

The Ingle Nook.

[Rules for correspondents in this and other Departments: (1) Kindly write on one side of paper only. (2) Always send name and address with communications. If pen-name is also given, the real name will not be published. (3) When enclosing a letter to be forwarded to anyone, place it in stamped envelope ready to be sent out.]

"Oh, to be in England, now that April's here!" I heard a little devotee of Browning chanting this line the other day, and the echo that seemed to find place in my heart was, "Oh, to be in the country, now that April's here!" Canada is good enough for me, as I hope it is for you, and I have little doubt but that you are enjoying it whenever a really warm spring day happens along. Is there anything quite so pleasant as those earliest "pet" days. The "feel" of the spring air; the sound of gurgling water in every ditch; the sight of fuzzy little gray pussies coming out on every red willow osier, and of graceful catkins swaying from the trees above; every sense is taking in its toll, and life indeed seems worth living. Even the frogs in the "swale" seem to add to the general rejoicing, while the birds—but who so dull and prosaic as to miss straining the ears to hear even the faintest off bird-call?

I was reading this morning that the protection of birds in France has passed wholly into the hands of the women, who are forming clubs everywhere to that end, and I thought, why should not this work be very easily incorporated with the work of the Women's Institute? Every club woman (in the French clubs) simply pledges herself never to wear bird-plumage (with, no doubt, the exception of ostrich feathers, or, possibly, that made from domestic fowl) on her hat, but, on the contrary, to provide for the birds, as far as lies in her power, food, shelter, and drink. Almost every woman can do this much, with but little trouble; the children love to make bird-boxes and put them in the orchard, and the planting of a few trees and shrubs that bear wild fruit will help to furnish breakfasts and dinners and suppers for the little warblers, and so keep them about.

A contemporary magazine, in commenting on the work undertaken by the French women says: "Woman heretofore has been the chief enemy of the birds, and it stands to reason that she should make some compensation as their efficient friend." This is surely true. What do you think about it? D. D.

Answer to "Merry"—Lemon Biscuit

Dear Dame Durden,—I have been an interested reader of "The Farmer's Advocate" since we subscribed for it (only a little more than a year ago), and we would not again be without it. It is a very welcome visitor to our home, and we have received much help from the different Departments, but I have not before written to the Ingle Nook.

In a recent number, "Merry" inquired if any of the mothers had had anything to do with the trouble of which she spoke, and I felt that I must write and tell her of my experience, in the hope that it may help her little girl. About fourteen or fifteen months ago, our baby girl, then only four months old, had a large swelling on each side of her neck, which, after about two or three weeks, had to be lanced on one side, and in a few days the other side had to be lanced also. Two more swellings came on the one side, which broke of themselves, the last one beginning to swell late one afternoon, and swelling rapidly until near midnight, when the entire side of her face was swollen badly. Then it began to go down, all except a large lump, which broke at noon next day. The doctor had given us medicine and salve for her, but they did not seem to help her, and he said if she had any more, he was afraid it would go hard with her. Of course, she suffered terribly. We were very anxious for her, and my husband then consulted the "Doctor Book," and found there a case something similar, with the remedy which cured it. The disease was called "King's Evil," and Doctor Gunn (whose book it was), said that the swell-

ings did not always break, so possibly this same remedy may be beneficial in this case. In fact, we have the pleasure of knowing that it cured a neighbor's child of swellings on the neck (which did not break) only this winter.

I gave our little girl a teaspoonful each morning at first, but finding it affected the kidneys, I lessened the dose to one-half teaspoonful.

The recipe was 60 grains of hydriodate of potash, dissolved in four ounces (eight tablespoonfuls) water, and to be given only in the morning. I earnestly hope this may be of help to "Merry."

If I have not already written too much, I will send along my recipe for lemon biscuit, which I find very nice, but perhaps "Hubby's Wife," who asked for one, will now have so many as to be puzzled which to use.

