

INGLE NOOK NEWS NOTES

Resident writes that she has on hand a number of good legs of stockings and socks, in wool, cashmere and cotton, that she would gladly send to any member who would like to use them. They weigh about two pounds, the worn feet have been cut off to lighten the weight, and she kindly offers to pay postage if the recipient is unable to do so.—D. D.)

"Care of the Baby," by Dr. Griffiths, can be obtained from J. A. Carveth & Co., Toronto, Ont. Price \$2.00.

GOOD CHRISTMAS RECIPES

When the season of gladness and family reunions comes with the fall of the snow even the most careful cook and housewife is anxious to get the best materials to concoct the many delicious dishes required at Christmas, and for once economy is not studied much, for plum cakes and puddings are certainly expensive. The following recipes are old English ones; tried and tested, and pronounced excellent every time, when well made. Be careful to always secure the best butter, suet, eggs, etc., for the best results. I have known a fine large plum cake to be ruined—because one stale egg had slipped into it, and the extra dose of brandy put in afterwards failed to rectify the bad flavor.

RICH CHRISTMAS CAKE

Materials: Three-quarters pound seeded raisins, three-quarters pound Sultanas, one-quarter pound citron peel, one-quarter pound lemon peel, one-quarter pound orange peel, one-quarter pound browned flour, one-half pound butter, one-half pound granulated sugar, creamed together with eight eggs, beaten light; one-quarter pound flour, one grated nutmeg, one-half teaspoon mace, cinnamon and cloves.

Method: Shred all the candied peel; or, better still, run it through a meat chopper, pick over the fruit, and mix peel and fruit with the one-quarter pound flour. Add the spice to the creamed butter and eggs, then gradually beat in the rest of the flour (one-half pound), also browned. Mix in the fruit. Beat thoroughly and pour into tins lined with greased butter paper, and cook four hours; steam three hours; take one hour. Always grease cake bins with bacon fat, as it prevents any sticking to the tin, especially if the tin is lightly dusted with flour afterwards.

I always put on the wash boiler and steam my cakes, as well as Christmas puddings, finding this a superior method of cooking. Steam on a rack of wood, or on anything handy, that will keep the cakes out of the water. Finish them in a moderate oven by baking one hour. The cakes rise better, are more digestible and there is no danger whatever of burning or forming a hard, tough crust, so often a trouble in baking fruit cakes.

For those who like spirits, add to this cake one wine glass of best brandy, and almonds can also be added.

PLUM CAKE

Two cups sugar, one and one-half cups butter, one cup molasses, one cup sweet milk, five eggs, one teaspoon soda, dissolved in a little of the milk; one teaspoon each of cloves, mace, cinnamon and allspice; one grated nutmeg, four cups flour, one cup almonds (blanched and chopped); one and one-half pounds seeded raisins, one-half pound washed and dried currants, one-half pound citron peel. Mix all the dry ingredients with a portion of flour, cream butter, eggs and sugar, and gradually beat in all the fruit after the milk is added. Put in tins lined with greased paper and bake; or, better still, steam three hours, finishing in the oven for a short time. This makes two cakes.

ENGLISH PLUM CAKE

Butter, eleven ounces; castor sugar, eleven ounces; flour, eleven ounces; one pound Valencia seeded and chopped raisins, one pound currants, one-quarter pound ground almonds, one-quarter pound mixed candied peel, one wine glass brandy, one-half ounce mixed spice, six eggs. Make in the same way; beat well and drop the eggs in separately. After a thorough mixing

pour into a tin well lined with greased paper and bake or steam four hours. This cake rises very little.

ALMOND ICING FOR PLUM CAKES

One-half pound blanched almonds, one pound lump sugar, one-half pint water, one yolk of egg. After blanching the almonds put them through a food chopper, or pound in a mortar to a powder, adding a little water to prevent oiling. Boil sugar and water to cracking point, pour over the almonds, and mix well, adding yolk of egg; ice when beginning to set.

ALMOND ICING NO. 2.

Six ounces icing sugar, four ounces crushed or ground almonds, a few drops essence of almond and the white of an egg. Mix well together with a spoon, turn out on the board, and knead till smooth and well worked together, adding a little sugar to prevent sticking to the board.

Finish all these cakes with a good white icing, flavored with lemon.

PLUM PUDDING

An excellent old English recipe is as follows: One and one-half pounds

seeded raisins, one and one-half pounds currants, one and one-half ounces sweet almonds, three-quarters pound Sultanas, one and one-half ounces bitter almonds, nine ounces mixed peel, one pound grated bread, one-half ounce mixed spice, two lemons (rind and juice), one grated nutmeg, desert-spoon salt, three-quarter pound brown sugar, two large baked apples, one-quarter bottle brandy, one and one-half pounds kidney suet, chopped very fine; one-quarter bottle sherry, twelve eggs. Mix very thoroughly in a large pan; pour into buttered moulds; cover with butter paper, carefully tied down and steam nine hours in boiler on rack. This makes the best pudding I have ever eaten. The spirits can be omitted and some fruit juice put in.

PLUM PUDDING, NO. 2

One pound flour, one pound currants, one-half pound each of raisins, sugar, suet, one pound boiled, mashed potatoes, one-half pound boiled and mashed carrots, one-quarter pound chopped almonds, one-quarter pound mixed candied peel, teaspoon pudding spice, salt, juice and rind of one lemon. Mix four eggs over night and let stand in crock over night, and add one-half teaspoon soda, well dissolved. Steam five hours in buttered moulds. I have rather a fancy for mixing both Christmas puddings and cakes over night, giving them a chance to blend well, and cooking the following day.

