A Study in Yellow and White - Giving Variety to the Egg Program

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“COME out of the kitchen!” calls the gay little garden of nodding flowers. Tired from a long morning in the kitchen, you obey the summons. But as you look about your garden, admiring and picking the flowers, do you not feel that there is something missing? And then you realize how nice it would be to have a shady retreat where you could sit to shell the peas or pare the apples and at the same time enjoy your garden. And you dream of so many other garden features which would fit into this or that place—a sundial at the crossing of the paths, or a bird house standing guard over the stately hollyhocks.

And after all it is not the “flowers that make the garden,” altho of course we must have flowers in the garden. But first we want enclosure and privacy so there is something missing? And then you realize how nice it would be to have the peas or pare the apples and at the same time enjoy your garden. And you dream of so many other garden features which would fit into this or that place—a sundial at the crossing of the paths, or a bird house standing guard over the stately hollyhocks.

The selection and placing of these garden features is a question of environment and individual taste. Some of the most common offenders in garden architecture are mixture of styles, mixture of materials and overcrowding. One should remember that the house is the dominant object in the home picture and that everything else should be in harmony with the house—for the Italian villa pretention, fences and walls, but for American homes, fountains and pools, summer-houses and arbors, seats and sun-dials.

Arbors, trellises, bowers and arches over pathways are all near enough in appearance to be called “pergolas.” A pergola should lead to some object like a summer house, a bench, or a fountain, or it may connect one part of a garden with another or act as a screen, much as would a hedge between a flower garden and the vegetable garden. The architectural design should be pleasing even when not clothed with vines. The proper proportion for a true pergola of the type one has seen in pictures of Italian vineyards, is eight feet high, eight feet wide and eight feet between posts.

Varied are the gates which lend a quaint charm to the garden. Some are massive wooden doors in the garden wall, behind which you feel sure mystery lurks. And others are light and airy and let you see the inviting things beyond. Some are parts of an architectural wall or fence, while others join hands with the privet or honeysuckle hedge. But always there must be a reason for a gate. It must mark the transition point from one area to another—from the street to the garden, or from the garden to the orchard.

Garden walls have always espoused enchantment. These can be built of brick, or stone or concrete. A wall with a quaint subdued effect can be built cheaply by an amateur with “waste-brick” from a nearby brickyard. One lady who had long coveted a small garden with an old stone wall had the ingenuity to build a sunken garden in what was once the basement of an old greenhouse with the stone foundation for the wall.

Walks are a necessity in every garden, whether they be of concrete, gravel, brick or stepping-stones. If they do not go directly to the home or garden buildings, they may lead to an arbor, or a seat overlooking a garden vista. And the course they take should absorb the “straight and narrow path” and the one that wobbles in uncertainty.

For our friends the birds we would build houses placed on tall poles or suspended from branches out of reach of preying animals. And the houses should be single, for the birds do not like the “apartment house” structure. Bird baths of the pedestal type may be placed among the shrubbery borders, but the low shallow basins placed on the ground should be in the open lawn.

Fountains and pools play an important part in the charm of a garden, but these should be simple in design, allowing the water to become the feature. One pleasing little design was a small wall fountain in which the water coursed from the mouth of a sculptured head on the garden wall into an old oil jar and from the bottom of the oil jar ran under the wall into a small lily pond on the opposite side.

Other interesting garden features are the gazing globe on the lawn, the Japanese lantern at a turn in the woodland path, a well-sweep in an old-fashioned garden, statuary symbolic of outdoor life, such as Pan playing his pipes, and the sundial which has such poetic significance.

“Shadow and Sun

Thus too our lives are made
Yet think how great the sun
How small the shade.”

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A Study in Yellow and White
Giving Variety to the Egg Program

By HELEN REIDY

As “the,” “an,” and “a” are important articles in our language so is the egg an important article in cooking. A similar one has put it, “the egg is a general harmonizer in the kitchen; serves to thicken custard and sauces; to clarify soups and jellies; to make a coating of crumbs adhere to chops or croquettes; it puts up soufflés; it leavens a whole group of cakes; it garnishes salads and mufiﬁes oil into a sweet, rich dressing for them; and combined with cold bits of ﬁsh or meat it makes many a savory dish of what would otherwise be lost.”

An egg has food value, besides being a harmonizer. Of course the food value differs according to the kind of fowl and its food. The eggs with which we are most familiar is the hen’s egg. An average hen’s egg contains 73.5 percent water, 14.9 percent protein, 10.6 percent fat and 1 percent ash or mineral matter. To obtain the missing carbohydrates in prepared dishes the eggs are combined with starches, sugar and milk. The egg white contains about the same amount of water that is in milk. The egg solids are chiefly protein or albumin. These digest especially well when raw.

It is doubtful if many realize just what the usual 12 percent fat in an egg yolk means. There is more fat in the egg yolk than there is in cream. Soluble fat has been found to be essential to human growth and this is found only in butter, egg yolk and certain glandular organs of animals. The egg does not restore growth but children who are fed sufﬁcient amount of egg grow to be vigorous and sturdy.

By good management, the housewife may have eggs in abundance even in the season of high prices. Storage provides the way. Choice eggs, bought in April and May when eggs are plentiful and cheap, may be packed so that they will be fine food many months later.
Anything that will exclude air, without adding an ill flavor to the egg, will preserve it. Egg freshness can be preserved by covering the shell with paraffin or oil. If eggs are put in bran, sawdust or salt and kept where it is dark and cool, they will keep a rather long time. The most common and most satisfactory material in which eggs are preserved is water glass, which is sodium or potassium silicate. The eggs are packed in crocks which contain ten volumes of water glass, which may be bought at any drug store. Paraffin is poured over the liquid to exclude the air. Eggs can be preserved from eight to ten months by this method.

Flavor, keeping quality and color of eggs differ. These qualities depend upon the food and the condition of the living under which they are produced. There are white-shelled eggs which are more delicate in flavor and are the better for invalids. The dark-shelled eggs are richer in fat. Residents of New York prefer the light shelled eggs and Bostonians prefer the dark shelled ones it is said. All eggs have better flavor in the spring.

"Broken eggs" are used as a commercial product in communities where they are plentiful, and cannot be shipped in their natural state to any distant locality. There are some who declare that eggs should not be used except as food ingredients in such products as cakes. Broken eggs may help to spread disease.

Such a standard and fundamental food as the egg must be prepared in a variety of ways to keep one from tiring of it. Fried, poached and boiled eggs are practically accepted as food ingredients in such products as cakes. Broken eggs may help to prevent this spread disease.

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