

Travelling Schools of Cookery.

(Continued from page 160.)

Mrs. Rorer insists upon the thorough cooking of all starches to render them digestible. Bread baked in large loaves for one hour is frequently not sufficiently cooked for the saliva to effect the starch. Whole wheat bread must be baked longer than white bread, and it must be made in small loaves. The whole wheat bread, for which we give a recipe in this issue, is the very best food for growing children. One pound of whole wheat flour contains double the amount of gluten and three times as much mineral matter as one pound of white flour; making flesh food unnecessary. Cereals improperly cooked are most irritating to the stomach, and cause intestinal indigestion. The wheat preparations head the list of breakfast foods, and like all cereals should be put over the fire the night before in a double boiler, or cooked slowly from one to two hours in the morning—without stirring, as this makes it pasty.

WHITE BREAD.

Half pint of milk, half pint of warm water, one teaspoonful of salt; add one compressed yeast cake (dissolved in one tablespoonful of warm water) and flour enough to make a stiff dough, just so it will not stick to the hands; knead, but do not mix in too much flour; pound and pull it, which will make it light and soft; put it back into the pan, let it rise for three hours, then mold into loaves and let stand in a warm place for another hour, then bake for 30 minutes.

WHOLE WHEAT BREAD.

Half pint milk, half pint warm water; add salt and yeast cake the same as in the white bread, and sufficient whole wheat flour (not graham) to make a *batter*; beat thoroughly, stand aside in a warm place (about 68 degrees) for two and a half hours; then add enough whole wheat flour to make a soft dough; knead, and make into loaves at once; let stand, to rise, one hour, then bake in a quick oven for 45 minutes.

SAUCE FOR BEEF AND GAME.

Four teaspoonfuls very fine horse radish; the yolk of one egg; mix thoroughly, and add four tablespoonfuls cream whipped to a stiff froth.

POPOVERS.

Two eggs, beaten lightly; one cup of milk; one cup of *pastry* flour in a bowl; add the egg and milk gradually, and strain through a wire gravy strainer to make it light; have ready the muffin pan, oiled and hot, to pour in the mixture, which will make twelve popovers; thus they are nice for breakfast, well browned; or if not baked quite so much will do for pudding with sauce for dinner. They are altogether egg rising, so you must have pastry flour and a very hot oven or they will fall. The same recipe makes good Yorkshire pudding.

BAKING POWDER BISCUITS.

One pint flour, one tablespoonful butter rubbed well into the flour, one teaspoonful of salt, one teaspoonful of baking powder; mix thoroughly, and moisten with two-thirds cup of milk; cut with a sharp biscuit cutter, brush over with milk, and bake in a quick oven.

FRENCH OMELETTE.

Rub the pan first with dry salt to make it smooth; then put on it one tablespoonful of butter; separate four eggs, beating the yolks very little, and the whites until they are light, but not stiff and dead; lift the beater several times to let the air get in them; and add one-eighth teaspoonful of white pepper, four tablespoonfuls warm water, one tablespoonful chopped parsley, and one level spoonful butter; sprinkle just a little salt over while on the pan, and keep turning up from the edge to let that which is not cooked reach the pan. This is a foundation for any kind of omelette. A little chopped ham or tongue may be sprinkled on the omelette just before it is rolled, or if a sweet one is wanted, spread with cooked fruit just before taking out of the pan.

OMELETTE SOUFFLÉ.

Separate six eggs, using all the whites, and yolks of three; three tablespoonfuls powdered sugar, the grated yellow rind of half a lemon, a tablespoonful lemon juice, and as much salt as you can hold between the thumb and finger; put together in the following order: first the sugar, then the yolks slightly beaten, lemon rind, the juice, lastly, the whites folded in carefully; any flavoring may be used instead of the lemon: wine, orange, etc.; put a foundation of about one-third of the mixture on an oval dish, the remainder put into a pointed bag made of unbleached drill with a tube in the end; now squeeze this through the

