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Useful Hints on...

Home Management

The
Soldier Settlement Board of Canada
Ottawa

Ottawa
F. A. ACLAND
Printer to the King's Most Excellent Majesty
1930



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J. G. HATTRAY,
Chairman.

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R. A. WILSON
Printer to the King's Most Excellent Majesty
1919

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FOREWORD

The material for this useful book has been collected by Mrs. Jean Muldrew who has been in charge of the Home Branch of the Soldier Settlement Board for ten years.

Mrs. Muldrew has visited the homes of thousands of the Soldier Settler families who have been placed on farms through the Soldier Settlement Board. She has also been in personal correspondence with practically all the families who have referred their various family problems to her. From the wealth of information and experience thus gained Mrs. Muldrew has compiled and edited this pamphlet which has been well named, "Useful Hints on Home Management."

The difficulty of securing a suitable name for this booklet was solved by asking the 125 members of the head office staff to submit suggestions. Over forty-five were submitted and "Useful Hints on Home Management" was selected.

There were other names submitted which might have been chosen. I am going to name two of them, one from a gentleman and the other from a lady, and I do this to show how this pamphlet appealed to them. The gentleman suggested, "Useful Hints for Farm, Field and Fireside." The lady submitted, "How to Become a Successful Farmer's Wife." These two suggested names together with the one chosen should be a good warranty that the contents of this pamphlet can be made of great value in the art of successful home making.

If following the advice given in this pamphlet results in as much happiness and pleasure as the compiling, editing and distributing has given to the Soldier Settlement Board, then we shall be rewarded indeed.

Cordially yours,

J. G. RATTRAY,
Chairman.

FOREWORD

COOKING MEASUREMENTS

Some books containing recipes give the quantities in ounces and pounds. We use such measurements as cup, teaspoon and tablespoon, and these have a definite value, as follows:—

1 cup equals $\frac{1}{2}$ pint

1 cup equals 16 tablespoons

3 teaspoons equal 1 tablespoon

2 tablespoons butter equal 1 ounce.

4 tablespoons flour equal 1 ounce

2 cups butter equal 1 pound

2 cups sugar equal 1 pound

2 cups milk (1 pint) equal 1 pound

All measurements of teaspoon, tablespoon and cup must be *level—never heaped*.

A measuring cup is marked in halves, quarters, and thirds, and is useful to the careful cook.

J. G. RATTAY,

Chairman

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USEFUL HINTS ON HOME MANAGEMENT

THIS little booklet deals with a number of subjects with which the farmer's wife is most intimately concerned. It contains chapters on Cooking, Buttermaking, the Canning of Meats and Preservation of Eggs, Laundry and Interior Decorating.

The various subjects are briefly and simply dealt with and an endeavour has been made to write the information in a manner which will fit in best with the equipment in the average farm home.

A farmer's wife has many problems to consider aside from keeping her house in order and feeding the family. In many homes she is the book-keeper, the mistress of the dairy, the home gardener, and the manager of the poultry flock. She must plan to reduce the actual cash outlay to the smallest necessary amount. The food produced on the farm is the best that can be secured and the astute manager who clings closely to a home-grown diet is not only building strong bodies but is observing the best means of eventually reaching success.

In addition to the ordinary work required of a farm homemaker many women to-day add to their revenue by the exercise of some talents such as sewing, knitting, baking or teaching music. Extra effort of this kind should be encouraged unless the work must be done at the expense of the welfare of the children.

In all the recipes given in this pamphlet it may be observed that the use of foods which must be purchased is avoided as far as possible. Even in the preparation of such dishes as porridge, cracked wheat can always be substituted for oatmeal and even whole wheat may be used to great advantage, either as a porridge to be eaten with milk or as a vegetable to be served with butter. As such it may with advantage replace meat in the diet of children.

To those who are new to the Country this booklet is especially commended as plain, simply worded and economical. The recipes are all tested, easy to follow and require little expenditure of actual cash as many of the ingredients are the product of the farm and garden.

As the homemaker is also keenly interested in all matters relating to poultry and egg production, turkeys, etc., attention is drawn to the Soldier Settlement Board collection of Dominion Department of Agriculture Bulletins on Poultry in which much useful information will be found.

CEREALS

Cereals include whole wheat, cracked wheat, oatmeal, corn meal and rice. Where plenty of milk is available these may form a valuable part of the family diet. They furnish energy and protein and are also important sources of mineral matter and vitamins.

For the preparation of these a home-made fireless cooker is valuable because they require long cooking, and unless this is done in a double boiler constant watching is necessary to avoid burning. Instructions for making a fireless cooker are included in this book.

CORN MEAL

$\frac{1}{2}$ cup corn meal
3 cups boiling water

$\frac{1}{2}$ teaspoon salt
Cook 1 hour

Boil the water, add the salt, sift the corn meal slowly, stirring to keep it from lumping, cook for a few minutes and if a double boiler is not available draw the saucepan to the back of the stove and cook slowly for one hour. It is a good precaution to place an asbestos mat under the saucepan to prevent burning.

ROLLED OATS

$1\frac{1}{2}$ cups rolled oats
4 cups water

1 level teaspoon salt
Cook 3 hours in a double boiler

There is rolled oats called "five-minute rolled oats" which has had previous cooking, but ordinary rolled oats requires long, slow cooking. This recipe may be used in preparing oatmeal.

WHOLE WHEAT

Whole wheat may be soaked over night in cold water and then cooked until soft in boiling water. A half hour before taking from the stove and after the grains are quite soft throughout add sufficient salt to take away the flat taste. If the salt is added before the grain is soft it will harden the wheat and no amount of boiling will soften it. Serve as a porridge with milk or cream and as a vegetable with butter. As a vegetable it may take the place of potatoes and is sufficiently rich in protein to replace part of the meat in the diet.

BEVERAGES

TEA

To make a good cup of tea requires care and skill. Bring the water to a boil and make the tea at once. Scald the teapot and allow one teaspoon of tea for each person. Pour over the tea a small quantity of boiling water and allow to stand closely covered for four or five minutes. Add the required amount of water and serve at once. If the tea cannot be all served pour it off the leaves into another pot until required. Tea should never stand on the leaves longer than five minutes or the tannin will be drawn out and tannin is injurious to the digestion. *Tea must never reach the boiling point*, so that as soon as the boiling water is poured on the leaves, the teapot should be set back where it cannot boil.

COFFEE

There are several ways of making good coffee but one will suffice. Allow a level tablespoon of coffee grains for each person. Mix the coffee with a little cold water and add the crushed shell of an egg. The egg shell helps to settle the grains. Add the full amount of boiling water required, place the pot over the fire and boil for a few minutes. When done lift the lid and pour in a little cold

water to settle the grains. About one coffee cup of water should be allowed for a tablespoon of coffee grains. The time of boiling varies with the size of the coffee. For medium sized grains boil about three minutes and set it back on the cooler part of the stove for about ten minutes before serving.

COCOA

Cocoa may be made with milk or half milk and half water. Put on the milk or milk and water to heat in a saucepan. Mix the dry cocoa with granulated sugar in the proportion of a half teaspoon of sugar to one teaspoon of cocoa. Mix them thoroughly as this separates the cocoa grains and will prevent lumping when it is added to the milk. Stir the cocoa and sugar into the hot milk, bring almost to a boil and add a few grains of salt. Beat the cocoa with a dover egg beater and before serving set it back for a few minutes where it will keep hot but not boil.

BREADMAKING

Good bread is an economical food. Poor bread which is not relished by the family is not economical. Good yeast and flour, correct temperature, care in handling and baking will always ensure good bread. The choice of yeast lies between dry yeast which keeps well and is in general use in the country, moist package yeast such as Fleishman's, or the liquid yeast which can be made at home. Dry yeast may become lifeless if it is held too long in the shops before selling, and for this reason the yeast should always be tested.

To Test Dry Yeast.—Into a half cup of lukewarm water drop the dry yeast cake which you are about to use. If it comes quickly to the top it is good, but if it remains in the bottom of the cup it should be thrown away as it will never make good bread.

To Set the Bread.—There are various stages in breadmaking. The first is the setting of the sponge, the ingredients of which are as follows:—

2 quarts lukewarm water in which potatoes have been boiled	4 level tablespoons sugar
1 dry yeast cake, such as "Royal"	2 tablespoons flour

Mix these all together after dinner and set away in a warm place until the next morning.

In the morning bring this to lukewarm temperature and add 2 *tablespoons* salt and flour to make a dough just stiff enough so that it will not stick to the moulding board or to the hands. It should then be kneaded for a few minutes and set to rise in a greased bowl until it is $2\frac{1}{2}$ times its first size. At this point it is ready to be moulded into loaves and set to rise again until it has risen $2\frac{1}{2}$ times its bulk, when it is ready for the oven. Bake in a moderate oven until the crust is of a light brown colour.

The amount of liquid stated will make four loaves. If a larger amount is desired the liquid must be added at the beginning and never the next morning after setting. When it is inconvenient to use the water that potatoes have been boiled in, the same result is obtained by boiling and mashing two medium sized potatoes to two quarts of water.

IMPORTANT POINTS IN BREADMAKING

1. Clean and scald the mixing pan before beginning to make bread.
2. Test dry yeast cakes before using.
3. Dough should rise $2\frac{1}{2}$ times its size at each rising.

4. The pan containing the bread should be set in a place where the temperature is warm (not hot) and free from drafts. To keep the sponge warm overnight it does not need to be near a fire but the bowl or pan containing the sponge should be covered with a lid and then wrapped up in old blankets or old quilts, or it may be set in a fibre tub and blankets or quilts wrapped round the tub. In very cold weather the flour should be warmed to room temperature before being added to the sponge.

5. When the bread is taken from the pans it should be set where the air can circulate round it freely. The custom of some housewives of covering with cotton cloth may destroy the sweet nutty flavour.

PARKER HOUSE ROLLS

2 cups sweet milk	1 teaspoon salt
3 tablespoons melted butter	1 cake Fleischman's Yeast or
2 tablespoons sugar	1 cup liquid yeast

Flour required

Scald the milk and add the butter, sugar and salt. Cool to lukewarm, add the yeast and beat in 3 cups of flour. When the dough doubles in bulk add sufficient flour to enable it to be moulded without sticking to the moulding board or to the hands. Allow it to rise again until its bulk has doubled. Roll out on the bake board and cut with a biscuit cutter. Brush each over the top with fat, crease down the centre, fold over and set to rise in the pan until very light. Bake in a hot oven about 15 minutes.

BROWN BREAD

1 dry yeast cake	$\frac{1}{4}$ cup sugar
1 quart potato water	1 cup white flour

Prepare at noon to bake the next day as for white bread. Next morning add:—

1 tablespoon salt	2 tablespoons butter or other fat
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup molasses

and sufficient white flour to make into a batter. Then add whole wheat flour or Graham flour until the dough is stiff enough not to stick to the board or to the hands. Finish the making and baking as for white bread by allowing it to rise until $2\frac{1}{2}$ times its bulk when it should be kneaded and placed in the pans to rise again until it is $2\frac{1}{2}$ times its bulk. Bake in a moderate oven.

Note.—White and whole wheat flour may be in the proportion of 1 part white to 1 part whole wheat, but if there is more whole wheat than white flour the bread will not rise as much as white bread.

Sugar may be varied to suit the taste of the family.

Molasses may be left out, but it gives a flavour and colour to the loaf.

SWEDISH ROLL

A Swedish Roll which may take the place of cake in the diet can be made at the same time that bread is being made. The sponge for bread having been set the day previous, one cup of this may be taken out next morning for the roll and the following method used:—

1 cup sponge for bread	1 egg (yolk only)
4 tablespoons butter	4 tablespoons sugar

and sufficient flour to make so that it will just mix with the aid of a spoon. Put into greased baking tin to rise and when light brush over the top with melted butter, stick into the top a few whole blanched almonds, and sprinkle a little cinnamon over it. Bake in a moderate oven.

QUICK BREADS

BAKING POWDER BISCUITS

- | | |
|---|------------------------------------|
| 2 cups flour | 1 teaspoon salt |
| 3 level teaspoons baking powder | Milk or milk and water to make of |
| 4 tablespoons butter or equal parts
butter and other fat | the consistency to roll out easily |

Sift the baking powder and salt with the flour into a mixing bowl and rub in the fat. This should be well rubbed so that the mixture is now grainy and even. With the milk make into a dough, using a fork or knife to combine the flour and the milk, and take care that the mixture is not kneaded much, or the biscuits will be tough. When ready to roll out work quickly so that very little time shall elapse between the time that the moisture is added and the time the biscuits are in the oven. Bake in a hot oven for about ten minutes.

When cream is available use it in preference to fat of any other kind. The method of making with cream is much quicker in the handling. Add the baking powder and the salt to the flour and wet up into a dough with the cream. Roll out and cut into biscuits and bake in a hot oven. Either sweet or sour cream may be used. If buttermilk is used the process is a bit different, but many prefer buttermilk biscuits to any other kind.

BUTTERMILK BISCUITS

- | | |
|---------------------------|---|
| 2 cups flour | 2 tablespoons butter or fat |
| 2 teaspoons baking powder | $\frac{1}{2}$ teaspoon soda in $\frac{1}{4}$ cup of butter- |
| 1 teaspoon salt | milk |

Combine as in the first method except that the soda is dissolved in the buttermilk. Use more buttermilk if required.

