

# SUNDAY MAGAZINE SECTION

## THE RALEIGH MORNING POST

SUNDAY MORNING, MARCH 1, 1903.

### Food For Lenten Days.

With the advent of Lent there should be a change in the family dietary, even if only for religious reasons have nothing to do with the flagging appetite, the "tired" look and not infrequently a complexion toward exponent of disordered blood and liver.

The harbinger of the vernal season comes in the pink and green rhubarb, or "spring" as it was called in the eighteenth century.

The food value of the rhubarb is its value for its agreeable flavor and diuretic properties. It contains so much of oxalic acid that persons with acidity are counseled not to eat to excess, but for the ordinary individual it gives a flip to appetite and starts the machinery with renewed activity.

The early spring rhubarb is much more succulent than the second growth, which comes after midsummer. The latter has more pectose, and on this account

Butter a deep earthenware dish and fill with rhubarb cut in inch pieces. Make a batter of flour, milk, salt and eggs. Allow a tablespoonful of flour to each egg and milk enough to make a batter of the consistency of that used for fritters. Pour this over the rhubarb and bake until a golden brown.

**Pomelo, or Grape Fruit.**

Fruit, princeps among the beneficent spring tonics stands the pomelo, or grape fruit, which dietists and physicians consider a sovereign remedy for malaria and bilious troubles. Grape fruit comes to the New York market from Florida, Cuba, Texas and California. Arizona grape fruit, which is sweeter and juicier than any of the others, seldom gets past Chicago. The best article in our markets is the Florida pomelo, which is large, juicy and thin skinned.

At present they are retailing at from 5 to 10 cents apiece, according to size and quality. It is the first incantation taste of the white, bitter membrane which forms the outer coating of the pulp that leads the novice to declare against the fruit. While



Picturesque Demi-Toilette Worn by Mile. Brandes.

this bitter substance is as medicinal in its way as quinine. Its room is better than its company. Cut the fruit crosswise like an orange, remove the seeds, then with the scissors slip away the membrane where the covering to the sections converges. When this is loosened the partitions can be lifted out and then the pulp removed in sizable pieces. While many consumers of the fruit prefer it in the natural state without sugar, many persons want it well sweetened, then flavored with cherry or Madeira and chilled.

**Grape Fruit Salad.**

This may be made with mayonnaise or a French dressing, or the fruit section apart, leaving no trace of the membrane adhering to the pulp. Mix with lettuce, dress with a little powdered sugar or salad dressing.

**Grape Fruit Sorbet.**

Frequently appears between the roast and game course of a dinner. It is well liked and dressed with sugar and rum.

**Oyster Cocktail in Grape Fruit.**

As introductory to an elaborate course breakfast or luncheon the oyster cocktail in grape fruit still holds its own. The fruit is cut in halves and prepared in the usual way, with seeds and core removed. The pulp is then loosened all around and tiny Blue Points, four or five, are dropped on the center of each half fruit. These consist of lemon juice, tomato catsup, salt, vinegar and Worcestershire sauce, or if preferred, a few drops of tabasco. Serve ice cold.

**Pomelo Punch.**

Mix an equal quantity of Malaga grapes, cut and seeded, and grape fruit pulp, dress with sugar and rum, freeze to a milklike consistency and serve in punch glasses. One or two candied cherries always contribute a pretty touch of color, as well as an agreeable flavor to the view of grape fruit.

**The Potent Onion.**

Another of nature's remedies that deserves liberal patronage at this season is the onion. Within its silvery skin are potent preservatives or remedies for half the ills that flesh is heir to—croup, asthma, sleeplessness, biliousness, coughs, colds, sleeplessness, neuralgia, diphtheria, croup, scapular affections, nervousness. It gives tone to the stomach, cures the venereal organs and heats all the complexion beautifies in or out of the market. With all these points in its favor the objection to its odor should not count, especially as it can be easily mitigated. It was Deen Swift who said:

This is every cook's opinion—No savory dish without an onion. The best your kissing should be—And your onion should be thoroughly boiled.

