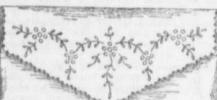


Embroidery Designs

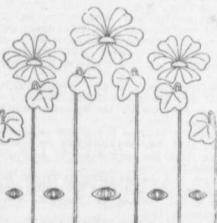
Designs illustrated in this column will be furnished for 10 cents each. Readers desiring any special pattern will confer a favor by writing Household Editor, asking for same. They will be published as soon as possible after request is received.



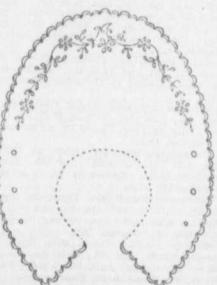
558 Design for a Band or Border. To be embroidered or beaded.



555 Design for an Embroidered Hamkerchief Case in Envelope Shape.



554 Design Suitable for Embroidering a Cushion Cover 17 inches square.



561 Design for Embroidering a Baby's Bib. The scalloped edge is to be padded and buttonholed; the flowers and leaves can be worked either solidly or as epaulet, the stems are to be outlined; the dots are to be worked in solid embroidery.



567 Design for Embroidering an Infant's Pillow. Sofa Cushion or Centre-Piece

Cook All Pork Well

Cases of illness sometimes occur from eating uncooked or insufficiently cooked pork, which is infested with a microscopic parasite commonly known as trichina or flesh-worm, the scientific name being *Trichinella spiralis*. An average of one or two per cent. of the hogs slaughtered are infested with this parasite. When transmitted to human beings, trichinina may cause serious illness, sometimes resulting in death. Out of about 15,000 cases of trichinosis recorded in medical literature, most of which occurred in Europe, 830 resulted fatally.

No method of inspection has yet been devised which the presence or absence of trichinina in pork can be determined with certainty, and the government meat inspection does not include inspection for this parasite. All persons are accordingly warned not to eat pork, or sausage containing pork, whether or not it has been inspected by federal or municipal authorities, until after it has been properly cooked.

A temperature of about 160 degrees Fahrenheit kills the parasite; therefore pork, when properly cooked, may be eaten without any danger of infection. Fresh pork should be cooked until it becomes white and is no longer red in color in all portions of the pieces, at the centre as well as near the surface. Dry-salt pork, pickled pork, and smoked pork previously salted or pickled, providing the curing is thorough, are practically safe so far as trichinosis is concerned, but as the thoroughness of the curing is not always certain, such meat should also be cooked before it is eaten.

How to Dry Wet Boots

If we have been out in the rain and got our boots thoroughly wet, it is often a difficult task to dry them properly; but there is a very simple way of doing this which is well

worth knowing. Of course, wet boots should never be put near a fire to dry, for the heat makes the leather very hard, and the boots get out of shape and not only look ugly, but hurt the feet.

To dry boots properly, we should fill them with oats. Oats absorb the moisture, and, as they do so, swell, so the boots are filled out as though they were fitted upon wadded shoes. The same lot of oats may be used over and over again, being dried thoroughly in a slow heat each time.

THE COOK'S CORNER

Recipes for publication are requested. Inquiries regarding cooking, recipes, etc., gladly answered upon request, to the Household Editor, Farm and Dairy, Peterboro, Ont.

GRAHAM MUFFINS

Sift together one cup, each, of white flour and graham flour, from one tablespoonful to one-fourth a cup of sugar, four level teaspoonfuls of baking powder, and half a teaspoonful of salt. Beat one egg; add about one cup and a fourth of milk and stir into the dry ingredients; beat in from two to four tablespoonfuls of melted butter. Bake in a hot well-buttered, iron gem pan. Muffins of this sort are best when baked in an iron pan.

WHITE MUFFINS

Cream one-third a cup of butter; beat in one-fourth a cup of sugar; alternately, add one egg, beaten and mixed with three-fourths a cup of milk, and two cups of sifted pastry flour, sifted again with four level teaspoonfuls of baking powder and one-fourth a teaspoonful of salt. Bake in a hot, iron muffin pan about twenty-five minutes.

GRAHAM PUDDING

One cup of sweet milk, one cup of molasses, one cup of raisins, two teaspoons of soda dissolved in one tablespoon of water. One teaspoon of cinnamon, one-fourth teaspoon of cloves and two cups of graham flour. Steam three hours. If a portion is left it can be steamed for other moments and serve for dessert the second or third day.

BAKED BEAN FRITTERS

One half-cup of cold baked beans, mashed. One egg, one small onion, chopped, one-half cup flour, one and one-half cups breadcrumbs, four tablespoonfuls milk, and two teaspoons baking powder, pepper and salt. Chop the onion, add the mashed beans, mix well, beat the egg, add the milk, breadcrumbs, and sift in the flour and baking powder. Beat well; it will be very thick. Fry in spoonfuls, in fat two inches deep. Serve with thick slices of broiled tomato.

The Sewing Room

Patterns 10 cents each. Order by number and size, if for children; give age; for adults, give bust measure for waist and waist measure for skirts. Address all orders to the Pattern Department.

ONE-PIECE BLOUSE, 6584

The one-piece blouse is almost universal. This one is made over a lining, and this lining is faced with lace to form a yoke and pretty under sleeves. The trimming portions are distinctly novel. The waist can be finished with the crushed girde, as in the illustration or with a plain belt. For medium size is required 1 1/2 yds. of material 24 or 27 or 7/8 yd 36 or 44 in. wide, with 1/2 yds. 20 in. wide for the trimming portions. The pattern is cut out for a 24, 26, 28, 30, 32, 34, 36, 38, 40 and 42 in. bust.



CHILD'S BISHOP DRESS, 6556

The bishop dress that is made with a straight lower edge is both a practical and a pretty one. It is especially well adapted to flouncings and bordered materials. A child of 2 yrs. of age will require 4 1/2 yards of flouncing 27 inches wide or 2 1/2 yards of plain material 27, 2 yards 36 or 1 1/2 yards 44 inches wide.

This pattern is cut in sizes for children of 6 months, 1, 2 and 4 years of age.



GIRL'S COAT, 6535

Little girls are wearing a great many attractive coats this season. This one is especially well adapted to light-weight cloths and the lining. The yoke and the sleeves being cut in one give pretty and fashionable lines, while at the same time labor is greatly reduced. For a girl of 6 years of age will be required 3/4 yards of material 27 or 2 1/2 yards 44 or 52 inches wide, with 3/4 yard of silk for the collar and cuffs. The pattern is cut in sizes for girls of 4, 6 and 8 years of age.

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