

## THE COOK'S CORNER

Send in your favorite recipes, for publication in this column. Inquiries pertaining to cooking are solicited, and will be replied to, as soon as possible after receipt of each. Our Cook's Corner sent free for two new yearly subscriptions at \$1.00 a year. Address, Household Editor, this paper.

### BOILED ASPARAGUS

Cut off the lower parts of stalks, wash, remove scales, and cook asparagus in boiling, salted water about 15 minutes, or until soft and tender, leaving the tips out of the water during the first ten minutes of boiling. Drain and serve with melted butter.

### BOILED BEET GREENS

Wash thoroughly, scrape stems carefully, and cut off the tough ends. Drain and cook about  $\frac{1}{2}$  to 1 hour, or until tender, in boiling salted water. When done, drain, season with butter, salt and pepper. Serve with vinegar.

### DANDELIONS

Only the youngest and tenderest dandelion greens can be used for a fresh salad. When dandelion is a little older it is better cooked as a vegetable. When wanted for fresh green salad, dig a little below the surface of the ground, and cut the plant off at the root. Remove flower buds, pick over and wash carefully the greens, and serve with any preferred dressing. To cook as a vegetable, proceed the same as for boiled beet greens.

### BOILED PEAS

The quicker you can get the peas from the garden into the pot, the sweeter and more palatable they will be. Cook until soft in a small quantity of boiling water, adding salt during the last fifteen minutes of cooking. Use no more water than necessary. There should be none or hardly any to drain from the peas when they are cooked. Season with butter and pepper.

### SPINACH

Spinach should be carefully picked over, and all tough and wilted leaves discarded. Wash in several waters to be sure that it is free from all sand. Drain, put in a stew pan, cover, allow to heat gradually, and cook about 25 minutes, or until tender. It will not be necessary to add water, since enough water will cling to the leaves from the washing, and it can therefore be stewed tender in its own juices. Only in the case of old spinach is it necessary to add boiling, salted water, and when done it is drained, chopped fine, reheated, and seasoned with butter, salt and pepper. Young spinach, however, need not be drained, but should be merely chopped and seasoned with butter, salt and pepper. Garnish with slices of hard-boiled eggs.

### CREAM DRESSING

Mix the following ingredients in the order given, adding the vinegar very slowly:  $\frac{1}{4}$  tablespoonful salt,  $\frac{1}{4}$  table spoon dry mustard,  $\frac{1}{4}$  tablespoon sugar, 1 egg slightly beaten,  $2\frac{1}{2}$  table spoons melted butter,  $\frac{3}{4}$  cup cream, and  $\frac{1}{4}$  cup vinegar. Cook in double boiler, stirring constantly until mixture thickens.

### LETTUCE AND WATER CRESS

The early curled lettuce that does not head is usually the first ready for pickling. It is of the cut-and-come-again variety. Cut while young and tender, sort the leaves carefully, and wash thoroughly. Serve with any preferred dressing, but do not add the dressing until the last minute, or the salad will present a wilted appearance. If the taste of onions is liked, add a little, very finely chopped, or only a little of the juice of the onion. Radishes, cut in slices, may also be added to the salad. Water cress should be carefully picked over, washed over, drained, and served cool and crisp with the French dressing.

## Home Hygiene

The hygiene of the home is a subject of growing importance and interest. The location and surroundings of the house are of the first importance from a sanitary standpoint. Folding doors and carved mantelpieces are attractive, but the satisfaction they give may be more than offset by the bad effects of a neighborhood marsh, a wet cellar, or a lack of sunshine. The ground air is more dangerous than the free atmosphere, because it is more apt to be the carrier of foul gases and an undue amount of moisture. There should be a distance of at least 800 feet between the home and any source of contamination of the air, such as any opening of a sink, or other drain, any deposit of decaying material, any marshy spot, or pool of stagnant water.

Drainage and plumbing are intricate problems for the housekeeper. Closets should be separated from living rooms and sleeping rooms by a ventilated passage. A box of dried and sifted loam should be kept in earth closets, and thrown into the contents.

In deciding upon a country home, the first consideration is the character of the soil. An impervious clayey layer a short distance below the surface will often be the cause of surface drainage reaching wells.

A deep sandy soil presents the most favorable conditions: the porous nature allows of quick drainage, and ready purification of all polluting material which is buried in it, or flows through it, so that the out-flowing water is freed from its former harmful ingredients.

This is accomplished by an abundance of plant life of a peculiar character in the upper layers of the soil. This plant life is most abundant in the first two feet and in sandy loam.

The sink spout, so often seen delivering water at all hours of the day, on one spot, resulting in a wet, soggy soil, should be moved at its outlet each day, so that a new area of soil may receive the water, while the old one is doing its work of purification. In from three to five days, according to the depth of the sand or loam, the same spot is ready for another flooding.

Some think the leaching cesspool wrong in principle since it delivers its foul liquid below the level at which the most vigorous plant growth occurs, and thus allows this unpurified water to mingle with the underground water, which is commonly held to be good, because of its freedom from surface contamination.

The purifying power of the upper layers of the soil is enormous, and should be utilized by all country dwellers to the profit of the agricultural crop which feeds on the nitrates that are the product of this other invisible plant life.

### THE WATER SUPPLY

The well should never be used for cold storage. The practice of hanging dressed meat, poultry and milk cans in the well should not be tolerated.

### PURE AIR IN OUR HOMES

The necessity of pure air cannot be too strongly urged. Pure air in our climate undoubtedly entails expense, for a great deal of fuel is needed to prepare outside air for our use. Several points should be considered. Not only should the bills for fuel be compared with the bills for doctors and nurses, but account must be taken of the increase in headache, listlessness, which follow as a consequence of breathing impure air.

A German experimenter proved that one-half of the cellar air made its way into the first story, one-third into the second. Therefore, is seen the necessity of pure air in the cellar, which can be had only by its being perfectly dry, with a free circulation of air.

The ideal house is provided with an abundance of air by means of flues. However, in the ordinary house the windows have to be depended on for a quick change of air. It is more important to provide a chance for foul air to escape, than to furnish a special inlet for fresh air.

Air which is made impure by breathing and burning of lamps, being warmer than outside air, has a tendency to rise. If it can escape, its place will be filled by air drawn in from the cracks about windows and doors. The general outlet of air should be in the top story. During the cold weather, the living rooms and sleeping rooms should be thoroughly aired at least once a day. Pure air is much more easily heated than impure air. Bath room windows should be opened both top and bottom.

The room occupied by the family

during the evening should be thoroughly aired to prevent the foul air making its way through the house during the night.

Sunlight in our dwellings is also essential to good health. When the house is heated by a furnace, or by steam, or by radiators, some other means must be devised to bring in fresh air; open fires are the best possible provision for the removal of foul air.

It has been estimated that one ordinary gas jet will consume as much air as two people, and a kerosene lamp will use as much as four people, hence the necessity of a constant supply of fresh air.

Our sleeping rooms should have an open window during the night, the draught kept from the bed by placing a screen between it and the window, or by inserting a board at the lower part of window.



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