

Household Suggestions

Concerning Flavorings

Emma Gary Wallace

The cost of cake and dessert flavorings amounts to quite an item in the year, and intelligent forethought will materially reduce this expense. Leaves of the sweet-scented geranium placed in the bottom of the tin in which a cake is baked will impart a delicious flavor which is delightful and difficult to place. Wash and dry the leaves, and put next to the batter.

When oranges are freely used, save the peels. Set away in a cool place until a number collects. Take a sharp knife and trim out the white part which contains the bitter principle. Cut the oily yellow rind in tiny strips and drop into a bottle of a solution of two-thirds of best grain alcohol and one part water. Add the prepared rind from time to time, shaking the bottle occasionally. After the bottle is full set it away for three months, at the end of which time the strong orange extract may be drained off and strained through a couple of thicknesses of muslin or filtered through regular filter paper. It will be clear and much stronger than the usual product, and is delicious for ices, cakes, desserts and candies.

Lemon rind may be prepared in the same way. A small, smooth, wooden board and a sharp knife will be found of assistance in trimming the peel.

Cocoanuts

Cocoanuts.—Of the wide variety of uses to which the coconut is put, a Maine agricultural experiment station bulletin says: "The small, green and immature nut is grated fine for medicinal use, and when mixed with the oil of the ripe nut it becomes a healing ointment. The jelly which lines the nut of the more mature product furnishes a delicate and nutritious food. The milk in its centre when iced is a most delicious luxury. Grated coconut forms a part of the world-renowned East-Indian condiment curry. Dried shredded (desiccated) coconut is an important article of commerce. From the oil a butter is made, of a clear, whitish color, so rich in fat that of water and foreign substances combined there are but 0.0068. It is better adapted for cooking than for table use. At present it is chiefly used in hospitals, but it is rapidly finding its way to the tables of the poor, particularly as a substitute for oleomargarine."

Over 50 per cent. (50.6 per cent. to be exact) of the coconut is composed of fats, and 27.9 per cent. of carbohydrates, with only 5.7 per cent. of protein. When used in any considerable quantity, foods rich in proteins and carbohydrates should be used along with it—the legumes, say, for the proteins, and rice for the carbohydrates.

The milk of the coconut is composed chiefly of water, and is almost wholly devoid of nutritive qualities.

Shredded coconut has become an important article of commerce, and is considered indispensable by the housewife. Like the coconut in any form however it is difficult of digestion, unless pains are taken to give it the most careful mastication.

A delicious sauce may be made from the coconut as follows: cut fresh coconut in thin slices and grind the nut very fine in a chopper or strong hand mill. If nothing of this sort is available the coconut may be grated. To each cup of the prepared nut add one pint of hot water, stirring and beating with a spoon to extract as much of the juice as possible. Drain off the liquid and add a second similar quantity of hot water, and after beating again very thoroughly strain through a thin cloth or fine sieve, pressing out all the liquid possible. This may be used at once as a substitute for milk, to be eaten with rice or other grains, or to prepare puddings and sauces. It is excellent served with toasted cereal flakes, or eaten with toast.

Meat Recipes

Economical Meat Recipes

Economy Scapple—Buy two or three pounds of neck beef, and simmer slowly until tender, in enough water to cover. Remove the meat and pick free of bone and gristle, and return to the broth, or reserve for making pressed beef. Season the broth with salt, pepper, a little onion pulp if liked, a little powdered sage, and a tablespoonful tomato pulp. Stir into this mixture enough fine corn meal to make a thick mush. Cook about one-half hour long.

two tablespoonfuls flour in two tablespoonfuls butter, and add to it the beef broth, stirring until smooth. Add a sliced onion or two tablespoonfuls onion pulp, add one-half cupful strong cider vinegar, and salt and pepper to taste. If cabbage is liked, one-half a medium-sized cabbage may be shaved fine and added to the liquor while the meat is cooking. Cook all together for 15 minutes after the thickening is added.

Useful Cookies

Boston Cookies—Work one cupful of butter until creamy, and add one and one-half cupfuls of sugar gradually, while beating constantly; then add three eggs, well beaten. Dissolve one

Jelly Jumbles—Work one-half cupful of butter until creamy, and add one cupful of sugar gradually, while beating constantly; then add one egg, beaten until light, one-half teaspoonful of soda mixed with one-half cupful of sour milk, one-fourth teaspoonful of salt, and flour to make a soft dough. Chill thoroughly, toss on a slightly floured board, and pat and roll to one-fourth inch in thickness. Shape in rounds, using a cutter first dipped in flour. On the centers of one half of the pieces put a small cube of currant jelly. With a thimble make three small openings in each of the remaining pieces in triangular fashion near the centers, and put pieces together. Press edges slightly, and bake in a rather hot oven.

White Cookies—Two cups sugar, 1 cup fried meat fat and butter, 1 cup sweet milk, 1 teaspoon soda, flour to roll soft.

Southern Biscuit—Sift, then measure, two cups of special pastry flour and add one-half teaspoon salt and one rounding teaspoon baking powder. Sift again, then rub in one-half tablespoonful of cold lard. Beat the white of an egg well and stir it into one-fourth cup sweet milk. Mix this wetting with the flour; roll the dough thin; cut in small rounds after buttering the top of the sheet of dough; lay the rounds one over the other in pairs; prick the upper layers with a fork; and bake in a quick, hot oven.

