

## Household Suggestions.

### Meals for Sunday

**Breakfast**—Oatmeal with cream, browned potatoes, ham and eggs, bread and butter, griddle cakes and syrup, coffee.

**Dinner**—Chicken fricassee with macaroni, mashed potato, turnip, celery, pickles, warm biscuit, baked Indian pudding, sugar cookies, coffee.

**Supper**—Escalloped potatoes, cold meat, warm baked apples with cream, sponge cake, coffee or cocoa.

To many oatmeal with cream does not sound exceptionally good, especially for Sunday breakfast, a something a little better than the week-day meals seems to be expected on Sunday, but we have found that oat flakes cooked in a double boiler for twenty-four hours, salted to taste, with a little top milk or cream stirred in just before serving, becomes a delight on a cold morning when served with sugar and cream.

Browned potatoes referred to are cold potatoes sliced thick and delicately browned in drippings, bacon fat or something similar.

Did you ever notice how much further chicken will go if served with plenty of "fixin's"? I find the extra trouble of preparing the side dishes more than repaid by having left-over chicken to utilize the following day.

When preparing the potatoes for dinner it is a simple matter to pare those for supper, and but a few minutes are required to prepare them and the apples for the oven; they then require very little attention in baking and are so much more satisfactory for supper than the usual array of sweets and cold viands. All things taken into consideration, they make really less work and are more economical than the cold lunch that is prepared the day before.

### Temperature for Baking by a Thermometer

Several subscribers desire information about baking temperature for bread, cake and pastry.

Bread should be put to rise at a temperature of from 70 deg. to 80 deg., covered with a bread cloth and tin cover to keep the temperature uniform, and exclude the air and thus prevent the top from becoming dry or crusty. When put into the pans in loaves it should stand again covered at the same temperature until double its bulk. Bake it at a temperature of about 375 deg. for the entire time of baking, about forty-five minutes for loaves, twenty-five for large rolls, and from fifteen to twenty minutes for small rolls. The rolls should be put into a hotter oven, from 400 deg. to 450 deg. Pastry requires about the same temperature as bread, a little hotter when baked as patties or without a filling. These all require what we call a "hot oven," from 375 deg. to 450 deg. A "very hot" or "quick oven" such as pan broiling for chickens or game would be from 500 deg. to 600 deg. Cakes of all kinds require a moderate oven, about 300 deg. Thick loaves require a more moderate heat than layer cakes. A very slow oven would be 200 deg. to 250 deg.

### Soft Ginger Cookies

One cup molasses, one cup sugar, one and one-half cups lard, one cup boiling water poured over four teaspoons soda, four level teaspoons ginger, and flour enough to mix soft, or about like doughnut dough. Do not knead, but take a piece of dough about the size of a walnut, in the hands, roll into the shape of a ball, and drop each ball of dough as fast as formed, into a saucer of granulated sugar. Flatten each ball of dough by pressing down into the sugar with the outside of the fingers, held close together. The dough will cling to the fingers long enough to be transferred to the well-buttered baking pan, where the cookies should be placed about three inches apart, with the sugared side up. By this process each cookie is of nice shape and thickness, is heavily sugared, and more light and soft

than any kneaded cookie. A couple of pecan nut meats, or a raisin, may be put on each before baking. A little practice will enable one to mold them out very rapidly.

### A Good Plain Plum Pudding

Mix in a bowl one cupful of seeded raisins, one cupful of clean currants, half a pound of citron, shredded, one cupful of brown sugar, a quarter of a grated nutmeg, one teaspoonful of cinnamon, two cupfuls of chopped nuts—either peanuts, pecans, walnuts or hickory nuts. Sprinkle

### Household Hints

A fine grater is better than a knife for removing the surface of anything that is burned.

Hot water will take out every kind of fruit stain. Pour the water on the discolored parts before washing, and the tablecloth, or whatever it may be, will come back as good as new.

Pans and saucepans that have been burnt should never be filled with soda water, as this, although it removes the burnt portions, also makes the saucepan liable to burn again. Instead of soda water, fill it with salt and water, leave till next day, then bring slowly to the boil. The burnt particles will come off without any difficulty, and there will be no after effects.

### Oyster Soup

Here is a good recipe for oyster soup: Allow four oysters to each person, and to each fifty oysters allow two quarts of milk, four tablespoonfuls of butter and four tablespoonfuls of flour. Drain the oysters in a colander, pour over them in the colander a pitcher of cold water. Drain and turn the oysters into a dry, hot kettle. Shake until they reach the boiling point: boil for five minutes. Drain, this time saving the liquor. Blend the butter and flour in a saucepan, add the milk, and stir until it reaches the boiling point. Then add the oyster liquor, bring to a boil, season; add the oysters and serve.

### Putting Corks in Bottles

Although we remembered distinctly that those corks had been sunk deep in the necks of the grape juice bottles when we bought them, we found when we came to refill the bottles with home-made grape juice that those same corks would hardly go down to the depth of a short quarter inch. We debated long as to how the trick was done. Then while the man of the house was rigging up a machine to force them in the corks were boiled to sterilize them. Then behold, when one was tried in the mouth of the bottle it slipped in beyond reach. We had not known that boiling the corks made them soft as putty. When cool they hardened again. All that was necessary was to press them into the bottles while hot and then pour a little paraffin over the top. Grape juice sealed in this way will keep for years.

