

# More Liberal Use of Cornmeal

Mrs. T. Murray, Elgin Co., Ont.

CORNFMEAL is considered a good food in our home and a cheap source of energy. It is just recently, however, that I have reached this conclusion. Of course I have made cornmeal muffins and Johnny cake for a good many years, but outside of this my experience with cornmeal was very limited. I always had an aversion to cornmeal mush or porridge, for the simple reason that I had tasted it in the homes of different friends of mine and never managed to cultivate a liking for it,—in fact I cultivated a strong dislike. Not long ago I stayed with a friend over night and we had cornmeal porridge for breakfast. It was placed on my plate, so I made up my mind to eat it somehow. It was a big effort though, for the simple reason that about every third bite was a lump of uncooked cornmeal. I can now determine that I would try some cornmeal mush and see if I could make it without those indigestible lumps. My efforts were successful and cornmeal mush is now an appetizing dish in our home and is frequently found on our breakfast table.

I found that the great secret in making good cornmeal mush is to pour in the meal very slowly and then stir

This is flattened out with the hands until about a quarter of an inch thick and wrapped around the apples, which have been pared, cored and halved. Include in a pudding cloth and cook in boiling water for one and one-half hours, or steam in a bowl. If desired to make a pudding of this, add sugar, cinnamon and bits of butter before serving with cream. It is really intended to be served with roast pork, but makes an equally appetizing dessert.

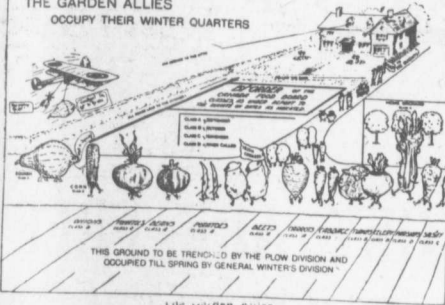
It was my intention to send along also my recipe for cornmeal and rolled out cookies, but I fear my letter is already lengthy. I would be glad to know of other good cornmeal recipes, as I consider it a healthy food and one which we should make use of at the present time especially.

## Continuity of Bloom

EVERY experienced gardener starts his flower garden in the autumn. By so doing he can be sure of a continuous display of bloom from the time that the snow disappears until it covers the ground again in the autumn.

The very first flower of the year is the Christmas rose. This frequently blooms under the snow, and is always in bloom by the time the snow disappears from the border. The crocuses and the squills follow. The really

## THE GARDEN ALLIES OCCUPY THEIR WINTER QUARTERS



From a sketch by Mr. F. E. Buck, Assistant Dominion Horticulturist, C.E.P., Ottawa.

constantly until it thickens. Our portions are about as follows. One cup cornmeal; one teaspoon salt; three and one-half to five cups boiling water or scalded milk, or milk and water. The cornmeal can either be stirred into the hot liquid very carefully or may be mixed with sufficient cold water to give it the consistency of a pour batter and add it to the remaining hot liquid. Then cook it in a double boiler. I have also found that by putting the corn meal and salt on in cold water in the top part of the double boiler and allowing it to heat slowly, that this will prevent lumps and also does not require much stirring. When I make the mush this way, I take the top of the double boiler out of the lower part and set it right on the stove where it can boil for two or three minutes, just before serving. Some people cook their cornmeal mush anywhere from one to four hours. Ours cooks while we are doing up the milking and morning chores. I sometimes start it off when getting the evening meal.

I would also like to tell the readers of Farm and Dairy of an old-fashioned dish which I used to enjoy at my grandmother's and which I now make as my own home. It is a mixture of corn meal and apple dumplings and is made by using six medium-sized tart apples, one teaspoon salt, one cup corn meal and boiling water. Though boiling water is poured over the corn meal to make a thick paste,

worth while flowers of early spring, however, are the tulips and narcissi. The tulips are the "radiant" flowers of spring, which come to us with the first songs of the birds. With the tulips come also the more delicate creamy white and golden narcissi or daffodils. The beautiful and stately Darwin tulips carry the blooming season well on into iris time.

The irises with their many rainbow colors belong to the "ardent" group of flowers. In gorgeousness of color they are, perhaps, without rival. The Dutch, English, Spanish and Siberian iris lengthen out the season well on into paucity time and paucity time lasts for several weeks and carries the flowering season into rose time.

From the time when the early bulbs begin to fade until past rose time there is a continuous succession and variety of many of the gorgeous spring flowers. The darling and magnificent Oriental poppies and the tall spiraling foxglove lilies, recently introduced into Canada, add peculiar charm to the borders.

The flowering shrubs are very beautiful. They are easy to grow and perhaps more graceful even than some of the flowers. First of all the snow ball and sweet-scented currant bloom and these are quickly followed by the lilacs and the Siberian pea trees. A little later come the graceful Van Houtte's spirea. Others are the mock oranges, Japanese roses, rose acacia, summer flowering hydrangea and the smoke bush. The autumn flowering

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