

Household Suggestions

Household Recipes

Ginger Cookies.—One cup each lard, sugar, molasses; three eggs; one teaspoonful soda dissolved in vinegar; one-half teaspoonful each salt, ginger, cloves. Flour to thicken.

Egg Stains.—The brown stains which come from baking custards or cooking eggs in various ways can be removed by rubbing the stain with a little salt, when it will come off at once.

Boiling Eggs.—Instead of putting eggs into boiling water and keeping this water boiling for three or four minutes, pour boiling water over them, set them on the back of the stove and leave for eight minutes. They will be cooked much nicer in this way, and be more digestible.

What to do with Bits of Bread.—Never throw out crumbs or bits of bread. Dry them in a slow oven, then roll them fine and sift through a coarse strainer. Keep them in a glass jar ready to use for croquettes, scalloped dishes, etc. True economy does not consist in going without, but in utilizing what we have in such a way as to obtain the most from it.

When frying bacon, put the sliced meat into a colander or sieve and pour boiling water over it. Let it stand in the water just a few seconds, then pour cold water through it to regain its crispness. Absorb the water with a cloth and fry in a smoking hot pan. The scalding removes the superfluous salt which is usually left in the bacon. The fat that is tried out in the cooking is better than lard for frying. As it has no burnt salt in it, it is almost as white and pure as lard.

Do not throw away bits of toilet soap. Keep a jar to put them in. Make bags of fine cheesecloth four by six inches. Fill with bran, a few bits of soap, and, if you have it, a pinch or two of orris. Tie the bags at the top; do not fill them full as the bran swells in the water. These bags make the nicest kind of wash rags. Another use for the bits of soap is to put some of them in a jar and pour in alcohol or cologne, not quite enough to cover the soap. This will make a jelly which will be found useful in shampooing, or in the bath, as it dissolves quickly in the water. Add a few drops of lavender or rose to the alcohol and soap just before using.

Useful Hints

To keep rats away from vegetables a simple way is to set four bricks on end and set the barrel on top of these bricks, using the bricks for legs of the barrel. This places the barrel at such a height that the rat cannot reach it to gnaw, neither can he climb up, for the reason that the bricks are inside the chine and when he reaches up he strikes the bottom of the barrel and cannot go any further.

A valuable use for lye is the killing of cockroaches and other vermin that will sometimes invade the best-kept home. Sprinkle a little lye on a dish so as to cover it thinly and place a piece of meat or bread in the centre of the dish. The bugs will eat through this bait to the lye, which will kill them. Put a little lye in sinks or in other places that are likely to be infested with roaches or waterbugs. Sprinkle lye around rat holes and in damp and musty cellar corners to drive away troublesome rodents. Never put the lye on boards or carpets, as it will destroy same.

Medicinal Values of Fruit and Vegetables

The succulent vegetables and fruits contain an active principle making different ones serviceable in different diseases, as, lettuce is soothing, as it has a principle similar to opium, yet leaving no bad results.

Onions dissolve uric acid, contain sulphur, and absorb poison.

Apples, onions and lemons tend to clear the complexion of dark, muddy color caused by uric acid in the blood.

Rhubarb will relieve constipation if taken without sugar.

Too much cane sugar interferes with the normal action of the liver.

Turnips, onions, cabbage, cauliflower, and water cress contain sulphur for purifying the blood.

Beans, spinach, raw cabbage contain iron and are a great benefit to anaemic people.

Carrots are rich in iron and increase the red cells of the blood. They also tend

are used, and then cut across the sections into thin slices. Use equal parts of celery and apple. Mix in sufficient mayonnaise dressing to hold the pieces together. Arrange crisp cup-shaped lettuce leaves on a pretty shallow dish, put a portion of the mixture on each leaf, dot the top with a teaspoonful of the mayonnaise, and serve quickly. Do not pare the apple until ready to put the mixture together. A simple French dressing may be used if preferred, and by many would be thought more suitable for a dinner salad.

No. 2—Take smooth, tart apples, remove cores, pare them and slice across into rings about one-fourth inch thick. Make the usual mayonnaise dressing. Tint a part of it pale green. Split the celery stalks and slice it very thin. Allow one heaping tablespoon of celery to each

Quick Fruit Bread

Mix ingredients for baking powder biscuits, adding three-quarters of a cupful of cleaned currants and three-quarters of a cupful of seeded raisins. Make into a loaf, brush over the top with brown sugar that has been mixed with a little cold water. Bake for three-quarters of an hour. This may also be made thin enough to drop from a spoon, in which case sprinkle over the top a few chopped nuts and serve hot with honey.

Oatmeal

The night before you want it, put one quart of boiling water in the outside of the double boiler and another quart, in the inside; in this mix one teaspoon of salt and four large tablespoons of oatmeal. Put the cover on and stand the boiler on the back of the stove for the night, where it will hardly cook at all. In the morning look in the outer boiler and see if there is still plenty of water there; if not, fill it up from the tea-kettle; then put it over a hot fire and boil it hard for an hour without stirring it, when it will be done. Turn it into a hot dish and send it to the table with a pitcher of cream.

