THE PITTSBURG DISPATCH, SUNDAY, MARCH 13, 1892.

TABLE, THE BOUDOIR, HOME DECORATIONS AND fried, put the rice with them. Now add a can of tomatoes—or the dish ot cooked to-matoes left from yesterday's dinner—and a pint of soup or water. If you elect to take, a teaspoonful of butter will, as the Shaugh-ran says, "take the cruelty out!" Season with anything the family likes. My own people lean to Tobasco sance and curry; but I would not dictate; there is nothing arro-gant about a pilaff. Flavor to taste. If you have no taste—then, you cannot flavor, that is al!! WORKING ON \$1 A WEEK. dward Atkinson Shows How to Live Economically-Twenty-Two Cents a Day Will More Than Sapply Foods-Recipes CORRESPONDENCE OF THE DISPATCH.1

BOSTON, March 11.-Besides water and

air the principal elements of food are pro-tein, starch and carbo-bydrates, which inhave no taste-then, you cannot haver, that is all! Having flavored, set the pilaff mixture back on the stove to cook softly for an hour or two, until the swimming moisture has evaporated and the rice is completely cooked. You may need to add more stock or boiling water. When the rice is quite cooked and the pilaff is no longer a thick soup, but a stew, and can be piled in a platter, send it about its business. If you have carrots, a few chipped and stewed in the pilaff will give a very savory flavor. But, for that matter, any stray vegetable can be used by the hospitable pilaff. So can any kind of meat, the dried ends of ham, the tip of the beef tongue or the re-mains of mackerel—any kind of meat, any kind of fish that is not gone wrong. And when meat is not at hand, the pilaff sim-ulates meat so cannily with a medley of s all! clude gums and sugar and tat. Protein, the nitrogenous clement, is necessary to the production of muscle, to the development of strength. Starch is necessary to maintain the tissues of the body in working condition. The function of fat is to serve as a reserve source of the vital heat necessary to

ulates meat so cannily with a medley of vegetables that nine out of ten will be de-ceived.

For all of which reasons it is respectfully submitted. OCTAVE THANET.

HOW A CRECLE COOKS BICK. Variety of Dishes, and One Especially

Suited to the Lenten Period. As a winter vegetable rice cannot be too highly commended, and to the economical soul of Francoise, its cheapness is a large recommendation. It is an inevitable dinner dish with the creoles; all the dusky dames de cuisine know how to cook the pearly

grains so that each stands separate from the other, yet is tender to the heart. To serve simply boiled rice molded attractively is a task daily accomplished to perfection by any creole anywhere. The usual serving shows a sodden, pasty mass, more like illy-made starch than anything else, and about as nutritious and palatable. The creole knows that to properly boil rice it should not be covered while cooking; that it must be thoroughly picked over, washed in three waters, and every imperfect and discolored grain cast aside. She puts it to boil in plenty of boiling water,

t to boil in plenty of boiling water, llows enough for the grains to play bout freely, and adds sult in the propor-ion of a teaspoonful to a cup of raw rice. the lets it boil 20 minutes; tests several rains to see if they are tender through. Then she removes it from the fire, puts it no a colander to drain, shakes well until early dry, puts it into a flated mold, rithout packing too tightly, sets it there it will keep hot without scorch-ng, and when ready to serve she turns it pon a hot dish. She knows that rice hould never be stirred, but that it may e tossed lightly with a fork. Cooked hus, Francoise serves it with her gumbo oup, her fricassees and grilliades, as well s with butter and sugar for the mid-day neal of les petites.

of les petites.

d of les petites. very important factor is rice in the ps maigres with which the fervent cre-keeps her numerous fast days. During Lenton season she abjures ment and es as chief among many potages her riz

au maigre. For this she washes four heaping tablespoons of rice through three waters; puts it on to boil in one pint of cold water; as it swells adds a pint of boiling water, and when

ract, any varnished wood, the effect of ir-regularly studding both door and frame with very large, heavy looking brass headed nails is most pleasing. In many rooms nowadays, palms, ferns and other, green plants are used decorn-tively, even the ordinary "Jew plant" or "Wandering Jew" can be made to do duty as a decornation emergially over a doorway swells adds a pint of boiling water, and when the grains are tender a third pint, also boil-ing. She peppers and salts to taste-uses always the red pepper pods if pos-sible. Then she beats the yolks of two eggs smooth with three tablespoonfuls of sweet milk, and stirs in this, very carefully, a cup of the rice water, then she stirs the mixture into the rice, briskly; adds a table-proonful of butter, draws the sameare

buttered generously, served very hot, with powdered cinnamon and sugar sifted over.

