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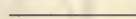
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## INTRODUCTION.

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This modest volume is presented, with their compliments, jointly by the editors and the firms whose advertisements appear in it. It is a book of suggestions garnered from the experiences of many home-builders. Most people build a new home but once. In a sense therefore the building of a home is a lifetime event. Consequently much importance attaches to every detail. It is not enough to learn by one's own experience what to do and what to avoid. Such knowledge will come too late. For while many of the mistakes thus made might be corrected afterward, it is always costly to make alterations. Then again some errors could not be rectified at any cost and these would be a constant source of regret.

How much more satisfactory to profit by the experience of others in order to avoid their mistakes and have the guidance of the suggestions which they would follow were they to build again.

After the house is built it must be kept. The housewife is justly proud of her new home; every feature of it is dear to her—the floors, the walls, the woodwork, the decorations; the outside as well as the interior; the lawn, the garden, in short—the HOME. The hints and suggestions on the keeping of the home are practical ones. Every week—if not every day—some situation will arise in which the "Home Builder and Home Keeper" may be drawn upon for information to help meet the demand or solve the problem.

Some of the most important contents of the volume are the messages of the advertisers. Their suggestions are as timely and as authoritative as the editorial matter because only reliable and trustworthy business houses have been permitted to use the pages of the book to tell their story. You will not only be safe in patronizing them but you will do well to consult with them for they are in position to give expert advice on the countless points that arise for decision in the choice of this or that in the construction, decorating, furnishing and keeping of the "Home Beautiful."

If you shall profit by the perusal of these pages and if they, the merchants and manufacturers in turn are helped by receiving your patronage, then the mission of the "Home Builder and Home Keeper" will have been fulfilled. That such may be the case is the earnest wish of

—THE EDITORS.

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## SECTION I.

---

# THE HOME BUILDER.

---

### THE HOUSE BEAUTIFUL

(By W. W. DeLong)

The aim of this department is to give a practical exposition of the Science and Art of Architecture as modified by modern thought and necessity, and more especially in its relation to the moderately priced home. A brief introduction may well be devoted to the general principles of Architectural Beauty. Today we are constrained to look continually to the Ancients for our main inspirations and ideas, and the builder who is most successful, is the one who combines in a marked degree, the beautiful lines of the Doric, Ionic, Corinthian, Tuscan or Composite orders with the needs of modern sanitation, convenience and comfort.

#### European Architecture

One of the charms of European travel is the architectural beauty of the various buildings—the massive piles of historic temples, cathedrals, theaters and the graceful, pleasing, picturesque palaces, villas, chalets and cottages. The modern architect has a wonderful storehouse of beauty in Form and Color to draw from, but he must adapt these to the needs of today. Our ideas of sanitation and comfort are far different from those of the architect of the early Christian and Romanesque, or even the later Byzantine, Gothic or Renaissance periods.

#### Egyptian

There are other dominant styles, or orders, to which the modern architect seldom resorts. The Egyptian with its massive, sloping walls ornamented with hieroglyphics and lotus flowers.

#### Assyrian and Chinese

The Assyrian, of fantastic design, with great flights of stairs and wonderful terraces. The Chinese, with curling lines and roofs tapering high, one above the other.

#### Indian Monolithic

The Indian monolithic; great temples cut from solid rock, with roofs and domes supported by massive carved columns.

#### Moorish

The Moorish, the most wonderful of them all in the rich combinations of color and intricate and beautiful detail.

#### Japanese

The Japanese, low and rambling, light and comfortable, with a near approach to modern ideas of simplicity and sanitation.

## MODERN HOUSE BEAUTIFUL

The modern house beautiful must needs borrow from all of these, and in so doing it becomes typical of the age to which it belongs. Adapted to the highest needs and ideas of a race of men and women who, building upon the experiences of all that "mighty throng that has gone before," are satisfied only with the best.

### A House

A house is the physical exponent of the standing and character of those who dwell within and is worthy of the best thought and effort of the owner. Although every home is not a house, every house should be a home; if possible, a house set in its own grounds, surrounded by its own atmosphere and indicating by its general appearance the circumstances, the tastes and even the aspirations of its owner.

### Childhood

The first impressions of childhood cling to us throughout life and we may not say how much our whole life is affected by the memories of our early years and the home in which they were passed. No more beautiful sentiment was ever expressed than, "Be it ever so humble, there's no place like home. Home! Home! Sweet, Sweet, Home!"

### Home Instinct

The homing instinct runs throughout the entire family of created beings and finds its highest expression in the home of man. The whole life and prosperity of a nation is bound up in the word "Home." Be it the humble sodded hut, or the gilded marble palace, if the hallowed, mellowing influences of home are lacking, the rooms are empty and the walls echo back in mocking voices when we attempt to express sentiments of love and duty.

### Home Selection

Social and economic conditions are such that with the great majority the selection of a Home must be governed by expediency rather than by natural, heartfelt inclination.

### Necessity

However, even in those cases, where stern necessity will not allow the following of our heart's desire, we may impress our individuality upon the four bare walls of a modern city room.

### Choice

To those who may indulge in the privilege of choice, I would address the following, trusting it may to some extent enable them to choose wisely and well.

### Ideal

First, of course you must consider the element of cost, but cost, even, must be made to bend to your ideal. I would say, study carefully your needs and your prospects; take an account of all your circumstances and then form your Ideal. Having once formed it, bend all your energies toward the accomplishment of your heart's desire.

### Economy vs. Necessity

It stands to reason that all the hints contained in this little book and all the good things advocated cannot be taken advantage of in the same house and by the same builder. Where economy of space is of first importance, for example, it may be necessary to sac-



rifice the entrance hall to the dining-room pantry, or vice versa; and in order to be able to install laundry tubs in the basement we may have to content ourselves with a cheaper bath-room equipment than the one we would have preferred. Life is full of compromises, and so is the building of a home. Consider the undertaking from all sides. Make up your mind what are the things essential from your point of view. Arrange for them first and, if sacrifice be necessary, omit some of the things which you consider not so important.

### Site For Home

Great care should be exercised in the selection of a home site, and you may at first make a mistake. The part of the city in which you locate may develop along unexpected lines; you may find that the surroundings are uncongenial or actually bad; or it may develop that the socially great have unwittingly flattered you by following your choice. In such a case it would be well to try again.

### Limited Income

Do not make the mistake of trying to "keep up an appearance" on a limited income. It is better to live well in a small house than poorly in a large one; and, if your wife has to do her own work, it is worse than folly to build a house that it would take two maids to keep in order.

### Location

The same principle holds good with respect to location. Do not build your house in a fashionable neighborhood if you have not ample means to justify you in so doing. The strain of having to keep up an appearance, both inside and outside the house, on an insufficiency of cash, takes all the comfort out of life.

### Healthfulness

Rather choose the site of your future home for healthfulness and beauty without, however, overlooking the social side altogether. For, after all, congenial neighbors are half the home life.

## THE GROUND

The ground ought to be cleared, graded and ploughed before commencing building operations. Clearing cannot be done after the building is up without danger to it from blasting and fire.

### Preparation

While speaking of the home site let me put in a plea for the preservation of the native trees and shrubs so far as possible when clearing the lot or grading it for building. What a shame it is when fine old trees are ruthlessly cut down and burned, not only without need, but when, to leave them where they stood, would add a beauty and dignity to the home that nothing else could. Remember that those trees can never be replaced; once gone they are gone forever. So consider well before you destroy them. Some must go to make room for the house, some would shade it excessively; but it is nearly always possible to leave one or two trees, perhaps a group of three—or a single fine specimen. It should be considered an act of vandalism to chop down everything in sight and not preserve some specimen. The same applies to native shrubs. Leave Vine Maples, Gorse and Dogwood growing where nature planted them, and you will have a beauty spot in your garden or

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Madison at Twelfth

yard that no cultivated flower-bed can equal. This applies particularly to people building in the suburbs or the country, where the land is not already cleared.

### Specify Carefully

You should specify carefully in writing just what you desire to be done; what trees, shrubs, rocks, natural hillocks or other features are to be left.

### Removing Earth

Also what shall be done with the earth removed, if excavating is to be done. Be careful to have the natural soil saved if it becomes necessary to lower the grade of any part of your lot. If a considerable fill is necessary, have a surfacing of natural soil six inches thick placed on top of the fill.

### Excavation and Grading

Time and labor will be saved if all grading, excavating, filling, surfacing, etc., are done before the building is begun. Materials can be brought right to the job instead of being left on the road, as often happens when the ground is not cleared or when it is full of holes left by the blasting out of the stumps. It is better to have the ground ploughed over before the building is started as the ground near the house would have to be turned over by hand if the ploughing were left till afterwards, for a plough could not get in close to the house.

---

## FOUNDATION

There are many different kinds of foundations, varying in price according to the material used and the amount of labor.

### Cedar Posts

The cheapest of these is cedar posts. For small houses where there is no excavation required, foundations of cedar are satisfactory in every way and will last from ten to twenty years.

### Kind of Soil

In all cases the foundation posts or walls should be carried down to earth of the same carrying capacity—hard clay in place; sand in place; soil in place; gravel in place, etc. By "in place," I mean in its natural condition, not having been removed and replaced.

### Load Soil Can Carry

How much bearing surface is to be allowed for each foundation post or wall must be determined by the nature of the earth upon which it stands and by the load it is to carry. This can safely be left to a good architect or builder.

### Best Foundation—Concrete

The best and cheapest foundation is made of concrete of a consistency of not less than one part of cement to two parts sand and four parts of gravel. The sand and gravel should be washed clean. The sand should be sharp and of medium coarseness. The gravel should not have large rocks in it, but should range from very coarse sand to pebbles the size of a hen's egg. The finer the gravel, the less sand will be required.

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96	15.17	5.70%
108	14.08	5.78%
120	13.21	5.85%

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2. Any amount in excess of the agreed monthly payment may be paid at any time, reducing the loan and the time same has to run.
3. Loans can be paid off at any time with interest to date, except building loans.

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## PUGET SOUND SAVINGS & LOAN ASSOCIATION

222 Pike Street, Seattle, Wash.

### Allow Plenty of Time

The foundation should be allowed to set properly before putting up the frame of the house. If the concrete is disturbed too soon it will crack. Also be careful to cover fresh concrete to protect from the sun, which will dry it too quickly and crack it, and from the rain, which washes it away before it is properly hardened. In about four hours it will be quite set, and in a week the work of putting up the frame can be commenced.

### Other Foundations

Other more expensive foundations are cut stone, cobble stone and brick.

Cut stone makes a very handsome but quite expensive foundation. Although stone in this country is very plentiful and of good quality, the labor of cutting and setting it is so costly that it makes the price of such a foundation very high.

### Cobble Stone

Cobble stone walls for a foundation are very popular in the better-class houses; this style is less expensive than either brick or cut stone, and makes a neat and ornamental finish.

### Brick

A brick foundation has no superior in quality or appearance but this too is expensive and beyond the reach of most house-builders. There is nothing cleaner and brighter than a brick basement and a brick floor, unlike a cement floor, is easy on the feet. If the foundations, veranda pillars and garden paths can all be made of brick the effect is most pleasing. A veranda built of bricks is especially satisfactory in the summer time, the floor being easy to wash and affording a cool place to sit in hot weather.

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## THE PLAN

If the house-builder is going to make his own plans without employing an architect there are many points that will require his special attention. So many things that contribute to the comfort of the home can not be added after the house is completed and must, therefore, be considered beforehand.

### Number of Rooms

One great mistake made by amateurs is first to decide upon the number of rooms and their position quite independently of the outside appearance. This is starting at the wrong end and many of the ugly and peculiar looking houses we see are the result of such planning.

### How Much Money

The size of house and amount to be spent must, of course, first be decided upon, and then the style of house chosen. The numerous bungalow books published by various building construction companies are a great help to the amateur architect, as they show the effect of the different styles of roof, windows, etc. But one point should be borne in mind. These books are nearly all published in California and, the houses being planned for a warm dry climate, many alterations will have to be made before they will be suitable for this region.

### Size of House

A young man with a growing and possibly an increasing family should build with an eye to the future. If he cannot afford a house of the size he will eventually need, as is likely to be the case, let him choose a plan that will lend itself to additions being made to it in time to come. The beauty of owning a home is that one is never quite satisfied with it. There is always some alteration we look forward to making, a pet scheme we are hoping to carry out some day. It is a constant source of interest and an object of enterprise.

### Consult Your Wife

Women spend a large part of their time in the house. It is their place of business, as well as their home, and therefore it is only right that their taste and convenience should have the largest share of consideration in building it. So don't let all the compromises effected be along the same lines as in the story of the man who boasted to his friend that he and his wife had never had a serious difference of opinion in twenty years of married life, except on one occasion.

"What was that?" asked his friend.

"She wanted the new parlor set to be blue and I stood for green."

"And how did you settle the dispute?"

"Oh, we compromised on the green!" replied the man cheerfully.

Compromises are necessary, but they should not all be "on the green!"

### Style in Architecture

Twenty-five years ago, when the writer first came to Seattle, there was little to be seen of style or taste in architecture. More particularly in the buildings on the outskirts of the town. These were constructed mostly on the barn plan, with a porch stuck on the front or wherever it was thought it would be handy, and perhaps a pepper-pot elevation on the top of the roof, to suit the builder's fantastic idea of decoration. The color scheme was as weird as the style, glaring greens and yellow being the favorite choice. Any one coming up from California would be struck by the difference, for in that home of the bungalow the tiniest cot, costing only a few hundred dollars, is as tastefully built and as carefully planned as the domicile on which as many thousands are spent. This is as it should be, and we are glad to note a great improvement in this direction of late years in Seattle and her suburbs.

### Poor Man's House

The poor man's house is "home" just as much as the rich man's and as much thought and care should be taken to make it both comfortable and pretty. A style suitable to the position and surroundings should be chosen. The exterior of the city house should be different from that of the suburban home. But both should have good proportions, simple lines and above all an agreeable color scheme. Let all the tones be soft and avoid strong contrasts in the trim. See that the roof harmonizes with the rest. Almost any colors can be used together, provided always that the right shades combine. Bright, crude tints become pleasing to the eye only when the wind and weather have so worn them that it is time to renew the paint.

## Color Schemes

It is given to few, however, to be able to tell beforehand what will be the effect of any combination of colors and shading. My advice to the ordinary builder would be to keep his eyes open for a color scheme that pleases him; look at all the houses he sees with that idea in mind—and, having found something he likes, copy it in his own house.

## Fresh Air and Sunlight

That the best things of life are the cheapest is a comforting thought. Fresh air and sunlight cost nothing, so let us have both in abundance in our homes; pleasing colors, agreeable proportions and satisfying lines can be used in building the house without spending one cent additional on their account. And above all, grass is cheap and flowers are inexpensive, and they will form a beautiful setting for any house and may make up for what it may lack in architectural beauty.

## Last Suggestion

One last suggestion to the would-be builder before we proceed to the house itself. In addition to the usual contract, have specifications made out with exact descriptions of material required and any matters about which there might be a dispute later on. It can do no harm to have the specifications, and may save the owner both money and annoyance in case the contractor insists on charging extra for every trifling alteration.

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## BASEMENT

The floor of the basement can be made either of cedar planks or cement.

### Plank Floor

A plank floor is far cheaper than concrete and pleasanter to walk on, but, of course, does not last nearly so long. If the laundry work is to be done in the basement, a board floor will be found much less tiring. To stand for long on a cement floor is very hard on the feet.

### Concrete Floor.

If the concrete floor is put in there should be about two inches of crushed rock above the floor of the excavation and on top of this the concrete floor which should be about three inches thick. The rock is to act as a drain for any water that gets past the tile drain, and by this means the floor will be absolutely dry at all times of the year. A concrete floor can be washed, and this is a great convenience, as a furnace makes a great deal of dirt.

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## DRAINAGE

Be sure that the tiling which receives the rain-water coming down from the roof is carried down to a depth a few inches below the level of the basement floor. Otherwise, during the period of heaviest rainfall, considerable water is apt to seep through the concrete walls and even up through the concrete floor.

## WALL FINISH—OUTSIDE

The various kinds of wall finish are about the same in regard to expense and durability. The choice will be governed by preference or taste; or by fashion, which in house building, as in everything else, is a potent factor.

### Shingled Walls

For small houses shingling looks best. The smallest and plainest house, if shingled all over, will look cosy and homelike, whereas if rustic or siding were used the effect would not be half so good. This is partly due to the fact that shingle stains are to be had in so much softer shades than paint, and partly to the rough finish of the shingles, which gives a less formal and stiff effect than rustic.

### California Siding

California siding, which has a rough finish and can be had in four-inch and six-inch widths, is much used. It can be stained or painted and makes an agreeable and satisfactory finish. It looks equally well used all over the house or combined with shingles or roughcast for the gables. Ordinary rustic, in wide or narrow size, has a neat appearance and is in every way as good as the siding.

### Battens

Finishing with board and battens is perhaps a little cheaper than the other methods, but is not water-tight.

### Damp Walls

In this wet climate wide boards set vertical and battened will admit water and the usual plastered wall will become damp and mouldy, particularly in closets or unoccupied rooms.

### Outside Panelling

Panelling on the outside of wooden buildings should not be attempted in this climate. Water will enter and swell the panels and dry weather will cause warping and shrinking to such an extent that the house will soon look old and dilapidated.

### Artistic Shingling

Different effects in shingling can be obtained by using a wide and narrow space alternately or by a broken or irregular line of shingles. This looks particularly well in gables or where the shingles are combined with other material and breaks the monotony agreeably.

## VERANDAS AND PORCHES

To put a big, wide veranda on the front of the house or around two or three sides is a mistake in this climate, although it often is an improvement as far as appearance goes. A wide veranda darkens the rooms in winter and excludes what little sun there is at the time of year when it is most appreciated. The front veranda is, therefore, of no use at all at that season, but rather a detriment, while in summer, unless the house is far from the street, or the veranda well screened, it is not much used.

### Sun Porch

At the same time it is very desirable to have a cool place to sit in the warm weather, where one can be comfortable and at the same time enjoy the air; hence an outdoor sitting-room or sun porch



should be included in every house. Instead of having a veranda across the whole front of the house it would be better to have only a small porch over the front door, sufficient for shelter to the entrance but not big enough to darken the windows or keep out the sun; and, in addition, to have a sun porch in some other part of the house, where people may enjoy the fresh air and at the same time have privacy.

### **Pergola**

The effect, architecturally, can be accomplished by a pergola across the front of the house with a roof over that portion covering the front door. If a wide porch is desired at the front and sides of the house, wide French windows should be supplied. This will admit, in summer, of the use of the porches in connection with the living room, dining room, etc., particularly if suitable French windows are hung around the porches.

### **Screened Porches**

In this mild climate many families pass most of their leisure hours enjoying the quiet comfort of their screened porches, even using them for sleeping porches.

### **Sitting-Out Porch**

The best plan for the sitting-out porch is to have it taken out of the side of the house rather than built on, as it will be more sheltered from the wind. As the summer weather on the Coast is seldom very hot and the wind is often rather too cool for comfort, it is well to be as sheltered as possible. A porch of this kind, if provided with adjustable windows and some means of heating it in cold weather, can be used all the year around.

### **Sleeping Porch**

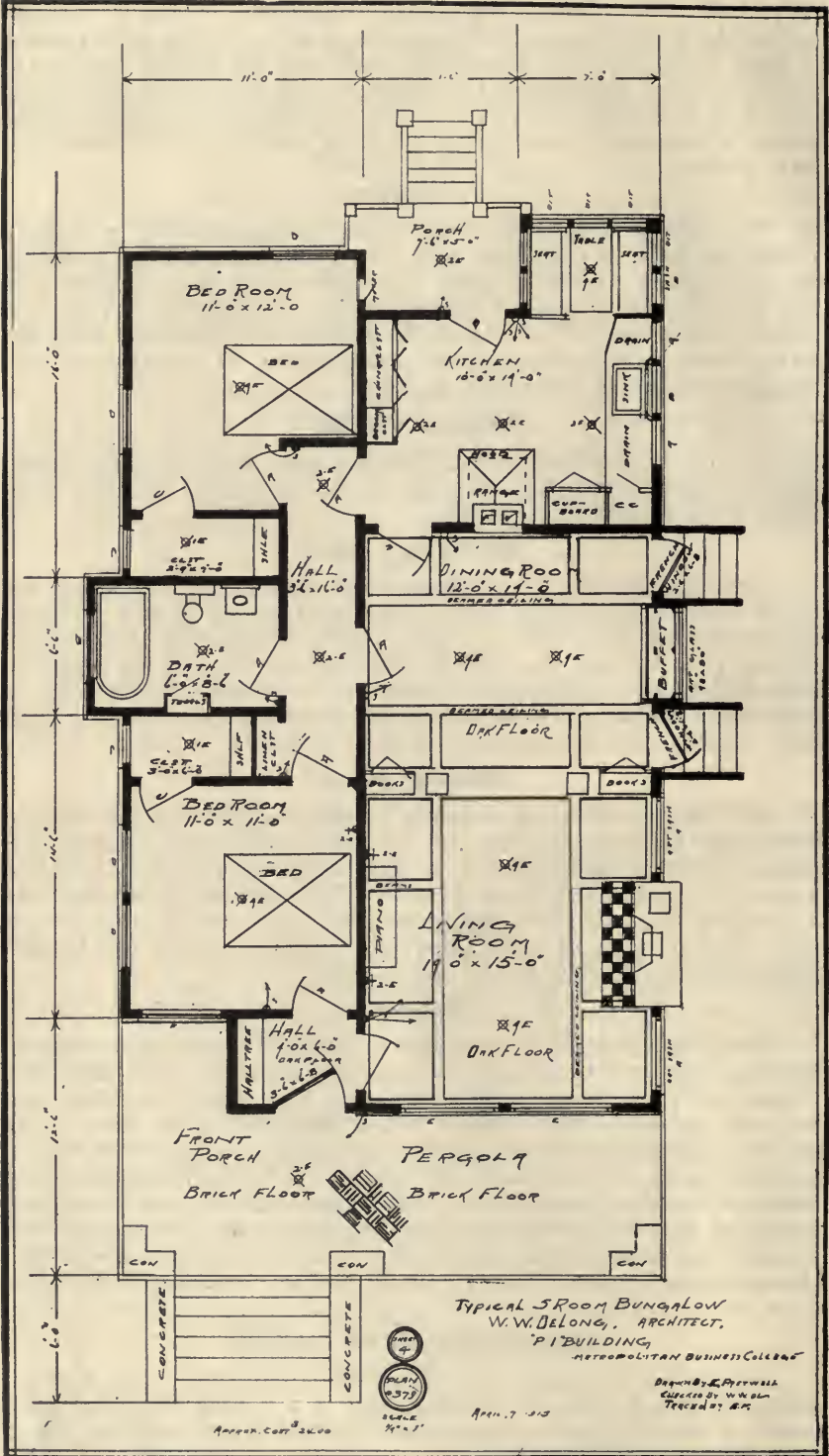
At least one sleeping porch is usually included in the modern house, and although sleeping out of doors all the year round is not pleasant in this damp climate, a sleeping porch in summer-time is a great delight, and the use of one will be almost as beneficial as a camping trip. If the sleeping porch is open to the weather on more than one side, have the sides built up three or four feet to give protection and privacy to the occupants.

### **Balcony**

If the house should be too small to admit of either a sun-room or sleeping porch try to arrange for a balcony upstairs, more than one if possible, even though only a few feet wide. Here bedding can be aired and small rugs shaken, which would otherwise have to be carried downstairs. If the balcony has a pleasant outlook it will be a nice place to sit on a warm day, and the invalid who cannot come downstairs will appreciate it. The European way of providing nearly all bedrooms with balconies has a great deal to recommend it, and in our mild climate they might be introduced with advantage, at least to the extent of having one or two on the bedroom floor.

## **ARRANGEMENT OF ROOMS**

Instead of a lengthy discussion of arrangement and size of rooms, we are showing floor plans, etc., of a typical five-room bungalow, a careful study of which will answer most questions along that line that naturally occur to a prospective home-builder. We



TYPICAL 5 ROOM BUNGALOW  
 W. W. DELONG, ARCHITECT.  
 "P" BUILDING,  
 METROPOLITAN BUSINESS COLLEGE

DATE 4  
 PLAN 1937  
 SCALE 3/4" = 1'

DESIGNED BY E. F. FRYWELL  
 CHECKED BY W. W. DELONG  
 TRACED BY E. F.

APPROX. COST \$4000

APRIL 7 1937

shall utilize the space to better advantage in our opinion by discussing some of the countless little things which are learned by the house-builder only by experience. If, by pointing out in advance the correct or most commonly accepted forms, details and methods of procedure thereby saving the home-builder into whose hands this little volume shall come from mistakes and sure pitfalls, then the labor and time devoted to the compilation of this book will not have been spent in vain.

### Entrance Hall.

In a wet or cold climate an entrance hall is almost a necessity. If the front door opens directly into the living-room, as is the case in so many small houses and bungalows, it means that wet and dirt are brought into the room by muddy rubbers, wet coats and umbrellas which would have been removed and left in the entrance hall had there been one. Pools of water spoil the polished floor and mud tracks damage the rugs, to the housekeeper's annoyance. Another serious defect in this arrangement is the admission of cold air. Every time the front door is opened in winter the cold is let in and the temperature of the room is lowered. Or it may be that the wind blows in, interfering with the draught of the fireplace and causing the fire to smoke.

### Small Houses

Still there are houses so small that space cannot be given for an entrance hall. In such cases there should at least be a back hall with cupboard, where hats and coats can be hung and rubbers and such things put out of sight. An arrangement of this kind is a necessity, as umbrellas and raincoats cannot conveniently be kept upstairs and are equally out of place in the living-room.

### Stairways

Another feature of the usual bungalow plan which is unsuitable for this country is the open stairway running up from the living-room. While this method gives a very pretty effect, especially if the stairway is panelled to match the woodwork of the living-room and is wide and roomy, the inconvenience of having always to traverse the living-room in order to go upstairs more than counterbalances any gain in artistic effect. If backstairs into the kitchen can be arranged the inconvenience of having a living-room stairway is not so great. Stairs going up from a separate hall will always give a greater satisfaction.

## WINDOWS

Probably no other single feature of the modern "House Beautiful" is so thoroughly neglected as the windows. Most people and many architects look upon windows as "necessary evils."

### Amount of Light

Insist that there shall be enough windows in each room to make it light on a dull day. Since about three-fourths of the days on the Coast are dull, if not rainy, it is important to bear this in mind when providing a room with light. A dark room on a dull day is depressing to the spirits, but with plenty of window space to let in all the light there is outside we have the first essential for a cheerful room. It seems strange that in California, where sunshine is a daily blessing, the houses are nearly all glass, but in Seattle, where we have cloudy weather for several months in the year, we seem to be afraid of sunshine.

## Water Color Paintings and Prices.

Paintings by artists that are well-known naturally command better prices than pictures by fellows who are comparatively new in the field.

Younger Artists and many of them clever chaps must be contented with low prices until they too become recognized—by way of comparison. A picture of the former group costing \$100.00 could have been available at \$10.00 in the earlier period.

Opportunities of this sort occur right along. We are looking for them and point them out to our clients.

## Prints.

The average Prints both in color or black and white range in price from 50c to \$50.00; the variety is legion. Some are printed in immense quantities and others again published in limited numbers of which the fac simile is the highest type.

## Picture Framing.

We make frames from 50 cents upwards. We construct frames out of the raw material. We fashion frames to suit the picture. We repair and rebuild frames. We make HAND CARVED frames any size and any pattern. We do things in Picture Framing that is different.

We originate frames and ideas and our experience and service is at your disposal for the asking.

You will need something in our line in your new home. Lets talk it over together, we will save you time, money and possible mistakes.

---

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SEATTLE

### Ventilation

Just as the human eye is the "window of the soul," the window is the eye of the home. It is even more, it is the breathing apparatus as well, or would be if properly placed and used. Nine-tenths of the sickness in modern life is caused by lack of proper and intelligent ventilation. Ventilation is peculiarly a modern problem.

Our forefathers were not greatly troubled by lack of ventilation. They were continually striving to stop some vagrant breeze from too familiar entrance. Their homes were full of cracks and crannies, and the great, wide-open fireplace formed the ideal outlet for all odors and noxious gases. While our forbears were far behind us in many sanitary devices and methods, they certainly enjoyed, perforce, better ventilation.

### Light and Air

Windows are intended to let in air as well as light, though in some houses this fact seems to be ignored. In groups of casement windows, used so much in bungalows and in houses with attic rooms, only one or two windows in all will be made to open. The rest are nailed down. This is also the case with the transoms which are in reality a very important means of ventilating the room. Every window, without exception, should be made to open. A window hermetically sealed is an aggravation. Nor are casement windows any more watertight when they are nailed down than when they are hinged. In the summer time every window should be wide, to let in all the fresh air and sunshine that can be coaxed into the house.

### Transoms

Transoms over casement windows will, if made to open, serve the same purpose of ventilation as the upper half of the ordinary cheek-rail window. If it is open at the top no unpleasant draught is created and at the same time fresh air is allowed to enter to keep the room fresh. If transoms are hinged correctly they can be controlled to properly ventilate a room and will be just as burglar proof as doors or windows.

### How Many Windows

If a room has but one exposed wall it should be entirely taken up with windows or sash. If it has two exposures, a like amount of space should be divided between them. If it have three exposures each should, if possible, be considered in the distribution of the windows or sash.

### Sash Windows Adjustable

Every window should be mechanically perfect, capable of being closed tightly and opened and controlled at will. If you do not understand the modern science of ventilation get a little book on sanitation, ventilation and health and a short course of reading will do wonders for you. Sash are perhaps more easily manipulated than windows and if properly built and hung will prove useful and artistic.

### Cottage Sash

Cottage sash are coming into extensive use in moderately priced homes. As they are now constructed they can be made water-tight and entry proof. Many people prefer them to cheek-rail windows for the whole house on account of their being more airy, and be-

cause they look so much better in low-ceiling rooms or in rooms finished in panelling.

### **Windows in Kitchen**

Plenty of windows placed so as to let in as much light and sunshine as possible are a very desirable feature. A bright, sunny kitchen makes the work more agreeable and therefore easier. If the windows frame a pleasant scene, so much the better. A blank wall, a high board fence, an untidy back yard are not inspiring objects on which to rest the eye. To be sure the advocates of greater efficiency would have us keep our eyes averted from the windows and waste no precious moments looking out. But houseworkers know that these moments are not wasted; they help to carry them cheerfully through long and tedious days.

### **Light and Airy Bedrooms**

Bedrooms should, if possible, have windows on two sides to provide for a current of air through the room which will keep it fresh and cool in warm weather.

### **Windows in Clothes Closet**

Clothes closets, if there is an outside wall, should have small windows. This will keep the contents from getting musty and will prevent to some extent the ravages of moths, as these pests are less likely to appear in a well lighted place. Add to these advantages the comfort of having a good light when searching for a mislaid garment.

### **Good Glass**

Another important point is to have good glass. There is nothing more annoying than to look through windows which distort all objects and destroy their perspective.

In big windows 21-oz. glass should be used; 16-oz. is not heavy enough as it is liable to break if the window is shut with a bang or, if any pressure is brought to bear upon it, it may fly to pieces and perhaps do serious injury to someone. Plate glass is more expensive as to first cost, but should nevertheless be put in for the safety of the inmates, if for no other reason, whenever the window is more than an average size.

### **Properly Hung**

In placing either doors or windows try to have them well balanced. Do not let the carpenter put in openings a few inches off centre, just to save himself the trouble of cutting through an extra stud. This is not infrequently done and the excuse given that so slight a difference one way or the other will not be noticed. Such is not the case, however. Anything even a little off the centre or out of line is quickly detected and is likely to be an eye-sore.

### **In a Corner**

When the opening is near a corner, always, if at all possible, allow room for the door or window frame to be put in full width. It looks cramped and ill-balanced to have a full-sized casing on one side of a door and one only three or four inches wide on the other. At least six inches from the opening to the corner should be allowed to make a neat job and, if this cannot be managed, at least have the carpenter return the casing round the corner the full width.

## CUPBOARDS AND CLOSETS

Next to a cheerful and well-arranged kitchen, plenty of big airy cupboards and closets will appeal to the housewife. Not only are closets an absolute necessity in bedrooms, but in every room in the house one or two cupboards would be an acceptable addition, more especially in small houses where every inch of space is in daily use and everything must be kept tidy and in its place to make life livable.

### Living-Room Cupboard

In the living-room a cupboard where magazines, papers and even dusters can be kept is most useful, and in the hall a cupboard where coats, rubbers, tennis raquets and such things can be handily put away will be equally welcome.

### China Closet

In the dining-room the built-in china cupboard is really an article of furniture, and where a corner can be utilized for an extra cupboard to store things in it will not come amiss. In fact there are many little corners that might be so utilized, which the contractor does not think worth troubling with; but any space that can be of use should be taken advantage of. The great trouble in a small house and in small rooms is to find a place to stow away the family belongings. Hence, I say, the more cupboard space you have the better.

