

# OUR HOME PAGE

## OATMEAL FOR GOOD CAKES

As the days get chilly oatmeal is the stuff to serve to your family. For aside from its nutritive value, it gives the children and grown-ups alike nourishing oat cakes that will heat the blood and give energy as well as helping digestion.

For this plain thin oat cake, the good Scottish kind, cooked slowly on a griddle, use this recipe. Take four tablespoonfuls of oatmeal and one of flour, a pinch of salt, and saltspoonful of bicarbonate of soda. Mix together. Melt half a tablespoonful of lard in a teacupful of boiling water, and mix into the dry ingredients, making a stiff paste and rolling out until very thin, when it is ready for griddle cooking.

**Cookies to Keep.**  
In a large elaborate cakes try these by the cookies. Mix together a half cup of butter, a half pint of currants, a pint and a half of other. If a spoonful of baking powder from a half of oatmeal, and ended in spice, and then add this spoonful of milk, one egg, two tablespoonfuls of water, and a half pint of dripping, or butter. Mix well, and drop spoonful by spoonful to form cookies on a greased pan. This makes a number but they keep well and form a complete supper meal with the oatmeal, the egg, and the currants—all so nourishing.

For an even-cooked oat cake, use the same recipe as for the griddle cakes, but use a mixture of milk and water in place of water and a very little more of carbonate of soda. Bake them in a slow oven, and do not let them go very brown, as the burning gives a bitter taste. Flour the tin on which you bake them. Another recipe for oatmeal cakes is this richer one with sugar in them:

Use three-quarters of a pound of oatmeal, one ounce of sugar, two ounces of margarine, two teaspoonfuls of cream of tartar, one teaspoonful of carbonate of soda, one teaspoonful of salt, one beaten egg, and a little hot water. These rolled out thin and cut into biscuit shape should be baked slowly for twenty minutes.

### Porridge Turned Cake.

Using either a hot griddle the oven, or the frying pan, the remains of cold porridge may be turned into excellent scones if you work into the porridge as much oatmeal or oatmeal and flour (mixed) as it will take up. Oatmeal bread is delightful too. For that, soak a half pound of oatmeal in a quart of a pint of milk and water for two hours. Mix a half pound of flour, a teaspoonful of salt, a teaspoonful of baking powder, a teaspoonful of cream of tartar, and add to the oatmeal and milk and water. Knead a little, shape into a loaf, and bake in a quick oven for just over half an hour.

### Oatmeal Ginger Cake.

Have you ever tried oatmeal ginger bread, an excellent Scottish dish? Rub two ounces of margarine into half a pound of flour, into which has been mixed three-quarters of a teaspoonful of baking soda and one teaspoonful of ground ginger. Add to that a quarter of a pound of oatmeal and two ounces of brown sugar. Mix two tablespoonfuls of treacle or golden syrup and enough buttermilk or milk and water to make a soft, good mixture. Grease a tin, turn the mixture into it, and bake in a gentle oven for about an hour and a half, or if your oven is not in use, steam this ginger-bread. Put aside for a day or two before you use it.

## A FEW MEAT DISHES

Beef for stewing is often tough these days, so buy your piece of meat a day before you mean to cook it, and let it lie overnight in a dish with a tablespoonful of vinegar over it. Turn it once or twice to let the vinegar soak into both sides. For a piece of beef about two pounds in weight allow a good tablespoonful of vinegar.

Slice a large carrot, a turnip, and three or four onions, and put them into a saucepan with a tablespoonful of frying fat, and fry them golden brown. Take the vegetables out of the pan and fry the meat on both sides, add a few vegetables, pour on enough almost-boiling water to fill the saucepan up a couple of inches, season with salt, pepper, and a blade of mace; put the lid on the saucepan and let the meat stew very slowly and gently for a good hour.

The meat will be tender if cooked slowly, but tough if hurriedly done. When it is ready mix a tablespoonful of flour into a little cold water and stir into the sauce of the meat to thicken it.

### Calf's Head.

Get a calf's head or a half calf's head from the butcher, cleaned and ready for to cook. You will have the brain and half the tongue in your piece of head. Take out the brain and tongue, handling the brain carefully not to break it for it makes a very tasty dish.

