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INGLE NOOK CHATS

THE SHELL OF OLD IDEAS.

Weddings and wedding ceremonies are matters considered to be of purely feminine interest; (who ever devotes any attention to the bridegroom on the important day?) and the woman does not live who hasn't a healthy regard for the details of a wedding. What did she wear? How did she look? These are invariable questions, and the cake, gown, veil, flowers and music receive their share of attention.

A recent number of the Grand Magazine in an article called "Some Survivals, Peaceful and Warlike", gives interesting explanations of the origin of some of our marriage customs. One of the expressions traced back to its origin is that of "tying the knot". This phrase has long survived the practice, which in far-away days was an actual one. The knot was tied out of two threads one drawn from the robes of the bride and the other from the robes of the bridegroom. This custom must have originated in very early times when materials were much more loosely woven than now.

The bridal veil is also of venerable antiquity, and is symbolical of the seclusion enforced upon women under the rule of Islam and pagan systems still older. The idea underlying the custom is that, which decrees that a woman's face should be seen by no man but her husband, and not even by him until he married her.

A much older custom, the writer tells us, is still preserved in the game children play, usually known as "nuts and may" but which is probably a corruption of "knots of may". In this game, a child on one side being chosen, one on the opposite side tried to pull the chosen one across the dividing line. This game is said to have grown out of the oldest of marriage customs—that of marriage by capture, when a man lay in wait for his prospective bride, stunned her, if necessary, by a blow on the head with his club and carried her off to his cave.

The throwing of rice was a custom which came to us from the East and was expressive of a wish for prosperity in the shape of plenty to eat, rice being a staple food in that part of the world. No explanation is given of that other time-honored custom of throwing old shoes after the happy couple.

The wedding cake owes its existence to the Romans. The essential element of the marriage ceremony consisted in the bride and bridegroom eating together a small cake, of which the principal ingredients were flour, salt and water, and which was called "confarreatio". This cake was eaten in the presence of the priest and was a symbol of their having to share their meals in the future. The wedding breakfast, however, is of purely Christian origin. The bride and groom received Holy Communion at the celebration of the rites in the Church, which meant that they came to the ceremony fasting. So that the meal eaten directly after the ceremony was really a breaking of their fast.

DAME DURDEN.

CAN SOME ONE HELP?

To Ingle Nook:

I would like if some one would print a good sure tobacco cure as I have two brothers that are led away by this dreadful habit. As this is my first letter to Ingle Nook, I feel a little timid, but sincerely hope some one will take notice of this soon. I always read the chats and think they are just fine. I think Dame Durden was quite right in saying that we Canadian women might try and keep a harness on our loud tones and avoid disturbing the community.

DAISY BELLE.

There are many tobacco cures advertised now-a-days, in the papers and magazines, each, of course, claiming to be "the only certain remedy." I really do not know what benefits may be derived from using any of them, nor of what substances they are composed. There is always a danger in using preparations whose ingredients are not

known, that the cure may prove more harmful than the disease. Exercise of will power on the part of the person who has formed the habit is the only "sure cure" method I know. Perhaps some one can help us both in this matter.

D. D.

WHAT TO DO WITH SPARE HOURS.

Dear Dame Durden:

You promised to answer all questions regarding house-keeping and home life. Would you be so kind as to tell some ways that young women could make money in spare hours on the farm? If you will not consider this letter too much trouble you will greatly oblige.

LOUIE.

I'm going to try to keep that promise whole, Louie, and hope you will not think I have chipped it, when you see no answer to your question. The fact is, that we expect in an early issue to have at least one, and perhaps two articles on the very question you have asked. They will go into the question fully and in a practical manner, so that, under the circumstances, you will not mind waiting, will you?

D. D.

HELP FOR INEXPERIENCE.

Dear Dame Durden:

I would like to ask the chatterers, through the Ingle Nook column, if any of them know how to make Johnny cake without eggs. If any of them can give me a recipe I shall be very thankful.

INEXPERIENCED GIRL.

Try this one for the present, and perhaps some other occupant of the Ingle Nook has a good recipe, which does not need eggs. Cornmeal 1 cup, 1 1/2 cups flour, 2 tablespoons butter, 2 teaspoons baking powder, 1/2 cup sugar, 1/2 cup sweet milk. Cream the butter and sugar, add the milk, then the flour, meal, baking powder and 1/2 teaspoon salt which have been sifted together. Have your pan hot and well greased. Bake in a fairly hot oven for twenty minutes.

D. D.

JUNKET.

Junket makes a very fine dessert, especially for the children. It is a very simple dish, the only requisite being plenty of milk, and in most of our farm homes there is no scarcity of that useful article. Take 1 teaspoonful of wine of rennet and 1 teaspoon sugar. Pour upon these 1 pint of lukewarm milk. Stir a moment to ensure thorough mixing, then put in a cool place until set. Flavor with vanilla, cinnamon or nutmeg. Serve with sugar and cream.

PRUNES MADE APPETIZING.

When fruit is hard to get and the supply in the cellar gets low, the thrifty housewife ponders long and anxiously over what she can serve to her family in the way of fruit. Perhaps a help to some one may be this way of cooking prunes, which makes a delicious dish from that often despised fruit.

When buying prunes see that they are large and solid with the surface unbroken. Wash carefully and let them stand in cold water over night. Then place in a saucepan with sufficient cold water to cover them. Let them boil slowly but steadily for at least an hour and a half. When the prunes are first put on to cook add the juice of one lemon to each pound of prunes. At the end of the first half hour of cooking add a cup of sugar to each pound of fruit. By pitting and mincing the prunes after cooking they will make a rich pie filling.

BURNING A SNOWBALL.

A clever trick to amuse your chums:—Roll a handful of snow into a ball. Let your audience examine it. When they give it back while packing it a little closer press into the ball a piece of crude camphor, leaving a small end projecting. Now hold the ball up and apply a match to the camphor. The ball will appear to be burning to the great surprise and delight of the spectators.

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