

not on the same day. There are twenty or more ways of using up leftover roast beef. It need not always make its second appearance sliced cold or in hash.

Do not attempt too elaborate a menu without help. A few well cooked, attractively served dishes are far more desirable than many less pleasing ones.

One should never let the flavor or quality of the food suffer because of attempting to make it "fancy." Good cooking is always prerequisite to success. On the other hand, no thoughtful housewife can

afford to overlook the importance of the appearance of the food. The sight of good food creates an appetite and affects the atmosphere at the table.

We agree that we want principle of art applied in the furnishing of our homes and in the designing of our clothes. It is just as important to recognize the principles of art at our tables. Color in food adds much to the pleasure of eating. One need not serve in one meal, foods that clash in color as tomatoes, beets, and grape jelly. A little thought in combina-

tion of our foods makes even the ordinary meal interesting in color.

From this, we see that menu making is a science and an art. A wise selection insures the foods so necessary for the family health at a cost within a reasonable allowance. Conscious effort makes possible enough variety to prevent monotonous meals. Combine with this wise selection and conscious effort a feeling for color and arrangement and we have successful meals. The health and happiness of the family is the reward.

Choosing the Right Picture for the Right Place

By JOANNA HANSEN, Head of Applied Arts Department of Iowa State College

"The world is so full of a number of things,
I'm sure we should all be as happy as kings."

ROBERT Louis Stevenson must have had pictures in mind for one thing. The world is full of them. Among these are the treasured books of childhood; magazine covers and illustrations; photographs, engravings and etchings. But most important of all are the pictures painted by the best artists and the fine reproductions of their work.

The world is so full of pictures that we must have a general knowledge of a great many of them in order that we may select wisely a few of the best examples.

There are a number of important factors to consider in the selection of pictures.

A picture must be purchased for a particular room and for a certain space, in order that it may be appropriate in subject, size and shape.

Since many people have access to the living room pictures for this room should make a general appeal. Family portraits, (unless by famous artists) and photographs are more suitable for private rooms. If they are poor in execution they may well be discarded, altogether. If badly framed, they may be improved by reframing in simple unostentatious frames. A photo of one's father and mother or near relative may be framed in an artistic simple frame, that will look well on the desk of a private room.

A dining room is also a formal room, and any picture chosen must be appropriate to the particular style of room. Studies of dead game, birds or fish are not conducive to a good appetite. If the room is old colonial in style, and has figured wallpaper, no pictures need be used. An Italian room with tapestry wall covering would also look better without pictures, unless the room is very large. In a modern colonial dining room with plain walls, some fine color reproductions from the old masters or from colonial life would be suitable. An English dining room might appropriately have several hunting scenes. A modern breakfast room with painted furniture and gay and attractive hangings could carry out its scheme by having several modern art color prints.

A general or family library may have pictures that express some interesting character or some writer or place connected with these subjects. If the lib-



"The Torn Hat" by Sully is Most Appropriate for a Boy's Room

rary is used as a study, the pictures may relate to the work of the individual.

Pictures for the sleeping rooms may show greater freedom in their choice. The personal taste of the occupant will no doubt determine the pictures chosen. Landscapes or figure compositions, Japanese prints or Madonna's are often used. If however, the room and furniture are of a particular period or style, the pictures may conform to the same period.

The pictures found in the average boy's and girl's room are frequently magazine covers, clippings, or Sunday supplement illustrations. There can be as much care exercised in the choice and framing of pictures for these rooms as for the living room. The taste for the finest art comes through constant association with it and this cannot be emphasized at too early an age. The age of the boy or girl will determine the best selection. Over-decoration of walls is the usual mistake in these rooms.

Charming pictures suitable for the nursery may be chosen from the best reproductions of child-life as interpreted by the best artists as well as by modern illustrators. In general, pictures that tell a story or that show some interesting phase of animal or child life appeal most to little children.