RICE IN THE OBIENT.

the Chesp Food.

Mrs. Williams' daughter Mary, who went

o India as a missionary, is home on a visit,

booking rice. As a large third of the

and she has brought some native recipes for

human race live on rice it is worth while to

see what they make of it. My friend Syra

immer gently. The meat and rice should inish cooking at the same time. The meat

EMMA L MCLAGAN.

Francoise knows how to manage that.

as a decoration, especially over a doorway As this hardy little plant grows rapidly in spoonful of butter, draws the sancepan aside and stirs two or three minutes; she holding the vine behind either picture, mir-

market are Dr. Price's Delicious Flavoring Extracts. Each flavor is made from the true fruit, free from ethers, poisonous oils and strong,

It is an established fact that

the only natural flavors in the

13

rank taste. They are natural flavors, obtained by a new process, which gives the most delicate and grateful taste. Insist upon having Dr. Price's. Substitutes are often recommended because they afford a better profit.

NEW ADVERTISEMENTS

HINTS FOR DECORATION.

FACT

How the Ugly Space Above the Doors May Be Beautified-Homely Material Placed to Good Advantage-The Proprieties of Certain Styles for Certain Porposes. IWEITTEN FOR THE DISPATCH.

I am not going to describe the decorative wonder and beauties that may be seen above the doorways in the houses of the Vander bilts, Astors or of any of our millionaires I am simply going to suggest what may be done by any woman to embellish her home with the expenditure of small sums of money together with the faculty of recognizing the decorative material she already Whips, horns, skins and guns, are arti-

eles which are pretty sure to be found in houses where there are men or boys; and

Fig.L .

For a Man's Den.

A Japanese Idea. artists' reception the other day. A lady en-tered, did not see her host and hostess or anyone whom she knew well, hesitated in embarassment for a moment, and then ap-proached a group of Indies and gentlemen whom she knew slightly. She spoke to them: was answered curtly: she tried once more, and after a cruelly brusque reply the entire group turned away from her. entire group turned away from her. It was a trying moment, but rescue was at hand. The most beautiful and most aris-

tocratic woman present had seen and heard. She hurried across the room. She hurried across the room. "How do you do, Mrs. —?" she said distinctly. "I fhough you would be here to-day. Did you pass a pleasant summer? At Bar Harbor? Ah, then I hope you will come and see me and tell me all about it. I am at home to my friends from 5 to 6 every

acquainted, to the tactless unpopular woman who has hardly a friend left, to the

tiresome woman whom most persons mildly snub; and to note that she is courteous and

gentle to the woman who is under a social cloud which may yet pass away and leave

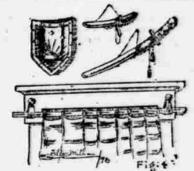
Such a woman did a charming thing at an

Fig-3

her unshadowed

afternoon, you know." It was perfectly done. The snobhish little group, not one of whom had ever re-ceived an invitation from her, heard and understood, and some of them had the grace to blush.

"Of course," she said to an intimate friend who told her afterward it was "magof horns on panels of wood, and the placing of guns or riding whips upon the branches nificent," "one cou'd not blame those pe of the horns. If the door is of oak, or in ple if they did regret in their hearts having fact, any varnished wood, the effect of irto accept advances from Mrs. — But it was selfish and heartless to put her in such a mortifying position. She had done noth-ing to justify that. They simply did not like her. I never specially liked her my-seif, to tell you the truth, and under ordin-



 THE REFORM DRESS,
Ideas of the British Rational Society as Expounded by the Vis-countess Haberton.
SKIRTS CLEARING THE GROUND Are All Right in Theory but in Prac ice a Woman Gets Just as Much Mud as With Trailers.



who actually do it. Done With Malice Aforethought.

