

Ingle Nook

CHILDREN FOR ADOPTION.

Editor Farmer's Advocate:

We are desirous of finding good homes for some children who are already wards of this Society. The homes that we require are with good reliable farming people who have preferably no children of their own, and who are in comfortable circumstances and are able to look after a child. If any of your readers are desirous of adopting a child we shall be glad to send them application forms, and on their filling out same, their references proving satisfactory, we would do our best to supply them with the children such as they need. There seems to be at all times a preference for the adoption of girls, and, though we do not wish to exclude applications for girls, we would like specially now to obtain several applications for boys, as we have several in our Shelter waiting to be sent out.

We trust and believe that this appeal will result in a number of applications from desirable people, as has been the case when you have before allowed us to use your columns for this purpose.

E. SURGENT,
Secretary, pro tem,
Children's Aid Society.

HOW A FARMER'S WIFE MAY HAVE A HOLIDAY.

Dear Dame Durden:—In your issue of May 27th, many duties which prevent a farmer's wife taking a holiday were mentioned. We all feel that these and many more are the responsibilities not to be neglected by a farmer's wife, yet I shall try to suggest some possible holidays for even the busiest.

Granted, that she is in only moderate circumstances; that she has children from the ages of two to young manhood and womanhood; that she has farm laborers living with her and only irresponsible help; and also, that the farm is situated far from lake or mountain district which might constitute a summer resort.

It must first be understood what a holiday means. As we like to think of Heaven as perfect rest, so do we wish to think of a holiday as perfect rest; yet who was ever idle both in brain and muscle, during a holiday? Surely no one ever enjoyed perfect idleness! Is it not, rather, an equal adjustment of both labor and pleasure, with sufficient time for rest in sleep, and sufficient refreshment of mind and body in "God's great out of doors?"

Even our holidays will depend largely upon individual tastes and "Advice helps no man but suggests self help." No one needs a holiday more than the over-busy woman, but it is usually she who is, in her own idea, least able to take, or at any rate, to enjoy such a holiday. To such, or to any approaching such state of mind, holidays must be self compulsory. Have you ever said to yourself: "Oh, I wish I could read all day; I wish I could live outside all to-day with the birds and the flowers; I wish the horses were not always so hard worked, so that we might occasionally take a pleasure drive;" or, "I wish I could take time to make pretty furnishings for my home or dainty clothes for the children; but that washing and ironing and churning and getting of meals and darning and mending, combined with all the other duties makes over-work and ill-temper."

For my holiday I wish, if only for a short time, to cast aside all over-burdens of mind or body, or rather, what is more practical, to out-crowd them with the study and enjoyment of the highest ideals and ambitions within me, at the same time extending such pleasures to all around me.

We (my children and myself) had long looked forward to a bright sunny morning in which to take the first of our daily holiday outings. Our extra sleep was not to be taken in the early morning, those most invigorating hours of

the day. We were up and out to the call of the birds, not to wash or milk or churn, but (with the little one in a little wagon) to take a long walk and watch and listen to the birds, returning before the sun had gathered all the dew-drops from the grass. Half of my pleasure in such an outing was the keen interest and merry participation of the children in this luxurious life.

Previous to this we had treated our bird neighbors as very formal friends and though we knew many of them by sight, we had, in no sense, appreciated their worthy companionship. The first to welcome us was the meadowlark. When one saw his brisk movements and neat attire his call sounded much less mournful, and we realized that probably his great difficulty in calling people up at his energetic rising hour accounted, in some measure, for the impatience and discouragement suggested in his minor notes. It was not this first morning, nor for several mornings, but quite by accident one morn we almost—yet stopped in time—crushed beneath our feet the home of our friend. Perhaps you have never seen the picturesque home with thatched roof and latticed walls. It is cleverly concealed, made entirely of grass as it grows. The floor is as smooth and clean as ours, with our beautifully woven matting, and the pretty arched roof is quite thick with long grass bent over, woven together and fastened with much skilled workmanship. I am sure it would prove quite water-proof.

