New Fashions in Foods

By KARINE HOLMES

POULTRY

In foods, poultry and game are generally classed together. Poultry is the word used for domesticated birds raised for their flesh or their eggs, or both. Wild birds are classed as game.

Digestibility of Chicken—This may be introduced early in the diet of the convalescent, largely because it is so easy of digestion. The white meat of the breast is particularly free from fat, it has small fibres and a small amount of connective tissues, and is easier to digest than the dark meat. Squab, quail and pigeon and the white meat of turkey are also easy of digestion.

Duck and goose contain a large quantity of fat and are not as readily adapted to the body needs.

Game is comparatively easy to digest, but too highly flavored as a rule for invalids.

Broiled chicken is not only a delicacy but the cooking this way is the very best for small children and for the sick. The pan broil is not only the most economical, but now, with our knowledge of covering all such materials while cooking, we not only make the bird more tender but we save all of the juices, hence all of the nutritive portions. Split the chicken on the back, take out the entrails, cleanse well and brush over with melted lard, or oil if the family use olive oil, salt and allow to stand a half hour or so, then place in a small roasting pan, place in the oven and if you turn it two or three times during the cooking you will brown it more quickly, but if you put plenty of butter or nice fat in the pan and allow the chicken to cook, say, twenty minutes you will have as toothsome a morsel as can be imagined. Then remove from the pan, and use a little flour which has been browned in the chicken fat, and when that has cooked, add just enough water to make a very thin gravy, into which you will want to put a little onion juice, salt, paprika, and a trifle of cinnamon gives the gravy a delicious flavor. Pour this over your chicken after it is on the platter, putting a couple of spoonsfull of unheaded crisp fresh lettuce at each end of your platter. Serve while hot.

Creole Chicken—This is a form of cooking chicken that is very popular in the south. Joint a young fowl; season with salt and pepper and saute to a golden brown in hot salt pork fat or butter; together with two small onions sliced into the fat. When all are well browned, remove the fowl and cook ¼ cup of flour in the fat; then add each 1 cup of white stock and tomato pulp, and in this simmer the fowl until tender; adding more stock if needed. Arrange the joints in a circle upon a serving dish. To the sauce add 1 tablespoon of tarragon vinegar and the other seasonings as required; strain and reheat in it ¼ pound of macaroni, cooked and blanched. With this fill in the centre of the circle. Garnish with celery leaves or parsley, or young tender lettuce leaves, or a delightful garnish is nasturtium leaves. These too are spicy and delicious to eat. Few people realize that nasturtiums were first used as food, the stems and seeds being particularly delicious in pickles.

Fricassee of chicken and casserole of chicken, next week.

FEMININE TOPICS

For "Macaroni with clams" chop fifteen clams very fine, drain off all liquor, scald and skim it. Add one sliced onion, a very little salt and pepper, and simmer ten minutes. Put into another saucepan one tablespoon of butter and one of flour; when melted and bubbling add one cup of rich milk and stir until it thickens; stir into this the clam juice and cook for a minute. Fill a buttered baking dish with alternate layers of cooked macaroni (about half a pound) and clams, making the top layer macaroni. Pour the sauce over this, put a few bits of butter over the top and brown in a quick oven.

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One pair of crepe satin pajamas has a black coat with a stand-up collars and cuffs of red, while the trousers are of red, with cuffs of black.

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For the rainy day, there are bright costumes of rubberized silk in reds or greens which form a pleasing contrast to the generally gloomy appearance of the day itself.

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The pleated skirt will hold an important place in the spring and summer wardrobe and can be combined with an attractive overblouse to make a costume useful for many occasions; while many of the simpler spring dresses have pleated skirts also.

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Gowns are given an added brilliance through the use of a new sequin of bright metal, which has a concave surface and reflects the light more than one of the flat type.

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Complete costumes of printed crepe are seen in the south—dress, hat, and parasol.

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Feathers are holding their own very well this season, for even a turban, which usually goes untrimmed, is shown with two plumes suspended from the crown.

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To wear witth dresses of the Russian type, which combine two colors in some way, such as having half of the sleeve of one and half of the other color, using one color for the upper part of the skirt and the second for the lower part, are little cloches of silk in patch work effect.

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Hamburg steak is more appetizing when formed into one large cake and broiled, that when fried in small cakes.

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The covering of the new parasol may be decorated on the inside by bands or designs of ribbon, the latter in all the popular patterns and all the color combinations which the season has brought into favor for wearing apparel.

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Windows should never be washed when the sun is shining on them. And at any time, the more quickly the work is done, the better will be the results.

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If small rugs are lined with pieces of old carpet, they will not curl up, or slip from their proper places.

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To prevent molasses cookies from burning when baking (which they do very easily), turn the pan upside down and put the cookies on the bottom of it.

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A unique way of trimming a henna jersey dress is to stitch by machine vari-colored wools on the material in horizontal and vertical lines.

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Colored threads are often run in hand-drawn voile dresses, or the frocks have inserts of contrasting color and material to give variety in their trimming.

