

School for Housewives

by Marion Harland

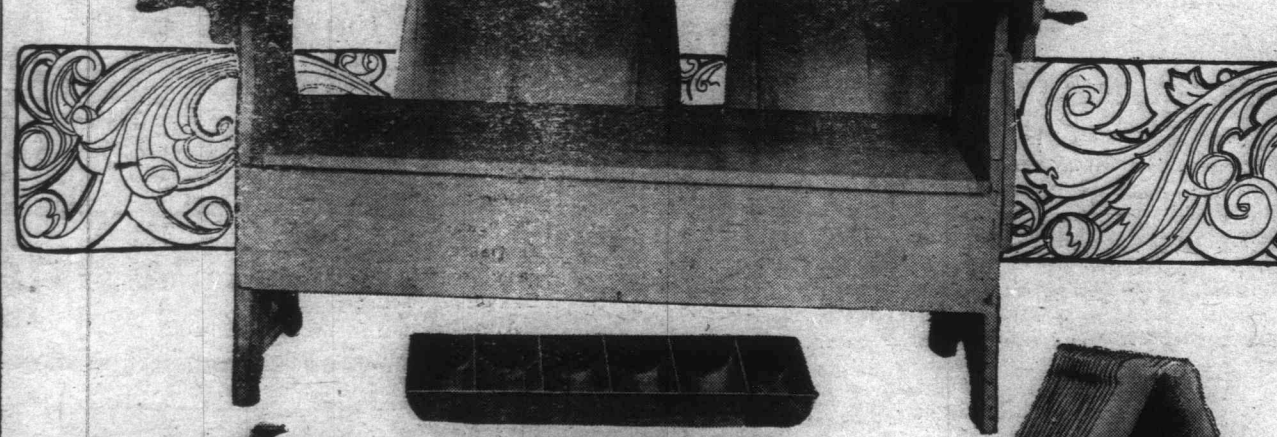


Summer Breads

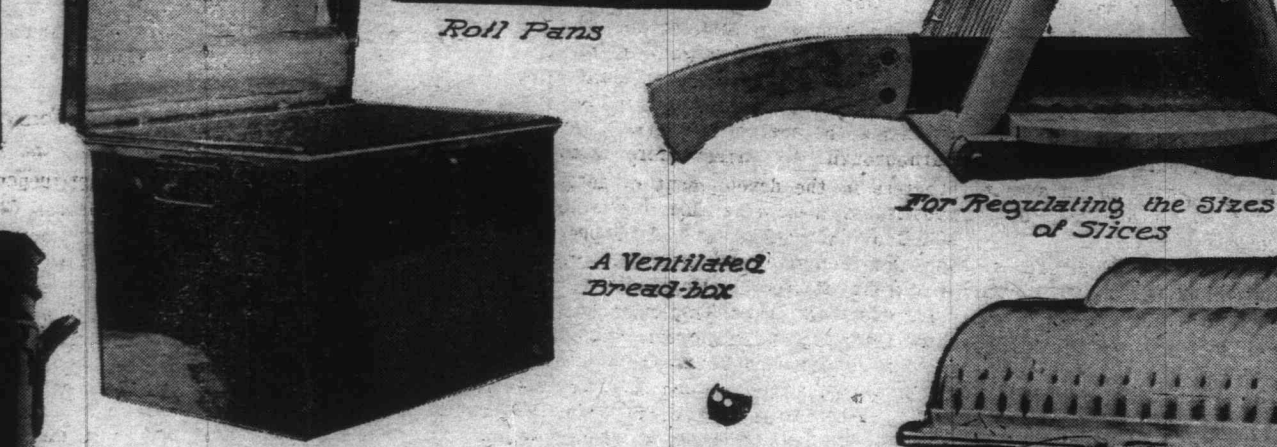


A Contrivance to Prevent Burning

The Old-fashioned Fan



Roll Pans



A Ventilated Bread-box

For Regulating the Sizes of Slices

The New Way of Making Bread

For Round Loaves

WRITERS upon culinary topics and practical housewives make much of the necessity of preserving an even temperature for rising dough in winter time. The old-fashioned cook wrapped her bread tray in flannel and newspapers and scolded the trespasser who left the kitchen door open after the dough was put to bed in a warm corner. The trained cook of today sets her dough in a patent pan with a perforated top, out of possible draughts, and consults her thermometer regularly and solicitously.