### A Snow-Shoe Tramp

Away, away o'er the glittering snow,  
Blanketed, moccasined, merry we go,  
To the laughing word and the joyous song,  
And the clicking of snow-shoes light and strong:  
Away to the river, whose frozen tides  
The flawless carpet of ermine hides;  
O'er feathery billows of drifted snow  
That lie like a fleece o'er the depths below,  
As free and as light as birds of the air,  
We tramp o'er this snow-bound desert, fair.

Past sentinels looming on either shore,  
Of cedar and fir and tamarack hoar;  
Past openings deep in the ice and snow,  
And the stakes that anchor the nets below,  
Where the silvery smelt and the haddock  
strong  
Are the fisherman's gain through the  
winter long;  
Past wonderful snow-fringed forests of  
green  
Where the fires of the Micmac camp are  
seen;  
And barrens of pine, where the moose  
and deer  
May wander at will in the moonlight clear;  
Past scattering homes, whose glimmering  
lights  
Some message may bear to the wooded  
heights,  
Where fathers and sons and husbands toil,  
To wrest from the forest its wealth of  
spoil;  
Past all, in their frost-gemmed setting of  
white,  
And the radiant moonlit charm of night.

To the merry jest and the snatch of song,  
And the whispered query, we haste along;  
To the laughter of hearts which know no  
care,  
Save that which an Eros has planted there;  
For e'en in the midst of a snow-shoe tramp,  
The wandering archer may set his stamp,  
And the silver shaft from his ice-bound  
string,  
Through northern blizzards its way may  
win,  
As some blanketed Psyche's laughing eyes,  
May prove in this moonlight tramp, the  
prize.

—Beatrice Harlowe.

**A Pill for Brain Workers.**—The man who works with his brains is more liable to derangement of the digestive system than the man who works with his hands, because the one calls upon his nervous energy while the other applies only his muscular strength. Brain fog begets irregularities of the stomach and liver, and the best remedy that can be used is Parmelee's Vegetable Pills. They are specially compounded for such cases and all those who use them can certify to their superior power.

## Household Suggestions--Western Home Monthly Recipes

Carefully selected recipes will be published each month. Our readers are requested to cut these out and paste in scrap book for future reference.

### PEA SOUP

One large cup split peas, 1 carrot, 1 turnip, 2 onions, 1 oz. dripping, 2 pts. water, pepper and salt.

Soak the peas over night in water; strain them; melt the dripping in a saucepan and stir the peas amongst it for a few minutes; pour on the water, add the vegetables and let all boil quickly till the peas are soft; pass through a sieve; return to the saucepan to heat and season. Serve with small pieces of toasted bread. The dripping supplies the want of fatty matter which is lacking in the peas.

Lentil Soup is made in the same way as Pea Soup.

### BELFAST CAKE

|                           |                        |
|---------------------------|------------------------|
| 1/2 cupful butter         | 1/2 cupful white flour |
| 1 1/2 cupfuls brown sugar | 1 teaspoonful soda     |
| 1 egg                     | 1 cupful raisins       |
| 1 cupful sour milk        | 1/2 teaspoonful salt   |
| 2 cupfuls Graham flour    | 1 teaspoonful cinnamon |
| (sift out bran)           | A little nutmeg        |

Cream butter; add sugar, beaten egg; mix and sift dry ingredients; add alternately with sour milk to first mixture, then add raisins and lastly soda, dissolved in 1 teaspoonful warm water. Bake 40 minutes in moderate oven.

### LEMON PIE

Two cupfuls boiling water; dissolve 2 tablespoonfuls cornstarch in water and add to boiling water, stirring until thick; 2 tablespoonfuls butter; 2 cupfuls sugar; yolks of 2 eggs, well beaten; put this all into the starch and when cold add the juice and grated rind of 2 lemons. Use whites of eggs well beaten with sugar for the top.

over this mixture one cupful of flour and one pint of stale breadcrumbs, and mix again. Beat three eggs, without separating, until light. Dissolve half a teaspoonful of baking soda in two tablespoonfuls of warm water; add it to half a cupful of New Orleans molasses; add this to the dry ingredients; add the juice and grated rind of one lemon, and you have it—half a cupful of grape juice. Mix thoroughly, pack into a kettle or mould, stand in a boiler, partly surround with boiling water and boil continuously for ten hours. When done lift the lid, cool the pudding, remove and stand it in a cold place until wanted.

The following receipt is for a cement for broken china, a good one, and it is colorless. Dissolve one-half an ounce of gum acaria in one-half a cupful of boiling water, add plaster of paris sufficient to form a thick paste, and apply with a brush to parts required to be cemented together.

The inside of a jar can be quickly and effectively cleansed by filling it with hot water—not scalding hot—and stirring in a teaspoonful of soda. Shake the jar so as to thoroughly rinse, and then pour the water from it. If the odor should not be taken away entirely, repeat the process, after which rinse the jar with cold water.

After the frost has killed the flowers and vines you will miss the bouquets on the mantel and table. Here's something that will bring a little cheer to the household as well as afford amusement to the entire family while watching its daily progress. Put a sweet potato in a wide-necked bottle or a Mason jar and fill with water and place it in the living room where it is warm and light. The potato will sprout and the vines, which will grow several yards long, can be trained around pictures or on the wall any place you desire. Be sure to keep the bottle filled with water. You will find this will make an attractive decoration for the home.