

Household Suggestions

Look Up! Sing On!

A little laugh between the tears,
The golden, quiet joy that cheers,
A little song between the sighs,
Forgetting shadows in the skies,
A little hope between the care—
The love of God is everywhere.
A little faith, amid the dust,
That life and time and love are just,
That somewhere we will find our own,
That life is more than toil alone,
And more than grief and care and loss—
Look up, sing on, and bear the cross.

A Pleasant Meal-Time Assured

Small Benny's conduct at meals was not all that could be desired. His high chair was comfortable and he was well nevertheless he had acquired the disagreeable habit of fussing during a short illness of his mother's, when she had of necessity been absent from the family board.

No matter how happy he was before meals the coming to the table was a signal for storms. His table manners showed that he did not profit by the well-bred example of the rest of the family. If Benny got what food he wanted, it plainly made little difference how much went on the floor or his person.

His mother watched him through a couple of meals and was troubled by the thought that the child lacked self-control and observation. The result was that the meals were becoming periods to be dreaded. Conversation was impossible. She reasoned that Benny must be helped to see that unless his conduct warranted it, he could not expect to be tolerated in the society of the family.

His two and a half years enabled him to understand perfectly her brief explanation that unless he was pleasant at his meals and tried to eat properly he must expect to take his food by himself in the kitchen. He was shown the spot where he would eat and where his chair would stand.

That was all. Benny understood. For a day matters improved and then he relapsed into wails upon the slightest provocation.

There was not a word of reproof. Mother simply said to Father, with a smile: "Please take Benny away by himself, he spoils our good time."

Kicking and protesting, Benny was borne away and for three meals he ate in solitary state. Then he was allowed to return on probation. There never was a word of scolding or between-time reference. Benny knew his return was conditional upon his own conduct and so he plainly tried very hard. A second fall from grace resulted in an equally prompt exile and a longer one by two meals.

That settled it. Benny saw the point—that to enjoy the mealtime society of his family he must be pleasant and endeavor to conform to accepted manners. Henceforth meals in Benny's home were what they should be—pleasant family gatherings.

Sandwiches

It is a good plan to make sandwiches overnight, they will keep quite fresh, provided they are wrapped in greaseproof paper, and shut in an airtight tin.

In preparing bread for sandwiches choose that which is a day old, cream the butter before spreading and cut the bread thin.

Date Fruit Sandwiches.—Stone some dates and mash them with a silver fork. Then cut some slices of bread and spread them with a thick layer of the fruit paste, fold the bread together, and cut into convenient size.

Tomato Sandwiches.—This is a delicious sandwich. Slice up some ripe red tomatoes and lay them, after removing the seeds, in a simple dressing of oil, vinegar and pepper. Then press them between thin slices of bread and butter.

Cream Cheese Sandwich.—For this spread some thin slices of bread with a generous layer of cream cheese, then cut some olives into small pieces, and add a thin layer of these, pressing a slice of bread firmly over each one.

Cucumber Sandwich.—Spread some bread and butter with very thin slices of cucumber and a little thick cream mixed with salad dressing.

Egg Sandwich.—The following is a delicious filling for sandwiches: Mix together the yolk of an egg, hard boiled, with an equal quantity of butter, about one tablespoonful of cream, just a little shrimp or bloater paste, with lemon juice to taste. Spread some thick slices of

Thanksgiving Pumpkin Pie

If you are fortunate enough to have been born upon a New England farm, you need no reminder that the pumpkin pie season is at hand. "When the frost is on the punkin," and Thanksgiving approaches, the farmer's wife bakes whole rows of this savory, delicious tit-bit and stows them in the cellar for the big day of thankfulness and feasting. Here is a trusted and tried New England recipe for pumpkin pie, which is vouched for by The Farmer's Wife:

For each pie take two tablespoonfuls of pumpkin well stewed and mashed, one-half cup of sugar, one-half pint of rich milk (a little cream will improve it) a little salt, one egg, yellow and white beaten separately. Season with nutmeg and cinnamon, beat thoroughly, fill the pie pan in which the crust has been placed and bake in a hot oven.

before it is done remove the paper, dredge with flour: dot with butter, and let brown. Allow 18 minutes a pound, if covered with another pan 20 minutes, as it must be well cooked. When done remove from the pan; set pan on top of range; add lemon juice, pepper and salt, and if necessary, some boiling water. Boil it down briskly; skim; strain some over veal and serve the rest in a sauce boat.

Fish Stuffed and Baked.—Trim the fins of a fish weighing four or five pounds and wipe clean and dry, inside and out. Fill the fish with dressing and sew up with coarse thread. For the dressing take dried breadcrumbs enough to fill the fish; put a large lump of butter into the frying pan; let it melt, but not cook; lay the breadcrumbs in stirring around only long enough for the crumbs to absorb the butter. To this add half of one onion chopped very fine and fried also in butter; one tablespoonful of chopped parsley, a little lemon juice, a pinch of cayenne and salt. When the fish is ready, lay it in a washing pan; put bits of butter over the top, and two cups or a little more of boiling water in the pan. Season it. Bake for twenty minutes, basting frequently; then add two or three tablespoons of Worcestershire sauce, juice of half a lemon and bake until done basting frequently. This will take about 45 minutes in all, but will depend upon the size and thickness of the fish. When the flesh parts easily from the bone, remove it to a hot dish and garnish with lemon and parsley. Put the pan on top of the range, add a little more water if necessary. When boiling stir in about one teaspoonful of butter, in which two tablespoonfuls of flour have been rubbed smooth and blended with a little of the sauce. Boil up for two minutes and strain over the fish.

