

IN THE KITCHEN

The Proper Care of Lamps

It is not an uncommon thing for women who are fastidious in other matters to pay little or no attention to lamps except to fill them when necessary and trim the wicks when they become uneven.

Lamps should be kept perfectly clean on the inside as well as on the outside. They should be carefully examined and filled each morning, and when necessary cleaned out and trimmed. The burner of a lamp should be especially looked after, but this is the part most often neglected. The fine holes in it, or the "gauze" through which air is admitted to the flames, should be kept entirely free from oil and dust. The little machinery which moves the wick up and down must also be cleaned out when necessary. If the lamp is a large brass lamp with a tube for ventilation running clear through the front to the burner, so that air ascends to the wick from beneath, be careful to examine this space, for it is likely to become choked with dust and burned-off particles of the wick.

If the wick needs trimming, take a match or smooth bit of wood and gently rub it over the edge of the wick, after turning the wick down until the metal tube holding it is on a line with the lower edge of the burned out, crusty part of the wick. The metal tube acts as a guide for the hand, thus making the trimming even.

Whether or not lamps need cleaning and trimming, they should be filled with oil every day. They burn better when the font is full of oil. When the inside of the font is found to have a sediment, the residue of oil should be poured out and thrown away, or strained and used for other household purposes, such as cleaning mouldy or damp woodwork in the cellar or in combination with boiling water and soap, for cleaning the iron sink in the kitchen. Use only the best and clearest oil for lamps. Cheap kerosene often gives forth unpleasant odors and does not burn brightly.

Never leave a lamp turned low, and it creates gas and uses up as much oil as when it burns brightly. If it is necessary to have a light during the night in a sick-room use a tiny night lamp and burn it at full force.

In a country house where a large number of lamps are used, it is better to keep them in a little closet by themselves than to expose them on a shelf in the kitchen, where they are sure to collect dust.

Three Good Ones

ORANGE MARMALADE.—Remove the seeds from—but do not peel—twelve large or fifteen small oranges and six lemons. Cut both into thin slices. Pour three quarts of cold water over them and let stand for forty-eight hours. Put into a preserving kettle and cook slowly until tender. Add six pounds of sugar, if desired very sweet, add more, and cook until the consistency of ordinary marmalade.

FRESH FISH CAKES.—Have ready mashed potatoes, either hot or cold, and to two cups of this allow two tablespoonfuls of butter and one egg. Put with the potato an equal quantity of flaked fish—baked or boiled—and mix thoroughly. If there is no fish sauce with which to moisten the mix-

ture and it seems too stiff, soften it with a very little milk. Form into cakes, fry slices of bacon in their own fat, and after taking them out fry the cakes in the fat that is left in the pan. Keep the bacon hot while the cakes are cooking, and serve it on the same dish with the fish cakes.

GREEN APPLE CHUTNEY.—Pare and core six pounds of greening apples; boil in one quart of vinegar; set off until cool. Boil two pounds of moist brown sugar in one pint of vinegar; add two pounds of Sultana raisins, washed, picked and dried, and four ounces of garlic pounded with vinegar; four ounces of green ginger; two ounces of red pepper and four ounces of salt. Mix well together with more vinegar if too thick. Keep on the back of the stove one day, slowly simmering, stirring occasionally with a wooden spoon. Bottle on the next day.

STRAWBERRY PUDDING.—Make one pint of pineapple jelly and 'three-fourths of a quart of strawberry jelly for these, using canned fruit, juice and gelatine. Decorate bottom of mould with crystallized fruit and blanched almonds, placing a thin layer of strawberry jelly in the bottom and chilling on ice; then add more, and when firm place a layer of halved strawberries; then pour over a layer of pineapple jelly, adding the pineapple pulp as it begins to get firm; alternate these layers until the mould is filled; then set in a cold place over night. When ready to serve, dip into hot water a minute, then place a lace paper doily over the top, pressing down into the jelly, and invert onto a cold plate, when the pudding will slip out unbroken. Garnish with a few choice berries and foliage. If the latter cannot be secured, use rose foliage.

To Get Rid of the Odor of Onions.—Graters, knives or other utensils used in the preparation of onions should be rinsed in cold water immediately and washed with a little soda. A brush can be used for the grater. For the breath, a little sugar eaten after the onions will banish the odor, as will also coffee or parsley moistened with vinegar. Follow with a thorough rinsing of the mouth and teeth with a few drops of tincture of myrrh in water.

Chamois is one of the few things which come out smooth and soft from washing if wrung directly from the soap suds without rinsing in clear water. The latter process tends to harden it.

Lettuce and green peas cooked together make a dainty summer dish. Few people know that lettuce is as good when cooked as spinach. Boiled with young peas the flavor is delicious. Also it is very wholesome.

One of the reasons why spinach is such a valuable food is that it is such an excellent butter carrier. City dwellers need more fats than most of them get, and butter is almost the best fat in the world. Oil is better, but it is too expensive for every one to use.

Raisins for fruit cake are much improved by cooking. Let them soak slowly and then simmer until the skin is tender.



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