

Household Suggestions

Buttermilk—a Delicious Dainty

By Jane E. Clemmens

HERE is to buttermilk, beverage fine;
Drink that beats booze many ways;
Better than brewery products or wine,
Worthy of bountiful praise:
When you are thirsty, it goes to the
spot,
Instant relief to extend,
Cooling the throat that was parching
and hot,
Acting the part of a friend.

All of the doctors who know A. B. C.
Give it their warmest O. K.
Say that it's better than bitters or tea.
Any old time in the day;
Swear it is one of the healthiest drinks
Man has discovered, and much
Better than mixtures induced by a win.
Under the soda clerk's touch.

Fresh from the churn in a gold-speckled
flow,
Flavored with nothing but ice,
Brimming tin dipperful, bound to bestow
Blessings that come without price.
Drink of it daintily, taking your time,
Sip it in soulful repose,
Getting away with it makes you feel
prime
Down to the tips of your toes.

Here's to the health-giving drink of the
gods!
Ho, for the buttermilk spree!
Holding its devotees, giving no odds,
Just get the Labit, and see,
Leaving next morning no brown, fuzzy
taste,
Causing no riots nor strife,
Leaving no record you wish to efface
Or make one tired of life.

Buttermilk is the very best of drinks
for well people, and often agrees with
invalids when other nourishment can-
not be retained on the stomach. French
physicians prescribe buttermilk for
babies when sweet milk does not agree
with them. Buttermilk is of inestimable
value to persons afflicted with gout, rheu-
matism or liver troubles, and as a beauti-
fier for women, used internally and ex-
ternally, buttermilk and lemons head
the list for good results.

Buttermilk also forms an important
part in many delicious recipes a few of
which are given below:

Buttermilk Bread.—The evening before
baking bring to boiling point one quart
of buttermilk, and pour it into a crock
in which one-half teacupful of sifted
flour has been turned. Let stand until
cool, then add a fourth of a cupful of
yeast, and enough flour to make a thick
batter. The longer the sponge is
stirred the better will be the bread. In
the morning sift some flour into the
bread bowl, pour the sponge into the
center, stir in some of the flour and let
stand an hour. Then mix well, knead-
ing for at least one-half hour. The more
kneading at this time the better; let
rise and when light mold into loaves,
this time handling as little as possible
and bake as you would any bread.

Buttermilk Corn Bread.—Take one
and one-fourth pints each of buttermilk
and sweet milk, one-half pint of molas-
ses, one teaspoonful of soda, two rounded
teaspoonfuls cream tartar, one even
teaspoonful salt, one and one-fourth
pints each of cornmeal and flour, mix
well and put on range over cold water,
bring water to a boil and keep boiling
constantly for three hours. Serve hot.

Nut Cakes.—While your lard is melt-
ing to boil your cakes, mix two cups of
buttermilk and two cups of rich sweet
milk, with three well-beaten eggs, one
teaspoonful of soda and cinnamon, or
nutmeg to taste. Add flour enough to
roll. Handle as little as possible, cut
out and fry as dough nuts.

Old Fashioned Breakfast Cakes.—Take
one quart of buttermilk; three eggs;
butter the size of hen's egg; a little salt
and a scant teaspoonful of soda. Stir

in fine Indian flour till of a proper batter
consistency. Turn into buttered pans an
inch in depth and bake in a quick oven.

Buttermilk Biscuit.—One cupful of
buttermilk, one-half teaspoonful of soda,
one-half teaspoonful of salt, three table-
spoonfuls of soft butter and sifted flour
enough to handle, cut out and bake in a
quick oven.

Recipes

The following recipes come from a
Scotch housewife who says they are
favorites in the land of the thistle, her

For stewed oxtail cut the tail at the
joints, discarding one or two pieces at
the extreme points. Put them into a
stewpan with just enough water to
cover them. When the water begins to
boil, remove the scum on top and add
a sliced onion and two carrots. After
covering let the meat simmer gently
for two and a half hours. Melt an
ounce of butter in a little pan, stir in
gently half an ounce of flour and some
of the strained liquid from the meat.
Allow this to boil for five or ten minutes.
Add a tablespoonful of catsup and a
little lemon juice. After browning it
slightly pour the sauce over the tails,
which should be arranged with the
vegetables on a dish. Serve at once.

To broil, or in Scotch parlance, to
'brander,' a steak in Scotch style, have

to-date gas range. The steak is then
lifted on to the hot gridiron and turned
for five minutes more. Serve on a hot
platter after spreading lightly with
butter.

'Howtowdie' is a unique Scotch dish.
Truss and stuff a young fowl. Put it
into a saucepan with three ounces of
fresh butter and two gills of good mutton
stock. If this stock is not at hand the
same amount of water may be used.
Add two or three little onions, a few
sprigs of parsley, half a teaspoonful of
salt and a pinch of pepper. Simmer the
fowl till tender. When half cooked add
a little more gravy. As soon as it is
done, place the bird in the middle of a
big, hot platter, and surround it with
poached eggs. Just before serving pour
over it the gravy in the pot, after
thickening with a little moistened flour
in the usual way. This dish should be
served as hot as possible.

To use up cold beef or mutton cut the
meat in thin slices, spread them on both
sides with a little chutney and heat them
in a pan. Serve piping hot.

'Hotpot' calls for a pound of stewing
beef, one pound and a half of potatoes,
half a pound of onions, half a pint of
water and a seasoning of salt and
pepper. Cut the meat, after trimming,
into square pieces. Clean, peel and slice
the potatoes and onions. Place a layer
of the meat in an earthen pudding dish.
Cover with a layer of vegetables after
seasoning and alternate in this way until
beef, one pound and a half of potatoes,
should grace the top. Pour the water
over all and bake for two hours. A
moderately hot oven is the best. Should
the water evaporate add a little more.
Fifteen minutes before serving remove
the paper and let the potatoes brown.
Serve immediately, while very hot.