And the length of the dress is no mere aceident, for if a lady orders a "walking dress" from her dressmaker, it is now sent home with a good four inches of the skirt intended to trail on the ground, thus mak-ing it impossible to doubt the intention of the fashion that the dress while walking should thus be seen. Some people make an attempt to hold up these skirts, but this has the no slight disadvantages of making wearers appear to waddle instead o walk, of exhibiting various forms of underelothing not apparently intended to be seen by the public, of being extremely fatiguing if kept up for long; and in the event of the hands being required for any other purpose the holding of the dress becomes an impossibility.

Some few people do not like to have their skiri actually trailing in the dirt, so they instruct their dressmakers to make it "just clear the ground." The result which usually follows is that they have it about a couple of inches off the ground in front, while at the back it dips at every step and effectually sweeps into the dirt.

Just Clearing the Ground.

They never seem to realize that, owing to the invariable custom of putting much fullness at the back of the dress, the weight of the material soon causes the dress to fall there to the extent of some two inches, while the front remains as it was made. Therefore, if they really want their skirt to "clear" the ground they should have it made two inches shorter at the back than

they wish it actually to appear. This sort of length is undoubtedly the upular ideal of a short dress-"just clear-

and amateur attempts would only result in disappointment. The other figure shown is wearing the "Syrian" skirt. This costume is an adapta-tion of the Eastern women's trouser. It is a graceful and delightfully comfortable dress for walking. On a well made young woman the effect is charming. Of course in this case the fact of the skirt being dual is obvious. It is parfectly easy to make obvious. It is perfectly easy to make, being the simplest form of skirt ever intro-

The Syrian Skirt.

Patterns and instructions for making can be had on enclosing 9d to the Secretary of the Rational Dress Society, 25 Warwick road, Carl's Court, S. W., London.

A Fact About Fashion Plates, It will probably not escape the notice of those who see these drawings that they look those who see these drawings that they look somewhat different from ordinary fashion plates. This is owing to the figures being in proportion, which the figures in most fashion plates certainly are not. The feet, therefore, look large. In fashion plates the feet are usually about the width of two fin-gers of the hand, and though it may seem to those in search of new dress designs that this is of little moment, it does harm in the end. For this perpetual contemplation of figures all out of proportion, is one of the many causes which keep women everlast-ingly attempting to distort oue part of their

ingly attempting to distort one part of their body or another to their own injury and discomfort. The legs being visible in the accompanying plates the figures look right without any unnatural compression of the

Need Not Lose Sight of Beauty.

waist. It seems as if the time had come for

every emergency.

this general but uncons-jures them in every way.



BELTS ARE ALL THE RAGE.

igns of the Times in the Shop Windows-

[WRITTEN FOR THE DISPATCH.]

"Belts will be fashionable, for I intend to

Thus says the conservative head of a

cading private dressmaking house in New

York, and so settles the question of whether the haut ton, those of the inner sanctuary,

the Astors and Sloans for instance will

wear their gowns girded this summer, or whether girdles, now in the market in

large quantities, will be merely popular.

The conservative woman of fashion will

often eschew altogether a style because it is

popular. What she sees on Tom, Dick and

Harry's sisters she doesn't want to wear.

But this conservative woman is the model

we all-even Tom, Dick and Harry's sis-

ters-are desperately anxious to follow.

Hence the importance of the above pro-

There is indicated, in fact, by the move

that brings in the belt, not a passing fancy,

but a radical change in gown construction. This should be clearly understood, for than

this tendency there is nothing more im-

portant to note in the cotemporary history

Confining the Garment.

There are two ways of confining the gar-

ment to the person: One by curved in

seams and the other the belt. One constrains the cloth smoothly over the figure, making a cloth mold; the other permits a freedom to the fabric to fall in folds and display its

to the fabrie to fail in folds and display its natural beauty, and the constraint is appar-ent and seems adequate, as it should. We have of late seem both styles worn at the same time and therefore we should be able to form an independent judgment as to the sethetic merits of each. Who could choose the unnatural and ugly basque, clinging to the form without appreciate means or rea-

the form without apparent means or rea-son, to the girdling zone with its puckered folds? On high Oiympus and throughout

Quality.

clamation.

of the toilet.

nake them so."

