

until tender. Put in a jar and pour syrup over. Serve with cold meat. Will keep well.

Cucumber Catsup.—Grate 12 cucumbers, add 2 chopped onions, $\frac{1}{2}$ pint salt; let stand a while, then drain on a sieve over night. Next add one-third cup mustard seed, 1 teaspoon pepper, and cover with good cider vinegar. Will keep well in glass mugs or sealers.

Fried Beets.—Wash tender beets without breaking the skin. Boil until soft, slice, and fry in butter.

Apple Pie.—Sift 1 large cup flour with $\frac{1}{2}$ teaspoonful each of salt and baking powder. Quickly rub in a scant half-cup of lard. Mix with ice water, cutting it into the dough with a knife. Roll out and put on the pie-pan. Pare Astrachan apples, quarter, and cut in bits,—do not slice. To the apples, add 5 or 6 table-spoons sugar, 1 level teaspoon sifted flour, 1 of water, and bits of butter. Stir all together, season with cinnamon or nutmeg, fill the pie, put on top, and bake for 40 minutes.

Vegetable Salad.—Take an even quantity of cold, cooked vegetables, peas, beans, beets, and potatoes, or any similar mixture. Add some finely-minced onion, mix in salad dressing, and serve very cold on lettuce leaves. Garnish with hard-boiled egg.

Apple Preserve.—Six large apples, peeled, quartered, and each quarter cut a second time; 1 pint boiling water, two-thirds cup sugar. Make a syrup of this, drop in the apples, and cook until tender. Add nutmeg, cinnamon or lemon peel if you choose.

Stewed Plums.—Pour boiling water on 1 dozen large blue plums, take off skin, halve them, and take out stones. Put $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup water in a stew-pan; when this boils put in the plums and stew for 10 minutes.

Apple Salad.—Peel, core and slice 4 or 5 tart apples. Mix with them half a lemon thinly sliced. Place in a salad dish and serve very cold, with a French dressing made as follows:

French Dressing.—One saltspoon salt, $\frac{1}{2}$ saltspoon pepper, 3 table-spoons salad oil or melted butter, 1 teaspoonful onion juice, 1 table-spoon vinegar, dash of cayenne pepper.

Cucumber Jelly.—Pare 4 large cucumbers, cut up and stew in 1 quart water with a small onion, teaspoon salt, $\frac{1}{2}$ teaspoon white pepper. Soak $\frac{1}{2}$ box gelatine in 1 cup cold water. When cucumbers are soft, stir in the gelatine. When it is dissolved, strain to remove seeds. When almost cold, peel and slice thin one cucumber. Wet the mould and line with the slices. Pour in the jelly, put in a cold place, and let "set" firmly. Serve

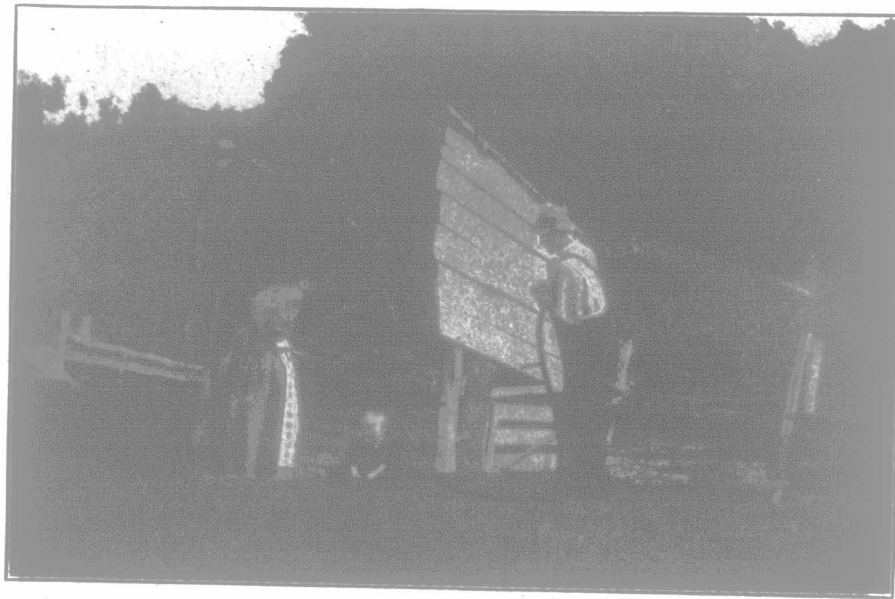
with cold meat, on lettuce leaves, with salad dressing.

