

more than three egg whites, stiffly beaten, use only one and one-half teaspoons of baking powder.

One-half teaspoon of soda for each cup of sour milk will be sufficient unless the milk is very sour. The best cooking molasses will require one-half teaspoon of soda to each half cup of molasses.

When eggs are used for leavening agents, the whites are beaten separately as the air is readily entangled in the globules of albumen. The stiffly beaten whites are folded into the batter just before putting it into the baking pan and there should be as little stirring as possible to avoid breaking air cells.

When air is depended on to make a batter light, as in pop-overs, all materials should be kept as cold as possible because cold air expands more on heating than warm air. The oven should be very hot at first in order to harden the air cells quickly.

Mid-Winter Meals

It will be impossible, on account of space, to give more than three meals each month, but an effort will be made to have them suitable for the season in which they are published. They will also be of such a character that even inexperienced housekeepers will be able to modify them for her particular needs. In all cases these menus will be simple and yet will contain sufficient nourishment to satisfy the needs of any individual. More elaborate menus are not required to satisfy hunger but to satisfy an abnormal appetite. When the average man and woman fully realizes this truth and follows its teaching there will be a wonderful lessening of labor in any house, especially the farm home.

BREAKFAST

Oatmeal Porridge Cream and sugar
Buckwheat Cakes Bacon
Toast Marmalade
Coffee

Oatmeal porridge—Into the upper part of the double boiler put three cups of boiling water; add $\frac{1}{4}$ teaspoon salt. Place directly over the fire and stir in slowly $1\frac{1}{2}$ cups of rolled oats. Let the mixture boil for five minutes, stirring occasionally; then set over the hot water in the lower part of the boiler and cook from one and one-half to two hours.

Buckwheat cakes—To 2 cups scalded milk, cooled to lukewarm, add $\frac{1}{4}$ yeast cake dissolved in $\frac{1}{2}$ cup of warm water; $\frac{1}{2}$ teaspoon of salt and enough buckwheat flour to make a thin batter. About 2 cups. Let rise over night at a temperature of about 70 degrees F. In the morning beat well, add 1 tablespoon of molasses, $\frac{1}{2}$ teaspoon of soda dissolved in a little warm water; mix and beat well and drop by spoonfuls on a hot greased griddle; cook on one side until well risen, full of bubbles and browned on the edges; turn and cook on the other side. Serve with butter and syrup or with bacon gravy.

Bacon—Slice the bacon as thinly as possible and remove the rind. Arrange

the slices side by side in a warm, not hot, frying pan and cook slowly until crisp and brown. As the fat fries out of the bacon pour it out of the pan, or the bacon will not be crisp. When well browned on both sides, drain the slices of bacon on brown or any absorbent paper and serve hot. Bacon cooked in this way makes an easily digested food.

Toast—Cut bread, two days old, into slices $\frac{3}{4}$ inch thick. Put in a moderately warm oven for a few minutes to dry out, then brown over glowing coals or arrange on a toaster fitted for a burner on a gas stove. Brown both sides a golden brown, butter lightly. Pile slices together and keep very hot until ready to serve. Toast that is served un-buttered is more digestible and better suited for children and invalids.

Coffee—For each cup of coffee to be made, allow two level tablespoons of ground coffee. Mix with one cup of cold water and as many eggshells (washed before the eggs were broken) as there are cups of coffee to be served; then add the required cups of water, either cold or freshly boiled, omitting two cups, one with which the coffee grounds were mixed, and one which should be replaced with hot milk. Place the coffee pot on the range and slowly bring the coffee to a boil, stirring occasionally. Allow it to boil one minute then place on a cooler part of the range where the coffee will simmer for four or five minutes. When ready to serve, either pour off the grounds and add the cup of milk, which must be scalding hot, or serve with the scalded milk. A better flavor is obtained if the scalded milk is added before the coffee is sent to the table. Do not attempt to use cold milk boiled with the coffee as this will give an entirely different result and one you will not like.

Preparing the meal—Start cooking the porridge for breakfast while washing the supper dishes the night before. Let it cook until the evening work is done, remove from the fire, cover the double-boiler tightly and let stand on the back of the range, on the hot-air register, or on the steam radiator where it will keep hot all night. An ideal way to cook cereals of any kind is to use a fireless cooker, even a homemade one. In the morning re-heat the cereal, put fresh water in the tea kettle and put it on to boil. Make the coffee, fry the bacon, make the toast and put it in the oven to keep hot; then fry the buckwheat cakes. If there is sufficient time in which to prepare breakfast, it is better to make the coffee with cold water and allow it to come slowly to the boiling point, as in this way more of the coffee essence is extracted. Tea may be substituted for coffee if desired. This should be made with freshly boiled water poured on the tea leaves just before time to serve. Allow one level teaspoonful of tea to each two or three cups of water, depending on the strength desired, but in no case should the tea be allowed to boil, as this extracts too much of the tannin, which is the objectionable substance in tea.



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