### Wardrobes in Bedrooms

The old-fashioned wardrobes are not much used nowadays. They are expensive and cumbersome. In a bedroom built without any clothes closet at all (which happens sometimes) there may not even be room to put a separate wardrobe of this description. Therefore, every bedroom should be provided with at least one cupboard. Where the ceilings are sloping and the walls are too low for a full-sized door, the space can still be used for shoe cupboards, built-in drawers or book shelves. And where the wall is six or seven feet high before the slope begins there is room for quite a decent closet, even though the back slopes off to only three or four feet. Should there be eaves on each side of the room, have two doors put in. One closet can be fitted up with hooks for hanging clothes and the other used for a trunkroom, which will be found very convenient in the absence of an attic, as otherwise there would be no space for storing trunks except the basement.

### Linen Closet

The linen closet should be in the upstairs hall or in the bathroom, and if it can be placed near a chimney so much the better, as the warmth will ensure a dry storing place for the linen. Have the shelves made wide and deep, so that things can be laid flat just as they come from the laundry. Narrow shelves in a linen closet are a nuisance. Let there be plenty of space, with top shelves far apart so that blankets and other bulky articles can be stored there conveniently.

### Clothes Closets

With clothes closets having ceilings of nine or ten feet the top space is generally put to no use whatever. Six feet six inches is high enough for a cupboard, and if the ceiling of the cupboard is put in at this height and a door made just above the cupboard door of the same width, in two halves it is possible to put this space between the joists and the ceiling of the closet to good use. It will

provide an excellent storing place for extra bedding, pillows or clothing that are not to be used and therefore better quite out of the way.

### **Medicine Cupboard**

In most bathrooms a small medicine cupboard is built in where bottles and small breakable objects may be kept and not infrequently a small mirror is set into the door of this cupboard.

### **Broom and Mop Cupboard**

There should be a cupboard for brooms and mops opening off the kitchen or on the back veranda, and one of the same description on the second floor will save steps and be found very convenient.

### **Ironing Board Cupboard**

A new and popular way of storing the ironing-board is in a special cupboard of its own which is described in another place as a detail of the modern kitchen.

## **STOREROOM**

There should be a storeroom off the kitchen or in the basement for keeping extra supplies, bottled fruit, jams, etc.

## **BUILT-IN FURNITURE**

Nowadays it is a very usual thing to build a number of pieces of furniture into the walls of the house, or in off-sets. This plan not only takes considerable off the furnishing bill, but it makes a pretty and artistic room. The built-in furniture has the advantage of not needing to be moved out of its place for sweeping nor does it take up so much of the room space as the bought furniture would, but its chief advantage lies in the harmony of effect produced through its being made of the same wood, stained in the same tone and constructed in the same style as the rest of the woodwork. In the dining-room, if there is a built-in buffet and china cupboard no other furniture is required but the table and chairs.

### **Window Seats, Bookcases, Desks, Etc.**

In the living-room seats may be built in around the fireplace, bookcases may be built in the wall or corner of the room, window seats may be put into bay windows or offsets, and even a desk may be built into the wall, to be let down when required. If taste is used in designing these pieces of furniture they will greatly improve the appearance of the room, giving it harmony and dignity. On the outside of the house the offsets and bay windows serve to break up the wall space and add to the architectural beauty of the house.

### **Chests of Drawers**

In the bedrooms under the eaves, wide, deep drawers may be set in, thus utilizing a space that generally goes to waste. They may be made of ordinary size, or wide enough to accommodate dresses at full length. The deep ones will be found most convenient for storing blankets, pillows and the like.

### **Dormers**

Dormers are sometimes put in to break up the roof and improve the outside appearance of the house. Drawers built into these alcoves, the top reaching a little below the window ledge, will serve as dressing tables, and, where the light is not needed for the



room, a mirror may be set in place of the window. This can only be done where there are other windows supplying sufficient light. With a built-in dresser, a small bookcase, which is an acceptable addition to any bedroom, a window seat providing space under its hinged top for storing clothes, and a full length mirror set in one of the doors, the room needs little else but the bed and rugs.

### Clothes Chute

Nor should a clothes chute from upstairs to the basement be overlooked when planning conveniences. By this means the soiled linen can be despatched direct to the laundry without the labor of carrying it downstairs.

### Drawers in Bathroom

Built-in drawers for the bathroom will be found particularly convenient for keeping a supply of towels, bath robes, etc., and they occupy less space than a closet.

### LEADED GLASS

When putting in leaded glass in windows and in the doors of china cupboard, sideboard, bookcase, etc., do not allow the selection of the designs to be left to the contractor. The whole appearance of an interior may be ruined by bad designs in the leaded lights, and gaudy colored glass. Any of the art glass shops will work to the designs of builder or contractor or will without extra cost draw up designs to suit the particular taste of the owner and in keeping with the general style of the house. So there is no need for glaring and inartistic work.

Plain leaded squares with three-eighths or half-inch leads look as well as any design and are more suitable in small houses where elaborate designs would be out of place.

### DOORS

Have the doors amply wide, particularly downstairs. Narrow doors have a mean appearance and are so very inconvenient for moving furniture. A door 2 feet 8 inches wide looks far better than one 2 feet 6 inches or 2 feet 4 inches; and it is no more expensive.

Of the different styles of doors the "Craftsman" are the most artistic. These doors were originally designed for bungalows, but they have become so popular that they are now extensively used in every kind of dwelling. "Craftsman" doors come in various designs. There are one, two, three and four-panel doors, all of which designs are equally pretty and artistic and are to be preferred to the old cross-panel doors, particularly in rooms with Mission panelling. The panel door is supplied with two narrow vertical panels. For wood panelling in the Mission style these two kinds of doors are the most suitable. Those with three and four panels have a cross panel at the top with two or three vertical panels below. In buying these doors choose those with a narrow top panel. In some the top panel is wide, giving a heavy effect that is not nearly so artistic.

Any variety of front door can be bought at the sash and door factories. The plain slab veneer door with bevelled plate glass set in small squares is among the most fashionable and handsome of modern front doors.



... FOR ...

## BUNGALOWS AND KRAFTSMAN COTTAGES

**KRAFT HARDWARE** will give your home an air of elegance and refinement not otherwise secured.

**ANTIQUE, COLONIAL and MODERN** designs, in brass, copper or bronze metal. Plain or hand-hammered, elaborate or inexpensive.

For interior or exterior use.

**MADE IN SEATTLE**

For Sale by  
**HARDWARE  
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Made by  
**ART HARDWARE  
& MFG. CO.**

Avoid choosing a door with oval plate glass and elaborate imitation carving. They are inartistic and common. A plain but good front door adorns any house, where a showy, tawdry affair will spoil its appearance at the outset.

### BUILDERS' HARDWARE

Among the very earliest forms of art recorded in literature is the working in metals. Tubal-cain was "an instructor of every artificer in brass and iron." In these modern days art metal has developed with wonderful strides. In the hardware of the home is a field for the display of artistic feeling. It is possible to obtain the metal decorations for door-locks and latches, hinges and knockers modeled after the styles of the various periods. The principal styles used in hardware treatment are the Gothic, Greek, Italian Renaissance, Moorish, Romanesque, Mission, Colonial and L'Art Nouveau. It is also possible to have original designs, to suit the taste or fancy of the home builder, carried out in the hardware of the new home. One does not have to look beyond our own city for the best there is in modern Art Hardware for we have a local factory whose sole product is bungalow hardware and their wares are to be had through any dealer either in stock patterns or in original designs to order if preferred at prices within the reach of the ordinary home builder.

### FLOORS

Nothing will be said here about hardwood floors, as they are to be considered by themselves later on.

#### Fir Floors

The ordinary fir flooring is divided into three grades—1, 2 and 3. Grades 1 and 2 are thrown together and make really one grade, which is the best there is. No. 3 grade is of poorer quality and consequently cheaper, but there is really no economy in using it as so much has to be thrown out on account of knots and other defects.

#### Vertical Grain

Flooring should be edge or vertical grain, as flat grain wears down more quickly and splinters easily.

#### Dutch Mitre

A good way to lay flooring is to have the boards running parallel with each wall, the corners lapped together. This makes a diagonal, zigzag line towards the centre of the room. Continue this method until there is a strip about 18 inches all around the room, then fill in the centre in the ordinary way. By this means the strip around the carpet has the boards running the same way as the border of the rug, and the effect is neater than when all the boards are parallel.

#### Narrow Flooring

Three-inch flooring instead of four-inch makes a better floor. The border can be three-inch and the centre filled in with four-inch, or, better still, have the whole floor three-inch. This size wears better than the larger size and looks better.

#### Polish Fir Floor

Fir flooring is rather soft, but if kept well polished with bees-wax and turpentine the polish will last fairly well, except where it is much walked over. These spots require constant attention.

### Carpet Strip

Instead of the ordinary quarter round which is put around the walls at the bottom of the baseboard, to fill in the angle and make sweeping and dusting easier, have the contractor use a carpet strip. This is a strip of wood three-quarters of an inch high and half an inch through, lightly rounded at the top. It will serve the same purpose as the quarter round and the projection being only half an inch where the other is three-quarters of an inch, it makes a neater finish; also it does not catch the legs of the chairs and tables that are set against the wall as the quarter round does, owing to its having a straight side.

## THE PLASTER

As between the two kinds of plaster generally used, there is no choice. Both are good. Fibre plaster makes a harder finish, which is not so likely to break as the mortar, but, on the other hand, it is more likely to fall.

### Metal Corners

If there are any projecting corners to be plastered, either on the walls or sloping lines in the ceiling in attic rooms or stairways, the plaster should be protected from knocks by wood or metal corners. I would give preference to the metal corner as, being put under the plaster, it does not show and at the same time affords perfect protection. The wood corners project and come in for more knocks, as they are put on the outside. In time they often loosen and come off, and besides they are not very ornamental. Metal corners can be had for three cents a foot; they are put on with the plaster and are there to stay.

### Two Coat Work

There should be two coats of plaster; the result is a warmer and more durable lining than when only one coat is used. First the coat of browning goes on and then the putty coat, or a sand finish, according to the taste of the owner. The putty coat is a smooth finish containing Plaster of Paris and is beautifully white and clean for a time, but it soon discolors and shows every mark of dirty fingers and smoke. The sand coat is much rougher and is better for papering on that account, as it holds the paper better for being rough. For kalsomining the putty coat is perhaps better as it uses up much less kalsomine and does not have to have a preliminary coat of glue or sizing put on, as does the rough finish. On the other hand, very soft and artistic effects can be had by kalsomining on the sand coat.

### Clean Lath

Be sure that the laths are clean, unless you want discolored plaster. If dirty laths are used, yellow stains will gradually appear in the plaster, until its appearance is quite spoiled. This is more noticeable with a putty coat, on account of its dazzling whiteness.

### Good Workman

Too much stress cannot be laid upon the importance of engaging a good plasterer. A badly plastered house is a continual source of worry; unsightly cracks appear in all directions and it may even be that in a short time the plaster itself begins to fall in

huge pieces from the walls and ceilings, causing the greatest confusion, discomfort and danger at the time and considerable expense later when the plaster has to be replaced and the damage to furniture, etc., made good. By securing a good, reliable man for the work all this may be avoided, and, as the scale of wages is the same for all plasterers, there is no extra expense involved.

## THE KITCHEN

There are some important features to a model kitchen, which are often overlooked. Yet a little forethought in arranging for them at the time of building will result in a considerable lightening of the daily tasks in that department of the home.

As the majority of women in this country have to do all, or at least a part, of their own housework, the kitchen is for the housewife the most important room in the house, and anything that can add to its convenience or lessens labor should by all means be put in.

### Size of Kitchen

The size of the kitchen should depend largely on the size of the house and on the number of people who are to occupy it but in any case this room should not be made too small. There should always be room enough to move around easily especially if a range is to be used. A small kitchen with a wood or coal range in it is more like an oven than a room and there is no reason why the cook should be also cooked.

### Location of Sink

The sink should be placed so that it will be convenient for carrying dishes in and out of the dining-room. It is sometimes put in the pantry, but this arrangement cannot be commended as it allows the disagreeable odors from pots and pans and draining vegetables to enter the dining room through the swinging door.

### Drain Boards

There should be room enough on both sides of the sink for wide drainboards so that dirty dishes can be placed on one side and when washed put to drain on the other. A good plan is to build the sink in an offset; in this way it does not encroach upon the kitchen space and if the offset is made seven or eight feet long there will be room enough on either side for wide drain boards. The sink is generally placed on an outside wall so as to allow for a window above it. If the plan of an offset is adopted, let there be windows all the way across it; this will look well and ensure a good light for working.

### Space Under Sink

A few years ago it was the custom to convert the space under the sink into cupboards for storing pots and pans. This plan is now considered unsanitary and has been done away with. Although cupboards are always welcome those under the sink were dark and hard to clean. They collected damp and bad smells and made the work of repairing the plumbing much harder because the parts were difficult to get at.

### Kitchen Wainscot

The walls of the kitchen should have a wainscoting of some washable material. Tiles are, of course, the best, but if the owner cannot afford this luxury there are many other materials. Imitation

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tiles with two or three coats of enamel look almost as well as the real thing and can be washed and easily kept clean. There are also various kinds of wall paint and hard plaster which are washable and sanitary; and there is wood, which can be stained, enamelled or simply oiled.

### **Kitchen Walls**

White walls and woodwork look very pretty and cheerful in a kitchen but they are hard to keep immaculate, as they should be, and many prefer something darker. Pale yellow or green are both pretty colors for the kitchen and don't show dirt nearly so quickly as white.

### **Kitchen Floors**

If possible have the kitchen floor of hard wood well finished. Otherwise it should be covered with some washable material or painted so that it can be scrubbed frequently. There are a variety of newly invented substances for kitchen and bathroom floors such as granitine, woodstone, etc., but inlaid linoleum is hard to beat and will last for years.

### **Cool Air Closet**

Every modern kitchen should be equipped with a cool-air cupboard. These cupboards do away with the necessity for an outside safe or even a refrigerator as they combine the good points of both without their disadvantages.

### **Pantry.**

In a small house where there is no room for a pantry, wall cupboards around the kitchen, with either glass or screen doors answer the purpose very well.

### **Door Between Kitchen and Dining Room.**

The door between the kitchen and dining-room should be a swinging one so that it cannot be carelessly left open to allow the odors of cooking to pass through. In larger houses the pantry is generally placed between the two rooms to prevent kitchen odors permeating the rest of the house.

### **Plenty of Light and Air.**

There should be plenty of artificial as well as natural light in the kitchen. In addition to the centre light, which throws shadows on the person standing in front of either sink or stove, it is desirable to have extra brackets near these places, which will supply additional light when needed. A socket for use with the electric iron should also be put where it will be convenient.

### **Ironing Board**

A new idea for ironing, and a good one, is to have the board made to fold up in a little cupboard in the wall containing also the socket and space for the iron. Such a board would not be sufficient to accommodate the ironing of a large family, but in a small household it is a great convenience. Care should be exercised in placing it, however. The contractor is apt to place it in the first handy space without a thought as to its suitability. It is rather unfortunate to discover that the ironing board when extended blocks a door, or is so placed that the iron must be held in the left hand if at all.

### **Kitchen Doors**

Discretion should also be used in placing the kitchen doors, to see that they do not break up the wall space and leave no place to

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- Kitchen Heaters
- Airtight Heaters
- Tubular Airtight Heaters
- Jumbo Heaters
- Portable Bakeovens
- Roasting Pans
- Stove Pipe, elbows
- Garbage Cans



put the range. The latter should be accessible on both sides to make cleaning easy. It is almost impossible to keep clean a stove placed in a small alcove.

#### Location of Range.

The location of the range, whether for gas or for coal, should be so arranged that the largest possible amount of natural light should fall on the top and front. If the range is well placed the efficiency of the equipment is very greatly increased by the showing up of all the working parts, which can be readily seen for cleaning purposes and for keeping in order. There is nothing so unsatisfactory to the cook as to have to grope in semi-darkness while looking after the contents of pots and kettles on the stove. There is also a saving of artificial light which becomes almost a necessity when the range is placed in a dark corner of the kitchen.

#### Kitchen Flue

The kitchen flue should go up beside the stove so that a short straight stovepipe with one elbow will do. Quite often the flue is placed without any reference to the future position of the stove, making it necessary for the stovepipe to go around the room, which will interfere with the draught and cause trouble with the stove.

#### Vent Flue

Whenever possible a vent flue should be provided to carry away the odors and steam from the kitchen. This should be placed between the furnace flue and that provided for the range, as the heat of each of the outside flues will maintain an upward current of air continuously, keeping the kitchen sweet and healthful. This vent flue may be either square or round, and not less than eight inches in diameter.

#### Separate Range Flue

Provide a separate flue for the range, having its own soot base and not opening in any way into either the furnace or the vent flue. This flue should be not less than 8x8 inches inside and extend well above the highest part of the building or above the adjoining premises if they should be closer than 20 feet.

Do not allow this flue to be connected with another soot box at the base nor allow any other opening in it as the efficiency of the range depends largely on the flue. All ranges are made to work easily on a separate flue, using a 7-inch stove pipe to connect the range with the flue, but cannot do their work properly if the chimney is too small, too low or is arranged with an opening into the ash base of the furnace or fire-place.

#### A Few Don'ts

- Don't use a taper pipe on your range.
- Don't use smaller than 7-inch pipe.
- Don't allow it to fit loose at collar.
- Don't allow any other opening in range flue.
- Don't use a cap on galvanized extension if such is required to raise flue.
- Don't blame the range if the bottom of the oven is not hot enough.
- Don't neglect the weekly removal of soot from under the oven of range.

The above suggestions have been contributed by a gentleman whose experience in building and placing ranges entitles him to be



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considered an authority on the subject, and if they are given due attention at the proper time the homebuilder will doubtless be saved much trouble and vexation later on.

## PLUMBING

In Seattle and the adjoining districts almost all soil pipes and waste pipes to plumbing systems are enclosed either in outside walls, partitions or floors. Owing to this arrangement it is advisable to take all necessary precaution to make it possible for all parts of waste and soil systems to be easily got at and cleaned.

### Waste Pipes

To prevent as far as possible any interference with floor or ceiling it is advisable to put in a clean-out to the waste pipes. According to the plumbing by-laws a clean-out must be put in at the base of every soil pipe, also for other waste pipes where the plumbing is exposed as in the basements of bungalows, but they are not insisted upon where the plumbing is concealed. Nevertheless, it is advisable to have one for every waste pipe, to avoid any unnecessary damage to property when cleaning of waste pipes becomes necessary. These clean-outs will project slightly through the floor or wall, but as they are put under the bath or basin, they will not be in the way.

### Porcelain Fixtures

The installation of expensive plumbing fixtures is not so important from the point of view of the plumbing, but the appearance of good class porcelain is far superior to the cheaper grades and does not get dirty so quickly nor stain so easily. A bath or basin is hard to clean once it becomes rough, whereas a better grade will keep smooth and give no trouble.

### Bath Tub

The usual size for a bath tub is five feet six inches, but they can be had six feet long if desired. This is an out size and consequently more expensive than the smaller sizes. Still if the hot water supply is to be abundant it is very nice to have a big tub and tall members of the household will appreciate it.

### Wash Basin

The flat-back wash basin is the best to put in if possible, as a corner or angle basin is cramped and not so satisfactory. The cheapest kind of wash basin shows the under side of the basin but for a slight extra cost a basin can be had with an apron four or five inches wide that will conceal the underside from view. The back of the basin should be as high as possible, especially when the wall is not made to be washed.

### Toilet Tank

The new toilet tanks, made of pressed steel or vitreousware, coated with white porcelain enamel, will do away with the trouble and expense of renewing or repairing the lining, which so often occurs with the ordinary wooden tank. The lining of the wooden tanks is made of rather thin sheet copper and owing to the constant flushing the sides are gradually bent in and the tank begins to leak; the lining must be repaired and eventually will have to be renewed. For this reason it will be found worth while to install a porcelain tank which does away with the difficulty and can be used twenty years and still be as good as new.

### Shower Bath

A shower bath is a very welcome addition to any bathroom. It may be a simple rubber contrivance to fit on the tap or a more elaborate installment, to suit the purse and the wish of the owner. A simple and inexpensive kind can be attached to the wall over the end of the tub. This style consists of an overhead rose with a large ring for holding the curtain which is suspended from rings and can be hooked back against the wall when the shower is not in use. The curtain prevents the walls and floors from being splashed and a bathing cap is added to keep the hair from getting wet. A shower bath is a delightful luxury in summer and in winter it is equally invigorating and much less chilling than the cold plunge which some heroic people indulge in for twelve months of the year.

### Sinks

The usual grade of sink put in smaller houses is the flat-rimmed sink, which is set in wood with wooden drain-boards and back. A loose back of enamel may be had for those sinks, to be used instead of wood, but as there is a join it is, of course, not so sanitary as the roll-rim, one-piece sink which is the style generally adopted in houses of a good class.

Sinks can now be obtained with back and drain-boards combined in one piece. A sink of this kind can be kept absolutely clean and sanitary and is the pride and joy of any housewife.

### Laundry Trays

Laundry tubs are installed in all up-to-date houses nowadays, either in the basement or on the back veranda. The usual style of laundry tub is made of cement, with a rim of metal to prevent chipping. These tubs are very satisfactory, and if carefully used will last many years. Porcelain tubs are nicer still, if the home-builder can afford the difference in price.

### Hot Water Heater

The hot water heater is usually placed either in the kitchen or in the bathroom, according to the system used in heating the house. For houses which have no furnace and are heated by fire-places and stoves, the best location for the hot-water heater is the bathroom, as it helps to warm the room, but when the heat given off by the water-tank is not a consideration the best place for it is in the kitchen, as when it is near the stove the water heats more quickly.

### Water Jacket in Range

When the range has no angle water-jacket supplied and the water-tank is to be put in the bathroom, have the plumber put in coils on each side of the firebox and at the back as well, instead of only on one side as is generally done when the water-heater is by the stove. If this is done the water will heat more quickly than in the ordinary way and the extra heat lost by the hot water having to pass through pipes is of no consequence.

The ordinary size for hot water heaters is 30 gallons, which is large enough for an ordinary house with only one bath; where there is more than one, a bigger tank will be required.

### Cutting Joist

It is well to have any necessary cutting of joists as near the

bearing point as possible, that is to say, near partitions or walls that are carrying the joists; this should be done to avoid wrecking the floors.

### Sound-Deadening

One of the recent refinements in house construction is the elimination of noises which formerly were a source of constant annoyance, especially where there were guests in the home or any members of the family were ill. While it is possible to remedy this trouble to some extent by the use of empty bottles, sawdust and shavings; the modern way is the employment of deadening felt which is now commonly used and obtainable everywhere. This material is used to muffle the noise of water pipes and soil pipes brought down in the walls of the first floor rooms. It is also frequently used in the walls of the bath room to increase the privacy of the bath and toilet.

### Separate Bids

In calling for tenders for plumbing don't accept the lowest or any tender without first finding out that the plumber is a reliable man and will put in reasonably good materials. Cheap plumbing always gives trouble and is not a saving in the end. It quickly gets out of order and nothing much can be done to put it in order again except to replace the poor, cheap fittings with something better.

### First Class Material

All good quality taps and fittings are made of an alloy of brass and copper the price varying according to the proportion of copper, the latter metal being the more expensive of the two. Cheap plumbing fittings are made of yellow metal, which is the cheapest kind of brass, and are plated the same color as the better quality fittings. They are nickelled on top of this and to the average person would appear perfectly satisfactory when they are new. However yellow metal is soft and will not stand wear. The pressure of the water soon wears both washers and threads and leakage begins. This is only one of the many troubles caused by cheap plumbing. There is no department of housebuilding in which it pays better to put in first-class material and for once to eschew economy.

## INSIDE FINISH

Of course there are innumerable styles of inside finish for walls and ceilings, such as paper, burlap, leatherette, kalsomine, etc.

### Dining-Room Panelling

The new paper panelling is very handsome and effective for a den, living-room or dining-room. There is first a plain background paper. Different effects in sea grass are popular, or a plain paper of any suitable shade may be chosen. On top of this, strips of paper with harmonious coloring and designs, corresponding to the strips of wood in wood panelling, outline the panels. Some of these are left plain and some have a medallion or design of some kind applied in the centre or at the top. This style of papering when good designs and an artistic combination of colors are used, makes a handsome and agreeable finish.

### Leatherette

Leatherette is generally used in connection with wood—leather-

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ette panels with wooden strips and plate-rail. It is a neat and quiet finish, suitable for library, dining-room or den, and some prefer it to all wood.

### **Burlap**

Burlap is made in pretty and artistic shades and makes a good finish either put on plain or surrounded by wood strips, as with leatherette, but it collects the dust quickly and is hard to keep clean, therefore its popularity is on the wane as it is not considered so sanitary as other materials.

### **Landscapes and Cut-Outs**

Styles and designs to suit all tastes and to agree with every color scheme can be had in bedroom papers and for all the rooms in the house. In fact there are so many pretty and desirable papers shown that it is hard to choose among them. The cut-out borders on a plain ground, with or without panelling effect, are charming for bedrooms, and when the woodwork is white or grey enamel and the curtains, cushions and whatever upholstering there is in chairs and window seats is made to match, the result will delight the eyes of the occupants.

Panelling of a lighter variety can be used and there are many very pretty friezes and landscapes and floral designs in soft shades that make a charming finish for a bedroom.

### **Kalsomining**

Kalsomining is cheap and at the same time a tasteful way of finishing the walls. Almost any shade can be had and if good kalsomine is used the result will be a smooth and pretty finish which can be renewed at very little cost when its freshness is gone.

### **Flaking Kalsomine**

A good quality of kalsomine should by all means be used as a poor quality goes on unevenly and rubs off or else comes off in flakes. The mixture should be about the consistency of cream to go on smoothly. Anything thicker than this is liable to leave brush marks, and the kalsomine is more likely to crack and come off. Two coats should be used to insure best results.

### **Stencilled Designs**

Designs in different colors can be stencilled on kalsomined walls, producing much the same effect as papering, although it is somewhat cleaner and fresher looking than the papered walls.

### **Good Materials**

In planning and carrying out the building of a home a great deal of attention should be paid to the quality of the materials used in the structure. The same attention should be paid to the interior decorations, where not only the color schemes and styles of decoration should be considered, but the quality of the materials used. This is just as important in this department of house-building as anywhere else.

### **Good Workman**

The service of a good reliable man should be secured for this part of the work, one who can be depended on to put in good work and good material.

Many people do not realize the importance of the interior and exterior decoration, and they are also unaware that good pure colors

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are the greatest preservative that can be had for woodwork, both inside and out. In decoration, expert advice from a reliable firm of decorators is both needful and helpful and will assist you to secure a first-class job. The experience of such men covers a wide field, including the small house, where only a very small outlay can be made, and the requirements of the mansion on which thousands are to be spent.

### Living Room

Of all the rooms of the house the living room is the most important to the social side of home life. Here all members of the family meet and here what little relaxation possible is enjoyed. The living room is the direct descendant of the old feudal hall of the time of the robber barons.

There the great ones met to feast, to celebrate the marriage or christening.

There they gathered in the early dawn before the hunt, and there in the evening they recounted the deeds of valor and daring and exhibited the trophies of the chase.

Have your living room as large as possible—sixteen feet wide and from twenty-four to thirty feet long.

Have the walls panelled to the height of six feet with a wide plate rail on top. A beamed ceiling with painted panels lends a comfortable appearance. Have a wide open fire place, placed in the middle of one side wall and if possible have a wide porch along the other side with wide French windows opening to the floor. Bookcases, built in seats, wide window ledges, plate rail and mantel add to the comfy of the living room. Where this is done the wall between the living room and kitchen can be used as a china closet and buffet.

## INTERIOR DECORATION

The first things to consider in decorating a house are the style of the house, the exterior and interior architectural features and its necessary requirements as regards the walls, ceilings, wood work, furniture, draperies, stained glass and electric fixtures. Serious thought should be given all details as a whole and the combined assembling of all furnishings required to make a complete home regardless of whether the house is a simple bungalow or a mansion, as each house requires a distinct style of treatment. For example, a bungalow requires very simple furnishings to be in good taste; the wood work should be plain and simple in lines, with dull wax finish, and the furnishings, such as rugs and draperies of suitable qualities and finish in soft harmonious colors. On the other hand, the more pretentious homes require more elaboration in treatment to harmonize with the period the house is supposed to represent. The Colonial houses, to be correctly furnished, should have furniture of the Georgian period including Sheraton, Hepplewhite, Chittendale or Adams furnishings, while the old English-Elizabethan style, so much in vogue at the present time, should have wood work to correspond with the William and Mary furniture of the Stuart or Jacobean period including window glass and electric fixtures and hardware especially designed to harmonize.

Color is a most important factor and should be very carefully considered and advised by a decorator thoroughly competent to

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suggest the necessary combinations and in keeping with the general scheme of furnishing. For example, figured paper and wall hangings in bright colors should be used with rare judgment; plain and self-toned colors are usually productive of better results as a background for the furnishings to follow.

The entrance to a home should have in all cases a substantial dignified effect in soft harmonious colorings, as the first impression on entering a home reveals the taste, and to a great extent the character, of the occupants.

The size, height and exposure of a room, as well as the use for which it is intended, should most thoughtfully be considered. To illustrate, rooms with northern exposure should be treated with warm colors, such as soft yellow or rose pinks, to convey the idea of sunlight and cheerfulness. Further, no room is properly furnished where the idea or purpose of the room is lost sight of.

The principal part of the house should always appear substantial and refined in decorative effect, devoid of what one might call too much trash or such articles as may have intrinsic value but no particular use.

With all the skill and judgment displayed by the decorator, to the woman of the house remains the task of crowning his work with that touch of feminine personality that makes the home home-like.

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## THE LIGHTING OF YOUR HOME

In drawing plans for a home one of the important questions is, how do you want to have the wiring plans drawn? One hardly realizes how many changes have taken place in the last few years, in electric lamps and lighting fixtures.

Be just as considerate about placing your lights before the wiring is completed as you would about placing stairways, doors or windows. Then you will find it very much easier to select your fixtures. We would like to see every person who is building select the fixtures first and then have the wiring placed to suit the fixtures. This should not be considered any more difficult than selecting your plumbing fixtures, before the house is piped.

If you intend placing beams in your ceiling, the beams should be placed so as not to interfere with the newer styles of semi-indirect fixtures, allowing plenty of plain ceiling space for the lamps to light up the ceiling and reflect from there back into the room. If you intend using the shower lights then you should suspend the fixtures from the ceiling and not from the beams.

If you have a plate-rail in your living room or dining room, you should take great care in placing the fixtures far enough above the plate-rail so that where you put up a bracket the glassware will not be close to the rail, thereby losing considerable illumination.

The lighting of a dining-room has always been a puzzling question, owing to the fact that many fixtures generally used are not adapted to dining-room needs. Domes have had their day, so have shower lights. At the present time, semi-indirect fixtures are used in a great many instances, but no person ever objected to the beautiful light thrown on the table by a dome, the principal drawback being that the balance of the room is left in semi-darkness, articles placed on the plate rail and even the wall decorations being obscure.

A great many people will say that they do not like the semi-indirect lights over the dining room or library table for they do not give light enough. That is a great mistake, for if you leave a bare ceiling in the center of the room you will get a soft white light and no strain will come to the eyes. Very few people who anticipate building do very much figuring until they have consulted an architect. When an architect draws plans for your steam or hot water system, he consults the heater man. It would save regrets afterwards if the home builder would consult in advance some reliable man or firm with experience in that line on the subject of wiring and home lighting.

Do not overlook the bracket outlet in your kitchen, which should be placed above the sink and if you can put one near your range it will often be very convenient. By all means, place one outlet in the center of the room and have it controlled by a separate switch.

Bedroom lighting is another important thing to consider. In nearly every case you have a place arranged for your bed and also for a dresser. For convenience in dressing you should place a bracket at each side of the dresser, about 6 feet 6 inches from the floor. One near the head of the bed you will often find very convenient especially in arranging for an electric heating pad, or a light, should you want to lie down on the bed to read. Do not overlook the center light in the bed room which should be on a separate switch for general illumination on entering the room.

Do not think that you can get too many switches in your home, for by using more switches you save vibration on lamps, and consequently they last longer than by using key sockets for turning lights on and off.

You may imagine that you have more outlets in your home than you need, but you will find later that you can use them to advantage.

For instance, how often do we see, in a kitchen, a small electric stove connected up to a ceiling light by means of an extension cord. This arrangement looks unsightly and spoils the appearance of the room; it is a constant menace to the housewife's freedom of movement and is always in the way. It would have been a very simple matter to have arranged a receptacle at a convenient location in the wall when the house was wired with a set-in plug connection, thereby eliminating the unsightly and unnecessary drop-cord. After the house has been wired the foregoing effect could not have been accomplished unless visible wiring was installed.