Utility the First Point in Wearing a

Girdle-Form More Important Than

all record of clothes in history the girdle has been famed, a chief essential of the beauty of dress. But fancy a poet being in-spired by a basque! There is no surer sign of a healthy art revival in dress than this promise held out by the belt. Do not treat the belt as an ornament. It has a distinctively useful nurvees. When promise held out by the belt. Do not treat the belt as an ornament. It has a distinctively useful purpose: When the style of the costume requires it, it is an essential part of the costume. This is the chief æsthetic point in the wear of the belt. It must have an appearance at least of con-tenting a the follow. The set of the belt. It must have an appearance at least of con-tenting a the follow. The set of the belt. It must have an appearance at least of con-tenting a the follow. The set of the belt. It must have an appearance at least of con-tenting a the follow. The set of the belt. It must have an appearance at least of con-tenting a the follow. The set of the belt. It must have an appearance at least of con-tenting a the follow. The set of the belt. It must have an appearance at least of con-tenting a the follow. The set of the belt. It must have an appearance at least of con-tenting a the follow. The set of the belt. It must have an appearance at least of con-tenting a the follow. The set of the belt. It must have an appearance at least of con-tenting a the follow. The set of the belt. It must have an appearance at least of con-tenting a the follow. The set of the belt. It must have an appearance at least of con-tenting a the follow. The set of the belt. It must have an appearance at least of con-tenting a the follow. The set of the belt. It must have an appearance at least of the belt. It must have an appearance at least of the belt. It must have an appearance at least of the belt. It must have an appearance at least of the belt. It must have an appearance at least of the belt. It must have an appearance at least of the belt. It must have an appearance at least of the belt. It must have an appearance at least of the belt. It must have an appearance at least of the belt. It must have an appearance at least of the belt. It must have an appearance at least of the belt. It must have a belt. It must have an appearance at least of the belt. It must have

ance, it is well to remember that it is not in the quality but in the form that the fashion inheres. Richness will not enhance use, from whence comes the greatest beauty of the belt. The simplest form of girdle is of leather, with holes and a buckle. Such

sustain a well-built body. If it were not for this reserve one day's indigestion or fasting might be fatal. There are also in food mineral salts and other minerals, each having a distinct name, but they need not be considered in detail. It would be difficult to make up a dietary of common articles of food that would not

belt, the men to hold the sword, and the women to suspend their alms bags, keys and mirror. I should like to make the point clear. The whole purpose of the upper belt is to confine the garment to the figure. When this is done the object for which it exists is completely filled. Now if you

fasten a bag to it you will press a foreign service upon it, and destroy its harmony

A Late Picture of Bernhardt.

and unity. But if you add a second girdle, loose and drooping and signifying thus that its purpose is other than constraining the gown, and to this attach your bag, there will be harmony and unity still, as before, because this second girdle will be else com-

pletely fulfilling its purpose. In this way elegance and beauty will be served, as they cannot be by the common compromise.

Form More Important Than Quality,

If one would be supplied at small cost with belts to make a fashionable appear-

contain a sufficient measure of these subtances for adults. (Of course the growing child needs more phosphate of lime, for instance, than the adult.) What Various Foods Contain,

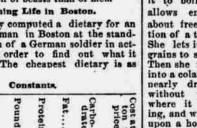
for Cooking Rice.

The protein is derived from the lean part of meat and leguminous plants, beans, peas and some others; it is also found in more or less proportion in every kind of grain. The starch is found in almost every variety of grain and vegetable food. The fats (which are contained in some measure in ome kinds of vegetables and grains, notably in Indian corn), are mainly derived from the fat of meat, from butter and other

ubstances of like kind. In late years the exact proportions as sumed to be necessary of these selected nutrients, protein, starch and fats, have een measured and determined. They differ a little in Germany, Great Britain and the United States respectively, according to the varying conditions of the climate; the greater changes and the colder temperature of the Northern United States calling for a

I have adult we

Flou Grai Butt Suet Suga Pota Beet Carr Onlo Squash..... Cabbage..... Parsnips...... Variables. Beef, neck or

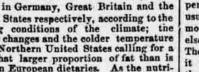


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cle.	Pounds.	Protein	Fat	Carbo- drate.	Cost at] price]	wit who ing upo sho

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ons	7	.13	.03	.50	25	serve



somewhat larger proportion of fat than is given in European dietaries. As the nutri-tion of the animal man is affected by his whim, his like, his dislike and his perverted

appetite, it is easier to lay down the rule for the nutrition of beasts than of men.