Whatever the subject of the picture chosen for a particular room or place, it must be worthy and express an ideal, rather than the mediocre or commonplace. It may be the ideal in nature—a landscape or a marine; it may be an interesting phase of life or a man's achievement; it may be an interpretation of some poem, legend, or story from literature; of some historical event; of some strong or interesting personage; or some phase of science or religion. Many of the finest pictures ever painted are religious in character. A number of these are better adapted to churches, picture galleries and museums, but many of them are appropriate for homes and schools. Pictures that express sadness, fear pain or discomfort are not conducive to happiness and cheerfulness. We need to be happy in both home and in school, during work, or play.

Whatever the subject, it must be satisfying. It may be restful, and comforting; elevating and up-lifting, inspiring or beautiful.

A fine picture usually conforms to the accepted standards of composition in line, mass and color. If well composed it will not violate the fundamental art principles of proportion, rhythm, subordination, balance, and unity.

It may be an indication of the taste or personality of the owner or express an ideal which the owner is striving to reach. Pictures as well as music, if well chosen may raise one's standards of taste to such a degree that poor art will make no appeal.

Well chosen pictures are suitable to the age and the development of the individuals for whom they are intended. There are some subjects however that are suitable for both adults and children. Among these are the pictures of child-life by Reynolds, Murillo and others. The Madonna of the Chair by Raphael is one example. It not only delights a child, but it is admired by adults, since it shows better than any other picture, mother love.

The list of pictures that follow is grouped under the rooms for which they seem most appropriate. This is merely a suggestive arrangement. Some might be changed, and many added, but the arrangement may be of some assistance, in the matter of selection. Small prints of most of the subjects may be purchased from picture firms for several cents each. By studying small prints a knowledge and appreciation may be obtained, which will be of great assistance in a wise choice of pictures for the home.

If possible, join an art club and attend lectures on art. Become as familiar with the art of painting and sculpture as you are with music and literature. It is fascinating once you begin. Visit galleries, museums, exhibits, art stores, art departments and studios. Learn the art of your own country America, and show your appreciation of the best in American art by having in your home several fine reproductions of American painting. American art needs to be fostered and encouraged in order that it may develop to the highest degree.

Pictures Suitable for the Library

Lincoln
Washington
Reading from Homer.....Alma Tadema
Famous Authors and Poets
Ann Hathaway's Cottage
Stratford on Avon
DanteGiotto
The Blessed Damozel.....Rossetti
The Delphic Sibyl.....Michel Angelo
Sir GalahadWatts
The Quiet Hour.....Alexander

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This Landscape Scene is Well Suited for Either Library or Dining Room

Wherein Refinishing Makes Refurnishing Easy

By GLENNA HESSE

ONE of the most charming and most comfortable apartments near the Iowa State College campus is a temporary home of two home economics instructors which has been furnished very largely with refinished discarded, and second hand furniture.

This apartment was furnished after these two instructors had spent two rather unsatisfactory years in already furnished rooms. To those who are used to comfort and a "homey" atmosphere, "furnished rooms" are a poor substitute for a real home.

"Snails never have the problem of making a temporary home for themselves; they carry their house along on their backs but since we couldn't do this and since we couldn't afford to rent an unfurnished apartment and buy an entire new set of furniture we used our wits. Some second hand furniture, several quarts of paint and varnish, the assistance of a home economics class who were studying the re-finishing of furniture, and

our own spare hours, and we now have a homey and comfortable apartment," one instructor said not long ago.

After the apartment, which consists of a large living room, a sleeping room and a combination dining room and kitchenette, was leased, the first problem was the furnishing of the dining room. Chairs and a table were the essentials. An old fashioned drop leaf table, so battered as to be past redemption in its natural wood was found in a local second hand store. The second hand man parted with it for \$5. Six pine chairs with an ugly clear varnish finish were purchased from a commercial firm for \$2.20 each. With the help of the class, which was mentioned before, the chairs and the table were refinished in ivory enamel.

The varnish was removed from the chairs by applying a commercial varnish remover. This was allowed to stand for ten minutes and then the softened varnish was scraped from the plain surface with a blunt knife. The rounded surfaces

were rubbed with a soft cloth. Then two coats of flat white paint applied to the chair gave body for the two coats of ivory enamel which followed.

