

Boarding-houses are in some sort evidence of ordinary expectation, and in New York, at all events, luncheons are universal in middle-class life. This would be a wise and satisfactory arrangement if it were sensibly carried out, and would be yet wiser in the case of a still larger class of our population, those, namely, who, having very small means and very hard work, find a difficulty in making both ends meet; but with the usual perversity of things, with this class, to whom it is all-important to know how to live on 20 cents a day, early dinners and evening heterogenous meals are common. A little consideration and common sense would alter this for the better.

Housekeepers have a strange and mistaken idea that late dinners make more work, and where one servant only is kept, in England as well as here, there is a prejudice in favor of early dining, on the plea that with late dinners a girl's work is never done. There is very little sense in this. As a matter of fact, the preparation of dinner in the morning is such an interruption to housework that it more than counterbalances any economy of time in the afternoon. There is no reason why the cooking of an ordinary dinner should upset household order in the afternoon, when there is no cleaning going on (or ought not to be); whereas in the morning a thousand things demand attention. I would recommend all housekeepers on small incomes, with help limited to one servant or to occasional assistance, to consider this fact, and especially in reference to that inevitable washing-day familiar to us all. A still more important feature in regard to it suggests itself when we consider the necessities of that immense population engaged all day in stores and workshops, counting their earnings in single dollars, many of whom, from a most mistaken idea of economy, live near their places of business and rush home for dinner during the free midday hour, or take their dinners at cheap restaurants, relying upon the compound supper with tea at night. If middle-class and working families could realize the possibilities of lunch shorn of its absurd appurtenances, late dinners would become universal, and luncheon for 20 or 25 cents both satisfactory and enjoyable.

For a luncheon ought to be light; that is its very first essential, quite apart from all considerations of pocket-book. Meat, even warmed-over meat, really has no place there except an incidental one; tea is an atrocity, harmful positively. And as this is universally true, it is scarcely necessary to insist upon the absence of these two extravagances as peculiar to the limited expenditure of the strict economists; but as people do dearly like to be "in the fashion," it may at least comfort those who *must* do it for necessity, to know that the luncheons of those who in England lead the van in fashionable life are simplicity itself. A little *bouillon*, a simple salad, a dish of fruit or jam, daintily served, represent the luncheon of the refined portion of the community. Why should it not find its counterpart here? It is not a question of pocket, but of common sense.

In the busy household where claims are made upon the mother from morning till night, in those where the mother is the bread-winner and perforce absent, as well as in the thousand families all over the country to whom economy is essential, a simple unpretending luncheon would mean ease of pocket and economy of time. It should be, *in character*, what the *déjeuner à la fourchette* is to the economic Frenchman, while the essential elements must vary according to circumstance. It should comprise a simple soup, costing but a few cents, made without stock; a salad, when lettuce or field-salad or water-cress is cheap; a little stewed fruit, perhaps; grated cheese, or the like. How few people realize that nourishment is afforded by vegetable or plain soups as well as by strong meat. They are manifold in number, easy of preparation, and above all absolutely economic, for nothing

is wasted. And where change is liked, consider the economy and value of eggs as lunch diet whenever they are cheap; and even when costing two or three cents apiece an omelet (which can be varied almost to infinity) costs but twelve or fifteen cents. It is in the use of ordinary articles of everyday knowledge that the hope of economy lies, not, as so many people aimlessly believe, in the invention or discovery of new ones.

There are plenty of economic and successful housekeepers who are remarkably clever in making up dishes from cold remains, and such knowledge is invaluable and will be insisted upon by us later on; but when expenditure is limited to the sum of one dollar a day for five people, all such genius must be applied to the consideration of dinners.

Luncheons for straightened purses may have all the merit of being highly refined, for they certainly cannot embrace meat, although occasionally, when fish is plentiful and easy of attainment, it may be introduced, but is not highly recommended for the simple reasons that it requires more care in preparation, is less nourishing, and less *digestible* than light soups, salads, or eggs. In conclusion, merely as suggesting greater possibilities, these simple luncheons are given, any one of which will come easily within the stipulated sum for luncheon, 33½ cents for five persons.