ing the ground." It is also about the ugliest form of skirt possible. It is too short for the "flowing drapery" ideal con-sidered by those who hold the same relation to art that false prophets do to religion, at the only suitable attire for women. And it is too long for the beauty which is contai in suitability and harmony. It usually ap-pears to pull round the ankies in walking, and obvious discomfort is inartistic; heels



and skirts also actually plaster each other with mud quite as effectually as in a trail-ing skirt. And a dress that seems not to touch the road on the level, trails steadily on it when going down the slightest hill, covering stockings and underclothing with dust should the weather be dry, when no one ever thinks it necessary to hold the dress up,

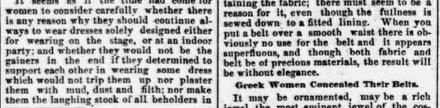
Objections to the Short Dress. The only rule as to length of skirt which will avoid these objections and prevent the

heel scraping against it at every step, is to have it made the length of the wearer's foot have it made the length of the wearer's foot and two inches more from the ground. But it is useless to endeavor to get women to wear really short drosses if they are to be made on the old lines. There is no possi-bility of their ever keeping to any uniform length, as a few inches longer would so son become the fashion. Also there can be not become the fashion. Also there can be no question that these sort of skirts are not question that these wearer stoops forward very decent, as if the wearer stoops forward or goes up steps, or crosses the legs when sitting down, she cannot fail to exhibit un-sitting down, she cannot fail to exhibit unsitting down, she cannot that to cannot an derelothing. And even if, as is proposed by those who advocate this form of skirt, knickerbockers to match are worn, the fact remains that all clothing supposed to be invisible, when casually exposed to view, gives the impression of indecency. Now the drasses in the accompanying

illustration from designs of the Nation Dress Society are free from all these difficul-Both the figures are represented ordinary morning or walking dress. A Division Not Apparent.

P

The one wearing the longer jacket wears



Greek Women Concealed Their Belts. It may be ornamented, may be a rich jewel, the most eminent jewel of the costume, but its superiority over other jewels lies in its being of pre-eminent use. Greek women so well understood that its greatest Dresses such as here described could be women so well understood that its greatest beauty comes from its usefulness in con-straining folds, that with them otten the drapery fell over and concealed it entirely. Let them teach us that if we are to wear the belt with elegance we must consider first its use, and afterward what it shall be wach of as smart as any we see now if made in hand--tor we should never lose sight of the fact that smart dress and every-day dress must be made on the same lines. As the ma-jority of women have not large sums to lay out on their dresses, and all dresses begin by being "best," and then in time are used for office, walking or traveling, as the case may be, it is impossible to have quite dif-ferent styles of dress for the daytime at least

de of. made of. Advance knowledge regarding the spring importations says that leather belts will be of seal, alligator or calf. These will have metal and leather-covered buckles. There will be velvet and silk belts with metal

But the effort to get something better is buckles and clasps. Some of these are studded with steel or gilt. There are belts of flexible metal like elastic ribbon, silver well worth making, as an unfit and unsuit-able dress stamps the wearer as one who must be deficient in common sense, and women perhaps hardly realize how much and gilt, with filagree classic rubbal, silver areases. These belts are only 1% inches in width; stiff belts cannot be much wider eral but unconscious verdict in

without shortening the waist. Silver > New York 18781

Egypt

VISCOUNTESS HABERTON, President British Rational Dress Society. A NOVEL FLOWER HOLDER.

Pretty Design for the Chandelier, in Which Bamboo Is Utilized. A novel and effective decoration to hang from a chandelier or in the window can be

> easily con structed from a few pieces of bamboo. Take the largest piece for a central stem and ar range the other pieces to surround it. Three of



and tassels help materially to orns ment it. In cutting the bamboo be sure to

How I Made Money. While visiting my cousin in Illinois last month, I learned she had been making money plating with gold, silver and nickel, using the lightning plater, which she told me worked to perfection. After I got home I sent \$5 to H. F. Delno & Co., Columbus, of the work and the sent state of the sent state of the work, and it is surprising how much work can be had. Everybody has spoons, knives and forks to plate, and you can plate quick and nice. One week I made \$12 50 much work. As this is my first lucky streak I give my experience, hoping others may be benefited as much as I have been. Su CARRIE GRIMES.

