

The Farm Home

Every-day Recipes.

Calf's Heart.—Cut the heart into small pieces, wash thoroughly, put it in a kettle with one quart of water and let it simmer one hour. Then add two tablespoonfuls of chopped onion, salt and pepper to taste. Make drop dumplings by mixing a cupful of flour, $\frac{1}{2}$ a teaspoonful of salt, a level teaspoonful of baking powder, and $\frac{1}{2}$ a cupful of cold milk in a bowl, stirring vigorously until it is a smooth batter. Then dip this batter by spoonfuls and place it over the top of the heart. Cover the kettle and cook ten minutes, then serve hot.

Fried Bread.—Cut stale bread into slices, then the slices in strips two inches wide. Beat one egg until light and add four tablespoonfuls of milk, dip the slices in this and fry them in hot lard. Pour liquid pudding sauce over it and serve.

Boston Brown Bread.—One cup of corn meal, two cups graham flour, one teaspoonful of salt, one teaspoonful of soda (level full). Mix these ingredients together, stir the batter briskly for a few minutes, and add one pint of warm water. Grease the inside of a tin bucket, pour the batter in, put on the lid and set it in a kettle half full of boiling water. Keep it boiling three hours, replenishing the water in the kettle as it boils down. When done slip a knife down at one side of the bucket and cut it loose all around, then turn it out on a plate.

Egg Salad.—Chop cold potatoes fine, measure a cupful, pour over it three tablespoonfuls of hot vinegar seasoned with pepper, mustard, salt and butter. Boil five eggs hard, slice the whites and remove the yolks. Make a dressing for the salad. Arrange a layer of lettuce, add the potatoes and the eggs and pour the dressing over all.

Mother's Plain Cake.—One cup of butter, two cups of sugar, four cups of flour, four eggs, two heaping teaspoonfuls baking powder, one teaspoonful of extract of lemon or vanilla, and enough sweet milk to make a stiff batter. Cream the butter and sugar, beat the eggs until light, then add the milk and flour gradually, beating all the time to keep it free from lumps and make it light. The baking powder should be mixed with the last cupful of flour and sifted before putting it in. This is nice for a layer, jelly or loaf cake.

Mixing Mustard.

Mustard left mixed, with vinegar or anything else, soon dries, and acquires a mouldy flavor. To prevent this put a heaped tablespoonful of salt into a pint of boiling vinegar. Pour it over

two heaping tablespoonfuls of grated horseradish. Let the vinegar stand twenty-four hours and then strain it off the horseradish, which can be covered with a little fresh cold vinegar and used on the table. Thicken the vinegar strained off with the best English mustard until it is of the proper thickness for use. The addition of a little caper, anchovy, tarragon, garlic, or of celery vinegar to this mustard, or half a teaspoonful of onion juice, gives it a special flavor; a few mushrooms—about two or three—add another flavor. The Parisian chefs number as many as three dozen different flavored mustards. Many of these are prepared simply from a flavored vinegar, but others have a variety of flavors.

Some Odd Superstitions.

There are superstitions of Easter, one of which has a strong hold on the negroes of Baltimore, who early Easter morning go to one of the large hills about the city to see the face of the Saviour in the rising sun. It is also believed that the sun dances with joy on Easter morn.

There are superstitions throughout all the counties concerning cross-roads and running water. Witches are supposed to make their home at the crossing of two roads and to appear there at midnight. One peculiar thing about witches is that they cannot get across running water, and a stream of any sort always acts as a protection to the nightly prowler, who will follow along the bank of a stream in preference to the road. These are some of the things which are more generally believed in the country around Washington and along the Eastern shore. Some of the articles of the creed of the superstitious in that neighbourhood are: "If you sweep your room at night you sweep away your wealth."

Never shake crumbs out of a window after dark. They are supposed to fall into the eyes of the Lord and to disturb the spirits of the dead who wander abroad at night.

Don't wash your hands in water in which eggs have been boiled. You are liable to become covered with warts.

Many Baltimore school children believe that if they step on a railroad track they will miss their lesson at school. Also that if they drop their book, unless they put their foot on it before picking it up, they will miss their lesson.

Some mothers believe if a child is slow in learning to walk he can be taught quicker by standing him in a corner for nine days in succession and sweeping him three times a day with a new broom.

About no other single thing probably have so many superstitions been concocted as about the "bean." They abound everywhere and are generally of a pleasing nature, not having to do with witches and devils. For instance, in Sicily a girl plants two beans in a pot, naming one for herself and one for her lover. If they sprout it means marriage. If the lover has not been selected, three beans are put in a bag; one is whole, the other has the eye taken out and the third is skinned. After shaking the bag the girl draws one bean. The whole one means a rich husband, the one without an eye means a sickly husband, and the one without the skin means a man without a penny.

Preparing Violets for Winter Blooming.

To grow violets for winter blooming it is by far best to plant them where they are to remain. The frames may be placed about them later. Pick off every bud that forms, and remove the runners, and do not force them by giving fertilizers. The ground in which they are planted should light and mellow and only ordinarily rich. What is wanted is a sturdy, healthy growth rather than a luxuriant one. Shower the plants frequently to keep down the red spider, unless they are where they will get the benefit of dews and rains. Put the frames about them in October, but do not cover the plants until cold weather comes. At that time it may be well to fertilize the soil somewhat. Bank up well about the frames, and provide a sash to cover them that fits snugly. On every pleasant day after the weather becomes cold lift the sash a little to admit air. If it is intended to grow them in the greenhouse, where there are no beds to plant them out in, keep them in seven-inch pots. Clip the runners off frequently, and do not allow them to bloom until winter comes. Violets are not satisfactory for culture in the window of the living-room.—*June Ladies' Home Journal.*

Home-made Sewing Table.

The most convenient sewing table I ever saw was made from a large square box of the right height. The top and bottom was removed and the inside of the box papered with wall paper. It was then turned so that the open ends formed the sides, and the inside was divided by a shelf. This shelf was also papered. The box was then mounted upon castors. The top was plainly covered with oilcloth, and the two sides were fitted with two rows