Cuddle Doon.

By A. W. Kneeland.

Cuddle doon, my darling,
The night is drawing nigh;
The silver moon the hills abune
And stars sing, "Cuddle doon."

Cuddle doon, my darling,
I hear the bitter cry
From sleeping lake and sedgy brake,
Aye saying, "Cuddle doon."



Outdoor Bake Oven.

Used by some of the habitants, Quebec.

Cuddle doon, my darling,
The tasks have all been done;
On noiseless wing, the fairies sing:
So, dearie, cuddle doon.

Cuddle doon, my darling,
The sun has gone to rest
On ocean's breast, in gleaming west;
Now, darling, cuddle doon.

Cuddle doon, my darling,
With sleepy, tired eyes;
Let angels bright, in robes of white,
Watch while you cuddle doon.

Cuddle doon, my darling,
God's hand is over all;
Or great or small, He hears their call;
So, fearless, cuddle doon.

Cuddle doon, my darling,
The night will soon be o'er;
When moon and star in realms afar,
Themselves will cuddle doon.

Our Scrap Bag.

RANCID BUTTER.

To Sweeten.—To 1 lb. butter use 1 pint new milk. Cut the butter in pieces and put in the milk. Heat gently until butter is melted, then set in a cool place. When butter is firm, take it off and work as if it were a fresh churning, using plenty of ice water until all signs of milk have been worked out. Salt to taste, and leave a few hours before using.

rinse well, and hang out. No boiling is required.

BOILING OVER.

To prevent a kettle from boiling over, grease the rim with butter.

RED COLORING.

A safe red coloring for cake and candies can be made from beets. Heat them until soft in the oven, mash with an equal quantity of vinegar, press out, evaporate the liquid to half its volume, then add pure alcohol (not wood alcohol, which is poison) to make up the quantity.—Druggists' Calendar.

CORN VINEGAR.

An excellent vinegar can be made from corn. Put a pint of shelled corn (green) and a pint of molasses in a gallon jar, fill with water, tie a cloth over, and set in the sun. In three weeks the vinegar should be made. You may use peach or apple parings instead of corn, half-filling the jar with them.

MILDEW AND FRUIT STAINS.

To remove mildew, peach and plum stains, use chloride of lime solution made as follows: Dissolve 2 table-spoons chloride of lime very thoroughly in 1 pint hot water. Strain, then add 1 gallon water. Soak the stains until they disappear, then boil the goods.

COCOA STAINS.

Sprinkle spots with borax and soak in cold water, then wash out (without soap) and pour on boiling water.

DEATH TO FLIES.

Two teaspoons formaldehyde in a pint of water. Pour into saucers and set about out of the reach of children.

SUBSTITUTE FOR ICE.

Have a box three feet square filled four or five inches deep with coarse salt. Keep the salt damp, and put butter, etc., in the box. Keep covered. This will be all the better if the box is sunk in the ground.

Remitting Money.

Dear Dame Durden,—I am wanting to know if you could tell me the best way to send money from Canada to England?

MRS. H. S.

Money can be sent quite safely to England, or to any country in the world, by bank money order, or by express order.

Cereal Breakfast Foods.