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| I. | II. |
| Carrot soup, served in cups.
Water-cress salad, with simple
French dressing.
Toasted Bread. | Omelet (made with four eggs), with
thyme.
Milk toast (toasted bread soaked in
milk, no butter).
Marmalade. |
| III. | |
| Bean soup (of small haricot beans).
Lettuce or field-salad, with simple
dressing.
Bread and butter. | |

These soups, made in simple French fashion by merely cooking either carrots or beans in water till perfectly tender, then rubbing through a colander, adding a small piece of butter, pepper and salt, are most inexpensive, half a pint of beans, and three good-sized carrots being all the material required, respectively. In the same way celery, which can be bought cheap when not sufficiently white or crisp for table use, or indeed the root only, which is generally thrown away, makes a most admirable simple soup when merely cut up and boiled till perfectly tender, then strained, thickened, and brought to the boil. A list of such simple soups, prepared either as the French, Germans or Swiss prepare them, may be of great value to the American housekeepers, and will be given in a later article.

JANET E. RUUTZ-REES.

From Cellar to Garret.

III.

THE BED-ROOMS AND BATH-ROOM.

THE upper part of the house next occupied our attention. Upon examination we found that the plaster upon the walls, originally of poor quality and rather badly put on, was cracked in several places, and had been pasted over with cloth and paper, to cover and strengthen it, until it was in a most dilapidated condition; and as it only hung to the lath by the corners and occasional patches, there was no other way than to take it off altogether. The entire plastering on the upper story was, therefore, cleared off, new lath put on where it was required, and the flues in the chimneys put in perfect order and closed with hooded pipe and slating at the top. The wood-work and floors were in good condition with the exception of several coats of cheap paint upon

the former, which had to be removed before the grain of the wood was visible.

There was a bay-window on each side of the main entrance. These windows extended up to the square-topped roof, and added greatly to the appearance of the house. Special attention was given to the wood-work about the windows, in order that they might not be draughty, and cold in winter. The walls around them were filled in with mortar or cement, which was closely pressed into every crevice, and, aside from excluding the cold, kept rats and mice from the walls. Great pains were taken with the preparation and putting on of the plaster, as such work is so disagreeable that we did not wish to repeat it for many years.

The side-walls of the room over the dining-room were finished in a pearl gray, the ceiling in a lighter gray shading to a bluish white in the middle of the room, and the cornice was a pale, dull pink. The wood-work of this room was very plain, and we feared it would not look well done in stained finish; so it was painted a medium shade of drab, and varnished. The floor was coated with an antique oak stain, and polished. We were to use a carpet rug, which almost covered the floor, and left only a narrow margin around the room, and the space in the bay-window, uncovered.

The bay-window had inside blinds and shades. The curtains were of scrim, with a narrow edge of antique lace. They were attached to poles of oak mounted with brass fittings and having hinged joints to conform to the angles of the window. This room, which we had selected for our own use, was bright and sunny, as it had, in addition to the bay-window, which faced the south, two large windows on the east side. These were curtained and draped to match the front. The entire house, kitchen and all, had shades to match.

Ada had arranged the kitchen shades in a specially convenient way. The roller was set inside of the casing, about four inches from the top, so that if it was desirable to open the windows from above, the curtains would not whip and flap to their own destruction and the annoyance of persons with nerves. This plan suited us so well that we had all of the upper story window-shades put up in the same way.

The bath-room was located at the rear end of the hall, and upon this Ada had exhausted her best ideas on improved sanitation. The fittings were not of the most expensive sort, but were substantial and convenient. The flushing-tank was very large, and the pipes of unusual size, to insure a copious discharge of water. The bath-tub was of zinc, but very heavy and substantial, and set in a drainage tub that made injury to the ceilings below almost out of the question. With our ventilating system we had no fears of poisonous gases, and therefore could have as many drainage pipes as our ideas of safety from overflow might demand.

There was a stationary wash-basin in the bath-room, and also one in each of the chambers; that in our own apartment being in a large closet partitioned off at one corner of the room. This served as a dressing-room also, as it had a large window looking out over the roof of the back porch.

