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Socks for the Red Cross.

This afternoon an enthusiastic Red Cross worker exhibited a bundle of socks which had been given her at the Red Cross rooms to "do over." Some of the socks had little hard knots or ridges at the toes, very likely to produce soreness in the feet of men obliged to take long marches; other "pairs" were not pairs at all, one sock having been made much larger than the other—quite oblivious of the fact that, in all probability, a man's two feet are of the same size. At each Red Cross branch, because of mistakes like this, some of the women are obliged to give their whole time to "doing over" things. This is quite too bad in view of the great immediate necessity for sending socks to the Front as soon as possible. Will those, therefore, who have anything to do with making supplies, be good enough to exercise care in the work? It will be very much appreciated—most of all by the men who are needing warm clothing just as soon as they can get it.

About Bird-Boxes.

A letter from Prof. Crow, of the O. A. C., has been received stating that he cannot send printed instructions individually to the public, but that he will send them to "The Farmer's Advocate" for publication, hence all can get the benefit at once. We thank Prof. Crow, and will be pleased to devote some space to bird-boxes in an early issue.

GLUTEN BREAD.

Please give, through "The Farmer's Advocate," a reliable recipe for making gluten bread. I have never made it, and now have to make it for one of the family.

MRS. J. H.
Gluten Wafers.—Take $\frac{1}{2}$ cup cream and enough flour to make a stiff dough. Roll out very thin, prick with a fork, and sprinkle lightly with fine salt. Bake until crisp and brown.

Gluten Bread.—Make a sponge of 2 cups milk or water, 1 cake compressed yeast softened in $\frac{1}{2}$ cup lukewarm water, and about 5 cups gluten flour. When light add 1 egg, $\frac{1}{2}$ teaspoon salt, 2 tablespoons melted butter, and (if permitted), 1 or 2 tablespoons sugar, also gluten flour to make a dough that may be kneaded. Knead until smooth and elastic and shape into loaves. When light, bake one hour.

Things to Eat.

Baked Onions.—The following is a little-known but very good way for cooking onions: Select fairly large onions of similar size, put them in a deep pan, top side up, and bake 2 hours or more in a hot oven; then skin very quickly, open each with a fork and put in a bit of butter. Sprinkle with salt, and serve very hot on hot plates.

Jelly Roll.—Take 3 eggs, $\frac{1}{2}$ cups sugar, grated rind of a lemon and 1 tablespoonful of the juice, $\frac{1}{2}$ cup cold water, $\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon soda, 1 slightly-rounded teaspoon cream of tartar. Beat the eggs, then gradually beat in the sugar and grated rind. Next add the flour with soda and cream of tartar, alternately with the water. Bake in a buttered, shallow pan. Turn upside down upon a cloth and trim off the edges. Spread with beaten jelly and roll at once. At last roll the cake in the cloth.

Buttermilk Waffles.— $\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon soda, 1 cup buttermilk or thick sour milk, 2 eggs, 4 tablespoons melted butter. Sift together dry ingredients; add the yolks of the eggs, beaten and mixed with the sour milk and melted butter. Mix all well, then fold in the whites of the eggs, beaten dry.

Baked Apple Dumpling.—Butter a baking-dish and into it slice tart apples to fill to the top. Add a dash of salt and 3 tablespoons cold water. Make a soft biscuit dough with $\frac{1}{2}$ cups pastry flour, 3 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 3 tablespoons butter, 1 egg (may be omitted), $\frac{1}{2}$ cup milk (scant). Spread the dough over the apples and bake in a quick oven about 25 minutes. Serve very hot with butter and sugar, or syrup.

Bran Bread.—Soften half a cake of compressed yeast in $\frac{1}{2}$ cups lukewarm

water and mix thoroughly. Add to $\frac{1}{4}$ cups scalded-and-cooled milk. Add also 1 tablespoon shortening, a teaspoon of salt, 2 tablespoons molasses, 2 cups bran, 3 cups white flour. Mix all together thoroughly and turn into two bread-pans. When light, bake about 50 minutes.