It was the sudden flight of the bird that had attracted our attention to the little home, but peeking in at the front door we saw several eggs. Feeling that we had disturbed Mrs. Meadowlark rather unceremoniously at this early hour, we waited only to look all about us to place in our memory the exact location of this interesting discovery; and to help to attract our attention we placed a stick in the ground near by, in hopes that we might often call to inquire for Mrs. Meadowlark. It will, no doubt, be disappointing to you, even as it was to us, to know that though many diligent searches were made for that picturesque little home we never again found it or any quite like it; thus showing how well they are concealed in the grass.

Gathering on our way home a little basket full of mushrooms to add savor to our breakfast, (which we always prepared for ourselves and cleared away after, to make less, instead of more work for those who were so kindly affording us our holiday) and also gathering a nice basket of wild flowers to give life to the empty winter vases and carry our messages of enjoyment to those at home, we returned to the indoor pleasures for the heat of the day. I was then generally permitted time to take a general supervision of the home duties, and my heart was too full of nature's inspiration and enjoyment to express itself in anything but encouraging suggestions to those who were doing their best.

Needless to say, during these many hours of cheerful inspiration, we found expression for our souls in music, and in reading aloud many entertaining stories. Many dainty simple dresses seemed to get made as if by a magic machine. It was never any trouble during a morning to wash and iron a few simple little dresses and it was always our delight to look as fresh as a daisy. This reflected itself in all around us and others felt fresher, cleaner and cooler merely by our little thoughtfulness. We started some of our work for the coming exhibition and found it a pleasant employment for the spare minutes, while we were astonished to find how much we improved our work by adding this new inspiration of competition and reward. One of the most interesting and odd of the exhibits was a very antique-looking jug, carefully carved, with pen knife, out of an old dead branch of a tree, which lent itself with very little carving to this odd new ornament. Before the jug was quite complete, came the delight of finding in a similar unexpected way,

just lying by the roadside, a very knotty, twisted, twig handle—I say handle because, with a chip off the top and bottom to make it fit the jug, it was quite complete as such, fitted the hand, and allowed a rest for the thumb. (The ornament still remains with the one who made it, though several antique hunters have tried to entice it away.)

Have farmer's wives not some accomplishments? Have they not some ambitions beyond slavery? Then they should take a holiday from "all work and no play," and refresh mind and body with sufficient of the outside world to enable them with fresh in-

spiration to take a few minutes every day of the year to study how best one can use her life, both for her own physical and mental advancement and for the worthy and improving companionship of those around her. Most of all let her take time to know her children.

It was never any difficulty for us to get a holiday after that, because there were always some of the household willing to work twice as hard in order to send us out to gather in news and sunshine and good spirits, and when possible, to convey such to sick or depressed or hard-working neighbors.

G. M. H.

Selected Recipes

Kidney soup—One bullock's kidney, two quarts of stock, three sticks of celery, two turnips, two carrots, a bay leaf, bunch of sweet herbs, pepper and salt. Method:—I often use the stock that mutton has boiled in for this soup, after carefully removing all fat. Place the stock in a saucepan with the kidney, and simmer till half cooked, then take it out, cut into dice, and replace in the stewpan. Slice the vegetables finely, and add to the soup with the herbs. Simmer all for three hours, and then pass all through the sieve, season to taste, adding a little made mustard. Let all boil up, and serve with sippets of fried bread.

Rhubarb Jam—To each quart cut rhubarb allow 1 lb. sugar. Remove the white rinds and paps from 6 oranges and slice, peel and pulp into the preserving kettle with the rhubarb and sugar. Cook all slowly until thick as desired.

Baked Ginger Pudding—Bake a light gingerbread without fruit, cut into squares and serve with the following sauce: Melt butter the size of a egg; stir into it a heaping tablespoon of flour, half a cup of sugar, 1 spoonful of molasses and a pinch of ginger. Pour enough boiling water to thicken and let boil for ten minutes. Serve hot. A cottage pudding can be made in the same way by leaving the molasses out of the same.