The tin upon which the biscuits are baked does not require to be greased.

All biscuits are better if they are made quickly so that there is a very short time between the making and the baking.

BRAN MUFFIN

- | | |
|-------------|--------------------------------------|
| 1 cup bran | 1 level teaspoon salt |
| 1 cup flour | $\frac{1}{4}$ cup sugar |
| 1 cup milk | 2 tablespoons melted butter, or half |
| 1 egg | butter and half dripping |

Mix and sift the flour, baking powder and salt. Add the bran and gradually add the milk, the beaten egg, and the melted fat. Bake in greased gem pans in a hot oven.

NUT BREAD

- | | |
|-------------------------|---------------------------|
| 1 egg | 3 teaspoons baking powder |
| 1 cup milk | 1 teaspoon salt |
| $\frac{1}{2}$ cup sugar | 1 cup of nut meats |
| 3 cups flour | |

Sift together the flour, baking powder, salt and sugar. Add the milk, the beaten egg and the nut meats. Place this in a well-buttered pan and allow to rise for forty minutes. Bake three-quarters of an hour in a moderate oven.

PAN CAKES OR GRIDDLE CAKES

- | | |
|--------------------------|--|
| 2 cups flour | $\frac{1}{2}$ teaspoon salt |
| $1\frac{1}{2}$ cups milk | $3\frac{1}{2}$ level teaspoons baking powder |
| 1 egg | 2 tablespoons shortening |

Beat well the ingredients and cook on a hot greased griddle. The pan cakes should be cooked well on one side before being turned; they should be turned once only.

Sour milk instead of sweet milk is to be preferred for pan cakes but in using sour milk $\frac{1}{2}$ teaspoon soda and 2 teaspoons of baking powder should be used instead of the usual quantity of baking powder.

DESSERTS

LEMON PUDDING

- | | |
|-----------------------------|----------------------------|
| 2 eggs | 2 tablespoons flour |
| $\frac{3}{4}$ cup sugar | 1 tablespoon baking powder |
| Rind and juice of one lemon | 1 level tablespoon butter |

Beat the egg yolk, butter and sugar together and add the grated rind and juice of the lemon. Mix well and add the milk and beat in the flour and baking powder sifted together. Last of all add the stiffly beaten egg whites, put into a greased baker, set in a pan of hot water and cook in the oven until set and a light brown. The best type of baker is a pyrex baking dish.

RAISIN PIE

- | | |
|-------------------------------|---------------------|
| 1 cup raisins | 1 teaspoon butter |
| 1 cup hot water | Pinch of salt |
| 1 cup brown sugar | 2 tablespoons flour |
| A little grated rind of lemon | |

Cook until the mixture thickens, cool and bake between pie crusts.

ROLY POLY

Prepare a biscuit dough, roll out until a little over $\frac{1}{4}$ inch thick. Spread with fresh fruit such as raspberries, strawberries or with jam. Roll up like a jelly roll and sew it into a piece of cheese cloth just a little larger than the roll. Steam $\frac{1}{4}$ hour and serve with lemon sauce or any good fruit sauce.

BAKED APPLES

The best of desserts can be made by carefully baking apples. Wash and wipe dry good sized apples. Take out the core and fill up the hole with sugar and seedless raisins. Add a small amount of water, cover the baker closely and cook until tender. Serve with cream if possible.

PASTRY

Use fine pastry flour.

Any good shortening will make an excellent pastry.

Have all the ingredients as cold as possible to handle well.

Do not work the pastry much or it will be tough.

Ingredients:—

- | | |
|----------------------------------|---|
| $1\frac{1}{2}$ cups pastry flour | $\frac{1}{2}$ level teaspoon baking powder, or less |
| $\frac{1}{2}$ cup shortening | |
| $\frac{1}{2}$ teaspoon salt | |

Rub these ingredients together until the mixture is even and grainy. Use a knife or fork to mix and gradually add enough very cold water to make a stiff dough. Again the warning: Do not mix these ingredients with the water any more than just what is necessary to make the dough hold together or the crust will be tough. Roll to about $\frac{1}{4}$ inch thick and spread over the pie tins. Trim the edges, put in the filling, add the top crust and bake in a hot oven. The top crust should be rolled to less than $\frac{1}{4}$ inch and some air holes made to allow the steam to escape.

Make sure that the crust is a bit larger than the pie tin to allow for shrinkage in baking. Press the edges of the top and bottom crusts together to prevent the escape of the contents.

For pies with one crust only—lemon, orange, custard, chocolate, caramel or butterscotch—put a meringue made of egg whites and sugar on the top and set in the oven to brown slightly.

BUTTERSCOTCH PIE

6 tablespoons butter	2 eggs
2½ cups scalded milk	4 tablespoons granulated sugar
3 tablespoons cornstarch	½ teaspoon vanilla
1½ cups brown sugar	

Line a small pie plate with pastry having a fluted edge. Melt the butter and brown sugar together, and cook until a rich brown. Then add the scalded milk and let heat until the sugar is dissolved. Beat the egg yolk slightly, add the cornstarch and pour the milk mixture over it gradually, stirring constantly. Add ¼ teaspoonful of vanilla, pour into the pastry lined pie plate and bake at 450 degrees F. for ten minutes to set the rim and then at 325 degrees for 30 minutes, or until the custard is firm. Then cover with a meringue made from the beaten egg-whites to which the granulated sugar and ¼ teaspoonful of vanilla have been added and brown at 300 degrees for 15 minutes.

APPLE PIE

Pare apples and slice them thinly rejecting the cores. Make a crust of plain pastry and line the pie plate with the bottom crust. Add the required amount of apples and flavour with cinnamon if desired and sufficient sugar to sweeten. The amount required will vary with the acidity of the apples. Cover with a crust and bake in a fairly hot oven until the crust is a light brown and the apples are cooked. If it is needed, a tablespoon of cold water may be added to the apples. With very juicy apples this is not necessary.

QUEEN PUDDING

1 quart milk	½ teaspoon salt
½ cup sugar	2 cups stale bread crumbs or ½ inch
2 eggs	inch bread cubes, or 1 cup dried
Grated rind of half a lemon	crumbs

Beat the eggs slightly and stir in the sugar, milk and salt. When the sugar is dissolved, stir in the bread and grated lemon and turn into a greased baking dish. Soak 1 hour and bake in a moderate oven until set in the centre.

CAKE MAKING**SPONGE CAKE**

3 eggs	½ teaspoon Cream of Tartar
1 cup pastry flour	½ teaspoon salt
⅝ cup sugar or 10 tablespoons	Vanilla to taste
½ cup water	

Cook the sugar and water to soft ball stage and pour over the beaten egg whites. Beat until cool, add the egg yolks and vanilla. Fold in the flour sifted with the salt and cream of tartar. Bake in an ungreased tube pan or in small patty pans.

TWO-EGG CAKE

½ cup milk	2 eggs
1¼ cups pastry flour	2½ teaspoons baking powder
¾—½ cup butter or fat	½ teaspoon salt
1 cup sugar	½ teaspoon vanilla

Cream fat and sugar. Add beaten egg. Sift dry ingredients together and add alternately with milk. Add flavouring. Eggs may be separated, beaten yolks added to butter and sugar mixture and stiffly beaten whites folded in last. One-half cup of fat makes a richer cake.

QUICK CAKE

Melt $\frac{1}{4}$ cup of butter in a measuring cup, drop in 2 eggs and fill up the cup with milk; turn into a bowl, and with a Dover egg beater beat for 3 minutes; then add 1 cup sugar and beat again. Sift $1\frac{1}{2}$ cups flour with 2 level teaspoons baking powder; add this, together with a little flavouring, and beat again. Put into two greased and floured layer tins and bake.

BOILED ICING

Put in top part of double boiler over boiling water on the fire, 1 cup granulated sugar, 1 white of egg (unbeaten) and 3 tablespoons cold water; beat with Dover egg beater for 7 minutes. Take off the fire, add a little flavouring, and beat until thick enough to spread.

DIVINITY ICING

$1\frac{1}{4}$ cups sugar	$\frac{1}{4}$ cup water
$\frac{1}{4}$ cup corn syrup	1 egg white
$\frac{1}{4}$ teaspoon vanilla	

Combine sugar, corn syrup and water. Cook to soft ball stage. Pour slowly over stiffly beaten egg white while beating constantly. Add vanilla and beat until almost cold and creamy to taste.

CHOCOLATE ICING

Melt 2 squares of unsweetened chocolate in a cup set in hot water. Add melted chocolate to divinity icing.

HERMITS

1 cup butter	1 teaspoon each of all-spice, cinnamon and nutmeg
$1\frac{1}{2}$ cups sugar	2 cups flour
3 eggs	2 teaspoons baking powder
1 cup raisins, stoned and chopped	

If too dry and liquid is required, add a little cold water.

Cream together thoroughly butter and sugar, then with a wooden spoon work in raisins and spices, then the well beaten eggs, then flour and baking powder, which have been sifted together. Roll out and cut with very small cutter. Bake in moderate oven about 10 minutes.

DATE SQUARES

$1\frac{1}{4}$ cups rolled oats	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{4}$ cups flour	1 cup brown sugar
$\frac{3}{4}$ teaspoon soda	$\frac{1}{2}$ cup butter

Filling: Boil for a few minutes $\frac{3}{4}$ pound of dates, 1 cup boiling water and $\frac{1}{2}$ cup sugar. Put half the oat mixture (or crumbs) in a greased pan and spread with the cooked dates. Cover with the rest of the oat mixture and press together. Bake 20 minutes. Cut, while hot, in squares.

COOKIES

2 eggs unbeaten	$\frac{1}{2}$ teaspoon baking soda
1 cup white sugar	1 teaspoon lemon extract
1 cup shortening ($\frac{1}{2}$ butter and $\frac{1}{2}$ fat)	Flour to make of required consistency.
2 tablespoons cold water	

Put into a mixing bowl the eggs, sugar, butter and other fat. Dissolve the soda in the cold water and add this to the other ingredients. Add the lemon extract. Mix all together with a wooden spoon and add sufficient flour to make of consistency that will roll. Do not mix any more than just sufficient to put the ingredients together. This should take about 3 cups flour. Roll thin and bake in a hot oven.

VEGETABLES

POTATOES

If good sweet milk, plenty of potatoes and root vegetables are available no woman need worry about good food for her family. There are the essentials for a wholesome diet and with them rich and varied meals may result throughout the winter. These two foods—milk and vegetables—are necessary in order to promote good health and proper growth.

The plainest article of diet we have is the common potato which few women use to best advantage. Potatoes may be cooked in a great many ways and be a continual surprise to the hungry family, or they may be served in an unappetizing way which only very hungry people want. To make the family want them often, variety in cooking and serving is necessary. Even the common ways of baking and boiling demand some care to secure good results. There is all the difference in the world in the taste of a dry mealy potato and a heavy waterlogged variety.

Baked Potatoes.—To bake potatoes well requires some care. Select those of uniform size, wash, wipe dry, and rub them over with a little fat before putting them in the oven. This makes the skin tender when baked and it may be eaten along with the inside of the potato.

As soon as a fork will easily penetrate the potatoes, remove them from the oven and break the skin on one side to allow the steam to escape. There is less loss in cooking potatoes this way than in cooking them by any other method, but by using many methods the daily meals are more varied.

Boiled Potatoes.—Boil in their jackets or pare and boil. When potatoes are boiled without paring very little food value is lost except such as the water dissolves and what adheres to the skin when peeling afterwards. If the potatoes are to be peeled before boiling do this as thinly as possible, put them into the pot, cover with boiling water and keep boiling until they are tender. Drain, sprinkle with salt which absorbs some moisture making them mealy, and leave the cover partly off until they are served. If they are preferred mashed a little milk or fat may be added. Beat well as soon as they are mashed to make them smooth and light.

Warmed-over Potatoes.—If you are going to warm for supper the cooked potatoes left from dinner, do it nicely. This may be an appetizing dish or a most unattractive one. Chop the potatoes evenly, place them in the saucepan over the fire and heat them evenly taking great care not to burn.

For seasonings, there may be added some finely chopped onion, a little fat, pepper and salt, some cress or chopped parsley. A good potato chopper may be made by taking a tin can such as a baking powder can, punching a few holes in the end to let the air escape and using a sharp edge to chop the potatoes.

Scalloped Potatoes.—Pare and slice thinly some potatoes and onions according to the amount required. Grease a baking dish and put into it a layer of sliced potatoes and a small quantity of sliced onion. Over these sprinkle salt, pepper and flour. Repeat with another layer of potatoes and onions and add more seasonings and sprinkle a small quantity of flour. Pour into this sweet milk until it can be seen coming up between the potatoes. Add bits of butter to the top, cover closely and cook until the potatoes are tender. This makes a good luncheon or supper dish. Pieces of bacon or chopped hard cooked eggs may be added to make the dish more substantial.

Potato Soup.—Boil and mash finely four potatoes. Heat a quart of skimmed milk. Melt two tablespoons of butter and add two tablespoons of flour, and when these are evenly mixed add to the quart of milk. To this add some grated onion, pepper and salt to taste and the mashed potato. Serve very hot. This makes an excellent supper dish and one that is always liked.

Brown Milk Gravy.—To be served with mashed potatoes.