### Fixtures

The fixtures should always be in keeping with the rest of the interior appointments and the interior decorative scheme followed as closely as possible for a harmonious effect, pleasing to the eye. Houses always cost more to construct than the first estimate and consequently the home builder frequently discovers a shortness of funds toward the end of the job. The electrical fixtures are usually purchased last and consequently a cheap set of fixtures is often installed. The only remedy to suggest to overcome this difficulty, should it be anticipated, is to set aside a fixed amount for the installation of electrical fixtures in keeping with what you will want the interior of your home to look like when completed. Also it would be advisable to obtain designs and an estimate on fixtures

from some local firm and we have a number of manufacturing concerns turning out fixtures equal to any made in the East. In this way you will be better able to get results that will please you. Place the order with a reputable fixture man, have drawings and specifications made with a synopsis of the interior decorative scheme and you will thank your foresightedness forever afterwards. If you find that rigid economy is to be exercised, make it a point to economize somewhere else so the economy will later on not appear in fixtures of poor taste. Your electrical fixtures are always prominent and are the first thing to attract the approval or disapproval of the visitor or guest.

### **Tungsten Lamps**

Many persons still use the antiquated carbon filament lights, furnished free by the electric company. This is done principally on account of the lower first cost and presumed durability of the old-style carbon filament light globe. Nowadays, however the Tungsten lamps are being made very much more durable than formerly and the rough handling which the delicate filaments inside the Tungsten lights will endure is surprising. The days of the delicate Tungsten light are now history, while the actual saving on lighting bills by the use of these modern lights is said to be over 50 per cent.

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### **ELECTRIC HEATING**

With the rapid advance in Hydro Electric production it is possible that electricity will in the near future be considered a competitor in price in the problem of heating moderately priced houses. At present many convenient devices are used and the cities of Seattle and Tacoma are making a special rate for current used for cooking, etc. Electric heaters are a convenient and pleasant means of heating, but the cost of electricity in this city would put the use of this system for the entire house quite out of the question. Small electric radiators are useful for heating a bathroom, however, or for warming a room on a chilly day, when it is too early or too late in the season for the furnace to be used.

There is an undoubted tendency on the part of the average person building a home to forget the very important part that is played by electricity in our everyday life. It would pay him well, before he makes his plans complete, to sit down and consider seriously what improvements and aids to his comfort he can make. Many of these things occur to him afterwards when it is too late to make proper arrangements and obtain all the comforts from this greatest blessing mankind has had bestowed upon it.

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### **HEALTH AND THE HEATING OF HOMES**

There is nothing so vitally necessary to the preservation of health as pure air. And it is coming to be more and more recognized that in nearly all diseases there is no curative agent so potent as pure air. There exists no malady in which the intelligent medical practitioner does not today insist that the patient must be furnished with pure air. There are certain diseases for which the sole treatment applied, in many cases, under modern practice, is simply the continuous breathing of pure, fresh air.

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**SEATTLE**

This is notably the fact with consumption and allied maladies; though in a lesser degree, perhaps, but just as surely, pure air is a fundamental necessity in the treatment of all human ailments. And pure air is even more valuable in preventing sickness than it is in curing it.

Other things being equal, unquestionably the child growing up to maturity, or any other person, living in a house which is filled with pure air the whole year round, will have more vitality, enjoy more robust health and be far better able to resist disease than one living in poorly ventilated rooms and breathing an unwholesome atmosphere.

We have pure food laws and their enforcement is upheld by a strong public sentiment; but it would be vastly more beneficial to the people to enact and enforce pure air laws. For one person who is injured by eating adulterated food, a thousand suffer from breathing impure air.

It is not difficult to ventilate a house in summer; but during the winter months, when artificial heat is required, very few houses are properly ventilated.

The members of a family should not manifest their mutual affection by breathing and rebreathing each others breath; yet this is what they do in cold weather in a house without sufficient ventilation.

There is but one correct and sanitary method of heating and ventilating a house, and that is to pour warm pure air into the rooms in sufficient volume and to remove the colder and impurer air. A warm air furnace properly installed with ventilating system will accomplish these results.

As suggested, a furnace heats the building with warm air. If a large furnace is used with large pipes and registers, you get warm air heating; if a small furnace, with small pipes and registers, you get hot air heating (the less air used to heat the building, the hotter it must be heated). The result of overheated air is drowsiness and headaches. The larger the furnace, pipes and registers used, the better the results in an abundant supply of mild, warm air.

### Best Type—Cast Iron

The best type of hot air furnace for this country is the cast-iron variety. These furnaces do not rust and last longer than those which have some parts made of steel. Some of the coal found in this country and also the mill slabs burnt in furnaces contain a certain amount of salt which collects moisture and rust forms on the steel parts of the furnace; these parts will have to be renewed and in some makes of furnaces this is a difficult and expensive process. None of this trouble occurs with a furnace made wholly of cast iron, and as the difference in cost is only a few dollars, this kind is within the reach of everyone.

### Location of Furnace

A furnace should be placed so that the warm-air pipes will be of nearly the same length. The air travels mostly through pipes leading towards the sheltered side of the house, and to the upper rooms. Therefore, pipes leading toward the north or west, from which direction the prevailing winds come, or to the rooms on the first floor, should be favored in regard to length and size. The furnace should be placed somewhat to the north and west of the

center of the house, or towards the points of the compass from which the prevailing winds blow.

### Smoke Pipe

The furnace smoke pipe, which ranges in size from seven to nine inches, should be carried to the chimney as directly as possible, avoiding bends, which increase the resistance and diminish the draught. When a pipe is of unusual length it is well to cover it with asbestos to prevent loss of heat and the condensation of the smoke.

### Cold Air

The cold-air box, or cold-air intake, should be large enough to supply a volume of air sufficient to fill all the hot-air pipes at once. If the box is made too small it will be found that the pipes leading to the less exposed side of the house or to the upper floor will take all the supply, and additional air to supply the deficiency will be drawn down through the registers of rooms less favorably situated. The usual way is to make the area of the cold-air box three-fourths the combined area of the hot-air pipes. The intake should be placed on the side of the prevailing winds, but covered so that the wind will **not** blow into it. If it is placed on the side away from the wind warm air from the furnace is likely to be drawn out through the cold-air box.

### Check Dampers

The cold-air box is sometimes extended through the house to prevent the changes in the wind from affecting the action of the furnace. Check dampers are arranged to prevent back draughts.

### Intake Inside of House

Many regard it as desirable to have an intake inside the house, as well as outside, for the purpose of returning the air from the rooms to be reheated. This intake is generally placed in the hall so that it will take the air which rushes in when the front door is opened and also that which may leak in around it. I do not advise an inside intake as the air in the house after being heated over and over again becomes stale, and also the furnace does not work as well.

### Size of Register

The size of the register is governed by the size of the hot-air pipe. It is usual to use registers having the short dimension equal to, and the long dimension one-half greater than the diameter of the hot-air pipe.

### Finish of Register

Registers come in a number of different finishes, so that the owner can suit his individual taste. The white japanned register is very nice for bathrooms and rooms finished in white. Old brass and antique copper are the finishes most in use, but, of course, the register should match the rest of the hardware.

### Hot Water System

Heating the home by the use of hot-water equipment is greatly on the increase in our coast cities, and though costing three times as much to install as a warm-air system it is, in our opinion, the cheapest in the end.

### Sufficient Radiation

In order to have a satisfactory system of hot-water heating



there should be a sufficient amount of radiating surface in the room to be heated, and a furnace or boiler with reserve power enough to easily heat the house on the coldest days.

### **Heating Contractor**

Select first of all a reliable heating contractor and confer with him regarding the best style and size of equipment, and when awarding the contract do not make the mistake of choosing or accepting the cheapest, unless you are sure that the plant is sufficient for the work.

### **Money Saved**

One hundred dollars may be saved when installing a hot-water heating plant, but because of insufficient radiation, small furnace or piping, it may require from two to five tons more of coal each season to heat the house than if a larger plant had been selected at an increased first cost. A hot-water boiler and radiators made of cast iron will last as long as your house if large enough for the work and properly cared for; but the same cannot be said if too small a plant is installed.

### **Advantages**

Hot water heating has several advantages. Perhaps the most important one from the householder's point of view is the saving of fuel. The housewife will rejoice at the absence of dust and all will appreciate the even distribution of warmth. The air is never too dry nor over-heated, and does not cause the disagreeable tendency to drowsiness so often noticeable where the hot-air system is used.

### **Furnace Flue**

Provide a flue for your furnace alone, allowing nothing else to interfere with the draught, as would be the case if the kitchen range, laundry stove or an open fireplace were connected with the same flue, or if two chimneys were connected with the same ashpit.

### **Cool in Summer**

The home heated with hot water will always be found cool in summer on account of the presence of cold water in the radiators, for the system should never be emptied; or, if emptied to remove sediment, should be filled again at once.

### **A Few Don'ts**

Don't blame the furnace if it does not draw properly. It must be remembered that no furnace has a draft, this is supplied by the chimney alone, and, if the chimney draft is defective, proper combustion of fuel will be impossible. A poor chimney is the direct cause of more complaints of defective heating than all other sources combined.

Don't let ashes bank up under the grates and then blame the manufacturer for not using good casting, as the grate will warp or burn out in a short time if this precaution is neglected.

Don't shut off the cold air supply and then complain because the furnace does not heat properly, as the cold air delivered into the bottom of the furnace casting, passing up between the casting and furnace, and on up through the warm air pipes is what carries the heat into the building. If it is shut off, the circulation stops and the basement becomes very hot.

Don't blame the furnace for making dust, as a good furnace properly installed will not make dust; the trouble is due to the dust that is in the air which can be removed by using a dust collector in the cold air pipe.



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## FIREPLACE

To build a fireplace that does not smoke and will still throw enough heat into the room is always a problem. If the back of the fireplace goes straight into the flue the smoke will go up without any trouble, but the heat goes too, and the room will not be warmed. If the back slopes forward too much, both heat and smoke are thrown into the room. The difficulty is to have the angle of the back and the bend in the flue so arranged as to give out as much heat as possible, "while the smoke goes up the chimney just the same."

### Get Expert

Get an expert fireplace man. Nearly every bricklayer will tell you he can lay a fireplace. The fact is that not one bricklayer in fifty can build a perfectly satisfactory fireplace. You will save money and a lot of trouble by getting a man who has a reputation as a fireplace builder.

### Size of Fireplace

The width of a fireplace is governed entirely by the size of the fire desired and the kind of fuel to be burned. The height, however, should not exceed 30 inches, and 27 or 28 inches looks better except in a very large fireplace. For burning small logs, 21 inches is quite deep enough and anything more is a waste of heat. The shelf at the bend in the throat is made to create a strong upward draught, and at the same time to catch any counter current coming down the chimney and send it up again.

### Back and Sides

The back of the fireplace should slope up at an angle of about 60 degrees. The back and sides should be smooth, without any angles or rough places to catch the smoke; even a small projection or unevenness of one of the bricks will be enough to divert some smoke from its upward course.

## CHIMNEY

Special attention should be given to the brickwork to see that the contractor puts in a good quality of brick and has a first-class bricklayer for the job. Inferior bricks are liable to crack and when badly laid will show small spaces in the mortar, both of which conditions are responsible for many of the fires that occur.

### Best Brick

If common brick is used for the chimneys, get the best quality to be had. Cheap brick will become soaked by the rain and when there is a frost pieces will gradually chip off until the brick is nearly all gone and finally the chimney will have to be re-built, to avoid having it collapse altogether.

### Pressed Brick

Pressed brick makes a much more reliable chimney, but here again the expense has to be considered for where pressed bricks cost from five to ten cents a piece, the common bricks are only twelve to twenty dollars a thousand.

### Outside Finish

In most cases white pointing is used on outside brickwork, but black pointing for red or brown bricks, and red for buff brickwork makes a change from the usual white and gives a much softer effect.

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### Flues

The inside of a flue should be lined thoroughly with mortar or tiles both to prevent sparks from getting through any occasional space in the mortar and thus causing a fire, and also for the reason that smoke will catch on a rough surface and be thrown back again into the fire and out into the room. A flue with a tile lining stays clean much longer than one that is not lined. Soot collects rapidly on an uneven surface and if the flue is at all rough the chimney will soon clog up.

### Size of Flue

In cheap houses the builder often puts three or four stove holes in the one flue. This should never be allowed. An 8x8 inch flue is only big enough to carry off the smoke from one fire and consequently will not draw properly if there is too much smoke for it to carry

### Preventing Smoking

There is another reason for not putting more than one stove hole to each flue. If only one fire is being used there will be a cold draught from the unused pipe, which will interfere with the draught of the other fire and cause it to smoke.

## PAINTING

Good material is as important here as elsewhere. The difference between good and bad paint lies in the proportion of white lead used in the mixture; poor paint has hardly any. Pure white lead and raw linseed oil make the best priming coat that can be had; boiled oil is not good to use in outside paint as it dries too quickly. Raw oil dries evenly all through, though it takes longer.

### Three Coats

There should be three coats of paint, one priming coat and two thin coats. Three thin coats of paint would be much better than two heavier ones—a priming coat and an outside coat.

### Good Paint

If good, pure paint is used and is put on right, the house should not require re-painting oftener than every two or three years.

### Peeling Paint

There are many causes for paint peeling, blistering, cracking. Some of them are as follows: Lack of properly preparing the surface to be painted; poor paint poorly and unevenly applied without a sufficient amount of "brushing in"; insufficient time between the application of the different coats; too much paint.

### Last Coat

Doors should not be mortised for locks until the building is ready for the last coat of paint or varnish. If possible, allow two full weeks, in summer, or four weeks in winter for the plaster to dry. In winter, salamanders or stoves may be used to hasten drying, but plenty of time should be allowed and the house should be open even in winter as the heat drives the dampness back into the walls and it will remain with you until the next spring. After the inside finish is all on and the second coat of paint or stain is on, allow two full weeks before the last or finish coat is applied, then have all doors, windows and sash adjusted, the locks mortised in and all fixtures placed and tested. The time thus allowed will yield a large profit in satisfaction and comfort.

## A STORY

I well remember an elderly man who worked for a number of years about our stable and yard when I was a child. He was an old sailor, and, like so many of that calling, a regular Jack-of-all-trades. He was more or less of an artist with the paint brush, could mend the kitchen pots and pans, build a chicken-coop or shoe a horse, as required. There was no limit to his accomplishments, and there was occasion to use them all about the place.

"There seems no end to the odd jobs, Jeff," I heard my mother say to him once. "Yes ma'am," he replied, "it's always that way. When the place is new there's always things to finish off, a bit of painting as was forgotten or a extry shelf to put up. And by the time all them things is done and the place is finished proper it's time to begin the mending and the repairin."

### Always Something

There is always something to do about a place if it is to look well-kept-up and prosperous. Left to itself, it soon runs down. Everyone who has owned a home knows this only too well. It isn't only that the grass must be cut, the borders clipped and the beds weeded, there are a hundred other more important things that must be attended to, or, to put the matter in a business language your property will depreciate in value.

### Re-Painted

In this climate houses must be re-painted oftener than would be necessary in drier regions, both for the sake of appearance and to preserve the wood. This should not be neglected and since it is, or should be, an inevitable expense, money should be set aside for it beforehand.

### Gutter

The guttering should be cleaned out and any leaks stopped every Fall, before the rainy season begins, and at the same time the roof should be examined. A leaf in the roof is liable to result in flooded floors and damaged ceilings.

### Broken Windows

Don't put off replacing the cracked or broken window pane. It is unsightly to say the least, and gives the home a forlorn and neglected appearance.

### Defective Plumbing

Defective plumbing should not be overlooked for a day, as the family health will inevitably suffer if poisonous gases are allowed to escape through the house, and though plumbers' bills are no trivial matter, they are not as bad as doctors' bills.

### Note Defects

It seems as if we become accustomed to defects in our own homes as we do to moles on our own faces. They cease to annoy us but they are the first things that attract the attention of the observer. This is the only way to account for the fact that some people will leave their front gate sagging for months, when half an hour's work would set it right, or neglect indefinitely to mend a broken place in the cement walk, which is a pitfall to unaccustomed feet; the family, of course, know just where it is, and have formed the habit of avoiding it.

### Inside Repairs

Inside the home the need for constant inspection and keeping things up to the mark is just as urgent. In the city, especially, walls and ceilings soon look dirty and dingy and it is necessary to put on fresh kalsomine and new papering at frequent intervals to keep the house in a state of good repair. It pays, too, to keep the floors well polished and the woodwork and brass clean and bright, both because these things add so much to the beauty of the home and because there is no surer way of ousting the ever present microbe of disease.

### Small Repairs

Then again, the small repairs should not be neglected—the broken hasp, the missing doorknob, the leaking tap, the catching door. It is like spoiling the ship for a ha' pot o' tar to build a house and home and then neglect the little things that are needed to make it complete.

### Care of Stock

A successful shopkeeper told me once, as he carefully folded and laid away some goods, that half of his success in business lay in looking after the stock. The house and its furnishings are the stock-in-trade of the home-maker and it will pay him well to look after them carefully and keep them in good repair.

### Work, Work, Work

Of course, this all means work, but the work is for the home, and the love of home is so deeply rooted in the Anglo-Saxon race and all its branches that we never grudge the trouble or labor we give to build it or adorn it.

## HOME FURNISHINGS

In furnishing, the same advice holds good as in building the home; namely, keep well within your means. Leave yourself a margin—it is sure to be needed. Have the best possible kitchen equipment with all the labor-saving devices that, after having been tested, are really a saving in the work of the housewife. Have comfortable beds. Consider how much of our lives we have to spend in them. After these things are provided, furnish your reception rooms simply and tastefully, choosing a few good pieces of furniture rather than a larger number of inferior quality. With the built-in-furniture that is advocated elsewhere in this book, it will not be necessary to buy much besides a few tables, chairs and rugs, although there are many beautiful things, both for use and decoration, that one can look forward to owning in the future.

### Simplicity

The more simple the furnishings of the home the more will be the satisfaction and comfort derived from their use. Many small things that contribute greatly to comfort and convenience are cheap and easily applied. See that every chair is equipped with "gliders" (round, smooth caps, in tæk form, placed under each chair leg) and that improved casters are under beds and other heavy furniture. Have all floors well laid and finished, polished if possible, and under no conditions allow an old fashioned carpet in your home. If the floors are rough and unsightly they can be properly smoothed, filled and painted to represent hard wood. The cost will not be great. If the floors are altogether impossible, a newly laid floor or a modern wood carpet will correct the evil and greatly improve the appearance and healthfulness of your home.

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Moving

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If you are intending to move, you will have a good many changes to make, and work of different kinds to be done. If one firm can do as much of these things as possible, there will be a great saving of time and money.



## WOLFE & CO., Inc.



## USEFUL INFORMATION

Do not drive nails, tacks or screws into broken furniture but send it to a competent repair house.

A hardwood floor should never be washed.

Use ammonia water—not too strong—once in a while to brighten up the color of a rug, but the rug should first be cleaned.

Never have a rug scrubbed on the floor. The rug will not wear as long as it should. It stands to reason that part of the dirt will be absorbed by the back of the rug, which will tend to rot it.

### To Polish Furniture

First, do not buy polishes sold by canvassers. Some are good but most of them are injurious to most varnish and should never be used. Buy the polish from a reliable furniture house.

Second, always shake the bottle well and apply polish with a piece of cheese cloth. Rub quite hard using plenty of elbow grease. Use a clean dry piece of cloth for removing all oil and polish thoroughly. The use of a soft rag is essential. Cheese cloth is the proper thing to use.

### Cane Chairs

Wash with hot water until completely soaked, using soap if necessary. Allow them to dry in the open air and the seats will become as tight as when new.

### Windows and Mirrors

Tie up some finely powdered whiting in a small piece of muslin. Dab it over the glass thoroughly, then go over it evenly with a damp cloth and allow it to dry. Then rub it off with chamois skin, soft paper or a silk handkerchief; or, a heaping tablespoonful of whiting may be put in a pint of cold water and applied with a sponge. If a few drops of kerosene are added it will keep the dry whiting from flying when it is being wiped off.

### Paint on Windows

Mix one part unslacked lime with three parts American potash and apply with a piece of wood. Allow it to stand until soft; then wash.

### Acid Stains on Wood

Pour lime water on the spots, let stand half an hour or more, then wipe, and the board will have its original color.

### Linoleum

After sweeping, wash with cold or warm water without soap, rubbing with a soft cloth. Pour some milk on the cloth and give a final rubbing, as this will give a polish. If the oilcloth or linoleum is shellaced it will wear much longer, and be more easily cleaned, and it will make a still better job to wax the surface.

### Ink on Mahogany

Dilute half a teaspoonful of sulphuric acid (oil of vitriol) with a tablespoonful or more of water and apply with a feather or soft brush, then wipe with a damp cloth after the stain has disappeared.

### Ink on Boards

Apply strong muriatic acid with a cloth, then rinse until all acid is removed.

### Faded Spots in Hardwood

Rub gently with a mixture of alcohol, one part, and boiled linseed oil, six parts, repeating frequently.

### Upholstering

Cover with a cloth and whip with a rattan, shaking the dust out of cloth occasionally. Then brush very hard and rub with a clean flannel dampened with alcohol, changing the flannel as soon as it becomes soiled.

### Marble No. 1.

Make a paste of finely powdered pumice stone and verjuice and allow it to stand a few hours. Then rub it over the marble and allow to dry before washing off; or wash with sal-soda. Remove iron-rust with lemon juice and rinse well.

### Marble No. 2

To clean and remove discolorations from white marble use the following solution, allowing it to dry on the marble and then wash off with hot water and a little salts of lemon, polishing with soft flannel. Mix together one part of powdered bluing and two parts of powdered whiting and add half a pint of strong soapsuds and heat to boiling point.

### Ink on Marble

Mix well equal parts of spirits of vitrol and lemon juice. wet the spots, and in a few minutes rub with a soft cloth and then wash.

### Alcohol on Wood

If still wet, do not wipe off, but pour on some kind of oil preferably sweet oil or linseed oil. If dry rub with kerosene, with oil and turpentine or with oil and alcohol.

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TELEPHONE EAST 4134.

### Heating Stains

If not deep, rub with hot milk. Kerosene or oil and turpentine may be used to remove heat stains from wood.

### Grease on Wood

If the wood is varnished, painted or oiled, hot water and soap will prove efficient. If the wood is unfinished, pour on a hot solution of potash or boil one quart of wood ashes in one quart of water for about an hour and pour on the spot, repeating several times if the stain is from hot grease. If the boards are white, this will leave a dark stain which may be removed by pouring on lime water, allowing it to stand about half an hour and then wiping it off.

### Vacuum Cleaner

If you can possibly afford it have a vacuum cleaner in your new home. In fact I may say that you can not afford to do without. It is not necessary to install a costly plant. When building have a few suitable electric outlets placed in convenient places for the connection of a portable Vacuum Cleaner which can be purchased for thirty to fifty dollars. The saving in labor as well as the saving in the wear and tear on carpets and furniture will soon return the cost.

### Care of Stoves and Furnaces

A stove, like any piece of machinery, **MUST** be kept clean. This western coal is full of soot—and the soot should be removed from the stove weekly, especially from under the oven. Roll a newspaper, place it underneath the oven, light it, open all drafts. This will burn soot out very easily. Ashes must be emptied every day. Stove pipe should be taken down every few months and cleaned out. Coils should be kept clear of soot.

### Furnace

A furnace, like a stove **MUST** be kept clean. Ashes should be emptied every day and all clinkers removed. After cleaning grate, build the fire. After it is well started put plenty of coal on and shut all drafts; you will use less coal and get better results than by replenishing fire every half hour and keeping drafts open.

### Chimney

The principal secret of any stove or furnace working well is to have a good draft. Without it no stove will do good work. Don't blame the stove or furnace if it doesn't draw well, and smokes. Look to your chimney. It must be high—and tight. See that there are no leaks anywhere. Any cold air taken into chimney will tend to stop the draft.

### Summer Cleaning

Once a year every furnace should be re-cemented and thoroughly cleaned, pipes taken down and cleaned out. Have this done during the summer when the furnace is not in operation and when fall comes the furnace will be in good condition, ready for the season's work. A man who thoroughly understands furnace installation should do this work.

### Second Grade Material

A great deal of money can be saved in the purchase of material. For many of the parts of the building, a second grade or common grade will give just as good appearance and service as first grade.

## Schedule Showing Systematic Use of Proper Painting Materials

- Exterior**
- Wood**
    - PURE MIXED PAINTS**  
Exact, machine made Bright and attractive at expiration of five years.
      - BODY**
        - Bass-Hueter Pure Paint, 2 or 3 coats, selection of 34 colors.
        - Bass-Hueter Porch Paint, 2 coats, 6 shades. (Steps and Porch Floors)
      - ROOF**
        - Bass-Hueter Superior Shingle Stains, Permanent-Durable, 10 colors.
        - Bass-Hueter Roof Paint, Elastic, Non-Fading, 9 colors.
    - VARNISH**—Hueter's Spar or Exterior Elastic Finish. Outside Doors. Two coats over Spirit Shellac.
    - LEAD AND OIL PAINTS**—Variable mixtures, losing lustre at end of three years.
  - Metal**
    - COLORS** or B.-H. Graphite Paint—Prime with Red Lead and Oil. Galvanized Iron should have special priming.
    - Black**—P. and B. Paints, Trino Gilsonite Paints. No priming necessary.
  - Stone**
    - Dri-Crete-Damp Proof Paint** or P & B Pabco Compound for Basements and Areaways, one coat.
    - B.-H. Concrete Paint**, for exterior exposed surfaces; White, Gray, Red and Buff.

- Interior**
- Wood**
    - Natural**
      - FIR CEDAR**—B.-H. Oil Stains or B.-H. Matt Stains.
      - OAK**—B.-H. Paste Wood Filler
    - B. H. Spirit Shellac or Liquid Filler**
      - Hueter's Interior Durable Wood Finish. 2 or 3 coats gloss or rubbed, or one coat may be followed by B.-H. Matt Lac for flat effect.
    - Painted**
      - COLORS** B.-H. Pure Paint—Flat or in Gloss; 2 or 3 coats.
      - ENAMELS**—B. H. Gold Seal Enamel, Flat or in Gloss, 3 to 5 coats over shellac priming.
  - Metal Work**—STEAM PIPES AND RADIATORS—B.-H. Aluminum Enamel; B.-H. Gold Enamel, 1 or 2 coats.
  - Floors**
    - FIR**—B.-H. Oil Stains or Natural
    - OAK**—B.-H. Paste Wood Filler
    - Hueter's Columbian Floor Finish**, 2 or 3 coats.
    - Johnson's or Old English Floor Wax**. (use weighted brush.)
    - B.-H. Floor Paint, 2 or 3 coats; selection of 13 colors.
    - B.-H. Concrete Sealer, for Priming Coat on Concrete Floors.
  - Walls**
    - HOCKADAY-INTERIO**—Washable Gloss Paint, 15 colors, 2 coats, for Halls, Kitchen and Public Buildings.
    - GOLD SEAL FLAT WALL PAINT**—(Eggshell Gloss). washable, 15 colors, 2 coats.
    - CALCIMO**—(Kalsomine), 2 or 3 coats over sizing, selection 35 tints.

# BASS-HUETER PAINT CO. OF SEATTLE

91 SPRING STREET — 2 STORES — 507 UNION STREET

PHONE ELLIOTT 28

Free Delivery to all Points in Seattle

### Best of Grade

Insist on having the best of the grade used. If you are buying your own material you can often get job lots of lumber at a greatly reduced price. Be careful however, to buy only what can be used. Cement is of but one grade. There is a difference in brands and you should insist on the use of a known brand of good repute. Be very particular to have clean sharp sand of medium coarseness, and clean washed gravel. The coarser the sand and gravel the more cement it will take to form a perfect bond, yet it is not wise to have the sand too fine as it is apt to be round and dull.

### HINTS UPON EXTERIOR AND INTERIOR PAINTING

The priming or first coat on the exterior should be thin; the pigment should carry as much linseed oil as will stand up without running—raw linseed oil with a little turpentine and pure white lead colored to match the second coat as near as possible.

Second coat should be a good bodied paint well brushed out. Always give first coat from ten to fifteen or twenty days to dry before applying second coat. If the work is to have three coats, apply a medium coat for the second. Never prime with yellow ochre—as that is invariably the cause of good paint blistering. When repainted in a few days it is a good plan to use about one-fourth good fresh zinc for extra paint.

### ROOFS

In Seattle we need good roofs. Fortunately we have good roofing material at hand. Do not use kiln dried shingles. Insist on air dried shingles; they make a far better roof and will last much longer. Have the roof boards of four inch lumber and have two inch spaces between the boards; the roof will dry more quickly and last longer. Have shingles laid four and one half inches to the weather. There should be two nails in each shingle up to ten inches wide and four nails in wider ones.

It has been demonstrated that cedar shingles will last longer without paint than with, but almost all houses to be properly finished should have the roof painted. The very best roof paint is (black) linseed oil and graphite; (red) red oxide and linseed oil; (brown) Princes metallie and linseed oil; (green) Crome green and linseed oil—but green will soon lose its brillianey on account of fading and soot.

Tar and ereosote are used on about ninety per cent of the roofs and it is very good as a preservative.

### Flashings

Have all openings in the roof properly flashed to insure safety from leaks.

### INTERIOR

The interior wood work of most houses is stained. Some are left in the stain only—with no other finish. But the most inexpensive way is to give the standing work, that is the doors windows, etc., one coat of oil stain, wipe off with cloth or waste. Putty nail holes and other defects with putty colored to match the stain—then give one coat of orange shellac and one coat of flattine or dull varnish.

ESTABLISHED 1874

# Stetson & Post Lumber Co.

Incorporated

OVER 40 YEARS IN SEATTLE

That's the reason we can understand your wants and supply them to your satisfaction.

Make use of our experience.

Send us your plans and we will take off list of millwork, etc., and submit you figures.

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**MANUFACTURERS  
AND RETAILERS**

**LUMBER  
MILL WORK  
MOULDINGS  
DOORS  
WINDOWS  
INTERIOR FINISH**

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Our new factory at Whatcom Avenue and Hanford Street, just completed, has place us in the position to fill your order promptly

Main 711

Phones

Elliott 3267

Main 3226

Elliott 711

**HANFORD & WHATCOM AVE.**

A nice way to finish a new bungalow or house is to stain the reception hall—mahogany; the living and dining rooms dark oak or weathered oak; leave the kitchen and pantry in a natural wood and enamel the bedrooms and bath.

For enamel work always put first, second and third coat perfectly flat—that is thin your lead with turpentine only—then give one or two coats of good prepared enamel shade to suit.

## CITY ORDINANCES

### Framing

The building ordinance of the city of Seattle is a safe guide as to the dimensions and kind of lumber to be used. It also specifies the distance apart that the various timbers shall be placed, thickness of foundation walls, size of piers and posts, size and construction of chimneys, etc., etc. If you have a competent architect draw your plans and the city building department passes on them as correct, you need only to see that your house is built according to specifications and plans.

### Building Inspector

The building inspector will visit your house several times during construction and you should welcome him and ask his advice, calling his attention to anything you think may be contrary to plans and specifications. You will save time and money by such a course.

## LABOR AND MATERIAL LIENS

### Contracts

You should be careful to see that your contracts are properly drawn.

### Architect

If you have an architect draw your plans, get a good one. A few dollars paid to an architect who is a man of good business reputation may save you a great deal of trouble later on.

### Specifications

Have everything mentioned in your specifications, but see also that there is a saving clause to cover any omissions in either the plans or specifications. Have inserted the following: "The contractor shall do everything necessary to complete the building in a first class workmanlike manner, and he shall not take advantage of any mistake or omission or of any discrepancy between the plans and these specifications. The intent of these specifications and the plans accompanying them is to have a complete building in every respect ready for occupancy."

### Payments on Contract

Have your contract state clearly when and how payments are to be made, and how much must be paid at each payment. Also it should recite the whole contract price. If a bond is given it must also give the same particulars. It is usual to pay one-fourth when the building is ready for plaster, one-fourth when ready for finish, (inside), one-fourth when finished and the remaining one-fourth in thirty days, or when all bills have been paid and vouchers presented therefor to the satisfaction of the bonding company. If

a man can not furnish a bond do not let him have a contract to do work for you. A bond costs but little and reputable contractors do not object to giving one.

**Notice of Delivery**

The law of this state provides for the notification of the owner of the delivery of material on any job under contract; see that you get such notices from building material men. The following is the regular form:

**Copy of Notice**

To ..... Owner,  
Address.....Seattle, Wash.

You are hereby notified that we have commenced to deliver materials and supplies for use in and upon the structure located upon property of which you are the reputed owner, to-wit:

At .....Seattle, Wash., .....  
or thereabouts as nearly as we can at this time describe the same. Said materials and supplies were ordered from us by.....

.....  
and a lien for same upon the said structure and premises may be placed for all materials and supplies furnished by us thereon should we so desire. This is the notice we are required to furnish by Section 1133 of the Remsburg & Ballinger's Annotated Codes and Statutes of Washington as amended by the legislature of 1911, and is not intended in any way as a reflection upon your credit or that of the contractor.

