

IN THE KITCHEN

Summer on the Farm

There are many foods a farmer's wife can use during the summer, when pork and chicken are the only meat supplies in hand. With plenty of milk, cream, butter, eggs, vegetables and fruit, as our friend says she has at her command, she ought to be able to set a very good and healthful table, even if the butcher makes only a weekly visit. Some of the things she might keep on hand to take the place of fresh meat are dried codfish, which can be prepared in various delicious ways, dried beef for creaming, beans for baking and soups, which are almost as rich in nourishment as meat. Occasionally purchase a good-sized soup bone and make a pot full of rich stock. Pour it hot into two or three stone jars, putting in each about the quantity required for one meal. Set them away when cooled in a cool place and leave the cake of fat untouched; it will preserve the soup, just as paraffine shuts the air out from jelly. Stock kept in this way will be good for a week and each portion may be the basis for a different soup. Eggs can be prepared in so large a variety of ways that they will frequently make the chief dish in a dinner; then there is a long list of satisfying creamed vegetable soups, corned beef, which is generally to be had in plenty in every farm house, ham, cold or hot, an occasional dish of tripe and pickled tongue. These, with plenty of vegetables, varied by rice and macaroni, will provide a large abundance of good, healthful fare.

Can Your Beans and Corn.

String and snap your beans, put one teaspoonful of salt to each gallon; put in lots of water, cook till half done, put in jars, cover well with the water they are cooked in, then seal, and you will have fresh snap beans in the dead of winter. If too salt to suit taste, soak in clear water before you cook them to use. Corn is canned the same way, except you cut it from the cob and dry in sun three hours, then can same as beans.

Delicious Green Corn Cakes

Mix one pint cold corn meal mush and one pint cold boiled rice, evenly and smoothly, and add of tender green corn, right from the garden, cut from the cobs, as much as can be taken up by the thick paste of mush and rice. Have more fat in frying pan than is used generally for pancakes. It should be half butter and half pork fat or lard and should be very hot when cakes are put in. Fry in small cakes. The material should be of such consistency as to require a little patting down with spoon or knife. Brown on both sides. An egg added is an improvement.

These cakes are delicious. The wise farmer, who knows the need of using cream at table in the interest of the bones and teeth of himself and family, need not be told of the added deliciousness when it is used on the corn cakes.

GREEN CORN FRITTERS.—Take a dozen and a half ears of corn; grate them as fine as possible. Mix with

the grated corn three large table-spoonfuls of sifted flour, the yolks of six eggs well beaten, salt and pepper to taste. Have ready equal parts of butter and lard heated to the boiling point; drop in a spoonful of the mixture; fry brown. Serve very hot.

Buttermilk Recipes

BUTTERMILK BROWN BREAD.—Take equal parts of Graham flour and corn meal and two-thirds as much buttermilk as flour. To one quart of milk use two teaspoonfuls of soda, and one cupful of molasses; add one teaspoonful of salt. Stir in enough of the Graham flour and meal to make a real stiff batter. Beat it for ten minutes, then pour into a well-greased pan, set in a warm place to rise for half an hour, and bake in a moderate oven.

BUTTERMILK SPICED ROLLS.—Heat one quart of buttermilk to near the boiling point; drain off the whey and let it cool. Thicken with flour and one cupful of yeast and one teaspoonful of salt and when light mix in one egg, one cupful of sugar and one half cupful of butter, and flour enough to roll nicely. Roll out half an inch thick, and spread with butter. Dust freely with cinnamon or grated nutmeg, roll up tightly, and with a sharp knife cut off in one-inch pieces. Place in a greased pan to rise and bake slowly when light.

BUTTERMILK BISCUITS.—One quart of sifted flour, one teaspoonful of soda, two teaspoonfuls of salt, one heaping tablespoonful of lard and two cupfuls of buttermilk. Mix, then make out into biscuits. Have melted lard in the bread-pan, and as the biscuits are placed in the pan dip one side in the lard, turning the other down. Put in a hot oven and bake a golden brown.

With Berries

GOOSEBERRY PUDDING.—Line a pudding dish with rich biscuit crust rolled out half an inch thick. Fill with uncooked gooseberries, liberally sprinkled with brown sugar, and cover with a top crust. Pinch the edges of the crusts well together, tie over it a floured cloth, and boil for two and a half hours in water which must not cease boiling from the moment the pudding is put in until it is done. Serve with sweet sauce.

BLACKBERRY PUDDING.—To make a blackberry pudding, soak two cups of stale bread crumbs in two cups of milk, add a little salt and three well-beaten eggs. Measure one and one-half cups of sifted flour and stir into it half a teaspoonful of baking powder, and add to the other ingredients one and one-half pints of blackberries. Put into a buttered pudding-dish and steam two hours. Serve with a rich sauce.

BLACKBERRY CHARLOTTE.—Soak one-third of a package of gelatine in a cup of cold water for half an hour. Have ready one pint of cream whipped to a stiff froth. Sift into it then a cupful of powdered sugar, add the gelatine and the juice of half a lemon. Stir in one pint of fresh blackberries, which must be very ripe, and beat until stiff. Serve ice cold, with whipped cream heaped on top.

Smooth, Rich Cheese

depends on the way the curd is salted.

The salt must be pure—like Windsor Cheese Salt.

The salt must dissolve slowly and evenly—like Windsor Cheese Salt.

The salt must not be carried off in the whey—but stay in the curd, like Windsor Cheese Salt.

The salt must help to preserve the cheese, and keep it smooth and rich—like Windsor Cheese Salt.

If you are not getting as good cheese as you should, would it not be a good idea to try

Windsor Cheese Salt.

For Collars and Cuffs

The following recipe is a very valuable one, being learned from a French laundress whose collars and cuffs were remarkable for the beautiful ivory gloss her skilled treatment imparted to them. Take two ounces of the best white starch, and pour over it, without stirring, half a pint of cold water. Allow this to stand while you dissolve as much borax as will lie heaped up on a shilling in a teaspoonful of boiling water. When the borax mixture is cold, add it to the starch. Pour into the starch one tablespoonful of turpentine, and mix the whole carefully with the hand. On no account must any undissolved borax be put into the starch, or it will make shiny patches on the linen. This quantity is enough for four pairs of cuffs and seven collars. A little borax water should be kept in readiness for adding to the starch should it become too thick.

Hints

If you want something inexpensive, you might try buttermilk for your freckles. Wash your face in buttermilk at night and apply a compressed dipped in buttermilk to the affected part.

A slight scorch on a muslin garment will disappear if hung out in the sunshine. If the scorch is dark, wet the surface and lay in the sunshine. Sometimes the process has to be repeated several times.

For rolling puff paste hollow glass rolling pins filled with ice water or cracked ice are recommended. Failing a rolling pin, an ordinary wine bottle has been suggested. One would like to know whether the glass never "sweats." Surely this would not be good for the puff paste.

An oblong fish kettle of enameled ware should be purchased for every kitchen outfit. The best kettles have perforated drainers with wire handles at the sides, by which the fish can be lifted easily and conveniently. These kettles will be found useful for boiling green corn as well as fish.

LENTIL SOUP.—Wash carefully one cup of lentils. Cook in two quarts of boiling water for half an hour, or until soft, and then drain the water. Rub through a strainer, add sufficient hot milk to make the soup of the desired consistency, and season well with salt and pepper.