2 tablespoons butter
2 tablespoons flour

1 cup ($\frac{1}{2}$ pint) milk
Salt and pepper to taste

Put into frying pan 2 level tablespoons butter and allow it to brown slightly. Add 2 level tablespoons flour and when it has been blended with the butter add one cup of milk and boil until thick. Season with salt and pepper and use as a gravy with mashed or boiled potatoes. A quart of this gravy and a pot of fine mealy potatoes makes the substantial part of a good winter supper.

Cream Sauce.—To serve with vegetables.

2 tablespoons flour
2 tablespoons butter

1 cup milk
Salt and pepper to suit the taste.

Put the butter into the saucepan, add the flour, salt and pepper when the butter is melted. Allow to cook until frothy, but not browned. Add the milk and cook until it is thickened.

Creamed Cabbage.—Shred fresh cabbage and cook in boiling water for 15 minutes. Serve with a cream sauce to which has been added grated cheese and a little cayenne pepper.

Baked Cabbage.—Mix some boiled chopped cabbage with a cream sauce. Put in a buttered baker. Sprinkle over the top with bread crumbs and put in the oven until the crumbs brown. Cheese may be added.

Creamed Onions.—Slice onions in thin layers and put in a baker. Cover with a thin cream sauce. Cook in the oven until tender when pierced with a fork. Remove from the oven, cover with a layer of buttered bread crumbs; return to the oven to brown.

Onions and Fish.—Slice and cook until tender any good cooking onions. Put in layers in a baking dish equal quantities onions and cooked fish. Sprinkle with pepper and salt and add a few bits of butter. Pour over this a cream sauce to almost cover. Sprinkle over the top buttered bread crumbs and put in the oven until the crumbs are brown.

USES OF MILK

For an infant milk forms a perfect food; for adults it is a valuable source of protein and mineral matter. It contains food factors which are necessary for growth and health. It is not only a beverage, it is an important food for people of all ages.

The farmer has a great advantage over the city dweller in that he can have fresh sweet milk at all times for his family. Its uses are varied and the food value is not lessened when the milk sours.

In addition to the use of milk in soups and beverages, other suggestions may be found in recipes which follow:

MILK TOAST

1 cup milk
1 tablespoon flour

1 tablespoon butter
Few grains of salt.

Melt the butter. Stir in the flour until smooth and frothy. Stir in the milk and cook, stirring constantly, until thickened. Add the salt. Pour over squares of dry toast. Let stand a minute or two and serve hot.

BAKED CUSTARD

2 cups milk
2 or 3 eggs
 $\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ cup sugar
Flavouring

Beat the eggs slightly and add the sugar and salt. Stir in the heated milk slowly. Strain into a buttered mould or into small buttered cups. Add flavouring. Place the mould in a pan of hot water, allowing the water in the outer dish to come almost to the top of the mould. Place in a moderate oven and bake until firm. This may be determined by running a silver knife through the custard. If the knife comes out clean, the custard is set. Remove at once.

The water in the pan should not be allowed to reach boiling temperature, or the custard will curdle.

For cup custards, one egg to one cup of milk is sufficient. A larger custard requires more eggs.

This custard may be covered and cooked in a steamer over boiling water instead of baked in the oven.

OYSTER STEW

1 cup oysters
2 cups milk
1 tablespoon butter

$\frac{1}{4}$ teaspoon salt
Pepper
3 tablespoons biscuit crumbs

Strain the oysters over a bowl. Pick over and rinse with cold water. Add the crumbs and oyster liquid to the milk and heat in a double boiler. Add the butter, seasonings and oysters and cook until the oysters are plump and the edges begin to curl. Serve at once.

CREAM OF TOMATO SOUP

2 cups tomatoes
2 slices onion
2 teaspoons sugar
1 quart milk
4 tablespoons butter

$\frac{1}{4}$ teaspoon soda
1 teaspoon salt
Pepper
4 tablespoons flour

Cook tomatoes, sugar and onion together for 15 minutes. Melt the butter and stir in the flour until smooth. Stir in the milk and seasonings and cook, stirring constantly until thick. Press tomatoes through a sieve and add the soda, then stir the tomatoes slowly into the sauce. Serve at once.

CHEESE SOUP

1 quart milk
2 or 3 slices onion
2 tablespoons butter
2 tablespoons flour

Yolks of 2 eggs
 $\frac{1}{2}$ cup grated cheese
1 teaspoon salt
Pepper

Scald the milk with the onion. Melt the butter in the top part of a double boiler and stir in the flour until smooth. Stir into this the heated milk and seasonings and cook in a double boiler, stirring constantly, until thick. Into this stir the beaten egg yolks. Cook one minute and add the grated cheese. Beat with a Dover egg beater and serve at once.

Egg yolks may be omitted but make a richer, more delicious soup.

LEMON SHERBET

1 quart milk
 $1\frac{1}{2}$ cups sugar

Juice of 3 lemons

Mix sugar and lemon juice and stir in the milk gradually. (The mixture will have a curdled appearance, but this will disappear in the freezing). Pour into the freezer can, pack and turn until it freezes.

WAFFLES

1 cup milk
 1 cup sour milk or buttermilk
 1 $\frac{3}{4}$ cups flour
 2 $\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ teaspoon soda

Salt
 1 egg yolk
 1 egg white
 2 tablespoons melted butter

Sift together the flour, baking powder, salt and soda. Combine sweet and sour milk. Add the unbeaten egg yolk and the sifted dry ingredients, then add the melted butter and beat thoroughly. Fold in the stiffly beaten egg white and cook on a hot greased waffle iron. Serve with lemon syrup or maple syrup.

LEMON EGGNOG

1 egg
 2 tablespoons sugar

Juice of half a lemon
 $\frac{2}{3}$ cup of milk and cream, half and half

Beat the yolk of the egg and the sugar and add the lemon juice. When the sugar is dissolved add the milk and cream.

The white of the egg should be beaten not too stiff and then added to the eggnog. This method cannot be used for a patient with stomach trouble as the beating incorporates too much air.

CREAM SOUPS

The foundation for all cream soups may be made as follows:—

2 level tablespoons butter or fat
 2 level tablespoons flour

1 quart milk

Melt the fat and add the flour. When blended add the milk and boil until cooked. Season to suit the taste with salt and pepper. For Cream of Vegetable Soups, add vegetables as below:—

Carrot.—1 cup cooked and mashed carrots and a little grated onion.

Onion.—1 cup mashed potatoes and $\frac{1}{4}$ cup grated onion.

Cream of Pea.—2 cups cooked and strained peas, or 1 can of peas cooked and strained.

Cream of Bean.—2 cups cooked and strained beans, 1 tablespoon grated onion.

Cream of Spinach.—1 cup cooked and strained spinach.

Cream of Corn.—1 can of cooked corn which has been put through a fine meat chopper.

Potato.—Boil and mash finely 4 potatoes. Heat a quart of skimmed milk. Melt two tablespoons of butter, and add two tablespoons of flour, and when these are evenly mixed add to the quart of milk. To this add some grated onion, pepper and salt to taste, and the mashed potato. Serve very hot. This makes an excellent supper dish and one that is always liked.

EGGS

Eggs, like milk, form a typical food, inasmuch as they contain all the elements in the right proportion necessary for the support of the body. Their highly concentrated, nutritive value renders it necessary to use them in combination with other foods rich in starch (bread, potatoes, etc.). In order that the stomach may have enough to act upon, a certain amount of bulk must be furnished.

METHODS OF DETERMINING FRESHNESS OF EGGS

1. Hold in front of candle flame in dark room. The centre should look clear.
2. Place in basin of cold water. They should sink.
3. Place large end to the cheek. A warmth should be felt.

METHODS OF KEEPING EGGS

1. Pack in clean, dry sawdust small end down.
2. Keep in lime water.
3. From July to September a large number of eggs are packed, small ends down, in cases having compartments—one for each egg—and often kept in cold storage for six months, then sold as cooking eggs.

BOILED EGGS

Have ready a saucepan containing boiling water. Carefully put in with a spoon the number of eggs desired, covering them with water. Remove saucepan to back of range where the water will not boil. Cook from 6 to 8 minutes if liked soft-cooked, 40 to 45 minutes if liked hard-cooked. Eggs may be cooked by placing in cold water and allowing water to heat gradually until the boiling point is reached, when they will be soft-cooked. In using hard-cooked eggs for making other dishes, plunge into cold water as soon as cooked. This prevents discolouration of yolks.

To be perfectly cooked, eggs should be placed and kept in water at a uniform temperature of 175 degrees F.

SCRAMBLED EGGS

5 eggs	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup milk	2 tablespoons butter.
$\frac{1}{2}$ teaspoon salt	

Beat eggs slightly, add salt, pepper and milk. Heat omelet pan, put in butter, and when it is melted, turn in the mixture. Cook until of creamy consistency, stirring and scraping from bottom of the pan.

SCRAMBLED EGGS WITH TOMATO SAUCE

6 eggs	1 slice onion
$1\frac{3}{4}$ cups tomatoes	$\frac{1}{2}$ teaspoon salt
1 teaspoon sugar	Pepper to suit the taste.
4 level tablespoons butter	

Simmer tomatoes and sugar 5 minutes, fry butter and onion 3 minutes, remove onion, add tomatoes, seasonings and eggs slightly beaten. Cook same as Scrambled Eggs. Serve with entire wheat bread or brown bread toast.

SCRAMBLED EGGS, COUNTRY STYLE

Heat omelet pan, put in 2 tablespoons butter, and when melted turn in 4 unbeaten eggs. Cook until white is partially set, then stir slightly until cooking is completed, when whites will be thoroughly set. Season with salt and pepper.

SCALLOPED EGGS

3 hard boiled eggs	1 cup buttered cracker crumbs or fine bread crumbs.
2 cups white sauce	
$\frac{3}{4}$ cup chopped cold meat	

Chop eggs finely. Sprinkle bottom of a buttered baking dish with crumbs, cover with one-half the eggs, eggs with sauce, and sauce with meat. Repeat. Cover with remaining crumbs. Place in oven on centre grate and bake until crumbs are brown. Ham is the best meat to use for this dish. Chicken, veal or fish may be used.

FRENCH TOAST

3 eggs
 $\frac{1}{2}$ teaspoon salt
 2 tablespoons sugar

1 cup milk
 6 slices stale bread

Beat eggs slightly, add salt, sugar and milk, strain into a shallow dish. Dip bread in mixture, cook on a hot, well-greased griddle. Brown on one side, turn and brown other side. Serve for breakfast or luncheon, or with a sauce for dessert.

STUFFED EGGS

Cut four "hard-boiled" eggs in halves crosswise, remove yolks, mash and add 2 tablespoons grated cheese, 1 teaspoon vinegar, $\frac{1}{4}$ teaspoon mustard, and salt and cayenne to taste. Add enough melted butter to make mixture of the right consistency to shape. Make in balls size of original yolks, and refill whites. Arrange on a serving dish, pour around 1 cup white sauce. Cover and reheat.

PLAIN OMELET

4 eggs
 $\frac{1}{2}$ teaspoon salt
 4 tablespoons hot water

1 tablespoon butter
 Few grains pepper.

Separate yolks from whites. To yolks add salt, pepper, hot water, and beat until thick and lemon-coloured. Beat whites until stiff, cutting and folding them into first mixture until they have taken up the mixture. Heat omelet pan and butter sides and bottom. Turn in mixture, spread evenly, place on range where it will cook slowly, occasionally turning the pan that omelet may brown evenly. When well "puffed" and delicately browned underneath, place pan on centre grate of oven to finish cooking the top. The omelet is cooked if it is firm to the touch when pressed by the finger. If it clings to the finger like the beaten white of egg, it needs longer cooking. Fold and turn on hot platter.

Milk is sometimes used in place of hot water, but hot water makes a more tender omelet. A few grains baking powder are used by some cooks to hold up an omelet.

To Fold and Turn an Omelet.—Hold the omelet pan or frying pan by the handle with the left hand. With a case knife make two one-half inch incisions opposite each other at right angles to handle. Place knife under the part of omelet nearest handle, tip pan to nearly a vertical position. By carefully coaxing the omelet with knife, it will fold and turn without breaking.

OMELET WITH MEAT OR VEGETABLES

Mix and cook Plain Omelet. Fold in remnants of finely chopped cooked chicken, veal or ham. Remnants of fish may be flaked and added to white sauce, or cooked peas, asparagus or cauliflower may be added.

BREAD OMELET

4 eggs
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup stale bread crumbs

$\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
 1 tablespoon butter.

Soak bread crumbs 15 minutes in milk, add beaten yolks and seasonings, fold in whites. Cook and serve as Plain Omelet.

FRENCH OMELET

4 eggs
 4 tablespoons cold water
 2 tablespoons butter

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon pepper

Beat eggs slightly—just enough to blend yolks and whites. Add the water and seasonings. Put butter in hot omelet pan; when melted turn in the mixture.

As it cooks, prick and pick up with a fork until the whole is of creamy consistency. Place on hotter part of range that it may brown quickly underneath. Fold, and turn on hot platter.

