

THE WOMAN AT HOME

THE TOILET TABLE.

THE Best Toilet Soaps—Risky Toilet Experiments—Medicinal Baths—Superfluous Hair—Skin Tortures—Sweet Breath—Lines in the Face—Dead Complexions.

KAROLYN has begun another college term, and is anxious to take the freckles off her hands for the first time. She says she is seventeen and has "spent most of her time trying to make her hands look better." She may spend more of her invaluable time washing her hands in elder vinegar, or she may take one-half pound of washing soda and the same of chloride of lime, dissolved in three quarts of boiling water, and when cool enough bathe the back of her hands with the water, not forgetting to rinse them with half a cup of vinegar to the quart of water. This will remove freckles if anything will, and is sovereign for taking out mildew from fabric. Also, try common salt, moistened with lemon juice to a paste, allowed to dry on the freckles in the sun. When dry five minutes wash off and apply cold cream, and I hope Kate's studies will do her hands credit.

Three Pretty Girls write to say that bony necks have been "thorns in their individual flesh" for some years, and invite me to their everlasting gratitude by showing them how to gain round throats. I am not so sure as to their gratitude, when the Two "E's and A's" learn that the only road to their wishes is careful physical culture, not the semi-occupied life young ladies lead whose principal exercise is chattering, which does not tend to round throats. It is a physical fact that many of our young women actually talk the flesh off their bones, the quick effort of mind and voice being of a most wearing kind. Ask any teacher who has to talk in her school half as much as these girls do every day of their lives.

The first thing they want to do is to provide boxes of the charcoal tablets, which come at 15 cents, fifty in a box, and are the most convenient

way of taking charcoal. There is a charcoal and pepsin lozenger of English make which is sovereign for indigestion and the thinness attending, but it is an expensive confection. These charcoal wafers are invaluable for purifying the breath and the blood, so that the food taken affords its best nourishment. Then use filtered water and drink plenty of it. Eat figs and apples before meals and when really hungry at other times, always brushing the teeth carefully and rinsing the mouth after eating. The corrosive acids formed in the mouth inflame the stomach and waste flesh, and have much to do with the scrawnyness of women. For breakfast take hot maple syrup, cracked wheat—not oatmeal, which, I repeat, is starchy and clogging as usually cooked—fresh soft-boiled eggs (three, if possible) and good coffee, with meats or fish, as preferred. At night on retiring, take a milk punch or calvesfoot jelly, beaten with orange juice and a fresh egg, or a tablespoonful of salad oil, mixed with three tablespoonfuls of Burgundy or port, adding a little honey or lemon if liked. Something in shape of light refreshment before going to bed is the best recipe to gain flesh rapidly. Nourishment taken then is not wasted in exertion, but laid up in the form of tissue, which rounds the figure and forms a little reserve of strength for the next day. Women who work hard should always take, if possible, some little agreeable thing to eat or drink before sleeping. A cup of chocolate and graham wafers, or jelly, or a cup of clam broth will build up the strength better than tonics. To develop the muscles of the throat and shoulders and gain a graceful, bird-like flexibility as well, practise turning the head from side to side as far as possible, slowly at first, and never very fast, for that

BY SHIRLEY DARE.

wrinkles the throat. Try this five or ten minutes night and morning, bathing the neck well in warm water and rubbing in cerate before sleeping.

A linen bandage, wet with scented oil, worn round the throat nights, will nourish the skin and flesh, especially put on while one is warm with exercise. Singing is, however, the best method of gaining round contours of the throat. A woman who does not sing makes a mistake which should be repaired immediately. We seldom see a singer with a scrawny throat.

Mrs. A. says: "Do tell us more about complexions and dresses; that is all we want to hear about," and forwards questions like a sensible woman. 1. Friction should be very gentle to drive wrinkles from the face. Put on a touch of toilet cerate and stroke the lines of the wrinkles lightly to work it into the skin. 2. To enlarge the bust, sing, breathe deeply, rub the breast with sweet oil at night and use light, upward friction, and after bathing in the morning set the elbows akimbo, clench the hands and wrench the shoulders from side to side, bring the point of the elbow in front of the chest at each turn, and exercise which develops and throws out the breast, sending the blood in full play to nourish it. Bathe the chest with cold water when warm, and use friction with the loofa all over the trunks when cold. The loofa is the fibe of an African gourd, which softens in water but regains its crispness and form when dry, and is valued for friction of the skin in place of a flesh brush. Remedy any weakness of the hips or back. 3. To keep your hair from falling out try internal treatment and change of diet. If you can, as you say, bathe every night, walk six miles a day and sleep nine hours, and yet have a bad complexion, the fault is in the food. Try taraxacum and charcoal treatment, eat coarse bread and cracked wheat with each meal. Don't eat liver and bacon or pork, made gravies or pastry, and continue your hearty contempt for made-up faces.

THE MARKET TO-DAY.

FALL Prices—Time for Green Goose and Young Turkeys—How to Broil a Young Turkey and Roast a Gosling—The Proper Vegetables and Salads—Household Hints.