One pint sweet milk, 2 cups sugar, 1 large cup lard or butter, 2 eggs well beaten, 5 cents' worth oil of lemon, 2½ cents' worth baking ammonia, ¼ teaspoon salt. Dissolve the ammonia in a cup of the milk. Mix and roll out as thick cookies.

I have an excellent recipe for Devil's Chocolate Cake, and icing for same, if any of the Chatterers would care to have it.

Middlesex Co., Ont.

We thank Bly for the above. At the same time we recommend seeking a doctor's advice in every case of real illness. There may be several diseases with symptoms which appear very similar to the ordinary eye, but very different to the expert eye of the trained physician, and what may cure one disease may have no effect at all, or even a bad effect, on another. For this reason, we ask the Chatterers to refer their ailments in fu-

five tablespoons of milk. Set on the stove and cook till it thickens, then remove, add pulverized or icing sugar till the right consistency to spread. Flavor with vanilla.

Another.—Take three tablespoons of cream, add icing sugar, not enough to make it too thick. Have some chocolate melted over the teakettle, add to the first mixture, and beat a few minutes. Flavor with vanilla.

Icing made like the last, leaving out the chocolate, is delicious. The beating seems to make it light and smooth and creamy.

By the way, I see "Anxious Mother" and "Jack's Wife" both reside in Middlesex. I wonder are we anywhere near each other. Of course, Middlesex is a big county, and we may each live a good many miles apart. It is possible we might be in speaking distance, for we have lately had a telephone put in, and find it such a source of convenience, and also of pleasure. Hoping this letter may help someone, and wishing you all every success.

ANOTHER MOTHER OF TWO.

Middlesex Co., Ont.

We have forwarded the rest of your letter, also letters sent by others, to Anxious Mother. . . . How nice it would be if you three could meet!

A Word to Mothers of Babies.

We are glad to inform you that we have made arrangements by which we can supply you with Dr. Emmet Holt's book "On the Care and Feeding of Infants," direct from this office. This is the book which was recommended by several Chat-

Cornstarch and Raspberry.—Mix 4 level tablespoons cornstarch, one-third cup sugar, and ½ teaspoon salt, and stir into 1½ cups hot milk. Let cook over water 10 minutes. Add 1 tablespoon butter, and fold in whites of 4 eggs well beaten. Butter small moulds or patty-pans, sprinkle with sugar, fill with the mixture, then set in oven in a dish of boiling water about 12 minutes. Serve with raspberry jam.

Chocolate Pie.—Three tablespoons grated chocolate, 1 cup milk, 1 teaspoonful cornstarch, 3 eggs, 4 tablespoons sugar, pinch salt, 1 teaspoon vanilla. Rub the chocolate smooth in the milk and heat to boiling, then stir in the cornstarch. Stir until well thickened, take from the fire and let cool. Beat yolks of the eggs with the sugar, and when the chocolate mixture is cool, add salt and vanilla; put all together and whip up light. Bake with one crust. When done, cover with a meringue made of the whites of the eggs and three tablespoons sugar. Return to oven and brown.

Care of the Eyes.

If we realized, as we should, what our eyesight means to us, would we be as careless of it as we are? Too often, it is to be feared, we accept the possession of it as we do that of most other good things—unthinkingly. Our eyes are a possession for which we do not have to "pay," and so we use them, abuse them, and neglect them, as we would never think of neglecting our polished dining-table or drawing-room curtains. Then, by and by, the day comes when we cannot see as well as we used to. We admit the fact, reluctantly, to ourselves, but we cannot bear the thought of wearing spectacles (it is not the spectacles we object to, but the necessity of wearing them); and so we hold our book or newspaper at arm's length when reading, fumble over the stitches when sewing, and go about blissfully unconscious of the dust which others must see on our choicest furniture.

We are in a losing fight, however. More and more the necessity for the abhorred "glasses" becomes more apparent, and so one day we become desperate, make a rush for the nearest oculist's, and come back with a facial decoration which is likely to attend us for the rest of our lives.