Dated at Seattle, Washington, .....

.....  
Material Man.

**STANDARD BUILDING CONTRACT**

Architects have generally recognized a standard form of contract to be signed by owners and contractors, which can be used for the whole building or any part thereof. This form can be purchased printed ready for use, at first class stationery stores, but it is herewith presented in full as an installment of the complete contract and specifications data which the Home Builder and Home Keeper aims to present. By slight changes it can be used by owners not employing architects.

**BUILDING CONTRACT.**—This agreement, made and entered into this .....day of.....191....., by and between John Doe, (here follows full address)..... party of the first part, (hereinafter designated the Owner,) and James Lowe, (here follows full address) ..... party of the second part (hereinafter designated the Contractor),

Witnesseth that the Contractor, in consideration of the agreements herein made by the Owner, agrees with the said Owner as follows:

I. The Contractor under the direction and to the satisfaction of Richard Roe, architect (owner can insert own name in lieu of architect), shall and will provide all the materials and perform all the work mentioned in the specifications and shown on the drawings prepared by the said architect for the erection of a bungalow at ..... street, Seattle, King County, State of Washington; (name lots and location), which drawings and specifications are



identified by the signatures of the parties hereto and made part of this contract.

II. The Architect shall furnish to the Contractor such further drawings or explanations as may be necessary to detail and illustrate the work to be done, and the Contractor shall conform to the same as part of this contract so far as they may be consistent with the original drawings and specifications referred to and identified as provided in the FIRST SECTION of this agreement.

It is mutually understood and agreed that all drawings and specifications are and remain the property of the Architect—and his compensation shall be paid by the Owner. Said Architect.... (if a firm write in "s") shall be the judge of the true construction and meaning of said specifications and drawings.

III. No alterations shall be made in the work shown or described by the drawings and specifications, except upon a written order of the Architect..., and when so made, the value of the work added or omitted shall be computed by the Architect..., and the amount so ascertained shall be added to or deducted from the contract price. In the case of dissent from such award by either party hereto, the valuation of the work added or omitted shall be referred to three disinterested Arbitrators, one to be appointed by each of the parties to this contract, the third by the two thus chosen; the decision of any two of whom shall be final and binding and each of the parties hereto shall pay one-half of the expense of such reference.

IV. The Contractor shall provide sufficient, safe and proper facilities at all times for the inspection of the work by the Architect. He shall, within twenty-four hours after receiving written notice from the Architect.... to that effect, proceed to remove from the grounds or buildings all materials condemned by him, whether worked or unworked, and to take down all portion of the work which the Architect.... shall by like written notice condemn as unsound or improper, or as in any way failing to conform to the drawings and specifications, and shall reconstruct the same in proper manner with proper materials.

V. Should the Contractor at any time refuse or neglect to supply a sufficiency of properly skilled workmen, or of materials of the proper quality, or fail in any respect to prosecute the work with promptness and diligence, or fail in the performance of any of the agreements herein contained, such refusal, neglect or failure, being certified by the Architect..., the Owner shall be at liberty, after (four) days' written notice to the Contractor, to provide any such labor or materials, and to deduct the cost thereof from any money then due or thereafter to become due to the Contractor under this contract; and if the Architect.... shall certify that such refusal, neglect or failure is sufficient ground for such action, the Owner shall also be at liberty to terminate the employment of the Contractor for the said work, and to enter upon the premises and take possession, for the purpose of completing the work comprehended under this contract, of all materials, tools and appliances thereon, and employ any other person or persons to finish the work, and to provide the materials therefor; and in case of such discontinuance of the employment of the Contractor he shall not be entitled to receive any further payment under this contract until the said work shall be wholly finished, at which time, if the unpaid balance of the

amount to be paid under this contract shall exceed the expense incurred by the Owner in finishing the work, such excess shall be paid by the Owner to the Contractor, but if such expense shall exceed such unpaid balance, the Contractor shall pay the difference to the Owner. The expense incurred by the Owner as herein provided either for furnishing materials or for finishing the work, and any damage incurred through such default, shall be audited and certified by the Architect.... whose certificate thereof shall be conclusive upon the parties.

VI. The Contractor shall complete the several portions, and the whole of the work comprehended in this Agreement, by and at the time or times hereinafter stated (here state time, which is highly important), provided that (special conditions here).....

VII. Should the Contractor be obstructed or delayed in the prosecution or completion of his work by the act, neglect, delay or default of the Owner, or the Architect..., or of any other contractor employed by the Owner upon the work, or by any damage which may happen by fire, lightning, earthquake or cyclone, or by the abandonment of the work by the employees through no fault of the Contractor, then the time herein fixed for the completion of the work shall be extended for a period equivalent to the time lost by reason of any or all of the causes aforesaid; but no such allowance shall be made unless a claim therefor is presented in writing to the Architect..., within twenty-four hours of the occurrence of such delay. The duration of such extension shall be certified to by the Architect..., but appeal from his decision may be made to arbitration, as provided in the THIRD section of this contract.

VIII. The Owner agrees to provide all labor and materials not included in this contract in such manner as not to delay the material progress of the work, and in the event of failure so to do, thereby causing loss to the Contractor, agrees that he will reimburse the Contractor for such loss; and the Contractor agrees that if he shall delay the material progress of the work so as to cause any damage for which the Owner shall become liable (as above stated), then he shall make good to the Owner any such damage. The amount of such loss or damage to either party hereto shall, in every case, be fixed and determined by the Architect..., or by arbitration, as provided in the THIRD section of this contract.

IX. It is hereby mutually agreed between the parties hereto that the sum to be paid by the Owner to the Contractor for said work and materials shall be .....(here state price), subject to additions and deductions as hereinbefore provided, and that such sum shall be paid in current funds by the Owner, to the Contractor in installments as follows: (Here state manner of payment).

The final payment shall be made within..... (15 to 20 days usually) days after this contract is fulfilled.

All payments shall be made upon written certificates of the Architect.... to the effect that such payments have become due.

If at any time there shall be evidence of any lien or claim for which, if established, the Owner of the said premises might become liable, and which is chargeable to the Contractor, the Owner shall have the right to retain out of any payment then due or thereafter to become due an amount sufficient to completely indemnify him against said lien or claim. Should there prove to be any such claim after all payments are made, the Contractor shall refund to the

Owner all moneys that the latter may be compelled to pay in discharging any lien on said premises made obligatory in consequence of the Contractor's default.

X. It is further mutually agreed between the parties hereto that no certificate given in payment made under this contract, except the final certificate or final payment, shall be conclusive evidence of the performance of this contract, either wholly or in part, and that no payment shall be construed to be an acceptance of defective work or improper materials.

XI. The Owner shall, during the progress of the work, maintain full insurance on said work, in his own name and in the name of the Contractor, against loss or damage by fire. The policies shall cover all work incorporated in the building, and all materials for the same in or about the premises, and shall be made payable to the parties hereto, as their interest may appear.

XII. The said parties for themselves, their heirs, executors, administrators and assigns, do hereby agree to the full performance of the covenants herein contained. (Here follow any special clauses).

.....

.....

.....

IN WITNESS WHEREOF, the parties of these presents have hereunto set their hands the day and the year first above written.

In presence of (here Owner and Contractor sign with witnesses to their signatures)

.....

.....

.....

.....

### SIMPLE FORM OF SPECIFICATIONS

Level off the area to be occupied by the house; remove all loam and other vegetable matter and excavate for the foundation piers and the fireplace foundation down to firm soil of similar character for each footing.

Concrete blocks are to be composed of concrete mixed in the proportion of one part good Portland cement, two parts clean, coarse sharp sand, and three parts clean gravel or broken stone having a maximum size of two inches and a minimum size of not less than one-quarter inch.

The blocks, if cast in place, are to be poured in wooden forms; otherwise are to be carefully bedded so that they will have a uniform bearing on the soil and will be level on top. The blocks are to be 16" square at the bottom and not less than 8" at the top.

Build a concrete foundation for the fireplace of the size and depth shown on the plans; material to be the same as for the foundation piers.

In lieu of concrete for the piers and the fireplace foundation hereinbefore specified, use good hard burned brick, laid in cement foundations. The cement mortar to be mixed one to three, with not more than 10 per cent of lime putty added.



This residence built of "Denny Renton" Products

Mr. Home Builder:—

We are manufacturers of burned clay building material. When planning your home, come and talk it over with us. We want you to inspect our line of material such as pressed brick, mantel brick, architectural terra cotta, and kindred products. Your inquiries solicited.

"Your Home Company"

## Denny-Renton Clay & Coal Co.

GENERAL OFFICES  
HOGE BUILDING

CITY YARD  
1523 UTAH AVENUE

TEL. MAIN 21



A "Denny-Renton Mantel"

### Sewer Connection

Dig trench and connect the house plumbing with the sewer system with 4" glazed sewer pipe, joints laid in cement, drained to a fall of not less than one-quarter inch to one foot. Dig necessary trenches for connection of all rain conductors to the street gutter or sewer, as directed by owner; connections to be of 3" porous agricultural drain tile.

### Brick Work

Build the fireplace and chimney flues where shown and to sizes marked on plans, using good hard burned common brick, laid up in lime mortar. The exposed portion of the chimney above the roof is to be laid with cobble stone selected for size smoothness and color. Mortar is to be uncolored cement mortar, containing not more than 10 per cent of lime putty.

The fireplace is to have a concrete hearth arch springing from a 1" corbel in the brick base and resting upon a 2" x 4" ribbon spiked to the double header joist. The width of the hearth is to be 18". The concrete of the arch at the header shall not be less than 4" thick, and the arch shall have a rise not less than 3".

After the fireplace is constructed and the house has been plastered, the mantel and hearth shall be laid; the mantel to be of pressed brick and the hearth to be of 6"x6" tile, both selected by the owner. The mantel shall be very carefully and substantially anchored to the backing by metal ties in every fourth course.

Construct the porch piers of large cobble stones laid in uncolored cement mortar having not more than 10 per cent lime putty; the piers carefully laid to secure a rustic effect, the stones being selected for size, shape, smoothness and color and the joints to be well raked out.

### Framing

The three 6"x6" sills shown on the plans are to be very carefully bedded on the concrete piers, level both ways; cement grout being used to secure good bearing, instead of shims of wood.

Upon these lay the 2"x10" joists 16" on centers; spiking a 2"x10" across the ends of the joists as shown on the section. Upon the joist lay a shiplap under floor, taking care to break joints at splices and to nail the shiplap with two 8d nails at every bearing.

All walls, partitions, rafters and ceiling joists are to be of dimensions and spacing shown on the section. Walls to have a 2" x4" shoe at the floor and a double 2"x4" plate at the eaves. Partitions to have a shingle 2"x4" plate top and bottom. All corners and angles of partitions and walls are to be solid. Truss over all openings 3 feet or more in width. Double up all studs, also all trimmers and headers around all openings in walls, partitions and floors. Double all joists under all partitions running parallel with the same leaving the double joists 6" apart on centers.

### Grounds

Put in place 5/8"x7/8" plaster grounds around all doors, windows, base, wainscoting, chair rails and plate rails before plastering.

### Bridging

Cross bridge all joists in the center of span with 1"x2" bridging cut on a mitre and well nailed at each joist top and bottom with two 8d common nails. Cut solid bridging between all joists less

than 12" on centers. Cut solid 2" bridging as fire stops between the studding of all walls and bearing partitions midway between floor and ceiling; this bridging to be cut on a slight mitre and nailed on both ends with two 8d common nails.

### Outside Walls

Sheathe the outside walls with 1"x8" shiplap nailed with two nails at each bearing; then cover the outside walls with cedar shingles laid as shown on the plans.

### Outside Trim

All outside trim to be  $\frac{7}{8}$ " No. 1 kiln dried, vertical grain fir, as shown on the plans.

### Roof

Cover the entire roof, except as otherwise specified, with 1"x8" shiplap, nailed with two nails at every bearing, with broken joints at splices. The overhang of the cornice and eaves is to be covered with 1"x4" V'd ceiling laid with the surfaced side down, carefully driven up and well nailed to every bearing. The roof is to be covered with prepared roofing laid over  $1\frac{1}{2}$ "x3" cleats, spaced according to the width of the roofing, as shown on the drawings. The gutters are to be formed by laying roofing over a 2"x4" on sheathing at eaves. All joints are to be cemented and the roofing otherwise laid in accordance with directions of the manufacturers. Flash around the chimney with galvanized painted sheet metal and around the stacks and vents with lead flashings.

### Porch Floor and Steps

Porch floor to be No. 1 1"x4" flooring, pitched  $\frac{1}{4}$ " to 1 foot, laid with leaded joists tightly driven up and blind nailed to each bearing. Treads of steps to be  $1\frac{1}{2}$ " thick and 12" wide with bull nose; risers to be  $\frac{7}{8}$ ".

### Window Frames

Window frames to be made of  $1\frac{3}{8}$ " rabbitted stock of necessary width.

### Window Sash

All windows to be accurately fitted to the openings. Casement sash to be hung and fitted with casement adjusters and fasteners. Double hung windows to have fasteners, lifts, weights and sash cord and to be hung and fitted so that they will be tight, yet work freely.

### Door Frames

All outside door frames to have 2"x6" rabbitted jambs. Inside door frames to have 2"x6" double rabbitted jambs. Casings to be  $\frac{7}{8}$ "x5", No. 1 fir. Sills to be 2" beveled and to have bed moulding. Provide galvanized flashing over all window and door trims.

### Doors

Outside front door to be hung on three 4"x4" loose pin butts. All other doors to be hung on two  $3\frac{1}{2}$ " loose pin butts. Hardware to be as shown on bill of material. All doors to be Craftsman doors, as shown on the drawings.

### Flooring

After the house has been plastered and all finish has been erected and stained, lay the finished flooring of No. 1 1"x4" fir flooring tightly driven up and blind nailed to every bearing. Finished floors throughout are to be scraped, and the front hall and

living room are to be sanded. After laying the floors, they are to be covered with paper where necessary in order to keep them perfectly clean and prevent spotting and staining.

#### Closets

Build two shelves and provide two hook rails in each closet.

#### Cabinets

In the walls of the bathroom, where shown on plans, build a medicine cabinet ceiled on the inside with No. 1 flooring and provided with two shelves, in addition to the bottom shelf, which is to be 1 $\frac{1}{4}$ "x6". Cabinet to have door with beveled plate mirror.

In the kitchen build cooler, cupboards, drawers, bins and drain board, as shown on the plans; all of first class workmanship, No. 1 clear, vertical grain fir.

#### Bookcases and Seats

In the reception hall build bookcases and seat; and in the living room build bookcases as shown on the drawings. Doors to be glazed with double strength AA glass. Seat in the hall to have a hinged top.

#### Wainscot Band

In the bathroom and kitchen place a 1" x 4" band at a height of 3x6" in the kitchen and 5" in the bathroom.

#### Paneling of Living Room and Hall

The walls of the living room and reception hall are to be paneled as shown on the drawings with 1"x6" strips.

#### Meter Box

Provide meter box with door at location selected by owner.

#### Hardware

Furnish and set, where directed, downspouts of No. 20 gauge galvanized iron. Do all necessary flashing around chimney, valleys, etc., with No. 20 gauge galvanized iron. All conductors to be connected to the hub of the soil pipes with elastic cement.

#### Plumbing

The contractor shall pipe the building in strict accordance with the City Ordinance and with these plans and specifications, and the work shall be left complete in all particulars. The contractor is to do all necessary excavating for pipes, etc., refill all trenches, and is to make all connections with City water and with sewer, obtaining permits therefore and paying for same. Place cleanouts with brass handhole screws at all ends, and grade pipes so that when the water is turned off the entire system will drain perfectly dry. The contractor is to bring water into the building through a  $\frac{3}{4}$ " galvanized pipe, also to connect down-spouts to the sewer. Place two bibs on outside of basement walls, where directed. All work is to be connected to hot and cold water by  $\frac{1}{2}$ " N. P. Fuller cocks.

All fixtures are selected from the..... catalogue and are to be furnished and installed complete as shown and described therein.

30-Gallon Hot Water Heater .....

Closet .....

Lavatory .....

Bath Tub .....

Kitchen Sink .....

### Lathing and Plastering

Lath with best fir lath all walls and ceiling, etc., using 1¼"x4" lath put on ¼" apart and well nailed to every bearing with 3d nails.

Plaster all lathed surfaces with best quality and workmanship two coat work. The first coat to be of .....plaster, put on in sufficient thickness to bring the surface well out to the grounds. The finish coat shall be of plaster. This coat is to be.....finish and all surfaces are to be brought to a true and perfect line by rodding.

Finish bathroom and kitchen wainscots to rail with hard plaster, blocked off into 3"x6" tiles. The plasterer shall do all necessary patching up after carpenter and other mechanics, and remove all rubbish from the premises when his work is completed.

### Painting

All material will be furnished by the owner and labor is to be furnished by the contractor. All putty stopping is to be neatly done, knots to be killed with shellac and all outside woodwork primed as soon as set up.

All metal work shall be painted two coats of approved mineral paint. All outside trim shall be primed with lead and oil, painted two coats. All finish of doors and windows shall be painted two coats over the prime. All interior finish shall be.....coats, as directed by the Owner. Kitchen and bath room walls to be painted three coats.

Floors of living room and reception room shall be filled, finished with two coats in perfect condition satisfactory to the Owner.

### Electric Wiring

All electric wiring shall be in strict accordance with the National Electrical Code and shall fulfill the rules and regulations of the National Board of Fire Underwriters, and the Ordinances of the City.

Furnish and set all switches of flush push pattern,.....make. Switches to be set on door casings or other woodwork where possible.

Place two point annunciator in the kitchen with bells from the front and rear doors. Wire all outlets as shown on the plans also outlet where directed for City Telephone. Install all meter loops, cut-out cabinets, etc.

## APPROXIMATE LIST OF MATERIAL

For a Five Room Bungalow to cost about \$2,400—in the City of Seattle. Quantities to be supplied from plans and specifications.

### Concrete Work

bbls. cement  
yds. gravel  
yds. sand

### Brick Work

Common brick  
Bricks for mantel facing  
Firebrick  
Bbls. lime



Bbls. cement  
yds. sand  
lbs. fire clay  
6"x6" tile

### Dimension Lumber

Pcs. 6x6-26 girders  
Pcs. 2x10-28 floor joist  
Pcs. 2x4-26 ceiling joist  
Pcs. 2x4-8 studs  
Pcs. 2x4-16 rafters  
Pcs. 2x4-20 rafters  
Pcs. 2x4-10 collar beams  
Pcs. 2x4-12 gables  
Sq. ft. of 4" roofing  
Shingles for sides  
Pcs. 1½x3x20 half round battens  
for roof.  
Pcs. 1½x3x16 half round battens  
for roof

### Plastering

Lbs. plaster  
Bbls. lime  
Yds. sand  
Lath

### Outside Finish

Pes. verge boards  
Pes. verge boards  
Pes. verge boards  
Pes. flower box  
Pes. flower box  
Lin. ft. 6x6 bracket  
Lin. ft. 2x6 bracket  
Lin. ft. 11/8x12" stepping  
Lin. ft. 1x8 risers  
Lin. ft. 2x8 window sill  
Lin. ft. 2x5½x1¾" rabbitted door  
jamb  
Pes. 2x5½x14x1¾" rabbitted  
jamb  
Pes. 5 ft. long rabbitted jamb  
Ln. ft. 1x5 casing  
Lin. ft. back band  
Ft. 4" ceiling for cornice and  
porches.

### Inside Finish

Pes. 2x5¾-18x1¾" rabbitted  
door jamb  
Pes. 1x5x14 door casing  
Pes. 1x5x10 window casing  
Lin. ft. 1x5 head casing  
Lin. ft. 4 inch window stool  
Lin. ft. 4" apron  
Lin. ft. 8" base  
Lin. ft. base shoe

Lin. ft. 4" wainscot cap  
Lin. ft. picture mould  
Ft. 1x4 T & G flooring  
Ft. 1x12 for kitchen cabinets  
Ft. 1x8 for book cases  
Pes. 1½x22x7 ft. drain board  
Pes. 1x6-18 panelling strips  
Pes. 1x6-14 panelling strips

### Windows

Window, bath room  
Windows, bedroom  
Windows, living room  
Windows, kitchen  
Sash, basement  
Pairs of double sash

### Doors

Door 4.0x6.8x1¾ front door.  
Door 2.8x6.8x1¾ glass back door  
4 doors 2.8x6.8x1¾ Craftsman  
2 kitchen cabinet doors  
Cooling closet door  
Pair cupboard doors  
Broom cupboard doors  
Bookcase doors

### Rough Hardware

Keg of 20 penny common nails  
Kegs of 8 penny common nails  
Kegs of 6 penny common nails  
Lbs. of 3 penny blue shingle nails  
Lbs. of 2 penny fine lath nails  
Lbs. of 6 penny finish nails  
Lbs. of 8 penny finish nails  
Lbs. of 4 penny finish nails.  
Lb. of 1 penny finish nails  
Qt. glue  
Quire No. 11/2 sand paper  
Ft. 11/2" window flashing

### Finish Hardware

Inside door locks  
Back door lock  
Front door lock  
Pair 3x3½ butts  
Pair front door 4x4 butts  
Pair 3x3 butts for windows  
"Bull Dog" casement window ad-  
justers  
"Hook Fast" window fasteners  
Dozen cupboard catches  
Pair of butterfly butts  
Draw pulls  
Pair butts for bookcase doors  
Fasteners for bookcase doors



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# SETTING OF THE HOME BEAUTIFUL

---

## BEAUTY

The hand of the All-Wise has fashioned a Universe of Beauty. From the glorious splendor of the Sun "God of the Day" throughout all the singing, swinging planets, light and shade, blinding radiance or breathless darkness; the stupendous wastes of the desert; the boundless sea teeming with its multitudes of inhabitants great and small; the towering mountains, the lowly valleys; the great glaciers, the mighty rivers that move in majesty to the sea. All are beautiful. And the Hand that fashioned all these has given of the beauty of all to the tiniest blade of grass, the smallest flower of the field. In the garden we may be co-workers with the great "Architect of the Universe," bringing into being beauty of form, color and fragrance. We may, by a little thought and labor, bring into our own lives and the lives of our children the joy and peace that come from association with the beauty and fragrance of nature.

---

## HOME GROUNDS

Few houses are attractive without some lawn and shrubbery. The prominence of the house can be veiled and softened, as the mountain is softened by mist or cloud, if the proper vines or bushes are used. Vines and shrubbery will relieve some hard feature or cover some objectionable spot or corner. The beauty of a picture depends much on the coloring used by the artist. Your home grounds may be planned like a picture and your choice of plants and flowers as varied as the pigments of the artist. It is not good taste to cut up a smooth grass lawn into flower beds or to crowd in shrubs of every variety. Plant these as near as possible to the border. Let them be the frame of your picture.

### The Lawn

One remarkable thing about Western cities and suburban life is the care bestowed upon lawns, grass plots, parking strips, etc. Many humble homes with small, perhaps ungainly houses are thus transformed as by magic into things of beauty. A few years ago the smoothly clipped lawn was a luxury that could not be afforded by the person of limited income. Now all that is necessary is a knowledge of gardening sufficient to prepare the soil and sow the seed; then supply the necessary water and run the lawn-mower. Any little plot of ground may thus be made a beauty spot.

The utmost care should be exercised in preparing the ground and selecting the seed. Clay loam soils as a rule will produce good lawns without the aid of fertilizers, while sandy soils require them. In spading, the soil should be loosened to a depth of at least eight inches and the surface stones removed. If, at this or a slightly lower depth where the sub-soil is sandy or gravelly, a layer of a couple of inches of clay be placed, it will greatly improve the lawn and make the task of keeping the roots moistened a much simpler one. Before the seeding the ground should be levelled. Sow the seed on a dry day when there is little or no wind. Then tamp or roll until the weight of the foot will not sink far into the surface

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---

### OUR PURPOSE

Is to conduct first class Landscape and Nursery business. We have the experience and each job will be under our personal supervision.

We will grade, seed and guarantee a first class new lawn.

We will also furnish you with desirable trees, shrubbery, vines, perennial and bedding plants and arrange them so as to make your grounds more attractive.

We do anything and everything required for the very best results from your lawn, shrubbery and plants.

We will take charge of your place during your absence or by the year.

We carry a complete line of fruit, shade and ornamental trees, shrubs, perennial and bedding plants, seeds, bulbs and fertilizers.

Any dissatisfaction with our work or shrubbery will be promptly adjusted.

Very truly yours,

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of the ground. The soil should then be sprinkled with a fine spray. Great care should be taken in sprinkling until the grass is old enough to form a decided turf or sod as the force of the ordinary stream from the lawn hose will dig holes in the lawn and mar it permanently. A great deal of sprinkling is required on lawns in this region during the summer months as the porous character of the sub-soil permits rapid drainage. With the clay layer described above much less sprinkling will be necessary. The lawn should be mowed frequently and the first season at least, the fine clippings allowed to remain on the turf. Pull out the weeds by hand or cut off just below the crown with a sharp knife. Patent weed-pullers make an unsightly lawn as they leave holes in the turf.

### Hedges

The custom here is to refrain from dividing property by unsightly fences and walls. What is more beautiful than the continuous green velvety lawns bordering our city streets? Each lawn, of course, has its own individuality, but it is merged into one complete and beautiful picture.

If one must divide his domain from that of his neighbor, have a low sprawling stone wall, covered with clambering vines, or a hedge, which is always pretty and satisfactory. In this country both Box and Holly thrive amazingly and either one will make a very handsome hedge when thickly grown and kept well clipped. It is worth while taking trouble to plant and care for such a hedge.

### Broom

The well known broom family is adapted for massing; there are common yellow (or Scotch), the yellow and crimson *Andreana*, the white Portugal and the lesser known Spanish broom (*Spartium junceum*) which has the longest flowering period of any extending from spring to late fall.

### *Berberis Thunbergii*

*Berberis Thunbergii* makes a graceful bush with long pendant branches covered with tiny leaves which turn to a brilliant orange scarlet in late summer and fall, making it suitable for brightening up beds of evergreens; it also bears large crops of shining scarlet berries which remain long after all the leaves have fallen.

### Other Graceful Bushes

*Berberis Derminii* and *Stenophis* are evergreens and produce an abundance of fragrant yellow blossoms. The former is rather a compact grower while the latter throws up long slender branches which, when draped in their season with the yellow flowers, make it one of the prettiest of our flowering evergreens.

### *Viburnum Plicatum*

Another shrub which can be used is *Viburnum Plicatum*, the snowball tree. When planted in groups in the shrubbery it is very effective. It requires no pruning; when grown as a standard it is excellent as a specimen tree.

### Weigels

Before leaving the subject of shrubs we must mention the *Weigels*, *Rosea*, pink; *Candida*, white; *Variegata*, with beautiful variegated foliage and pink flowers, and the *Eva Rethka*, with crimson flowers. We wish to emphasize the fact that by a little care

# VELVET TURF LAWN GRASS SEED

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- Highest Test Vegetable Seeds
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- All Kinds of Plants and Shrubs

### FERTILIZERS

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- Do You Want Better Fruit?
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**ANSWER:** Use Wilgrow Fertilizer

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Use one tablespoonful to the plant or rose bush; work into the ground

Use one 25-lb. bag to 2,000 square feet of lawn.

Then watch results. Absolutely no filler in **WILGROW**.

To introduce **WILGROW** we will prepay parcel post postage on 1 1/2-pound packages, and 10-pound bags to any point 150 miles from Seattle, 1st and 2nd zones.

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### ANALYSIS OF WILGROW

Nitrogen as Ammonia .....	8.25 per cent.
Nitrogen .....	7.00 per cent
Organic Nitrogen .....	7.00 per cent
Water Soluble Phosphoric Acid .....	.38 per cent
Citrated Soluble Reverted Phosphoric Acid .....	4.56 per cent
Citrated Insoluble Reverted Phosphoric Acid .....	5.58 per cent
Total Phosphoric Acid .....	10.52 per cent
Soluble Potash .....	6.20 per cent



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taken in choosing ornamental trees and shrubs something of interest may be seen in the shrubbery the whole year round.

### Herbaceous Plants

The herbaceous department of the garden is quite as interesting as the shrubbery, and here even greater variety is obtainable. Some of the hardy varieties blend well with the shrubbery. Notable examples are Kniphofias (red hot pokers), Hydrangea Paniculata, Rhododendrons and Gynierium Argenteum, the latter being the fairly well known Pampas grass which rears its snowy white plumes high above the light foliage, giving a touch of the subtropical to the garden. It is not advisable to mix shrubs and herbaceous plants indiscriminately. The results may be disastrous to both.

### Boston Ivy

Boston Ivy is an excellent climber for stone or brick walls, requires no support and the brilliance of its foliage in the fall is well known. The Virginia creeper is fine for walls or fences, a quick grower and although self-clinging to a certain degree, requires support. The Wistarias are not so common as they ought to be. They are the most glorious climbers in cultivation, are quick growers and when once established give a minimum of trouble. Although there are several varieties, there are only the two colors, white and purple.

### Wall Garden

The retaining wall of a terrace may be used for a wall garden, if the interstices of the wall are filled with soil instead of mortar. To assure the stability of the wall, the foot must project beyond the perpendicular, the amount depending on the height of the wall.

### Clematis

There is a big range of color among the clematis and their popularity is attested by the large number planted annually.

The old Clematis Jackmanii is a good purple as is also the Queen. Beauty of Worcester is a good double blue, and Duchess of Edinburgh the best double white. Clematis Montara is a special single white with an early flower. It is a rapid grower and hardy. Clematis Paniculata is a quick growing polyantha variety and fragrant.

### Rose Garden

The rose has always been celebrated in poetry and song. In the moist mild climate of Puget Sound the rose thrives and blooms in great profusion. The older city of Portland has for many years been noted for the wealth and beauty of her roses. If you have visited the Rose Show held there annually you have, I am sure, resolved to attempt something in rose culture yourself. A careful selection of soil and attention to the growing plants will repay you with a wealth of bloom. The best soil is a mixture of heavy yellow clay thoroughly mixed with one-third coarse sand. A good practice is to place several small stones in the bottom of each hole before setting your rose bush. Dig the hole large enough to hold a large pail of barn yard (cow) manure. Cover the manure with six inches of clay and sand as above, place four to six stones the size of a teacup in the hole on top of the clay and sand mixture. This should bring the filling up to the right height to receive the rose bush; if not fill in with more of the mixture, set your bush and carefully

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American Beauty, red.  
Baroness Rothschild, pink.  
Ben Cant, red.  
Bessie Brown, pink flush.  
Bridesmaid, pink.  
Capt. Christy, pink.  
Caroline Testout, pink.  
Francesca Kruger, yellow.  
Frau Karl Druschke, white  
General Jack, red.  
General MacArthur, red.  
Killarney, pink.  
Gruss an Teplitz, red.  
Mildred Grant, silver.  
Lyon, pink, orange and yellow.  
Gustav Regis, yellow and  
white.  
Harry Kirk, sulphur yellow.  
Joseph Hill, Samnurn Capes,  
yellow.  
Lady Roberts, copper red.  
Le Progress, yellow.  
Madam Leon Pain, pink and  
copper.  
Madam Melanie Soupert, yellow.  
Madam Ravary, orange yellow  
Prince de Bulgarie, salmon  
orange.  
Franz Dugen, soft yellow.  
Katerine Auguste Victoria,  
white.  
Killarney, pink.  
Whitey Killarney.  
La Detroit, pink.  
La France, pink.  
Lo Tosca, pink.  
Madam Abel Chatney, pink.  
Cecil Brunner, baby pink.  
Pearl d'Or, yellow.  
Mamon Cochet, pink.  
Mamon Cochet, white.  
Miss Kate Moulton, pink.  
Mrs. John Lang, pink.  
Papa Goentia, red  
Richmond, red.  
Sou de Prest. Carnot, pink.  
Ulrich Brunner, red.  
Winnie Davis, pink.  
Striped La France, red.  
J. B. Clark, red.  
Kilarney, white.  
Lady Ashtown, pink.

Rhea Read, cherry crimson.  
W. R. Smith, white tinted.  
Florence Pemberton, creamy  
white.  
Earl of Warwick, crimson  
pink.  
Edu Meyer, copper salmon,  
yellow.  
Irish Eleganes, copper, single.  
Mrs. David McKee, white.  
Blumenschmidt.  
Jonkur J. L. Mock, carmine to  
imperial pink.  
Julet good and rosy red.  
Lady Ursula, pink.  
Pearl d'Or, baby yellow.  
Solul d'Or.  
Viscountess Folkstone, pink.  
Marquise de Senety, bronzy  
red.  
Duchess of Wellington, yellow.  
Mrs. A. R. Wardell, reddish  
salmon.  
Prince Von Godesberg, yellow  
kaiserene.  
Beauty de Lyon, buff.  
Alberic Barbur, climbing yellow.  
Climbing American Beauty.  
Goldfinch Cluster Yellow.  
Flower of Fairfield, ever-  
blooming crimson Rambler.  
Thalie white climber.

