

IN THE HOUSEHOLD



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THIS page might almost be called "in the Camp," for the following recipes are all such as may be used by those fortunate people who can leave the house behind and live in the open air.

Roasted Eggs.

Prick the eggs several times at the small end, to prevent them from bursting. Place them on the large end in hot sand and cover them with leaves, hot sand and embers, and cook for ten minutes. When opened they will have a velvety softness that is delicious, and quite unknown to those who have never eaten eggs cooked in this way.

Roast Potatoes

Seem almost too simple a dish to need any recipe for, but they will be found much more appetizing a dish, if before being buried in the hot sand and ashes each potato is well washed and wrapped in a piece of wet brown paper. Cook for about three-quarters of an hour. Onions are very nice cooked in the same way.

Chicken Baked in Ashes.

Remove the entrails and crop, but not the feathers, wet the feathers to make them lie smoothly, cover with a thick paste of flour and water. Make a fire in a hollow in the sand, and when well burned out put the chicken on the embers and cover with hot ashes. Bake one hour, strip off the dough, and with it will come the feathers and skin. Serve with salt, pepper, and butter, and you have a dish fit to set before a king.

Roast Fish.

Any small fish may be easily cooked in the following manner: Remove the heads, and clean the fish thoroughly, cut them through to the bone on each side, and sprinkle well with salt and pepper both inside and out. Take a clean branch from a birch tree, strip it of the leaves, and stick the fish upon the twigs, running a twig through the fish above the back bone, so that each fish will present a flat appearance. Hold the branch before the fire, turning and watching carefully until the inside of the fish is firm and white, and separates easily from the bone.

Another way to cook small fish, which may be called,

Steamed or Baked Fish.

Is as follows: Thoroughly clean the fish, but do not remove the heads. Season well with salt and pepper, and wrap each in a piece of brown paper that has been well buttered, taking great care that no part of the fish is exposed. Then fold each again in several thicknesses of coarse brown paper. Soak them in cold water until each is thoroughly wet through, then place them in a bed of hot ashes and embers, covering all closely with hot sand, cook for ten or fifteen minutes. The buttered paper next the fish protects them from the water. When cooked, draw them from the ashes by inserting a long forked birch stick under them. When unrolled upon a hot flat stone, and spread with butter, they will be found sweet and delicious.

Planked Fish

Is a nice way in which to cook and serve the large kinds. Clean the fish, remove the head, and split entirely open. Nail to a piece of clean board, set it in front of the fire, and broil until the fish is browned and cooked through. Spread with butter, salt, and cayenne, and if dishes are scarce, as they are very likely to be in camp, serve upon the plank, as a platter.

Hoe-Cake

Is the delight of the average camper's heart, as of old it was the delight of the plantation darkey, and here is the recipe for making the bona-fide article. Pour boiling water on one cup of corn meal (white, if possible), until the meal is well scalded and the batter thin enough to spread easily. Then the darkies used to spread it upon the blade of their hoes, which had been well greased by rubbing them over with a piece of bacon fat. Now they cook it upon the top of thin stones, and we may cook it upon a hot frying pan, or griddle, which has been well greased with bacon fat, or salt pork-rind. Spread the batter on the pan by tablespoonfuls, forming each spoonful into a "pone." When cooked and browned on one side, turn and brown the other. The cake may also be cooked on a hot, flat stone.

Short Cake

Is another easily made bread for campers. Take one quart of flour, four teaspoonfuls of baking powder, and half a teaspoonful of salt, mix with cold water into a soft dough. Then, if you have no moulding board, take a table napkin, or a piece of clean paper and put it on top of a box, or some flat surface, and roll out with a bottle until half an inch thick, and cut into rounds with the top of the baking powder tin. These cakes can be baked on a hot stone, or in the frying pan.