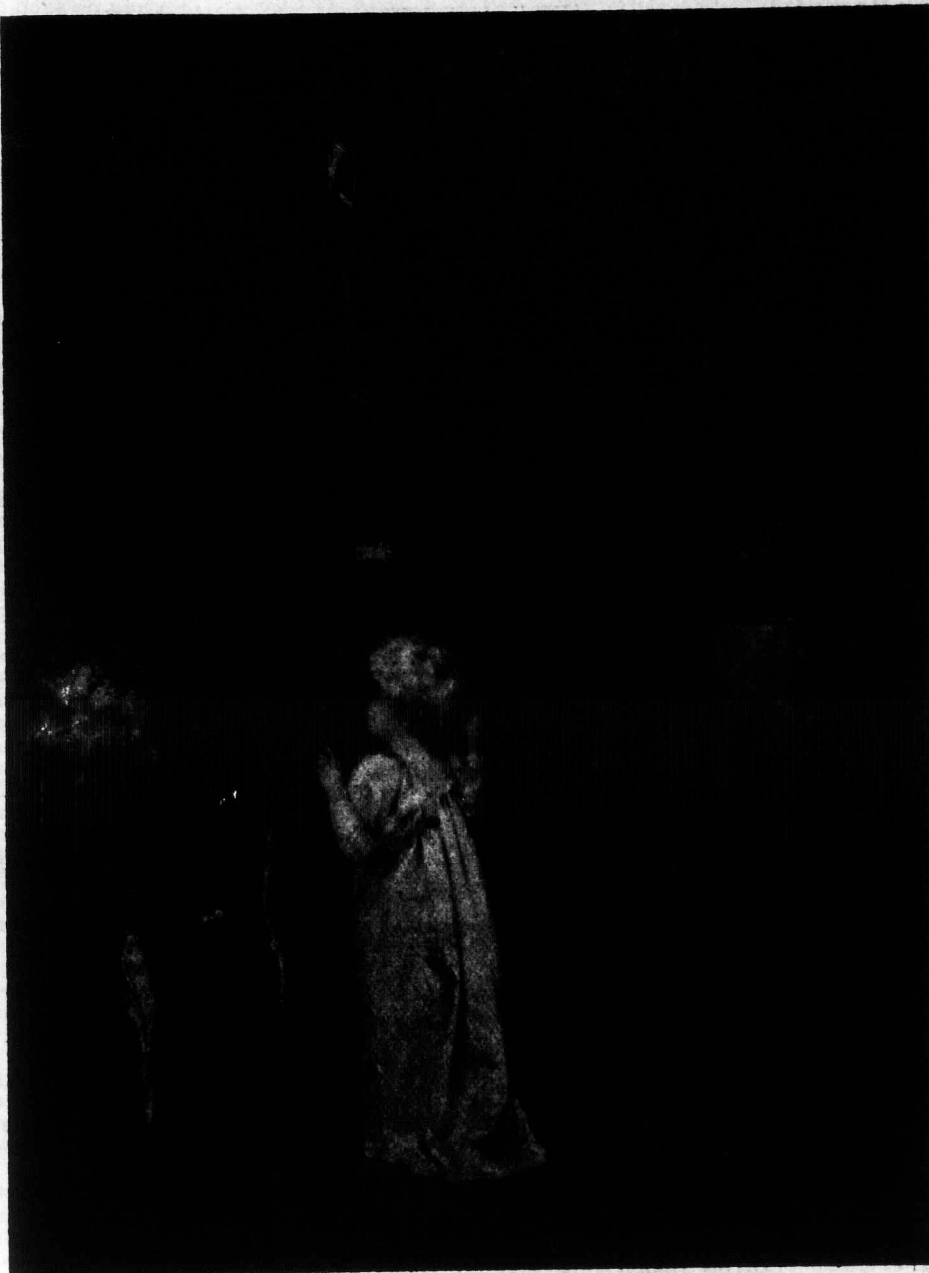
tube, going around the foundation to pile it up until there is almost a point in the center; bake in a quick oven from five to ten minutes. This must be eaten as soon as it comes from the oven.

"I Want to See the Wheels Go Round!"

Such a dainty little mite,
Dressed in trailing robes of white!
Baby Ruth, as you perceive,
Curious is—like mother Eve.
Into secrets she would pry;
Listen to the eager cry:
"Let me see what makes the sound!
I want to see the wheels go round!"

Does she stand alone, think you?
Seeking for an inside view?
Men of science, men of fame,
Darwin, Huxley, are the same.
Not content to watch the face,
They the unseen "works" must trace.
Searching "nature," men are bound
To see what makes the "wheels go round."

'Tis an instinct strong in man
Hidden mysteries to scan,
For the universe doth show
That some force doth make it go.
Learned men may never reach
Wisdom that the child could teach.
Only eyes of faith have found
The power that makes the world go round.—D.F.



"I WANT TO SEE THE WHEELS GO ROUND!"

Don't forget the great Canadian puzzle contest! Everyone a chance!

