

should like to obtain a root or two from your seedsmen, I may say that any of the Eulalias are good except the "zebrina," which is striped crosswise, and therefore, freaky.

Speaking of clothes, the price of furs is so extortionate this fall that perhaps, if you have not already heard of them, you may find the following suggestions helpful.

The other day, on the street, I saw a young girl of 16 or 17 with a long coat which had a belt idea quite new to me. The belt itself was rather wide and at each side a long tab of the same material was fastened. Each tab ended in a deep, warm pocket, and the girl was walking along quite freely and easily, with a hand in each pocket. With such a contrivance, and a "brush wool" scarf, which can be bought for about \$4, one might be quite independent of furs even in cold weather. Some of the scarfs, by the way, end in pockets, and are drawn under the belt to keep them from flapping about too much.

More and more, shoes with very moderate heels are being shown, even in the very fine leathers. Two or three years ago you could get nothing but high Louis and Cuban heels; now you can get almost any kind you ask for.—You see, what the public demands it gets, and so it is its own fault if it puts up with silly unhealthful things.

I think that perhaps corsets will be the next to "go", and the brassiere will be the means of its going. Even now many girls and women whom I know, have taken to the elastic girdle which extends from the waist down, a boneless brassiere, with an underwaist over it, as over a corset, being found to be all that is necessary above for a neatly fitting bodice.

One girl whom I know, and the most graceful of all (perhaps I told you about her before) has adopted a scheme of her own, and says she would not go back to the old "corset abomination" for anything. She wears a combination, a brassiere, girdle suspenders, a princess-slip petticoat and underwaist combined, a one-piece dress, and a long loose light-weight coat which will permit of a woollen spencer or sweater coat under it in very cold weather. Needless to say, this girl wears rather low heels, and she says that, if one wants comfort, one must not wear high heels one week and low ones the next—but must keep them of the very same height.

I think her "system" is well worth trying. A very stout and shapeless woman may need an elastic girdle, but why should a slight one bother even with that? If she holds herself erectly the abdomen will fall in where it should be. "Keep the chest up, and all the rest of the body will take the right position." Try that, some day, before your mirror, and see how true it is.

If high heels ruin the nerves as well as the "walk", if stiff corsets, which keep in the perspiration and prevent the organs from acting naturally, are injurious, even to the slightest degree, why keep them?

"Oh, corsets never harmed me," you may say, but that is not the point. Possibly you would have been even stronger and more full of life than you are if you had never worn them.—And this is certainly true: Just as soon as corsets are generally discarded in favor of brassieres, graceful and beautiful clothes will be invented to suit the change, even for very stout people.—You can bank on that.

A brassiere by the way, can be easily made at home. It is nothing more nor less than the old-fashioned, tightly-fitted corset cover masquerading under a new name. But nowadays a fuller underwaist, or camisole, is worn over it to give the extra fullness needed.

—Junia.

### Worth Thinking Over.

"Whatever the common people determine to have they can get, in orderly, regular, lawful, constitutional ways."—Bernard L. Bell.

"A little money spent in the best is far wiser expenditure than twice the amount spent in buying the spurious."—Sen.

### Babies.—Coronation Cake.

Dear Junia and Ingle Nook Friends, I would not like to tell you all just how few letters I have written to the Nook; but many a time have I thought of writing and put it off. Now it seems that we should all write and thank dear Junia for the help she so freely gives us all. We have a dear baby boy and were just talking about a baby being too fat for to be a prize baby and I said "Well I do not think I would give a real fat baby first prize," and the first thing I looked at in the Advocate that very evening was Junia's remarks concerning this same subject. It settled my worries concerning our baby who I thought, was not fat enough. He will be ten months old the twentieth and can stand up by holds, and he has been moving around on the floor since he was seven months old. So a baby does not have to be fat to be firm and strong. He is the youngest of five and as the little boy older was and is yet sturdy and fat we worried over the baby. I wish you could see them, Junia, as you seem to be so fond of babies. I am planting some bulbs for winter blooming, and our Calla is soon going to bloom. I noticed Miss Bluebell's inquiry for a recipe for Coronation cake and will send it now.

Coronation Cake.—Two eggs, 1 cup sugar, butter size of an egg, 1 cup sour milk, 1 teaspoon soda, 1 teaspoon cinnamon, 1 cup seeded raisins. Bake in two layers. Filling.—One cup sugar, 2 tablespoons cream, 2 tablespoons water, 1½ tablespoons butter.

Wishing Junia and all the Nookers a Happy Thanksgiving.

Simcoe Co., Ont. YOUNG HOUSEWIFE.  
Thank you, Young Housewife.—J.

### The Cookery Column.

#### Coffee Bread.

¾ cup milk, 1 cup scalded milk.  
¾ cup sugar, 2½ cups flour,  
½ teasp. salt, ½ cup seeded raisins,  
1 yeast cake in ¼ cup liquid, 2 beaten eggs.