THE PRESERVATION OF EGGS

To ensure success:—

1. Preserve only absolutely fresh eggs, stale eggs will not keep in any preservative.
2. Have your preservative ready to receive eggs as you get them.
3. Eggs may be tested for freshness by candling, or by placing in a pitcher full of water. Fresh eggs sink. Stale eggs float or sink very slowly.
4. Do not preserve dirty or washed eggs. Washing removes the protective gelatinous covering. Dirty eggs will become tainted in flavour.
5. Infertile eggs preserve better than fertile eggs, and spring eggs better than summer and fall eggs.
6. Do not preserve thin shelled or cracked eggs. One broken egg in a crock may spoil all the others.
7. When removed from the preservative, wash the eggs if they are to be cooked in the shell. Gently pick at one end with a needle to prevent cracking in the boiling water. Care should be taken not to let the needle penetrate the inside membrane.

Lime-Water Method.—For 5 gallons of water use 1 pound of good quick lime. If the latter is old and not so strong, increase the amount. Slake the lime with a little water, and then add to the mixture enough water to make 5 gallons of liquid. Stir frequently for a few hours. Then allow to settle. Draw off the clean liquid and pour carefully over the eggs. Cover to at least one inch above the eggs.

The container may be covered with newspaper tied tightly down to prevent the action of the air, as this tends to precipitate the lime, thus weakening the solution. Store in a cool, clean place.

Water Glass Method.—Water glass may be purchased at almost any drug store, either in powdered form or in the form of a solution. Full directions are given on the package or can. In both cases directions should be followed very carefully in order to secure the best results. Cover the container tightly and keep in a cool place.

Container.—In both methods the stone crock makes the best container. A 4-gallon crock will hold approximately ten dozen eggs. Butter tubs or wooden candy pails will do for the lime-water solution, if they are first coated with hot paraffin wax. Store the crocks of eggs in a cool, clean place.

Dry salt has also been used successfully in packing eggs for winter use.

MEATS

BEEF STEW WITH DUMPLINGS

Beef bone and meat, about 4 pounds
 4 cups diced potatoes
 1 cup turnip
 1 carrot
 1 small onion
 $\frac{1}{4}$ cup flour.

Dumplings—
 2 cups flour
 4 teaspoons baking powder
 2 teaspoons butter
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ cup of milk
 (Make as biscuit dough)

Salt and pepper to taste.

Cover the meat with boiling water and boil five minutes, then lower the temperature and simmer until the meat is tender. Add the vegetables and seasonings and cook one hour longer. Make the dumplings and add to the stew. Cover closely and cook twenty minutes without once lifting the lid. Serve at once.

STEWED STEAK

1½ pounds steak
1 large onion
2 tablespoons dripping

2 tablespoons flour
¾ pint water
Pepper and salt.

Cut the steak into convenient pieces for serving. Put the dripping into a stew pan and make it hot. Peel and slice the onion and brown in the dripping, then lift it out and keep it on a plate while the pieces of meat are browned. (Brown one or two pieces at a time and allow the fat to reheat each time). Add the flour to the remaining dripping, adding the water a little at a time, stirring until it thickens. Season with salt and pepper. Add the meat and the onion to the gravy. Put on a tightly fitting lid, and simmer for two hours or two and a half hours.

SWISS STEAK

Take a slice of meat about 1 to 2 inches thick, lay it in a chopping board, sprinkle with flour, and with the edge of a plate pound the meat well. Turn it on the other side and do the same, sprinkling flour from time to time. Season with salt and pepper. Put a little dripping into the frying pan, make it hot, and brown the meat nicely on both sides. Prepare some diced vegetables, such as carrots, turnips, potatoes and onions. Put these vegetables into a casserole or a granite dish, add salt and enough water to barely cover. Lay the browned meat on the top of the vegetables, put on a tightly fitting cover and bake in a moderate oven for 2½ hours.

Note.—This is an excellent dish for wash day, as the meat and vegetables can be cooked in the same dish.

BROWN STEW OF RABBIT

1 rabbit
4 tablespoons butter or dripping
1 onion
¾ pint water

½ tablespoon flour
Salt and pepper
¼ pound fried bacon

Slice the onion and fry in half the dripping. Place in stew pan with the water. Have rabbit cleaned, washed and cut up. (It is advisable to pour boiling water over the rabbit and leave it until it is cold, as this helps to take away the wild taste). Roll joints in flour. Fry in the rest of the dripping. Add rabbit to the hot stock and simmer till tender. Remove joints, thicken gravy and season. Strain gravy over the rabbit. Arrange bacon around the dish.

Note.—If liked, the bacon may be stewed with the rabbit.

MEAT PIES

1 cup flour
2 teaspoons baking powder

Milk to make into a soft dough
1 tablespoon good cooking fat

Roll, and make two or three small holes in the top of the crust to allow the escape of steam.

Cut beef into suitably sized pieces and stew until tender.

Season the stew with onion, salt and pepper and thicken with flour—about 2 level tablespoons of flour for every cup of liquid.

Place the meat in a deep baking dish and cover with a good biscuit crust.

RELISHES

CATSUP

Two quarts ripe tomatoes. Boil and strain. Add 2 tablespoons salt, 2 cups vinegar, 1 cup sugar and $\frac{1}{2}$ level teaspoon cayenne pepper. Boil until thick. Pour into hot sterilized bottles. Put the corks in tight and apply hot paraffin to the tops with a brush to make an air-tight seal.

BEET PICKLES

Twist leaves and stalks from beets. Wash but do not cut roots or tops. Cover with boiling salted water and boil until tender, but not soft. Dip in cold water. Rub off skins and trim. If beets are small, leave them whole. Cut larger ones in halves or quarters, cutting lengthwise so as to retain as much of the juice and colour as possible. Fill hot sterilized jars with the beets and cover with a boiling hot pickle made of the following ingredients:—

$1\frac{1}{2}$ cups vinegar	$\frac{1}{4}$ cup salt
$1\frac{1}{2}$ cups water	$\frac{1}{4}$ teaspoon cayenne pepper
1 cup brown sugar	

Fill jars to overflowing. Seal and set away.

CHILI SAUCE

35 large tomatoes	6 cups vinegar
4 small red peppers	$2\frac{1}{2}$ cups sugar
10 average-sized onions	5 tablespoons salt

Chop onions and peppers together, add to other ingredients, and boil 3 hours. Bottle and seal.

CHOW CHOW OR PICCALILLI

1 medium cabbage	$\frac{1}{2}$ dozen cucumbers
1 cauliflower	(ripe or green)
3 quarts onions	2 heads celery

Note.—Red or green tomatoes may be added if desired. One or two green or red peppers. Prepare vegetables and chop each fine. Sprinkle with salt and let stand overnight. Drain off liquid. Make a sauce as follows:—

3 quarts vinegar	6 tablespoons mustard
3 or 6 cups sugar	2 tablespoons tumeric
$\frac{1}{4}$ cup flour	

Add cooked sauce to the vegetables and cook 10 to 15 minutes. Bottle and seal.

SUPPER DISHES

In many homes both in town and country dinner is the midday meal and a lighter though substantial meal is served between 6 and 7 o'clock. This is usually called supper. Sometimes cold meat or jellied meat is served with baked potatoes or scalloped potatoes, fruit and cake. Some supper dishes are given which are particularly suitable for the winter months. In summer, salads and fresh green vegetables are much preferred, such as sliced tomatoes and cucumbers, lettuce and tomatoes, corn on the cob, or a cream of vegetable soup.

JELLIED HOCK

Put on to boil pig's feet that have been scalded, cleaned and scraped, with the skin of the underpart of the foot and the claws removed. The hocks may also be added if a large quantity is required, and, in any event,

one large hock or two small hocks should be cooked with the feet. When cooked until the meat drops from the bone, cut into small pieces, add the liquor in which they have been boiled, discard all the bones and put the meat into moulds. Season well with salt and pepper. This will form into a firm mould of jellied meat and may be sliced and served as cold meat for lunch or supper.

HEAD CHEESE

Clean and scrape the head of pork and put on to boil with the liver and the pig's feet. Cook until the meat drops from the bone. Skin off as much of the fat as possible. Season well with salt, pepper and a little parsley. Put the liver through a meat grinder and cut all of the meat into small-sized pieces, discarding the bones. Put into pans or moulds.

Add the water in which the meat has been cooked and set away to cool. This becomes jellied and makes excellent cold meat to slice and serve at lunch or supper.

STEAK AND KIDNEY PUDDING

Wash kidneys in cold water, scald and remove the skin. Soak beef kidneys in salted water, one teaspoon of salt to one quart of water, from two to three hours.

Line a deep bowl with pie crust made as follows:—

1½ cups finely ground suet	¼ teaspoon salt
2 cups flour	Water to make into paste that will roll
1 teaspoon baking powder	

After the bowl is lined with this pie crust, fill it with beefsteak and kidney meat. This should take 1 pound of round steak and 1 pound of raw kidney diced in half-inch cubes. Add about one cup of cold water, salt and pepper to suit the taste, cover with pastry and then tie the bowl over with a cloth loosely and steam 5 hours.

VEGETABLE CHOWDER

1 cup diced raw potatoes	½ cup white beans which have been picked over and soaked 12 hours
1 cup diced raw carrots	1 teaspoon salt
2 cups tomatoes (raw or canned)	½ teaspoon pepper
2 tablespoons finely chopped onion	
4 tablespoons finely chopped celery	

Add sufficient water to cover vegetables. Simmer slowly until tender, at which time the water should be almost boiled away. Add 1 cup rich milk or cream, bring to scalding point. Serve hot. Serves 6.

CREAMED FINNAN HADDIE

Wash the fish and put on to cook in water which should be kept below a boil. Smoked fish need to be washed in one or two waters before cooking. Cook until tender and remove to a hot platter. Serve with a cream sauce made as follows:—

Into a saucepan put 2 level tablespoons of butter, add 2 level tablespoons of flour and when these are perfectly blended allow the flour to cook but not brown. Add 1 cup of milk and season with salt and pepper. Cook until smooth.

If the fish is a fresh fillet it can be cooked in the same manner but the sauce is improved by adding two tablespoons of lemon juice and the beaten yolk of an egg just before taking from the fire.

FISH CHOWDER

Any white-fleshed fish will make good chowder.

2 cups sliced potatoes	1 cup fish
½ cup chopped onion	

Slice thinly and cook the potatoes and onions in just enough water to keep them from burning. In a separate saucepan cook the fish and drain the water from it. Remove all fish bones. Mash the potatoes and onions and add the broken fish. Sprinkle all with salt, pepper and flour, and add 2 tablespoons of butter and a pint of milk. Allow to boil up and serve very hot.

MACARONI AND CHEESE

Cook $\frac{3}{4}$ cup of macaroni in boiling salted water until tender. Drain off water. Put the macaroni in a baking dish and add one cup of cheese sauce, which is made by adding $\frac{1}{2}$ cup grated cheese to 1 cup of white sauce. Cover with buttered crumbs and re-heat in the oven until brown. Rice may be served in the same way.

MACARONI WITH CHEESE AND TOMATO SAUCE

Instead of white sauce as in the last recipe, use tomato sauce made as follows:—

1 cup stewed tomatoes	1 tablespoon grated onion
$1\frac{1}{2}$ tablespoons flour	$\frac{1}{4}$ teaspoon salt
2 tablespoons butter	$\frac{1}{4}$ teaspoon sugar

SALADS

Green leafy vegetables should form a part of the daily diet of every grown person. The farmer and the poultry expert know that chickens must have a certain amount of green feed and it is equally true of growing children. Some of the vitamins which are present in fresh vegetables and green leaves such as cabbage, spinach and lettuce, are also present in milk. Children get some of the necessary vitamins from milk, but adults who do not drink much milk must find the essential factors for health and growth in fruits and fresh vegetables. A kitchen garden, even though small, should yield a most valuable part of the needs of the family for salad vegetables.

Some points are necessary in the preparation of vegetables and fruits for salads.

Lettuce, and other leafy vegetables should be carefully washed in very cold water; then drained and left where they will remain crisp.

The inner white crisp stalks of celery may be used for salads, the rest can be utilized in soups.

Cabbage should be shredded very finely, discarding the heart and the coarse part of the leaves near the heart.

Garnishes.—Sliced cucumber, radishes, parsley, lettuce, pimiento, hard cooked egg, tomato, beets, stuffed olives and cress.

SALAD DRESSINGS

The freshest and best salad is made at the table and dressed with oil and vinegar, but as many people object to oil several kinds of dressings are given below:—

COOKED SALAD DRESSING

4 tablespoons melted butter	1 teaspoon salt
2 tablespoons flour	1 teaspoon mustard
1 cup milk	Dash cayenne pepper
3 level tablespoons sugar	$\frac{1}{4}$ cup mild vinegar
2 eggs	

Melt butter in top of double boiler. Add flour, stir until smooth; then add milk. Cook until quite thick. Beat eggs slightly, add sugar, salt, mustard and cayenne pepper. Pour hot mixture over them slowly while beating constantly. Return to double boiler and cook until thick. Just before removing, add vinegar, and stir well.

FRENCH DRESSING

Have the lettuce and other vegetables in a salad bowl. Pour into the salad spoon vinegar to fill it and add pepper, salt and a teaspoon of sugar. Pour this over the vegetables turning them over with the fork and spoon so that the vinegar reaches all the salad. Fill the spoon twice with salad oil and pour it over the salad, taking the same care to see that the oil reaches all the vegetables. This must be done just before serving.

