

IN THE



KITCHEN

Cooking on the Farm

The housewife, who must be chambermaid, seamstress, cook, and frequently laundress, must study menus that will build the brain and brawn of her family, as well as little time as possible to prepare, and at the same time be palatable and sightly. Her life is not an easy one, but she alone, it would seem, is responsible for many of the hardships of which she complains. The hours which she spends in fancy cooking and the ironing of fancy clothing might, for her health's sake, much better be given to resting and recreation. The latter is quite as necessary as the former.

Complicated mixtures, such as pies, cakes, preserves and jellies, are given in great variety and abundance on the farmhouse table, all of them producing much heat without giving a corresponding amount of nitrogen or muscle-making food. As the hard work of the farm is done during the heated term, any one can see at a glance the folly of such a diet. Butter and cream, admirable foods for winter, are undesirable in hot weather; and still, during harvest time, when the men are at the greatest strain, these so-called good things of life are most bountifully bestowed upon them.

No longer is the overladen table, containing six or eight kinds of preserves and half a dozen kinds of cake, popular. The intelligent woman no longer stands over the hot fire to preserve or make layer cakes or pies—all composed, perhaps, of good wholesome food, but each better without being made complex. She takes her bread-and-butter sandwich with the fresh fruits, rather than rubbing the butter into the flour and putting the sweetened cooked fruit inside. In this way she has better and more digestible food.—Mrs. S. T. Rorer.

Three Strawberry Recipes

Strawberry Jelly—Boil three-quarters of a pound of sugar in half a pint of water, pour it boiling hot over three pints of strawberries placed in an earthen vessel, add the juice of two lemons, cover closely, and let it stand twelve hours. Then strain through a cloth (flannel is the best thing); mix the juice which has run through with two and a half ounces of gelatine, which has been dissolved in a little warm water, and add sufficient cold water to make the mixture one quart. Pour into a mould and set on the ice to cool.

Strawberry Shortcake—One quart of flour, one cup of butter, three teaspoonfuls of baking powder, half a teaspoonful of salt, the white of one egg. Rub the butter into the flour, then add the baking powder and salt. Beat the white of the egg to a stiff froth, and add with cold milk sufficient to make a dough stiff enough to roll out. Make the cakes about half an inch thick, and bake on pie-tins in a quick oven. When done, cut around the edges and split them; place a thick layer of well-sugared strawberries between, sift powdered sugar over the top and serve with cream.

Strawberry Muffins—One pint of sifted pastry flour, one-fourth teaspoonful salt, two rounded teaspoonfuls baking powder. Into this mixture rub one-fourth cup of butter, and add one cup of cold water gradually, mixing and cutting with a knife. It should be of a light, spongy consistency. Scrape out the dough upon a well-floured board; pat into a flat cake and roll gently till half an inch thick. Cut with a small, round cutter, and cook on a griddle on top of the stove. Grease the griddle with butter, and cook the cakes slowly. When they are well puffed up, put a piece of butter on the top of each and turn over. When browned on the other side and done, tear them open and spread with sweetened berries and cream, and serve immediately.

Green Pea Soup

Cook three cupfuls of peas in salted water until perfectly tender, and rub through a soup-strainer, leaving only the skins behind; to the pulp obtained add one cupful of stock, one teaspoonful each of salt and sugar, one half salt-spoonful of pepper and one teaspoonful of flour made perfectly smooth in one half cupful of milk; cook five minutes, add one cupful of cream brought just to a scald, and serve. One spoonful of whipped cream to each serving is a fitting finish to this most delicious soup. A plainer pea-soup may be made by substituting milk for the stock and cream, in which case the thickening should be made of one teaspoonful of flour and two of butter rubbed together to a smooth paste.

Helps in Cooking

Onions, turnips and carrots should be cut across the fibre, as it makes them the more tender when cooked.

Chemists say that it takes more than twice as much sugar to sweeten preserves, sauces, etc., if put in when they begin to cook, as it does to sweeten them after the fruit is cooked.

A spoonful of vinegar put into the water in which meats or fowls are boiled makes them tender.

To bake bananas, strip from one side a piece of the skin. Then loosen the skin from the sides of the fruit, dust well with granulated sugar, and bake in a moderate oven half an hour. Serve hot in the skins.

It is said that chocolate cake can be kept fresh by wrapping it tightly in buttered paper, and putting it in a tin box away from all other substances.

Almost all left-over vegetables may be converted, with very little trouble, into savory cream soups; almost any scraps of meat into pressed loaf, croquettes or delicate pates. Stale bread is used, of course, for loaves, or for the jer of crumbs that should be always on hand for bread-feeding. Stale cake is called for in a number of recipes. There is really no need of throwing out from the kitchen any particle that was properly prepared in the first place.

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