

WOMEN'S PAGE

LACES AND FLOUNCES IN FASHIONS

The New Opera Goyescas May Introduce Another Detail or Two.

SPANISH COMBS AND SCARFS WORN.

New York, March 2.
The Spanish influence, they call our tendency this season toward ruffles, flounces, laces, full short skirts, and basques. This note was first mentioned at the introduction of the bolero, a little earlier in the season, and since the premiere of Goyescas at the Metropolitan Opera House some weeks ago—the first time, by the way, that America has been honored with a first performance of a new opera—this Spanish note is being talked of more and more. Whether it will really be an important issue in the summer fashions is yet to be seen; so



Novel Skirt Drapery.

It is being noticed only in a strong way toward the deep Spanish flounce lace on dance and dinner dresses, and on lingerie summer frocks.

In the fascinating Fandango, danced in the second act of Goyescas, the dancer wears a charming little frock of yellow, with two deep black lace flounces joined to veil the skirt from below a deep yoke depth; the frock is so dainty and graceful that it should incline us all to Spanish lace flounces.

The Spanish Lace Scarf.

All through the brilliant audience on opening night, as a delicate attention no doubt to the composer, one saw the Spanish lace scarf in both black and white, draped about gleaming white shoulders. Here and there in true Spanish fashion too, a high back comb was seen, often in the shining black hair of a true Spanish beauty; and there were any number of them, keenly appreciative of their countryman's offering. There has never been anything more graceful and useful than these scarfs and any one possessing one should be more than grateful. They are a charming accessory to the formal evening gown and serve the dance frock equally well.

The Vogue of Lace.

Much lace is being used on dresses aside from flounces. One of the favorite methods is to veil a deep band of lace in the bodice, as shown in our first illustration, and another use is shown in the sleeves and front panel effect on the other frock. The metal laces, rather heavy in weave, are especially effective for veiling purposes. The gold and silver bandings are most attractive. Often in the costume blouse the lace is attached to a flesh colored lining, or is veiled first with pale pink chiffon and the pink in turn veiled with the dark blue, black, or other shade of the blouse.

Raglan and Drop-Shoulders.

Becoming and graceful for all types is the drop-shoulder, especially when the blouse or frock is fashioned of a soft, drapery stuff like crepe Georgette, chiffon, or one of the soft silk crepes. The fad for trimming these soft materials with colored beads is one of the most artistic and effective notions we have seen for many a day. A blouse in Russian style, imported recently by one of our smart shops, was fashioned of a dull copper-colored crepe de Chine. It closed straight down the front and the raglan shoulders were outlined front and back with a banding of burnished beads, in several tones, shading from gold to copper. The loose waist was held in slightly at the normal waistline with a twisted cord of the beads with tasseled ends. It was a garment which could be appropriately worn with separate skirt for the street, without a coat.

While there are some rather complex ideas this spring, the majority of frocks and blouses are simplicity itself; any one who can handle a needle can fashion



A Charming Use of Lace.

them, if she will keep one or two important facts in mind; first, that the new shoulder line is sloping; second, that sleeves, while loose, should give an indication of the shape of the arm. A tight-fitting cuff will serve to do this becomingly; third, that skirts must curve over the hips, unless they are the full-gathered models, and must be as full below the hips as possible.

Many of the dainty, sheer cottons, voiles, organdies, crepes and similar fabrics, are being made up in the regulation shirt-waist-dress style, with perhaps a bit of colored embroidery or a band or two of ribbon for trimming. Ribbon, in the soft summer colorings, picot-edged, or plain taffeta or moiré, is being used quite extravagantly on frocks and blouses of all descriptions. They are dainty, summery, and may be easily tucked on or taken off when the frock requires tubbing.

An Ad. in these columns will sell anything from a needle to an anchor. What do you want to sell?

WAYS OF USING RICE.

Nutritious and Easily Digested Cereal Serves Many Purposes in the Diet Recipes for Cooking.

There are few food materials which serve more purposes than rice. It is used as a breakfast cereal, as a thickening for soups, as a vegetable, as an ingredient of "made dishes," in which it may appear in combination with meat, fish, eggs, cheese, or vegetables, and sweetened and flavored in various ways as a dessert. The office of Home Economics of the Department of Agriculture has been studying the food value of rice prepared in various ways, and housekeepers can perhaps use it with better understanding of its advantages if they consider some of the results of these studies.

In and of itself, rice is a mild and pleasant flavored cereal, which, when properly cooked, furnishes the body with an abundance of easily digested starch, and this explains why Orientals can use it as the "staff of life" instead of bread, and why it may be substituted for wheat or corn or oatmeal as a breakfast cereal. Many persons think it also may be substituted for potatoes as a mild-flavored vegetable. This is a natural supposition, since a portion of cooked rice furnishes the body with about the same quantity of energy-producing starch as a portion of potatoes. Potatoes, however, like most vegetables, differ from cereal foods in the character and combination of the mineral matters and acids they contain, which play an important part in nourishing the body and keeping it in good working order. This means that they are not exact substitutes for one another, and that the common custom of substituting rice for potatoes is a considerable extent of foods prepared from cereal grains is a commendable one. It follows that when rice is used like the potato as the principal starchy food of the meal, one should be careful to use fruits and vegetables generously—a custom which is in accordance with the traditions of good housekeeping.

