School for Housewives



many classical writings. It seems a little odd that honey is not more of an article of diet in this country-not because of indorsement of it in sacred and profane writings, but ecause in other countries it is held in high esteem as a food. The traveler in Switzerland would feel that his breakfast was at fault if there were not a dish of clear, strained honey provided for him. The dwellers in the Black Forest and in other parts of Germany make honey an important part of their regular dietary, and other European nations hold honey in good repute.

of Hymettus has been famous ever

since the days when Greece was a pow-

er, and there are mentions of honey in

WHAT IT IS COMPOSED OF

In the United States I do not think it generally has a good reputation. I have found a prevailing impression that it is not digestible. "Be careful how you eat honey," I have been warned by those who seemed to understand their subject. Yet an excellent authority on matters relating to dietetics speaks of honey as "a wholesome food, and fattening when eaten with bread." He also supplies a definition of the sweet under consider-

"Honey is a form of sugar prepared from the nectar of various flowering plants, gathered by bees, and stored by them in cells. It is really a vegetable product, although manufactured by an insect. In addition to sugar, it holds several other ingredients, principally wax, gum, pigment and odorous materials. The sugar exists in two formscrystallizable and non-crystallizable. The former is somewhat similar to glucose." Then follows an analysis, from which we learn that honey contains more than 78 per cent. of fruit sugar and over 16 per cent, of water, as well as a negligible quantity of other ingre-

Nothing in this sounds especially threatening to the digestion, and yet the fact remains that honey disagrees with some persons seriously, and when of this sort of which she can be sure, and who objects to uncovenanted drugs in her cough syrups, may beat up a little honey and cream together, as it is needed, and give it to her invalid by the teaspoonful to check cough or irrita-

Honey bears its part in various articles of food as well as in the phar macy of the household, and it will be worth while for the woman who seeks a change in cookery to try some of the dishes in which honey is an ingredient. · I append recipes for a few of them:

mother who wishes to prepare a remedy

Honey Cakes. Sift two cups of flour and stir into them a cupful of sour cream, two tablespoon-

Honey

Beenives of the Present Lay.

fuls of strained honey and an equal quantity of granulated sugar, a quarter tea-spoonful of powdered cinnamon and a half teaspoonful of ground ginger. Beat all together thoroughly and at the last add an even teaspoonful of soda dissolved in a couple of tablespoonfuls of bolling water. couple of tablespoonfuls of boiling water. Beat hard again and pour the batter into small pans, very well greased. If you prefer, you may bake it all in one good-sized pan. The small cakes will require about twenty minutes' baking. This cake is especially good eaten hot.

Honey Gingerbread.

Beat two tablespoonfuls of strained honey into half a cupful of butter, first warming the butter slightly. Whip the two to a cream and then beat in a teaspoonful of a cram and the beat the cinnamon and a tablespoonful each of pow-dered sugar and of ground ginger. Have ready four eggs, whipped light, the yolks and whites separately, and add these alternately to the other ingredients. Last of all beat in three cupfuls of flour sifted with a heaping teaspoonful of baking powder. Gi heaping teaspoonful of baking powder. Give a final vigorous beating of about one minute and turn into shallow baking tins or small muffin or patty pans. Bake, covered, for half an hour; uncover and brown. The oven should be steady and not too fierce in heat.

Honey Ginger Wafers.

Mix together a cupful of sugar and two cupfuls of flour and rub into them half a cupful of butter, and stir in a half a cupiui of outter, and stir in a hair tablespoonful of ground ginger. Add to this the juice of a lemon and haif the grated peel and enough strained honey to make a batter. Grease a shallow tin very thoroughly and pour in the batter in a thin layer. Bake in a moderate oven, watching carefully to prevent burning. When done, the batter in the layer in the layer in the layer. the cake into strips three inches in width and while still warm roll around a width and while still warm roll around a greased stick about the size of your finger. Keep in a tin after they are cold, as they soften when exposed to the air. If too moist when you wish to use them, put them into the oven for a few minutes to become crisp.

English Honey Cakes.

Mix a quarter pound of sugar with a light two pounds of flour and a table-spoonful of ground ginger and work to a smooth dough, with a quarter pound of butter beaten to a cream, three-quarters of a pound of strained honey, half nutmeg grated and a teaspoonful of a nutney grated and a little boiling baking soda dissolved in a little boiling water. Roll out a quarter of an inch thick, cut into small cakes with a biscult cutter and bake twenty-five minutes in a

out eggs: One cup of granulated sugar, half a cup

A LENTEN . . **BILL OF FARE**

N PLACE of the Weekly Family Meals I offer today a Lenten bill of fare contributed by a correspondent, with recipes for the preparation

BREAKFAST. Cereal, with sugar and cream.

