

IN THE KITCHEN

Cakes Are All Right

"Do you know why griddle cakes hurt you?" demands the high apostle of Fletching. "Because the syrup is allowed to pass into the stomach without being properly mixed with the saliva, which makes it digestible."

"As soon as it enters the stomach it becomes acid and interferes with everything it meets. Had the cakes been properly masticated and mixed with the saliva, the cane sugar would have become grape sugar, and in this form it is easily digested."

"Why is it that stout people are advised to avoid starchy foods? Potatoes, eaten too hastily, when not craved by the appetite, supply the system with a superabundance of fat inducing starch."

"Potatoes are supposed to produce fat; but if your appetite craves potato, and you properly masticate it, eating only as much of it as satisfies your appetite, the system absorbs it all, leaving nothing to produce fat."

Testing Ovens

To judge of an oven's heat try the oven every ten minutes with a piece of white paper. If too hot the paper will blaze up or blacken. When the paper becomes dark brown—rather darker than ordinary meat-pie crust—the oven is fit for small pastry. If light brown, the color of nice pastry, it is ready for tarts. When the paper turns dark yellow you can bake bread, large meat pies or pound cakes; while if it is just tinged the oven is fit for sponge cake or meringues.

Recipes

GRAHAM WAFFLES.—One pint sweet milk, three well beaten eggs, one tablespoonful of sugar, butter the size of a walnut (melted), salt, one pint of graham and one cupful of wheat flour, mixed with two heaping tablespoonfuls of baking powder.

CELERY IN BEET CURS.—Cook the celery until tender in slightly salted boiling water, then chop it very fine, and keep hot beside the range. Carve small cups from boiled beets, dust them with seasoning, brush lightly with butter and set in the oven until hot. Fill them with the celery, and pour over a little sauce piquant.

LUNCHEON CAKE.—Five eggs, leaving out two of the whites, the yolks and whites to be beaten separately, the latter to a froth like snow, five-ounce lump sugar dissolved in a wineglass of water; put it into a saucepan to boil; pour the dissolved sugar boiling to the eggs, stirring it well at the time, beat it, and when nearly cold mix in a quarter pound flour by degrees; bake three-quarters of an hour.

EGGS AND TOMATO.—For an appetizing dish, cover the bottom of each individual egg shirrer with tomato sauce that has been highly seasoned with paprika and onion. Drop into each a poached egg, place on it a small piece of butter and put for a few minutes in the oven.

BERRY PUDDING.—When blackberries appear make this berry pudding, which is a favorite one at the Boston Cooking School: Beat one-third of a cup of butter to a cream. Add gradually half a cup of sugar and the beaten yolks of two eggs. Sift together two cups of previously sifted flour, four

level teaspoonfuls of baking powder and half a teaspoonful of salt. Add this to the creamed butter, sugar and eggs. Put in half of the flour mixture, mix, and then put in half a cupful of cold water. Mix in the rest of the flour, etc. Beat thoroughly, and last of all fold in the well-beaten whites of the two eggs. Sprinkle a cupful of blackberries with a little flour, and add them to the batter as it is dropped, a spoonful at a time, into the mold, which should be rubbed with unsalted butter. Steam an hour and a half, or bake twenty-five minutes, and serve with a blackberry hard sauce. The sauce is made in the usual way, with half a cup of butter and a cup of sugar. Add to this half a cupful of crushed berries.

Rest in the Kitchen

Be sure to have an easy lounge or chair in the kitchen, where you may spend the waiting moments between acts, as it were, in rest. If you cannot afford to buy a lounge especially for that purpose, make one. This is easily done. Get two long boxes from the dry goods store; place them end to end and nail together. Make a mattress and fill it with any desired materials. Shredded shucks are clean and excellent. Over this drape any kind of cover to suit the fancy. Be sure to get something that can be washed and ironed. Red and white bed ticking is pretty and desirable, and never fades and when laundered looks as good as new. Make a pillow to match. Now, while you are watching the cakes, bread, pies and the like, remember there is your lounge. Rest. Do not say you have no time. You have to wait for your baking to brown. Why not rest while you wait? You will be surprised how much refreshment you will gain even for one minute's relaxation upon this improvised lounging quarter.

An Ingenious Device

How many women daily bump their heads or twist themselves out of shape, leaning down into the floor barrel, which for the sake of getting it from underneath, is kept in an out of the way closet or under the pantry-shelf! Some one whose head was bumped once too often devised a clever arrangement by means of a stout iron hoop attached to the side of a closet in a heavy iron socket. This hoop supported the barrel and when the flour was needed all the barrel required was a slight pull, when it swung out into the pantry and the trouble was over. A stout swinging shelf, a few inches from the floor could be used in place of the iron hoop. The barrel that I saw was in a closet underneath the pastry board in the pantry and was quite the most convenient help to a cook that I have ever seen.

Hints

Equal parts of turpentine, linseed oil and vinegar make a splendid wash for furniture, etc.

A brush dipped in salt water should be used in cleaning bamboo furniture. The brushes should always be washed in cold water in which there is a little ammonia and a few drops of carbolic acid added to the water by way of a mild disinfectant.

There is no other salt for table use that can compare with

Windsor SALT

It is absolutely pure—never cakes—and is always the same.

FARM LABORERS

Farmers desiring help for the coming season should apply at once to the GOVERNMENT FREE FARM LABOR BUREAU.

Write for application form to

Thos. Southworth,
Director of Colonization,
Toronto.

Well DRILLING & PROSPECTING MACHINES,

Fastest drillers known. Great money earners.
LOOMIS MACHINE CO., TIFFIN, OHIO.

\$3 a Day Sure—Send your address and we will show you how to make \$3 a day absolutely sure. We locate where you live. Send us your name and we will guarantee you \$3 a day. Remember we guarantee a clear profit of \$1 for every day you absolutely sure. Write at once.
EMERALD BROTHERS & CO., Box 807, Windsor, Ont.

THE Hoover Digger

Clean, fast work. It stands the wear and tear.



Favorite in every great rot to growing district. Best from making.

The Hoover-Proof Co., Lock Box 52, Avery, O.

GINSENG is a money making crop. Room in your garden is to grow hundreds of dollars' worth annually. Thrives throughout the U.S. and Canada. We sell roots and seed during spring and fall planting seasons, and buy the dried product. You can get started in this profitable business for a small outlay. Send 2c, stamp to-day for illustrated literature telling all about it.
The St. Louis Ginseng Co., St. Louis, Mo.