aining the fabric; there must seem to be a twice or thrice, and tied in a bow at one side of the front, and for even-

ing and dinner dresses they will be made

ents a day. B

Fashionable Belles.

nto sashes. The tashionable sash is abo aix inches wide and is tied at the back with two loops standing directly upward and the ends falling to the bottom of the skirt. Among the ribbons for this purpose there is a two-faced satin with heavy corded edges. Moire ribbons are much in vogue, and some of these are changeable; one especially ad-mired is called nacre from its having all the effect of mother-of-pearl. Another very agreeable ribbon mingles moire and satin in engthwise stripes. The sure way to make a cheap belt look

The sure way to make a cheap belt look mean is to wear it when the form of the dress shows no use for it. It is thus ob-vious that it is placed for an ornament and the eye is challenged to discover its cheap-ness. A garniture may be placed at the bottom of a smooth waist, to mark its divis-ion from the skirt, but this is a pure orna-ment, a border, and not properly a belt. Ornamented With Pearls.

Ornamented With Pearls. Thus in Queen Bess' day a string of pearls of gems bordered the tight pointed waist, and fell in long ends in front, and this is a good illustration of the difference required in intrinsic quality between garniture merely—a cincture that is an essential part of the dress. As I have pointed out above, the highest degree of beauty arises out of the belt's essential use, and, therefore, a cheap belt rightly worn will produce an elegance that a rich one wrongly used must fail to do. uckels, very much in vogue, cost from \$3 fail to do. To the amateur who will design her own

to the amateur who will design her own belts it may be of use to suggest that mate-rial should not be used diagonally, nor, in general, vertically, but the lines of the weave should run around for strength in the effect. In a narrow belt this is impor-tant. The Turkish woman wears a charm-ing such of every string splice the star-Nothing New Among Belts.

Nothing New Among Belts. Belts will be made of the dress fabric when the fabric has sufficient body. New York stores will take your material and make it into a belt for \$1. They will line and bind it with leather and add a leather buckle. They will keep in stock such belts made of Bedford cord and camel's hair, in black and dark blue. Knowing that one's order can thus be filled suggests the practicability of spending some thought in designing our own belts, in which case the need of designing materials brings to the front a motive for the study of historical girdles. The amateur, in her researches, will discover that even in belts there is nothing new. Ammon-Ra, the sun god soulptured on the Egyptian tombs 5,000 years ago, wears the corselet that was worn in France in 1889, and that may be seen on the spring gown made in New York for this ing sash of cross stripes, enlivening the whole costume, but I think it will be found whole costume, but I think it will be found to be the size of the sash that excuses the cross lines. It is the same with the Japan-ese obl, which is gaily flowered and full of variations, without any preference in the pattern to strength, which is sufficiently in-dicated by size. And here I should like to point out that the revertible silks further

the spring gown made in New York for this season of 1892.

season of 1892. When objects are to be suspended from the belt a more esthetic effect is had by the nse of a double girdle. The Greeks wore two belts, the sone and the strophion, but their object was only to produce a double cascade of drapery. Barbarian and chival-rous Europe made use of the drooping lower

Can Live on 7 1-2 Cents a Day. The constants would suffice to sustain life without yielding much force to be put into work. At the present day this so-called life ration—that is to say, a ration which

For 30 days..... 25 3.64 4.45

When economical Francoise has cold boiled rice left over she mixes griddle cakes, or waffles, or a pudding, to each and all of which she adds her own quaint touch that reveals undreamed of possibilities in these plain concoctions. She will serve the pudding baked in forms, its creamy top, delicately browned and accompanied by a rich sauce thick with cinnamon; the waffles the makes with a cup of rice to one-half cup would support the life of an adult man or woman-can be bought in Boston for 71/2 To this life ration may be added a work To this life ration may be added a work ration. This work ration may be had either at a low price for the tougher parts of meat, or at a higher price for the most tender and popular cuts. There is no substantial dif-ference in the nutrition; if properly cooked either will yield appetizing and nutritious food. The computation of prices of the tougher pieces of meat given in the forego-ing table was made in the spring, when veal is cheap. This work ration, disregarding fractions, can now be purchased in Boston at 6 cents per day on the basis of this table, making the total cost of the day's ration 134 cents. A little fruit may be added, she makes with a cup of rice to one-half cup of flour, two eggs and a cup of milk, she uses a bit of butter the size of a walnut and salt to taste, and but one teaspoonful of baking powder. It is in their baking and serving her exceeding excellence shows they are browned to perfection, piled lightly, Here again does the safe, steady heat of charcoal answer, the waffle iron never gets too hot or too cool, but stays as it should-1314 cents. A little fruit may be added, bringing the total cost of subsistence to \$1 a week. This ration may be varied by sub-stituting milk for a part of the meat.