Baked eggs. Cream toast.

Southern muffins. Coffee. LUNCHEON. Scalloped hominy, with cheese.

Graham bread. Salmon salad.

Chocolate tartlets. Tea.

DINNER. Cream of tomato soup.

Baked bass, with dressing.

Mashed and browned potato.

Scalloped onic Celery salad. Orange pudding.

Black coffee.

M. B. (Geneseo, Ill.) Southern Corn Bread. Sift a quart of white cornmeal with two teaspoonfuls of baking powder. Add three tablespoonfuls of melted lard, sait to taste,

three beaten eggs and a pint of milk, or enough to make a thin batter. Beat all very hard for a few minutes. Bake in well-greased mushin tins.

Baked Eggs. Break into a buttered dish seven or eight eggs, taking care to keep each whole and placing them so that the yolks do not touch one another. Add small bits of butter, a little salt and pepper. Bake in the oven until the whites are firm. Serve in the bakedish.

Scalloped Onions.

Boil white onions until tender. Put them then into a deep dish and pour over them a sauce made by rubbing a table-spoonful of butter into one of flour and adding a pint of hot milk. Cook as you would custard, and when it has been poured over the onions bake for half an hour.

Chocolate Tartlets. Chocolate Tartlets.

Four eggs; one-half cake of chocolate, grated; one tablespoonful of cornstarch dissolved in milk; three tablespoonfuls of milk and four of sugar, vanilla flavoring; one-half teaspoonful of cinnamon; salt; a heaping teaspoonful of butter.

Rub the chocolate smooth in the milk; heat it over the fire and stir in the cornstarch wet with milk. Stir until it thickens, and turn into a bowl. Beat in the yolks of the eggs, the sugar and flavoring. Bake in open shells of paste lining patty pans. Cover with a meringue. Eat cold.

One quart of tomatoes. If they are fresh, peel and cut into small pieces. Put into the soup kettle with half a small onion and a pint of water. Cook until done. Strain through a colander and return to the kettle. Have ready a quart of rich, unskimmed mikk heated to boiling point. Stir into it a table-speonful of flour rubbed smooth in a little mik. Add an even teaspoonful of soda to the tomato, then the hot mik. Let it just come to the boil and pour out. Season to taste with pepper and salt. Serve immediately. Cream of Tomato Soup.

a pound and work into it a pound of strained honey, a quarter cupful of but-ter, a half teaspoon of cinnamon and a pinch each of ground cloves and nut-

meg, the grated rind of a lemon, a quar-ter pound of citron and an ounce of can-died ginger, both shredded; the yolks of four eggs, beaten, and the whites of two,

whipped light; a half teaspoonful of soda dissolved in hot water and one cupful of flour. Make into a loaf and bake cov-ered for three-quarters of an hour before

uncovering and browning. In some respects this resembles the old-fashioned New England bread cake, although much

Honey and Nut Cordial.

Blanch and pound four ounces of bitter

Blanch and pound four ounces of bitter almonds and two ounces of sweet almonds and mix them with two pounds of granulated sugar. Boil a pint of milk, let it get cold and put with it the nuts and sugar, the juice and grated rind of three lemons, two large tablespoonfuls of strained honey and two quarts of good brandy. Let all stand together for ten

days, shaking them up every day. At the end of the time strain the mixture through a fine cloth, bottle and seal.

An excellent tonic cordial to be taken, a little at a time, for the exhaustion ac-

companying and following severe colds.

Marion Harland

About Dying Clothes

at Home

OW that it is the accepted rule that the waist of a suit must

not in material, it is good to know

that any old waist that is soiled, not

worn, providing it is of net or lace, can

be made to follow this last dictate of

Just dye it, put the whole "bunch" in

a pot of prepared dye, blue or green, or

red or black, as the case may be, and

by carefully following the printed di-

rections on the envelope containing the

color powder you will have a result

that will be surprisingly satisfactory.