Now, there is nothing more certain than that, in the absence of organic trouble, this dread day might have been greatly postponed. Even a little ordinary care, involving neither time nor expense, would have done the good work.

Care of the eyes should, indeed, begin in infancy. A baby should never be permitted to look at a strong light, no matter how much it wants to, and this rule should be unvaryingly carried out through life. May we emphasize this statement—never face a strong light. When reading, sit so that the light from the window falls from over the shoulder (preferably the left), missing the eyes, but falling directly upon the book or paper. The same rule holds good when using artificial light, that is if the lighting is especially good; otherwise, a low table lamp, shaded so that the light does not strike the face, but is directed downward upon the book or work, as the case may be, is better. Above all things, remember that the light on book or work must be clear and steady; nothing can be worse for the eyes than to tax them or strain them 'n a poor or flickering light. Upon the other hand, when it is not necessary to use the eyes, a dimly-diffused light may be restful, and for this reason again, shades should always be used, an item too often overlooked in the rural home. For reading or working, a green shade is, no doubt, best; otherwise any color which gives a soft, pleasing glow, may be used.

When engaged at any close work, change the focus of the eyes by pausing at intervals to look off to a distance, out of a window, at a green field or wood, if possible. This keeps the lens of the eye pliable, and may help to prevent shortsightedness. It also rests the eyes very considerably.

Again, never use the eyes for study or work before breakfast, or when the strength has been reduced by disease or nervous strain, and remember that healthful living is one of the best eye-tonics known. A simple diet, plenty of fresh air, exercise, and sleep, added to the precautions given above, will usually keep



Village Scene in Eastern Ontario.

ture to the family physician, not to us. Open discussion of cures in the Ingle Nook cannot be always depended upon to do good, no matter how kind the motive which prompted the sending of the recipes, etc. Dear Chatterers, I hope you will not misunderstand us in this. We appreciate your kindness to the full, but we really cannot assume, nor let you assume the responsibility of trying to treat the manifold diseases which may be submitted to us.

Omelette—Chocolate Frosting.

Dear Dame Durden and Ingle Nookers,—Here is an omelette recipe for "Jack's Wife." Mine were always rank failures, too, until I found this recipe (in "The Farmer's Advocate").

Six eggs, whites and yolks beaten separately. Mix one cup of milk, in which six teaspoons cornstarch and one of baking powder have been blended, in with the yolks, and season with one-half teaspoon of salt. Fold the whites in lightly, and turn into a hot frying-pan, in which one tablespoon of butter has been placed. I let it set nicely in the bottom, then, when nearly done, I set in the oven for a few minutes to cook the top. Fold over and serve. Enough for seven people.

Delicious Chocolate Frosting.—Two tablespoons grated chocolate and four or

terers during the recent discussion on the feeding of babies. It was written by Dr. Emmet Holt, head of the New York Hospital for Babies, who is, of course, an authority. The retail price of this book is 75 cents, but we will send it postpaid from this office for 80 cents, the 5 cents extra being for postage.

Recipes.

Prune Pie.—Let ½ lb. prunes soak overnight in cold water; cook until tender, let cool, and remove stones. Put into a deep pie-plate lined with pastry; sprinkle on two-thirds cup sugar mixed with 2 level tablespoons flour and ½ teaspoon salt. Dot with bits of butter; add juice of half a lemon, and enough prune juice to partly cover prunes. Put on upper crust and bake.

Another.—Instead of flour in the above, use a smaller quantity of prunes. Beat yolks of 2 eggs; gradually beat in the sugar, grated rind of lemon, and the juice, and turn over prunes. Add butter, salt, and upper paste and bake.

Irish Potato Pie.—Mix 1 small cup hot mashed potato, ½ cup butter, 2 level teaspoons flour, 2 well-beaten eggs, ½ cup sugar, 1 cup milk, ½ cup raisins, a teaspoon of lemon extract, or grated yellow rind of a lemon. Bake in pastry as other pie.—From Boston Cooking School.