

THE HOUSEHOLD EXCHANGE

OUR request for hints on domestic affairs has elicited a variety of replies. From Mrs. J. W. Groves of Manotick comes a letter with suggestions which ought to prove helpful. A novel idea for flowers for the table, says the correspondent, is to remove the bottles from the old-fashioned silver cruet, replace with water glasses and fill with flowers. Also tie a glass at either side, at top of handle and fill, either with small vines or flowers. This makes a pretty centre decoration for the table.

For a banana salad, peel and cut lengthwise, then through the centre as many bananas as required. Place each piece on a lettuce leaf, spread with salad dressing and strew with chopped walnuts. This is very nice with cold meat or makes a pleasing relish for tea alone.

Although the canning season is about over, we give Mrs. Grove's recipes, as these may be kept for another season. To can peaches or pears, she directs as follows: Halve, and remove the stone of peach, dropping fruit into ice-cold water as you work. Measure when all is ready, and allow a pound of sugar to a gallon of fruit. Put the halved peaches, dripping wet, a layer at a time, into a preserving kettle. Strew sugar over them, then another layer, filling the kettle in this order. Cover the kettle and set at the side of the range, where it will heat slowly. Stir up twice from the bottom with a wooden paddle. Cook fifteen minutes and fill the jars.

To can blackberries or raspberries, fill gems with fruit, make a good syrup by using one cup of sugar to two of water. When well boiled, fill cans to overflowing, seal tight and place in a tub. Surround them with boiling water up to rings. Cover all over with a thick cloth and let remain until cold. Then tighten tops and put away in a cool, dry place. In this way, you retain the flavor of the fruit and also have your fruit whole and quite presentable.

The final instructions are for the making of white cake. Take one cup of sugar, one cup of flour, sifted several times, three eggs, a pinch of salt, three tablespoonfuls of water. Boil sugar and water until it threads, separate eggs and beat whites till quite stiff. When syrup is ready, pour gradually into beaten whites, stirring constantly. Add yolks and beat for twenty-five minutes. Then fold in flour and bake forty minutes in a moderately warm oven. It is improved very much by standing a few days before using. It will keep for two weeks and is considered by some quite equal to angel cake.

FROM Mary E. Butchart, 563 Bloor Street west, Toronto, comes an item which will doubtless interest many.

Perhaps the mother of the new baby has had the same trouble I have had with the little baby sponge splitting and dropping to pieces. As soon as I find them breaking, I make a cover to fit them loosely, of a soft, old handkerchief or cheesecloth neatly stitched. This does not interfere with their softness and saves the price of many a new sponge.

AS to the matter of buying in large quantities, the following remarks may prove suggestive:

"Is it cheaper for the housewife to buy foodstuffs in large quantities?"

Marion Harland, writing for the September number of the *Pictorial Review*, claims that it is not. The American housewife who buys her flour by the barrel, sugar by the half-barrel, soap and starch by the box and canned vegetables by the case thinks she is very clever, but the husband who pays her bills—if what Marion Harland says is true—must sympathize with the poor Vicar of Wakefield, whose wife, besides being so skilled that "for pickling, preserving and cookery none could excel her, prided herself also upon being an excellent contriver in housekeeping," though the vicar never could see that he "grew richer through all her contrivances."

Perhaps if the housewife herself han-

dled these generous supplies they would bring wealth in their train, but the presiding genius of the kitchen has to be taken into consideration.

"Celtic Mary digs ruthlessly into the tub of butter, when recipes call for it, and never thinks of saving the bits that are left from the table. Swedish Marie spills half a cup of flour between the storeroom and the mixing table and sweeps it into the dustpan. There's plenty more in the barrel! Colored Molly carries to her sister half a pound of sugar, a cake of soap, a dozen potatoes and 'trimmings' every time she takes her walks abroad."

Thus the advantages of wholesale buying vanish.

The attention of American housekeepers is called to the fact that French housekeepers, said to be the best economists and the best cooks in the world, buy in limited quantities each morning. At night there is nothing left over and nothing wasted.

A SUBSCRIBER asks what is meant by "Peaches Melba." Fortunately we have just come across a recipe for this elaborate delicacy:

The dessert known as peaches Melba seems pre-eminently suited to festive occasions, yet none is more easily prepared at home, and if one has home-made canned fruit on hand and can buy the vanilla cream required at a good confectioner's, it may even serve as an emergency dessert. The preserved or canned peaches can be flavored with a little vanilla and the juice from a jar of home-made raspberry preserves may be used for the coating. Like all desserts, this will be a success only with the best of ingredients.

Home-made preserves of the ideal variety only should be used, and only the very best of ice cream. Cheap factory cream will cause failure, as it does in most concoctions of the sort.

There are several ways, so-called, of preparing this dessert, but they differ decidedly from the original as invented by Escoffier to please the great singer, who had manifested a fancy for one of his combinations of peach, vanilla and raspberry. According to the original recipe, the peaches are poached in a vanilla flavored syrup, then placed upon a base of vanilla ice cream and coated with raspberry syrup, or what Escoffier calls a "raspberry puree." The imitations generally contain peaches and vanilla ice cream, but they omit the raspberry puree, and various ingredients are added, such as cherries, pineapple, sherry and even spongecake. Though these concoctions may be good in themselves, the name of the Escoffier confection, which is considered a real culinary inspiration, cannot properly be given to them.

One of these imitations is made by removing the stones from peaches and filling the cavity with ice cream. These are placed on rounds of spongecake and each is topped with a candied cherry. For variety the peaches and cake may be coated with preserved pineapple juice, or the cavities of the peaches may be half-filled with diced fresh pineapple and preserved cherries chopped in coarse chunks. Sometimes the cake is moistened with orange juice and the peaches, filled with vanilla cream, are placed upon it and decorated with cherries.

THE discomfort of callous spots on the soles of the feet is particularly marked in summer. Nor need it be endured with the best possible grace, as many women seem to imagine. The trouble lies in treating a callous like a corn and seeking to cut it out. This almost invariably results in increased torment. Instead try the pumice stone cure. Soak the feet at night in hot water in which a lump of washing soda has been dissolved. After this softening rub the callous with pumice until most of it disappears. For more severe cases try tying up the feet with absorbent cotton dipped in crude oil. The next morning pumice can be used with better effect.

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