CONDENSED MILK DRESSING

2 eggs	$\frac{1}{2}$ teaspoon mustard
$\frac{1}{2}$ cup vinegar	Pepper
$\frac{1}{2}$ cup water	$\frac{1}{2}$ pint can of sweetened condensed milk
1 teaspoon salt	

Beat the eggs, add the vinegar and water, salt, pepper and mustard. Then add the contents of a can of condensed milk and beat the dressing well for about a minute. This will keep for two weeks in a cool place.

MAYONNAISE DRESSING

1 egg	2 tablespoons lemon juice
1 teaspoon salt	$\frac{1}{2}$ cup salad oil
1 teaspoon powdered sugar	Paprika
1 teaspoon mustard	Few grains cayenne pepper
2 tablespoons vinegar	

Into a cone-shaped bowl break the egg, and add the salt, powdered sugar, mustard, a dash of pepper and paprika, the cayenne and one teaspoonful of vinegar. Beat thoroughly with a good Dover egg beater, then add the oil, one tablespoonful at a time, beating thoroughly after each addition, until one-half cupful is added and the dressing is thick. Add lemon juice and remaining vinegar.

CANNING

The Theory of Canning.—The canning of vegetables in glass sealers in the home is comparatively a new art, and its success depends upon the application of certain well known laws; for instance, it is known that

1. All decays, moulds, fermentations and rots of foods are caused by minute forms of life known as bacteria, yeasts and moulds.
2. These minute forms of life exist in the atmosphere and are found in and on everything in nature, especially in and on food products.
3. After any food product, especially fruit or vegetable, has reached a certain stage of ripeness, these minute forms of life, if conditions are favourable, will increase exceedingly rapidly by feeding on the food and destroying it.
4. Sufficient heat for a sufficient length of time will destroy any form of life.

The Successful Practice of Canning.—First, the material to be canned must be subjected to enough heat to kill all those forms of microscopic life found in or on it. Second, after such forms of life have been killed the food product must be hermetically sealed to protect it from sources of re-infection, such as the atmosphere or the hands. The product will then keep indefinitely. This has been proved by thousands of experiments.

Non-success in household canning is due, therefore, either to insufficient sterilization or cooking or to imperfect sealing.

Some Explanations.—Modern canning depends for success upon heat, rubber rings and perfect jars. The one kills all decay organisms, the other keeps them out.

When "sterilization" is advised it means you are to boil in boiling water or steam long enough to kill the bacteria, moulds, etc.

When "perfect sealing" is advised it means you are to use a new rubber ring and a jar which can be depended upon to keep out all air.

If canning is done by the method which follows the products will keep for years.

THE "COLD PACK" METHOD OF CANNING

This is the most common method of handling the produce. Nearly all vegetables are canned this way. They are packed into the sealers cold and the cooking follows in one of three ways—single boiling, intermittent sterilization or pressure sterilization.

1. Single Boiling.—This is the commonest method. A large open kettle or wash boiler is used. Make a false bottom of slats to keep the jars off the bottom of the boiler to prevent breakage. The water in the boiler should come two inches over the top of the jars. Boil the time stated on the list following:

SOFT FRUITS.—Strawberries, raspberries, blueberries, peaches, apricots, sweet cherries. Grade, rinse, stem, pack whole, except peaches and apricots, which are cut in half. Peaches should be blanched and peeled. Use medium syrup. Sterilize peaches 15 to 20 minutes; others 15 minutes.

HARD FRUITS.—Apples, pears, crabapples. Grade, core, pack whole or sliced. Use thin syrup. Sterilize in ordinary boiler or steam cooker 20 minutes.

SOUR FRUITS.—Currants, plums, gooseberries, cranberries, sour cherries. Stem, rinse, pit, blanch 1 minute, pack whole. Use thick syrup. Sterilize 12 minutes.

GREENS.—Asparagus, spinach, cauliflower, Brussels sprouts, beet tops, Swiss chard, kale, dandelion. Blanch in steam 20 minutes, season to taste, pack tightly. Salt— $\frac{1}{2}$ teaspoon to 1 pint—and fill jar with hot water. Sterilize $1\frac{1}{2}$ hours.

TOMATOES.—Blanch long enough to loosen skin, core and skin, pack whole. Salt—1 teaspoon to quart jar. Fill jar with strained tomato juice. Sterilize 30 minutes.

PEAS.—Shell, grade, blanch 5 minutes, pack, shake down. Salt— $\frac{1}{2}$ teaspoon to pint jar. Fill jar with hot water. Sterilize 3 hours.

BEANS.—Snip off tips, rinse, cut in pieces if large, blanch 5 minutes, pack closely. Salt—1 teaspoon to quart jar. Fill with hot water. Sterilize $2\frac{3}{4}$ hours.

BEETS.—Clean well, blanch, preferably in steam, till skin is loose. Remove skin, pack whole or sliced. Salt—1 teaspoon to quart jar. Fill with water or with vinegar and water—1 part vinegar to 4 parts water. Sterilize $1\frac{1}{2}$ hours.

CARROTS.—Clean well, blanch 5 minutes, remove skin, pack. Salt—1 teaspoon to quart jar. Sterilize $1\frac{1}{2}$ hours.

2. Intermittent or Fractional Sterilization.—This method is the same as No. 1, except that the sterilization of the food is divided into three periods upon three successive days. If followed out properly there would be absolutely no failures. Thus instead of boiling 3 hours at once the jars are boiled 1 hour each day for 3 days. However, it requires more handling of jars, more fuel and more work, which is the disadvantage.

3. Pressure Sterilization.—This is carried out in a pressure cooker that can be closed and thus produce steam under pressure. This is the most effective and rapid method, but special apparatus is required. The advantage of the steam pressure method is that it requires shorter time and is more thorough. Small pressure canners can be obtained in which from 6 to 30 pounds pressure can be produced, but as these cost more than the average housewife cares to expend, instructions in this book outlining a canning method where ordinary wash boiler may be employed with a slat rack upon which to place the jars.

Other utensils recommended consist of enamel colander, wire strainer, glass measuring cup, large spoons, fruit masher, pint and quart measure, clean towels and glass containers.

SYRUP FOR FRUITS

Syrups are usually used in canning fruits, although it is not necessary. The thickness of the syrup depends on the kind of fruit with which it is to be used and the richness of the product desired.

The following table may serve as a guide:—

Thin syrup—use 1 cup sugar to 2 cups water

Medium syrup—use 1 cup sugar to 1 cup water

Thick syrup—use 2 cups sugar to 1 cup water

Boil the sugar and water in a covered saucepan for five minutes. Generally speaking, allow 1 cup syrup to each pint jar.

HOW TO SCALD OR BLANCH

Tomatoes, peaches or other fruit are placed in cheese cloth of double thickness and dipped into boiling water. In the case of greens, blanching greatly reduces the bulk and a full pack is then made possible. Scalding is for the purpose of loosening the skin, so that fruits like tomatoes and peaches, for instance, may be peeled easily.

Blanching is more thorough than scalding, and consists of leaving the product in a large amount of boiling water for a short time. Blanching gives a thorough cleaning and destroys all bacteria on the surface of the produce. It often helps to improve the flavour and in some instances it removes strong or objectionable odours or flavours. Blanched peaches and pears have a more transparent appearance, better texture and a mellow flavour.

For further instruction in canning, making jams or jellies, write for a free bulletin on canning to your provincial Department of Agriculture, or to the Dominion Department of Agriculture, Ottawa.

CANNING FISH

Fish may be canned at home and is equal in quality to that which is canned for trade. The glass jars are packed just as in canning meat and $\frac{1}{2}$ teaspoon of salt is added for each pint jar, 1 teaspoon for each quart jar.

The fish must be very fresh and cut in pieces of suitable size for the jar. For small fish the backbone may be left in, for the larger fish such as salmon remove the backbone.

Pack tightly in the jars till within a half inch of the top, add the salt, put on the glass tops and rubbers, screw on tightly and loosen a little. Put into the boiler with water two inches above the top of the jars and boil for 3 hours.

Tested jars, new rubbers, fresh fish, 3 hours of sterilization—these are the points to keep in mind for the successful canning of fish.

CANNING FRESH MEAT

Meat may be canned raw or cooked in any way desired, such as roasted, broiled or stewed. It should be in perfect condition, the glass jars should be sterilized, and the rubbers new and perfect fitting.

If raw meat is to be canned, cut it into suitable sized pieces to put into the glass sealers, pack them in tightly until within one-quarter inch of the top, add salt in the proportion of $\frac{1}{2}$ teaspoon to a pint jar. Do not add any water or other liquid. Put on the tops and rubbers. If screw top sealers are used turn the screw tops until they are very tight, then back a half turn. Put into the boiler with water two inches over the tops of the sealers. When boiling time is up, take the jars and screw the tops on very tightly. Count the time of boiling from the time that the water begins to boil.

Do not turn the jar upside down when cooling or the fat will rise, and when cold will remain at the bottom of the jar. Cool right side up and the fat on the top of the meat will make an extra seal.

Canned Beef.—1. Cut the pieces of tender cuts into good sized servings, pack tightly into clean glass jars to within three-quarters of an inch of the top, add 1 teaspoon for quart jar and cover. Boil from 4 to 5 hours. A piece of fat on top makes a seal when cool. Be sure the jars are wide mouthed. Have good rubbers and jars that seal perfectly.

Canned Beef.—2. Sear meat in cubes in hot fat, pack in jars and fill with rich gravy or stock, cover and sterilize from 3 to 4 hours.

Canned Pork.—Pork may be canned fresh, using the more lean parts, tenderloin, etc. Fry slightly, pack in jars with teaspoon of salt per quart and sterilize 6 hours.

Canned Chicken.—If chickens that are intended to be for the table are canned in the fall for home use and the surplus fattened and sold, there is a distinct economy in the board bill and this leaves more room for the remaining hens to exercise.

Kill, pluck and draw chicken, wash and cool.

1. Cut into sections, remove the bones and pack into glass jars. Add no water, use 1 teaspoon salt per quart, and sterilize 4 to 5 hours.

2. Boil until the meat drops from the bones, pack meat in jars and fill with liquid which has been seasoned. Sterilize 3 hours.

3. Cut into sections and bone, make a stock of bones seasoned with celery leaves, salt and pepper. Sprinkle pieces with salt and pepper, pack into jars, sterilize 2 hours. The second day fill jars with stock which should be melted, cover, boil 1 hour and seal.

CURING AND PRESERVING MEAT FOR HOME USE

On farms it has been customary to cure meat for home use. The process is easy and it can be done very satisfactorily. There must be a cool place for keeping the meat after it is cured.

Container.—A suitable container is a syrup or molasses barrel or any barrel which will hold water made scrupulously clean and free from taints. If an oil barrel is used it must first be burned out until free from odours. This may be done by putting into it some straw and turning the barrel upside down and setting fire to the straw. After burning, the barrel must be scrubbed until clean and ready for use. This process may have to be repeated if the odour of oil still remains.

Points in preparation:—

1. The meat must be in good condition and well killed.
2. The blood must be drained out.
3. The meat must be cooled but not frozen. This requires about 24 hours after killing.
4. Cut the meat in pieces of uniform size and trim off ragged and poor pieces.

Utensils:—

1. Use a molasses or syrup barrel. If a gasoline barrel is used the inside will require to be burned out and the barrel made free from odours.
2. It is necessary to have a rack of wooden slats placed on the top of the meat.
3. A heavy stone on this rack will serve to keep the meat submerged.

Smoking.—If the barrel is turned upside down over a slow smoking fire for about 12 hours before the brine and meat are put into it, the flavour of smoke will be absorbed by the brine and when the curing is complete the meat is smoked.

In hot weather watch the pickled meat closely. If it gets slimy or ropery pour the brine off, scald the barrel thoroughly, make a new brine, and after washing the meat very carefully immerse it in the new brine and weight it down as before. It should be ready to use after six weeks from the time it is first put in brine.

PORK CURING

Materials for 100 pounds pork:—

8 pounds salt
2 pounds sugar

2 ounces saltpetre
4 gallons water

Cut the meat into pieces of fairly uniform size, rub well with salt, and allow to remain over night. If this is done in the summer cover closely to keep from flies. Next morning pack well in a barrel, make a brine of the above ingredients and allow this to become cold before pouring over the meat. Have sufficient brine to entirely cover the meat, and place a rack of wooden slats nailed in cross sections which will serve to hold a heavy stone to keep the meat submerged.

Note.—If there are no facilities for weighing the salt make a brine adding salt until the mixture will float an egg or a potato. Two pounds of sugar is 1 quart or 4 cups.

CORNER BEEF

Cut into convenient uniform sized pieces. The meat must be thoroughly cooled but not frozen before being cut up.

Materials for 100 pounds of beef:—

8 pounds salt
4 pounds sugar
4 gallons water

2 ounces saltpetre
2 ounces baking soda

Sprinkle a layer of salt in the bottom of the barrel. Cut the beef into required pieces and closely pack a layer of beef, then a layer of salt, then another layer of meat, until all is packed—with a layer of salt on top. Allow to remain over night.

Boil the water, sugar, soda and saltpetre and allow to stand until cold before pouring over the meat. Place a cover of boards over the top and weight with a stone to keep all the meat under the brine. If any portions of meat protrude, rust will start and the brine will spoil very quickly. The meat should remain about 4 weeks in the brine before being used to allow thorough corning.

DRY SUGAR-CURED PORK

This method gives the cured pork a flavour that is preferable to that of plain salt pork.