Of course, it is not wise to dye differ-

ent materials at the same time, as the

length of time required is different and

sometimes a different treatment is nec-

essary. So only lightweight materials

One of those dainty net blouses was

dyed recently, and the medallions and

insertion and edging of valenciennes

with which it was trimmed "took"

beautifully, and the waist was ready for

wear the afternoon of the same day it

A Help in the Kitchen

NEW utensil to make cooking

A easy is shown, of a peculiar

Ashape, something like an apple

corer, which it is, and fitted at the

other end, not the corer end, with a

horizontal blade like a knife. The

round end cores apples, cuts vege-

tables into dice-like forms and takes

the heart out of fruit, while the knife

peels potatoes, makes Saratoga chips,

cuts coldslaw and presumably chops

meat. It is certainly a very wonder-

ful discovery, and if it can do indefi-

nitely all that it seems to do when

it is shown, it can take the place of

Towels for a Casual Guest

shown in the snops mode only about twelve inches wide

and sixteen inches long. They are very

useful in the bath room for the use

of guests and they are far less trou-

ble to have washed than the larger

In using towels of this sort it is

not necessary to have the coarse af-

fairs commonly placed in club rooms,

but these diminutive towels could be

of damask, as the best of the larger

variety, and when they are embroid-

ered with the initials of the owner

they are not only useful, but in the

OST attractive little towels are

shown in the shops measuring

every utensil in the kitchen.

and handsomer ones.

best of taste.

changed its color.

should be selected for the first trial.

fashion.

match coat and skirt in color, if

more elaborate-and indigestible.

Orange Pudding.

Peel and cut up six oranges. Put into a dish and pour over them a custard made from the yolks of four eggs and a quart of milk with one cup of sugar. Spread over the oranges; bake until slightly browned. Serve ice cold.

How to Use Kindling Wood

YN ALL the great United States there is a cry for kindling No housekeeper seems to think that a fire can be started without burning up all the wood in sight and buying still some more "just to keep it going." In reality, kindling is not absolutely necessary in lighting a fire, and when it is used, only three small pieces are required, which should be arranged like the rails of a fence leaving plenty of space for air to create a draught.

Extravagance in kindling wood is a rather serious matter nowadays, for wood is growing scarcer and scarcer. Fire-lighting is an art, and the only needful thing to know is that a full draught must be created, which means that the wood should be quite small and that it should not be placed

By economizing in kindling, an item of no mean importance in the household, the fuel account may be reduced by half, and surely that is worth trying.

Economy in Cutting Bread

RAJCE and Italy have the reputation of being the least expensive countries in which to live, and this is owing not only to the price of foodstuffs, but also to the extreme care

with which everything is used. An example of this studied economy, which, in time, becomes second nature, is their use of bread. In both countries mentioned only enough bread is cut to provide the family with one piece each. Should any one else wish for bread, two pieces are cut, and this process is repeated until the meal is over.

By this method there is no bread left cut from the loaf to dry in the box, and one baking lasts four full days, not two

days and a half. Perhaps it sounds too economical; perhaps the generous hostess might think that it was not true American hospitality. Indeed, it is the best treatment for guests and family alike, for bread that stands but a short time in the dish is sure to be just a little dry, while bread just cut is sweet and fresh.

To Wash Fine Laces

C HEEREST fabrics and fine laces may be easily washed at home by slicing good white soap into little pieces and putting them in cold water together with the lace. Then it is all put on the fire and brought to a boil. Thus the washing may be done with no rubbing whatsoever, for when the lace is taken out it is found, after being rinsed, to be as good as new.
To dry it should be pinned on a
towel stretched on a smooth surface
and left there at least a day. If the material is white it may be placed in the sun; if colored, the towel should be left in a dim light.

Chafing Dish Aprons

OR one who wishes something especially dainty in aprons for chafing dish suppers or cozy little fancy work parties, there could be nothing prettier than one made of be nothing prettier than one made of sheerest handkerchief linen. Cut about the size of the average centerpiece, it had an elaborate scallop, but the upper part is hollowed out to fit the waist of the wearer and long sash ends held it in place.

The tiny pockets are embroidered with a spray of ragged-robins with a touch of dainty green, while several large designs of the same were strewn along the lower edge.

HOUSEMOTHERS' EXCHANGE THElike to dye it black. Here is a recipe for chocolate icing with-

THE housewife who spilled ink upon the carpet of a fastidious "in-law" may remove it without injury to the texture. Get cents' worth of citric acid, dis-Get cents' worth of citric acid, dissolve it in warm water and apply to the ink spots with a sponge or cloth (and lots of elbow-grease)! Lastly, rinse with warm water, Into which has been stirred a little household ammenia. Rub it as dry as you can with several clean cloths.