Carrots and turnips mashed and served
together are used as an accompaniment
of beef and mutton. Peel a large turnip
(the peeling should be thick), cut it into
squares and drop 'hem into cold water.
Scrape three large carrots, cut into
chunks and drop them also into cold
water. Boil them moderately in an
enamelled saucepan for two hours and a
half, using slightly salted water. Lift
them on to a colander and let them
drain till free from superfluous moisture.
Then mash them well, adding as you
do so a small piece of butter rubbed in
flour, and a little white pepper. After
beating well, serve with mutton or beef.

Molasses Fruit Pudding

Free half a pound of suet from the
membrane, chop it rather fine and add
half a teaspoonful of salt, a table-
spoonful of cinnamon, and then mix in three
cupfuls of flour. Dissolve one level tea-
spoonful of baking soda in two table-
spoonfuls of water, add it to one cup-
ful of New Orleans molasses, then stir
in one cupful of cold water. Mix these
with the flour, beat well, and add one
cupful of raisins, floured. Turn into
a greased pudding-mould or kettle, and
boil or steam for four hours.

English Plum Pudding for Four Persons

Shred and chop sufficient beef suet to
make a cupful. Mix a quarter of a
pound of raisins, a quarter of a pound
of currants and a quarter of a pound
of candied orange peel, and dust them
with four tablespoonfuls of flour. Add
the suet, a cupful of dry breadcrumbs,
a quarter of a nutmeg, grated, the grat-
ed rind of a lemon, an orange and two
tablespoonfuls of sugar. Mix well and
add the juice of the orange and lemon,
and three eggs well beaten. Work un-
til the ingredients are moistened, and
pack in a mould or kettle, cover and
boil or steam for eight hours. Make
this on ironing or baking day when you
are going to have a long fire. Uncover
to cool, then cover and keep in a cool
place. Reheat at serving time.

It is easier to prevent than it is to cure. In-
flammation of the lungs is the companion of
neglected colds, and once it finds a lodgement in
the system it is difficult to deal with. Treatment
with Bickle's Anti-Consumption Syrup will erad-
icate the cold and prevent inflammation from setting
in. It costs little, and is as satisfactory as it is sur-
prising in its results.

Western Home Monthly Recipes

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

SPANISH STEW

1 rabbit, jointed ½ lb. bacon
2 Spanish onions ½ teaspoonful savoury herbs
½ teaspoonful pepper 1 teaspoonful salt
 ½ pt. water

Cut bacon, place half of it in small slices in bottom of
pan; slice 1 onion thinly over it and sprinkle a little pepper
and salt, then rabbit; dredge flour over the savoury herbs,
the second onion and bacon; pour over ½ pt. hot water. Put
lid lightly over and stew very slowly 2 hours.

SHEPHERDS PIE

A delicious supper dish when made of corned beef or any
scraps of bacon or sausage. Put all through a mincer and
add stock or gravy and seasoning to taste; cover with a
good thick layer of mashed potatoes; level and score criss-
cross with a fork. Dot top with bits of butter and brown
in oven.

SAUSAGE ROLLS

½ lb. sausages Pepper and salt
 Rough puff pastry

Put the sausages in cold water; bring them to the boil
and cook for 5 minutes; drain them; take off the skin, and
season each with salt and pepper; roll out a piece of rough
puff pastry, cut into squares; wet each square round the
edge and lay a piece of sausage in the centre; fold first one
side over, then the other, and press them well down at each
end. Brush over with beaten egg and cook for ½ hour in a
quick oven. Mince can be put in place of the sausages.

TONGUE LOAF

Boil tongue in salt and water for 4½ hours; let cool in
water in which it was boiled (first skimming before cold);
take 1 can tomatoes; put through sieve or collander, season
to taste and add 1 tablespoonful vinegar; put on stove and
let come to boil; stir in 1 box Cox's gelatin when hot; roll
tongue, put it in a round dish and pour sauce on tongue,
allowing it to cool. This will form in a mold.

own family having used them for many
years. Scotch housewives take special
pride in the preparation of wholesome
broths and soups, one of the famous
ones being 'cockie leekie.' Any fowl,
teuch (tender), youthful or middle-aged,
may be used, but if one does not possess
a fowl, beef may take its place, though
the dish may not be so delicate in flavor.
For four quarts of soup use two or
three pounds of meat, eight or nine large
leeks and pepper and salt to taste.
Wash the leeks thoroughly, and if they
are old scald them for a few minutes
in boiling water. Take off the roots
and part of the heads and cut them into
pieces of about an inch in length. Put
the meat and half of the leeks into the
pot and allow these to simmer gently
for about half an hour; add the remain-
ing leeks and boil them for three or even
four hours. Skim carefully and season
to taste with salt and pepper.

the 'brander,' or gridiron, very hot, and
the fire clear and bright. A little salt
sprinkled over the fire will keep down
the flame. When the brander is hot,
rub it all over with a piece of suet. This
prevents the steak from sticking. Cut
the skin that lies along the edge of the
steak in several places and flatten
slightly with a rolling pin. Lay it on
the gridiron and turn it every half
minute with steak tongs. With a double
gridiron it is of course unnecessary to use
the tongs, but in shifting the meat about
while on the gridiron steak tongs are
useful. A fork should never be put into
the meat while it is cooking. Have
ready a very hot dish and when the
steak has been turned for ten minutes
lift it up and slip it on the hot dish.
Put on a cover and set it into a Dutch
oven. Let it stand for ten minutes.
Lacking a Dutch oven, the housewife
will have to content herself with her up-