Materials for 100 pounds pork:—

5 pounds salt
2 ounces saltpetre

2 pounds granulated sugar

Mix these thoroughly and rub the meat once every three days with a third of the mixture. After the last rubbing, the meat should be put in a barrel for a week or 10 days, when it will be cured and ready to smoke. In rubbing the meat with a salt mixture, take special care at the joint ends as meat spoils more quickly near the bone.

When the meat is thoroughly cured it can be smoked or it may be rubbed with smokine, a preparation which preserves the meat and gives the flavour of smoking. The meat when smoked should be carefully wrapped in cotton bags to keep free from flies, and hung in a cold, dry place.

PICKLE FOR HAMS AND TONGUES

1 gallon water
1½ to 2 pounds salt

1 pound brown sugar
1 ounce saltpetre

To this may be added 1 ounce of mixed spices—allspice, cinnamon, cloves and nutmeg, if desired.

Boil the mixture and cool it. Immerse the meat in it and allow to remain from 2 to 5 weeks, according to the size of the pieces. Completely immerse in the pickle, or the meat will not keep.

SPICED BEEF

Ingredients for 25 pounds of beef:—

1½ pounds brown sugar
1 pound salt
4 ounces black pepper
1 ounce nutmeg

2 ounces ground allspice
1 ounce cinnamon
½ ounce cloves
½ ounce saltpetre

Remove all bone and tie the meat into compact pieces of suitable size for boiling. Fill any cavities if desired with suet before binding. Rub the salt and sugar well into the meat, mix the other ingredients together and rub into the meat also.

Turn the pieces every day and see that the preservatives are rubbed well over every part. Put into a large stone crock so that the liquid that forms is retained.

This should be sufficiently cured and spiced ready for use in 3 weeks.

To cook.—Put into a baking jar or covered roasting pan and add some of the liquor that surrounds it. Add a quart of water and lay over the top of the meat strips of suet. Cover closely and cook in a moderate oven from 4 to 6 hours. Allow the meat to cool in the liquor in which it is cooked. Slice thinly.

USES FOR VARIOUS DOMESTIC FATS

The importance of keeping every ounce of usable fat cannot be too strongly emphasized, especially when prices of butter and the various kinds of domestic shortening are high.

Beef fat and pork fat from roasts are commonly used but many house-keepers fail to find uses for the fats having stronger flavours such as bacon, sausage and mutton fat.

Every pound of these fats used in cooking means a pound of butter saved.

MUTTON FAT

Because of its flavour mutton fat is usually relegated to the soap kettle, to the chickens or to the garbage pail. By careful treatment it may be used to save the more expensive fats, butter and lard, in cooking. The flavour may be modified by rendering in the following manner:—

Use 1 part good lard and 2 parts mutton suet. Put through a meat grinder or chop finely. Place it in the top of a double boiler, covering with one-half its weight of whole milk, or in a pan in a slow oven. For 2 pounds of the mixture of fats about one-half pint, or 1 large cup of whole milk will be required. Cook slowly in a double boiler or in a pan in a slow oven until the fat is separated from the tissues. Allow it to stand until cold when the fat may be removed from the top in a cake.

If both fats are fresh and of good flavour very little of the mutton flavour can be detected and the addition of the softer fats of the whole milk and leaf lard will overcome the hardness of texture.

SAVORY FAT FROM MUTTON

For each pound of carefully rendered mutton fat allow one onion, one sour apple and one teaspoon of mixed herbs or ground thyme. Tie herbs in a cloth bag or small piece of cloth. Cook these with the fat in a slow oven or very slowly in a pan on top of the stove until the apple and onion are thoroughly browned. Strain off the fat. In this manner a well-seasoned fat is obtained which may be used in place of butter in sauces for vegetables and in seasoning warmed potatoes or freshly cooked vegetables. Any combination of fats may be used in the same way. The cooking of vegetables and fruits in the fat seems to impart a good flavour to the fats. If sausage fat is added, omit the herbs.

Mutton fat or savory fat may be used in cake mixtures where molasses and spices disguise flavour and in quick breads and puddings to be served hot or in crust for meat pies.

BEEF FAT

Good sweet beef drippings may be used in pastry if an equal quantity of fresh pork fat or lard is used to soften the texture.

BACON DRIPPING

Bacon drippings are strongly flavoured but may be used in frying foods where the addition of the strong flavour is not objectionable. Meats and vegetables are often made more palatable by the use of bacon dripping in frying.

CHICKEN FAT

Chicken fat is a very good substitute for butter as shortening for cakes. Reduce the quantity about one-eighth, increase the salt and liquid in the mixture slightly to supply the salt and extra liquid found in butter and not in pure fat. It may also be used for deep fat frying.

GOOSE OIL

Goose oil may be used very satisfactorily for deep fat frying.

GOOD HOUSEHOLD DRIPPING

This may be made by combining fats in the following combinations:—

One part bacon fat and two parts mutton or beef fat.

One part lard or fresh pork drippings and two parts mutton or beef fat.

One part sausage dripping and two parts mutton or beef.

Five or six parts lard or pork dripping, three parts beef and one part mutton fat.

Any proportion and mixture of good sweet dripping may be used if the housekeeper is too busy to measure or weigh proportions. She should aim, however, to use sufficient of the softer fats to overcome the hardness of the beef and mutton fats. This may be used for frying, in plain pastry, in hot breads, steamed puddings and sauces.

TO CLARIFY FATS

METHOD 1.—Excepting where flavours are to be removed, fat may be clarified by pouring boiling water on the cold fat and allowing it to boil thoroughly; then setting it away to cool. The cold fat may then be removed in a cake. Any impurities will be found clinging to the bottom of this cake and should be scraped off.

METHOD 2.—Pour the hot grease into a vessel containing cold water. The fat will harden on the top of the water and impurities may be removed from the cake as in Method 1.

METHOD 3.—Burned flavours and other objectionable flavours may be removed by means of potatoes. Add a few thick slices to the melted fat. Heat gradually; when the fat ceases to bubble and the potatoes are brown, strain through a cloth placed in a sieve.

The addition of a pinch of baking soda whitens the fat and helps to keep it sweet. It is stirred into the hot fat after straining.

For lard use baking soda in the proportion of $1\frac{1}{2}$ ounces to 100 pounds, or 1 teaspoon for 8 pounds.

All cracklings from rendered fats and those fats too strongly flavoured for cooking should be saved for soap.

CARE OF MILK

On the Farm.—There should be great care in the handling of milk at the beginning. The cows need good care and clean stabling. Careful milking is required both as to cleanliness on the part of the milker and of the utensils. The pails require cleaning and scalding daily and it is best to use milk pails for this purpose only.

Milk requires to be carefully strained, cooled quickly and kept in a cool place. This is the method if the whole milk is sold, but if it is separated this should be done as soon as it is milked and the cream cooled at once and put in clean cans to be shipped.

The watchword of every person who has anything to do with milk, on the farm, in the dairy, during transportation or in the home, should be cleanliness.

In the Home.—In the home one may see an uncovered milk jug or a pan of milk exposed to dust and flies. This is doing a great wrong to the children or the grown-ups who must use it.

BUTTER MAKING

Care of Cream.—Cream for butter making should be of such richness that 1 gallon will make 3 to $3\frac{1}{2}$ pounds of butter.

Cream should be cooled to a low temperature immediately after separating, and before being mixed with older cream.

Cream should be stirred thoroughly each time fresh cream is added to the cream can.

Cream Ripening.—One method of ripening cream is to keep it sweet until the day before churning, then raise the temperature to between 60 and 70 F. and add about a pint of good-flavoured sour skim-milk or buttermilk for each gallon of cream.

Have the cream at churning temperature—52 to 60, or lower—for at least three hours before churning.

Cream ripened without the aid of a culture or starter will require longer time to develop sufficient acidity.

Cream may also be ripened by allowing the acid or souring to develop from day to day taking care not to have it over-ripe at churning time.

Cream when ready for churning should have a clean, mild, acid flavour and should be perfectly smooth—free from particles of dried cream or lumps of curd.

Churning Temperature.—Choose a temperature for churning cream that will bring the butter in nice firm granules in from 20 to 30 minutes. A range of temperature that will cover most farm conditions would be 54 to 58 in summer and 56 to 64 F. in winter.

Low churning temperatures may be used when we have such conditions as rich cream, not too much in the churn, succulent feed and cows fresh in milk.

Arrange to have the churn not much more than one-third full when using a barrel churn.

Always strain the cream into the churn, using a perforated tin strainer dipper or freshly scalded cloth.

Add colouring if it is required. From 1 to 4 drops of colouring per pound of butter will be sufficient.

Churning.—Revolve the churn at the rate that the cream gets the best drop, remembering to pull the plug 2 or 3 times during the first few minutes to let off the gas.

When the butter granules commence to gather and are about one-half the size of wheat grains, add about one-quarter the amount of cold water of the original amount of cream, i.e., $\frac{1}{2}$ cup of water to every pint of cream.

After drawing off the buttermilk, rinse the butter with two or three quarts of cold water before putting on the wash water.

Washing.—In winter it will be necessary to temper the wash water taking into consideration the condition of the butter and the temperature of the room. Never use water below 40 F.

Put on as much water as there was cream, revolve the churn rapidly 10 or 12 times, then allow the water to run off.

Salting.—Salt at a rate of $1\frac{1}{2}$ ounces per pound of butter. Brine—or salt dissolved in water—is often used in hot weather, as it hardens the butter. Do not leave butter in the brine longer than 20 minutes or the colour will be spoiled. When dry-salting, sprinkle the salt finely among the butter grains and do not begin to work the butter until all salt has been dissolved.

Working.—The object of working is to separate the moisture from the butter by means of pressure, *not friction*. At all costs avoid any movement which will make the butter greasy, and do not touch it with the hands. Press out with wooden pates or a clean cloth on to a wood board or bowl.

Making Up.—When making up into 1 pound bricks, pack solidly, since any air spaces left in the centre will cause rapid deterioration.

Packing for Winter Use.—Points to remember in packing butter:

1. Use only freshly soured cream for churning.
2. Work well, and leave over night, then work again to expel all possible moisture.
3. Salt rather more heavily than for ordinary use.
4. Pack in a crock or some vessel which has been thoroughly scalded out.
5. Pack carefully and very solidly.
6. When the crock is full to within 1 inch of the top, smooth off carefully and cover with butter paper, or a freshly scalded and cooled cloth. Above this, place $\frac{1}{2}$ inch or more of salt.
7. Store in a cool place.

VEGETABLE GARDEN

Location.—The garden should be near the house. The oversight often falls to the women of the family and it is an economy of time to have it near. An additional economy of time and labour is secured by surrounding the garden with a fence that will keep out horses, cattle, pigs and chickens. The size depends upon the family needs and the ability to cultivate, for it is useless to plant a garden unless it can be carefully cultivated.

Fertilize a piece of land intended for a garden and plant it to a hoe crop such as potatoes. The constant cultivating will put the soil in good condition.

In the early fall put on a dressing of well rotted barnyard manure and early the following spring it should be plowed and disced. The soil should then be ready for the seed.

Seed.—Select good seed and have as great variety as can be managed—potatoes, beans, peas, carrots, tomatoes, beets, onions, parsnips, cabbage, swiss chard, turnips, cabbage, lettuce and radish.

Have a part of the garden with permanent vegetables such as rhubarb, asparagus, artichokes, and start early to have currants, raspberries, strawberries, and gooseberries.

Sow in rows about 36 inches apart to allow cultivation. There are some exceptions to this rule:—

Tomatoes and celery, 4 feet apart.

Melons, cucumber, squash and pumpkin, 8 feet apart.

Lettuce and radishes, 1½ feet apart.

Sow peas and beans at intervals of 2 weeks and do not sow beans until the ground is warm.

Sow corn about the first of June.

Plant cabbage, cauliflower, and brussels sprouts from June 1-15.

Set tomato plants out from June 1-15. Pinch off the branches as they start to develop in the axles of the leaves. Tie the plant to a stake and allow from 3-5 fruit stems to develop on each plant. Tomatoes are very desirable vegetable for the family and to feed the poultry on, on account of their vitamin content.

All instructions necessary to making an excellent garden may be had free from the Provincial or Federal Department of Agriculture.

Small Fruits.—Every farm should grow small fruits, currants, gooseberries, raspberries, strawberries, and have at least a small patch of rhubarb. Some start very well but soon allow grass to grow around the bushes and this forms a check to their growth. They need careful pruning, plenty of moisture, good cultivation and spraying to kill insects that may destroy the shrubs or plants.

Strawberries.—Set the plants 18 inches apart in rows 4 feet apart. Allow about 12 new plants to set from each parent plant.

In the fall cover with straw or strawy manure. Soft marsh hay will do if this is not available. Keep the space between the rows free from weeds.

Raspberries.—These are propagated by young plants which grow from the roots or from a branch bent over to the ground and buried in the earth. It will take root in this way. The berries grow on the wood of the previous years growth and old canes should be cut out each year.

Currants.—These are propagated by means of cuttings. They need good cultivation and spraying to prevent destruction by insects. There is a difference in the hardiness of the varieties and a good deal of study is required to insure success. It is well worth all the effort for currants make a valuable addition to the family larder. They are usually saleable in the season.

