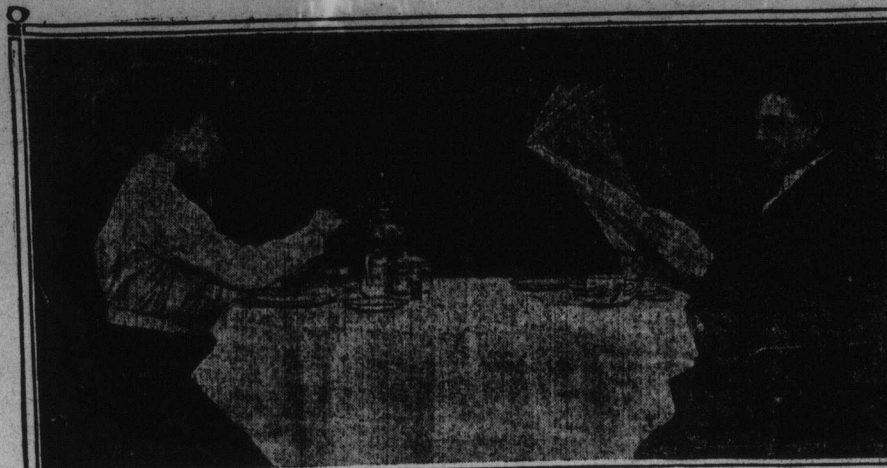


# SCHOOL for HOUSEWIVES By MARTON HARLAND



In all my long life I have heard not more than half a dozen persons say that they really enjoyed breakfast. The consensus of popular opinion is to the effect that the meal is a duty, not a pleasure, and that it is grudgingly performed. In France it is never a family function, each member of the household, if he or she does not "mourn apart," sulks in the solitude of the bed chamber over the compulsory task of disposing of rolls and coffee. "Only that and nothing more!" At noon, when they have become measurably reconciled to the fact of continued existence in a world that does not pay the expenses of running it, men and women meet about a civilized table for the "dejeuner a la fourchette," which corresponds to our luncheon.

The English breakfast, never served before 9 or 10 o'clock, except in the hunting season, is a ponderous affair. Tea and coffee, boiled eggs, muffins, toast, and on the sideboard rounds and joints of cold meat, not to mention hard-boiled sweetbreads, deviled kidneys and "broiled bones" await the robust appetite of family and guests. For, be it known, the English are not early risers as a rule. In America we grow at the laziness of the shopkeeper who does not open his doors and raise the window blinds by 7 o'clock, on summer mornings, whereas when we cross the ocean we have to submit to the inconvenient custom of 8.5 o'clock "opening" in town and country. It strikes the unaccustomed tourist as what Miss Ophelia, in "Uncle Tom's Cabin," calls "dreadfully shirtilless." Yet the British are not a shirtilless nation.

The American breakfast is distinctive by a national institution. It is served at what nine-tenths of the eaters would condemn as an ungodly early hour; it is a heavy meal; it is a family meal, and in a shamefully large percentage of homes, the homes of Christian citizens, the least social and the most uncomfortable repast of the day.

**NOT A PLEASANT PICTURE**

Gentlemen and gentlemen of high and of low degree confess, with never a touch of shame, that they "are not responsible beings until after breakfast." Pater familias tells his somber face with the morning paper and the mother bids the children "be quiet!" for she has "a cruel breakfast headache." Even the habit of the group is crossed under the teasing of her biggest brother, and the others snap at one another as dogs snarl over their trepanners.

Do I exaggerate the evil? Let those whose experience has been more fortunate and whose observations have been made in sunnier weather arise to dispute the picture. In how many so-called happy homes is not "father's breakfast grouch" a terror and a byword? To how many tables does the mother bring a brow furrowed by the coming cares of the new day and a kindly spirit totally unlike her tender, kindly self as her children know her for the rest of the twenty-four hours?