For those who wish their onions raw—and if they are to go to the best work as complexion purifiers and tonics they are better so—there is still something to be said. Select mild onions—Bermudas at this season—peel, slice thin, cover with hot water and let them stand half an hour. Turn that water off and pour on more. In another half hour drain, pressing the onion to extract as much of the aromatic oil as possible. Put on the ice to crisp.



A Drainty Waitress.

# DISTINCTION IN PARIS STAGE FASHIONS

To strike an individual, a distinctive note in dress is now the aim and ambition of every woman who wishes to be considered well-groomed. The picturesque in theatrical styles is acknowledged to be something greatly to be desired, but is not nearly so unusual, as the distinctive is not every-day dress, to attain which is by no means an easy task.

A very well-gowned, or, as the phrase is, any well-trimmed-out, woman who is conspicuous for her gowns has either unlimited money to spend on dress, is gifted with unusual ideas or is a clever manager, who understands the way to dress so that, while apparently following closely the dictates of fashion, in reality is carrying out some individual thought or style. When the majority of women have their hair waved or curled the individual woman will wear hers in some severely simple style and without a sign of wave. When gowns are elaborately and "fussily" trimmed she will wear a gown that has not one inch of trimming, but which owes its beauty to its simple lines; if plain skirts are worn, then she has hers flared or ruffled. Many of the leading houses in Paris send out styles for dress that are absolutely different from the ones most in favor—here, in fact, a year and sometimes two years ahead, for these styles will be seen on anybody two years afterward, and these gowns are the ones chosen by the woman who goes in for the distinctive.

It is now two years since the first pompadour was seen, the cap-shaped ones that fit close to the head and are worn back of the pompadour. The fashion to start with was only attempted by two or three smart women, and was quite too expensive to become popular at once, but gradually it is gaining a foothold, for it is certainly attractive and picturesque, although not generally becoming. It is a fashion that seems in keeping with velvet gowns, deep lace collars and cuffs, jeweled girdles and old portraits, and yet one which is in favor with young girls, where soft, curly hair certainly looks most charming with this style of hair ornament.

Princess gowns afford good opportunities for the picturesque and also for the individual fancies, and it is interesting to note

how the stiff, hard lines of the princess fashion, according to the stereotyped fashion plates, are completely transformed under the picturesque treatment. A flowered or figured brocade, satin or velvet princess gown, under the picturesque treatment, fits perfectly, but below the waist there is more fullness, and the lines are curiously softened, "queer," dull shades of color, odd patterns, are chosen in place of the almost too bright plain colors and the set designs. Where lace is used it has the yellowish tinge in place of the white, a small amount of the real being considered far more desirable than many yards of imitation. Antic buttons and buckles are preferred to the modern and more elaborate ones, and so on indefinitely. Unfortunately, however, there are many so-called picturesque and artistic effects which are to be avoided. A woman who has a natural eye for color and a knowledge of what is becoming, and also knows how to put on her clothes, often makes the mistake of adopting what she calls the artistic fashion, and then there loses her marked individuality, which consisted in being becomingly gowned and at the same time being neat and trim. To be really artistic and picturesque requires a thorough knowledge of what is artistic and picturesque, and these two attributes must be combined with the becoming. To be artistically and fashionably dressed and to wear unbecomingly-looking colors and to have one's clothes look as though they had been thrown on one either picturesquely or artistically from the well-gowned point of view, and it can be understood that care and study are necessary to secure the desired results.

Evening gowns with those floating draperies are fashionable at the moment and are picturesque as well if only carefully made. A full shirtwaist effect on a stout elderly figure may be the copy of some charming fashion which at once loses all its claim by being so misapplied. While the tall, slender, youthful figure lightly encased in stiff

brocade satin or velvet looks neither youthful nor graceful, the average woman is, of course, more or less at the mercy of the dressmaker or tailor who delights to exhibit the latest model on the tallest, most long-waisted and slenderest of his employees, and this for the benefit of the short, thick set possible customer. Not until some enterprising and conscientious modiste will be honest enough to exhibit gowns suitable for stout women on stout models and, vice versa, for thin women on thin models can there be a majority of well-gowned women, so it is necessary to use one's own individual ideas, first making sure those ideas are correct, in order to be distinctive.