Pies and Cookies

Pie Crust—One-half teacup of lard, a pinch of salt, two teacupfuls of flour. Work well together with one-half teacupful of cold water.

Raisin Pie—One cup of cream (or rich milk), one cup of sugar, one cup of raisins, one teaspoonful of flour, one-half teaspoonful of cloves, one teaspoonful of cinnamon, and a little salt. Stone the raisins and simmer until tender in a little water before adding to the other ingredients.

Tapioca Pudding—Soak three table-spoons tapioca over night. Put it in one quart of milk and boil one half hour. Beat yolks of two eggs with one cupful of sugar. Stir in the tapioca and boil ten minutes longer. Pour into a pudding dish. Beat the whites of two eggs to a stiff froth. Stir in three table-spoons sugar. Put this over the top and sprinkle with coconut. Brown in oven for five minutes.

Strawberry Flip—Cook one-quarter pound of tapioca in water until clear, after having soaked it over night. Dissolve one-eighth ounce of gelatine in water to cover it and strain into the hot cooked tapioca, adding also four ounces of sugar. Next add one pint of strawberry preserve. Freeze, serve between two half-inch layers of angel food cake.

The Two Angels.

God sent His angel Joy to me
After long months of pain.
I heard the songbird's notes of glee,
The sunshine followed rain,
And hope and love unfolded sweet
Their petals on the air,
I saw life's pathway for my feet
Stretch onward, verdant, fair.
God sent His angel Pain to me
With the white fall of snow.
A morn of joy was quickly dimmed
By a grey eve of woe.
White as the snow that angel's face,
And yet with tearful awe
The tokens of the Saviour's grace
In those kind eyes I saw.
Softly he whispered, 'Sink not down,
But raise thine eyes above;
The Man of Sorrows wore the crown,
After a life of love.
His love, His grief, a boundless sea,
Swept o'er this earthly shore;
Now myriads flock to His dear feet.
With tears and smiles adore.
'Rise, speak the message of His love
To weary hearts that moan.
The angel Pain is sent to all—
Thou dost not weep alone.
Speak to those weary ones of me.
Of the "eternal years;"
Some day the Hand that chastened thee
Shall wipe away thy tears.'

Household Suggestions--Western Home Monthly Recipes

Carefully selected recipes will be published each month. Our readers are requested to cut these out and paste in scrap book for future reference.

POTATO PANCAKES

4 large potatoes 2 tablespoonfuls flour
2 eggs ¼ teaspoonful salt
Mix ingredients and fry a golden brown. Serve a small piece of fried bacon between two pancakes.

CHOCOLATE FUDGE

6 cupfuls sugar 3 tablespoonfuls butter
1 1-3 cupfuls milk 4 squares chocolate
1 teaspoonful vanilla
Boil 13 minutes.

LEMON DRINK

1 oz. citric acid 2 lbs. granulated sugar
4 dessertspoonfuls essence of lemon
1½ qts. boiling water
Set away in bottles and use about 2 tablespoonfuls for a drink.

WHITE FRUIT CAKE

4 eggs (whites) 1 teaspoonful baking powder
¾ cupful butter 2 ozs. citron peel (cut fine)
1 cupful sugar 4 ozs. almonds
1½ cupfuls flour 1 cupful coconut
½ cupful milk

BROWN BREAD

2 cupfuls sour milk 1 teaspoonful soda
½ cupful brown sugar 3 cupfuls Graham flour
4 tablespoonfuls black strap molasses ½ cupful white flour
1 cupful raisins or nuts (this can be left out)
Bake 1 hour in a moderate oven.

FRUIT SALAD

2 bananas 2 oranges
½ pineapple juice 1 lemon
½ lb. malaga grapes ½ cupful chopped walnuts
Sugar to taste
Serve very cold with whipped cream.

er, stirring very often; then pour into buttered cake tins that are three or four inches deep. When cold, slice in one-inch thick slices, and brown them nicely on both sides in pork fat, or a mixture of lard and butter.

Baked Corned Beef Hash—Chop enough cold, cooked corned beef to make two pints. Chop the same quantity of cold, boiled potatoes, and mix the two together. Put them in a stew-pan and add one pint of hot water, or broth if you have it, and cook just five minutes, stirring often. Take from fire, and add four well-beaten eggs, and a dash of salt and pepper, and if liked, one teaspoonful of minced onion or onion pulp. Turn into buttered baking dish and bake one-half hour in a hot oven.

Sour Beef Stew—One and one-half pounds of soup meat, boiled until tender, and cut up in small cubes. Brown

teaspoonful of soda in one and one-half tablespoonfuls of hot water, and add to first mixture; then add two cupfuls of flour (mixed and sifted with one-half teaspoonful of salt and one teaspoonful of cinnamon), one cupful of chopped English walnut-meats, one-half cupful of currants, one-half cupful of raisins, and one and one-fourth cupfuls of flour.

Pecan Cookies—Beat the yolks of two eggs until thick and lemon-colored, and add one cupful of brown sugar gradually, while beating constantly; then add one cupful of chopped pecan-nut meats, sprinkled with one-eighth teaspoonful of salt, the whites of two eggs, beaten until stiff, and six tablespoonfuls of flour. Drop from tip of spoon on buttered sheet, one and one-half inches apart, spread, and bake in a moderate oven.