### CLIMBING ROSES.

Tausendschoen or Thousand  
Beauties, pink.  
Vulchenblatt, blue.  
White Dorothy Perkins.  
Pink Dorothy Perkins,  
Crimson Rambler.  
Madam Alfred Carrier, white  
Climbing K. A. Victoria,  
white.  
Climbing M. C. Testout, pink.  
Marechal Neil, yellow.  
Reine Marie Henrietta, red.  
Reve d'Or, yellow.  
William Allen Richardson, yellow.  
Climbing Cecil Brunner, pink.  
Climbing Gruss en Teplitz, red  
Climbing Capt. Christy, pink.  
Mamon Crochet, (75c.)



fill and tamp in with clay and sand. Keep quite wet if the weather is dry. Study a good work on rose culture and prune as directed. A general rule is to prune out all old wood, except parent stalk, every two years.

The best situation for the rose garden is in the lawn near the house. Best effects are obtained when whole beds are devoted to individual varieties, but there can be no objection to mixing for it is an axiom of gardening that different colors of the same flower do not clash. To lighter beds filled with one color of roses, other plants may be interspersed sparingly such as Santolina with pinks, Rosemary with reds, Hyssop with whites and lavender with yellows.

### Climbing Roses

In the matter of climbers for walls, fences, pergolas, etc.. roses rank as first favorites, the Crimson Rambler and Dorothy Perkins being the most popular. The old-fashioned Gloire de Dijon is still unrivaled in its class, while William Allen Richardson, Rene Marie Henriette, Kaiserin Augusta Victoria and others give general satisfaction.

### Native Plants

It is a pity that the plants indigenous to the region are not more appreciated. Foxglove and Goldenrod are not weeds, but handsome flowers. Let them grow in your fence corners and you will enjoy the masses of beautiful color they show.

### The Flower Garden

The labor and thought expended in the Flower Garden pay larger dividends than is generally supposed. Peace and love have dwelt in a bower of roses since poesy and song began. Our original father and mother are represented as having lived in innocence and love in the Garden of Eden. The great gardens of the kings and queens of history were marvels of beauty. The Hanging Gardens of Babylon were beautiful beyond the power of words to describe. The Sunken Gardens of Alexandria were like bits of heaven transplanted to earth. The great gardens and parks of the cities of Europe and our own country are expressions of the highest intellectual and artistic development of the day.

### Spring

Spring is the time to prepare for the summer bloom. In the mild climate of Western Washington we may begin as soon as we please. In January we may plan and lay out our garden. In February we may plant our shrubs and the hardier annuals. The bulbs having been placed in the earth in November and December, will now begin to show green above the dark mould of the garden earth. In March we must begin our real active life if we wish our garden to be a "Beauty Spot" in the neighborhood. Suddenly some morning we awake and discover that the sap is up, the birds are mating, buds are bursting. Why not make merry with a riot of brilliant bloom in your garden? Low spaces make fascinating sunken formal gardens. A flooding of all colors in poppies, backed by hollyhocks; nests of candytuft, cosmos, foxgloves, larkspurs, gladiolas; a bit of cream, lavender and shrimp pink snapdragons, etc., etc., etc. You'll find your heart turning gay with blooms. Vegetables, flowers, shrubs and trees all have a beautiful message, a soul that gives you beauty only, never heartaches, unless from your

neglect or lack of knowledge as to what they eat, drink and breathe. They nod with love as you give them food. Is it not clean hearted to see the beauty and purity of a rose, a lily or a buttercup? Do you respond to nature's gladness? She paints such tempting colors and speaks such a beautiful language. Do you hear and understand her?

Let each child dig, say ten weeds daily in your garden or lawn thus encouraging in youth the love of nature. Keep your eye on the continued improvement. A pretty garden makes for a happy home, friends and love, for your heart sings at each glance outside; it calls the birds, the bees, the butterflies, and soon surrounding your home is a landscape of beauty. Try flirting with nature; see the sparkle of youth, bright eye, quick elastic step, alert mind and awakened soul. For refreshment turn to nature and gardening.

### Happy Thoughts

God's breath fans your face and happy thoughts take possession of you. You cast your atmosphere as does the sun its rays. Your garden, the shell of you, is judged silently by man—your attempt at gardening is a sort of trial-balance of "you," expressed in a tiny seed of your planting.

### Vegetable Garden

The old fashioned garden of our grandmother was not only a thing of beauty but an ever present help in time of need. In the present day of rapid transit the truck garden 50 to 100 miles from the city supplies vegetables each day as fresh and crisp as if just gathered from the garden back of the house. Yet to those who know there is a pleasure in the preparation of the soil, the sowing of the seed, the watching of the tiny sprouts appear above ground, and, oh, the joy of gathering the first mess of peas; or the digging of the first new potatoes—to get down on your knees on the moist warm earth, and finger in the soft garden mold until you exclaim, "they are as large as hen's eggs." And to prove it you produce one as large as a marble! But—you have your first mess of green peas and new potatoes, all the sweeter because you have raised them and perhaps too because they are young and small.

I believe that a man's health and morals are both better for having toiled in the garden back of the house. Try it and I am sure you will agree with me.

### Screens

For the back yard screen there are many varieties of wooden fences and lattice. Some of the latter are very pretty, and, if not so close and high as to exclude the sunlight, the best for the purpose.

### Backyard

Beautify the back yard as well as the grounds in front. There is no room here to say how this is to be done. There are hundreds of ways. Even the vegetable garden, if there should be one, can be set out so as to look almost as attractive as a flower garden. Wherever the ground is not needed for anything else, put in grass and have a pleasant spot of green to rest the eyes.

## SECTION II.

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# THE HOME KEEPER.

---

(By Mrs. W. W. DeLong)

### YOUR BODY YOUR "HOUSE BEAUTIFUL."

Cicero said "Thou should eat to live; not live to eat." Socrates said "Bad men live that they may eat and drink, whereas good men eat and drink that they may live." Another said, "Tell me what you eat and I will tell you what you are." The French author Moliere, in the "Miser" says, "If you are a rich man, (eat) whenever you please; and if you are a poor man, (eat) whenever you can." Athenaeus said, "Every investigation which is guided by principles of nature fixes its ultimate aim entirely on gratifying the stomach." And Dr. Johnson in "Boswell's Life," says, "I look upon it, that he who does not mind his belly will hardly mind anything else."

The main difference between the aborigines and civilized man is a matter of cooking. In a perfectly wild state man devours his food raw, while the higher he climbs in knowledge and civilization, the more he demands in the refined niceties of cooking.

Cooks have been honored in poetry and song since poetry and song began, and today the science of cooking is engaging the attention of the best minds. In all the great civilized nations, schools and commissions are maintained to investigate and analyze the results, that the people may be better fed. A man is just as strong as his stomach, so the life of a nation depends on the stomachs of its people. Burton, in "Anatomy of Melancholy" says, "Cookery has become an art, a noble science; cooks are gentlemen." Tusser in "Good Husbandry" says, "God sendeth and giveth both mouth and meat." Of bad cooks David Garrick says, "Heaven sends us good meat, but the Devil sends cooks." Lord Lytton in "Lucile" tells us:

"We may live without poetry, music and art;  
We may live without conscience and live without heart;  
We may live without friends; we may live without books;  
But civilized man cannot live without cooks.  
We may live without books, what is knowledge but grieving?  
We may live without hope, what is hope but deceiving?  
We may live without love what is passion but pining?  
But where is the man that can live without dining?"

---

### THE WIFE (COOK)

No woman should dare to take upon herself the duties of wifehood, with the possible attendant duties of motherhood, without a thorough knowledge of the science of cookery.

Probably one-half of the matrimonial wrecks have been caused by poor cooking. Thousands of babies every year are sacrificed on the same altar of ignorance.

# WHEN YOU FURNISH YOUR HOME

you not only want to have a large variety to select from, but also to buy at the lowest price. As we are the largest wholesale Carpet and Rug House in the Northwest **OUR RETAIL DEPT.** is in a position to quote the very lowest prices—also we are out of the high rent district and own the 5-story building we occupy. Our furnishing experts will be glad to show you our immense stock and suggest ideas, if you desire.

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**We Sell at Retail in Seattle only and Deliver  
anywhere in the City.**

## How and What to Eat

A most important question, and one we are generally unable to answer is "how to eat" and "what to eat." The first is perhaps answered by the word "Fletcherize," meaning a complete mastication of food before it is swallowed, leaving only the digestion of food to the stomach. Most Americans devour food in much the same way that a hungry cow gathers in the rank lush grass of the new pasture. However, there is this difference between the man and the cow. The cow knows that the grass can "come back" and be properly masticated before the stomach is called upon to do its work, while man does not know, nor care, that his stomach is being insulted and overworked. He goes on bolting his food, throwing in great chunks of bread, meat, vegetables and slop with no possibility of another chance to masticate it, even if the stomach does turn "sick" and throw the whole mess "up" at him.

### What to Eat

Just as the stomach is a safe guide as to "how to eat," it is also a safe guide as to "what to eat."

The stomach is in close nerve connection with the brain and it sends messages constantly to the central office stating clearly its condition and its needs. The trouble is that we have, through long neglect, come to disregard those messages; we trust to false "teachers"—our eyes, our noses, our friends,—and trouble follows. We immediately blame our stomachs and not our false teachers. We say we have "weak stomachs" or "bad stomachs" when our stomachs have done just what any person would do when insulted and abused. If we will be guided by our stomachs and give them the consideration they deserve, we will be happier and we will certainly live longer.

### Bad Cooking

There are many good reasons why we should cook certain kinds of food. Perhaps the best one is that it softens it and makes it easier to masticate and so, easier to digest. Another very important reason is that cooking brings about chemical changes in many food products, making them more suitable to our needs. Cooking food also kills many germs and microbes that would be highly injurious to our health. Bad cooking may be divided into two general classes. First: insufficient cooking. This fails utterly in the object of cooking. It starts a process of chemical change and leaves it to the stomach to complete it. It is always dangerous to health and often fatal to life itself. In many cases it would be better to eat the food raw. The second class of bad cooking is that in which the food is over-cooked. This is not so bad as to have the food only partly cooked, but over-cooked food is a tax upon the digestive organs and by overcooking many of the most nutritious elements are lost.

### Recipes

The best possible advice we can give you is to "Cook by Recipe." Learn thoroughly to prepare and cook the food you serve. Learn what to cook, how to prepare it, how to cook it, how long to cook it, how to serve it, and just what the result should be in the person who eats it. Learn that food should be chosen to suit the condition of those who are to eat it. It should be suited to the work, pleasure or rest that is to follow.

And when the Home is  
all complete

think of  
the good things  
you can buy  
at the

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Home-made Cakes of every description, cookies, and doughnuts that take you back to childhood days, delicious pies, Parker-house rolls, big home-made loaves of white bread, raisin bread, bran bread and muffins, English Muffins, Etc.

Home-made Jellies and Jams, Marmalades and Preserves and Pickles.

Genuine Boston Baked Beans, Spaghetti and Macaroni, Cottage Cheese, etc., to take home.

We also have one of the most attractive dining rooms in the city with cozy booths and private family tables; a social hall for club gatherings, parties, cards, weddings, receptions.

Expert Women Chefs specially trained for exclusive service.

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## WOMAN'S EXCHANGE

209 Union Street

Opposite Times Building

### Chance

Do nothing by chance. The human stomach is the laboratory wherein are generated the forces that allow us to live and move and have our being. Great thoughts and great deeds do not come from poor stomachs filled with poor food, poorly cooked. "The hand that stirs the kettle, stirs the world," if you will allow us to paraphrase a popular quotation.

### DIETETICS

The application of science to the regulation of the continuous demands of the body for nutriment aims mainly at three objects—health, pleasure and economy. They are rarely inconsistent with one another, but yet require separate consideration as, under varying circumstances, each may claim the most prominent place in our thoughts.

#### Influence of Diet Upon Health

The influence of diet upon the health of a man begins at the earliest stage of his life, and indeed is then greater than at any other period. It is varied by several phases of internal growth and of external relations, and in old age is still important in prolonging existence and rendering it agreeable and useful.

#### Diet in Infancy

No food has as yet been found as suitable for the young of all animals as their mother's milk. And this has not been from want of seeking. Dr. Brouzet (Sur l'Education medicinale des Enfants, i. p. 165) has such a bad opinion of human mothers that he expresses a wish for the state to interfere and prevent them from suckling their children lest they should communicate immorality and disease! A still more determined pessimist was the famous chemist Van Helmont, who thought life had been reduced to its present shortness by our inborn propensities and proposed to substitute bread boiled in beer and honey for milk, which latter he calls "brute's food." Baron Liebig has followed the lead with a "Food for infants." in the prescription for which half ounce and quarter grains figure freely, which has to be prepared on a slow fire and after a few minutes boiled well, and after all is not nearly such a close imitation of human milk as is made by the addition to fresh cow's milk of half its bulk of soft water in each pint of which has been mixed a heaped up teaspoonful of powdered "sugar of milk" and a pinch of phosphate of lime. Indeed, in default of these cheap chemicals, the milk and water alone, when fresh and pure, are safer than an artificial compound which requires cooking. And experience shows that the best mode of administering food to the young is also that which is most widely adopted throughout warm-blooded nature, namely, in a fresh, tepid, liquid state, frequently and in small quantities at a time.

Empirical observation is fully supported in these deductions by physiological and chemical science. Milk contains of—

Water .....	88 per cent
Oleaginous matter (cream or butter).....	3 per cent
Nitrogenous matter (cheese and albumen)..	4 per cent
Hydrocarbon (sugar) .....	4 $\frac{1}{4}$ per cent
Saline matter (phosphate of lime, chloride of sodium, iron, &c.) .....	$\frac{1}{2}$ per cent

# BROOKLYN MILK WAS PROVEN BEST AGAIN LAST YEAR BY OFFICIAL TEST

For the third consecutive year the BROOKLYN DAIRY has won the HIGHEST HONORS for its PASTEURIZED MILK.

The FIRST PRIZE for the HIGHEST AVERAGE TEST for the entire year of 1914 was awarded the Brooklyn Dairy.

## HOW AVERAGES ARE DETERMINED

All the milk entering these contests is picked at random from the driver's load by the City Inspectors, who stop the wagons on the street and take off a bottle of milk.

The dairies never know when or where a sample is to be taken for this purpose; the idea is to take several samples each month from each wagon a dairy runs. These samples are then taken to the City Laboratories and tested for all the points that go to make up Good Milk, and the dairy having the Highest Average of all these tests is declared to be the winner.

The Test shows conclusively that the EVERYDAY QUALITY of the MILK we deliver to OUR CUSTOMERS is the BEST.

The fairness to the public and to each dairy is plain to all as this plan eliminates the possibility of Specially Prepared Samples so often prepared for use at Dairy Shows. Samples prepared for shows give no indication of a dairy's daily product.

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These are at once the constituents and the proportions of the food suited to a weakly, rapidly growing animal. The large quantity of water makes it pass easily through the soft absorbent walls of the digestive canal, and the complete suspension in an alkaline fluid of the finely divided fat and nitrogenous matter introduces more of them than could be effected were they in a solid form. The fat is the germ of the new cellular growth, and the nitrogenous matter is by the new cells formed into flesh, which is doubling its bulk monthly. The phosphate of lime is required for the hardening bones, the chloride of sodium and the iron for the daily increasing amount of blood in circulation. Milk may be said to be still alive as it leaves the breast fresh and warm, and quickly becomes living blood in the infant's veins; only a slight change is requisite. Its frequent administration is demanded by the rapid absorption, and the absence of regular meals prevents the overloading of the delicate young stomach with more than it can hold at once.

The wholesomest nutriment for the first six months is milk alone. A vigorous baby can, indeed, bear much rough usage and often appears none the worse for a certain quantity of farinaceous food; but the majority do not get habituated to it without an exhibition of dislike which indicates rebellion of the bowels.

To give judicious diet its fair chance the frame must be well protected from the cold; and just in proportion as the normal temperature of the body is maintained does growth prosper, as is satisfactorily proved by experiments on the young of the lower animals.

It is only when the teeth are on their way to the front, as shown by dribbling, that the parotid glands secrete an active saliva capable of digesting bread stuffs. Till then anything but milk must be given tentatively and considered in the light of a means of education for its future mode of nutrition. Among the varieties of such means, the most generally applicable are broth and beef tea, at first pure, and then thickened with tapioca and arrow root. Chicken soup, made with a little cream and sugar, serves as a change. Baking powder biscuit top and bottoms, may also have their turn; change is necessary in the imperfect dietary which art supplies and for change the stomach should be prepared by habit.

Fresh milk has long had a popular reputation as occasionally conveying fever, and in some parts of Ireland the peasantry can hardly ever be got to take it "raw." This is quite irrespective of the state of the cattle which furnish it; no cases of disease thus communicated have ever been traced to sick cows. It is probably always due to adulteration with dirty water or to the vessels being washed in that dangerous medium, or to their being exposed to air loaded with elements of contagion.

Up to the period of full development the daily use of wine should be allowed only during illness and the express attendance of a medical adviser. Its habitual consumption by healthy children hastens forward the period of puberty, checks growth, and habituates them to the artificial sensation induced by alcohol.

### Diet For Bodily Labor

It seems certain that the old theory of Liebig, which attributed the whole of the force exhibited in muscular movements to the

oxidation of muscular tissue, is undeniable. There is not enough of the material oxidized, that is to say, destroyed and carried away as urea and other nitrogenous excretions, to generate so much force as measured by the method of Loule. On the other hand, Traube goes too far when he would make out that in the performance of muscular work the metamorphosis of the organized constituents of contractile tissue is not involved, and that non-nitrogenous substances alone are consumed. The prolonged feats of walking performed by the pedestrian Weston in 1878 vastly increased the amounts excreted of those elements of the urine which are derived from the oxidation of muscle and nerve. The urea formed by the destructive assimilation of contractile fibre, and the phosphates whose main source is nervous tissue, were each clearly doubled during and shortly after the extraordinary strain upon those parts of the body. As might be expected, the machinery wears away quicker when it is harder worked, and requires to be repaired immediately by an enhanced quantity of new material or it will be worn beyond the power of repair. The daily supply, therefore, of digestible nitrogenous food, meat par excellence, must be increased whenever the muscular exercise is increased. In making the recent extension of railways in Sicily, the progress was retarded by the slack work done by the Sicilian natives, compared with that got through by the English gangs. The former took scarcely any meat, preferring to save the wages expended by their comrades in that way. The idea occurred to the contractor to pay the men partly in money and partly in meat; and the result was a marked increase in the amount of work executed which was brought nearly up to the British average. A mixed diet, with an increase in the proportionate quantity of meat when extra corporal exertion is required, is the wholesomest, as well as the most economical, for all sorts of manual laborers.

It is absolutely essential that the fleshy machinery for doing work should be continuously replaced by flesh food as it becomes worn out. Nitrogenous aliment, after a few chemical changes, replaces the lost muscle which has passed away in the exertions; just as the engineer makes ore into steel and renews the corroded boiler plate or thinned piston. Now, just as the renewal of the plate or piston is a "stimulus" to the augmented performances of the engine, so meat is a "stimulus" to augmented muscular action. Taken in a digestible form during exertion it allows the exertion to be continued longer, with greater ease and less consequent exhaustion. According to the testimony of soldiers experimentally put through forced marches of twenty miles a day, with loads of half a hundred weight each, "meat extract" bears away the palm from the other reputed stimulants commonly compared with it; viz; rum and coffee. "It does not put a spirit into you for a few miles only, but has a lasting effect; if I were ordered for continuous marching, and had my choice, I would certainly take the meat extract," said an unprejudiced sergeant to Dr. Parkes, who was the conductor of the experiments alluded to.

When the continuous repair of the muscular machinery is fully secured, the production of heat and force is most readily provided for by vegetable aliment, by reason of the large proportion of carbon which it contains. In assigning their physiological functions to the several sorts of food, nearly all the business of begetting active

force should apparently be ascribed to the solid hydrocarbons, starch and fat, by their conversion into carbonic acid. It is not necessary to be acquainted with every step of the process, which in the body we confessedly are not, to appreciate the argument. It is clearly important that these elements of diet should be furnished in sufficient quantity and in a digestible form. In addition to diet made necessary by additional bodily work not only should the stimulus of animal food be attended to but the bulk of starch and fat in the rations should be augmented even in larger proportion for these aliments are the most direct contributors of force.

"Training" for athletic sports is based on the principles above enunciated. The usual time allotted to it is six weeks, and the objects to be attained in this period may be described as:

- (1) The removal of superfluous fat and water.
- (2) The increase of contractile power in the muscles.
- (3) Increased endurance.
- (4) "Wind," that is to say, the power of breathing and circulating the blood steadily in spite of exertion.

The first is aimed at by considerably adding to the daily amount of nitrogenous and by diminishing farinaceous and liquid food and providing that it should be so consumed as to be fully digested. The second and third are secured by gradually increasing the demands made upon the muscles till they have learned to exert at will the powers of which they are capable, and for as long a period as the natural structure of the individual frame permits. "Wind" is improved by choosing as part of the training, exercise, such as running, which can be sustained only when the respiratory and circulating organs do their duty fairly.

As an example, the Oxford system of training for the summer boat-races may be cited. It may be considered a typical regimen for daily developing a young man's corporal powers to fulfill the demands of an extraordinary exertion, a standard which may be modified according to the circumstances for which the training is required.

**(For Table—See Encyclopaedia Britannica.)**

The Cambridge system differs very slightly, and in neither is any exaggerated severity of discipline enforced, while some latitude is permitted to peculiarities and a wish for variety and plenty of time is left for business and social intercourse. Other plans are objectionable from involving, without any corresponding advantage, a complete departure from the usual habits of the educated classes.

For instance, according to Clasper, dinner is to be at noon with only a light tea afterwards and no supper. Then a country walk of four or five miles is to be taken before breakfast, another two hours afterwards and a hard row between dinner and tea. "Stonehenge" requires the time between breakfast and dinner to be spent entirely on billiards, skittles, quoits, rowing and running in spite of another hour's row being prescribed at 6 p. m. He also requires the aspirant for athletic honors to sleep between 10 and 11 hours. Only professionals will carry out such rules and even they do not either benefit their health or lengthen their lives by the sacrifice. For it is notorious that "over-training" leads to a condition of the system in which the sufferers describe themselves as "fallen to pieces." The most peculiar symptom is a sudden loss of voluntary power after exertion. It is sometimes called "fainting," but there is no loss of

sense, and it is quickly relieved by liquid food. It is to the pathologist a timely warning of that consequence of overtrained muscle which constitutes paralysis, scriptorum, turner's palsy, and blacksmith's palsy, and which results in fatty degeneration of the red muscular fibre. To get and to keep its health a muscle needs a constant alternation of active contraction and rest, as an enforced protraction of either one or the other leads to the loss of vital properties. The limbs of an Indian fakir, voluntarily held in a strained posture, or those of a bed-ridden invalid are equally apt to become useless. Overtrained persons are also liable to a langour and apparent weakness which is found on examination to depend on an excessive secretion of urea by the kidneys.

### Diet For Mental Work.

An expression of Butcher's "No thinking without phosphorus" has gained an unhappy notoriety. Strictly speaking, it is a groundless assumption for we cannot say that intellectual beings may not exist joined to any form of matter or quite independent of matter. We certainly do not know enough of the subject to lay down such a negative statement. And if it be held to mean that the amount of phosphorus passing through the body bears a proportion to the intensity of thought it is simply a misstatement. A captive lion, tiger, leopard or hare assimilates and parts with a greater amount of phosphorus than a hard-thinking man; while a beaver, noted for its powers of contrivance, excretes so little phosphorus that chemical analysis cannot find it in the excreta. All that the physiologist is justified in asserting is that for the mind to energize in a living body that body must be kept living up to a certain standard and that for the continuous renewal of life a supply of phosphatic salts is required. The same may be said with equal justice of water, fat, nitrogen, chloride of sodium, oxygen etc. The phosphates are wanted indeed, but wanted by pinches, whereas water is required by pailfuls. A few days without water, or a few minutes without oxygen, will terminate the train of consciousness. The practical points taught us by physiology are that for the integrity of thought, integrity of the nervous tissue is requisite and for the integrity of the nervous tissue a due quantity of such food as contains digestible phosphatic salts.

The most perfect regimen for the healthy exercise of thought is such as would be advised for a growing boy; viz., frequent small supplies of easily soluble mixed food, so as to furnish the greatest quantity of nutriment without overloading the stomach or running the risk of generating morbid half-assimilated products. For it is essential to the intellectual direction of the nervous system that it should not be oppressed by physical impediments. The presence in the stomach or blood of imperfectly assimilated nutriment impedes its functions in close proportion to their amount so that not only the constituents, but the mode of administering food, must come into the calculation. "*Repletus venter non studet libenter*" is an old proverb, the application of which saves many a brain and many a stomach from being worked against the grain. Rest from brain-work for twenty minutes before meals, entire abstinence from it during meals and rest again till the weight has passed from the stomach are essential to the reconciliation of mental exertion with bodily health.

## COOKERY

In the condition in which man finds most of the natural substances used as food they are difficult of digestion. By the application of heat he can change the character of his food and make it more palatable and more easily digestible. The application of heat to animal and vegetable substances for the purpose of attaining these objects constitutes the science and art of cookery. Innumerable discussions have taken place among scientific men as to the natural food of man. Too much importance is, perhaps, attached to meat, but it is now generally accepted that a mixed animal and vegetable diet is best.

If we take a common vegetable food, such for instance as the potato, we find that in 1000 parts we have 760 of water, 200 parts of starch and some mineral salts and albuminous compounds. In cooking, the starch cells absorb water and the greater number of them burst. This disintegration of the starch cells is preparatory and necessary to more important changes. The starch in all vegetable substances must undergo a similar change before it can mix with the various fluids developed in the mouth and the walls of the alimentary canal. Some of these fluids, such as the saliva and pancreatic fluid, change the starch into dextrin and then into glucose or grape sugar, and this change appears necessary before the carbon and hydrogen can be oxidized. Much indigestion probably arises from the imperfect cooking of starchy foods.

The chief constituents of animal food are albumen, fibrin and fat with mineral salts and juices. The flavor of meat is due to the osmazome and some methods of cooking, such as roasting and broiling, appear to increase this flavor. Albumen and fibrin form about one-fifth of the meat. The former always coagulates by heat and the expansion of the juices tends to separate the solid fibres; this separation depends very much on the methods of cooking. Albumen is as constant a constituent of all animal food as starch is of vegetable, but these products differ greatly in their chemical composition and in the changes which they undergo in the stomach. Albumen is taken into the system as an insoluble substance, but in contact with the gastric fluid it becomes soluble—a condition necessary for every kind of food before it can nourish the body.

### Broiling

The earliest method of cooking was probably burning seeds and flesh in hot ashes, a kind of broiling on all the surfaces at the same time, which when properly done is the most delicate kind of cookery. Broiling is now done over a clear uniform charcoal fire extending at least two inches beyond the edges of the gridiron, which should slightly incline towards the cook. It is usual to rub the bars with a piece of suet for meat, and chalk for fish, to prevent the thing broiled being marked with the bars of the gridiron. In this kind of cookery the object is to coagulate as quickly as possible all the albumen on the surface and seal up the pores of the meat so as to keep in all the juices and flavor. It is, therefore, necessary to thoroughly warm the gridiron before putting on the meat, or the heat of the fire is conducted away while the juices and flavor of the meat run into the fire. Broiling is a simple kind of cookery, and one well suited to invalids and persons of delicate appetites. There is no other way in which small quantities of meat can be so well and so quickly cooked, and for persons who dine alone it is the most

convenient method of cookery. Broiling cannot be well done in front of an open fire because one side of the meat is exposed to a current of cold air. A pair of tongs should be used instead of a fork for turning all broiled meat and fish.

### Roasting

Two conditions are necessary for good roasting—a clear bright fire and frequent basting. Next to boiling and stewing it is the most economical method of cooking. The meat at first should be placed close to a brisk fire for five minutes to coagulate the albumen. It should then be drawn back a short distance and roasted slowly. If a meat screen be used it should be placed before the fire to be moderately heated before the meat is put to roast. The center of gravity of the fire should be a little above the center of gravity of the joint. No kitchen can be complete without an open range, for it is almost impossible to have a properly roasted joint in closed kitcheners. The heat radiated from a good open fire quickly coagulates the albumen on the surface and thus to a large extent prevents that which is fluid in the interior from solidifying. The connective tissue which unites the fibres is gradually converted into gelatine and rendered easily soluble. The fibrin and albumen appear to undergo a higher oxidation and are more readily dissolved. The fat cells are gradually broken and the liquid fat unites to a small extent with the chloride of sodium and the tribasic phosphate of sodium contained in the serum of the blood. It is easily seen that roasting by coagulating the external albumen keeps together the most valuable parts of the meat, till they have gradually and slowly undergone the desired change. This surface coagulation is not sufficient to prevent the free access of the oxygen of the surrounding air. The empyreumatic oils generated on the surface are neither wholesome nor agreeable, and these are perhaps better removed by roasting than any other method except broiling. The chief object is to retain as far as possible all the sapid, juicy properties of the meat so that at the first cut the gravy flows out a rich reddish color, and this can only be accomplished by a quick coagulation of the surface albumen. The time for roasting slightly varies with the kind of meat and the size of the joint. As a rule beef and mutton require a quarter of an hour to the pound; veal and pork about 17 minutes to the pound. To tell whether the joint is done, press the fleshy part with a spoon; if the meat yields easily it is done. With poultry or game the flesh of the leg may be tried in the same way. Some attach importance to occasional jets of steam drawing to the fire. Roasting, when well done (and the way to do it can only be learned by careful practice), is a wholesome method of cooking.

### Baking

Baking meat is in many respects objectionable and should never be done if any other method is available. The gradual disuse of open grates for roasting has led to a practice of first baking and then browning before the fire. This method completely reverses the true order of cooking by beginning with the lowest temperature and finishing with the highest. Baked meat has never the delicate flavor of roast meat, nor is it so digestible. The vapors given off by the charring of the surface cannot freely escape and the meat is cooked in an atmosphere charged with empyreumatic oil. A brick or earthenware oven is preferable to iron because the porous nature

of the bricks absorbs a good deal of the vapor. When potatoes are baked with meat they should always be parboiled first; otherwise they take a longer time to bake and the moisture rising from the potatoes retards the process of baking and makes the meat sodden. A baked meat pie, though not always very digestible, is far less objectionable than plain baked meat. In the case of a meat pie the surfaces of the meat are protected by a poor conductor of heat from that charring of the surface which generates empyreumatic vapors, and the fat and gravy, gradually rising in temperature, assist the cooking, and such cooking more nearly resembles stewing than baking. The process may go on for a long time after the removal of the meat from the oven, if surrounded with flannel or some other poor conductor of heat. The Cornish pasty is the best example of this kind of cooking. Meat, fish, game, parboiled vegetables, apples or anything that fancy suggests are surrounded with a thick flour and water crust and slowly baked. When removed from the oven and packed in layers of flannel, the pasty will keep hot for hours. When baked dishes contain eggs, it should be remembered that the albumen becomes harder and more insoluble according to the time occupied in cooking. About the same time is required for baking as roasting.

### Boiling

Boiling is one of the easiest methods of cooking but a successful result depends on a number of conditions which, though they appear trifling, are nevertheless necessary. The fire must be watched so as properly to regulate the heat. The saucepan should be scrupulously clean, having a closely-fitted lid and be large enough to hold sufficient water to well cover and surround the meat and all scum should be removed as it comes to the surface; the addition of small quantities of cold water will assist the rising of the scum. For all cooking purposes clean rain water is to be preferred. Among cooks a great difference of opinion exists as to whether meat should be put into the cold water and gradually brought to the boiling point or should be put into boiling water. This, like many other unsettled questions in cookery, is best decided by careful scientific experiment and observation. If a piece of meat be put into water at a temperature of 60 degrees, and gradually raised to 212 degrees, the meat is undergoing a gradual loss of its soluble and nutritious properties which are dissolved in the water. From the surface to the interior the albumen is partially dissolved out of the meat, the fibres become hard and stringy and the thinner the piece of meat, the greater the loss of all those sapid constituents which make boiled meat savory, juicy and palatable. To put meat into cold water is clearly the best method for making soups and broth; it is the French method of preparing the pot au feu; but the meat at the end of the operation has lost much of that juicy sapid property, the lack of which makes boiled meat so objectionable. The practice of soaking fresh meat in cold water before cooking is for the same reasons highly objectionable; if necessary wipe it with a clean cloth. But in the case of salted, smoked and dried meats soaking for several hours is indispensable and the water should be occasionally changed. The other method of boiling meat has the authority of the late Baron Liebig who recommends putting the meat into water when in a state of ebullition; after five minutes the saucepan is to be drawn aside and the contents kept at a tem-

perature of 162 degrees (50 degrees below boiling). The effect of boiling water is to coagulate the albumen on the surface of the meat, which prevents to some extent the juices passing into the water; meat thus boiled has more flavor and has lost much less in weight. To obtain well-flavored boiled meat, the idea of soups and broth must be a secondary consideration. It is, however, impossible to cook a piece of meat in water without extracting some of its juices and nutriment and the liquor should in both cases be made into soup.