Plum Pudding

Beat five eggs very light and add to them a cup of sweet milk; stir in gradually one cup of dried bread crumbs, one pound of flour, three-quarters of a pound of sugar, and a pound each of beef suet, chopped very fine, cleaned currants and seeded raisins. Mix well and add one cup of molasses, and another half cup of milk, also a heaping teaspoonful of salt, one of cassia and a grated nutmeg. Dissolve a teaspoonful of soda in a little hot water and stir it into the molasses. Boil in molds for five hours.

Tiny, toddling children, who need continual care, should have chairs provided for them low enough for their feet to rest on the floor when sitting down. It is injurious to their health, and very uncomfortable, for children to sit on high seats with dangling feet. There should also be low tables provided for these little ones, on which they can rest their playthings when they are old enough to take an interest in such matters. Neither a high table nor the floor is a suitable place for such things. A sewing table that the legs will fold up under, may have the legs sawed off to the right length, and then, when not in use, may be folded up and put out of the way.

Many times epsom salts are recommended for various poultry ills, principally sluggish liver (too fat) and crop-bound fowls, but with no hint as to how to give it. I have found that capsules filled with the dry powder and popped into biddy's beak, solve the problem, with little inconvenience either to fowl or owner. A two-grain capsule is sufficient for a dose for matured fowls.

In stringing beads, the small eye often necessitates a fine needle, which makes impossible the heavy thread desirable for safety. The needle may be dispensed with and the heaviest thread used, if first whittled to a point and stiffened with glue.

A cold or sore throat may often be checked at the appearance of the first symptoms by gargling the throat with cold salt water, and by spraying the nose with a solution of witch hazel.

Household Suggestions--Western Home Monthly Recipes

Carefully selected recipes will be published each month. Our readers are requested to cut these out and paste in scrap book for future reference.

FILLING

$\frac{3}{4}$ cupful cream 1 egg
2 teaspoonfuls cornstarch 6 tablespoonfuls sugar
Vanilla
Cook 15 minutes, or until thick and creamy.

COFFEE CAKE

2 eggs 1 cupful butter and lard mixed
1 cupful brown sugar 1 cupful raisins
1 cupful cold coffee 1 teaspoonful each nutmeg,
1 cupful molasses cloves and cinnamon
1 teaspoonful soda
Flour enough to make a batter of the usual thickness

BIRTHDAY CAKE

1 cupful sugar $\frac{3}{4}$ teaspoonful soda
1 teaspoonful butter 2 cupfuls flour
2 eggs 1 teaspoonful baking powder
1 cupful sour cream 1 cupful raisins (chopped fine)
Mix in order given and bake in layer tins. Ice after putting in.

SCOTCH CURRANT BUN

Line a round cake tin with a plain, short crust, which has been rolled out very thin. Mix in basin:

$\frac{1}{2}$ lb. flour 1 teaspoonful ginger
1 lb. raisins $\frac{1}{2}$ teaspoonful cinnamon
1 lb. currants 1 teaspoonful allspice
 $\frac{1}{4}$ lb. sugar $\frac{1}{4}$ teaspoonful black pepper
2 ozs. almonds $\frac{1}{2}$ teaspoonful soda
2 ozs. orange peel $\frac{1}{2}$ teaspoonful cream of tartar

Mix all together with 1 cupful milk; put mixture into lined tin; cover with paste; brush over with milk and prick with a fork. Bake from 2 to 3 hours.

Favorite Recipes

Stuffed Filet of Veal Roasted.—Remove the bone from the filet of veal. Fill the space with a dressing made of equal parts of breadcrumbs and chopped ham, add chopped parsley, a teaspoon of made mustard and one egg or of breadcrumbs seasoned with thyme and summer savory. Salt and pepper and moisten with melted butter or pork dripping. Skewer the fillet and bind it with tape into a nice round. Sprinkle with pepper and salt, tie a buttered paper over the top. Put it into a baking pan with a little sweet drippings or butter, and a very little boiling water. Let the fire be intensely hot at first, then after 20 to 30 minutes slack it off to a very moderate heat. Baste very often. Just

Substitute for Meat

Cook one pound of macaroni in boiling water until tender. Then place in a buttered baking dish, first a layer of macaroni, then cheese, seasoning with salt, pepper and butter. Take two eggs well-beaten, add a cupful of sweet milk, then pour over top of macaroni. Bake for about one-half hour or until a nice brown.

bread and butter with a liberal layer of this filling, sprinkle it with a little chopped mustard and cress. Lay on this a few slices of chicken, or any kind of game, cut thinly, and press a piece of bread and butter on top.