The oddest part of the exhibition is that nobody is humiliated by the recollection of his morning mood. The man who "wishes" his gentle wife "would mind her own business" when she ventures a timid query as to the morning news over which he is growling, and tosses his carriage to his son with a savage "You children are forever begging for money!" laughs at the recollection in his afternoon chat. "What else is to be expected of a fellow at breakfast? He is hardly an accountable creature."

**MUCH-NEEDED GRACE**

We learn at our mother's knees to pray, "Give us day by day our daily bread," and we do well to carry the prayer in our hearts all our life long. We are of us asks in this humility and earnestness, "Give us this day our breakfast grace?"

I believe I have said that before somewhere, but let it stand! Heaven (and our families) know how sorely the petition is needed.

Yet reason and common sense would unite in declaring that the breakfast mood should be blithe and hopeful. Mind, nerves and muscles have been rested and refreshed by sleep. The freshness of the young day; the bath and the toilet that has clad the body in fresh garments; the anticipation of renewed opportunities for usefulness and of enjoyment opening to the imagination with the rising of the sun upon a rejuvenated earth, should combine to exalt the spirit and tone up the system.

I made up my mind fifty years and more ago that the influences of the early morning are distinctly depressing to the average human being. At the same time I made up my mind as strenuously that to yield to these is a sin and a disgrace to decent Christians. As a result the breakfast hour is cheerful in my house-

hold, at least in outward seeming. It is reckoned a personal duty that it does not come of itself. In time the effort brings the rich reward of the real grace. The "breakfast grace" comes for the asking.

Don't grumble at the length of the sermon! If you know how much more bubbles up to my lips and pleads for expression you would be grateful for my forbearance.

Now for the application! Make the breakfast table attractive to every sense. Let the silver be bright, the glass clear, the breakfast cloth spotless and the napkins clean. If you have flowers for but one meal per day, let them brighten the breakfast table about which the family is gathered after the night of darkness and helplessness. Make the whole array of equipage and eaters a visible expression of gratitude for the "blessings of the light." Like the good man whose life was full of the best things the Father bestows upon His children—love, joy and peace—used always, in asking a blessing upon the first meal of the day, to thank God for "the rest of the night and the light and happiness of the new day which Thou hast made for us." It was an inspiring thought, that of a new creation, and our very own.

**A FEW SET RULES**

I have talked once and again with the members of the Exchange of the hygienic value of the lighter breakfast now generally approved by our wisest dietitians above the heavy meal we copied from our English progenitors. In the weekly bills-of-family-fare that go with these very familiar chats with our house-mothers I sketch the plan of the meal. In my own home the same line is pursued throughout the year. Fruit; a cereal, hot or cold, and varied from day to day, but always served with cream; eggs or fish, or a light meat, usually broiled bacon; bread and butter; invariably freshly made toast, brought in crisp and hot from the kitchen during the meal; tea, coffee and, for the younger eaters, digestible cocoa.

A dish of apples is on the table as long as apples are to be had, and most of us conclude the meal with one, or a section if the apple be large. It affords a pretext for lingering over the table when the rest of the breakfast has been cleared away. The morning paper is a regular visitor, but he reads the paper the meal must share the news with the family. May I say, furthermore, that in the other households that are the branches of this vine the same rules prevail, to the comfort of all concerned.

In contrast, I may hint at homes, otherwise worthy of the name, where not a word is spoken during the progress of breakfast, except what is connected with the business of the hour or

half hour. There is no lingering over that gloomy altar of sacrifice to physical needs.

It is a cogent argument in support of the light breakfast—that excludes potatoes, steak, pork and chops, and for most of the week hot breads—that the American goes forth to his daily toil at an hour when the foreigner has not left his pillow. To set out upon the arduous round directly after swallowing a solid meal is highly prejudicial to health. Henry Ward Beecher changed the hour of the second service in his church from afternoon to evening because everybody has an early dinner on Sunday. And he

"would not preach to roast beef and plum pudding." The brain worker appreciates the force of the objection. The average American is a brain worker, let him calling be what it may.