### Stewing

When meat is slowly cooked in a closed vessel it is said to be stewed; this method is generally adopted in the preparation of made dishes. Different kinds of meat may be used, or only one kind according to taste. The better the meat the better the stew; but by careful stewing the coarsest and roughest parts will become soft, tender and digestible, which would not be possible by any other kind of cooking. The only objection to stewing is the length of time; but a dinner may be prepared in this way the day before it is required. Odd pieces of meat and trimmings and bones can often be purchased cheaply and may be turned into good food by stewing. Bones, although containing little meat, contain from 39 to 49 per cent of gelatine. The large bones should be broken into small pieces and allowed to simmer till every piece is white and dry. Gelatine is largely used both in the form of jellies and soup. It is said by some authorities to be comparatively valueless as a food, but more recent investigations seem to prove that gelatine, although not of the same food value as albumen, leaves the body as urea and must therefore have taken part in nutrition. Lean meat, free from blood, is best for stewing, and, when cut into convenient pieces, it should be slightly browned in a little butter or dripping. Constant attention is necessary during this process to prevent burning. The meat should be covered with soft water or, better, a little stock, and set aside to simmer for four or five hours, according to the nature of the material. When vegetables are used, these should also be slightly browned and added at intervals, so as not materially to lower the temperature. Stews may be thickened by the addition of pearl barley, sago, rice, potatoes, oatmeal, flour, etc., and flavored with herbs and condiments according to taste. Although stewing is usually done in a stewpan or saucepan, with a closely fitting cover, a good stone jar, with a well-fitting lid, is preferable in all the homes of working people. This is better than a metal saucepan and can be more easily kept clean; it retains the heat longer and can be more easily placed in the oven or covered with hot ashes. The common red jar is not suitable; it does not stand the heat so well as a gray one and the red glaze inside often gives way in the presence of salt. The lid of a vessel used for stewing should be removed as little as possible. An occasional shake will prevent the meat sticking. At the end of the operation all the fat should be carefully removed.

### Frying

Lard, oil, butter or dripping may be used for frying. There are two methods of frying—the dry method, as in frying a pancake, and the wet method, as when the thing fried is immersed in a bath of hot fat. In the former case a frying pan is used, in the other a



frying kettle or stewpan. It is usual for most things to have a wire frying basket; the things to be fried are placed in the basket and immersed at the proper temperature in the hot fat. The fat should gradually rise in temperature over a slow fire till it attains nearly 400 Fahr. Great care is required to fry properly. If the temperature is too low the things immersed in the fat are not fried, but soddened; if, on the other hand, the temperature is too high, they are charred. The temperature of the fat varies slightly with the nature of things to be fried. Fish, cutlets, croquets, rissoles and fritters are well fried at a temperature of 380 Fahr. Potatoes, chops and white fish are better fried at a temperature of 400 Fahr. Care must be taken not to lower the temperature too much by introducing too many things. The most successful frying is when the fat rises two or three degrees during the frying. Fried things should be of a golden brown color, crisp and free from fat. When fat or oil has been used for fish it must be kept for fish. It is customary first to use fat for croquets, rissoles, fritters and other delicate things and then to take it for fish. Everything fried in fat should be placed on bibulous paper to absorb any fat on the surfaces.

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## SOUP

The making of stock calls for more than the ordinary amount of skill and attention and it should not be thought a mystery or trouble. A crock of well made stock is indispensable for the soups and sauces required in every well ordered household. It is well worth planning for.

### Soup Stock

In the first place then, the material should be considered. Meat and bones for soup should be perfectly fresh and about equal in proportion; hock or shin of beef, ends of rib roast and portions of the neck or shoulder are suitable, although coarse and cheap. The first mentioned furnish chiefly gelatine, the latter giving flavor. A knuckle of veal and a bit of bone trimmed from the leg of mutton with a few ounces of lean ham or smoked beef may be added. Examine carefully and cut out any bits that are at all stale or discolored by the hanging hook. Sponge the outside skinny portion with a cloth wrung out of warm water but do not wet the freshly cut surface of the meat. Scrub with a dull knife and wipe with a clean cloth. Cut the meat from the bones, put them in the soup kettle, having first inverted in it a perforated pie plate to keep the bones from resting on the bottom of the kettle.

The meat should be cut into half-inch slices, across the grain and laid upon the bones. Put cold water in the kettle and place it where it will not come to a boil for at least an hour. By this time the juice will be well drawn from the meat and the bones will be heated through. Let it boil gently for five minutes and then push the kettle back and allow it to simmer steadily for not less than eight hours. After it has cooked for two hours add salt and pepper, if desired, add a pinch of bay leaves. At the end of eight hours, strain the meat and bones out of the liquor and place them in a crock of clear water and allow them to boil slowly for two hours.

This second stock can be used in making porridge, tomato or pea soup.

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### To Prepare Stock For Use

The stock having been seasoned only with salt and pepper, it is really at this time a plain beef broth. It needs more color and flavor. Take off the fat and dip out one quart of broth, boil it over a quick fire until it is reduced, then simmer carefully until it has a thick syrupy consistence and has changed to a reddish brown color. Now add the rest of the stock, a bay leaf, if not having been previously used, about two or three sprays of parsley, half a blade of mace, or a few sprigs of thyme, summer savory or Marjoram. Vegetables may be added in proportion of one-half tablespoon each of onion, carrot and turnip to each quart of soup; these should be cut rather fine and thoroughly scalded before put into the soup. After simmering an hour, it can be strained again and put away and allowed to settle. It is then ready for use. It may be dipped off as needed and such other ingredients added as may be needed to make the proper amount of soup served.

### Thickening For Soups

Soups are thickened with flour, corn starch or rice flour; one tablespoonful for a quart of soup, heaping if flour; scant if rice flour or corn starch. Corn starch gives the smoothest consistency. Mix the flour with a very little cold water until it is a smooth paste, then add a little more liquid until it can be poured easily into the boiling soup. Remember to boil the soup fifteen or twenty minutes after the thickening is added or there may be a slight taste of the flour. Where butter and flour are used, put the butter in a small sauce pan and, when melted and bubbling, stir in the flour quickly until smooth; then add gradually, a cup of hot soup letting it boil and thicken as you add the soup. It should then be thin enough to pour. In vegetable soups, or purees, as soon as the hot butter and flour are blended, they may be stirred at once into the soup. This is what is meant in many of the recipes by thickening with butter and flour which have been cooked together. The hot butter cooks the flour more thoroughly than it can be cooked in any other way. When a brown thickening is desired, melt the butter and let it become as brown as it will, without burning, then add all the flour at once and stir quickly; but every particle of it must be moistened in the hot butter. Add the water or soup gradually. The flour may be browned dry, either in the oven or over the fire. In this way it colors, but does not thicken the soup. A certain amount of moisture of either fat or water, is necessary with the heat to thoroughly swell the grains of starch in the flour. Flour browned in the oven or over the fire loses its thickening property for the reason that each particle of the flour explodes with the heat.

### Bread Thickening

Soup may be thickened with bread instead of plain flour, corn starch or arrow-root. When this is done, force meat balls or egg and spinach balls may be served in it instead of vegetables. The French and German rules for Garburec show that the bread should be saturated with broth and fat from the top of the pot, and baked until the broth has evaporated and until the crust is slightly browned. We do not recommend this. The bread should be dry and browned slightly and added to a small amount of stock simmered until soft, then diluted with more stock. An ounce of dry bread or two tablespoonfuls of dry crumbs for a quart of finished soup will be quite

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as thick as most people like it; strain again if wanted perfectly smooth.

### Glaze

Glaze is simply pure stock boiled down to one-fourth its original quantity. Put two quarts of rich, strong stock into a sauce pan and boil it uncovered until reduced to one pint. It should have a gluey consistency and will keep a month if put in a closely covered jar in a cool place. It is useful in browning meats which have not been colored by cooking but which we wish to have the appearance of having been roasted or browned.

### Bouillon

Bouillon may be made by stirring well together four pounds of finely minced beef and two quarts of water; add a slice of onion, two bay leaves, one carrot chopped fine and a blade of mace. Stand the mixture over the fire; bring slowly to the boiling point and simmer for an hour. Put a tablespoonful of sugar in a small sauce pan. When it burns add a slice of onion; stir until the onion is brown; then add it to the bouillon. Strain through a colander. Beat the whites of two eggs slightly; add them to the bouillon; bring to a boiling point and boil for two minutes.. Strain through two thicknesses of cheesecloth. Add a palatable seasoning of salt and pepper and half a teaspoonful of kitchen bouquet. Reheat and serve in bouillon cups.

### Vegetable Soup

Take onion, carrot, turnip, parsely, potato, leek and any other vegetable on hand; chop not very fine. Put fat in frying pan; when hot cut onion fine and brown (do not burn); also, put one tablespoon each of rice and barley and all the vegetables in the pan; cover and let simmer about fifteen minutes; then put in a stewer with two quarts of water and let boil one or two hours; the longer it boils the better.

### Split Pea Puree

Two cups split peas, eight cups water, three tablespoonfuls chopped onion, one teaspoon salt, two drops Tabasco sauce, four tablespoons chopped pork, two tablespoons butter, two tablespoons flour, two cups milk. Soak over night; drain and cook until tender. Cook onion and salt pork together ten minutes and add to pea mixture. Press through a sieve. Melt butter and add flour and seasonings. Cook five minutes and combine mixtures. Serve. One may substitute for split peas German lentils.

### Cream of Corn Soup

Open one can of corn and turn at once into chopping tray. Let stand twenty minutes; then chop. Put in granite sauce pan with two cups of boiling water and let simmer fifteen minutes. Put through puree strainer. Scald two cups of milk in double boiler with one slice of onion. Remove onion and add corn. Melt two tablespoons butter and add two tablespoons of flour and stir until well blended; then pour on gradually the hot liquid. As soon as boiling point is reached season with one teaspoon salt, dash of paprika, and serve hot.

### Cream of Onion Soup

Soup made without stock. Cut up in thin slices half a dozen onions. Chop fine three-quarters of a pound of fat salt pork. Fry

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the pork scraps in large kettle until the fat is out of them; then add the sliced onions and fry until the onions have almost vanished. Set kettle back from fire and add layer of very thinly sliced potatoes; dredge well with flour and pepper and salt; then add another layer of potatoes; proceed as before until you have four layers of potatoes. Then fill up with water an inch above the last layer. Boil for three-quarters of an hour; then add two cups cream. Just before serving you can add large Boston crackers. When soup is done the potatoes will be dissolved.

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## FISH

This is an important part of our food supply. It furnishes nitrogen, chiefly in the form of albumen and gelatine, not in so large proportion as meat, but sufficient to make a nourishing food. Fish is for most people easily digested and makes an agreeable change in the usual routine of roast, boil, fry and broil. Indeed most people in this land of plenty eat far too much meat; its cheapness brings it within the reach of all and the stimulus which it yields is so agreeable that we easily fall into the habit of taking it morning, noon and night, while fish is forgotten or neglected.

### Cooking Fish

The notable advantage, especially in hot weather, is the short time required to cook fish; another is the greater variety of kinds through the long list of fresh and salt water, red and white fleshed, dry, salt or fresh. It is cheap, too, compared with meat and ought to be still more so for very little time or expense is required to produce it, the principal expense being placing fish products on the market. Those who do not live on the seaboard or near the Great Lakes may still get fish reasonably fresh by refrigerator service, while the remoter dweller of mountain or plain may have fish dry, pickled, smoked or tinned.

### Large Fish

Very large fish are as a rule better when boiled or steamed. Medium sized ones should be baked, or split, or broiled. Small ones should be fried. Fish with dark meat, being rich in fat and of higher flavor, should not be fried.

### Good Condition

A fish is in good condition when its gills are a bright, clear red, its eyes full and the body firm and stiff. Fish before cooking should be washed well in cold water and kept in salt water for a time. They should not be allowed to stand in water for a long period of time, but should be kept on ice until wanted.

### Cleaning Fish

Scrape with a dull knife from the tail toward the head. If the fish is to be cooked at once the scales will be removed more easily if the fish is immersed in boiling water for about one-half minute. Small fish to be served whole should have the entrails removed by opening under the gills and pressing out their contents with the thumb and finger. Larger fish should be split half way down the belly, the insides should be scraped out and the cavity should be scraped in water. For broiling, it is best to remove the back bone entirely. Lay the fish flat on a board and with a sharp knife, lift the flesh from the bones on one side, then turn and repeat on the other

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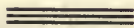
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side, being careful not to hack the meat. Split the head and tail, unless too large for your broiler.

### Whitefish; Point Shirley Style

Split the fish and lay open with the meat side up. Season with salt and pepper and place in a baking-pan on a bed of pork chips. Bake in a very quick oven, brushing it over once or twice with beaten egg while it is cooking.

### Deviled Oysters

One heaping saltspoon dry mustard; one-half saltspoon each pepper and salt and the yolk of one egg. Mix to a smooth paste and coat six large oysters with it. Roll them in fine crumbs and broil over a clear fire. Arrange to serve.

### Roasted Oysters on Toast

Eighteen large oysters, or thirty small ones, one teaspoon flour, one tablespoon butter, salt, pepper, three slices of toast. Have the toast buttered and on a hot dish. Put the butter in a small sauce-pan and when hot add the dry flour. Stir until smooth but not brown; then add the cream and let it boil up once. Put the oysters (in their own liquor) into a hot oven for three minutes; then add them to the cream. Season and pour over the toast. Serve very hot. It is nice for lunch or tea.

### Oyster Soup

Boil one cup of strained oyster-liquor and half a cup of water. Skim, add half teaspoon salt, half saltspoon rolled cracker. When it begins to boil add one quart oysters. Boil one minute. Put half cup cream or cold milk into the tureen and pour the boiling stew over it.

### Scalloped Oysters

One quart solid oysters, cleaned and drained, one-half cup butter, one cup grated bread crumbs, one cup coarse cracker crumbs. Rub the pudding-pan thickly with cold butter and sprinkle a layer of bread crumbs, moisten the rest of the bread with part of the butter melted and stir the rest of the butter into the cracker. Arrange oysters and bread in alternate layers, using cracker for the top. Season each with pepper and salt, allowing one and one-half teaspoon salt, one saltspoon pepper and about one tablespoon lemon juice for the whole. Pour over one-quarter cup of the oyster liquor and set aside for an hour. If it looks very dry add another one-quarter cup of oyster juice before baking. Cook about twenty-five minutes in a quick oven. Wine, milk or Worcestershire sauce are sometimes used but are no improvement. One suspects that the oysters are not fresh when disguised by such high seasoning.

### Clams

There is really no special season for these most nutritious shell fish, but custom decrees that they shall be served only during the season when oysters are forbidden. Most of the methods of serving oysters can be applied with slight modifications to the cooking of clams—but the following directions for cooking in a chafing dish are worth knowing:

Select one dozen large Guilford clams, wash thoroughly and plunge them into boiling water for a moment. Drain and open them and use the round plump part only. Put in the chafingdish a pat

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of butter and when quite hot add a dust of flour and cayenne to suit the taste; simmer the clams till they are slightly cooked, about four minutes. Serve on hot toast.

#### **Deviled Crab**

One pinch mustard, salt and pepper, one small onion and a little parsley chopped fine, one-half cup breadcrumbs, one-half cup milk, piece of butter the size of a walnut, two eggs, a little garlic (if desired), and cream of crab. Mix these ingredients together and return them to crab shell (after washing shell); dust over with bread crumbs and small lumps of butter here and there, and place in oven to brown.

#### **Fried Shad**

One shad split down the back and cut into smaller pieces for serving. Roll pieces separately in flour seasoned with pepper and salt. Cook slowly, one-half hour.

#### **Fried Fillet of Fish**

Cut fish in fillets; sprinkle with pepper and salt; dip in crumbs, egg and crumbs again. Fry in deep fat and drain. Serve with tartar sauce.

#### **Lobster Farce**

One lobster; one slice of stale bread, soaked and pressed; chop lobster and bread together; season with salt and pepper and onion juice. Beat into mixture one tablespoon butter, one-half pint cream. Put into patty shells and bake.

#### **Fricasseed Clams**

Two tablespoons butter, one and one-half tablespoons flour, one cup clam juice, one-third cup cream, one and one-half dozen clams, two egg yolks, one-quarter cup sherry. Melt butter; add flour, and when these are smooth add the clam juice, next the cream and as soon as the sauce boils add the clams, coarsely chopped. Cook three minutes and then add the egg yolks and sherry. Serve on toast.

#### **Codfish Balls**

Take fish and potatoes left from a meal, and a grated piece of bread. Mash well together in a pan. Season with butter, pepper sage and thyme, or savory if preferred; then mix it with sweet cream stiff enough to form balls. Then roll in flour and fry in hot lard till brown.

#### **Baked Fish**

After cleaning salt the fish for about an hour; then wash it. Make a dressing of bread crumbs; salt and pepper, savory, butter the size of a walnut. Fill the fish and sew it up with needle and thread; place it in the pan with a pint of water, with a slice or two of pickled pork on top of fish. Remove the threads before serving. Bake an hour and a half.

#### **Baked Fish Whole**

Stuff with a dressing of bread crumbs mixed with onion, pepper and salt and savory. After stuffing, put in a pan with a little hot water, pepper and butter. Baste while baking. A fish weighing four pounds will bake in an hour. Garnish with hard boiled eggs and parsley. Serve with drawn-butter or egg sauce.

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### Egg Sauce

Boil two or three eggs hard. Chop fine and stir in drawn butter. If too thick, add a little sweet cream or rich milk.

### Codfish on Toast

Take a bowlful of picked up codfish, and put it in a skillet with cold water to cover well. Let it come to a boil, and then pour into colander to drain; then put it in skillet again, with one-half pint cold milk; season with butter and pepper. Thicken a little milk with a tablespoon of flour, and pour into skillet. Let cook five minutes and pour over dry toast.

### Baked Halibut

Let the fish remain in cold water, slightly salted, for an hour before it is time to cook it; place the gridiron on a dripping pan with a little hot water in it, and bake in a hot oven; just before it is done butter it well on top and brown it nicely. The time of baking depends upon the size of the fish. A small fish will bake in about half an hour and a large one in an hour. They are nice when cooked as above and served with a sauce which is made from the gravy in the dripping pan, to which is added a tablespoonful of catsup and another of some pungent sauce and the juice of a lemon. Thicken with brown flour moistened with a little cold water. Garnish with sprigs of parsley and current jelly.

## MEATS

“A dish that I do love to feed upon.”—Taming of the Shrew.

In the many standard books on cookery clear explanations about the composition and value of flesh foods are to be found with full instructions about marketing, the best cuts, etc. The reader is referred to these for a careful study of the subject.

In a book of recipes there is room for only general principles, but the following table compiled from the “Diaetisches Kochbuch” of Dr. Weil, furnishes material for profitable study and frequent reference.

	Water.	Albuminoids.	Fats.	Mineral Matter
Lean beef .....	76.5	21.0	1.5	1.0
Medium fat beef .....	72.5	21.0	5.5	1.0
Very fat beef .....	55.5	17.0	26.5	1.0
Medium fat mutton .....	76.0	17.0	6.0	1.0
Fat mutton .....	48.0	15.0	36.0	1.0
Lean pork .....	72.0	20.0	7.0	1.0
Fat pork .....	47.00	14.5	37.5	1.0

The excessive amount of water found in underfed meats is largely lost in cooking, and being so much waste shows clearly the great economy in buying only well fattened meats.

There are a few simple principles to be considered in cooking meats and one of the most important points is that much of its value depends upon the albumen and fibrine contained in it. Since both of these become hard and indigestible when exposed to a high temperature, it follows that while we expose the surface of meat to a fierce heat, until the outside is seared sufficiently to keep in the juices, the bulk of the meat should be cooked at a temperature much below boiling point, from 160 to 200 degrees, allowing sufficient time to thoroughly soften the connective tissue.

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### Roast Veal With Dressing

Six-pound leg of veal boned, one-half loaf stale bread dampened in water so it will crumb nicely, one-half onion chopped or grated, one teaspoon of salt, one-half teaspoon of pepper, one-half teaspoon of sage or thyme, a few sprigs of celery and parsley chopped fine, one dozen walnuts chopped fine, two eggs and piece of butter the size of an egg, one teaspoon of mustard. Place last three ingredients in frying pan, stir until brown, then add to the balance of mixture. This makes a delicious dressing. Place meat in steam roaster with one pint of water, set on top of stove and cook until tender, then place in oven to brown.

### Pot Roast

Five pounds of cross rib beef. Place nice piece of suet in the bottom of pot, then put in meat, add pepper and salt and one onion chopped fine, on top of meat. Brown meat well, turning frequently for half an hour, then add one quart of water and cook until meat is tender. Thicken gravy to suit.

### To Boil a Leg of Fresh Pork

Have water boiling and boil until nearly done. Put in oven and brown. It is very nice.

### Roast Veal

A shoulder of veal weighing five or six pounds will require two hours for cooking. Make a dressing the same as for turkey and pile it in one corner of dripping pan. Sprinkle a little flour, pepper and salt over the meat and cover it with another pan. Keep a little warm water in pan and half an hour before serving remove the upper pan to allow meat to brown nicely. Serve with mint sauce.

### Rolled Beefsteak

Take a round steak and spread with dressing well seasoned. Begin at one end and roll it neatly, tying to keep it in shape. Now put in a tablespoon of butter and some nice drippings in a kettle; when hot lay in your roll of meat; turn and brown on all sides, then add a pint or so of hot water; cover close and stew gently till well done, turning frequently. When done put on platter, removing the string, then thicken the gravy and pour over it. The roll may also be roasted in oven.

### Beef Croquettes

Chop very fine some cold cooked beef, add twice as much hot mashed potatoes well seasoned with butter and salt. Add one well beaten egg. Form into balls, dip in egg and cracker crumbs and fry.

### Dried Beef in Cream Sauce

Remove skin and shred one-fourth pound thinly sliced dried beef; cover with hot water and let stand ten minutes. Drain and add one cup thin white sauce, omitting salt. Serve on toast.

### Frizzled Dried Beef

One-half pound dried (or chipped) beef, two tablespoons butter, one tablespoon flour. Melt the butter; when hot add the beef and one and one-half pints of milk. Thicken with flour. This can be poured on toast if desired.

### Ham Balls

Chop very fine one cup of lean ham, three sprigs parsley, one small onion. Season with pepper and salt and cayenne. Mix with



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cup of bread crumbs a little butter and three egg yolks. Form hard balls the size of walnuts. If raw ham is used, cook 15 minutes, and if cooked ham is used 10 minutes, before serving.

### Baked Pork Tenderloin

Split down one side of a large tenderloin, pound it out flat, fill with a nice bread dressing and sew up and bake. Season well with pepper, salt and butter and sage.

### Meat Coquille

One pint milk, two tablespoons flour, two tablespoons butter; salt and pepper, yolks of two eggs, one pint cold meat, one pint mushrooms, one-half cup cracker crumbs. Put into a saucepan one pint of milk and thicken with two even tablespoons flour blended with two heaping tablespoons of butter; salt and pepper. Beat yolks of two eggs and stir into mixture just as it is taken from fire. Add one pint of cold chicken, veal or any other meat chopped and mushrooms cut up fine. Put into baking pan, cover with cracker crumbs dotted with butter and brown in quick oven.

### Creole Beef Loaf

Round steak, twenty cents worth; fresh pork, five cents worth. have meat run twice through the grinder and add one small onion grated, one cup milk, one cup rolled cracker or bread crumbs, one egg, one heaping tablespoon of butter; salt, paprika and black pepper to taste. Mix thoroughly and form into a loaf, place in pan and pour over one quart of tomatoes seasoned as for the table. Bake one and one-half hours, basting often, adding a little water if lard or good greast and make brown gravy.

### A What-Is-It Dish

Make a nice short crust for a deep dish, roll it thin, then put in pork cut in tiny pieces, then a layer of potatoes, pepper and a bit of salt unless your pork is quite salty. Fill the dish, then add milk enough to cook, according to size of dish, put on top crust, and bake.

### Delicious Round Steak

Cut steak into pieces of four or five inches square, and chop thoroughly on both sides with sharp butcher knife. Salt and pepper to taste, and flour. Fry in very hot pan with generous amount of grease and make brown gravy.

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## ENTREES

### Sweetbread Poulette

One tablespoon butter, one tablespoon flour. Melt butter, add flour (in frying pan), stir to smooth, brown paste; add slowly the following, having been boiled and still hot:—One cup of soup, one-half cup of cream, one-half tablespoon kitchen bouquet. Season to taste, then put in one-half cup French mushrooms and parboiled sweetbreads. Oysters may be used instead of sweetbreads. Serve in patty shells heated, or poulette cups.

### Mushroom Patties

One-half pint of cream, one can French mushrooms chopped fine, one tablespoon butter, little salt and cayenne pepper. Thicken with cornstarch. Fill hot patty shells and serve at once.

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### **Creamed Chicken and Sweetbreads**

Four and one-half pounds chicken, four sweetbreads, one can mushrooms. Boil chicken and sweetbreads; when cool cut up as for salad. Heat four cups cream in saucepan. In another pan mix four tablespoons flour; when melted pour on hot cream and stir until thick. Season with one-half onion grated, a little salt, red pepper and nutmeg. Put chicken, sweetbreads, mushrooms and cream in baking dish. Cover with bread crumbs and pieces of butter and bake 20 minutes.

Sweetbreads spoil very quickly. They should be removed from paper as soon as received from market, plunged into cold water and allowed to stand one hour, drained, and put into acidulated salted boiling water, then allowed to cook slowly 20 minutes; again drained and plunged into cold water that they may be kept white and firm. Sweetbreads are always parboiled in this manner for subsequent cooking.

### **Creamed Sweetbread**

Parboil a sweetbread and cut in one half inch cubes or separate in small pieces. Re-heat in one cup white sauce. Creamed sweetbread may be served on toast or used as filling for patty cases or Swedish timbales.

## **FRITTERS**

### **Fritter Batter, No. 1**

For Swedish Timbales and wherever an article is to receive a very thin coating.

One egg, one cup milk, one cup flour, one teaspoon salt. Put all together in a deep, narrow bowl and beat with Dover-egg-beater until smooth, but not frothed. When used for a sweet dish add a teaspoon of sugar.

### **Fritter Batter, No. 2**

Two eggs beaten smooth, one cup flour, one-half teaspoon baking powder, one-half cup milk, one teaspoon salt, one tablespoon salad oil. Beat with Dover beater till smooth and glossy.

### **Oyster Fritters**

Pick over and parboil the oysters; drain them well and use their liquor in place of milk to mix the batter No. 2, adding more salt and pepper if needed.

### **Banana Fritters**

Mash fine three bananas. Mix one cup flour, one teaspoon baking powder, two tablespoons sugar and one-half saltspoon of salt. Beat one egg light, add one-third cup milk; add to dry ingredients. Add the bananas and one teaspoon lemon juice. Drop by spoonfuls into deep fat and fry. Drain on paper and sprinkle with powdered sugar.

### **Corn Fritters**

One can corn, one cup flour, two teaspoons salt, one-fourth teaspoon paprika, two eggs. Chop corn and add ingredients mixed and sifted, then add yolk of eggs beaten until thick, and fold in whites of eggs beaten stiff. Cook in a frying pan in fresh hot lard. Drain on paper.

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### Apple Fritters

Make a batter with one cup sweet milk, one teaspoon sugar, two eggs, whites and yolks beaten separately; two cups flour, one teaspoon baking powder mixed with flour. Chop six good tart apples, mix in batter and fry in hot lard.

### Pineapple Fritters

One can of sliced pineapple, three-quarters of a pint of cream, three eggs, pinch of salt, three tablespoons of sugar, one teaspoon of pineapple extract and sufficient flour to make a batter. Make a batter with the cream, the yolks and whites of the eggs beaten separately, the salt, pineapple extract, sugar and enough flour to make it a proper consistency. Dip the pieces of pineapple into the batter and fry in smoking hot fat. Drain and serve with sifted sugar.

### Fruit Fritters

Two eggs, three-fourths pint of milk, a little salt, flour to make a stiff batter, three even teaspoons of baking powder. Beat the eggs very light, add the milk, then the flour with the baking powder sifted. Fry in boiling deep fat. Apples or fruit of any kind may be added. Eat with syrup (maple) or sugar.

### Rice Fritters

One cup cold boiled rice, tablespoon sugar, one egg, two tablespoons milk. Add flour enough, with little baking powder and pinch of salt, to make batter stiff enough to drop from spoon in deep hot fat. Fry like doughnuts and serve with sugar or maple syrup.

## VEGETABLES

If the housekeeper who is tired of the same old way of preparing vegetables would only study the art of cooking she need never want for variety.

A little patience and skill, the use of good judgment and a proper degree of industry will render the task easy.

Such a number of dishes may be readily made that all housekeepers should see that several vegetables appear daily on their tables.

### Celery in White Sauce

Wash, scrape and cut celery stalks in one-inch pieces. Cook 20 minutes, or until soft, in boiling salted water; drain, and to two cups celery add one cup white sauce. This is a most satisfactory way of using the outer stalks of celery.

### Brussels Sprouts in White Sauce

Pick over, remove wilted leaves and soak in cold water 15 minutes. Cook in boiling salted water 20 minutes or until easily pierced with a skewer. Drain, and to each pint add one cup white sauce.

### Creamed Onions

One quart small onions boiled in salt water. Strain and make a cream gravy with one cup milk, one tablespoon flour, one-half teaspoon butter; add salt and pepper; stew one minute. If the onions are boiled in three or four waters it will take away the smell.

### Carrots and Peas

Wash, scrape and cut young carrots in small cubes or fancy

shapes; cook until soft in boiling salted water. Drain, add an equal quantity of cooked green peas and season with butter, salt and pepper.

### Asparagus

Scrape the stems lightly to within two inches of points. Throw into cold water for a few minutes. Tie in bunches of equal size. Cut large white ends off that they may all be of the same length. Then throw into boiling salted water and boil fast for 20 to 25 minutes, or until quite tender. Have prepared slices of buttered toast, which dip quickly into the boiling asparagus water. Cut off green tops and place on toast, and cover with rich drawn butter sauce. Serve hot.

### Escalloped Parsnips

One pint mashed parsnips, two tablespoons butter; salt, pepper, one egg, one-half cup buttered crumbs. Add butter to mashed parsnips, and season. Add beaten egg and turn into buttered baking dish. Cover with crumbs and bake 10 minutes.

### Boiled Cabbage

Take off outside leaves, cut in quarters, and remove tough stalk. Soak in cold water and cook in an uncovered vessel in boiling salted water, to which is added one-fourth teaspoon soda; this prevents disagreeable odor during cooking. Cook from 30 minutes to an hour; drain, and serve; or chop and season with butter, salt and pepper.

### Boiled Green Corn

Remove husk and silky threads. Cook 10 to 20 minutes in boiling water. Place on platter covered with napkin over corn, or cut from cob and season with butter and salt.

### Creamed Cauliflower

Boil in salted water just enough to cook it tender, then pour over it a cup of cream or milk thickened a very little and season with butter, pepper and salt. Before boiling, soak cauliflower in salted water, head downward.

### Mother's Baked Beans

One quart of navy beans; pick over carefully and soak over night. In the morning, put on the back of the stove and cover with boiling water. After they have parboiled half an hour, take up a spoonful and blow on them; if the skin curls back they are done. Put them in a collander and pour a dipper of cold water through them. Take a deep earthen bean pot holding two quarts; put in some of the beans, then half a pound of salt pork—"a streak of fat and a streak of lean" (the pork must be washed with warm water and gashed across the top)—then fill up with beans. Take one teaspoon of salt, half a teaspoon of mustard and two tablespoons of molasses; dissolve in hot water and pour over the beans; then fill the pot with water. They must be baked six hours, and as much longer as you please. Whenever the water cooks away fill the pot again, until nearly done, then let the water cook away.

### Beets

Brush and scrub well but do not cut. Lay into boiling water and boil rapidly till tender; for new beets about 45 minutes, for old beets two to three hours. Plunge into cold water and slip the skins

off by hand. Cut in eighths, lengthwise, and pour over a sauce made with two tablespoons butter, four tablespoons lemon juice, one-half teaspoon salt, sprinkle cayenne; boil up once and pour hot over the beets just before they go to the table.

### Brussels Sprouts

Cut the sprouts from two medium sized stalks, pick off all tarnished leaves and lay them for an hour in salted water. Drain well and cook in plenty of boiling water, uncovered, till tender; from ten minutes to half an hour, according to their age. Drain in a collander and serve with a Bechamel or Hollandaise sauce.