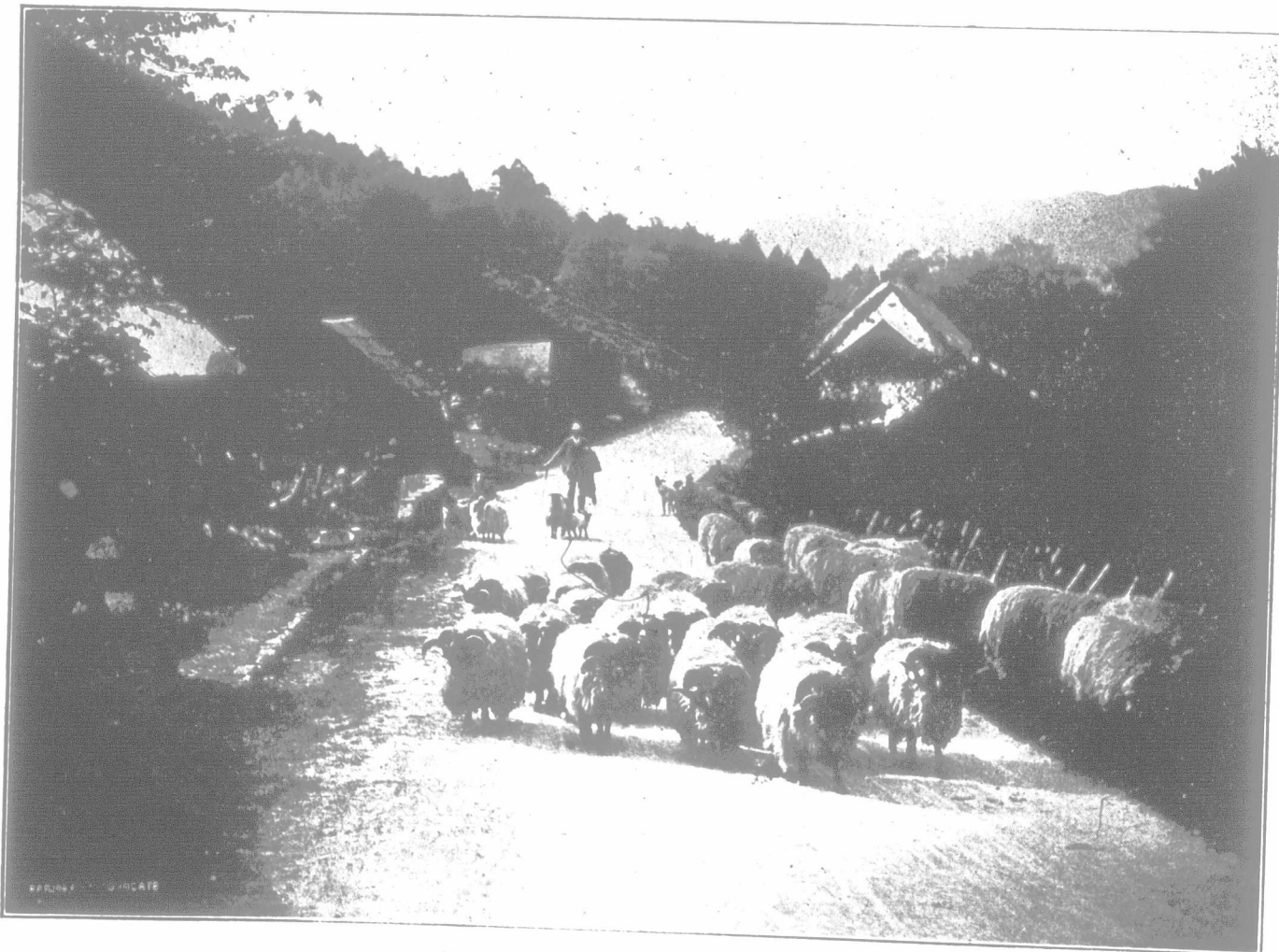
From Farmers' Bulletin, No. 249, U. S. Department of Agriculture.

The grains ordinarily used for breakfast foods are corn, oats, wheat, and occasionally rice, wild rice, and barley. Besides these are the prepared cereal breakfast foods for which, often, astonishing claims, not always substantiated, are made.

By a comparative table, we find that steam-cooked oatmeal contains 12.5 per cent. of digestible protein and 64.5 digestible carbohydrates, also 6.7 of fat; cooked rolled wheat, 8.5 per cent. protein, 1.6 fat, and 70.7 carbohydrates; shredded wheat, 7.7 protein, 1.3 fat, 71.1 carbohydrates; pearled barley, 6.6 protein, 1.0 fat, 73.0 carbohydrates; and cornmeal (unbolted) 6.2 protein, 4.2 fat, 73.2 carbohydrates. As protein is indispensable for its muscle-producing capacity, fat as a heating and energy-producing agent, and the carbohydrates as energy-producers—also as flesh builders, it will be seen that these are all good foods.

Comparing again, according to what is called "fuel value" per pound, we find cooked rolled oats with a value of 1,759 calories; flaked oats, to be eaten raw, 1,742; rolled wheat, 1,541; flaked wheat ready to eat, 1,526; shredded wheat, 1,521; farina, 1,609; pearled barley, 1,514; corn meal unbolted, 1,728; bolted, 1,662; rice, 1,546; wild rice, parched, 1,565. It may be interesting to add that the fuel value per pound of some other foods is as follows: Entire wheat bread, 1,079 calories; Graham bread, 1,081 calories; white bread, 1,203; crackers, 1,905; macaroni, 1,660; dried beans, 1,434; dried peas, 1,487; potatoes, 369; beefsteak, 950.

If any of these foods are compared with meats, it will be seen that they contain considerably less digestible protein and fat than the flesh foods, but furnish large



Scene Near Strathgryre, Scotland.