Choosing some one color that is becoming and then having all covers, hats, wraps, etc., in the same coloring, although in different shades, gives a distinctive tone at once to dress. A woman to whom brown is becoming can give the changes indefinitely, for from the lightest butter color up to dark seal is a wide range. Blue, purple, green, and so on indefinitely, can be similarly used so as to produce countless variations of material, trimmings and styles. To be worn one day in red, another day in purple, blue or any other color that comes along destroys an individuality, and the same way in hats. And there is an economical side to the fact as well, that parasols, ribbons and the hundred and one accessories in life can be made more serviceable when the one color scheme is successfully carried out. What looks well with any one gown will be perfectly possible with another of the same color, even though it be a different shade.



Lace Frock Worn by Rejane.

### Correct Dress For Servants

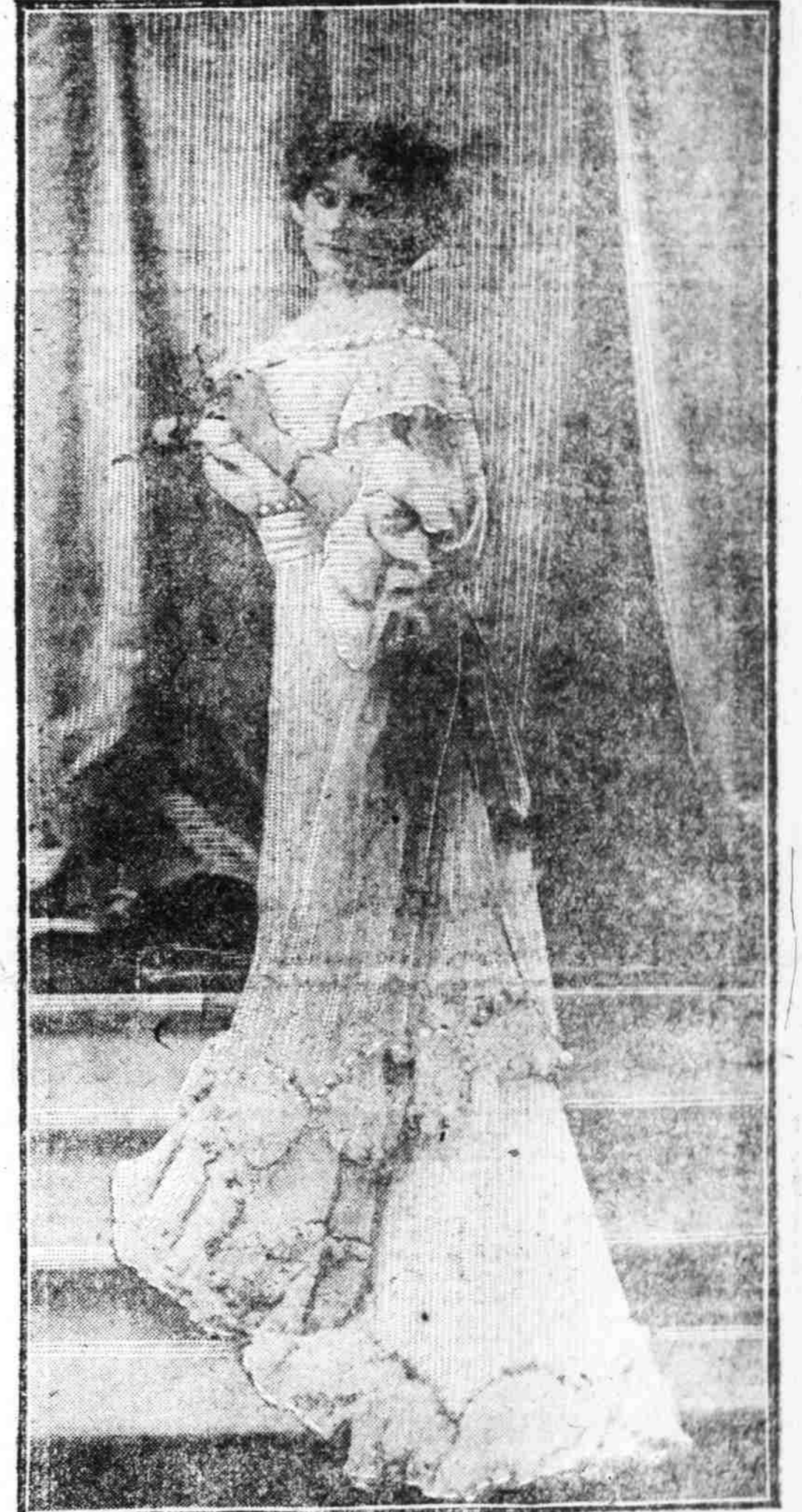
The question of domestic service and of domestics is, of necessity, an engaging one in these days when enormous wages are paid and perfect service is demanded, with a smart, neat appearance of the servants. Perhaps in this way women apply a salve to their consciences for paying high wages, for an untidy man or maid servant, no matter how good a servant he or she may be, adds it difficult to secure a situation in a wealthy family.