Place butter, sugar and salt in a bowl and pour the scalded milk over. Let cool to luke warm; add the softened yeast, eggs, and flour. Beat well. Let rise. Add the raisins and spread evenly in 2 buttered layer-cake pans. Sprinkle with sugar and cinnamon or with a nut mixture, let rise again, and bake 40 minutes.

#### Nut Mixture for Above.

2 tablesp. brown sugar, 2 tablesp. melted butter,  
1 teasp. cinnamon 2 tablesp. chopped  
½ cup grated crumbs, 2 tablesp. blanched almonds,  
2 tablesp. walnuts.  
Mix well before sprinkling on the bread.

#### Minestra.

6 inch strip fat 1 large onion,  
salt pork, ½ peck Swiss Chard,  
1 cup celery, chopped fine, 1 tablesp. grated cheese  
1½ cup rice, 1 teaspoon catsup or  
Salt and pepper, Worcester sauce.

Cut pork fine, add chopped onions and celery, also the green part of the chard, discarding the ribs (to be cooked another day). Cook in a double boiler for 1 hour. Add 2 quarts boiling water and cook directly over the fire for 30 minutes more. Add cheese and flavoring and serve at once. Any kind of greens may be used, in season, in place of the chard. Minestra is an Italian dish that is very tasty and nutritious.

### Some "Last" Pickles and Preserves.

**Pumpkin Chips.**—Cut a small, sweet pumpkin in halves and the halves into narrow strips. Remove peel and seeds, then cut the strips into thin slices not more than ¼-inch thick. Weigh the pumpkin, and take an equal weight of sugar, also ½ cup lemon juice to each 2 lbs. sugar. Put the pumpkin and sugar into a kettle in alternate layers. Pour the lemon juice over the whole, cover and let stand 24 hours. Have ready the lemon peel, neatly shredded, and 1 oz. ginger root for each lb. of pumpkin. Add then, also a cup of water for each 3 lbs. sugar. Cook until the pumpkin is tender, then pour into an earthen jar. In a few days pour the syrup from the pumpkin; boil it down to thicken it, and pour hot, over the pumpkin.

**Gingered Apples.**—For 5 lbs. prepared apple, pared, cored and the cores cut in 2 or 3 pieces, allow 5 lbs. sugar, 5 oz. ginger root, 3 lemons, and 1 pint water. Bruise the ginger root, and put it over the fire with the water. Let it simmer some hours, (adding water, when needed) to get a strong extract of ginger. Wipe the lemons, then grate off the thin yellow rind and add it to the ginger water; also add the juice. Remove the pieces of ginger from the water, or tie them in a bit of muslin and leave until the confection is done. Add the sugar and the apple. Boil until the apple looks clear then store in jars as usual.

**Ginger Pears.**—Take 8 lbs. hard winter pears and 8 lbs. sugar. Slice the pears thin. Wash and cut into thin slices 4 lemons. Add 2 cups water and ½ lb. ginger root cut into bits. Boil all together gently until the pears are soft, about 4 hours. This makes 1 gallon.

**Mint Jelly.**—Wipe 1 peck apples, remove stem and blossom ends and cut in eighths. Add 2 quarts water. Cover, bring to boil and simmer until soft. Mash with a wooden masher and drain through a jelly bag. Return juice to the stove, bring to boiling and boil 20 minutes; then add an equal measure of heated sugar. Again bring to boiling point and boil 5 minutes. Wash a large bunch of fresh mint and bruise in the hand, then pass them through the syrup until the desired flavor is obtained. Add 2 tablespoons lemon juice, skim, and turn into glasses. Keep in a sunny window for 24 hours, covered with netting then seal and store in a cool, dry place.

### Cornmeal For Cold Weather.

At this time of year, more than any other, cornmeal takes a welcome place in our diet. The men-folk, as well as the children, delight in the crisp crust and hot crumbly crumb when served with butter and honey. As a change from the usual porridge one of these cold mornings serve pancakes made with cornmeal and fried with bacon fat. Good, sweet molasses should go with them, and you need not fear attacks of indigestion if the meal is well scalded and left to swell, as it should, before the cakes are mixed.

Thick cornmeal mush, cooled in a bread pan, sliced, dipped in flour and fried, may be served as a vegetable, with chicken, pork or veal. It may be flavored with a drop or two of onion juice or if you have learned to like the Continental touch rub a cut clove of garlic on a little salt and use that in seasoning the mush. Remember always that a literal "touch" of garlic is enough; it should never be overdone.

Any bits of meat may be chopped fine and added to the cornmeal mush before cooling, and when sliced and fried you will have a hot nourishing dish for breakfast or supper. Of course you all know the Philadelphia scrapple for which we have already given the recipe. Any time you have ox heel or pig's feet, to spare they can be boiled chopped and mixed with the liquor in which they were boiled thickened with cornmeal and flavored with herbs or spices. This may also be put in the straight-mouthed glass jars which have been emptied of canned fruit, and if a little lard is put on top of the can, or the whole sterilized by bringing to boiling point and sealing, you will have a quick dish to use any time up to the day when you need your jar again for fruit.

