



SOME OF GRANDMA'S RECIPES.

Although I have never been able to make my dishes taste like grandma's, here are a few of her original and old-fashioned recipes which I have carefully treasured, and make use of in my family constantly.

Corn Cakes: Stir 1 or 2 cups milk into 2 beaten eggs. Add corn meal enough to make a thin batter. The milk must be very sour, to which allow 1 heaping teaspoon saleratus. Beat until light and bake on a griddle.

Corn Bread: One cup sour milk, 1 of sweet milk, 1 tablespoon sugar, 1 teacup flour, 2 heaping cups corn meal, 1 teaspoon soda, 1 of salt, 1 1/2 tablespoons melted butter and 3 beaten eggs. Beat the eggs separately, add the melted butter to the milk, then the sugar, salt and yolks of eggs. Dissolve the soda in a little warm water the last thing add the whites of the eggs, flour and corn meal, beat together quickly and bake in a hot oven.

Old-fashioned Buckwheat Cakes: To 4 cups buckwheat and 1 small cup Indian meal, add 1 even tablespoon salt, 1 cup homemade or 1/2 cake compressed yeast, 1 1/2 cups water and 2 of sweet milk. Have the milk and water mixed lukewarm. Let this rise over night. In the morning stir into 1/2 cup warm water an even teaspoon soda. Add to the batter just before putting in the oven.

Old-fashioned Indian Pudding: Set 1 qt sweet milk on the stove to scald; when hot, carefully stir in 7 tablespoons Indian meal without lumping. Add 1 cup good molasses, let it boil up once, and pour into a buttered baking dish. Then stir in 1 cup cold milk, 1 teaspoon salt, and spice to taste. You may add 1 or 2 eggs if you wish. Bake slowly three or four hours.

Old-fashioned Brown Bread: Three cups corn meal, 1 cup flour, 1 cup molasses, 1 heaping teaspoon saleratus, dissolved in enough good sour milk to make a rather thin batter, 1 teaspoon-

ful salt. Steam three hours, bake one. Have the water in the kettle boiling furiously when the bread is first set to steam, otherwise it is apt to fall and be heavy.

Cottage Cheese: To 6 qts sweet milk add 2 of sour, put in a kettle or large basin, and place on the stove where it will keep warm, not stirring until the curd separates from the whey, then remove it with a skimmer to a coarse, clean cloth. Tie it up and drain off the whey, squeeze out with the hand all the water possible, put the curd on a dish and add 1 tablespoon butter and a little salt. If it seems dry and crumbly, add a little sweet cream, working it in evenly with the hands. Tie up in a cloth and keep in a cool place. It should be good in a week and makes an excellent relish.

Molasses Cookies: Here is her recipe for making molasses cookies without shortening, which the most confirmed dyspeptic can eat with perfect safety. Let 1 cup molasses come to a boil, stir in 1 tablespoon saleratus and 2 tablespoons vinegar, 1 cup granulated sugar, and remove from the stove, add 2 well-beaten eggs, 1 tablespoon ginger, and flour enough to roll lightly. They are very nice if not kneaded too hard.

I wish I could give you grandma's recipe for apple pie and cream short-cake, either of which would melt in your mouth, but exactly how the different ingredients were put together I have forgotten.—[Georgia A. Harris.

REQUESTED RECIPES.

Raised Doughnuts: One cup milk, 1/4 yeast cake, 1/4 cup lukewarm water, 1 teaspoon salt, 1-3 cup butter and lard mixed, 1 cup light brown sugar, 2 eggs, 1/2 grated nutmeg, flour. Scald and cool milk; when lukewarm, add yeast cake dissolved in water, salt, and flour enough to make a stiff batter; let rise over night. In morning add shortening melted, sugar, eggs well beaten, nutmeg and enough flour to make a stiff dough. Let rise again and if too soft to handle, add more flour. Toss on floured board, pat and roll to three-

fourths of an inch thickness. Shape with cutter and work between hands until round. Place on floured board, let rise one hour, turn, and let rise again. Fry in deep fat and drain on brown paper. Cool, and roll in powdered sugar.—[Fannie M. Farmer.

Doughnuts Raised from Dough: One pint risen milk bread dough, 1 cup sugar, 2 eggs, 1 tablespoon melted butter, spice to taste, flour enough to roll out.—[Mrs Lincoln.

COFFEE IS WHOLESOME.

Coffee is a stimulant and a food, wholesome and good, says Prof Harvey W. Wiley, head of the chemistry division of the department of agriculture. "The harm," he says, "from too much coffee or tea drinking comes from the reaction of the nerves after the effect of the stimulant has passed away. If the stimulation is not excessive there is no more harm done than in stimulating the stomach with hot water or food, or stimulating the body with exercise, or the brain with thought or study."

"The statement is frequently made," says Prof Wiley, "that strong coffee without milk in it will affect the lining of the stomach—that the tannic acid will operate on it as it does on the milk, changing the gelatinous parts of the tissue into leather. This is absurd. I mention it merely because some people without any knowledge of organic chemistry, and hearing about the operation of the tannic acid in coffee, have jumped to this hasty and ridiculous conclusion. The living tissues of the stomach are impervious to the action of this or any other of the many chemical ingredients of food. Were it otherwise the acids secreted by the stomach would act upon it and the stomach would digest itself.

"Tannin makes gelatine insoluble in water. This is why it preserves leather. The milk is broken up and separated, but the minute leathery particles are quite digestible. They are no longer milk, but they are a nutritious food. And at the same time the tannic acid, having entered into combination, is eliminated and the coffee has lost its bitter taste. What is true of coffee is

true of tea. Both have similar chemical properties. The addition of milk is for the same purpose, and is followed by the same chemical reaction. It is a mistake to imagine that coffee and tea are purely stimulants. The fact is both possess large amounts of food properties, such as sugars, starch and proteins. Coffee has more than tea, and as between the two, if either are harmful it is more apt to be tea.

"Coffee for breakfast should, in my opinion, be made with half milk. The best coffee is made with hot milk, the two being poured into the cup simultaneously. This prevents sudden or excessive cooling and facilitates the mixing and chemical combination of the elements. After dinner coffee is taken for stimulative purposes, and not so much as a food. Therefore it should be without milk, and the small cups should be equivalent in strength to a large cup of breakfast coffee."

Moles (by request)—To check the ravages of moles, knock off the resin from the outside of a ball of commercial potash, pulverize the potash, make small openings in their runways, which are easily located, drop at intervals a teaspoonful of potash and cover with a small flat stone. Ball potash is very caustic and must be handled with care; it is sure death to moles. Castor oil beans growing in ground infested with moles will check their ravages, and the plants are quite ornamental. A row of bricks placed lengthwise vertically around a flower bed will insure the bed against moles. The bricks should extend into the ground about eight inches, a depth below which moles never go even in the driest weather. Place the ends of the bricks even with the surface of the ground leaving little spaces between for drainage.—[Sarah E. Wilcox.

A father, in reproving his son, said sternly to him: "Did you ever see me doing such a thing as that when I was a boy?"

"Is this the cracked wheat, Jane?" "I dun' know, mum; I ain't looked at it or tched it, an' if it's cracked it wuz cracked afore I come here."

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