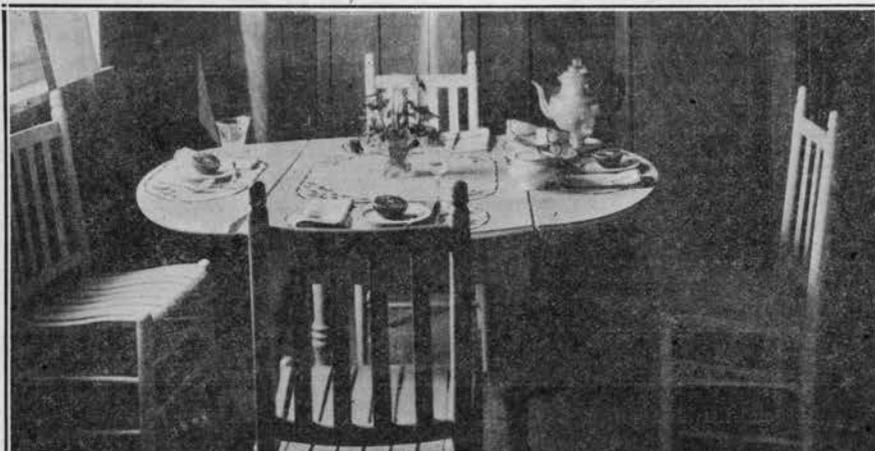
A good scrubbing with sal soda and water removed the dirt from the old table. Then with two coats of flat white paint and two coats of ivory enamel the charming ivory enamel dining suite was finished.

For the living room two second hand rockers were refinished in gloss black enamel and an old reed chair, formerly used as a porch rocker was painted with first gloss black enamel and then frosted (according to the directions for frosting which were given on page 5 of the August-September issue of the Homemaker). This chair then matched a new frosted wicker day bed which was one of the few new pieces of furniture purchased for the apartment. The brilliant cretonne of the day bed was matched in cushions for the chair and draperies for the windows. A small scarred sewing rocker was also refinished in gloss black.

To relieve the monotony of all black furniture, a conventional motif of flowers in brilliant colors of lavender, rose and green was designed by one of the girls in the home economics class and put on the backs of the chairs. The same design was carried out on a folding table of maple refinished like the chairs. On the table the motif was repeated several times so as to form a circle on the table top.

A mahogany desk holding an old blue vase and a mahogany book case add much to the appearance of the living room at present. Did I say mahogany bookcase? Well! it looks like mahogany but it's body really consists of a few scraps of lumber with some pieces of melon crate for trimmings, dark mahogany stain and a coat each of varnish and wax make an attractive piece of furniture. The orange bowl which is now used as the sole decoration on the book case contrasts with the dark-

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An Old Drop Leaf Table and Six Pine Chairs Formed this Dining Set

a good coat of varnish twice a year, will give good service. In fact a good coat of varnish is good for inlaid linoleum altho it is not necessary.

The laying of the linoleum is extremely important. It must be cut exactly to measurements, and the seams glued to the floor so that no water will get under the edges and cause the linoleum to rot. To prevent rotting at the edges bring the linoleum up on the baseboard for about two inches and fasten with a half round.

CHOOSING THE RIGHT PICTURE FOR THE RIGHT PLACE

(Continued from page 7)

Pictures for the Music Room

Famous Composers
At the Piano.....Whistler
The Music Lesson.....Muen
Angel Playing Viol.....Melozzi da Forli
Orpheus and Eurydice.....Corot

Boy's Room

Boyhood of Lincoln.....Johnson
Sir Galahad.....Watts
Prints of the Adventures of Ulysses.....Parrish
Prints from The Story of the Grail and The Passing of Arthur.....Howard Pyle
The Boy with the Torn Hat.....Sully
The Barefoot Boy.....Albright
The Water-lily.....Couse
Pony War Dance.....Remington
Boy with Rabbit.....Raeburn
The Melon Eaters.....Murillo
The Fruit Eaters.....Murillo
Boy Blue.....Gainsborough
Christ in the Temple.....Hofmann
Christ and the Rich Young Man.....Hofmann
See other lists.