Wash the brain carefully and take off the skin, put into a small saucepan with an onion, having a clove stuck into it, season with salt and pepper, add a little water, and let it stew gently until it is cooked. Skin the tongue and put the tongue and cooked brain on the dish beside the head. Serve the dish hot or cold. It is very good cold with a salad dressing of oil and vinegar. The scraps of the head make excellent soup.

**Calf's Liver (Italian Style.)**  
Chop an onion or two fine and fry them in butter or margarine. Italians use frying oil for the purpose, and those who have it will find it very good. Cut the liver into long very thin slices and fry quickly with the onion. When the liver is browned on both sides add a little stock or water, heated to prevent this fat from spluttering, and a little chopped parsley and let it cook gently for a short time until it is done through. In Italy liver done this way is served with a dish of well-boiled maize flour sprinkled with grated cheese, and it is both delicious and nourishing.

**AMONG WOMEN**  
Women were first licensed to act women's parts on the stage by Charles II. in 1662. Up to that time feminine roles had been played by men and boys.

Miss Cleo Oving, an American, has won a doctorate with honourable mention at the University of Paris by writing a thesis on the Paris juvenile court.

The Arkansas Supreme Court recently held that rules by the school board prohibiting girl students from using powder and paint are reasonable and should be enforced.

Women police are the latest addition to the force of Pekin, which has the reputation of being exceptionally good and easily comparable with police forces in the cities of foreign countries.

In India the mother has the undisputed right to select the name of a new baby. The christening takes place when the youngster is 12 days old and is attended with many ceremonies.

Mrs. Sarah Conboy, secretary-treasurer of the United States Textile Workers, an organization of 135,000 members has just been appointed director of one of the largest banks in New York City.

Mrs. Cochet, Ashby, of London, England, has been elected president of the International Woman Suffrage Congress at the recent convention held at Rome. Mrs. Ashby succeeds Mrs. Carrie Chapman Catt, who has been made first honorary president.

Miss Clara L. Powers, of Boston, is the only woman justice of the peace in Massachusetts.

respect and honor, when the act was performed by the master of the house.

**THOSE WERE THE DAYS.**  
A woman who was rummaging through some old stuff discovered a waist that she had worn some fifteen years ago. And she found enough material in each sleeve to make a perfectly good modern skirt.

## HOME HINTS

Clean your oil mops with hot water, ammonia and a little washing powder.

To keep cut flowers put a thin slice of mild soap in the water. This will keep them fresh for a long time.

To exclude dampness and prevent moisture from the feet, cut pieces of roofing paper to fit inside the shoes. Also they add greatly to the comfort of tender feet.

Long strips of panels are apt to catch and tear if sewed to the bottom of the skirt. Use snap-fasteners to hold them in place under the hem. If caught they do not rip.

Place cold biscuits in the stove and brown until hard. Then crush and run through a food chopper, place in a dry, clean fruit jar and use when needed in soups and gravies. They give a much better flavor than many other thickening substances.

To prevent your vegetables from having a scorched taste when you accidentally burn them, lift the kettle from the stove and place in a pan of cold water. Leave until the vegetables are cool then lift out carefully so as not to get any that might be stuck to the bottom.

Instead of promiscuous button-box which requires much hunting for the desired button, run the buttons on safety pins of different sizes, and fasten. It is easy to remove the buttons as needed, and to refasten the pin for the next time. Keep the pins in a glass jar with a wide mouth.

For a Leaky Raincoat.—When a raincoat becomes worn the rain will soak through the fabric at the shoulders. In that case get a small lump of beeswax and rub it on the material from the inside. Give a generous coating. Then take a sheet of thick wrapping paper and place this on a treated cloth and press the whole with a hot iron. The heat will cause the wax to melt and it will then work into the cloth fibre, thereby making the garment again waterproof.

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INTERNATIONAL LADIES' GARMENT WORKERS' UNION. This union is fighting an injunction forbidding its agents to enter the homes of the Reliable Cloak Company and urge its workers to go on strike. It also forbids picketing. Morris Hillquit is defending the union.

## Consider This



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