There was a mantel and a place for a grate in both of the chambers; but while we liked grate fires very much, both for their healthfulness and cheeriness, there was too little heat and too much labor and dust attending their use. I was in the city all day, and I could not entertain the idea of having Ada look after the fires as often as grates demanded. All of the grate fixtures were therefore removed, and the chimneys closed with slate and mortar, excepting a space as large as a six-inch pipe, which was arranged with a ventilator that could be opened or closed at pleasure.

We were more willing to give up our grates as we were to have the most perfect heating arrangements in both rooms below stairs, with flue and register above, thus avoid-

ing all carrying up and down of fuel and ashes. The flues had been arranged while the walls were being repaired, and the heaters were adjusted and ready for use. They comprehended the latest and best points in a ventilating grate, and we knew, as we had seen them thoroughly tested, that they would not only heat the rooms below, but keep the chambers above at a perfectly comfortable temperature in the severest weather. From the ventilating grating in the back of the fire-place a pipe extended to the chimney top. Set closely against this was the smoke-flue from the grate on the floor below. The heat from the flue so warmed the ventilating-pipe that there was a strong current of air from the chamber whenever the ventilator was opened.

The lower part of the fire-place was finished in colored stucco-work, by Ada herself. The sides were done in slate-gray, the bottom in brick-red. There were markings in a lighter shade, like the white lines on a red brick wall, and over all Ada stenciled a running vine that was very natural looking, and appeared to trail over the surface. This made a beautiful finish, much more attractive than the conventional summer-piece.

A mantel-board was fitted on, and Ada made a temporary drapery of cretonne to use until she was fairly settled. She declared it to be her intention, as soon as she had the leisure, to decorate our little home with needle-work and fancy articles as cottage was never decorated before.

The carpet rug was laid with several thicknesses of carpet-paper under it. The rug was made of an odd length of carpet that Ada was fortunate enough to come across in one of her shopping tours. This piece was a very handsome Moquette, and there was border and middle sufficient to make a rug to cover about fifteen by eighteen feet. Originally, she would have paid something over \$2 per yard for it, but it was marked down to \$1.50 because the border did not exactly match; but we would never have known the difference if we had not been told.

We had some idea of buying a folding bed for our own room, but finally decided not to do so. They are well enough in city houses and small apartments, or to use in case of emergency in a room not generally used for a sleeping apartment; but our cottage had the advantage of large rooms and plenty of space for any ordinary amount of furniture. In looking through the furniture warehouses, we found so many admirable and beautiful styles that we scarcely knew which to choose. Among the most attractive patterns we found that the favorite styles for bedsteads have head-boards of medium height, with square, massive tops and plain panels; low foot-boards, with square or curved posts at the corners; and the rails at the sides usually plain or with a heavy molding around the lower side.

In nearly all patterns the bedstead and dressing-case match, and in a few instances the wash-stand; but this is by no means the general rule. Nearly all first-class dressing-cases have beveled edge plate-glass mirrors, and many styles are furnished with brackets and fancy brass decorations, in candelabra and vase-holders. Chiffoniers are higher and somewhat more roomy than heretofore, and some of the newest styles have mirrors of beveled plate-glass, while others are square and plain. Most of the best styles have a hinged fastening and lock at one side, thus securing all the drawers at once.

In tables the variety is infinite. Some are square, with bracket or railing bases; others have fancy spiral or twisted corner-posts; others are in the shape of an easel, a harp, or a scroll, or in eccentric curves of various sorts. Chairs are in square shapes, after the fashion of the bedstead and dressing-case tops. Easy-chairs are all-over-stuffed, or have upholstered panels or bands on the backs, alternating with carved, trellis, or spindle work, and seats in plain uphol-

stering. The newest style of fancy covering is known as biscuit tufting. This more nearly resembles small rusk, or raised biscuit, than anything else, and from this it takes its name. Rocking-chairs are shown in a great variety of styles. Some antique colonial patterns pleased us very much, and one of these, in natural cherry, we selected for the guest-chamber, and finished it as I shall describe hereafter. The patent rockers are nearly all of the same style, square and substantial-looking.

