

IN THE KITCHEN

For the Cook

"Country girls" send us the two following recipes:

GRAHAM GEMS

To think well is wise.
To plan well is better.
To do well the best of all.
This precept can be utilized by us all in every detail of our lives.

To insure the best results in the making of graham gems, beat together three eggs, one tablespoonful of butter melted, one-half cup of brown sugar, add one teaspoon of salt, one and a half cups of sour milk in which three-quarters of a teaspoon of soda has been dissolved. Stir until the milk foams, beat in three cups of sifted graham flour. Have the gem tins well greased with good butter. Bake in a moderately heated oven. Serve hot.

A NICE DISH OF APPLES

The following is a very interesting way to serve apples: Select half a dozen medium sized apples—Northern Spies are excellent—pare very thin, leaving the stem and core. Steam until thoroughly done, being very careful not to let them go to pieces. When cold, roll in fine granulated or pulverized sugar until perfectly white. Serve with whipped cream. The fleecy whiteness is the beauty of them.

Since receiving the above recipe, I have tried it, and found it a very pretty and delicious way to serve apples. Care must be taken, however, to not over-steam the apples, as they soon fall to pieces.

L. Rose.

Kitchen Tins

The dread ptomaine poisoning develops through the action of acid in tin, a fact that all housekeepers should lay to heart, for the poison can very easily be developed in any kitchen unless great care is exercised in regard to tin receptacles.

A number of women were reported ill from eating salad at a reception. So many were the victims and so severe their illnesses that rigid investigation was set on foot, which disclosed the fact that the salad dressing, containing a good deal of lemon juice, had been allowed to stand in a tin pail. The physician who had made the investigation was satisfied that enough poison had been generated to kill forty persons, the only circumstances that prevented such a frightful catastrophe being that the bottom of the liquid had not been disturbed.

Every can of meat, vegetables or fish should be turned out immediately after opening into a dish or earthenware vessel. Re-frozen ice cream is a fruitful source of ptomaine poisoning, as are loose oysters.—Vogue.

Women stand to do many things which could be done as well sitting down. A high chair, with a rest for the feet, made to fit the sink or table, will save many a backache.

Caring for Lamps

Daily cleansing of every lamp in use should be as much a part of the housewife's duties as making the beds, and the boiling of the burners at least once in a fortnight is as important as the weekly sweeping.

Wicks should not be trimmed with shears, but wiped off with a soft cloth, for in the former case there are always jagged or uneven portions left, which cause the flame to flare and the lamp to smoke. By carefully wiping off the charred portions of the wick each day a steady, symmetrical light will be obtained.

Another precaution to take to prevent wicks from smoking is to boil them. Buy them in bunches, place in a porcelain kettle, cover with strong vinegar, bring the latter to a boil and set where the kettle will keep warm for three hours.

Drain out the wicks, dry thoroughly and keep away from dust. Wicks thus soaked almost never smoke.

If chimneys are bought in quantity and boiled, they can be prevented in a great measure from breaking. Lay some shavings in the bottom of a wash boiler, pack in the chimneys, throw a handful of salt over them and fill with cold water. Allow to come to a boil slowly, simmer for two hours, then take from the fire; cover thickly so they will be at least three hours in cooling. When cold wash the chimneys in hot water in which a little soda has been dissolved. Rinse in hot water, dry and store in a closet.

Boil all metal portions of the lamp burners in strong soda water for ten minutes, rinse and dry in sun or on the stove. Chimneys should also be washed in hot soda water, rinsed well and dried with crumpled newspaper.

Never leave the wicks turned up when the lamps are not in use, for the oil will ooze out and run down the base, creating not only an unpleasant odor, but being disagreeable to handle. In carrying a lamp from one room to another, turn down the wick in transit, but never allow the wick to remain turned down, for it is sure to smoke and smell disagreeably.—Selected.

Accidents with Lamps

If a lamp should be overturned, don't attempt to put out the flames with water, for it will simply spread it. Instead, throw flour, sand, garden earth or salt, any of which will have the desired effect.

Smoking Lamps

To prevent a lamp from smoking: A smoky lamp is often the result of a clogged and dirty wick. Take the burner out of lamp and soak it in a little strong washing soda and hot water, then dry thoroughly and the lamp will burn much better.

Tops of Jars

Should the top of a glass jar refuse to come off, turn the jar upside down in a pan containing a little hot water, and allow it to remain a minute or two. It can usually be unscrewed with little effort when taken out.

"I sent you some suggestions telling you how to make your paper more interesting. Have you carried out any of my ideas?"

Editor—"Did you meet the office boy with the waste basket as you came up the stairs?" "Yes?" "Well, he was carrying out your ideas!"—Woman's Home Companion.

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For your main crop

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plant peas

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