



A Hint to June Brides

Don't confine your use of BENSON'S Corn Starch to Blanc Manger and Puddings. There are many other dishes that will be all the better for a little.

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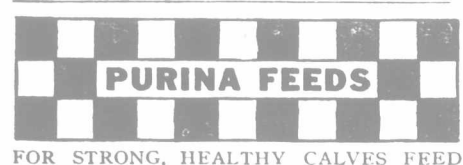


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Good Method for Griddle Cakes.—Sift together 2 cups flour, a little salt and 1 teaspoon baking-powder. Beat an egg well and add to it 2 cups sour milk. Beat all to a batter and bake on a hot griddle. When full of small bubbles on top turn and brown the other side. If large bubbles appear the griddle is too hot. Adding a teaspoonful or two of treacle to the batter will make the cakes brown nicely. Do not turn them more than once or they will be heavy; let one side brown thoroughly before turning. When greasing the griddle-pan, or any other for that matter, use beef fat or crisco in preference to butter, which burns easily. Tie the beef fat on the end of a fork.

Biscuits.—Sift together 2 cups flour, 3 (level) teaspoons baking-powder and ½ teaspoon salt. Rub in 1 good tablespoon firm butter with the tips of the fingers, then pour in slowly ¾ cup sweet milk, cutting it in with a broad knife. Turn on a floured board, knead a very little, then roll lightly to ¾ inch thick and cut into biscuits. Bake 12 to 15 minutes in a hot oven. If the oven is not hot the biscuits will not be light.

Plain, Eggless Muffins.—Sift together 2 cups flour, 3 level teaspoons baking-powder, and ½ teaspoon salt. Stir in about ¾ cup sweet milk, beat well, then add 1 tablespoonful of butter melted. Beat up quickly and bake in hot, greased muffin pans.

Cornmeal Muffins.—Scald ½ cup milk. Separate an egg and beat the white stiff. Put ¾ cup cornmeal in a bowl and make a hole in the center. Into this put ½ teaspoon salt and 1 tablespoon butter. Stir in the scalded milk. Add the unbeaten yolk and ½ cup cold milk, then 1 cup flour sifted with 2 teaspoons baking-powder and the white. Beat quickly and bake in a hot oven for half an hour.

Salt-Rising Bread.—Take 1 cupful of hot milk, 2 tablespoonfuls of cornmeal, 1 tablespoonful of sugar, 1 cupful of sweet milk, 1 cupful of boiling water, 1 tablespoonful of lard, 1½ teaspoonfuls of salt, some flour.

Prepare a leaven in the evening by pouring a cupful of boiling milk over the cornmeal, mix thoroughly and put into a warm place to rise. In the morning pour a cupful of sweet milk into a large bowl; add the sugar, half a teaspoonful of salt and the boiling water. Stir in flour enough to make a stiff batter, then add the leaven, which thins the yeast to a proper consistency. Place the bowl in a pot of warm water, which must be kept warm. The dough will rise in an hour. When it has risen sufficiently add as much warm water as is desired, a teaspoonful of salt and the lard, and mix into a dough that can be well kneaded. It must not be too stiff. Put into a warm place to rise. When well risen divide into loaves and bake in a good steady oven until the bread leaves the sides of the pans. It usually requires two pints of flour for the yeast. The yeast alone will make up about four or five pints of flour, and for this amount add about a pint of warm water. The top of the dough should be greased before it is put to rise. The bread-pans should be well greased.

The Scrap Bag.

Laundrying Colored Dresses.

Each time before laundrying colored dresses soak the dresses in water to which has been added a tablespoonful of turpentine or a cupful of salt. Use just enough water to wet the goods thoroughly. Afterwards launder as usual, but be sure to dry the garments very quickly in a place where the wind will strike but not the sun.

Paper Box Cooking.

Cracker and butter boxes, lined with paraffin paper, are very nice for baking meat loaves in. Butter the paper well and put on the cover. Cook ¾ hour in a moderate oven. When cold cut in slices.

Rust Stains.

If white articles become rusted rub the spots with salt mixed with lemon juice and expose to bright sunshine. If this does not remove them apply the following mixture: Add 2 parts cream of tartar to one part oxalic acid and ground lime. Keep in a bottle and apply a little of the powder to

the stains while the article is wet. Rinse out in several waters to be sure that the acid will not "eat" the goods.

To Clean Yarn.

To clean white wool yarn that has become slightly soiled sift warm cornstarch (or starch and borax mixed) through it, and roll in a towel. Leave for two days, then shake out well. The same method may be used for cleaning white woollen summer shawls and sweaters that are not too much soiled.

Laundrying Fine Waists.

Very delicate draped waists and frocks should be washed in bags. These can be bought at the stores and are known as "laundry nets." They can be made at home of coarse mosquito netting or of cheesecloth, and either of these materials is to be preferred to the practice of using a pillow-slip. The material of a pillow-slip is too heavy and the washing is apt not to be effective. Garments washed in laundry nets should be dried in the same nets, as such delicate materials are apt to be torn by the wind.

It is a very difficult matter to properly dry draped garments. The materials of which they are made are so soft that any pinning is apt to stretch them out of shape. If the fabric is not too heavy the best plan is to press it out as dry as possible, and then to hang it to dry on a thick, rounded coat-hanger. Be sure that there are no sharp points on the hanger or the frock will be stretched out of shape. White dresses may be hung in the sun, but colored goods must hang in the shade.

Don't Let the Children Handle Dead Flies.

The tendency at this time of the year of the health authorities in certain cities to offer a premium of 10 cents a hundred for dead flies in connection with their municipal clean-up campaigns brings up for discussion an important question of sanitation and hygiene. If a fly, alive, is a possible bearer of death through the disease germs which it carries on its body, how do children who swat the fly and then carefully preserve the decomposing bodies for the coveted 10 cents a hundred, escape infection through the same germs?

Apparently, through zeal in these wars of extermination, those in authority have overlooked a most dangerous feature of the movement. Swat the fly, of course, but burn him up immediately because he is more filthy dead than he ever could be alive. Decomposition adds to the menace.

To instruct children to "swat flies" and accumulate them until they have enough to bring in and collect 10 cents a hundred seems nothing short of a crime against modern sanitation. It would be a dangerous practice for grown people who took every possible precaution against infection; but for children to carry dead flies with their hands and then perhaps handle food without washing is almost certain to spread every disease that flies are known to carry.

The only possible way, from a sanitary standpoint in which flies could be caught and preserved for the estimating of their number would be on a sheet of sticky fly paper which embalms the flies' bodies with a glue which prevents germs from spreading. This might add to the difficulty of estimating the exact number, but it would be near enough for all practical purposes. And it would protect children from probable infection in the very diseases against which the fly campaign is supposed to protect them, and would teach them to regard the fly as the deadly insect he is instead of encouraging them to regard him as an object of familiarity and indifference. — Child Betterment Bureau, Chicago.

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