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When stitching bias seams on the machine, stretch them a little. Otherwise, when it stretches in wear, the thread is likely to break. In making cotton or linen articles, of material which has been laundered, seams should also be stretched when stitching.

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With a frock of plain satin is worn a little embroidered jacket, making of it an attractive three-piece costume, the embroidery being so closely worked that the effect is that of brocade.

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Capes for evening that resemble the shawls worn by our great-grandmothers of the crinoline days, are returning to favor.

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The bustle of 1880 is again being introduced in a modified form, by the use of a large bow in the back.

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The reaction against black is noticed even among the accessories, where bright colored buttons are again in vogue, after many years of absence.

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Red should never be worn next to the face, no matter how becoming the shade is, it should never be worn unrelieved, if only by a string of pearls.

When the horse-car squealed aloud

REMEMBER it? The flanges squealed as the car rounded a curve. The hand-brakes squealed when they were applied and groaned when they were released. The springs complained always. What was the matter? *Friction*, mostly. Just friction.

Now in 1923, the transportation picture is quite different. So great has been the increase in motor transport during the last ten years that the country's investment in motor vehicles is now greater than the investment in rolling stock of all street railways and steam railroads combined.

Without improved *lubrication* this development would have been impossible. This company has spent years in the perfecting of Polarine, the "Standard" oil for motor lubrication. It prevents wear and makes *all* the power effective. Ask for Polarine—not "a quart of oil".

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OUR CHILDREN AND OBEDIENCE

By ELIZABETH A. PERKINS

Obedience is regarded by many as one of the chief virtues of childhood. But just what is obedience? Just what is obedience in grown-ups as well as in children? Let us think this great topic through.

Isn't obedience the ability and willingness to live well and happily and justly with a group of people? Can there be perfect freedom from obedience even for one who lives with only one other person, tho the home might be on a desert island? We say "yes, there would be no need of law or of obedience to law if each one of the two people were willing that the the other should have his individual way." But even that is a law to be heeded and obeyed.

The Great End And Aim Of Obedience

Let us then remember that in teaching the child obedience, we mean more than that he shall for the time being submit to arbitrary authority; but we mean rather that he shall acquire such a degree of self-control that his future actions will be according to law and that he will conform to the best interests of the entire group.

Every parent who teaches the child this self-control, is giving that child splendid ideals of citizenship, and establishing habits which will make him an obedient law-abiding member of society.

In this brief study we wish to emphasize the joy in obedience, and how we may help the child to acquire this self-control. The quality of obedience, or at least of a willing happy obedience is largely determined by the time the child is four years old.

In exacting obedience from the child study the child. Why is he willing to obey certain commands, and disobeys other commands? Are we examples of self-control?

Too many commands, unenforced commands, too many don'ts all tend towards disobedience. Few commands, tact, sweetness, discipline when necessary all make for happiness and obedience.

When too many commands are given, the young child is bewildered. The older child feels that there is no use in trying to be good, so much is demanded. When many commands are given it is almost impossible to enforce obedience. Life for the child would be almost a continual round of punishment.

It is so easy for tired mother to say "if you do that again I shall punish you," but the next time passes without punishment, until many times have passed, when finally the punishment is given. Did that child have any real reason for believing there would be a punishment?

Dr. William R. P. Emerson, in an article, The Value of Happiness, has given seven strong points on how to bring up a child in the way he should go. Dr. Emerson says,

1 Make it easier for the child to do what is best for him than to have his own way.

2 The kind of punishment you use is of great importance, but the way you use it is more important still.

3 Be sure you are right and then don't let the child outdo you by getting his own way, repeated triumphs make him unmanageable.

4 Positive and constructive discipline is better than letting the child's health depend on his whim.

5 Punishment if it is of the right kind tends to do away with the necessity of repitition.

6 Physical punishment is rarely necessary.

7 Happiness has a positive health value.

We may well add that positive and constructive discipline has a most beneficial effect on the child's character formation, but it must be a wise discipline, wisely administered. There is a great difference between harshness and discipline. Too often we seeem to think they are identical. Sometimes parents think their children are well disciplined, when they are simply treated with harshness. When treated with too much harshness children are driven to deceitfulness and untruths.

Make it easy for the child to do right. A very simple illustration follows. Seven o'clock is the child's bedtime. He is playing with blocks. About fifteen minutes before the hour the wise mother admires the house he is building and says, "you have a fine house; you will have time to make some tall chimneys before bed-time, if you start now." But if nothing is said until seven o'clock comes, and the child is busy making room after room of that house, how can he leave that (to him) important piece of building on just a minute's notice!

Do not allow the child to form the impression that law is disagreeable and unjust and overbearing, but rather that law is necessary for happiness and safety. Respect for the child's possessions, will help him to respect property rights of others. A simple rspect for his comfort will help him to respect the comfort of others.

Obedience to a wise parent, a respect for home laws will help the child to self-control in the school-room, and on the playground, and in later years he will prove a law-respecting and law-abiding citizen.

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The well-dressed girl will surely want one of the short jackets whether the material be camel's hair, twill, silk or some wool fabric. Whatever her choice the coat will be very short and side-tied.

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