The average housewife assumes, if she does not assert, that summer breads can take care of themselves. In reality, overfermentation is as grave an evil as the arrested process. Summer boarders do not need to be reminded how many times a week sour bread receives the slightest of apologies from the farmstead mistress. If she thinks it worth her while to attempt correction of the damage done to her dough over night, she kneads in soda with a heavy hand that leaves scrid, yellow streaks in the baked loaf without neutralizing the acidity of the mass.

Yet good bread is never more a necessity of comfortable living than in warm weather. Sour viscosity irritates gastric juices and taxes to the utmost delicate muscles made lax by heat. Hot yeast bread belongs of right to the winter bill of fare. It does not begin to "ripen" until it is cold, nor does it sit easily upon a majority of stomachs until it has been twelve hours out of the oven.

It is so well understood by people of common intelligence that griddle cakes come and depart with frost, that I need not enlarge upon the reason of their banishment from the tables of people who have any knowledge of gastronomic ethics. Since many eaters, especially the men and brothers for whose delectation women cater and cook, will have hot breakfast breads, I offer to-day some tried and proved recipes for a few of these. Here the work of fermentation is completed in the baking. They all belong to the biscuit family, and, if rightly made, are delicate and digestible.

Brown Biscuits.
One pint of Graham flour, nearly a quart of boiling water or milk, one teaspoonful of salt.
Soak the flour when you have salted it into a soft dough as you can handle. Roll it nearly an inch thick, cut in round cakes, lay upon a hot-buttered tin or pan, and bake them in the hottest oven you can get ready. Everything depends upon heat in the manufacture of these. Some cooks spread them upon a hot tin, and set this upon a red-hot stove. Properly scalded and cooked, they are light as puffs and very good; otherwise they are flat and tough. Split and butter while hot.

Graham Biscuits.
Stir together in a chopping bowl a pint of Graham flour and a half pint of white flour. To this add a teaspoonful of salt, one of sugar and two rounded teaspoonfuls of baking powder. Mix thoroughly and chop into the mixture two tablespoonfuls of lard or other fat. Add a pint of milk, and if the mixture is then too stiff to handle, add enough water to make a soft dough. Turn upon a floured board, roll out and cut into biscuits, handling as little and as lightly as possible. Bake in a steady oven.

Sour Milk Biscuits.
One pint of sour or buttermilk, one teaspoonful of soda, two teaspoonfuls of cream tartar, one teaspoonful of salt.
Mix the soda and cream tartar into the flour and sift all together. Wet your hands with water, then put the milk into the milk, rub it into the prepared flour quickly and lightly, lastly, pour in the milk. Work the dough rapidly, kneading with as few strokes as possible.

Montparnail Quick Biscuits.
One quart of flour, two teaspoonfuls of lard, two cups of sweetened condensed milk, one teaspoonful of cream tartar, one teaspoonful of salt.
Mix the soda and cream tartar into the flour and sift all together. Wet your hands with water, then put the milk into the milk, rub it into the prepared flour quickly and lightly, lastly, pour in the milk. Work the dough rapidly, kneading with as few strokes as possible.

Tea Cakes.
Sift a quart of flour three times with two teaspoonfuls of baking powder and one of salt. Chop into this a tablespoonful of butter and one of lard or other fat.
Mix in a bowl with a wooden spoon, adding about three cupfuls of milk, or enough to make a soft dough. Turn out upon your board and roll with swift, light strokes into a sheet half an inch in thickness. Reverse a jelly cake tin upon

the sheet and cut with a sharp knife just the size of the tin. With a spatula transfer to a floured baking pan and bake in a quick oven.
Split white hot butter and cut into triangular pieces, six to each cake. Do not divide them until the triangles are drawn from the plate by those who are to eat them.

Maryland Beaten Biscuit.
One pint of flour, one cup of water, one teaspoonful of salt. Mix into stiff dough, transfer to a floured block of wood and beat with a rolling pin steadily for ten minutes, shifting the dough often and turning it over several times. Cut into round cakes, prick with

a straw and bake in a brick oven. Some housewives add a tablespoonful of butter.
Graham Gems.
Into a quart of warm milk stir four eggs that have been beaten only a little, add a tablespoonful, each, of melted butter and sugar. Add now gradually three cupfuls of Graham flour that has been sifted with a heaping teaspoonful of baking powder. Beat very hard for seven or eight minutes and bake in greased and heated gem pans.

Popovers.
Two cups of flour, sifted twice, with one teaspoonful of baking powder, half a teaspoonful of salt, two cups of milk, one egg beaten very light. Beat for four minutes and bake in hot, buttered pate or gem pans in a brick oven. Serve at once.

