

I take this opportunity to wish all the readers of this column a Happy New Year. May every one of my sisters experience the happiest year of their lives.

The incoming of the New Year brings as a rule no new duties. There will hardly be any change from the old order of things. The same duties and the same perplexities which worried us so much in the past year will likely face us again in this and the coming years and yet there is within us that feeling that perhaps the New Year will bring us more happiness and less drudgery than the past year. We will, no doubt, look forward in the new year to the bettering of our condition in many ways. And why should we not. This is the age of progress; the age of inventions; in fact the age of new things. Then why should not this year bring to us many happier moments than the past year had for us. True, we will have our sorrows and our difficulties in the new year just as we had in the past, but perhaps we have learned to bear them better.

It has been said that no race can rise higher than its women. If this be true, the women of our race have much to do in making this race of ours just what it should be. There lies before them no small task, first to improve themselves and then to do all in their power to improve those who are to come after them. One of the things most needed is, that the women of our race demand more respect from the men of the race. In proportion as the women of the race are respected by the men of the race in the same proportion will the men of the other race respect them. It is asking a great deal of an opposite race to respect our women when the men of our race do not respect them. Let us insist that every man shall accord that respect that is due us. And then let us respect ourselves. This we should say is the first and greatest commandment.

Let each and every woman that reads these pages start out this year, first by respecting herself, and second, by demanding respect from every other person. By doing this one of the first steps to greatness in the race will have been taken. Teach the boys in the home proper respect for the female in that home, and then when they meet others on the outside that respect will be shown in no unmistakable manner.

TOMATO JELLY SALAD.

A tomato jelly salad can be made from canned tomatoes that is a pretty addition to these holiday menus. This is made firm enough to set with gelatine. Oyster, deviled crab meat, lobster and chicken salad may be encased in this jelly and set in individual molds and served for these luncheons. Ice creams or cold puddings should be in the guise of snowballs or drifts, and if they disclose a glowing heart of red or centres of gold they are all the more delightful. Red maraschino cherries may be used for small ices—when frozen creams are not possible. These may be put in small, long-stemmed glasses and whipped cream heaped roughly on top.

MRS. ROOSEVELT'S SPICE CAKE.

Last summer, says the Topeka (Kan.) Capital, the Neodesha Register ran an original cooking department. To increase the interest in it the Register wrote asking contributions from Mrs. Mrs. McKinley, Mrs. Bryan, Mrs. Roosevelt, Mrs. John J. Ingalls and Mrs. W. E. Stanley. Mrs. Bryan wrote, courteously declining; so did Secretary Cortelyou for Mrs. McKinley and Mrs. Roosevelt responded graciously, and Mrs. Ingalls with two recipes, and the three were published at the time. Following is Mrs. Roosevelt's recipe: Spice Cake—One cup butter, two cups sugar, one cup milk, four eggs, four cups flour, two teaspoonfuls baking powder, one tablespoonful ground cinnamon, half teaspoonful nutmeg.

HONEY CAKES.

Take half a pound of strained honey, half a pound of sifted powdered sugar, half pound of blanched and shredded almond, one ounce of citron chopped fine; peel of a lemon; grated nutmeg and ground cloves to taste; half a pound of best flour and a half cup of brandy. Put honey, sugar and almonds over the fire; stir and heat thoroughly; then put in the spices and work into a dough; put in a covered dish and set away in a cold place for a week if possible. Then roll out about half an inch thick. Bake in a sheet and as soon as it comes from the oven cut into strips with a sharp heated knife. Cut the cake down the centre and then across into strips about two inches wide. This dough can be baked on day following.

HOUSEHOLD HELPS.

All cooking utensils, particularly tea and coffee pots, should be thoroughly cleansed by occasionally filling them with water, in which a liberal quantity of washing soda has been put, and allowing it to boil for 10 or 15 minutes.

To clean knives cut a small potato in two, dip one half in brick-dust and rub the knives. Under this treatment rust and stains will disappear like magic.

Meats should never be washed, but should be cleaned by rubbing with a wet cloth.