I had a similar experience three years ago. I discovered dried ink in the green border of my new library rug. The citric acid removed it so thoroughly that I could not tell just where the spot had been. I have never used it to take ink spots from books, but I am told by those who have, that it may be thus used. It does not injure printers' ink, into the composition of which iron does not enter.

In return for the foregoing will you give me a recipe for cinnamon buns?

Well have earned your recipe, and we

You have earned your recipe, and we are still deep in your debt. To extract ink from a colored fabric without injuring the ground color is a problem few have learned.

Cinnamon Buns.

Set aside for these a cupful of dough after it has had the second rising on baking day. Cream a half cupful of butter with the like quantity of sugar, stir in a well-beaten egg, and work these into the dough. Add a half teaspoonful of cinnamon, a toaspoonful (scam) of soda dissolved in hot water and a half cupful of cleaned currants dredged with flour.

Knead diligently for five minutes, make out into buns, and let them rise for half an hour, or until they have doubled the original bulk, before baking. Cover for the first half hour they spend in the oven; then brown.

Wants Books for Boys

Wants Books for Boys

I am the mother of four little boys. The oldest is 10 and the youngest is 3. I have to work hard all the time finishing coats, and the children have nothing to read. They love story-books, and I cannot afford to buy them. Neither have they any playthings. If some boy has old playthings he doesn't care for any more, I should be very thankful if he would send them to the youngest boy. When the rest go to school he is very lone-some, as I am at my sewing. I could not afford to pay high express charges.

In part payment for putting this into the Exchange will you accept a good recipe for stuer kraut?

Boil the sauer kraut tender—2 pint of it. Drain and put back over the fire. Fry an

n in lard when you have sliced it, e two raw potatoes of medium size. the grated potatoes into the sauer it. Boil ten minutes. Add the fried n. Cook for a minute, and it is ready onion. Cook to:

for eating.

I know this is very little for what I ask,
but poor people have not much to give
but poor people have not much to give
B. R. (Chicago).

Honey-Comb

it disagrees with them at all, it is likely

to be in a very unpleasant fashion. There

can be no doubt that honey in the comb

is more of a tax to the stomach than

the strained honey. Even if the cells

are those made by the bees themselves,

instead of the artificial combs of paraf-

fine now manufactured as a labor-sav-

ing means for the insects, it stands to

reason that the wax cannot be easily

assimiliated. Let me counsel those who

have suffered from eating honey in the

comb to make a cautious trial of the

strained honey before condemning the

There is no question as to the value

of honey in treatment of colds of the

throat or chest. Its presence is taken

for granted in many of the preparations

manufactured for use in coughs and

colds, and it is most soothing to the ir-

ritated throat membrane. The house-

sweet entirely as an article of diet.

and Wooden Box

We keep no balance sheet for our members. It is enough to know that an opportunity to do good and to communicate is laid to our hand, and we are the obliged party in the transaction. I submit the case without further summing up. I hold the mother's ad-

Cement for Glass

I clip from your column a request for a cement for glass for an aquarium.

The formula for aquarium cement recommended by the United States Fish Commission is as follows:

"Stir together by weight eight parts of pulverized putty (dry whiting), one part red lead and one part litharge. Mix, as it is needed for use, with pure linseed oil to the consistency of putty. Allow it to dry a week before using."

Another waterproof cement is made by dry-mixing ten parts, each, of fine, dry, white sand, plaster of parts and litharge, with one part powdered resin. Work, as it is required to a stiff paste with boiled linseed oil. The oil must be free from any adulteration with fish oil. It is semetimes necessary to boil pure raw linseed oil for a few minutes to expel the water.

Mrs. G. (Troy, Pa.). I clip from your column a request for a

I hope the two correspondents who have asked for aquarium cement see and keep these formulas. Both are

For Frost Sufferers Will you let me tell the members of the Exchange of something that must interest many now that winter has brought to us a plentiful crop of frost-bitten ears and chilblained feet?

I was a grievous sufferer from chilblains for years. For eleven years past I have not been tormented by them. And this is what cured me:

I was advised by a friend to pour kerosene oil in a saucer, wring out a rag in it and with this wipe the affected parts several times each day. If I awoke in the night, I was also to do the same thing.

He warned me not to saturate the cloth and lay it upon the chilbiains, as it might cause a blister. I was to wipe the feet with the dampened cloth and let them dry of themselves. If I recollect aright, the chilbiains were cured in a week's time. I trust this simple remedy may relieve other sufferers as it relieved me.

