

Household Suggestions

BREAD

Milk Loaves—Two pounds of flour, a teaspoonful of salt, three-eighths of an ounce of yeast, a pint of milk. Warm the milk and water, add the salt and yeast, and make into a smooth dough with the flour.

Put in a warm place for three hours, and over with a clean cloth. Turn on to a board and knead thoroughly, sprinkle a little flour over the top, and cover in warm place again. Leave for an hour.

Then divide into small rounds, cover them on the board with a cloth, and leave a little longer to rise.

Brush each little loaf over with beaten egg, and bake in a moderate oven.

If milk and water mixed is used, it is better to melt an ounce or so of butter in it to add to the fat value.

Norfolk Rolls—Sift a pound of Vienna flour with a teaspoonful of sugar, a teaspoonful of baking powder, one and a half teaspoonfuls of cream of tartar, and a pinch of salt.

Rub into these with the finger-tips an ounce of fresh butter. Mix to a dough with about half a pint of buttermilk. Roll out two or three times, form into small rolls, and bake for ten minutes in a quick oven. Serve hot with butter.

Hot Buttered Scones—Put a pound of flour in a basin, add a tablespoonful of castor sugar, half a teaspoonful of carbonate of soda, one teaspoonful of cream of tartar, and a pinch of salt.

Mix all together, and rub in three ounces of either butter or lard. Mix to a stiff paste with half a pint of milk, cut in rounds with a small cutter, and bake in a very hot oven for ten minutes. Cut open and butter.

Sugar can be omitted if liked. With honey these little scones are particularly good.

Oat Cakes—Put into a basin one breakfast cupful of fine oatmeal, the same amount of flour, two tablespoonfuls of sugar, and a quarter of a teaspoonful of carbonate of soda.

Stir these together, and mix in two ounces of melted dripping. Beat up the yolk of an egg, and add with a little water to the mixture.

Mix all well together, turn on to a well-floured board, and roll out thinly. Cut into small rounds with a cutter, and bake quickly in a hot oven.

Good Old Irish Stew—There are few people who have not tasted an Irish stew that is insipid and flavorless. Yours will never be so if you use this method of preparing it:

Two pounds of potatoes, four onions, one pound of mutton, half a pint of water, pepper and salt.

Peel and slice the potatoes thinly; peel and cut up the onions. Cut up the meat into small, convenient sized pieces.

Place a layer of potatoes in the casserole, then a layer of meat, then onion, and so on. Season between each layer with pepper and salt, and add the water.

It is better to finish with a layer of potatoes. Cover with the lid, and simmer for two hours on the side of the stove.

Stew will need an occasional stir, or the potatoes are apt to stick. But food seldom burns in a casserole; that is one of its many virtues.

Pineapple Ice—Dissolve two tablespoonfuls of gelatine or 1 package of jello in one half-pint of hot water. Add one pint of sugar, three pints water, one teacup shredded pineapple and the juice of four lemons. Stir all together and freeze.

Ice Cream—Three quarts of cream, whites of four eggs, one pint of fresh milk, one and one-fourth pounds sugar, two tablespoonfuls of jello dissolved. Flavor to taste and freeze. This makes one gallon of cream.

Lemon Ice—Juice of six lemons and grated rind of three, one large sweet orange juice and rind. Squeeze out all the juice and steep with lemon and orange rind two hours; strain, add one pint of water and two cups of sugar; stir until dissolved, turn into can and freeze. Let stand longer than ice cream.

Food Values of Vegetables

Tomatoes rouse torpid liver and do the work, ordinarily, of a doctor's prescription. Lettuce has a soothing, quieting effect upon the nerves, and is an insomnia remedy.

Celery is an acknowledged nerve tonic, and is more and more used in medical prescriptions.

Onions are also tonic for the nerves, but people will be for ever prejudiced because of their odor.

Dandelions purify the blood and generally are declared to tone up the system.

Watercress is a "good, all-round" brace-up for the system.

Pumpkins are an ingredient in a patent medicine that is guaranteed to cure quite a variety of ailments flesh is heir to, but the world is increasing in inhabitants who do not believe all they hear.

Time for Cooking Vegetables

Potatoes, half an hour, unless small, when rather less; cabbage and cauliflower, twenty-five minutes; peas and asparagus, twenty to twenty-five minutes; carrots and turnips, forty-five minutes when young, one hour in winter; onions, medium size, one hour; beets, one hour in summer, and one and a half or two hours (if large) in winter; French beans, if slit or sliced slantwise and thin, twenty-five minutes, if only snapped across, forty minutes; broad beans if very strong, half an hour; old, forty to



Hoisting Wounded Allies aboard a Hospital Ship

The photo shows a wounded soldier being raised to the ship in the Dardanelles. He is strapped to the jacket of stretchers. Through a loop in the jacket the hook of a pulley is passed and then the wounded soldier and jacket are hoisted up by the crane.

Potatoes should be eschewed by those who "have a horror of getting fat," as that is the penalty of eating them.