Remember the date (20th May). No answers noticed after that date.

Do not be discouraged if you cannot find all the words; the first prize is not the only valuable one.

Remember that even eight words correctly guessed, and a fresh subscription, entitles you to a handsome and useful prize.

Light Pie Crust.

Make a soft paste with one pound of flour and water, and a pinch of salt; leave for half an hour, roll it out, spread some fresh butter over it, fold and roll it out again; repeat this three or four times. Bake in a quick oven.

Ice Cream Cake.

One cup of sugar, one half cup of butter, creamed together, one cup milk, one teaspoonful flavoring, one cup flour, one half cup cornstarch, three teaspoonfuls baking powder sifted together, then add whites of four eggs beaten to a stiff froth; bake in square tin, ice and cut in squares.

THE QUIET HOUR.

Resurrection.

Again we stand face to face with the great Historical Fact to which Christians can point with quiet certainty when unbelievers try to shake their faith.

As Westcott says: "So far from being beset by greater difficulties than any other historical fact, it is the one fact towards which the greatest number of lines of evidence converge. . . . Indeed, taking all the evidence together, it is not too much to say that there is no single historic incident better or more variously supported than the Resurrection of Christ." We hear so many sermons about the death of Christ, and the necessity of faith in His Blood, why is it that the Fact which was the central teaching of the Apostles is scarcely mentioned to-day, except when the season of Easter fairly forces it into view?

The Apostles were to be "witnesses of the Resurrection." St. Paul even throws the whole weight of salvation on this one point: "If Christ be not raised, your faith is vain; ye are yet in your sins."

It is easy to see the importance of this great miracle. If the taunt hurled at the Christ, "Himself He cannot save," had indeed been true, how could He be able to save others? If He who is the Head of the Church be dead, how can there be life in the rest of the Body? The Lord Jesus spoke of His death as merely an event in His life, not as though it could even interrupt the great promise, "Lo, I am with you always, even to the end of the world."

It is not a dead but a *living* Christ who throughout the centuries has "filled the hearts of men with an impassioned love," and is still, by a marvellous force of attraction, "drawing all men unto Him."

It may be hard for city men to believe in the Resurrection, but to you who are living on farms it should be quite the other way. The old saying, "I will not believe what I cannot understand," is utter nonsense, as you know very well. Who can understand the thousands of resurrections which surround him in the field and garden? How does the living plant rise from the seed, bursting out as from a tomb? Think of the common Easter symbol—the egg. Can anyone explain how warmth makes the chicken develop within the shell? You, who so often place the eggs in the nest ready to be hatched, do you ever stop to think how wonderful this hatching is? There are no feathers, no little, downy chicks inside those eggs now, yet you have faith that there will be. Explain the marvel, if you can. Disbelieve it, if you dare. If you did not know it to be true, you would say it was impossible. Learn then from the common wonders of nature that "with God nothing is impossible."

The truth is, God is very patient with our weak faith, and, knowing how important it is for us to believe in the resurrection, He surrounds us with innumerable outward and visible signs of it. Each grain of wheat you sow in your fields is a silent witness to the fact that our highest *life* comes only through *death*. "Except it die, it abideth alone; but if it die, it bringeth forth much fruit," so said He who is able to explain the meaning of Nature, for it is His own handiwork. You farmers know that those words are true. One grain is of very little value, "except it die,"

then indeed it is capable of multiplying to an unlimited extent. When your orchards are beautiful with a grand show of blossoms, you do not fret because the flowers must die, for you know if they did not, you would have no fruit next fall.

Why should we fear death, either for ourselves or for others? Do not let us be so blind to the parables of the springtime. We want life! Of course we do! A greater, nobler, wider life than we can have here; a life which can only be gained through dying. Must we then wait until death before we can taste this new life? Surely not. Every act of self-sacrifice for the good of others, no matter how small or unnoticed, is really dying to self and waking up into new life in Christ. All who are "buried with Christ in baptism," are, even in this world, called to share in His great Resurrection and "walk in newness of life."

"Boast not thy victory, Death!
It is but as the cloud's o'er the sunbeam's power,
It is but as the winter's o'er leaf and flower
That slumber the snow beneath!"

It is but as a tyrant's reign,
O'er the voice and the lip which he bids be still,
But the fiery thought and the lofty will
Are not for him to chain!"

D. F.

"Let this be thy whille endeavor, this thy prayer, this thy desire: that thou mayest be stripped of all selfishness, mayest die to thyself, and live eternally to Him."