### Cabbage

Choose a cabbage like an orange, by its weight. Remove outside coarse leaves, cut in quarters, take out the inner stem, especially the coarse fibers that run between the leaves and the stem; lay face down in salted water for an hour—longer if old and wilted; boil in plenty of water, three quarts of water to two pounds of cabbage, drain and fill again with boiling water. Cook till tender; when young and crisp forty minutes, longer if old. Drain in a collander; cut, turn and press repeatedly keeping hot in an oven. Dress as desired:

No. 1. Allow one tablespoon butter to each pound of cabbage; salt, vinegar and cayenne to taste.

No. 2. One cup of cream sauce No. 1 to each pound.

No. 3. One cup brown sauce (made like white sauce, but let the butter and flour brown a little and use good brown stock or milk.)

No. 4. Put the cooked cabbage in a buttered baking dish after chopping fine and seasoning with salt, pepper and two beaten eggs diluted with three tablespoons cream, bake in a quick oven till brown. Serve hot.

### Spring Carrots

Wash and scrape, parboil for ten minutes and dry on a cloth. Return to the sauce pan with one heaped tablespoon sugar, one cup stock, one tablespoon butter and boil gently about half an hour or until perfectly tender, then remove the cover and boil fast until the stock is reduced to glaze. Sprinkle with a little chopped parsley and serve with the glaze on them.

These can be reheated in a white sauce and are even better than at first.

### Cauliflower

Trim off the outside leaves and lay blossoms down in cold salted water. Slugs and other insects will drop out, especially if gently shaken in the water. Tie in a piece of mosquito netting and lay in boiling water till very tender. Drain and serve with Hollandaise sauce or Cream sauce No. 1. This makes a delicious garnish for fried spring chicken or fried sweet breads.

Cauliflower with Parmesan cheese is made as above, adding a teaspoon of Parmesan cheese to the sauce before it is poured over the cauliflower; sprinkle melted butter over it and bake a few minutes in a hot oven.

### Fried Squash.

Peel squash and slice about one-inch thick. Sprinkle with pepper, salt and flour; then fry in half butter and half lard until brown. The slices should be about a finger long. This is good for

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either summer or winter squash. A half hour or less should be enough to fry. Cook slowly with cover over frying pan.

### Greens

There is almost an unlimited number of plants used as greens. The general treatment is the same for all.

### Potato, French Fried

Pare the potatoes and throw into cold water for at least an hour. Cut in slices, blocks, strips, balls or any fancy shape, and dry them on a towel. Drop quickly into fat hot enough to brown them by the time they come to the surface. They are done when they float. Skim into a draining basket and set in the oven to keep hot. Serve either as a garnish or for a vegetable.

### Hashed Potatoes

Chop cold boiled potatoes, new ones are best, into bits the size of a peanut. Season with salt, pepper and chopped barley, and for one quart potato allow three tablespoons butter. Heat the butter and toss the potatoes in it till they begin to show a little brown, then add one-quarter cup thin cream and set back to brown on the bottom. Fold like an omelet and serve, or gather into a mound with the brown crust on top.

### Potato Puff

Take two cups mashed potatoes, stir into it two tablespoons of melted butter, beat to a white cream; add two eggs beaten very light, a teacup cream or milk and salt to taste. Bake in a deep dish, in a quick oven, until nicely browned. Take four eggs, add the yolks first, then fold in the whites as for omelet and it will be an elegant soufflé.

### Plantation Sweet Potato

Cut cold cooked sweet potatoes in rather thick slices. Put them in a deep dish with pepper, salt and butter, pour on a little milk, enough to barely show between the pieces, and bake in a moderate oven one hour.

### Potato Au Gratin

Cut cold potato in one quarter inch dice and arrange in a dish, seasoning each layer. Pour over an equal bulk of thin Bechamel sauce and bake in a very hot oven till brown.

### String Beans

Snap rather than cut with a knife into pieces one-half inch long. Unless they are very fresh they will be improved by lying in ice-cold water an hour or more before cooking. Throw into fast boiling water and cook rapidly, uncovered, for an hour at least; they will generally need much more. Change the water at the end of the first half hour and they will season better if an ounce or two of fat salt meat is cooked with them. The water should be allowed to nearly all cook away and the remainder may be used to make a drawn butter sauce to pour over them; or they may be seasoned with only butter and salt. If the water is very hard, a bit of bi-carbonate of soda as large as a pea will make them more tender.

### Baked Tomatoes

Cover the bottom of earthen dish with ripe tomatoes sliced, then a layer of bread crumbs seasoned with pepper, salt and butter then another layer of tomatoes, and so continue till dish is filled, letting topmost layer be of bread crumbs, Bake 15 minutes.

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### Summer Squash

Cut off both ends of squash and wash well. Slice and steam till tender. When thoroughly cooked, mash and season with one tablespoon of sugar, one tablespoon butter, two tablespoons of cream and salt and pepper. If cream is not available add another spoon of butter.

### Sweet Potato Balls

Mash thoroughly the boiled sweet potatoes, season with salt, pepper and butter; if necessary add hot milk until the mixture is of the right consistency to mold. Make into small balls. Flour lightly and saute in butter.

### Sweet Potatoes and Corn

Boil one-half dozen ears of corn and three sweet potatoes. Cut the corn from the ear and cut the potatoes into small pieces. Make a well seasoned cream sauce from a pint of milk thickened with a tablespoon of flour rubbed into two tablespoons of butter; mix with the sweet potato and corn. Put in baking dish, grate cheese and bread crumbs over the top and brown in the oven. Serve from the same dish.

### Stuffed Egg Plant

pan with a little minced ham. Cover with water and boil until soft.

Cut egg plant in two, scrape out all the inside and put in a sauce. Drain off the water, add one tablespoon of butter, two tablespoons of bread crumbs, half a minced onion, salt and pepper. Stuff each half of the hull with the mixture. Add a small lump of butter to each and bake 15 minutes.

### Cauliflower Au Gratin

Cook and drain medium-sized cauliflower and place in baking dish. Cream together a tablespoon of butter and two of flour. Add milk to make a thick sauce. Flavor with salt, paprika and a small piece of Swiss cheese grated. Stir in one egg and pour over the cauliflower, sprinkling grated cheese over the top. Bake until brown.

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## SAVORIES

### Digestibility of Cheese

The digestibility of cheese depends a great deal, according to Klenze, on its physical properties. All fat cheeses are dissolved or digested with great rapidity because the molecules of casein are separated by the fat, and so the solvent juice can attack a large surface of the cheese at one time. Whether the cheese be hard or soft does not appear to matter and there is no connection between the digestibility and the percentage of water present in the cheese. The degree of ripeness and the amount of fat have, however, considerable influence for both these conditions render the cheese more friable and so allow intimate contact with the juices of digestion. Cheddar takes the shortest time to digest, four hours, while unripe Swiss cheese takes ten hours for solution.

In cooking cheese in any form it is well to add bi-carbonate of potash in the proportion of one-fourth saltspoon to four ounces of cheese. This restores the potash salts lost from the milk in the process of cheese making and renders it more digestible.

### Welsh Rarebit Au Gratin

Prepare six slices of toast. Cover each slice with cheese cut half an inch thick. Lay them in a dripping pan and dust lightly with pepper or spread made mustard over. Set in a hot oven till well melted, about ten minutes. The addition of a dropped egg to each slice makes what is called a Golden Buck.

## POULTRY

Though it is not as nutritious as beef or mutton its tenderness and flavor renders it most agreeable as a change in the usual bill of fare; neither has it as much fat, except in the case of geese and old fowls, but this can be supplied in the way of butter or cream. The dark meated portion should be cooked rare; the white meated portion should be well done.

## GAME

Under this head is included all wild animals and wild fowl used as food. In cooking either apply the same general rules already given for meats and poultry, remembering that all white meated game should be cooked well done; dark meated game rare, and both must be sent to the table hot with hot plates. Game meat contains a much greater percentage of phosphates and much more lean than fat, while the lean is of much greater density than the flesh of domesticated animals. It follows that game is a strong food and, if well digested very nutritious.

When game is to be kept many days, it should be drawn, and the insides rubbed with salt and pepper, and it does no harm to put some lumps of charcoal into the cavity. If there is an objection to washing, it must be carefully drawn and then wiped with a damp cloth until perfectly clean. Neither salt nor pepper should touch the outside of the meat until it is cooked.

### Simplicity

Simplicity is the highest perfection of cooking, and especially of game. All seasoning, sauces and accompaniments should be subordinate to the flavor of the meat.

## EGGS

### Breakfast Eggs

Should never be boiled. A thin shell of white is made hard and indigestible, while the bulk of the egg is barely warmed through. The following is a better way: Put six into a vessel that will hold two quarts. Fill with boiling water, cover closely and set on the stove shelf for seven minutes to cook very soft; ten minutes for medium, twelve to fifteen minutes for very firm. Crumble a napkin in a hot dish and serve ranged in its folds.

### Omelet

Put four eggs into a bowl with half teaspoon salt, one scant salt-spoon pepper; give them twelve vigorous beats with a fork and add four tablespoons milk or cream; put one teaspoon butter in an omelet pan, shake over a quick fire till frothy, turn in the eggs and shake over a quick fire until they are set; roll and turn into a dish. To make jelly, parsley, ham, cheese or chicken omelet spread the seasoning over the egg just before rolling it.

### Fried Eggs

Fried eggs may be done in butter, oil or any sweet animal fat; the pan should hold fat enough to almost cover the eggs; the eggs should be slipped into the fat singly from a cup; dip the hot fat over them; do not let the fat grow hot enough to "frizzle" the whites or it will be too hard for any but an ostrich to digest; browned butter with chopped parsley and a few drops of vinegar may be served poured over them on the platter, also with poached eggs on toast.

### SALADS

If mothers knew the value of salads for babies, they would teach them to eat it the same as cereals.

#### Salad Dressing

Salad dressing should always be kept on hand. Here is my salad dressing that will keep as long as it will last.

One egg, 1 level teaspoon Colman's mustard, 1 level teaspoon flour, one level teaspoon salt, 3 teaspoons sugar;  $\frac{1}{2}$  cup vinegar. Fill the cup with water, making a cup of vinegar and water. Sift sugar, flour and mustard into dish with egg and beat smooth. Add vinegar and water and place over fire stirring constantly until it begins to bubble in center. When cool, or when you wish to use it, add cream or condensed milk.

#### French Dressing

An easy French Dressing: 2 tablespoons olive oil, 4 tablespoons vinegar,  $\frac{1}{2}$  teaspoon paprika, 1 teaspoon salt. Stir well.

This is excellent for crab, pimento or cabbage salad when you wish to prepare salad a few hours before you are ready to serve. When it is served, add the boiled dressing, just on top.

#### Mayonnaise Dressing

Put into a cold bowl the yolk of three eggs and beat until they are very light and thick; add one level teaspoon salt, half saltspoon cayenne and a few drops of olive oil; continue beating until it is too thick to turn the beater easily, add lemon juice to thin it, alternate with more oil until two tablespoons of lemon juice have been added; then add vinegar to the same amount. Use just enough oil to make the sauce of the right consistence. Mayonnaise will keep indefinitely if kept air-tight in a dark place. If preferred use all vinegar and no lemon juice, or all lemon juice and no vinegar.

#### Chicken Salad

Cut cold chicken, roasted is best, into quarter-inch dice. Use only the breast and tender fillets from the thighs. Marinate a pint with once the measure of French dressing and set away to season and chill. At serving time add an equal bulk of diced celery and enough mayonnaise to moisten thoroughly. Arrange on a bed of torn lettuce and garnish with cress or tiny gherkins or stoned olives. Drop a large spoon of mayonnaise on top and fringe it round with the finest celery tips.

#### Veal Salad

The meat may very well be the remainder of a roast of the previous day. Trim carefully all fat and gristle and cut in dice. Serve with lettuce and a French dressing, or a more elaborate mayonnaise, as one prefers. Garden Cress or pepper-grass is a good addition.

### Oyster Salad

For a pound can or a solid pint of oysters use the following dressing: Beat well two eggs, add to them one-fourth cup each of cream and vinegar, one-half teaspoon each of mustard, celery salt and salt, a dust of cayenne, one tablespoon butter. Put into double boiler and cook like soft custard. Parboil the oysters, drain them and add the dressing. Set away to cool and at serving time add one pint diced celery.

### Fish Salad

Break cold cooked halibut or any white delicate fish into convenient pieces, removing all skin, bones and fat, marinate with tarragon or spiced vinegar and set to one side for an hour; arrange on leaves of lettuce and serve with mayonnaise or sauce tartare.

### Chopped Cabbage Salad

Select a fine, white cabbage, or if preferred, use a red cabbage. Shred very fine with a sharp knife. Heap in a dish, pour over it a dressing made by stirring together one tablespoon salad oil or melted butter, a little salt and pepper, and one-half teacup good vinegar. Mix well through the cabbage when ready to serve. Or use boiled dressing.

### Potato Salad

For each quart of cold baked or boiled potatoes allow one cucumber, one cup of diced celery and one measure of boiled dressing. In mixing do not stir but lift carefully and turn over.

### Waldorf Salad

One cup sour apples, one cup celery, one tablespoon lemon juice, one-half cup walnut meats broken in pieces. Cut apples in thin slices; cut celery in small pieces. Dust with salt and pepper. Mix with mayonnaise or boiled dressing.

### Orange Salad

For six persons pare four rather acid oranges, slice very thin cutting down the sides instead of across and sprinkle sparingly with sugar. Mix one tablespoon sherry with one of yellow Chartreuse and one of lemon juice and pour it over the fruit. Set on ice an hour before using. Serve before the game course.

### Fruit Salad

Half pound of almonds blanched and grated, four oranges pared and sliced, one can pineapple grated, three bananas or peaches, pears, French cherries, strawberries or other fruit, in like proportion. Alternate the layers of fruit with layers of powdered sugar and reserve the almonds for the top layer to be garnished with strawberries or other small bright fruits; then add the following dressing and cool:

Half cup lemon juice, two tablespoons sherry and two tablespoons liquor, preferably Maraschino.

Cranberries can be used instead of strawberries, if stewed until quite soft with a good deal of sugar.

Grated cocoanut can be used instead of almonds.

### Pimento Salad

Two cups chopped cabbage, 1 cup chopped celery, 1 ten cent can pimento. Use French dressing. Serve on lettuce leaves.

### Monday Salad

Lean pieces of lamb or pork are very nice minced with a

few cold potatoes, a few green onions or celery and parsley chopped fine. Add boiled dressing to make it quite moist.

### Cooked Vegetable Salad

Arrange on lettuce leaves any cold cooked vegetables such as string beans, green peas, potatoes, cauliflower, asparagus, carrots or parts of the above and you have a very pretty salad. Sprinkle finely chopped beets over the top. Use cooked dressing.

### Home Fruit Salad

When fruit is plentiful arrange on lettuce leaves slices of oranges, a few pieces of diced pineapple, also good tart apples. Use boiled dressing.

### Shrimp Salad

For six persons: 1 cup shredded cabbage, 1 cup chopped celery, 1 cup shredded shrimps. Very pretty served in lettuce leaves. Use French dressing.

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## BREAD

### Requisites

First—The best flour, fresh sweet yeast, pure water or milk scalded, clean salt, sweet butter or lard, if shortening is used, and a good oven.

Second—Milk should not be used in any kind of bread without being scalded or brought to boiling point before using.

Third—A cook who knows how to use these things, or one willing to learn, with constant practice and the needed strength and patience.

Given these a good bread is assured. Flour should be kept in a dry place; it should be brought to the same temperature as the milk or water used in mixing, 70\*. Remember that the temperature of the body is over 95\*, so that the dough should always feel cool to the hand. Keep doors and windows shut while mixing or kneading or shaping bread or rolls; cover with a cloth, especially when shaping into loaves or rolls; it never recovers from a chill then. Keep it at an even temperature not less than 60\*, not over 80\*. It is very desirable to get a high shelf where the air is warm and where it is out of the way of draughts. If a tin bread pan is used cover closely with the usual tin cover and then with a woollen cloth or several layers of linen. Use this cover for nothing else. A novice might set the kneaded dough to rise in an earthen crock. It is very easy to tell in this when the mass has doubled in bulk; butter it lightly and have it evenly warmed.

Use only good yeast; if it is dry or discolored it is too old, if rank smelling it is not properly made and will spoil the bread.

Beat vigorously while the sponge is soft to fill it with bubbles; remember that yeast is a plant and needs air as well as water to make a good growth. Do not let it get too warm; if it is necessary to make bread in less than the usual time increase the quantity of yeast, double it if necessary, but keep it cool. It will not be so good but better than it would if made too warm. Do not let it over-rise, especially when shaped in loaves or rolls; this is fatal. Do not try to mix stiff in the bowl or pan; it is easier to do it on a well-floured table. Use a stiff palette knife to help in turning and shaping to a ball. Knead by pushing the dough with the palm of the hand, curving the fingers to keep the ball from flattening too much; with every push turn the ball one quarter round and half fold it over.

Do not make it too stiff. A soft dough makes a tender bread and one that will keep better than a stiff one. Knead until the dough has a silky smoothness, is full of blisters and does not stick to the hand or board. Work fast but lightly; the time required will vary with the manner of working and the method of mixing; usually about twenty minutes.

If bread does not rise quickly enough, set the crock in warm water; this will give it an even temperature; add warm water every half hour. Bread should double its bulk at the first rising in four hours and at the second in one hour.

The proper size for bread pans is four inches deep, four and a half wide, ten long; they are best made of Russian iron. These will bake a two-pound loaf, but it is better to use not more than one and one half pounds. A new baking pan should always be baked blue in the oven before it is used. For greasing baking tins use butter, lard, flour or a piece of laundry wax, rubbing on the pan while it is hot. Do not grease tins for white bread.

After the loaves or rolls have been in the pans a half hour the temperature may be increased; slip a warm, not hot, board under them and set a pan of warm water over them. Attend to the fire (the oven can be heated with a wood fire in fifteen minutes); if coal is used shake out ashes, see that the fire box is evenly filled half way up, and that the dampers are set right; brush off the outside of the oven and see that the inside is ready for use; in ten minutes check the draught so that the oven shall not be too hot at first. When the loaves are nearly ready scatter a spoon of flour on paper and set in the oven; if it takes a good color in five minutes the oven is right for loaves; it should be quite brown in three minutes for rolls.

To prevent bread from rising unevenly in the oven turn the loaf end for end when it has been in the oven just five minutes without regard to the way it looks at that time.

When bread is baking, the heat should be slightly increased for ten minutes, then gradually reduced. Rolls should have their greatest heat at first. Watch the oven, looking at the bread every ten minutes. In ordinary small ranges the loaves need frequent turning to insure an even baking. In forty or fifty minutes the loaf will shrink somewhat and slip easily from the pan; it should have an evenly browned crust; one good test is to lay the hand on the bottom of the loaf and if the escaping steam is too hot to bear it shows that the interior needs more cooking.

When safe to handle it is safe to take out. Take from the pans as soon as done and wrap in a thick cloth used for no other purpose. Lay on a rack, set where it will cool quickly and do not put away until entirely cold.

Sift all meal and flour before measuring.

Always pulverize salt, cream of tartar, soda or baking powder before using.

For shortening, a mixture of dripping, lard and the fat of veal or chicken is very nice.

Keep the bread box or jar sweet by frequent scalding and sunning.

Dry old rolls and pieces and keep in a separate place.

Do not throw away bread; it does not take much sense to find some way to use it if there is no one who would be glad to eat the carefully kept odds and ends of good bread.



Always use a wooden spoon for stirring batter, soups, or fruits, as it will not wear out a sieve, stain nor spoil the flavor; to keep it white always dip in hot water before using, as that will fill the pores so they cannot absorb much of anything else.

### Water Bread

(Read Notes on Bread Making.)

One quart flour sifted, one-half teaspoon salt, one-half teaspoon sugar, one tablespoon butter or lard, one-half ounce compressed yeast (dissolved in one-half cup tepid water), one pint warm water. Measure flour, sugar and salt into a six-quart mixing bowl. Pour hot water enough to dissolve it onto the shortening, then add cold water to make just one pint of water at the right temperature (about 70\*), mix in the dissolved yeast and make a batter with the flour, beating well. Add more flour till the mixture is stiff enough to handle on the molding board and knead, using as little flour as possible to keep it from sticking. Cover closely with a plate and let rise till it doubles its bulk. Cut it down and let rise again; divide into four parts and shape into round loaves, putting two in each pan, or shape part as biscuit. Cover and let rise to double its bulk. Bake as directed about forty-five minutes.

A different quality of bread is made by using milk to mix with, omitting the shortening, or by taking half milk and half water and part of the shortening; and still another by using skimmed milk. Always scald the milk thoroughly and cool before adding the yeast.

### Milk Bread with a Sponge.

Pour one pint of scalding milk on one tablespoon each of butter and sugar and one-half teaspoon salt, when luke warm add one-half ounce yeast and let it rise. Stir in three and one-half cups of flour and beat well. Let it rise till very light, then add enough more flour to knead and work it till smooth and fine grained. Let it rise in the bowl, cutting down two or three times. This makes an excellent rule for tea biscuit, or rolls, and by doubling the measure of butter and adding the white of an egg well beaten you have the delicious White Mountain rolls.

### Milk Rising Bread

Boil one-half cup of new milk at night and add to it enough Southern corn meal to make a soft batter. Let it stand over night at a temperature of about 75\*. In the morning boil another half cup of new milk and add cold water till about milk warm, and mix thoroughly with the batter made at night, adding one tablespoon sugar, one teaspoon salt and enough flour to make a soft batter. Set this mixture in a very warm place (not less than 100\*) and let it rise to double its bulk; it will take about three hours. As soon as well risen add equal bulk of water in which has been dissolved one-half teaspoon soda, one rounded tablespoon of lard, more salt if liked, and flour enough to knead quite soft. Put it into the pan, let rise again to double its bulk, and bake as usual.—Mrs. J. B. S. Holmes, Rome, Ga.

### Graham Bread

One pint milk,  $\frac{1}{2}$  ounce yeast, 2 tablespoons brown sugar, 1 pint Graham, 1 teaspoon salt, 1 pint white flour.

Scald and cool the milk, add the sugar and crumbled yeast; when it floats and is frothy make a batter with the flour and meal,

beating virogously; let it rise till spongy, add the salt and more meal gradually until it is all thick as can be worked with a stiff knife, put one and one-half pounds in each pan smoothing the tops; cover and let rise again. It should be set in a quick oven and the heat reduced in ten minutes. It is sometimes liked made stiff enough to knead, but should not be made as stiff as ordinary wheat bread; bake as usual, with heat increasing for ten minutes. Good baked as muffins.

### Christmas Bread

Dough enough for one medium sized loaf:— 1 cup of sugar, 1 egg,  $\frac{1}{2}$  cup lard, 1 teaspoonful spices (mixed), cloves and cinnamon, 1 cup raisins (seeded),  $\frac{1}{2}$  cup currants, soda, the size of a bean.

### Graham and Rye Bread

One pint Graham, one pint rye meal, one tablespoon molasses, 1 tablespoon shortening, one teaspoon salt, one-half ounce compressed yeast dissolved in two and one-third cups water. Make a sponge with the Graham; when light make stiff with the rye. It does not require long kneading and will always be slightly sticky, but it is both palatable and nutritious. Put not more than one and one half pounds in a loaf and bake an hour and a quarter in a moderate oven. This is the "brown bread" of the English bakeries and needs only a brick oven to be as good as theirs.

### Graham and Rye Bread Steamed

Two cups buttermilk, one-third cup molasses, one teaspoon salt, one teaspoon soda, on pint wheat Graham and one pint rye Graham. Beat well, put in two well-buttered, two-pound tomato cans (melt the top off at the gas jet), set over cold water and bring to a boil; this gives the loaf time to rise. Steam two hours, dry in moderate oven one-half hour.

### Rye Bread

Three pints of rye flour; if the coarse rye meal is used take one quart rye and one pint white flour; dissolve one-half ounce yeast in three cups milk or water, one teaspoon salt and two tablespoons molasses if liked. Treat like Graham. Bake moderately but thoroughly.

### "Rye'n Injin"

Scald one cup corn meal with one quart boiling milk and let it cook fifteen minutes, add two tablespoons molasses, one teaspoon salt and let it cool; meanwhile dissolve one ounce of yeast in two tablespoons water, then beat thoroughly into the corn meal batter; mix in three cups of rye meal, not flour; if very coarse sift out some of the bran but keep three cups to mix with; put into an iron or steel pan, bake in a sponge-cake oven, but let it stay in two hours at least, covering closely if there is danger of browning. The old way was to put it in for the last baking of the brick oven and let it stand all night. If the upper crust was too hard it was evenly sliced from the loaf, well browned and used for crust coffee or brewis, either of which needs only to be known to be appreciated.

### "Boston Brown Bread" Steamed

Two cups rye meal; one cup corn meal, one-third cup molasses, one teaspoon salt, one teaspoon soda dissolved in two tablespoons water, one pint sour milk, steam four hours.

### Graham Bread Steamed

Three cups Graham, one teaspoon salt, one rounding teaspoon soda, one-third cup molasses, one pint sour milk, beat well, steam three hours in one tall mold or two tomato cans well buttered; set in oven to dry fifteen minutes.—Miss Ellen Munro, Milwaukee, Wis.

## PASTRY

### Puff Paste

One pound flour (one quart), one teaspoon salt, one-third pound butter, well rubbed together till like meal. If your hands are hot, chop it together without touching it with the hands. Mix stiff as possible with ice water and pat out on the board to about one-third of an inch thick; lay this sheet of paste on ice while two third-pounds butter are washed and patted out to as thin cakes as you can, it is no matter if they are broken through in holes. Set these sheets of butter on ice also. Now dust the board and rolling pin slightly with flour, place the sheets of paste on and one sheet of butter on the middle of the paste; fold the paste over the butter in such a way as to divide the paste in thirds, then turn over the ends letting them meet in the middle; the paste is now in rectangular shape, and with a little care in rolling can be kept so through all the subsequent folding and rolling. Roll out to one-quarter inch thick and fold as before, but without butter. The third time of folding enclose the second piece of butter, and continue adding it at every alternate rolling until it has all been used; as there were four sheets of butter that will make eight times folding and rolling the paste. Finally give one, two or three turns, as your patience hold out; lay on ice until needed for use; it is better to lie for several hours before being baked. If the paste sticks to the board or pin lay on ice until chilled through, scrape the board clean, polish with a dry cloth and dust with fresh flour before trying again. A stone slab is a comfort but not at all necessary. Use as little flour in rolling as possible, but use enough to keep the paste dry. Roll with a light, even, long stroke in every direction but never work the rolling pin back and forth, as that kneads the paste and toughens it, besides breaking the bubbles of air. The number of layers of butter and paste makes it flaky, but every bubble of air that is folded in helps it to rise and puff in baking.

### Apple Pie

Five good-sized apples pared and sliced thin, one-half cup sugar, pinch of salt, a little nutmeg. If apples are not sufficiently sour add juice of one-half lemon. Pastry: One cup flour, one large tablespoon lard, one-fourth teaspoon baking powder, one-half teaspoon salt. Rub above ingredients together; moisten with cold water so it will roll. Roll thin and place on pie tins.

### Mince Meat

Three pounds meat, two pounds suet, two and one-half pounds sugar, two pounds currants, two pounds raisins, one pound citron cut fine, six pounds apples, two lemons (juice only), two oranges (juice and rind), two nutmegs, one teaspoon cinnamon, one teaspoon cloves, 10 cents worth of blanched almonds, one-half pint rosewater, one pint brandy.

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### Mince Pie

Mrs. Estella E. Fead, of 223 South Twenty-Ninth Avenue, Omaha, received the \$100 set of silver offered by the New York Journal in a recent contest for the best recipe for mince pie. The competition was open to the entire United States. The recipe, which is sufficient for fifteen pies, is as follows:

One beef tongue weighing three pounds, boiled until tender; two and one-half pounds beef suet, five pounds apples chopped, two and one-half pounds raisins, one pound sugar, one pint seeded cherries, one pound citron shredded, one quart brandy, one quart sherry wine, one pint shredded quinees, one glass quinee jelly, one ounce cinnamon, one-half ounce nutmeg, one-half ounce cloves, one quarter ounce mace. Chop the beef and suet fine removing all strings and shreds; mix and let stand 24 hours before using. Before putting on upper crust, add three teaspoons brandy (best). Crust: Three cups of pastry flour sifted six times; saltspoon of salt, large cup of butter; cut the butter into the flour with a knife, until thoroughly mixed; add one cup of ice cold water (also mixing with silver knife or spoon). Divide into two parts, using one-half for under crust, and the rest for upper. Flour, butter and water should all be ice cold. Bake 20 to 30 minutes.

### Pie Crust With Lard

One and one-half cups flour, one-half teaspoon salt, one-half cup lard, cold water. Mix salt with flour. Reserve one and one-fourth tablespoons of lard, work remainder into flour, using tips of fingers or a paste knife. Moisten to a dough with water. Toss on a floured board, pat and roll out. Spread with one tablespoon reserved lard, dredge with flour, roll up like a jelly roll, pat and roll out, and again roll up. Cut from the end of the roll a piece large enough to line a pie plate. Pat and roll out, keeping the paste as circular in form as possible. With care and experience there need be no trimmings. Worked-over pastry is never as satisfactory. The remaining one-fourth tablespoon of lard is used to dot over upper crust of pie just before sending to oven; this gives the pie a flaky appearance. Ice water has a similar effect. If milk is brushed over the pie it has a glazed appearance. This quantity of paste will make one pie with two crusts and a few puffs, or two pies with one crust where the rim is built up and fluted.

### Orange Pie

Line a pie plate with paste, bake and set away to cool. Then make the filling as follows: Add to the yolks of two eggs, the juice of one lemon; mix dry one heaping tablespoon flour and two-thirds cup sugar; grate the pulp of two large oranges; beat the yolks and lemon, add sugar and flour, add oranges and a small lump of butter. Cook in double boiler until thick. Fill pie shell and when set cover with meringue made by beating the whites of the two eggs very stiff, adding two tablespoons of sugar, gradually beating until mixed. A rotary egg-beater is the best to use.

### Raisin Pie Without Eggs

Two cups raisins (Sultana or Thompsons preferred), small stick or one-half teaspoon cinnamon, one-half tablespoon butter, one-half cup sugar, tablespoon flour and pinch salt. Cover raisins



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with boiling water, add cinnamon and cook 20 minutes. Mix sugar salt and flour, and sprinkle one-half on lower pie crust; add raisins and other half of sugar, etc. Add few dots of butter and upper crust, and bake.

#### Raisin Pie

One cup chopped raisins, one cup chopped apples, juice of two lemons, yolks of two eggs, one cup sugar. Bake between two crusts.

#### Osgood Pie

Four eggs, two cups sugar, four tablespoons melted butter, three large spoons vinegar, one cup chopped raisins, one teaspoon each of cloves, cinnamon and allspice. Put all in crust and bake till it thickens.

### PUDDINGS

“Fair fa’ yer honest, sonsie face  
Great chieftain o’ the puddin’ race,  
Aboon them a’ ye tak’ yer place;  
Weel are ye worthy o’ a grace,  
As lang’s my airm.”

#### English Plum Pudding

One pound beef suet, one pound bread crumbs, one cup flour, one-half pound dried currants, one-half pound candied peel (orange, lemon, citron), two teaspoons salt; two cups brown sugar, one pound large raisins; one pound Sultana raisins, one-half teaspoon cinnamon, one-half small nutmeg, one-half teaspoon cloves, grated rind of two lemons, grated rind of one orange, half pound almonds blanched and chopped, eight eggs, one cup milk. Chop fine, crumble bread and mix with flour. Add fruit and spices, salt and sugar; shred the candied peel. Beat eggs and mix with milk. Mix all together and let stand over night before cooking. Put in two greased molds and fill within one inch of top; cover with greased paper and steam about five hours if in two, but longer if in one mold. This makes two very large, rich puddings.

#### Banana Pudding

Line a dish with lady fingers and macaroons and fill the remaining space with alternate layers of cakes and bananas. Over the top pour whipped cream sweetened with powdered sugar and half a teaspoon of vanilla extract. Let it stand for an hour.

#### Christmas Pudding

One and one-half pounds bread pudding, one and one-half pounds suet, one and one-half pounds sugar, two pounds currants, two pounds raisins, six eggs, a little candied peel, almond flavoring to taste, a little milk and brandy. Boil six hours.

#### Poor Man’s Plum Pudding

One and one-fourth cups suet, one-half cup molasses, one cup milk, three-fourths cup raisins, three-fourths cup currants, one-half cup citron, two cups flour, one-half teaspoon salt, one-fourth teaspoon soda, two teaspoons cinnamon, one teaspoon nutmeg. Boil two hours.

### Telegraph Pudding (Delicious)

Boil three hours in a covered pudding tin set in covered kettle. Fill tin two-thirds to allow for rising. One cup beef suet chopped fine, one cup N. O. molasses, one cup sweet milk, one cup raisins, three cups flour, one teaspoon salt, one teaspoon soda. Sauce: Ten tablespoons sugar, five tablespoons butter, twenty tablespoons water. Boil these together, use flour or corn starch to thicken; flavor to taste.