MINCE MEAT

(Minus meat)

One and one-half cups beef suet, one pound raisins, four pounds chopped apples, two pounds currants, two pounds brown sugar, two grated nutmegs, two ounces citron peel and four ounces of lemon and orange peel, one-half pound chopped almonds, two lemons,

grated rind of one, juice and rind of three or four oranges; brandy or wine, one cup. This is delicious and much nicer than if meat were added. Any fruit juice can be added to the crock to moisten well.

REAL ENGLISH SPONGE CAKES

Four eggs, their weight in sugar and half their weight in flour; rind of one lemon, pinch of salt grated in. Beat yolks and sugar for three minutes, beating in flour afterwards, gradually. Beat whites to stiff froth and add, beating all the time. Bake twenty minutes in patty pans in moderate oven.

Next week I will tell something about practical candy-making for Christmas.

H. E. VIALOUX.

PROPER VENTILATION

Dear Dame Durden,—Seeing that you have broached the topic of ventilation in dwellings, I feel inclined to have my little say on the subject. It is all-important as toward the health of both old and young. Especially do our infante community suffer when winter closes our doors and prevents the wee

slip down at least three inches. Now unless a severe storm comes directly against these windows they should be kept open night and day. The hall window never need be closed, even in storms. Given good mattresses and plenty of bed clothes, not the most tender infant will suffer from cold, even without direct stove heat in the bedroom. The cough which we so often hear among both young and old will become less frequent, and rheumatism will be lessened. However, this is not enough. We must attend to the lower part of the house. Say, there is a living-room, a dining-room and kitchen. We have two outside doors in our house, a back and a front door. Now I notice that in many of our houses out here it is the custom in winter to entirely forget one of these doors. The front door is often banked up with the rest of the house, and never opened till spring. This is a great mistake. Let there be a good, tight storm door outside the door proper, so that when a blizzard comes it is proof against the sifting in of snow, but let it be arranged so that it is generally in use. We suppose there is fire kept in one or more stoves even over the nights, and then when it is started afresh in the morning the rooms downstairs are soon warmed. Now for the first supply of air in the morning, let whoever comes down first, dress warmly and open both outside doors for a short time, while emptying ashes and getting fires going. You will be surprised to see how much quicker it takes to get on a brisk fire and how much sooner your rooms will get warm. Then the little ones, the old people and the workers will come down fresh and bright and much better-natured than from close sleeping-rooms to closer living-rooms. During the day have some window in the lower rooms open, and do not be afraid for the boys and girls to open doors when they bring in coal and water.

I have been in houses, where the seams around windows and doors were pasted over with several thicknesses of paper, and where even the keyholes were stuffed for fear of letting in air; where the house was full of steam and breaths during the day and hot stove heat, and at night frost covered the walls, so that next day it melted and ran down in streams. Then the parents wondered and fretted because some of the family always had colds, and there was scarcely a winter exempt from pneumonia and doctor's bills, and the nasty coughs hung on till summer weather. No wonder some of these boys and girls sleep in the churchyard, while others are away from their friends in sanatoriums. When these latter return to their homes they will have learned to value fresh air, and will also have learned to fear the poison which lurks in close, unaired rooms. Surely people who can afford to build expensive and scientifically planned houses, can learn methods of ventilation and should be educated sufficiently to beware of the dangers accruing to their households from lack of oxygen. When a country is so blessed with ozone as this is, we are criminal not to avail ourselves of its advantages.

RESIDENT.

PLEASE

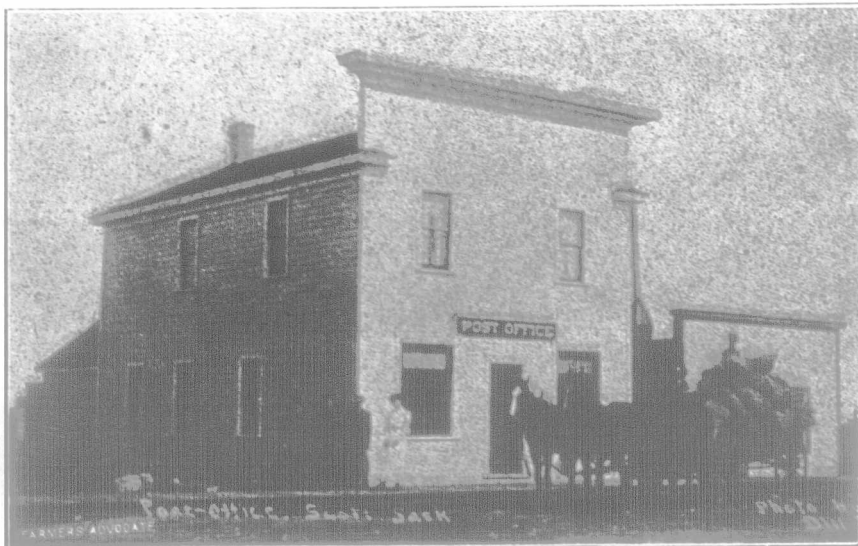
Will every member or reader of this Ingle Nook page who has been present at any of the meetings held this fall in Manitoba and Saskatchewan, to organize women's institutes or household science clubs, please write us her opinions and a short account of the meeting she attended? Please, please.

DAME DURDEN.

COMMON SENSE KINDNESS

Dear Dame Durden,—In one of your recent issues you wished to know how we in the country ventilated our houses in winter.

In our house we have an outside door upstairs, and downstairs a door outside from our hall, also a back door. When the morning work is being done we put on a fire in a small heater, open the outside door and shake all the bedding from each bed outside on the balcony, as we work at the beds. Then downstairs, whenever possible, after firing up well in a hot-air furnace, we open the two doors and let the breezes blow for a time both morning and evening. In



A TON OF MAIL LEAVING SCOTT, SASK., FOR KINDERSLEY AND INTERVENING POINTS.