Love Loaves

Cream half a cupful of butter with two cupfuls of sugar and add one cupful of sweet milk, alternately with two cupfuls of flour mixed and sifted with two teaspoonfuls of baking powder. Fold in the well beaten whites of four eggs and flavor with vanilla. Bake in a square pan. When cool cut into hearts, using a heart cutter, cover with a chocolate icing over which sprinkle coconut. For the icing, place one cupful and a half of sugar with three tablespoonfuls of cream and a third of a cake of chocolate in a saucepan and boil until it will rope when poured from the spoon. Pour this over the beaten whites of two eggs. Beat until it thickens.

When baking a cake, divide the time into quarters and look at your cake only four times, taking it out the last time. At the end of the first quarter it should be somewhat risen, with bubbles on the top; the second quarter finds it well risen and beginning to brown very slightly; at the end of the third quarter it is "set" and evenly but lightly browned. The last look into the oven should find the cake ready to take out. Be sure of this before you take it out, however.

Looks are Deceptive

As several travelers got into the station bus one of the men (who was quite a portly fellow) noticed that a certain young woman had a grip exactly like his, but that it was placed with the rest of the baggage, on top. Thinking there might be some mistake made he kept his inside and placed it at his feet. He was soon engrossed with his paper, and did not notice the young woman reach over and draw the grip close to her side. Being of a humorous turn of mind he waited until she was occupied with a book and then pulled the grip to its former position, the rest of the travelers looking on with amused expressions.

In turning over a leaf she looked down and suddenly became aware of the removal of the grip. She was quite indignant, and with some force in her voice and manner said, "That is mine!" and jerked it back close to her feet.

Touching his hat politely the owner said, with a merry twinkle in his eye: "All right, madam; but may I please get my pipe and nightshirt out? You are welcome to the rest of the things!"

The Beauty of a Clear Skin.—The condition of the liver regulates the condition of the blood. A disordered liver causes impurities in the blood and these show themselves in blemishes on the skin. Parmelee's Vegetable Pills in acting upon the liver act upon the blood and a clear, healthy skin will follow intelligent use of this standard medicine. Ladies, who will fully appreciate this prime quality of these pills, can use them with the certainty that the effect will be most gratifying.

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.

TOMATO SOUP

Boil tomatoes 20 minutes with a little water; strain; add a pinch of soda; scald 1 qt. of milk, butter size of an egg; add all together, put in some broken crackers and season with pepper and salt.

MACARONI AND CHEESE

2 cupfuls macaroni 1 cupful rich milk
(broken in pieces) 2½ tablespoonfuls butter
½ cupful grated cheese 1½ tablespoonfuls flour
¼ cupful bread crumbs

Boil macaroni in plenty of salted water; cook butter and flour until it bubbles; add milk and stir until smooth; add salt and pepper and a pinch of Cayenne; 1 teaspoonful dry mustard; stir in cheese and dissolve it; pour this over macaroni; melt 1 tablespoonful butter and mix with bread crumbs for top; butter dish in which it is baked and brown crumbs in oven.

DOUGHNUTS

1½ cupfuls sour milk 1 cupful sugar
1 teaspoonful soda 1 egg
Salt

Enough flour to thicken, to which add 2 tablespoonfuls melted lard; roll; cook in boiling lard, to which add 1 slice of potato; when brown, take this out and add another.

RAISIN PIE

1 cupful sour cream 1 cupful raisins
1 cupful sugar 3 eggs

Beat yolks of eggs well; line a deep pie plate with rich paste; put in filling and bake; beat whites to stiff froth, adding 3 tablespoonfuls sugar; spread on top of pie and return to oven to brown.

to clear and beautify the complexion. Celery is serviceable in counteracting conditions that lead to rheumatism and neuralgia.

Tomatoes stimulate the liver.

Potatoes contain salts of potash that counteract uric acid.

Melons arouse the kidneys and bowels and keep the system cool.

Peaches have iron for the blood.

Prunes are laxative and soothing to the nerves.

Berries are rich in iron, but should not be indulged in large quantities at a time, as the seeds tend to clog the intestines.

Apple and Celery Salad

Have the celery nicely cleaned and crisped by keeping it in a damp napkin on the ice until just before ready to use. Then cut it into thin crescent-shaped slices. With a silver knife pare and core some mildly tart apples, cut into eighths or narrower, if very large apples

ring of apple. Put some finely shredded lettuce on a dish. Dip each ring of apple into the green mayonnaise and lay it on the lettuce. Moisten the celery with the uncolored dressing and put a large tablespoon on each piece of apple, piling it high in the centre and leaving an edge of the green apple uncovered.

Pineapple and Grapefruit Salad

Arrange lettuce leaves on individual plates. In the center of each put a round slice of canned pineapple, which has been drained and chilled. On this arrange perfect sections of grapefruit which have been skinned and chilled, being careful to conform to the circular shape of the pineapple. Sprinkle these lightly with powdered sugar. Surround with mayonnaise dressing into which has been lightly folded a little whipped cream just before using, and in the center of the fruit place three stoned California cherries or the same number of Maraschino cherries.