NEW YORKERS are returning to the city from their Summer outings to find the markets so abundantly supplied with good things that they are glad enough to get back to their own tables and to home cooking.

Fruit of all sorts has never been more abundant or finer. Big Jersey peaches, luscious and beautiful, are selling for 12 cents a quart or for \$1 a basket. Grapes, both Niagaras and Concord, are only 20 cents a basket. Kalamazoo celery sells for 10 cents a stalk. Meats of all kinds are cheap and fine. Dairy products are prime and sweet at low prices. Evergreen corn, good up to November, is 25 cents a dozen, Lima beans, 30 cents a half peck, lettuce, romaine and escarole salads (never finer) 10 cents a head. Poultry is particularly fine, and nothing at this time of year is more acceptable for dinner than a broiled turkey, a roast duckling, green goose roasted or young chicken—not a six-weeks-old broiler, but a five or six-months old, well-fed and well-conditioned chicken. Gosling—or to speak more by the rule, green geese—from Rhode Island and Massachusetts, warranted free from fishy flavor, are now selling at 20 cents a pound. Ducklings, also sent by reliable poulterers and warranted free from fishy flavor, are selling at 18 cents a pound—fat as butter. Young broiling turkeys are selling for 25 cents a pound, and fine chickens for 16 cents a pound. Directions for cooking these birds are given below, with suggestions as to accompanying vegetables, sauces and salads.

BROILED TURKEY.—Select a small, young turkey, with the flesh white. Have it drawn carefully through a small gash cut above the vent. Then be very particular to trim it nicely. Cut off the tip ends of the wings, cut the neck close to the body, disjoint the lower part of the

legs and pluck out all the pin feathers. Pour two tablespoonfuls of alcohol in a thick earthenware plate, set fire to the alcohol and singe all the hairs from the turkey over the flame. Next take a clean, dry cloth and wipe the outside of the bird quite dry. Split it down the entire length of the back for broiling, just as you would a chicken. Do not pound it to flatten the bones, but take hold of it with both hands each side of the backbone and give it a wrench, which will flatten it all right.

Place the turkey on the broiler, skin side to the coals or gas flame. After it has broiled two minutes pull it forward and sprinkle it well with salt. Then put it back to broil. When one side is a rich brown turn it over and broil the other side. Melt some perfectly sweet butter on a large, hot platter; lay the turkey on it, skin side up. Sprinkle it well with black pepper and a little more salt. Put a few little flecks of butter on top, garnish the platter with sprigs of parsley and serve the turkey at once.

Lima beans and hashed creamed potatoes are the proper vegetables to serve with broiled turkey, followed by tomatoes with mayonnaise. Dress the tomatoes with plenty of watercress.

ROAST DUCKLING.—Pluck the pin feathers and singe the duckling, as directed for the turkey. Draw it just above the vent and remove the crop and windpipe. After cutting off the head, without cutting the breast, make a stuffing as follows: Soak a half loaf of bread in cold water till completely wet through. Then squeeze out most of the water. Put the bread in a chopping bowl with a small onion, two sprigs of parsley and a well-rounded teaspoonful of powdered sage. Season well with salt and pepper and chop all together fine. Stuff the duck through the gash

BY JULE DE RYTHER.

cut to draw it, also through the neck to make the breast plump. Sew it up, tie the skin well over the neck, truss the legs and wings well. Put it in a dripping pan, rub salt and pepper all over the bird, and roast it quickly in a hot oven till tender. Put the giblets in a sauce pan, cover them with water and let them simmer. Three or four times while the duck is roasting dash some of the water from the giblets over it. If gravy is to be served make it in the dripping pan after the duck is taken out by mashing the giblets in the bottom of the pan, stirring in a little flour and the water from the giblets. Let this boil two minutes; then strain through rather a coarse strainer into a gravy boat.

Serve apple sauce with the duck. Broiled egg-plant, mashed potatoes and boiled Spanish onions are the vegetables to serve, followed by a romaine or escarole salad.

ROAST GREEN GOOSE.—Gosling or green geese are roasted and served the same as duckling, only mashed potatoes are used for stuffing instead of bread crumbs.

BOILED CHICKEN.—Take two young Plymouth Rock or Brahma chickens; have them large but perfectly tender. Never select Spanish or Leghorn chickens for cooking in any way. They are too dry and fibrous. Dress the chicken just as for roasting. Do not stuff them. Put them in a kettle with a very little water, to which has been added a half an onion, a bit of celery root and two sprigs of parsley. Truss the chickens well and season with salt. Let them cook slowly till very tender. Lay them on a hot platter. When done surround by a deep border of parsley. Ornament them with slices of hard-boiled eggs and of lemon. Serve with the chickens a large dish of thick cream sauce to which three finely chopped hard-boiled eggs and a little chopped parsley have been added.

Chicken cooked in this way with baked sweet potatoes, green corn and a lettuce salad makes a dinner fit for a king. No soup or entrees are necessary—just a little fruit, some cream cheese and coffee as a dessert.