ROBERT M. (Buffale, N. Y.).

You have conferred a favor upon more persons than you can imagine would be concerned in the matter you discuss. "The cry of the children" and the greans of their seniors under the anguish of frost bites are abroad in the land to an unusual extent this winter. Heavy snows, that tempted ill-shod youngsters to the coasting grounds, and unexpected storms of snow and sleet which found men and women away from home without galoshes, have wrought their evil work in hundreds of homes. The remedy you propose is simple, cheap and within the reach of all.

Wants Recipe for Goulash I have watched the exchange from week to week in the hope that somebedy would send in a recipe for Hungarian goulash Will you try to get it for me? We the proper meats to be used in it?

the proper meats to be used in it?

I have a restaurant in which are served 10-cent meals. I have been making the goulash of beef. My patrons insist that it should be made of other meat. As some of them are constantly praising a rival restaurant, where the cook is famous for her goulash, you can readily see that mine is not an idle request. It means my bread and butter!

Any recipe for other cheap dishes-for example, cooking liver in any other way than by frying—would be gratefully appreciated.

M. E. B. (Minneapolis).

While Hungarian goulash is usually made of beef, I see no reason why veal should not be substituted. Will correspondents, who can enlighten us on this head, let us hear from them, and supply our querist with the coveted cheap (and good) recipes?

Liver En Casserole. Put a lamb's liver (sliced) into deep water o draw out the blood. Meanwhile fry fat

sait pork until it begins to crisp. Strain off the fat; set the pork aside and fry a sliced onton in the same fat. Next, lay the liver-carefully wiped dry-in the pan and cook fast for five minutes, turning once that both sides may be seared. Now lay liver, pork and onton in a bakedish that has a close top. Have ready about a dozen potato balls, cut with a gouge, which have been parbotled. Lay them about the liver, sprinkle with parsiev, pepper and a few drops of lemon juice; put in enough weak stock to fM the dish half way up to the top; fit on the cover and bake for a full hour, without opening it. It is savory, and "goes" much further than fried liver. out eggs:
One cup of granulated sugar, half a cup of water, a small piece of butter and chocolate to taste. Boil until it forms a soft ball when dropped into water. Beat hard and spread.
Here are two suggestions:
Crackers, ground or rolled fine and kept in a covered jar, ready for use, save much time to the busy housewife.
A band about two inches wide, set in the back of a corset cover, will make it last twice as long for the wearer who has been in the habit of tearing it with pins. Make the band two inches long in the middle and slope to the usual width.

Mrs. G. H. F. (Hick's Run, Pa.).

Wants Dye for Horsehair Braid Do you know of any way to dye horse-hair braid? I have a white hat of that braid which, although in good condition, has become very grimy with use. I should

Novel Dishes for Afternoon Affairs

WHAT mistress of a house or cozy apartment does not dollar friends in for an "all-day" affair? Be bread. the amusement cards or intimate talk over the fancy work, the hostess wishes to enjoy every minute of her guests' stay and can well wish to plan her simple luncheon menu with that end in view. Little recipes that can be prepared beforehand are, therefore, of value to her, and the salad course offers many opportunities for display of housewifely skill. One easy and simple salad is made by cutting into squares a small cake of Neufchatel cheese. These are laid in cups of crisp lettuce leaves and about a teaspoonful of chopped English walnuts placed on each. If desired this can be further garnished with halved walnuts and seeded Maiaga grapes.
Just before serving mayonnaise dressing is added.
Delicious sandwiches can also be made with soft cream cheese by mixing with a small quantity of olive oil and stirring into the paste. This done, add

chopped stuffed olives. This filling can be made and put away, and at the last moment spread between thin slices of

Your query as to dyes is passed on to

those better versed than myself in col-

the two halves of a seeded date.

NEW variation on the now familiar Waldorf salad has been Ainvented, where the apple is peeled, cored and cut in cross slices. One slice is laid upon a few lettuce One slice is laid upon a few lettuce leaves on each plate, and over it is put a layer of bar-le-duc and cream cheese, which has been put through a potato masher, while around the whole is arranged a circle of mayonnaise dressing. A prettier dish can hardly be imagined, and, by the way, the cheese is never so good as it is when used in this way or beaten up with a little waipped cream.

Let us hear from you again.

oring fabrics at home.

For afternoon teas or any occasion where between-meals refreshments are served, a novelty is made by mixing the cheese with ground walnuts, and, after rolling it into tiny balls, place between

A New Salad