

On the Schwager farm—Dundurn, Sask.

## Household Suggestions.

"In Friendly Guise" By Frances, Port Morien, Cape Breton.

Wealthy housekeepers can skip this article; it is a little chat with the many women who do their own work, thereby dispensing with that uncertain element known as "hired help"—I call it "emancipation"—it is one of the "blessings" of poverty.

Many able writers discourse glibly—through the domestic departments of sundry magazines on "housekeeping"—but very much of their advice is useless to the wives of working men, although there are a few practical grains to be gleaned from out the mass. But, dear "house-mothers," don't you experience a sinking sensation when they talk of "system?" System is so impossible to the great majority of us.

Where can system come in when at times the bread winner is starting out for a night's work at an hour when other men are getting into their slippers and hunting for the day's paper. How can system flourish, when on sweeping days for the upper chambers, a tired man is sleeping the sleep of the "just," and must not be disturbed, and the house must be kept quiet below stairs as well.

We must take all this good council with a sprinkling of salt, for every household is a law unto itself, and you must plan work according to your need.

But use your brains instead of your feet and don't make a slave of yourself in any of your "doings," or sooner or later your pots and pans and other household gods will rise up and "do" you. Train the little ones to help—begin early. Teach them to wait upon themselves, to put away their playthings, dust, lay the table, hang out small garments on wash days, pull out bastings, and pick up scraps when you are sewing—and great will be your reward in the future.

Make simple washdresses for everyday wear, for yourself and children; good gingham and "ducks," well lined, are plenty heavy enough for winter, and can be washed whenever desired; while prints are both cheap and dainty for summer days. Likewise, prepare wholesome and plain fare for your table, and whenever your nerves begin to feel "frazzled," just drop everything, go out and lock the door on all your worries—take the tots, and hie you to the fields, woods, or parks, and let Mother Nature strengthen you anew. Don't say, "how can I"; remember you are your own mistress, you are not chained to the dress-makers task, an office desk, or the school room; you are queen of that realm called Home! Then plot, plan, contrive ways and means, simplify, reduce, only get there somehow—every-

one requires a breathing spell sometimes.

And your husband will help you to attain this measure of freedom once in a while, if he is a halfway decent fellow, and, I think, most men are—if they get a fair show.

My sympathy goes out to all the tired, conscientious mothers, who strive so hard to make the best and the most of everything; who believe in cleanliness, first, last, and always—and whose souls are racked at the sight of disorder; but there is a certain amount of "clutter" that cannot well be avoided in a household of children, and one must overlook it, comfort is better than "style," anyway.

The workingmen's wives to-day are facing the greatest problem of the times—how to make one dollar do the work of two—how they manage, they alone can tell.

To the young and inexperienced housewives, I would like to say there is much prated economy that is not really economy at all. Don't be deluded into trying to make a tasty meal from a "bone," "a cold potato," and a spoonful of "boiled rice." You may delude yourself, but the effect of the combination will not be generally much appreciated. I have learned many things through my many failures; experience is the only real teacher, though she is a very stern one, and some day you will surely arrive at success.

Now, a word more, and I will have done. Above all things, learn to depend upon yourselves. If your mother and sisters live near, don't rush to them for help in every trifling emergency. Oh, they would come willingly to your aid, no doubt of that—your mother especially—but it is not "playing fair." Of course, there are many occasions when help is really needed, time enough then to seek it. Your mother brought up one family, don't expect her to rear yours.

Don't lose your head if Kate should happen to sneeze, or Johnny runs a splinter into his finger, you will in time have pulled enough of wood from your children's hands to make a goodly bonfire, and you will regard it as "all in the day's work." You have entered into the great game, now play it thoroughly; better to live and die an honorable single maiden, than to marry and be a "quitter."

### Dinner in the Field.

It often happens during the busy season that the men want their dinner brought out to them in a distant field, and the ladies are at a loss to know

what to carry as only a buggy is at hand to transport the provisions. One must drive, so there is usually but one pair of hands to hold tipsy things, and the packing and delivering of the goods becomes a serious problem especially as it is desired to get there quickly and have the things as hot as possible.

A deep stone jar with cover is the very best utensil to carry dinners which should be boiled or baked for these occasions, as fried foods cool very rapidly. Before the dinner is to be packed the jar can be filled with boiling water or placed on the back of the stove or in the oven to get thoroughly heated, and then the dinner will not cool off during the journey.

A roast of beef to be carved in the field and served with potatoes browned with it, or boiled beef with potatoes will always be relished. Boiled ham with potatoes, or ham pot pie, never goes begging in the harvest field. Such vegetables as peas, beans, corn, tomatoes—in fact any garden vegetable—may be cooked and placed with little trouble. Just so the things are hot and good they will be liked by all.