Working on 22 Cents a Day.

It may not be necessary to attempt to live at so low a price, and if it is expedient to allow a little more for waste, the con-stant—that is to say, life ration—may be What a Missionary to India Learned Abou

stant-that is to say, life ration-may be purchased, and to these may be added a work ration, consisting of the following articles, and making the cost of food about 22 cents a day: 8 pounds beef, rump.....at

beef liver.....at calves' hearts.....at mutton, loin or forequarter......at

84 55 48% Very few persons could consume this ration; only those who might be occupied in very active work. It is above the standard ration of a German soldier when is served in a platter with the rice around it. Syra says it seems to her like a Mahom-

Octave Thanet Tells the Mysteries of the

it. Syra says it seems to her like a Mahom-etan kind of pork and beans-chicken for pork, rice for beans. It is a remarkable improvement on plain boiled rice. I don't know how many women have begged Mary Niles to tell the absolutely correct way to boil rice. She says it is washed in two or three waters, rubbing well between the hands. This is not so much to cleanse it as to rub off loose, floury particles which make it starchy. It is draiued and put on with plenty of water to boil gently. When just done the water is drained through a colander, then the rice is put back in the saucepan and set on the back of the store with a cloth over it to steam dry-just as we finish boiling potatoes. The pilaff is a Turkish, Armenian, Hungarian and other far-away people's dish. It is a dish of amazing versatility, adapts itself to almost every circumstance of the larder. I was taught its mysteries by a Hungarian. The beauty of it is that you can do anything savory with it and not hurt it; it is as persistent as original sin. The only necessities for a pilaft are rice and some scraps of meat. And it you have

The only necessities for a pliaff are rice and some soraps of meat. And if you have to be the size of the same with the Japan-ese obl, which is gaily flowered and full of variations, without any preference in the pattern to strength, which is sufficiently in-dicated by size. And here I should like to point out that the reversible silks, fashion-able now, with their two sides unlike, can be charmingly utilized in the sash, as sug-gested by the Japanese obi in our illustra-tion. Good effects in metal are linked circles and other interlacings or chain effects, and a choice can be had between buckles and wedded clasps. A richer effect is produced when the clasps are larger than the ribbon, as is illustrated in the beautiful beit worn by Bernhardt in our illustration. Bern-hardt loug ago discovered the beauty and adopted the belted style of dress. A study of the belts which this notable woman has collected and designed would be full of profit to the amateur. ADA BACHE-COME.

\$4 09
takes good care that the soup after the eggs are added.

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If this delicate soup maigre is well made it will be found very palatable, very nour ror, or placque; you can train the gracefu green lengths in the direction you desire. Very many pretty contrasts can also be got with bamboo, matting and china silk, for they will continue to be "the proper when economical Francoise has cold



Wandering Jew. s more cooling to the sense of vision on a

Fig 2

hot August day than to enter a room that is thus furnished.

Now a good way to embellish the door of a room furnished. Now a good way to embellish the door of a room furnished in these airy materials is to nail a strip of matting above it, and this you are to put in a frame of bamboo. If you can paint, with very little labor you can copy in oils or opaque water colors the decorations of an ordinary Japanese fan, in a large way on the matting. Plates and fans stand out well upon these mattings "over the door," and take unto themseves a look of value far above their real cost.