Date Muffins—Stir together three coffee cupfuls of flour, three teaspoonfuls of yeast powder and half a teaspoonful of salt; sift into a bowl with one and one-half coffee cupfuls of milk; beat in the yolks of two well-beaten eggs; beat this gradually as you sift in the flour; add one tablespoonful of melted butter; when smooth beat it into three-fourths of a coffee cupful of chopped, floured dates, and lastly, force in the stiffened whites; put in warmed greased gem pans and bake 25 minutes.

Cold Meat Omelet—Half a pound of cooked meat chopped fine; 3 table-spoons flour; an onion par-boiled and chopped; 1 tablespoon chopped parsley; 1 pint milk; 1 egg; 1 teaspoon baking powder; 1/2 tablespoon salt; 1/2 teaspoon pepper. Sage or thyme may be used instead of parsley. When all is mixed put into a well buttered pudding dish and bake 1/2 hour. Serve with brown gravy.

Liver, Terrapin Style—Simmer the liver, which has been cut in strips, in cold water until the meat is tender. This process must be slow or the liver will toughen. When done, remove the meat and when cold cut into inch cubes. Mash the yolks of three hard-boiled eggs with one-half cupful of cream. Place two tablespoonfuls of butter in a saucepan and when melted add one rounding spoonful of flour; then stir it until the mixture is well blended; add the yolks and the liver, then a few grains of pepper and salt to suit the individual taste. Let the mixture become hot without boiling, as this would curdle the eggs. Just before taking up, grate in a little nutmeg.

Steamed Steak Pie—For the paste mix together with cold water 1/2 lb. of flour, 1/2 lb. chopped suet, 1/2 teaspoon each of baking powder and salt. Roll out thin and line a granite or earthenware basin. Put in 1 1/2 pounds of steak and a sheep's kidney cut into pieces. Steam for 2 hours.

Fillet of Fish—A fillet of haddock cut into pieces and dried with a towel. Rub over with a mixture of flour, pepper, salt, dip in a beaten egg and then in bread crumbs. Cook in smoking hot dripping.

Potato Balls—Mash boiled potatoes with a bit of butter or a little milk. Take out in small portions and rub into balls with your hands. Dip in egg and bread crumbs and fry.

Birds Nests—One teacup bread-crumbs; 1 tablespoon suet; 1 dessert-spoon chopped parsley; 1 egg. Mix all together with the egg. Take 3 hard boiled eggs, roll in flour, then roll in the mixture till quite a ball of egg and breadcrumbs is formed. Fry, cut through the centre and serve.

Pancakes—Half a pound flour; 1 oz. butter; 2 tablespoons sugar; 1 small teaspoon each of baking soda and cream of tartar; 1 egg. After mixing the dry ingredients drop the egg in without beating. Mix with sufficient milk to make a rather stiff batter and drop in spoonfuls on a hot greased griddle.

Raspberry Vinegar—Have 4 1/2 pints fresh raspberries and a clean stone jar. Put in 1 1/2 pints of the berries and pour over them 3 pints of best vinegar. Let stand for 24 hours, then pour the liquid over another pint and a half of fresh berries and let stand again. Repeat the process once more thus using in all the 4 1/2 pints of fruit. Strain then through a jelly bag without squeezing. Wet the bag with vinegar juice before using. To every pint of the strained juice allow a pound of loaf sugar, stirring it in until dissolved. Then place the stone jar in a pot of boiling water for an hour, skimming constantly as the scum rises. After it has boiled an hour add a glass of brandy to each pint of liquid. When cold bottle, cork and seal. Use it in cases of cold or fever, taken in cold water. (Many of our readers will not care to use the brandy and will find the recipe just as good if it is left out.—D. C.)

WASHES FOR THE HAIR

For a good hair wash take five cents' worth each of borax and camphor added to a pint of boiling water and left to dissolve. Bottle when cold.

2. Half a pint of olive oil and five cents' worth of borax in a pint of boiling water. Bottle when cold and shake well before using.

3. A little rosemary water and borax mixed makes a good hair wash.