For dessert the very best things are cookies and coffee or some sort of cake easily transported. Of course fruit is always easily carried, but pies never carry well. Custards are a snare and all soft puddings a nuisance. A man likes to sit down with a tin of hot coffee and a cookie or a couple of doughnuts, but he does hate to mull around with a soft pie or a custard.

A lady who has had much experience in taking dinners to the field packs her apple sauce in a quart fruit jar, her pickled beets in another, her dinner in a stone jar and her dessert in a covered basket, and with a jug of hot coffee she sets forth alone to deliver the noon meal. The food is served on bright pie pans and the coffee poured into new tin cups. There is no danger of breaking things, and she really enjoys getting out for these picnic spreads. Of course it would be easier to feed the men at home in her cool dining room, but when necessity demands the picnics she does not complain, but sets herself to give the men the best things she can find hot and good, for she knows that a good dinner in the midst of a hard day's work is a great thing to a hungry man, and a great factor in keeping good hired men, so she willingly makes the sacrifice, knowing that harvest can't last for ever.

### Meat Pies.

Meat pies represent another method of combining flour with meat. They are ordinarily baked in a fairly deep dish, the sides of which may or may not be lined with dough. The cooked meat, cut into small pieces, is put into the dish, sometimes with small pieces of vegetables, a gravy is poured over the meat, the dish is covered with a layer of dough, and then baked. Most com-

monly the dough is like that used for soda or cream-of-tartar biscuit, but sometimes shortened pastry dough, such as is made for pies, is used. This is especially the case in the fancy individual dishes usually called patties. Occasionally the pie is covered with a potato crust, in which case the meat is put directly into the dish without lining the latter. Sewed beef, veal, and chicken are probably most frequently used in pies, but any kind of meat may be used, or several kinds in combination. Pork pies are favorite dishes in many rural regions, especially at hog-killing time, and when well made are excellent.

If pies are made from raw meat and vegetables longer cooking is needed than otherwise, and in such cases it is well to cover the dish with a plate, cook until the pie is nearly done, then, return to the oven until the crust is lightly browned. Many cooks insist on piercing holes in the top crust of a meat pie directly it is taken from the oven.

### Egg Sandwiches.

Boil 6 eggs hard. Put in cold water to cool. Chop fine and season with salt, pepper, mustard and a little vinegar. Have thin slices of bread buttered and spread with lettuce leaves. Spread the egg between.

### Salmon Sandwiches.

Two thin slices of bread cut triangular and buttered; between them put canned salmon, dressed with lemon juice, salt and pepper to taste, on a lettuce leaf. These are best eaten soon after made.

### Egg and Cheese Sandwiches.

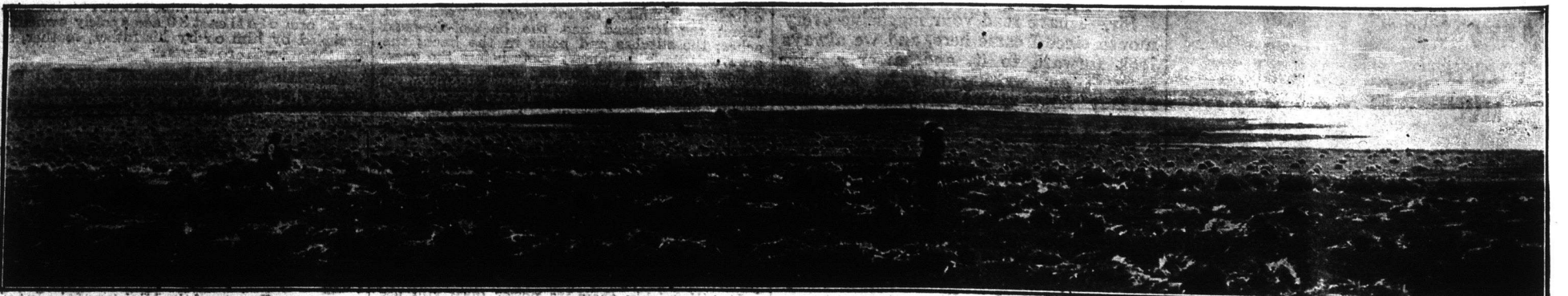
Yolks of six hard-boiled eggs mashed fine with ½ pound grated cheese and moistened mayonnaise. Make a nice filling for sandwiches.

### Iced Tea.

Put ½ cupful of tea in cold water in a pitcher in the morning; when wanted, strain, add cold water, and ice to taste, serve. Add more cold water to the tea leaves in the pitcher with a little fresh tea; set away, and use again. The flavor is nicer than any way I have ever tried. I keep the pitcher in the ice box and change twice a week.

### Tongue Sandwiches.

One cupful finely chopped tongue, 1 teaspoonful made mustard, 1 teaspoonful soft butter, ¼ teaspoonful Cayenne pepper, yolk of 1 hard-boiled egg, juice of ½ lemon, dash of nutmeg. Mix all ingredients thoroughly and spread between thin slices of bread.



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