Girl's Room

Flower Girl in Holland.....Hitcheock
Hope.....Burne Jones
Birth of the Flag.....Henry Mosler
Maude Adams as Peter Pan.....Ivanosky
Song of the Lark.....Breton
Girl with Apple.....Greuze
Joan of Arc.....Bastein-LePage
The Strawberry Girl.....Reynolds
The Age of Innocence.....Reynolds

Pictures Suitable for the Nursery

The Brothers.....Vogel
Blowing Soap Bubbles
The Madonna of the Chair.....Raphael
Children of the Shell.....Murillo
Feeding Her Birds.....Millet
Two Lovers.....Munier
Can't You Talk.....Holmes
Two Mothers.....Gardner
Kittens.....Adam
Illustration by Jessie Wilcox Smith—
Now I Lay Me Down to Sleep
The First Sermon
Babes in the Woods
Illustrations by Maxfield Parrish—
Dinky Bird
Wynken, Blynken and Nod
The Sugar Plum Tree

Pictures Suitable for the Home

Arranged according to types

Landscapes

The Dance of the Nymphs.....Corot
Spring.....Corot
The Lake.....Corot
Lake at Ville d'Avray.....Corot
Edge of the Forest of Fontamebleau.....Rousseau
Watermill.....Hobbema
The Avenue of Trees, Middelharnis.....Hobbema
The Windmill.....Rembrandt
The Windmill.....Ruysdael
The Waterfall.....Ruysdael
Sunbeams.....Kurzweilly
Brightness of the Sea.....Kurzweilly
Georgina Pines.....Inness
The Home of the Heron.....Inness
Peace and Plenty.....Inness
Autumn Gold.....Inness
Autumn Oaks.....Inness
Japanese Prints.....Hiroshigi and Others
Road Through the Woods.....Farquharson
"All's Well".....Winslow Homer
Poplars.....Claude Monet
Mountain Pasture.....Bakien
The Stillness of the Night.....William Wendt
California in Springtime.....William Keith
The Fighting Temeraire.....Turner
Gathering Storm.....Rudisuhle
Cove in the Woodland.....Charpentier
The Hay Field.....Inness
Spring.....Mauve
Autumn.....Mauve

Deer in the Forest.....Bonheur
Along the Lane.....Mauve
The Sower.....Millet
The Gleaners.....Breton
The Song of the Lark.....Millet
Valley Farm.....Constable
In the Still Forest.....Wyant
Autumn Woodlands.....Ben Foster
After the Shower.....Inness

Portraits

My Mother.....Whistler
Rembrandt as a Student.....Rembrandt
Madame Le Brun.....Le Brun
The Laughing Cavalier.....Frans Hals
Mona Lisa.....Da Vinci
Beatrice D'Este.....Da Vinci
Erasmus.....Holbein
Boy Blue.....Gainsborough
The Sons of the Artist.....Rubens
Prince of Orange.....Van Dyck
Alice.....Wm. M. Chase
Isabella and the Pot of Basil.....Alexander
Aurora.....Guido Reni
Golden Stairs.....Burne Jones
Hope.....Burne Jones
Hope.....Watts
The Night Watch.....Rembrandt
The Syndics.....Rembrandt
Flower Girl in Holland.....Hitcheock
Holland Sitting Room.....Peter de Hooch
Lady at her Writing Table.....Pieter de Hooch
Spring.....Botticelli
The Garden of Allah.....Parrish
(illustration)

Religious Subjects

Madonna of the Chair.....Raphael
Holy Family.....Murillo
Children of the Shell.....Murillo
Angel's Heads.....Reynolds
Head of Christ.....Hofmann
Holy Night.....Correggio
The Sistine Madonna.....Raphael
The Last Supper.....Da Vinci
Christ and the Rich Young Ruler.....Hofmann
Hosea.....Sargent
Light of the World.....Holman Hunt
The Angelus.....Millet
Rest in Flight or Holy Family.....Knaus
St. Anthony and the Infant Christ.....Murillo
Madonna, Christ and St John.....Fra Filippo Lippi
Madonnas.....Botticelli

Watches

Diamonds

C. W. Dudgeon

Jeweler

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