**Cornmeal Batter Cakes.**—One pint cornmeal, ½ teaspoonful baking powder, 1 cupful buttermilk, pinch of salt, pinch of soda, 1 egg. Scald the meal, add salt; allow soda to dissolve in buttermilk and stir into meal. Beat the egg separately and add last, with baking powder. Stir briskly for a few minutes then fry on a hot griddle. In practically all uses of cornmeal, the meal should be first scalded. When sufficient boiling water is poured into the meal to form of it a thick paste-like substance, the double cooking removes from it that indigestible quality which many find in cornmeal.

**Cornmeal Oysters.**—If you know where you can procure the genuine white cornmeal you might serve Rhode Island Johnny-cake as an accompaniment to liver and bacon. To make, take two teacupfuls of the meal, and pour boiling water over it until it has become thoroughly scalded and is wet, but not too soft. If the water is not actually boil-

ing, however, the proper result cannot be obtained. When scalded, add from half to three-quarters of a cupful of sweet milk, a level tablespoonful of sugar and a teaspoonful of salt. Mix the ingredients thoroughly, and fry in small flat cakes on a griddle, using lard as grease. When well browned on both sides serve quickly.

**Fruit Muffins.**—Take a pint of cornmeal, half a pint of white flour, four teaspoonfuls of sugar, half a teaspoonful of salt, two teaspoonfuls of baking powder, one tablespoonful of butter, two eggs, 1½ cupful of milk and a cupful of any kind of fruit, such as apples, peaches, prunes, etc. Peel and slice the apples. Bake in muffin tins in a hot oven for twenty minutes.

**Apple Cornmeal Gems.**—Chop four sour apples very fine. Mix into them a beaten egg, a quarter of a cup of molasses, one and a half cups each of cornmeal and sifted flour, half a teaspoonful of salt. Dissolve half a teaspoonful of soda in warm water. Add to other ingredients and use enough water to thin the batter. Bake in a moderate oven in buttered gem pans.

**Cornmeal Puffs.**—One cup milk, one tablespoon butter, one-quarter teaspoon salt, one-half cup cornmeal (scant), two eggs, one-quarter cup sugar, one quarter cup flour, two teaspoons baking powder. Scald milk. Add butter and salt. Stir in cornmeal and let thicken in double boiler, then cool. Add eggs, beaten together. Turn into hot buttered muffin pans, and bake fifteen or twenty minutes in hot oven.

**Thin Corn Bread.**—A delicious accompaniment to the pork chops or bacon for breakfast will be found in cornbread made according to the following recipe: Scald one cupful of white cornmeal, one-half teaspoonful of salt and two tablespoonfuls of shortening with sufficient boiling water to moisten, covering and allowing it to stand for half an hour, then adding one well beaten egg and sufficient milk to make a rather thin batter. Pour this a scant half-inch deep in well buttered, shallow pans, and bake in a quick oven. Use care in making, and the result will be light, crispy and delicious.

**Hot Cakes,** as One Southern Cook Makes Them.—Brown in the oven one cup cornmeal, 2 tablespoonfuls of flour, half a tablespoon of sugar and 1 salt-spoon of salt. When these have turned a good brown stir in half a cup of hot milk and beat all together until cold. Then add beaten yolks of two eggs, and last, stiffly beaten whites of two eggs. Bake these in buttered pans.

**Orange Indian Pudding.**—Put four heaping tablespoonfuls of cornmeal into a basin, add half a pint of molasses and a level teaspoonful of salt; boil three pints of milk, pour it scalding hot on the meal, stirring carefully till perfectly smooth and free from lumps. Butter a pudding dish, cover the bottom thickly with chopped candied orange peel, pour in the mixture, and, last of all, pour gently over the top a tumblerful of cold milk; bake four and a half hours in a hot oven. Serve with whipped and sweetened cream flavored with one teaspoonful of orange essence. The preserved orange peel, made by recipe given last week, is delicious for this pudding.

**Indian Pudding With Suet.**—One-half cupful Indian meal, 1 pint milk, ½ cup molasses, 1 tablespoonful cinnamon, ¼ teaspoonful ginger, 1 teaspoonful salt, ¼ lb. suet, chopped fine, 3 eggs. Scald milk, add Indian meal gradually, then suet and molasses; cook ten minutes. Cool, and add the eggs, after beating very light. Turn into a greased mould. Boil five hours. Serve with favorite sauce.—Sel.

The prim young woman from New England who was devoting herself to the education of the Negro in a Southern school told one of her small scholars to bring a bucket of water from the spring.

"I ain't gwine fetch no water," he whine rebelliously.

"O Eph!" she protested, "you mustn't say that. Don't you remember how I have taught you: 'First person, singular, I am not going; second person, you are not going; third person, he is not going. Plural: First person, we are not going; second person, you are not going; third person, they are not going. Now, Eph, do you understand it perfectly?'"

"Yas'm, I un'tstands—ain't nobody gwine."—"Collier's."