Whatever you eat at the meal that breaks your fast after hours of rest for the hard-worked stomach, eat it slowly. I verily believe that the alarming increase in the numbers of death by apoplexy and the more marked prevalence of dyspepsia among our suburban population are largely the direct consequence of the "bolt-and-throw" habit inseparable from the commuter's daily practice. Better eat ten mouthfuls slowly, reducing each to the digestible paste the alimentary organs demand, than choke or stoke down a hundred, with nerves tense and muscles strained and ears alert for "the train."

Forego that last delicious doze and eat your breakfast deliberately. It is sound policy. In the long run, which will be the longer for your obedience to this law.

**Apples and the morning paper afford a pretext for lingering**

"In France, breakfast is never a family function."

**A Salad Query**

MAY I ask through the Exchange for a recipe for what is called "white bread"? It is something especially dainty, or so I am told. I wish to know what kind of flour is used for this and full directions how to make it.

Also what kinds of salad are eaten with cheese and with these straws? Are these served with fruit salads and with sweet salads?

Mrs. H. M. E. (Buffalo, Ill.)

I submit the query relative to your "white bread" to the members at large. The only white bread that I know of is that made of bolted flour, and thus named in contradistinction to that in which Graham or unbolted flour is used.

Crackers and cheese straws are passed with salads of almost every kind. I except what you call "sweet salads," which are, more properly speaking, a form of dessert. A salad ought to be more acid than sweet, even when apples, grapefruit and oranges enter into the composition of the entree. Heat the crackers. They are made more crisp by heating, and the taste is refreshed.

**Wanted—Recipe for Honolulu Cake**

I am very anxious to get the recipe for "Honolulu cake." Can the Housemothers' Exchange procure it for me? Please try, and let me have it at the earliest opportunity. Or if you cannot get it through your members, let me know where I should be likely to find it. I should like to have it very soon.

MARY C. H. (Oakland, Cal.)

I wish I could have slipped in your request sooner. I wish more fervently I could send you the recipe by mail. It is against our rules to use

the postoffice for this purpose. I respondent states, keeps the lungs in a healthy condition that resists colds and inflammation. I would it were in my power to impress the supreme importance of deep breathing upon readers. I firmly believe that if it were habitual and general throughout our population the performance of the simple duty—the simplest in nature, one would think!—would do more to stamp out the great white plague than all other agencies combined.

We would be offended were we suspected of not washing our faces and brushing our teeth and cleaning our nails upon rising from bed. It is a graver lapse in duty not to clear the lungs, driving the fresh air into every cavity as a housemaid brushes down cobwebs and wipes dust away.

**Pancakes and Custard**

"Mrs. M. S. V.," of Los Angeles, Cal., asks for a recipe for German pancakes. Here is a good one: Three eggs; six heaping tablespoonsful of flour; one pint of milk and half a teaspoonful of salt.

Do not separate whites and yolks, but beat them very light together. This done, add the milk; mix well and stir in lightly the sifted flour. When you have a smooth batter set a frying pan (not too large) over the fire. Put a spoonful of nice dripping or lard into it and when it is hot pour in enough of the batter to cover the bottom less than half an inch thick. When it is of a light brown turn and brown the other side. This is very nice when eaten with lemon and sugar while hot.

A few weeks ago I read in your Corner that one of your constituents had trouble in making custard. If she will follow the instructions given herewith she will have no more difficulty in turning out good custard.

Do not beat the eggs too long. They should be just light enough to mix har-

**Once Again**

In reply to "A. B." (Peoria, Ill.), who wishes to get a recipe for Heavenly Hash, several have written to you. I venture to submit yet another recipe, as it is unlike the others you have published.

**Heavenly Hash.**

Slice six oranges, one pineapple and six bananas, when you have pared the skins off. Lay the sliced bananas in a chilled glass bowl; sprinkle them with fine sugar and chopped nuts. Next, have a layer of oranges, sugared, and nuts; then, one of pineapple, sugared, and nuts; lastly, a stratum of oranges, cut small, and strawberries, mixed lightly together, not to bruise the berries. Cover deep with whipped cream, garnish with maraschino cherries and set in the ice. This may be fattening myself, when I think this is the nicest recipe for Heavenly Hash you have hit.