Gooseberries.—Gooseberries are easily grown, but only the best varieties should be tried. The fruit may be used either green or when ripe.

LAUNDRY

Use method with your washing and much time and energy will be saved.

1. Mend any tears or rips before putting the clothes into the wash. The rubbing may make the holes larger. Mend the stockings after they are cleaned.

2. Sort the clothes. White clothes—table linen, bed linen, and personal garments. Coloured clothes—cotton and woollen.

Soak the white clothes over night if they are very dirty, but if not, rub soap on each article, roll up tightly and place in a tub of warm water. Then clean up the morning dishes and tidy the bedrooms. When this is done add some hot water and begin washing the white clothes. It is poor economy of time and soap to use dirty soapy water. It should therefore be changed as often as it is needed.

Many people wash woollens in the soapy water left from the white clothes. This is not to be advised, though it often works out all right. Woollens absorb the water and hold it longer than cottons. It should therefore be clean and soapy to begin with and all woollens are better of two or even three waters, each having less and less soap. The water temperature of woollens must be kept fairly uniform and washing from one to the other should be rapid.

TO SOFTEN HARD WATER

1. The night before washing day fill tubs with hard water and add to a tub of water 2 tablespoons of lye. Stir it well and let stand until the following morning. Dip the water out carefully without stirring up the sediment in the bottom of the tub.

Use the utmost caution with lye as it is a very strong alkali and it must be kept out of the reach of children.

2. Some forms of hard water are made softer by boiling.

3. Washing soda added to hard water acts as a softener.

4. A cup of javelle water to a tub of hard water will soften it sufficiently for washing purposes.

Note.—Whenever a softening agent is used the utmost care must be taken to see that all traces of washing soda or javelle are washed out or these will rot the fabric. The same precaution in each case may be taken; add two tablespoons of vinegar to the last rinsing water.

HARD SOAP

1 can Gillett's Lye

5½ pounds fat

METHOD.—In an earthenware or iron pot empty a can of lye and add 2½ pints of cold water. Stir with a **wooden stick**. Cool. Melt in a granite kettle 5½ pounds clean fat. The fat must not contain salt. When it is cool, but still liquid, pour the lye into it slowly, stirring until it is as thick as honey, when it should be poured into a box lined with cotton.

Great precautions should be taken in handling lye. It will destroy the surface of tin or aluminum and must not be allowed to touch the hands nor should the dust from turning out the can be allowed to reach the eyes.

Wash the hands very carefully immediately after using it, with water containing a tablespoon of vinegar.

Keep the can of lye out of reach of the children.

A better quality may be obtained from the following ingredients:—

5 pounds clarified fat

1 quart cold soft water

1 can Gillett's Lye

½ cup borax

¼ cup ammonia

METHOD.—Melt the fat and allow it to cool until it becomes cloudy (warm to the hand). Put the lye and borax into a basin and pour on the cold water, then add the ammonia. The action of the lye will heat the water and this should be allowed to cool to the same temperature as the clarified fat. **Add the dissolved lye to the fat.** Stir slowly until the whole becomes the consistency of honey. Pour into a box lined with a wet cloth. Leave standing in a warm place for a day or two before putting away.

Be sure that the right proportions are used, the temperatures right, and that you do not stir too long. If through error it will not harden, add water and boil up the whole into soft soap.

Always pour the lye into the fat—**Never** the fat into the lye.

SOFT SOAP

Soft soap is made from the lye obtained from wood ashes. Run water through a barrel of ashes and catch the lye in an iron pot. This lye can be made to drip through a hole bored in the side of the barrel near to the bottom.

The soap is made in an iron kettle over a fire out of doors and it requires a great deal of care to have it made correctly. The pot is suspended over a fire and the lye is poured into the pot, then the grease which has been accumulated is added, and the contents are boiled until of proper consistency. Any kind of fat and bones can be used. A certain amount of water must be added from time to time. If it is found to be too sharp, that is, too alkaline, more fat must be added; if too greasy, more lye. A long stick used constantly will be necessary for stirring.

This soap is kept in a keg or barrel and is excellent for washing woollens or for any kind of cleaning.

WASHING WOOLLENS

To prevent shrinkage in the washing of woollen goods some things are necessary to keep in mind:—

1. The water from beginning to end of the process should be of fairly uniform temperature. It will not do to wash woollens in hot suds and immediately plunge them into cold rinsing water. Have rinsing water of the same temperature as the soap suds.

2. Soap should not be rubbed on woollens. The soap should be melted and poured into the water before the woollens are put in.

3. If possible use a wringer for woollens; shake out well before hanging to dry.

4. If the water is hard the softening agent should be borax or ammonia. These are mild and will not injure the wools.

WASHING BLANKETS.—Shake out as much of the dust as possible before starting to wash blankets. Make a good soap suds and put in one blanket at a time. Wash by squeezing and work quickly. As fast as the water becomes dirty change to clean suds and rinse in clean water of the same temperature as the soap suds. After wringing out the water shake well to make them fluffy and hang them to dry in the sun.

Choose a warm, dry, sunny day to wash the blankets.

TO REMOVE STAINS

Fruit.—Do not put soap on fresh fruit stains, but pour clear boiling water on them as soon as they are made. If this does not take the stain out rub on lemon juice and place it in the sunlight.

Tea and Coffee.—Pour on boiling water before the stain is dry. Bleach old stains with javelle water or washing soda.

Grease.—Gasolene, benzine or turpentine should remove grease stains. Place the garment on a towel or pad of cotton and rub the gasoline on until it has all disappeared. Unless this is done it may leave a ring. Do not use gasoline in a room where there is a lighted lamp, or a fire in the stove.

If the grease stain is on cotton wash well with naphtha soap. This soap dissolves grease and does not bleach coloured goods.

Paint.—Rub on turpentine while the paint is fresh and wash with very soapy water containing a little kerosene.

Mildew.—Soak in buttermilk or sour milk and place in the sun to dry. If the stain does not disappear repeat the process. Wash and dry in the sun.

Blood.—Soak in cold water and salt. Then wash with warm water but never plunge cloth with fresh blood stains into hot water.

Iron Rust.—Wet the stain with lemon juice and cover with common salt, and place it in the sunlight. Repeat if necessary.

JAVELLE WATER

This is a bleaching solution for white cotton and linen clothes and should only be used in granite vessels as the lime destroys tin or aluminum.

Javelle water is excellent to use for stained white clothes or for white clothes which have become a bad colour.

To make javelle water, place one pound of washing soda in a granite pan and dissolve it in a quart of boiling water. Let cool. Dissolve one-half pound of chloride of lime in two quarts of water in a granite pan and let settle. Pour the clear liquid into the soda solution. After the combined mixtures settle, pour off the clear part and bottle it. Keep the bottle in a dark place.

One cup of javelle in a boiler of soapy water is sufficient to bleach white clothes that are discoloured. Do not boil more than ten minutes, and rinse in two waters. In the last water add about 2 tablespoons of vinegar. Javelle water is very strong and will destroy the fabric unless all of it is washed out. The acid of the vinegar destroys its action and preserves the fabric.

Note.—Do not use for white silk or it will become a dark yellow.

FLOOR FINISHES AND THEIR CARE

METHOD 1.—This may be used for either hard or soft wood floors or for linoleum. It produces a very good finish on floors after repeating once or twice a month for several months. The process may seem tedious but the final result is good. It has the advantage over the waxed floor in that water dropped on it does not leave a spot as it does on a waxed floor. It makes linoleum softer and more pliable and adds to its durability.

Have the floor clean, dry and free from dust.

Mix boiled linseed oil and turpentine in equal parts. Warm by setting the vessel containing the mixture in a basin of hot water. When applied warm, it spreads more evenly and is more readily absorbed by the wood.

Apply with a brush or piece of old cloth, rubbing it well into the floor, Begin at the point farthest from the door, keeping off the oiled part.

Let it stand an hour or longer to dry. Best results are obtained when it can be left three hours or more before polishing.

Rub the surface briskly with a piece of woollen cloth or with a folded flannel cloth under a weighted brush. Rub until all moist oil has been removed and a polish results.

A very good substitute for a weighted brush is made by rolling a piece of old carpet into a firm hard roll, having the woolly side out and fitting it into the jaws of an old mop stick. This is satisfactory for polishing waxed floors as well as oiled floors.

Floors finished in this way retain the finish best when cleaned by rubbing with a mixture of equal parts of kerosene and turpentine, and allowed to stand for an hour or two and then polished. Soap and water remove the oil and the floors will require frequent treatments.

New floors require to be treated with the oil frequently until a good bright coloured stain results. Use a little less turpentine for the first application on new boards. Persistent treatment by this method produces a fine finish which is less slippery than a waxed floor.

METHOD 2.—Treat a new floor with an oil stain or mixture of oil and turpentine given in Method 1. When thoroughly dry apply a coat of shellac. Let it stand until this is thoroughly dry and apply a coat of a good varnish. Apply in thin, even coats, or apply two or three coats of a good varnish stain, allowing each coat to dry thoroughly before applying another one. This produces a hard shiny finish. The difficulty experienced with this finish is that it is likely to scratch and mar very quickly.

Clean by washing with warm, not hot water, to which has been added a little kerosene. Wipe dry.

Wax is sometimes applied to a varnished floor giving it a softer lustre.

WAXING A FLOOR

Floor wax may be bought prepared under various trade names, or may be prepared at home using the following formula:—

Melt $\frac{1}{4}$ pound beeswax over water and when melted remove from the fire and add 1 pint of turpentine. Stir until the mixture is like a thick batter, when it is ready to put into a jar and be used as needed.

Floor must be clean and free from dust. To apply evenly wax should be warmed to be thinned so that it will spread evenly. This is done by setting the can of wax in a shallow pan of boiling water. Apply a thin coating with a small piece of flannel cloth. Begin at farthest corner from the door so that it is not necessary to walk over the waxed portion.

Let stand an hour or longer before polishing. Polish with weighted brush or substitute recommended for polishing oiled floors, or polish by rubbing with a folded flannel cloth, rubbing the length of the boards rather than across them.

Clean with turpentine and kerosene mixture and re-wax. Floors treated by this method require considerable care as they need to be waxed frequently, to keep them in good shape.

This wax may also be used on table tops.

LINOLEUM OR OILCLOTH

Oilcloth and printed linoleum may be protected by applying a coat of varnish two or three times a year or whenever it is worn off.

The better grades of linoleum known as inlaid are of cork composition. If properly laid and frequently oiled or waxed they will wear indefinitely. Though it costs considerably more it is worth the additional cost to have it sealed or cemented to the floor. This eliminates any danger of water getting to the underside to water-soak it causing it to swell and buckle. Cut to fit the floor. Allow it to remain on the floor without tacking until it is stretched. Then refit and cement down.

Clean by scrubbing with a mild soap or with water to which has been added a little kerosene. Milk is sometimes recommended but tends to leave the floor sticky which attracts flies and other insects:

GENERAL HINTS

FIRELESS COOKER

Box 18" by 18" by 24", with hinged lid and a fastener, not necessarily a lock. A staple makes a convenient fastener.

Inside—12 inches from the bottom place a beaverboard shelf that fits exactly, with a circular opening 9 inches in diameter to admit a pail with lid, preferably gray enamelled pail (lid may be of tin). The pail should fit very closely and be wrapped around with asbestos and all other space under the shelf closely packed with excelsior. Over this and up to the lid of the box a cushion, stuffed with excelsior, of dimensions about 6" by 18" by 24".

Note.—If no excelsior is available, clean dry hay will serve. Instead of beaverboard, a thin wooden board or piece of very stiff cardboard may be used. and instead of asbestos a thick flannel or woollen cloth.

The object of a fireless cooker is to conserve the heat already in the food. With such foods as porridge, meat stews, etc., they should be heated to boiling temperature and cooked a few minutes over the stove. For this use another pail or pan which fits closely into the pail in the fireless cooker. Put this pan containing the food into the pail of the fireless cooker, cover closely and replace the cushion. The heat already in the food will be retained and thus finish the cooking. This will take longer but the food will not require careful watching as there is no danger of burning and no waste of fuel.

BED COMFORTERS

To prepare sheep's wool for bed puffs: Those who keep sheep can easily make comforters that are light and warm. The wool should be placed between firm cotton covers and not soft cotton or woollen goods, as the fibres of the wool work their way through soft fabrics.

Method: Soak and wash wool in warm water and soap. Put on the stove a wash boiler about half full of soapy water. Boil the wool in this, stirring often to get the grease out, then rinse till the last water is clear.

After boiling, you will find the wool very slippery and hard to lift out of the boiler. A large meat fork may be used, but a better way is to take it out of doors, and empty into a basket and drain before rinsing.

After rinsing spread on the grass to dry, and when dry "pick" to get all seeds and sticks out of it. For this process use a pair of hand carders such as our grandmothers used to make wool into bats. Then lay it evenly over the lining of the puff, put on the top, and finish by quilting in the ordinary way.

About three pounds of wool are required to make a good puff. If too much wool is used it is very difficult to quilt, and if it is quilted too closely it is not so soft and puffy.

FEATHER COMFORTERS

Use any close firm cotton of light weight to hold the feathers. Stitch two thicknesses on the sewing machine at intervals of about ten inches. Leave these open at one end. Fill each tube in turn with clean feathers. Hen's feathers will do. Do not put in enough to make the comforter stiff. Cover with any pretty chintz and tack down at intervals. These take the place of down comforters and the covers can be detached and washed.