Ideas differ as to what is the best way of cooking rice, but probably the most generally accepted standard is to have all the grains distinct. Rice cooked this way is often described as "Southern style," although it is by no means confined to the Southern states. It may be prepared as follows: To a quart of rapidly boiling water, containing two level teaspoonfuls of salt, a cupful of thoroughly washed rice is added so slowly that the boiling is not stopped. If stirring is permitted, the rice being kept from sticking to the kettle by the rapid boiling. About twenty minutes' cooking is needed. When the rice is soft, the water is poured off from it and it is covered with a cloth and placed in a warm part of the stove so that its grain will swell. Some cooks, before covering it with a cloth, turn it into a strainer and pour over it about a quart of hot water to remove the starchy material on the outside of the grain.

The water poured off from the cooked rice contains a certain amount of food material, principally starch, and this may be boiled down and used in making soup. It will thicken the soup as would cornstarch or flour. Another way to prevent waste is to cook rice in a double boiler in only so much water as it will absorb while softening. When so cooked about three cupfuls of water and one level teaspoonful of salt are allowed for a cupful of rice. If the rice is not stirred while it is cooking, it will be not unattractive in appearance, although the grains will not be absolutely dry and separate. A more savory dish may be made by substituting meat broth and strained tomato juice for the water.

The food value of boiled rice may be increased by using milk instead of water in preparing it. This has no special advantage in families where milk must be economically used, but where there is a large amount of skim milk which might otherwise be thrown away it is worth considering. If rice is cooked in an uncovered double boiler it can be made to absorb at least six times its volume of skim milk. By this means the protein of the dish is greatly increased. In the following recipe the amount of protein supplied by the skim milk is equal to more than that in a pound of round of beef without bone.

Rice Cooked in Skim Milk.

1 cupful of rice, 6 cupfuls of skim milk, 3 teaspoonfuls of salt.

Wash the rice thoroughly. Cook in an uncovered double boiler till all the milk is absorbed, which will take at least an hour. This nutritious dish can be made savory as well by adding to the ingredients one-fourth level teaspoonful of curry powder and a few grains of cayenne. Eaten with butter or gravy, it is very palatable when served with meat or in a similar way. If one prefers the rice can be made savory by seasoning with a few drops of onion juice, celery salt, and paprika, or a little cayenne pepper, if it is liked, or with grated cheese.

CANNING AND SANITATION.

Absolute Cleanliness Required by Club Demonstrators Serves as Object Lesson to Entire Household.

Nothing demonstrates the value of home sanitation in a more practical way than the home canning of fruits and vegetables, according to the demonstration agents of the Department of Agriculture and state colleges. The first step in every canning demonstration is to make certain that the kitchen and all utensils are absolutely clean and that the product to be canned is in sound, wholesome condition. The next step is to sterilize thoroughly utensils, fruit, and cans and jars, as heat and cleanliness are the only preserving elements allowed. In teaching the "why" and "wherefore" of heat and cleanliness in canning, the demonstrators are able to give the girls, in a simple way, practical knowledge of the effects of bacteria and molds and to make them realize that dirt is synonymous with these destructive "germs." The girl who neglects to take these things into account soon gets a serious object lesson in a spoiled batch of canned vegetables. Following such demonstrations it is far easier to get families to adopt sanitary measures with milk, water, and other foods than when the general subject of sanitation is attacked directly or in an abstract way.

In their campaigns against the house flies, the country agents in the South have found that inducing the children to make their own home-constructed fly trap is far more effective than literature or general discussion of the danger from these typhoid carriers. Once the family installs such a trap and sees that it is catching hundreds and thousands of these dirty insects right where their food is prepared, they are ready to consider further preventive measures such as the destruction of the larvae of flies in the manure heaps. It is then not difficult to induce them to screen their doors and windows, and to continue the use of flytraps to catch the few flies that get in spite of screens. Willingness to exercise the greatest care in the disposition of garbage and filth, and especially to prevent flies from passing from stables and out-houses into the house, follows logically.

THE AMERICAN BABY.

His royal highness the American baby will have the entire nation bowing before him during the week March 4-11. For that is baby week, and hundreds of cities and towns will devote seven full days to the betterment of the country's greatest asset—its babies.

Baby week begins Saturday, March 4, in Jewish synagogues as baby Sabbath. The next day will be baby Sunday in the Christian churches, and ministers will preach on child conservation. Then throughout the week there will be other features, including mother's day, father's day and others.

Baby week is only two years old, having originated in Chicago, but it has spread all over the United States and even to our insular possessions in its brief existence. A women's club in the British West Indies has written to the federal children's bureau for information about what baby week means and expects to initiate a local campaign. The Philippines will likewise take part in the celebrations. Alaska also is progressive, and even the Indian reservations in the West have planned unique methods of teaching mothers how to improve the papooses.

Wisconsin initiated a state wide campaign in which especial emphasis was placed on adequate nursing care and instruction for prospective mothers. In Nebraska a child welfare exhibit was prepared by the women's clubs of Omaha and Lincoln and will travel about among the clubs throughout the state after the baby week in those two cities is over. One town in Maryland is going to have a birth registration day and announces that an enterprising merchant has promised to give a toothbrush to every mother who goes to the city hall to find out whether her baby's birth is registered. Another community is having a competition for the cleverest window plan for baby week publicity.

Many leaders in the movement hold that the registration of babies is one of the most important features of the different campaigns and have pointed to many instances where lax methods have caused much trouble.

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