The fashion of the moment is to choose some color and have the maid servants dress in that. Necessarily, the different middle-performers, chambermaid, lady's maid, etc., have different styles of dresses, but the plan of having the same color is an excellent one, and certainly adds much to the general

streamers. This is, of course, a more or less conspicuous one and many women prefer to have their children's nurse dress simply, in a plain black or dark suit and coat, with a small bonnet, in which is a ribbon bow.

The servants of any well-appointed house are expected to look trim and neat, even in their street gowns, but as has been said, there are no rules as to what they must wear when they go out on their own business.

Attention to the details of every makes a great deal more difference than the unutilized imagine. It has not been so very long ago, in New York, since a millionaire, who was starting an establishment in which



Dinner Gown Worn by Glad Darby.

effect of the house being well kept and of the details being well looked after. One woman objects to have her maid servants always in black, another in pink, and still another has her maids in white. While the first work of the day is being done—the day which requires hard service—the gown must be of a dark color, but it must be the same color. After twelve o'clock in the day any maid servant whose duties bring her before the eyes of any of the household must be in the freshest and neatest of frocks.

The waitress or parlormaid in a house where no man servant is kept, wears a black bow, a trimmed down collar and cuffs and a small black tie. The cook and chambermaid wear a large, wide-brimmed hat, which is not always required to wear a cap; in fact, it is rather an objection of her position that she is not required to wear a cap, but she wears a hat or apron. The chambermaid always is dressed on the same lines as the parlormaid. In houses where the maids are dressed in black in the afternoon—the rule is the rule in the majority of households—they wear the light dresses in the morning, and then after five o'clock have a neat black dress. The three-colored or oval cap of dotted muslin, with pebbles edged with lace, is considered the best, and while these caps are made in many ways, it is impossible to number them well, they are comparatively so inexpensive that there is no excuse for a servant being seen in one that is not absolutely fresh.

The style of dress is the same for morning and afternoon. A short skirt, just short enough to clear the floor, made with some cambric on the back; a waist with some fullness on the shoulders, medium size sleeves, always a large enough to allow of the free use of the arms, finished with a narrow cuff and a broad, rounded throat. The collar and the cuffs are in the same style. In every detail of the dress, while care must be taken to have it attractive and give a certain distinction to work in it without any difficulty. A waist that fits too tight, a light-colored style and a skirt too short is not allowable.

There were many men servants upon being asked in what colored dress they wished their maids to appear, and after a moment's hesitation they replied that they would like to have their maids in the same colored livery as they wore when in the employ of Mrs. Blank. It is a very valuable always looked upon in these days, the family, whether it be of one, two or three generations, that is what sort of business to the family name, and here is no more uncertainty. In a small household, where one or two maidservants are kept, the style of dress is strictly as possible, as no special style of dress, apron and such as is rightly carried out as in the general and household provisions household.

**What is Expected When a Maid is on Duty.**

While no one attempts to control the dress of servants at all hours, it is expected that the lady's maid, when she goes on errands for her employer or accompanies her, should wear a quiet costume. A coat and skirt to match, of black or some dark color, a small hat with a bow of ribbon and everything as neat as possible.

The French style of dress for a child's nurse is the same as it has been for some time. The short skirt of woollen material or wash material, as preferred, the long circular cloak with hood, and a white cap with a broad ribbon, bow on top and long



In Fancy Cap and Apron.