Wafers (No. 1).
One pound of flour, two tablespoonfuls of butter, a little salt.
Mix with sweet milk into stiff dough, roll out very thin, cut into round cakes, and again roll these as thin as they can be handled. Lift them carefully, lay in a pan and bake very quickly. Wafers are extremely nice, especially for invalids. They should be made thicker than writing paper. Flour the baking pan instead of greasing it.

Wafers (No. 2).
Rub two tablespoonfuls of butter into a pint of flour, add enough cold water to make a stiff dough, put upon a floured board and roll out as thin as writing paper in rounds as large as possible. Bake in a floured pan in a quick oven. They should be rough and "bubbly" on top. Eat cold.

Wafers (No. 3).
Rub two tablespoonfuls of butter into a pint of flour, add enough cold water to make a stiff dough, put upon a floured board and roll out as thin as writing paper in rounds as large as possible. Bake in a floured pan in a quick oven. They should be rough and "bubbly" on top. Eat cold.

Wafers (No. 4).
Rub two tablespoonfuls of butter into a pint of flour, add enough cold water to make a stiff dough, put upon a floured board and roll out as thin as writing paper in rounds as large as possible. Bake in a floured pan in a quick oven. They should be rough and "bubbly" on top. Eat cold.

Wafers (No. 5).
Rub two tablespoonfuls of butter into a pint of flour, add enough cold water to make a stiff dough, put upon a floured board and roll out as thin as writing paper in rounds as large as possible. Bake in a floured pan in a quick oven. They should be rough and "bubbly" on top. Eat cold.

Wafers (No. 6).
Rub two tablespoonfuls of butter into a pint of flour, add enough cold water to make a stiff dough, put upon a floured board and roll out as thin as writing paper in rounds as large as possible. Bake in a floured pan in a quick oven. They should be rough and "bubbly" on top. Eat cold.

Wafers (No. 7).
Rub two tablespoonfuls of butter into a pint of flour, add enough cold water to make a stiff dough, put upon a floured board and roll out as thin as writing paper in rounds as large as possible. Bake in a floured pan in a quick oven. They should be rough and "bubbly" on top. Eat cold.

Wafers (No. 8).
Rub two tablespoonfuls of butter into a pint of flour, add enough cold water to make a stiff dough, put upon a floured board and roll out as thin as writing paper in rounds as large as possible. Bake in a floured pan in a quick oven. They should be rough and "bubbly" on top. Eat cold.

AROUND THE HOUSEWIVES' COUNCIL TABLE WITH MARION HARLAND

WHAT shall we do with our children's feet in summer time? Shall we allow them to discard shoes and stockings entirely? Do you favor the "barefoot" habit? Do you favor the "barefoot" habit? Do you favor the "barefoot" habit? Do you favor the "barefoot" habit?

WHEN giving floors their second cleaning wet newspapers will be found very good substitutes for cloths or mops. They are far less troublesome because they can be frequently changed and thrown away, when soiled, whereas cloths and mops add to the labor because they take extra time for wringing out, and washing them clean. But the water should be changed often, although not so often as when a cloth or mop is used. The woman who has not learned the advantage of keeping clean water in her pail has not been taught the first principles of thorough cleaning. She wastes every thing that touches and cleans nothing. Whoever experiments with wet paper will not want to handle a mop again for any length of time or rough cleaning. The third and final floor cleaning should be done with a scrubbing brush, soap and clean water. The brush should be followed by a soft cloth wrung out of clear water, to wash away all the soap suds and to hasten the drying.

WHEN the weather is so hot and dry, and will not show much dust accumulation from the inside for some time. Its attempt will be pure and delightful, there will be no old dust flying about to distress sensitive lungs and offend a neat housewife. Whoever has been in the midst of or witnessed heated-skelter workers, who raised a choking dust wherever they went with dry brooms and overloaded dustpans, will realize the advantage of a method which tends to control dust while really removing it. And whoever has been compelled to go about in the midst of flying dust and general confusion with skirts held up, cleanings, she snatches every thing that bar cloth touches and cleans nothing. Whoever experiments with wet paper will not want to handle a mop again for any length of time or rough cleaning. The third and final floor cleaning should be done with a scrubbing brush, soap and clean water. The brush should be followed by a soft cloth wrung out of clear water, to wash away all the soap suds and to hasten the drying.

Newspapers Ideal Mops—Best Way to Clean a House

By M. E. Carter.
Copyright, 1906, by A. S. Barnes & Co.
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