real cost. real cost. Even in ancient times guns, spears, arrows and other war-like implements have been placed on the walls, though there is great room for doubt as to whether they were then so placed for mere decoration. If you have no old "fint locks" or "cutlasses" in the family the Janaacse stores will for a have no old "fint locks" or "cutlasses" in the family, the Japanese stores will, for a small sum, furnish you with good substi-tutes. Two swords and a shield can be effectively arranged, and such a door deco-ration is particularly appropriate for a library; of course, a "criss-cross" arrange-ment gives a much richer and fuller effect, but more weapons are then needed

but more weapons are then needed. There is the "shelf" idea; upon a shelf one can place various large ornamenta. Plates and placques can be used not only "over the door," but also on both sides of it, making a complete frame of these bits of

A draped fishnet with fishing rod an? basket is agreeable for the "over-door" of a boy's chamber; so is an arrangement of boy's chamber; so iter. bows, arrows and quiver. ZELLA MILHAU.

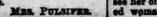
QUIXOTES IN PETTICOATS.

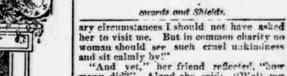
Plenty of Opportunities for Vallant Dee in the Social World.

WRITTEN FOR THE DISPATCH. The modern woman of society has many

opportunities for quixotic deeds. If her heart is one that stirs with the immortal Don's generous impulses, she often finds herself championing someone who is socially forlorn, misguided or misunderinst as we finish boiling potatoes. The East Indian rice soup is very good

The East Indian rice soup in very good for lunch. Four tablespoonfuls of rice are washed and boiling water poured over it to stand a few minutes, and be drained off. A nice broth, well seasoned the day before, is ready boiling, and the rice put to simmer in it till tender. It is much better than the common way of boiling rice separate, and putting it in the soup when nearly done. This rice sauce for fowls is a very deli-cate white dressing which may be served in-This rice sauce for fowls is a very deli-cate white dressing which may be served in-stead of the English bread sauce. Steep a quarter of a pound of rice in a pint of milk with a small onion, pepper, etc., as for bread sauce. When the rice is tender rub it through a size into a clean stewpan and heat before sending to table. MES. PULSIFER. passed on some absent one whose manners





"And yet," her friend reflected, "how many did?" Aloud she said: "Well, my dear, 'the quality of mercy is not strained." and socially speaking 'tis mightiest in the mightiest; and becomes the throned monarch'-that's you of course-'better than his grown." ALICE L. CLARX.

ASTRACHAN HORRIFIES EER Why Cells Logan Cannot Son the Beaut fal

Stuff Withen: Stundelering. Do women know why it is that Astrachan, or Persian lamb as it is oftenest called nowadays, costs so much? wks C-lia Logan. It isn't because in and of itself it is specially beautiful or specially becoming, for it is neither. It is the cost of life that they are paving for.

Just as the female is about to give birth to the kid she is killed and the skin stripped from the unborn, but often living little one. This inhuman practice is owing to the fact that only in this way can the soft, fine silki-ness of the fur be preserved. After birth it becomes harsh and wiry. Two lives have to be taken to get one small skin, and this is what makes astrachan so dear. This, too, is why I shudder when I see a woman

wearing an astrachan coat or cape. Is a fashion worth following that is so prodigal of life as this? It is worse than the slaughter of seals and birds for fushion's sake, and the slow torture of the goose for the pate de fois gras that makes the epicure happy. And these are bad enough.

NO OTHER liniment is like Salvation Oil. It stands alone as # superior articlcenta The second state of the se

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20 10 1215 06 18 doz 07 07 03 1216 06 09 06 28 05 sait pork at eggs. at peas at beans at tresh fish at rice at farina at farina at butter.....at parboil half a cup of rice in two quarts of water, cooking gently. Strain it from the water and put in a large saucepan with the half-done meat in the middle. The gravy; which should be plentiful and savory with onions, herbs and sometimes finely shred vegetables, is added to the rice and set to simmer sently. The meat and rice should sugar.....at

on a forced march. EDWARD ATKINSON.

A VERY VERSATILE DISH.

Pliaff of Rice.

the second se

says it is almost as nice as Mr. Kipling's novels to read the native names of food and think that Ram Dass and Lal and the rest of his people lived on such fare. The re-turned missionary reminds her that Hin-doos eat little meat. The Mussulman cookerv is far more savory and nourishing. The pillau is a purely Oriental dish; venison, kid or poultry stewed down and the gravy used to flavor the rice which forms the principal part of it. To make pillau, parboil half a cup of rice in two quarts of