Mrs. G. G. (Frederick City, Md.)

You have certainly presented to our

## Family Meals For a Week

- SUNDAY BREAKFAST.**  
Berries, rice jelly and cream, kidney in a Newburg, popovers, toast, tea and coffee.
- LUNCHEON.**  
Cold ham served with a garnish of pickled beets and cream; tomato salad; (baked), potato salad, thin slices of brown bread, Swiss cheese, jam and jam-buns, cocoa.
- DINNER.**  
Asparagus soup, with the tips added at the last; truffled mushrooms, green peas, Swiss chard, Maryland soufflé, (see recipe change), sponge cake, black coffee.
- MONDAY BREAKFAST.**  
Raspberries, cereal and cream, barbeque cucurbit, garnished with cream; French rolls, toast, tea and coffee.
- LUNCHEON.**  
Cold tongue (a left-over), baked potatoes, lettuce salad, garnished with cream; cheese balls, heated crackers, blanc mange and cocoa.
- DINNER.**  
Yesterday's soup, mutton chops with hot sauce, corned beef, (see recipe change), fried potatoes, apple pie, cheese, black coffee.
- TUESDAY BREAKFAST.**  
Burgundy, cereal and cream, bacon and eggs, graham bread, toast, tea and coffee.
- LUNCHEON.**  
Hamburger steaks, stewed potatoes, soufflé of Swiss chard, garnished with cream, rice pudding with strawberry sauce, tea.
- DINNER.**  
Pea soup with croquettes, mutton chops, (see recipe change), lettuce salad, garnished with cream, string beans, young corn, carrot and black coffee.
- WEDNESDAY BREAKFAST.**  
Currants and raspberries, wheaten grits and cream, creamed salt mackerel, quick biscuits, toast, tea and coffee.
- LUNCHEON.**  
Cheese cream, scalloped onions (a left-over), string bean and lettuce salad (a left-over), hot gingerbread, black coffee.
- DINNER.**  
Yesterday's soup, chicken potpie, potato croquettes, stuffed tomatoes, raspberry jelly, black coffee.

- THURSDAY BREAKFAST.**  
Berries, cereal and cream, bacon, boiled eggs, fried bread, toast, tea and coffee.
- LUNCHEON.**  
Chicken pie warmed up, Spanish rice, crackers, creamed salt mackerel, quick biscuits, toast, tea and coffee.
- DINNER.**  
Cream-of-lettuce soup, calf's liver, casseroles, spinach, new potatoes with parsley sauce, cherry pie, black coffee.
- FRIDAY BREAKFAST.**  
Berries, cereal and cream, fried perch, mullin, toast, tea and coffee.
- LUNCHEON.**  
Toasted marshmallows, fried French potatoes, tomato and lettuce salad, crackers and cheese, berries and cream, lady fingers, cold tea.
- DINNER.**  
Cream of spinach soup (a left-over), baked bluefish, mashed potatoes, green peas, berries, (see recipe change), white bread, black coffee.

- SATURDAY BREAKFAST.**  
Berries, cereal and cream, bacon, egg, green peppers, muffins, toast, tea and coffee.
- LUNCHEON.**  
Creamed fish and potatoes (a left-over), fried cucumbers, tomato sauce sandwiches, cake and strawberry jam, cold milk, tea.
- DINNER.**  
Roast beef, veal cutlets, spinach, stewed tomatoes, black cap pudding with hard sauce, black coffee.

**Starching**

EVEN the good laundress sometimes has trouble in making her collars and cuffs exactly right. It is, indeed, a fine art to starch well, and it needs much experience. Potato starch is said to be the finest of all starches, and to make the very best finish on shirt fronts and collars, while for those who like glazed linen a little turpentine added to the starch will make a gloss to vie with the mirror.

Starching is an art brought from England by the wife of good Queen Elizabeth, and it has lost rather than gained during the century, or so that it has been in use among English-speaking races.

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