Couches and lounges are shown in such a variety of styles that we were puzzled as to what we should choose; but Ada settled that by giving a special order for one to be made according to her own ideas. Some of them have double backs with a rather unsubstantial air. Others are in a modified Turkish style, roomy and luxurious-looking. A very pretty style to look at, is covered with a loose drapery of very rich chenille, caught up at each corner and finished with cords, tassels, and fringe; but this covering seemed so likely to get out of place that it did not meet with our approval.

We found bed-room china that would delight the heart of a connoisseur. The only trouble was to get what we wanted without being obliged to take the whole set; but this we finally succeeded in doing as another customer wanted only the ewer and basin, and we took all of the other pieces. The set was very handsome, being in fine French china with slightly raised decorations in light gray and pale, dull pink. For the guest-chamber we bought a set that comes for use when there is running water, which includes all the usual pieces excepting the basin and ewer. This was in white and gold.

Having selected our furniture, the linen and bedding was to be attended to, and we decided that a mattress was the next thing in order. We made up our minds to buy only such articles as were good, and therefore selected the best quality of hair. I insisted that Ada should buy white hair; but she laughed at me, and said that there had been such a demand for white hair that the legitimate supply had given out, and enterprising parties were bleaching black and dark-colored hair until it was white, then selling it at white hair prices. Of course the hair after being subjected to the action of such strong chemicals was practically worthless, but it looked fine and handsome, and unprincipled dealers were getting rich from the ignorance and credulity of such purchasers as I would have been but for my dear girl's wisdom. Good hair costs 50 cents per pound, and about thirty-five pounds make a fairly good mattress. The one we selected for our own bed was of this kind, and cost about \$20 ready made.

Ada had a very handsome dressing-case in mahogany and French plate-glass. There were drawers in one side, and the mirror came down nearly to the floor, on the other side, only space being left for a wide, deep drawer at the bottom. The original cost of this was nearly \$100; but she prized it much more highly than its intrinsic value, because it was presented to her some years before.

For my own special corner, I had a chiffonier with a swinging mirror and wide, deep drawers. By the side of this was the shell of an ottoman with a box inside, which Ada was to finish for my shoes and slippers. My lounging-chair was placed near the window, and a foot-rest was beside the mantel.

The walls of the house were very thick and the window recesses very deep, so Ada had suggested building a box or cupboard in each of the side windows, one for the papers, pamphlets, and various articles of that sort that I would need to have at hand, and the other for her weekly mending and such garments as required making over or renovating. This was another happy thought; and she had ordered from the carpenter two cupboards or sets of shelves that fitted

the spaces exactly, and had them hung on strong hinges. When open, they turned out so that the shelves were accessible; and when not required, they closed and fastened with a strong latch, resting firmly on a heavy molding and making an admirable window-seat.

I do not think that I ever saw space so advantageously managed as it was under Ada's hands. Every nook and angle served some special purpose, and was not only exceptionally useful, but altogether ornamental. One corner of the room was inclosed by a casing, and filled with shelves of polished wood, her own handiwork. These were filled with fancy articles, bric-a-brac, and keepsakes of her childhood days; and to these were added the few relics of my boyhood that I had kept through my wanderings and my unsettled bachelor life. Another corner was fitted up in a similar way and used as a book-case. A curtain hung upon brass rods shut out the light and dust from this, and added greatly to the beauty of the room.

An easy-chair, two ottomans, and a couch which occupied a portion of the bay-window, an antique chest of drawers in mahogany, Ada's low rocking-chair, and a small table filled the room quite as full as we could allow. Ada had searched industriously through the second-hand furniture shops for this chest of drawers. She says the modern chiffonier has too many small drawers and too few large ones; so she found this old-time article and had it refinished at a trifling cost. The ottomans were as yet merely skeletons, having deep boxes inside with hinged covers, and thick, temporary cushions of excelsior tacked on and covered with cretonne. The frames were exceptionally handsome. I had bought them of a furniture manufacturer, and the carpenter had fitted the boxes while he was at the house. The legs were mahogany, carved.