Another.—Take 1 quart bran (not packed down), 1 pint white flour, 1 pint buttermilk, $\frac{1}{2}$ cup molasses, 1 teaspoon soda, 1 teaspoon salt. Stir all together, and bake one hour.

Griddle Cakes.—Into a mixing-bowl break 1 egg and beat till light, adding 1 teaspoon salt, a generous pint of thick sour milk, a teaspoon of soda. Beat thoroughly and add 2 cups sifted flour. Bake on a well-greased griddle and serve with syrup.

Syrup.—Two cups granulated sugar, 1 cup brown sugar, 2 cups boiling water. Boil a short time, and when cool add 5 drops vanilla extract. This is delicious to serve with griddle cakes, Johnny cake, or hot biscuits.

Marlborough Pie.—Line a large pie-plate with good pastry. Mix together 2 cups grated apple, grated rind and juice of 1 lemon, $\frac{1}{4}$ cups sugar, 2 eggs (beaten), 2 tablespoons melted butter, $\frac{1}{2}$ teaspoon salt, 1 cup thin cream. Turn this mixture into the pastry-dish, wet the edge and put strips of pastry about and criss-crossed over the top. Bake until firm in the center.

Sausage with Fried Cereal and Bananas.—Prick the required number of sausages freely with a fork, and set them, covered with cold water, in a saucepan over the fire. Let simmer ten minutes, then drain, and set into the oven to brown. Heat some fat, from a previous cooking of sausage, in an iron frying-pan, and in it cook thin slices of cold breakfast cereal, dredged with flour. Let the cereal become brown on one side, then turn, and let brown on the other side. At the same time have ready bananas removed from the skin and cut in halves lengthwise, and then crosswise. Dredge these on both sides with flour, and let cook in the hot fat until brown on one side, then turn, that the other side may be browned.

Devil's Food.—Melt half a cake of chocolate in a double boiler; add 1 cup brown sugar, beaten yolks of 2 eggs, and $\frac{1}{2}$ cup milk, and stir and cook over hot water until the mixture thickens. Let cool and add to the cake mixture just before it is turned into the pan. For the cake mixture, beat $\frac{1}{2}$ cup butter to a cream; gradually beat in 1 cup brown sugar, beaten yolks of 2 eggs, and $\frac{1}{2}$ cup milk. Sift some soda, measure out 1 level teaspoonful and sift again into the sifted flour, then sift the flour and soda into the cake mixture. Beat thoroughly, add the whites of 2 eggs beaten dry, and the chocolate mixture. Beat thoroughly, and bake. Cover with a boiled frosting made with the whites of the eggs left over from the chocolate part of the cake.

How to Make Good Tea, Coffee, and Other Drinks.

A great deal of the quality of tea and coffee depends upon the quality of the water used. For this reason, the teakettle should be thoroughly washed every day to prevent the accretion of lime and other substances inside of it; if these are left on, the water becomes too hard. In making tea, the aim should be to retain the stimulating principle, theine, and the essential oil which gives fragrance, rejecting the bitter, astringent constituent called tannin. To make the best tea use a teapot of china, earthenware or silver, and if possible, have a silver or aluminum tea-ball. Have the pot and tea-ball both hot, and put the required number of cupfuls of boiling water into the pot. Next put a teaspoonful of tea (level) for each cup into the ball and immerse, leaving the ball in the water for not longer than five minutes. The water should be actually boiling, and should have just come to the boil; if it has boiled even five minutes too long the flavor of the tea will be flat. It is a mistake to pour boiling water over the "spent" tea leaves that have been left standing in a teapot. "Tea" so made is a slow poison, from the amount of tannin developed in it.



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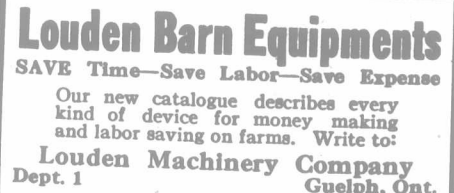
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