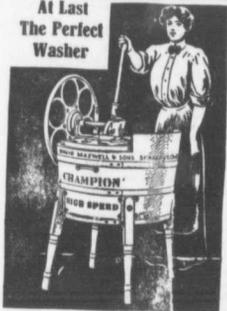


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To Prepare "Lacto" at Home

Lacte, a new frozen dairy product recently brought out in the Dairy section of the experimental station at Ames, Iowa, can be made in the household on a small scale without buying a commercial starter. Take a bottle of good clean fresh milk which has not been heated, and set it away at a temperature of from 68 to 70 degrees F. until it coagulates. If it coagulates as a smooth solid curd without pinholes, if the aroma is clean and pleasant, and the flavor nice and creamy, it can be used as a starter for a larger amount of whole or skimmed milk.

The milk when ready to be used for lacto has a mild clean acid flavor. The curd must be thoroughly broken up. This is accomplished by pouring it from one pail to another until it is as smooth and velvety as rich cream. From this "lacto milk" the various lactos are prepared.

TO MAKE CHERRY LACTO
One of the most popular kinds of lacto is cherry lacto. This is prepared from the following formula, which is sufficient for five gallons of the finished product: three gallons lacto milk, 9 pounds sugar, 12 eggs, 1 quart of cherry juice or concentrate

ed cherry syrup and 1 1/2 pints lemon juice.

The sugar is first dissolved in the lacto milk. The eggs are then prepared. The whites and yolks are kept in separate containers and each lot is beaten with an egg beater. Both the yolks and whites are then added to the milk. The mixture is thoroughly stirred and strained through a fine wire gauze. The fruit juices are added. If there is any indication of the juices precipitating the casein, they should be left out until the mixture has begun to freeze. The freezer is run until it turns with difficulty, when the paddle is removed. The brine is removed and the freezer re-packed with ice and salt and left for an hour before the contents are served.

OUR HOME CLUB

In January 12 issue of Farm and Dairy "Aunt Faithful" struck a keynote that in my estimation should be sounded long and loud. I have been wondering if we would have been wondering if we would have taken a daily paper, "especially at Christmas time," and cut out all the literary advertisements and everything else that was not elevating or instructive to the roving minds, then see how much would be left of it. If we ourselves would not burn with indignation at the thought of so much literature that is really demoralizing to our minds coming to our homes every day, how much are we responsible for bringing such a thing to our homes to be daily companions to our children? Where and how are we to start the work of clean daily papers? Let us hear from some other members along this line. —"The Doctor's Wife."

MAKE CHILDREN HAPPY

"Make children happy and they will be good." Often we proceed the wrong way with our children. We preach and scold, and threaten and punish, to make them good, but do very little to truly make them happy. Children are easily pleased, but we too often make the mistake of giving them that which gives so little pleasure. Giving them more of mother's love, time, and attention, and fewer tucks and furbelows, on their tiny garments would make many a child happier.

Again, some mothers are such good and tidy housekeepers, and try to keep everything in apple-pie order, that the much-to-be-pitied children are made to feel that coming into the home is an intrusion. They are reminded "that they track in so much dust and dirt," and they learn to make the street their home, and gradually drift away from the mother's love.

Mothers, do not begrudge spending a few minutes with the children. Help the little girl to make her dollie's dress; stop long enough to direct the wee laddie in his play. Make comrades of your children. Be boys or girls with them. You will never regret it. Have a children's hour.

Retreat the dark and the daylight. When the night is beginning to lower. Come a pause in the day's occupation, What is known as children's hour. —"Aunt Sue."

IS THE ANYONE REALLY CARES?

I do not think there are many men or women who do not desire congenial companionship, and to know and feel that there is someone in this wide world who has a personal interest in them. The reason why so many lives are so barren is that there is a feeling that "Well, no matter what I do, there's nobody cares, so it doesn't matter much." I think one of the greatest sources of happiness is in having someone to live for, or work for, "who really cares." This has certainly been a great incentive to many a man and woman who has attained success. It is a great incentive to have the sympathy and approval of our efforts to battle with the struggles of this life from someone whom we know really means it. This is what makes life worth living. —"City Cousin."

A Help for the Cook

I have used the self-baster, and know about its merits. It is also a little labour-saving device and draws the attention of every intelligent woman. No well-conducted household should be without one. If one has a roast of any kind to cook it is a much easier method to prepare your meat for roasting and put it into a self-baster than the old-fashioned way of putting it to the roasting pan, then occupy half the forenoon basting by dipping the water over it with a tablespoon. Every one knows that roast meat must be tender and well roasted and should be well basted. To get the very best results the old-time way, you constantly baste until the meat is done. You can see the convenience and what a labour-saving device the self-baster is. Intelligent and up-to-date women should not be without one since she knows by actual experience what a labour-saver it is.

There is no better way of toasting bread than by placing it in a corn popper. Lay slices in the bottom and hold over the hot coals. The long handle enables one to stand back from the heat. In this way small scraps can be toasted quickly and easily.

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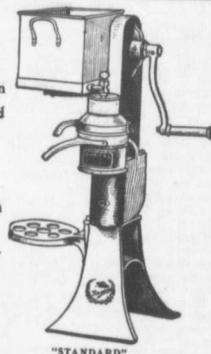
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