The following extract from an English paper called *The Table* appeals to me very strongly during this present hot weather, and as I doubt not the majority of my readers are housewives, I repeat it here. "If there is one 'right' more than another, which a woman is justified in demanding, it most certainly is an annual holiday from catering for her family. Women with husbands and children go on ordering three hundred and sixty-five dinners per annum, year in and year out. There is no change for her from the eternal joint, the everlasting curry, the same old fish, the stews, and hashes, and inexpensive puddings, to which she has to impart some appearance of novelty in order that my lord will not grumble too much—this he does under any circumstance, as a rule. He wonders why this or that cannot be served sometimes, and why he can't get things just as he gets them at the club. He always finds dinner ready, and, therefore, he thinks it the easiest thing in the world to order it. If materfamilias complains that she is harassed to death to know what to choose day after day, he says 'make out a list and choose from it, then you will have practically nothing to do.' This of course, quite regardless of the fact that scraps have to be used up—that certain things may not be in season, that it may not be convenient or possible to get somethings else, and so on."

FARE FOR THE SICK.

No matter how much care one may take to guard against it, sickness comes to every household some time. Then the housewife's brain is taxed to the utmost to provide suitable and tempting fare for the patient. The preparation of dishes for an invalid is a perplexing problem, for the food should be nourishing and nicely cooked and served in the daintiest and most attractive manner. In addition, changes are

constantly required to tempt a capricious appetite. These few simple hints may be of assistance to some one.

An excellent thing for a delicate or exhausted stomach is a glass of hot milk. Sweeten it slightly and put in a piece of stick cinnamon while it is being heated.

One of the most satisfactory ways of giving an invalid raw beef is in a sandwich. Butter lightly on the loaf bread twenty-four hours old, and then slice it very thin. Scrape a choice, tender piece of beef, season it with salt, and also pepper, if the latter can be taken; spread it upon the buttered bread, put another piece of bread over it, and then cut the sandwich into finger pieces, being sure to remove all the crust. Serve them upon a prettily embroidered doyley or a fringed napkin as soon as they are made.

When a stimulant is required, try putting a spoonful of whiskey, or wine, in a cup of beef tea instead of a glass of milk.

Beef tea is a food of which an invalid quickly tires. Try making it into a jelly. Soak for an hour a third of a box of gelatine in water enough to cover it; then pour over it a pint of hot beef tea; season to suit the taste, and turn the liquid into small cups, or individual moulds, and set it away to cool. When needed, turn the jelly from one of the moulds out upon a dainty saucer. Served with a nicely toasted cracker it will be very inviting, and the same amount of nourishment will be obtained as when the beef tea is taken in liquid form.

COMMONPLACE LIVES.

SUSAN COOLRIDGE.

"A COMMONPLACE life," we say, and we sigh,
But why should we sigh as we say?
The commonplace sun in the commonplace sky

Makes up the commonplace day;
The moon and the stars are commonplace things,
And the flower that blooms and the bird that sings,
But dark were the world, and sad our lot,
If the flowers should fail, and the sun shine not,
And God, who studies each separate soul,
Out of commonplace lives makes His beautiful whole.

Rennet custard is a valuable delicacy to serve to an invalid and is quickly and easily made. Take one quart of fresh milk and sweeten it with two tablespoonfuls of powdered sugar. Flavor with vanilla or anything that is pleasing to the taste. Stir into the milk one teaspoonful of wine of rennet; cover and stand in a warm room. It should commence to thicken in an hour; if it does not, stir in a little more of the rennet and let it be cold when served. Whipped cream should be eaten with this dish, and a little currant or bright-colored jelly looks pretty with it.

Some Frenchmen were boasting of their "affairs of honor," when one of them declared that he had inflicted upon an antagonist the most dreadful fate that a duellist had ever met.

"How was it?" asked everybody.
"I was at an hotel, and I chanced to insult a total stranger. It turned out that he was a fencing master.

"One or the other of us," he declared in fearful wrath, 'will not go out of this room alive!'

"So let it be," I shouted in response; and then I rushed out of the room, locked the door behind me, and left him there to die!"

Don't be inquisitive about the affairs of even your most intimate friends.

Don't get into the habit of vulgarizing life by making light of the sentiment of it.