Spinach has medicinal properties and qualities equal to the most indigo of all blue pills ever made.

Parsnips, it is now contended by scientists, possess almost the same virtues as are claimed for sarsaparilla.

Beets are fattening, and even a moderately learned man will explain because of the sugar they contain.

Ordinary lima beans, some one has said, are good to allay thirst, but the same can be said with equal truth, of a pitcher of water.

Asparagus is efficacious in kidney ailments to an extent that is not yet perhaps, thoroughly appreciated.

Cucumbers, aside from sunbeam emitting properties know to readers of facetious paragraphs, contain an acid that is helpful in some cases of dyspepsia.

Cabbage, in Holland, is regarded as something of a blood purifier, but the authority is vague. In German, its efficacy is purely sauer kraut.

Parsley will assist food digestion. Like cheese and nuts, but a quantity in excess of ordinary capacity has to be consumed. Therein lies the joker.

forty-five minutes. All vegetables should be put into fast boiling water, and quickly brought to the boiling point again, not left to steep in hot water before boiling, which toughens them, and destroys color and flavor.

An Odd Charity

"A friend of mine has the oddest little charity," said the woman. "The other day my visit to her house was cut short by her abrupt announcement that she had to get down to the railway station by four o'clock."

"Friends coming in?" I asked.

"No," said she, "going out. Do you want to go with me?"

"I did not want to go, but I had nothing else to do, so I went. Arrived at the station, the woman made straight for a corner where a bunch of children, all in the same clothing, were huddled together."

"It is these little folks I came down to see," she said. "They are waifs and strays who have been collected by a Society, and are being emigrated to Canada. Every time a band of the children is sent away I come to bid them

good-bye. Do you know, I think it must do their hearts good to go away knowing somebody outside the Society that has been taking care of them thought enough of them to come to the station and say good-bye."

"Then she passed among the lot of children, kissed each one, patted him, and gave him a keepsake. I tried to butt in with a 'gracious lady' act of my own, but my voice was so shaky that I am afraid I didn't do much good!"

Here is the opportunity for some others. Dr. Barnardo's Homes are frequently dispatching children from Euston and St. Pancras, and the Salvation Army sending away emigrants of other kinds. Why not give them a send off?

Discussing the Minister

Rev. John Watson, better known to the world as Ian Maclaren, the author of "Beside the Bonnie Briar Bush," was a fascinating talker, says Mr. William H. Ridging, in "Many Celebrities and a Few Others." In the quietest way he dramatized any trifling incident that amused him.

Once I was lunching with him at his house in Liverpool. He was about to resign from the Sefton Park Church, and he speculated as to how he might be estimated after his departure. In an instant the table and those round it vanished, and we were listening to two elders with whispering voices, discussing a retiring minister.

"A good man, a verra good man," one of them was saying.

"Aye, he was that. There'll be nobody to deny it. But Aw'm thinking—weel, no, I'll no say it."

"Aw'm thinking the same masel'. Was he no a bit off in his sermons lately, did ye say?"

"Weel, perhaps."

"And no so keen as he used to be."

"Puir man!"

"Aye, he did his best, nae doot."

"Ye minded him in the Sabbath-school? Strange, verra strange, hoo the attendance dropped. I canna account for it. What'll you be thinking?"

"I've heard cecreticism, aye, severe cecreticism, no that I agree with it, or disagree with it. Mackenzie was telling me we'll be lucky to be rid of him, and Campbell opines that he was ruining the kirk."

"Aye, and Ferguson was saying—but I'll no speak ill of him."

"Puir man!"

"Aw'm thinking it's for the best he will be going."

"Maybe. The new man's fine—another John Knox, Mackenzie was saying."

One could hear their undertones, as they damned with faint praise and condemned by innuendo; one saw them in their decent blacks, askance, timorous, insinuating. Watson's features hardly moved, nor had he recourse to gestures. He did not act the little scene, but seemed to visualize it to us almost by hypnotic suggestion.

The Making of a Suffragist

The Equal Suffrage League of Centerville sat discussing the results of the recent canvass to interest women voters in the school board election. "Mrs. Crane will never vote, I know," said the chairman, in a dejected tone. "I talked with her for nearly two hours, and didn't make the slightest impression on her."

"You never can tell," said a hopeful member. "She may think over what you've said, and—"

There came a knock at the door, and in walked little Mrs. Crane, flushed and breathless.

"I'm going to vote, after all," she announced. "You must tell me all the things I have to do."

"My dear!" the chairman beamed on her. "I'm so glad! After all, I did use some arguments which convinced you."

"No, you didn't," said little Mrs. Crane, stubbornly. "But this morning I looked at the weather-vane and the thermometer, instead of waiting for my husband to tell me about them, as usual, and I said, 'Wind northeast, mercury stands at seventy-one,' to him, just the way he says it to me."

"And I said to him, 'Henry Crane, if it's come to the point that you think your wife isn't as capable of looking at the weather-vane and the thermometer as you are, I'm going right off to register as a voter, and show you!' Now what shall I do first?"