

The Farm Home

Cooking Vegetables.

By Mrs. S. T. Rorer.

In the first place you all know, without my telling you, that cabbage is more digestible raw than cooked. The why is easily explained, if one knows the chemical condition of the cabbage. The calcium oxalate is soluble in water; if the cabbage is boiled carelessly or rapidly, this secretion is dissolved in the water, thus the cabbage is rendered less digestible from the fact that you have taken from it one of your aids to its digestion; and, in this rapid boiling also, you dissolve a volatile sulphurised oil, the odor of which is not agreeable and is thrown throughout the house in the evaporation of the steam. To prevent this, then, throw the cabbage into boiling water to which you have added a little salt. This will coagulate the outside; then push the kettle back where it cannot again possibly boil, until the cabbage is tender and white. The water may be kept at a temperature of 200° (Fahr.) and the kettle uncovered. Q. Why? A. The air falling directly upon the water in the uncovered kettle prevents the danger of boiling and enables the cook to watch it more easily. Q. Do you use boiling water to cook all vegetables in? A. Yes. Old potatoes, however, sprout at the expense of the starch nearest the surface of the potato. If they are soaked in cold water, and put to boil in cold water they will frequently become more mealy than when put into hot water. This is the only exception of which I can now think. Green and top ground vegetables retain their color and flavor better if cooked in salted water; while the white and underground vegetables, rich as they usually are in woody and amylaceous fibre, are better cooked in unsalted water; the fibre is less toughened.

The Ideal Farm Kitchen.

By Jeanette Wragg Miller.

In my mind's eye I see my ideal kitchen, and I long for the time when it will be a possession. In the meantime I will make the kitchen I have as near ideal as I can. First I should want a room about 12x14 feet with two outside doors on opposite sides, and no less than two windows and good transoms to the outside doors; a no less than nine-foot papered ceiling with attractive papered walls; the floor of two inch hardwood flooring. Then I should want a nice range, and instead of the reservoir I would have a six-gallon brass or copper water tank; in a convenient place I would have a nice, large sink with both cold and hot water piped to it. This would save

so many trips to the stove, and also save the use of a tea kettle. Then a nice hardwood table, a large cupboard for all cooking utensils, which should be of granite. And I want a pantry, and if no closet, then a place fixed in which aprons, hats, coats, towels, etc., may be put and kept out of sight, for the nicest kitchen in the world would be spoiled by such things hanging on the wall. I would want neat curtains on the windows and linoleum on the floor, and in winter a clean, rag carpet. In addition to a couple of hardwood chairs I want one rocking-chair and, if I had room, two small ones, so when the "guid mon" drops in for a moment's chat at 10 a.m. I shall have a comfortable place for him to sit, and perhaps some cookies fresh from the oven. Three-fourths of a woman's time is passed in the kitchen (I mean farmers' wives); for this reason I should like to make it the most pleasant room in the house. I also would have one or two attractive pictures on the wall, and many little conveniences and attractions which any woman will think of, but those are not worth mentioning. If I can get the room and the principal things I'll manage to rest without trouble. I expect to get many ideas from the contributors in regard to this same kitchen.

Every Day Recipes.

BROWN BREAD.

One large cupful of sponge, one pint sweet milk or water, one teaspoonful soda dissolved in water, one half of a cupful wheat flour, one cupful Indian meal, two cupfuls graham flour, one-half of a cupful molasses. Mix all well together, mold into loaf, let rise and bake. Now should the housewife desire a slight change, she may use Indian meal and flour wholly in the above recipe and she has an Indian loaf; or she may substitute graham for the Indian meal and have a graham loaf.

GERMAN COFFEE CAKE.

Take a pint of sponge, knead into it one-half of a cupful sugar, one tablespoonful butter, one teaspoonful cinnamon; roll into a sheet one and one-half inches thick. Place this in a baking tin, wet the top with sweet milk, cover with sugar and bits of butter and sprinkle over with cinnamon. Let it rise and bake in a moderate oven. Very good eaten hot or cold.

PARKER HOUSE ROLLS.

Scald one pint of sweet milk; when cool add it to two coffee-cupfuls of sponge, a piece of butter the size of an egg, a little salt and one tablespoonful

of white sugar. Beat thoroughly, adding two quarts of flour, or enough to make a thick sponge. Let this rise; when light add flour and mold, roll out and cut with large cookie cutter; put small piece of butter in the centre of each fold over, press edges together, let rise and bake.

BUNS.

Take one pint of sponge, two well-beaten eggs, one cupful sugar, one cupful butter or lard, one cupful milk, one cupful currants, one half of a teaspoonful nutmeg, flour to make a stiff sponge. Let rise; when light knead in more flour, roll out, cut with small cutter, lay in buttered tins; do not let them touch each other; wet the tops with milk or beaten egg, sprinkle on sugar, let rise and bake.

MUFFINS

are a good tea or breakfast dish. Take a large cupful of sponge, add to it one tablespoonful of sugar, one-fourth teaspoonful salt, two eggs, one pint milk or water. Beat thoroughly, add flour to make a thick batter. Let rise; when light bake in gem pans or muffin rings, which should be well buttered and heated when the mixture is put into them. One may use part corn-meal in the above receipt, and have corn meal muffins.

The Young Housekeeper.

She Should Find Interest and Pleasure in Her Daily Occupations.

"The true advice to give a young, restless housekeeper is to put more mind into her work; to find in her daily occupation studies interesting and important, which will surely conduce to her own benefit as well as to the well being of her household," writes Katharine Roich, of the "College-Bred Woman in Her Home." "She may easily fill her mind with the annoyances, the disagreeable and monotonous details, the confinement, the interruptions of the daily life, but by intelligent use of her time, by systematizing her work, by simplifying her manner of life, and by resolutely seizing her opportunities she will find time for favorite studies and for interests outside of home. Let a woman gird up her intellect and courage—she needs both—to the high office she accepts. Let her not be anxious, but cheerful, striving every day to make her work more complete, more perfect, and to win from the daily care the refreshment which she needs. While she may be often weary she will not then be restless nor discontented, realizing that she has secured in her home some of the things best worth striving for. And her friends will see in her own