a preparation can be made by boiling beeswax, shaved fine, in a small amount of water, and adding turpentine when the mixture cools.

It is advisable when possible to take down heavy portieres and curtains, and put up lighter ones for the summer. Before putting away the curtains, besides having the dust shaken out, see that any spots are removed with gasoline.

Use plenty of newspapers as wrapping paper when storing the winter clothes in chests or closets. Moths have a distaste for printer's ink.

For washing blankets it is advisable to prepare a soap jelly by boiling some first-class laundry soap, shaved, in water. Add a spoonful of borax, unless you have soft water to work with. In one tub put the blankets to soak covered with warm water. In another tub put plenty of warm water and beat up a lather with the soap jelly. Wring the blankets out of the first tub into this, let soak a short time, then work them about, rubbing any soiled spots. Rinse through at least two waters of the same warm temperature, put through the wringer, and hang out to dry.



8914.—A FIVE-GORE PETTICOAT.

A practical and well-fitting design for a petticoat is shown in this illustration, developed in cambric, with flounce of embroidery. It is designed with especial regard to the proper adjustment of the dress skirt, as the up-to-date skirt must be perfectly smooth and trim around the hips, a condition only attained by perfect-fitting underwear. The lower edge is finished by a dust ruffle, under a gathered flounce. The pattern also provides a circular flounce. Longcloth, muslin, nainsook, and silk are all suggested for the making. The pattern is cut in 6 sizes: 22, 24, 26, 28, 30, 32 inches waist measure. It requires 6½ yards of 36 inch material for the 26 inch size.



8920.—TWO PRETTY CORSET COVERS.

These attractive corset covers may be made of handkerchief linen, embroidered flouncing, or other material. Their making is a very simple matter, as will be seen at a glance. The fullness at the neck and waist is regulated by ribbon-run beading. If preferred, worked button-holes may take the place of the beading for running the ribbon through. The pattern is cut in 3 sizes: small, medium, and large. For the making of either corset cover, 1 yard of 36 inch material will be required. These two patterns for ten cents.

OUR PATTERN SERVICE.

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