The couch Ada had made to order. As she cared less for fashion in such articles than for good sense and comfort, she gave her own measurements, and had it sent home in the muslin. It was about three inches wider than the ordinary couch, and, instead of having the usual round pillow, the rise at the head was gradual and not over four inches at the highest part. The frame was solid, and the legs quite heavy and carved in a not very elaborate pattern. Ada covered the lounge with a short length of tapestry, another bargain, and tacked a row of rich fringe around the lower edge of the frame. It had been her first idea to border the tapestry with the fringe and throw it over the couch like a rug; but an experiment with a traveling-rug soon convinced her that she could find more profitable occupation than adjusting the cover in artistic folds half a dozen times every day, or as often as anyone even sat down upon the couch. My arm-chair was also made to order. The articles were a trifle more expensive for this reason, but were enough better to make up the difference.

Our own apartment was now nearing completion. Bedding and linen were yet to be selected, and for this Miss Hubbard's list was invaluable.

The room on the other side of the hall was to be the guest-chamber; and when, one evening, Ada called me upstairs to inspect it, I was actually amazed at the result, for it was a veritable symphony in white and gold. She had shut me out of this portion of the work, and I really had no idea of what was going on. The walls were cream-white, with panels in gold put on in stencil. The cornice, which was a fairly heavy molding, was finished in what appeared to be wreaths and garlands of flowers in gold-leaf, caught up with bands and tassels of gold. How Ada ever did that stencil-work alone has always been a mystery to me. The ceiling was cream-white, and the center-piece had bands and garlands of flowers to match the cornice. There was no frieze other than that made by the trailing vines and tassels of gold.

The dado was in square panel pattern, and almost covered with gold bands and designs in stencil.

The carpet was a Moquette with a creamy ground and a pattern of very delicate sprays of golden-rod and bramble-vines, the pale green leaves and yellow flowers of the former showing to advantage with the browns, russets, and dark olive of the trailing creepers. Border and middle matched perfectly, and the floor around the edges—for the carpet was made into a rug—was cream-white, and had been sand-papered and varnished until it shone like a sheet of marble. The bay-window space, which was not covered by the rug, had a length of the carpet with a narrow border, just sufficient to cover it. About four inches of the floor margin was visible all around the room.

There were beside the front bay-window three others in the room, two on the side of the house, and one at the back. The draperies at these windows were something exquisite. They were of the finest scrim, and had wide insertions and deep borders of Russian lace and drawn-work. The drawn-work was done with gold-colored filosele, and the lace was outlined and darned in with the same thread. I could scarcely believe that this was all Ada's handiwork, but so it proved. She had done the edges and borders at odd times, and had quite recently put them together for this dainty apartment.

Ada had ordered a very handsome bedstead and dressing-case in natural-colored cherry without finish of any sort. These she first coated with very thin shellac, and then polished with a rubber until quite dry. They were then sand-papered, and again coated with shellac. When thoroughly dry, several coats of very fine white paint were applied, the surface of the wood being so carefully sand-papered between each coat that not the slightest roughness was left. When entirely smooth and dry, bands and garlands of gold were laid on in gold paint and allowed to dry. The final finish was two very thin coats of fine spirit varnish, the surface being perfectly dried between the applications. The result of this was a surface of dazzling whiteness, and as hard and firm as the finest ivory. Ada told me that when these pieces were done she was too full of enthusiasm to stop; so she at once ordered a chiffonier, wall cabinet, couch, patent rocker, colonial rocker, two ordinary chairs, and a small table, and went to work with a will to finish them up in the same way.