### Soft Ginger Bread Pudding

One cup butter, one cup molasses, one cup sour milk; mix together and let get warm. One cup brown sugar, two and one-half cups flour, one teaspoon cinnamon, three teaspoons ginger, two teaspoons soda, four eggs.

### Quick Sauce

Cream together one large cup butter and one cup sugar; one tablespoon cornstarch. Pour on boiling water until thick as cream; stir while pouring water. Flavor to taste.

### English Plum Pudding

(Given to Mrs. Pope by Rev. John C. Choules, a Baptist Minister.)

One pound each of raisins, currants, suet, one-fourth pound citron, one and one-half pounds flour, one pint molasses, four eggs, one tablespoon cloves, one tablespoon cinnamon, one cup milk, a little salt. Steam eight hours.

### Tea

One teaspoonful makes 1 large cup. Four teaspoonfuls makes a quart of tea. One heaping cupful is 14 teaspoonfuls and makes 1 gallon of tea if mixed tea is used and allowed some time to draw.

Two heaping cupfuls of tea is a quarter of a pound and makes 2 gallons, or the same number of cups as a pound of coffee, about 30 as cups are filled.

There are many who claim to make 2½ gallons of coffee from a pound, and these same people will increase the quantity of tea to the pound but it must be to the disadvantage of the quality of the articles. It is probable that where a business is successful in spite of a poor quality of tea and coffee served, it would be still more successful were the quality better.

When the tea becomes so that it looks like coffee in the cups, yet has neither strength nor fragrance (and of course is unfit to drink) it may be partly due to the use of black tea, but it is the certain result of allowing the tea to stand and boil too long no matter what kind of tea has been provided.

The best way to make tea for larger quantity than can be supplied from the family tea-pot is to put the measured amount required into a box made like a quart measure, of perforated tin, having a lid to fasten on, and drop it into an urn of boiling water containing the correct amount, and then stop the boiling and allow ½ hour for the tea to draw. The box must be large enough to allow the tea to swell and the water to circulate through it. Before all the tea is drawn off add more boiling water—a fourth as much as was used at the first—for the second drawing. On an average each person takes 2 teaspoonfuls of sugar to each cup of tea—that is 1 ounce.

Cost of material:—4 ounces tea 20c, sugar 20c, cream 30c; 70c—35 cups tea for 70c, 2c a cup.





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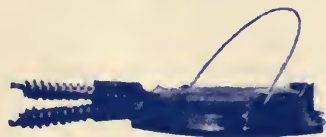
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### How to Prepare a New Waffle Iron

Do not wash, as water should never touch a waffle iron, but carefully remove all sand and grit with a stiff brush and wipe with a dry cloth. Place over fire and apply a liberal coat of grease, allowing the iron to become quite hot. The hot grease will soon blacken the entire surface of the iron. Turn over and repeat on the other half. (Be sure that both inside surfaces are evenly coated; the blacker the surface the less liable the waffles are to stick.) Now remove the iron from the blaze and permit to stand until it is just warm. Grease again and place over the fire once more. (Use small brush to apply the grease. Use grease sparingly as too much grease causes the waffle to look speckled.) Turn once so that both sides will warm up as evenly as possible. As soon as the side next the fire begins to smoke turn and allow the other side to heat until it too smokes. Now pour on the batter—on the side heated last; close the iron and turn immediately. Let stand for a minute or so, then turn and allow to stand for about half a minute, according to the heat of the iron.

After the waffle is baked, trim the edges of the iron of any particles of batter that may have run out of the iron. Then turn the gas down to avoid burning the waffle while removing it. To remove waffle properly, hold down lower half of iron with one hand and, with the other hand, open iron with a quick jerk—this will always release one side and the waffle will not be torn into halves.

The exact time for baking must be determined by experimenting. Naturally a waffle will bake more quickly over a high blaze than a low one. After a few attempts one soon learns just how hot to have the iron and how long to bake each side in order to produce a perfectly browned and crisp dainty which is rapidly growing in popularity as a breakfast dish and also a toothsome dessert.

NOTE:—If the waffle sticks on one side, run a knife around the edge of the waffle. Be careful to grease carefully around the edges each time as well as the center. Don't pour the batter on a cold iron. A pitcher is best for pouring the batter. A thin batter gives better results. A low frame waffle iron requires less gas, bakes in one half the time and gives a crisper and more delicious tasting waffle.

### Chocolate

Common unsweetened chocolate is to be used as the sweet chocolate being  $\frac{1}{2}$  sugar is not strong.

One ounce common chocolate makes 4 cups.

One heaping cupful of grated common chocolate is 3 ounces (7 tablespoonfuls) and makes 3 quarts.

One heaping tablespoonful of grated common chocolate makes 2 cups as cups are filled.

Chocolate must be cold to grate; it melts and runs when heated.

The ounces are marked on the cakes.

To make chocolate take: 3 cups milk, 1 cup water, 2 heaping tablespoons grated chocolate.

Boil the milk and water in a saucepan, drop in the chocolate and beat with wire egg-whisk until the chocolate is all dissolved and it boils. It should be made to order whenever practicable the milk and water being kept ready boiling, but if made beforehand should be kept in a sink of the steam chest or double kettle and not allowed to boil again.

Cost of material by gallon:—4 ounces chocolate 10c, 3 quarts

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### Coffee

More coffee is consumed in this country than any other under the sun; its value is understood, its power as a stimulant to bodily and mental activity is appreciated and no other article of general consumption can be named of which the public are so careful to guard against adulteration as this. Packages of ready-ground articles are generally shunned. The merchant must keep the sacks of coffee, ready browned but of different grades, in sight and a mill for it to be ground in before the buyer's eyes. These straightforward methods are the out growth of more than mere personal solicitude or protection against the small frauds of imitation or substitution which in the cases of innumerable other articles are submitted to with careless indifference. They result from the feeling that the active business of the community cannot be carried on in the fast way to which the New World cities have become habituated without the stimulating aid of good coffee, that is to say of genuine coffee. For the potency of the berry to refresh and impel to new exertion is not to any considerable degree dependent upon the method of preparing it for the table. Coffee causes wakefulness when eaten raw or drawn by long steeping in cold water; its effects are rather deadened than increased when it is made into the pleasant breakfast beverage with cream and sugar. Its energy is most expansive in the out door camp where, boiled in a camp kettle, it is drunk by the pint or quart without milk and drowsy hunters or travelers spring up and start off singing. Some drink coffee for the sake of the coffee; some, Rip Van Winkle's, for the cream and sugar, but the latter, if not already past work when they begin, come over at last to the ranks of the vast multitude.

The stimulus afforded by the coffee berry having become an absolute necessity it is only a question as to whether the coffee made is to be of such a sort that it must be gulped down like a medicine and a second draught avoided if possible, or sipped with the utmost enjoyment of both its flavor and fragrance. This is a matter that rests mostly with the maker who in turn, is dependent for success upon the vessel that keeps it for him after it is made, for an improper urn will spoil the best coffee ever concocted in the course of an hour or two. Regardless of the grade used in making. When a good way of keeping the coffee so that it will not change to ink between one meal and the next has been adopted it will become worth while to lay stress upon the selection of the best kinds. Good Rio coffee is the most serviceable, the cheapest and in nine cases out of ten is good enough if well made, but those who can distinguish between the flavors will prefer Java, and a mixture of Java and Rio is generally satisfactory. The fancy kinds such as Mocha, African, or whatever new names may be given are generally peculiar only in being the product of young trees which after a while bear the same old sort of coffee as other plantations. It is said that there is no more of what used to be known as Mocha coffee; nothing remains but the name.

#### To Make Coffee—Family

One heaping cup ground coffee—4 ounces

8 cups water.

Most people who do cooking for profit cannot afford to make

coffee without boiling as the full strength is not extracted until the boiling is reached and to make it otherwise more coffee is required or less water. However, it must not keep on boiling after the first heat.

Have the coffee ground coarse like oatmeal, put it on in cold water and let come to a boil, then immediately remove it to the stove hearth or some place to keep hot without boiling and a few minutes before it is to be poured off add one-half cup cold water. Coffee made this way half an hour before the meal will pour off quite clear without anything added to clarify it.

### French Coffee

Put a large cup of coarsely ground coffee shaken in and heaped up (4 ounces) into the perforated top of a coffee pot and pour over it 6 cups of boiling water. Keep the pot at boiling heat without actual boiling. When the water has run through, pour it off into another vessel and pour it through again and then once or twice more. Whatever sediment may have passed through in spite of the repeated filtering through the coarse coffee will remain at the bottom if never disturbed by boiling and the coffee will pour off clear and strong. But very bad coffee is often made by careless people by this method.

Cost of coffee with cream and sugar:—with coffee at 20c pound, using ½ ounce (one tablespoon) to each cup, and 2 teaspoons (one ounce) of sugar and 2 tablespoons cream to each cup, and cream 90c a gallon; coffee 5c, cream 6c, sugar 5c, total 16c for 8 cups or 2c a cup for material.

### SOME USEFUL CULINARY HINTS

To extract juice from onion, cut a slice from root end of onion, draw back the skin, and press on a coarse grater, working with a rotary motion.

\* \* \*

If the skin of roast pork is well rubbed with olive oil before putting it into the oven it makes the skin much more crisp.

\* \* \*

A small stiff brush, such as is used in mucilage bottles, is just the thing to remove caked salt from shakers or to keep the lids of pepper shakers clear.

\* \* \*

A little flour spread over the top of cakes before they are iced will prevent the icing from running.

\* \* \*

Lemon juice added to fruit juices that do not jell readily, such as cherry, strawberry, etc., will cause them to jell.

\* \* \*

In cooking a tough fowl or meat one tablespoon of vinegar in the water will save nearly two hours' boiling.

\* \* \*

The fat removed from the soup kettle makes the best kind of drippings for kitchen use.

\* \* \*

### A Good Recipe for Everyday Use

Take a gill of Forbearance, a pint of Submission, twelve ounces of Patience, a handful of Grace. Mix well with the Milk of Human Kindness and serve with a Radiant Smile.

## MISCELLANEOUS

### A Soothing Lotion

When one is subject to intense itching it can often be allayed with a solution of carbohc acid. Sometimes this is effective with only the acid and water in the proportion of 10 drops of the acid to a basin of water. Bathe the afflicted parts freely. An excellent carbohc mixture that can be bottled and used for solutions is made with one ounce of carbohc acid, two ounces of glycerine, five ounces of water. Mix thoroughly and bottle, marking plainly. "Poison." When needed to soothe itching put a tablespoon of this mixture in a pint of hot water and bathe freely. This lotion has been found soothing in bad cases of shingles.

### A Soothing Drink

When one has a bad throat a soothing drink can be made by bringing a pint of barley water to a boil, then add one ounce of the best gum arabic and stir until dissolved. Strain and sweeten or not as desired. Take but a little at a time. It will stop a rasping cough.

### For Sensitive Feet

With the approach of spring, feet that are inclined to be sensitive are apt to prove painful. This condition can be overcome by active means, but if neglected will make life a burden. Bathe the feet night and morning in cold water. If cologne is added relief will be quicker.

Rubbing the feet with lemon before retiring is restful and if one has an inflamed corn it can be cured by tying it up in a section of lemon for several nights, then soak in hot water and it can be lifted out with the points of scissors.

A good astringent lotion will harden the feet and make them less sensitive. One that has proved successful is made from six tablespoons of alum, two tablespoons of tannin, a half-pint of rose-water and a pint of vinegar. Mix thoroughly, strain and bottle tightly. Apply a little to the feet after bathing night and morning.

It is well to have one large, soft pair of shoes which can be worn for a short time in the spring when the feet are usually sensitive. Neither calfskin nor patent leather can be worn by women whose feet trouble them.

If the feet swell excessively in the springtime and the trouble will not yield to ordinary remedies, consult a physician. This condition often denotes serious derangement of the kidneys.

### Treating a Bruise

When one has pounded a finger or otherwise bruised oneself, try the effect of water as hot as it can be endured. Hold hand or foot in water, supply hot cloths or baths freely for other bruises. A little turpentine added to the water increases its beneficial effect. Painting with pure turpentine is also excellent.

Gatherings and run-arounds can often be backed by this hot water treatment.

When nothing better is at hand, try bandages wrung out of the strongest possible solution of salt and water for sprains and bruises.

### For Coughs and Colds

Take one pound of brown rock candy, one pint of best whiskey, one ounce of glycerine, the juice of one lemon. Put all in one quart

glass preserve jar. Set in a pot of cold water and let it come to a boil. Let it remain on stove until the contents become a thick syrup, then remove, strain and bottle.

#### Instead of Cod Liver Oil

The anemic person or one who fears tuberculosis will rejoice to know that many eminent doctors say pure, fresh cream can give points to cod liver oil or its compounds in building up the system and helping to ward off disease.

#### A Good Cold Cure

A trained nurse says she finds a remedy almost infallible for a cold when taken soon enough is a half teaspoon of bicarbonate of soda, a half teaspoon of aromatic spirits of ammonia and a half cup of boiling water. Take this when the first creepy sensations are felt—if possible, just before going to bed—and by the next morning the cold has disappeared.

#### After Eating Onions

Rinsing the mouth and gargling the throat with witch hazel after eating onions will destroy every trace of odor. The odor from boiled onions is not nearly so bad as that from green onions.

### FIRST AID

#### What to do till the Doctor Comes

**Antiseptic Treatment.** Any person who gives first aid to the wounded should take every precaution possible by thoroughly cleansing his hands and nails. He should then cleanse the wounds with some antiseptic. The simplest and most easily procured is salt and water. Put a handful of salt in a quart of water and use freely. After the wound is cleansed, it must then be protected from new germs by some covering made germ-free by baking, boiling or even ironing with a hot flatiron. After the salt solution has been carefully used, apply strips of muslin or gauze soaked in warm water which has been boiled. This will leave the wound in good condition.

**Important.** Never try to give anyone who is unconscious anything to drink as it may choke him.

**Fainting**—Lay flat on back with head lower than body. Loosen clothing. Give plenty of fresh air. Keep body warm. Bathe face and hands with cold water. When consciousness returns, give warm drinks or a little stimulant.

**Electricity**—Release from current—not touching body or wire with hand metal or a wet stick. Handle body by its clothing—with rubber gloves and shoes if possible; if not, cover hands with dry woolen cloth and stand on dry boards. Then induce artificial respiration as in case of drowning. Rub limbs and massage body.

**Suffocation by Gas**—Remove victim into the air. Perform artificial respiration as in case of drowning. Send for physician immediately. As oxygen is absolutely necessary try to get patient to hospital without delay.

**Suffocation by Smoke**—Take victim into the air. Perform artificial respiration as in case of drowning. Give alcoholic stimulants.

**Shock**—Accidents, all severe injuries or fright may cause what is known as "shock." Keep head low. Wrap in hot, dry blankets. Apply hot water bottles or hot plates to abdomen and extremities. Apply no heat to head. If necessary give stimulants, non-alcoholic preferred. Perform artificial respiration if breathing has stopped.



**Fire in One's Clothing**—Don't run especially not downstairs or out-of-doors. Roll on carpet, or wrap in woolen rug or blanket. Keep the head down, so as not to inhale flame.

**Fire from Kerosene**—Don't use water, it will spread the flames. Dirt, sand, or flour is the best extinguisher, or smother with woolen rug, table-cloth or carpet.

**Burns and Scalds**—Cover with cooking soda and lay wet cloths over it. Whites of eggs and olive oil. Olive oil or linseed oil, plain, or mixed with chalk or whiting. Sweet or olive oil and lime-water.

**Drowning**—1. Loosen, clothing, if any. 2. Empty lungs of water by laying body on its stomach and lifting it up by the middle so that the head hangs down, jerk the body a few times. 3. Pull tongue forward, using handkerchief, or pin with string, if necessary. 4. Imitate motion of respiration by alternately compressing and expanding the lower ribs, about twenty times a minute. Alternately raising and lowering the arms from the sides up above the head will stimulate the action of the lungs. Let it be done gently but persistently. 5. Apply warmth and friction to extremities. 6. By holding tongue forward, closing the nostrils, and pressing the "Adam's Apple" back ((so as to close entrance to stomach), direct inflation may be tried. Take a deep breath and breathe it forcibly into the mouth of patient, compress the chest to expel the air, and repeat the operation. 7. DON'T GIVE UP! People have been saved after hours of patient vigorous effort. 8. When breathing begins, get patient into a warm bed, give warm drinks, or spirits in teaspoonfuls, fresh air, and quiet.

**Cinders in the Eye**—Roll soft paper up like a lamplighter, and wet the tip to remove, or use a medicine dropper to draw it out. Rub the other eye.

**If Choked**—Get down on all fours and cough.

**If any Artery is Cut**—Compress it above the wound. Blood from an artery is red, that from the veins dark.

### ANTIDOTES FOR POISONS

.....**First**—Send for a Physician.

.....**Second**—Induce vomiting, by tickling throat with feather or finger, drinking hot water or strong Mustard and water. Swallow Sweet Oil or whites of Eggs.

**Acids** are antidotes for Alkalies, and vice versa.

### SPECIAL POISONS AND ANTIDOTES

**Acids**.—Muritic, Oxalic, Acetic, Sulphuric (Oil of Vitriol). Nitric (Aqua Fortis)—Soap Suds, Magnesia, Lime water.

**Prussic Acid**—Ammonia in water. Dash water in face.

**Carbolic Acid**—Flour and water, mucilaginous drinks.

**Alkalies**—Potash, Lye, Hartshorn, Ammonia—Vinegar or lemon juice in water.

**Arsenic, Rat Poison, Paris Green**—Milk, raw Eggs, Sweet Oil, Lime-water, Flour and water.

**Bug Poison, Lead, Saltpetre, Corrosive Sublimate, Sugar of Lead, Blue Vitriol**—Whites of Eggs, or Milk in large doses.

**Chloroform, Chloral, Ether**—Dash cold water on head and chest. Artificial respiration. Pieces of ice in rectum.

**Carbonate of Soda, Copperas, Cobalt**—Soap-suds and mucilaginous drinks.

## The Family Drug Store

You will do well to make this beautiful, modern and complete pharmacy YOUR family drug store. With our admirable location, well-trained staff and immense stock of pure drugs and sundries, you will find trading here a pleasure and a satisfaction.



Bring your prescriptions here. Accuracy is our watchword. We double-check all prescriptions, and use only the purest, freshest drugs.



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We have now the largest drug store on  
the coast.

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**Iodine, Antimony, Tartar Emetic**—Starch and water. Astringent infusion. Strong tea.

**Mercury and its Salts**—White of Eggs, Milk, Mucilages.

**Nitrate of Silver, Lunar Caustic**—Salt and water.

**Strychnine, Tinct. of Nux Vomica**—Mustard and water, Sulphate of Zinc, Absolute quiet. Plug the ears.

### USEFUL HOUSEHOLD INFORMATION

**To clean black silk**—Brush and wipe it thoroughly, lay on table with the side intended to show, up; sponge with hot coffee strained through muslin; when partly dry, iron.

**To remove stains of grease from oil paint.**—Use bisulphide of carbon, spirits of turpentine, or if dry and old, use chloroform. These and tar spots can be softened with olive oil and lard.

**Rust from steel**—Take half ounce emery powder mixed with one ounce of soap and rub well.

**Fruit spots from cottons**—Apply cold soap, then touch the spot with a hair pencil or feather dipped in chlorate of soda, then dip immediately in cold water.

**Grease spots from silk**—Take a lump of magnesia, rub it wet on the spot, let it dry, then brush the powder off.

**Iron rust** may be removed from white goods by sour milk.

**Scorch stains from white linen**—Lay in bright sun.

**Mildew**—Moisten the spot with clean water; rub on a thick coating of castile soap mixed with chalk scrapings; rub with end of fingers, then wash off.

**Oil marks on wall paper**—Apply paste of cold water and pipe clay, leave it on all night, brush off in the morning.

**Paint spots from clothing**—Saturate with equal parts turpentine and spirits of ammonia.

**To cleanse house paper**—Rub with a flannel cloth dipped in oatmeal.

**Black cloth**—Mix one part of spirits of ammonia with three parts warm water, rub with sponge or dark cloth, clean with water, rub with the nap.

**Furniture, for finger marks**—Rub with cheese cloth and some good cleaning polish.

**Zinc**—Rub with a piece of cotton cloth dipped in kerosene, afterwards with a dry cloth.

**Hands from vegetable stains**—Rub with a slice of raw potato.

**Window glass**—Paint can be removed by a strong solution of soda.

**To clean tinware**—Common soda applied with a moistened newspaper and polished with dry piece will make it look like new.

**Starch**—made with soapy water gives a better gloss to linen and prevents sticking of irons.

Rub the edges of doors and windows that are inclined to stick with common kitchen soap and you will save many a carpenter's bill.

### HARDWOOD FLOORS

Have you ever noticed how, upon entering a room that you have never been in before, you instinctively glance at the floor? This may be due to a hereditary instinct handed down from the time when our primitive ancestors, threading their way through jungles

## Two "Home Beautiful" Blessings

- (1) "Kleanit" Polish.
- (2) "Kleanit" Polish Mop.

Dry dusting is unsanitary, unclean, unhealthy. Add a few drops of "Kleanit" polish to a dampened dust-cloth and you will never dust with a dry cloth again. Your polished furniture will not only be cleaned but its lustre will be renewed. "Kleanit" is free from grease or gummy substances. It dries more quickly than any other polish on the market. Try "Kleanit" for your own satisfaction.



### WELL KEPT FLOORS

are every house-wife's pride. They add to the pleasure of home-keeping.

A polish mop has become a necessity to the house-wife who cares. Once used, she can hardly keep house without one.

The latest word in polish-mops is the "Kleanit" made right here in Seattle. Every house-keeper may be proud of her floors if she uses a "Kleanit" polish-mop.



The "Kleanit" mop banishes drudgery and backaches. It has all the good features of the earlier mops with improvements of its own besides. You will have something less than the best if you buy anything but a "Kleanit."

*Your dealer has them, or can get one for you.*

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Seattle

or caves, developed the habit of scanning carefully the ground before them especially when in strage surroundings. Be that as it may, we all recognize the fact that we always look at the place our feet are to tread no matter whose the home or what the surroundings. Hence the importance of attractive and durable floors. In the days of carpets any smooth flooring material would do as, being fully covered, it was never seen. But in these days when sanitary science has declared so emphatically against carpeted floors we are interested not only in the floor coverings but in the material and finish of the floors themselves.

In a very real sense the floors of the home mean more to the house-keeper than almost any other feature of the house. The walls and ceiling are seldom touched except at the time of the annual or semi-annual re-papering or re-tinting. The windows are washed at stated periods, but usually by someone else. The plate rail gathers its quota of dust and is semi-occasionally relieved of its burden with more or less of a grudge. But the floors! Here is where the housewife shines. They demand constant care and attention. But somehow it is not so much a cross to care for beautiful floors. Like the baby or the wayward son, just because they are more in the mother's thought they seem to be the dearer to her for that very reason.

Unquestionably the most suitable material for floors in the more frequented rooms of the house is hard wood. Oak floors are virtually ever-lasting for they will last as long as the house remains. This important fact taken into account, together with the further consideration of inexpensive upkeep, and hard wood floors are seen to be far and away the least expensive of all floors. It is a striking fact that in this region the short sighted policy of using the cheaper woods for floors is a frequent custom. It is false economy to pinch the purse in such fashion. While the first cost of fir flooring is less, floors of this or other soft woods always cost far more in the end, to say nothing of the inconvenience, trouble and general dissatisfaction caused by the inferior material.

Again hardwood floors are economical when the cost of floor covering is considered. A few rugs will suffice where beautiful and durable floors are laid but where cheaper woods have been used it is necessary to keep them wholly or mostly covered, involving a larger outlay for rugs and carpets.

Use quartered oak. Employ an expert on floor finishing. Nothing less than the best in materials and workmanship will give the satisfaction that is a constant source of pleasure. As you will no doubt have a vacuum cleaner for your rugs so you will also have an up-to-date polish mop for your hardwood floors. They do not disturb the dust and allow it to settle back again as in the old-fashioned way but actually take the dust and hold it. As the fillers are treated with special substances for the purpose the modern polish mops polish as well as clean.

### THE CARE OF THE PIANO

The piano has long ceased to be a luxury. Indeed, the courts now generally recognize it as a necessity in the proper education of young people.

By the use of the piano or a first class player piano, many who seldom visit the opera or musical concerts become thoroughly familiar with the choicest musical compositions.

# Thousands of Second-Hand Pianos are Thrown on the Market

But how seldom is a used **CROWN** piano offered for sale, although there are many, many hundreds of **CROWN** pianos in Seattle?

## WE KNOW THE REASON. DO YOU?

Any owner of a **CROWN** piano will tell you, they know by experience—the wisest of all teachers, that “**CROWN** pianos are better and last longer.”

Mr. E. J. Nutting, 2021 Charles Street, owns **CROWN** piano No. 4008. So far as we know, this is the oldest **CROWN** piano in Seattle. Phone him, Beacon 905.

## HERE IS WHAT HE TOLD US.

“Our **CROWN** piano had been used by a music teacher over twenty-two years when we purchased it nineteen years ago. Since coming into our possession, the piano has needed tuning but twice, and my daughter has used it several hours almost daily for the past eight or nine years. We would not trade our forty-one-year-old **CROWN** piano for any new piano in Seattle, unless it were another **CROWN**.”

There are many old **CROWN** pianos in Seattle, but they are not for sale. Their owners are not only satisfied, but enthusiastically recommend **CROWN** pianos at every opportunity. On the other hand, we are constantly receiving pianos of practically every other well known make in trade as part payment towards new **CROWN** pianos and player pianos.

Select one of the new model **Crowns**... You will enjoy it every day—every year—for a natural lifetime.

Both price and terms on **CROWN** instruments are moderate when purchased direct from the manufacturers.

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The piano is adapted to the demands of the artist, the musician, the amateur and the student, and will always be, as in the past, the supreme musical instrument for the home. A fine piano or player is practically indispensable to the family circle, but it is not enough to buy a good piano from a reliable firm; it must be well kept or it may get out of order and then the manufacturer is unjustly blamed.

The piano has delicate mechanism. The finer the instrument, the more delicate its construction. The one destroying influence that most radically affects a piano is either excessive dampness or excessive dryness. Extreme or sudden changes of temperature are sure to cause expansion or contraction of the finely adjusted friction points, the result of which may be sticking keys or a rattle in the action. The same forces frequently throw the piano out of tune, or cause "sympathetic vibrations," buzzing sounds that are extremely unpleasant. These annoyances are not the fault of the piano but are caused by the direct forces of nature. They are easily adjusted by the tuner, and as easily prevented by following these suggestions:

Do not place the piano in a new building until the lumber, plaster and varnish work have thoroughly dried. This often takes three months' time after the building is occupied.

Do not keep the piano near an open window or door; especially during damp weather.

Do not keep the piano near a hot stove, radiator or steam pipe.

Do not keep the piano several days in an unheated room during cold or rainy weather. The keys will surely stick if you do.

Close the piano when sweeping or dusting.

Keep the piano open when the air in the room is dry.

Get the best piano tuner available to tune and adjust the piano at least once a year.

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### A PHOTOGRAPHIC FAMILY RECORD

From season to season man changes, as well as the world about him. One of the most interesting things is to look through an old family album and see pictures of the different members of the family taken all along from babyhood up.

But as people grow older and get into the more serious problems of life, they often forget to keep the record of their photographic history unbroken.

There are some people, too, who, when they are no longer young, think that the picture period has gone by, forgetting those who are fathers and mothers) that their children want pictures of their parents just as they have known them during the happiest days of childhood when almost their whole world consisted of "Papa and Mamma."

Likewise the picture of Grandfather and Grandmother means much if taken during that impressionable age of the child when in the cozy chimney corner it has listened in wonder to many a delightful story.

The value of a collection of pictures of this kind is enhanced by variety in the conditions under which the pictures are taken, each helping to give a more perfect characterization, such as the more formal pictures from the studio, those posed amid home scenes and others taken outside with beautiful nature backgrounds.

Besides portraits, there are other associated pictures that fit nicely into the family album—scenes about the old homestead, the

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 FLASHLIGHTS OF BANQUETS  
 LANDSCAPE VIEWS



home itself with its vines and flowers and interiors of the most familiar and best loved rooms.

Certainly it is worth while to begin at once to make such a photographic record. A South African mission boy in an essay on photography, said, "Much has been lost to the world because Adam and Eve didn't know the science of photography back in the Garden of Eden."

Just as you have your family doctor so should you have your family photographer who from year to year makes himself a friend of the family and pictorially records the family history; not only the big events, like baby's first picture, a high school graduation, a twenty-first birthday or a wedding, but the Christmas trees, the Thanksgiving Dinners, summer outings and the regular annual portraits.

The library corner where you keep adding these beautifully illustrated volumes you will find becoming the most entertaining to all your friends.

### Home Photo Gallery

If possible have a room in the attic finished for a photo gallery. This will not cost very much. The main thing is to have an overhead north light. A high dome with the north wall entirely of glass will do, but if possible have a sky light about 4 feet by 6 feet. You will derive more pleasure from such a room than from any other of like cost.

## LAUNDRIES

### What You See in the Airy Orderly Modern Laundry

In the first place you are welcome. Bridget, when she is doing the wash in a steamy, disorderly kitchen or home laundry may resent it if you follow the clothes to see how they are done. The up-to-date laundry owner, however, is glad to see that you take an interest. He has nothing to conceal, nothing to apologize for, and he gladly shows you around among as fascinating a lot of processes as you will find in any industrial establishment.

The airiness and orderliness of the establishment will be most surprising if this is your first visit. You perhaps conceived of a vaporous, malodorous place—your own Monday wash-day raised to the nth degree. Instead you find system, order, improved mechanical appliances and busy people who look as if they enjoyed their work.

Every laundry owner of today understands that in providing the community with clean clothes he must regard himself as an ally of the physician and public health officer. The technique of his calling enforces constant attention to the decencies of civilized existence. He is of necessity an enemy of the causes of discomfort and disease.

You have a little peep into an addressograph room where the laundry lists are printed and filed in rotation for the driver's convenient use. The drivers are separating the laundry into two main classes of starched goods and flat work and accordingly these bundles are given direct to the different marking departments. Here the packages come pouring in so fast that you feel sure the laundry will be swamped and unable this week to get your work out in time. Yet somehow the girls in charge keep ahead of the avalanche, and there is never a halt or hitch in the procession of

soiled goods. The marking machine has a merry click that is characteristic of the spirit of the present day laundry. It is a very necessary machine, withal, for without it the system of identification would break down. Accordingly every piece that does not already bear its proper marks in indelible ink, showing its date of first appearance in this laundry, is clicked through this machine.

You watch the progress of the various articles to the great rotary washing cylinders and you wonder that anybody is content with home washing. Here is used the purest, cleanest of city water and the most efficient and yet harmless of neutral soaps, purchased by the barrel and of much better quality than the average householder ever secures. The mechanical action of the hot and cold waters within the cylinders is entirely controlled by valves.

It is all beautifully regulated, quiet and effective, the soapy solution penetrating the goods quickly and uniformly and without the destructive action that often occurs on the wash board in the wash tub. No sharp and destroying chemicals are used for bleaching in the modern laundries—only common salt and pure water saturated with mild electricity are used for doing this work.

After the washing is complete the water is withdrawn from the goods by whirling them in a "centrifugal extractor" at a high rate of speed, but with no possibility of injuring the most delicate fabric.

Making a detour to the flat-work department (all bed and table linen) you find yourself watching a group of girls who feed to the huge ironer these goods to be returned to the customer dry and smooth, but unstarched. The ironer consists of overlapping cylinders into which the sheets are spread by deft-fingered girls. As the articles come out, unwrinkled, young women fold them neatly with practiced hands.

More elaborate processes await the articles that are to be starched and ironed at the laundry.

The thick, juicy, transparent starch is boiled to the right consistency in steam cookers. The various pieces are starched lightly or heavily as they individually require. Of starching machines there are many and every laundryman has his preferences. Collars have a special starching machine which "wipes them off" before they go to the drying room. In the indoor Sahara the temperature is always like that of a sizzling summer day, and the articles are soon dried thoroughly and evenly.

Before the ironing begins, the articles must be sent through the dampening department again. Under one favorite system they are suspended momentarily in a vat through which tiny streams of water are sprayed. It has aptly been said that a mother could plunge her baby into this tub and feel sure that every square inch of him would be just as wet as every other inch, and no more.

The ironing appliances in a great laundry almost pass description. Collars alone are of so many shapes that the makers of laundry machinery have had to devise many special types of ironers to treat them most economically and effectively. The observer sees that in a good laundry sharp edges are not left on any articles of clothing. Smoothness of finish is a final test.

This test is not theoretical. It is made by a sharp eyed inspector who looks over each article before it goes back to the sorting room. If anything has been imperfectly laundered it is returned at once to be re-laundered. The present day laundryman's one aim in life is to keep up the quality of his work and he holds the inspector strictly accountable for complaints that seem to be merited.



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