The couch and patent rocker were already done in muslin, and only needed the finish and the covers. The covers, as Ada had made them, were what one of our enthusiastic young friends called "dreams." I knew that my dear girl had been taking lessons in various arts, but I was not prepared for such really artistic results as she had produced. The ideas and their execution were decidedly unique. She had used very fine, close-pile corduroy in the palest gray, as a foundation material, and upon this were embroidered wreaths and vines in autumn colors. Woodbine and ivy leaves and sprays of oak were strewn upon the surface of the cloth, looking as though they might have fallen there. A fringe of yellow and white twisted wool, with over-fringe of silk in gray, gold, and autumn tints, finished this exquisite design. For the colonial rocker she had a cushion of gold-colored plush, tied with gold-colored bows. Gold-colored ribbons were tied on the backs of the other chairs, and on a corner of the wall cabinet. A hanging towel-rack of brass had a white panel painted in a charming design of flowers and autumn leaves.

Aside from buying and preparing the bedding and linen, this was all that was to be done to the room at present. The fancy articles, tidies, cushions, and small draperies, were to come in course of time, when Ada was settled. The mantel drapery for the guest-chamber was of corduroy, in finish similar to that on the couch and chairs.

Our lists as they had been originally made out stood about as follows. With some trifling changes, we had kept to them quite closely.

OUR OWN ROOM.	
Carpet.....	\$50 00
Carpet making.....	5 00
Carpet paper.....	1 50
Curtains.....	12 00
Curtain-poles.....	4 50
Bedstead.....	24 00
Couch.....	22 00
Chiffonier.....	20 00
Easy-chair.....	15 00
Chest of drawers.....	18 00
Low rocker.....	5 00
Table.....	8 00
Lounging-chair.....	12 00
	\$264 00

THE GUEST-CHAMBER.	
Carpet and paper.....	\$75 00
Carpet-making, &c.....	5 00
Dressing case.....	38 00
Bedstead.....	29 00
Chiffonier.....	18 00
Wall cabinet.....	12 00
Couch.....	22 00
Patent rocker.....	16 00
Colonial rocker.....	12 00
2 Chairs, at \$3.50 each.....	7 00
Table.....	10 00
	\$326 75

ECONOMY LISTS.	
OUR OWN ROOM.	
Carpet (Kensington rug).....	\$22 00
Carpet paper.....	1 50
Curtains.....	12 00
Curtain-poles.....	3 00
Folding bed.....	22 00
Couch.....	18 00
Chiffonier.....	15 00
Chest of drawers.....	12 00
Low rocker.....	3 00
Table.....	5 00
Lounging-chair.....	10 00
Mattress.....	15 00
	\$172 75

THE GUEST-CHAMBER.	
Carpet and paper.....	\$35 00
Carpet making, &c.....	4 00
Dressing case.....	25 00
Bedstead.....	24 00
Chiffonier.....	18 00
Patent rocker.....	15 00
Small rocker (cane).....	4 00
2 Chairs, at \$2.50.....	5 00
Table.....	8 00
Curtains.....	12 00
	\$195 75

The arrangement of the hall above and below stairs, and the furnishing of the parlor were to follow; and for these, the parlor especially, Ada said she had some genuine surprises in store for me. I therefore awaited the result with a good deal of interest. EDWARD WILLIS BLAKELEY.

Along the Beach.

(See Water-Color.)

THE rugged North Atlantic coasts, dangerous as they are to the home-faring vessels of our fishermen, are the favorite playgrounds of the children of those to whom the sea furnishes a livelihood.

To gather shining pebbles, shells, sea-weed, and "Job's tears," at low tide; to construct marvelous mounds and canals in the wet sand, which the inflowing tide will speedily demolish; to wade and bathe in the combing, tossing surf, or the sparkling still waters of some tiny cove,—these are summer sports which the fishermen's children enjoy, and which the city visitor finds still more fascinating than those to whom they come as a birthright.

The little girls in our picture, watching for the return of the fisher's boat, have had a happy afternoon along the beach; and as they rest against the rocks left bare by the ebbing tide, save for their drapery of sea-weed, they compose a charming group of which innocence and sportive health is the *motif*.

The amateur artist will find this water-color an excellent study both in the pose of the figures and the coloring. As in most water-color sketches, the drawing is more to be considered even than the effect of the coloring, to which some of our great artists in oil-painting occasionally sacrifice exactness as well as beauty of form.