TUFTED BEDSPREAD

Purchase 2½ yards of heavy, unbleached sheeting 2 yards wide. Put this into quilting frames as if to quilt.

For the tufts use cotton warp or very soft knitting cotton. If it is desired to keep it all white use the cotton warp as it is, but if a colour is required the cotton yarn must be first dyed, though the coloured cotton warp can be pur-

chased. When the sheeting is well stretched in the frames, draw or stamp the desired pattern in pencil before beginning the tufting. Unbleached sheeting shrinks when washed and the meshes become closer, so all that is required to hold the cotton is to draw it through the cloth and cut the loops on top. To ensure evenness use an ordinary sized lead pencil, place it flat over the spot and with a big darning needle threaded with the cotton yarn sew up and down at one spot over the pencil a definite number of times until there are as many strands as is required to give the tuft when cut. Pull out the pencil and cut with sharp scissors the threads that were over the pencil, thus making a tuft, repeat the process until the design is completed. This kind of bed spread is very durable and easily washed.

THE WOOD PILE

Fuel in some districts is wholly of wood, and where this is true it is possible to judge of the nature of the provision for home management by the size and character of the wood pile. A good provider does not wait until a fire has to be made to get the fuel ready. The green wood is drawn out in the winter, cut into suitable size for the stove and furnace as soon as possible, allowed to dry in the sun and then it is piled up under shelter for the winter. When you see a bare wood pile or one with only a few poor sticks you can easily come to the conclusion that the woman in that home is none too happy and the man is not a very wise provider. It is just as easy to think and plan ahead and is much better for the whole household.

FARM TOOLS

Good farming requires good equipment but this is not complete when the ploughs, the harrows and reaping machines are bought. The farmer that is the most economical has a good set of tools, axe, saws, hammer, screw-driver, wrench, files chisels, plane, jack, measure, square and many small tools for special work. Everyone knows that these are in constant demand. The board loose on the barn or the shed, the break in the stable floor, the screw out of the hinge of the gate, these are samples of what is met daily. Repairs made at once prevent loss or damage but if left for a time the cost of mending is greatly increased. A place for tools and tools kept in good condition are indications of a careful farmer.

FENCES

Keep up the fences, do not wait until they are badly broken. The work of the whole summer in your garden and all the fine vegetables may be lost in one night's raid by the hungry cows. A good garden is too valuable to be lost through carelessness.

BANKING THE HOUSE

In the fall when the fruit and vegetables are stored in the cellar and when winter is approaching, the house should be banked as a precaution against severe frosts. This is often left until too late. It may be done with sods, with earth or strawey manure. In the spring when the danger from frosts is past this can be spread upon the land. The banking of the house not only protects the vegetables from frost but by preventing drafts it makes the floors warmer.

OLD NEWSPAPERS

Old newspapers may serve many purposes besides that of kindling a fire. Each housewife has her own methods of saving work by the use of them. Cut out any helpful hints and paste them in a book; these may be forgotten very soon unless so kept.

Spread newspapers on the table when you are going to do some dirty work such as drawing a chicken, cleaning knives, or washing up pots and pans. Otherwise these may leave a mark on the table that is difficult to clean.

If you have a greasy frying pan or roasting pan to wash, rub off the grease with an old newspaper before washing the utensil with soapy water. Save the greasy paper to light a fire.

Rub the top of the stove with a paper dipped in water before starting to polish it and spread papers under and in front of the stove while cleaning it.

CRACK FILLER

Soak newspapers in water until soft, add more water and boil until the paper is in a soft paste.

To every quart of this paste add 2 level tablespoons of Plaster of Paris to make a lasting filler. Work into the cracks with a blunt knife, as with putty.

TO COVER OLD FLOORS

Some floors are old, rough, and have cracks that let the wind blow through. A floor like this is hard to clean.

A good cover can be made by nailing strips of roofing on the floor and giving it about two or three good coats of paint. The roofing will last longer and be much warmer if felt paper is laid under it.

This wears very well and is to be commended for old worn kitchen floors or for any floor where greater warmth is needed.

TO CLEAN GLASS

Use plain bluing water to wash the windows. Wipe them dry and polish with a cloth. If they are very dirty use a little ammonia or washing soda in the water but soap should not be used as it is more difficult to make glass shine when soap is used.

CLEANING UTENSILS

Aluminum.—Do not use washing soda, soap powders or any alkaline substance. It darkens the metal. Use an acid cleaner. Boil apple parings, tomato skins, or rhubarb to clean the aluminum; and polish off with whiting or with steel wool.

Enamelware.—Boil a dirty enamel dish in a solution of washing soda. When the dirt has loosened wash it clean. If a stain is bad or some burned food will not come off rub with sapolio or some form of sand soap.

Silverware.—Use an aluminum dish pan and put into it the silver to be polished. Pour over this a solution of washing soda and water and move it about until all the silver touches the aluminum. If they are not instantly cleaned boil a minute over the stove. Take out the silver and rinse in clean, warm water. Rub dry with a soft cloth.

If no aluminum dish pan is available put an aluminum dish in an enamel pan containing soda solution and see that the silver comes in contact with the aluminum. The chemical action is immediate.

CLEAN CELLARS

No part of the house requires greater care than the cellar. Above all NEVER allow rotting vegetables to remain in the cellar. They are a menace to health. Clean them out, scrape all the loose soil and throw it out and whitewash the walls with good sweet lime. The lime will stick better if you mix it up with cooked starch and add a cup of salt.

Keep the cellar clean and sweet if you want a healthy household. This is one of the essentials.

WALLS

It is not always possible to have walls papered but anyone who can buy a bushel of lime can have clean walls, and these make a great difference in a home.

For the wash add water to good slaked lime until it is like thick cream and thin down with cooked starch. Colour with any dye or dry colouring matter. A good soft yellow can be had by using a small quantity of yellow ochre powder. A dye solution can be made in concentrated form and added after the lime wash is ready to put on the walls. Stir well until it is evenly distributed.

MOSQUITOES

New settlers in this country find the mosquito a great source of discomfort and annoyance. The native Canadian takes precautions during the early summer to guard against the pest. Tack mosquito netting over all the windows and have well made screen doors. This will prevent the entrance of both flies and mosquitoes. As smoke will drive mosquitoes away many people use what is called a smudge.

Into an old iron pot or tin pail put some dry grass with chips or other material that burns readily and after it begins to burn cover it with something such as sod or earth to smother the flame and cause it to smoke. Put this in a safe place such as on the earth in front of the door. The smoke will keep the mosquitoes away.

If they bother by biting through the stocking wrap a sheet of paper around the ankles before drawing on your stockings. Any kind of paper such as old newspapers will do if there is no break in the skin, otherwise, the paper should be white or clean wrapping paper.

To relieve the irritation from mosquito bites—

1. Bathe the affected part with a solution of common baking soda. Do this several times, or

2. Wash with Carbolie soap or Lifebuoy soap.

3. Bathe with vinegar and water.

4. Touch the spot with iodine.

Above all, do not scratch mosquito bites or the spot may become infected. If such is the case with children bathe with boracic acid solution, iodine or a healing ointment.

A good ointment can be made by adding a teaspoon of dry boracic acid powder to 1 cup of pure lard, or by adding 15 drops of iodine to a cup of lard and stirring well.

Prevention is better than cure. Keep them out by using screens or tacking netting over the windows.

FLIES

In the heat of a Canadian summer from June until October there is a great deal of trouble caused by the common house fly. Many housewives think of flies as a bother but do not realize that they are a danger.

They breed in horse manure, multiply very rapidly and feed at filthy places such as privy vaults, garbage pails, decaying vegetables and then they fly into homes that are not screened and alight on food, on the baby's face or it may be in the milk. The filth from their feet may carry disease germs and these multiply rapidly in a medium like milk.

Flies in the fall come into the house, crawl into concealed places and remain until spring. Every last fly in the fall should be killed and in the early spring a vigilant watch should be set for flies that lay the eggs. Kill every one that appears in the early spring. It is quite possible to have no flies at all, and every one should help to keep them down.

1. Have screens on doors and windows and keep the screen doors closed.
2. Trap the flies, swat the flies, use the sprays that kill them.
3. Clean up the backyard and do not throw dirty dishwater out of the back door. Have a well-made drain for this.
4. Haul out the manure and keep the barnyard as clean as possible.
5. Keep all garbage covered.
6. Make all privies fly proof. Use lime, ashes or dust, and keep them very clean.

Filth always attracts flies and as you value the health of yourself and your family keep your home and surroundings clean.

SCREENS AND SCREENED PORCHES

Too little attention in the past has been paid to screens. The value is two-fold. They are a protection from flies, mosquitoes and insects, and as such promote better health, while the use of screens means a great saving of time to the housewife. The screened porch permits of the use of this space for sleeping room and a child may be wrapped up and placed on a screened porch to sleep in the day time, this saves time for the mother and improves the health of the child.

A large screened porch with sufficient protection from rain may permit of sleeping accommodation for part of the family during the entire summer. When the value of this becomes widely known, all houses, particularly those in the country, will be built with screened porches or balconies.

STORM DOORS AND WINDOWS

While in the heat of summer it is necessary to have screens on the doors and windows to keep out flies which multiply fast in the extreme heat, it must also be remembered that in the cold months of December, January and February it is quite as necessary to guard against cold weather.

The storm window is a close fitting window that is put on the outside of the ordinary window, with one pane of glass allowed to slide to admit fresh air. Between the outer and inner windows there is an air space. This double window is a great protection and conserves the heat, thus saving fuel.

The cost of double doors and windows is saved in the economy of fuel in a very short space of time and the comfort of the family is greatly increased.

FROST BITES

Frost bites may be described as the freezing of any portion of the body by exposure to a high degree of cold. The parts of the body most exposed to the serious consequences of frost bites are those farthest from the seat of circulation and most exposed to a great degree of cold. These are the toes and feet, fingers, ears, nose, and the cheeks below the eye.

General Appearance of a Frost Bite.—Usually white, cold, and without sensation. Soon reddening of the surface occurs, which may be followed by blisters, ulcers, or gangrene. The effect of intense cold is in the first place to deaden the sensibility of the part most exposed, which it does by contracting the vessels and driving the blood from the surface when the part losing its healthy vitality is unable to resist the specific influence of the surrounding cold and quickly falls a prey to the potency of the frost and may end in a very short time in gangrenous mortification with complete loss of the part.

Treatment of Frost Bites.—Treatment of frost bites consists in coaxing back by degrees the vitality of the part. This is best done by gentle friction with snow, then with cold water of ordinary temperature. Keep the frozen part away from the heat for some time and above all things do not apply heat in any

form. As the frost subsides the part becomes painful and tingles, then follows redness and heat. In a short time the latter will be above normal, and if not moderated, the part will inflame and perhaps suppurate.

After circulation has been restored, cover the part with absorbent cotton or other soft material, saturate with olive or sweet oil, apply a light loose bandage sufficient to hold the dressing in place. The oil keeps the skin soft, prevents cracking, and at the same time nourishes the destroyed tissue. Keep the part still and so assist nature to restore to normal the affected member. Do not rub as rubbing tends to break down and destroy the tissue, thereby promoting suppuration. After all inflammation has disappeared and the parts take on a healthy appearance, remove oil, and dress with dry boracic acid powder.

The above is only given as emergency treatment. A doctor should always be consulted as very serious results may follow a simple frost bite, amputation very often being necessary. A part that has once been bitten is very susceptible to the cold and will freeze again at a higher temperature. Ordinary precautions are not enough. The part that has been frost bitten should be carefully protected; if a toe or foot, with at least two pair of heavy woollen socks, or one pair of socks and extra toe guards. If the fingers must be protected, two pairs of mittens, or one pair that has been specially knit double should be used. Ear tabs on winter caps are a splendid protection for the ears and are strongly advised.

SUNBURN

When the surface of the body is sunburned from exposure to the hot sun the results are very painful. Immediate relief may be obtained by the following method: Over the sunburned surface rub any good cold cream. (Fresh butter will do if the salt is washed out of it.) Into this coating of cream pat corn starch until as much is absorbed as possible. The burning will soon cease and the surface will heal quickly. In Canada the sun is extremely hot in July and August and many people suffer greatly from sunburn. This is aggravated if the surface is wet while the person is out in the hot sun, as in bathing.

If cold cream and corn starch is used promptly the skin will not blister and peel off. When the skin peels off from sun burn the new skin is very tender.

USES FOR COMMON BAKING SODA

Baking soda has many uses other than that of lightening a cake or butter-milk biscuits, in fact it is one of the most useful things on the pantry shelf or in the medicine chest. Just a few suggestions are given below to help mothers in the care of their children when there are not many remedies available.

Mouth Wash.—Dissolve $\frac{1}{2}$ teaspoon of baking soda in half a glass of warm water and use as a mouth wash. This can be used even with very young children with beneficial results.

Eye Wash.—Sometimes on the child's eyelids a crust forms which almost seals the lids together. Wash this off carefully with warm water containing baking soda in the proportion of one-half teaspoon of soda to a glass of water.

Gargle.—Use a gargle twice a day. This cleans the mouth and throat and may prevent colds and other physical disturbances. It is especially valuable for children who go to school. The proportions are:—

$\frac{1}{2}$ teaspoon salt
1 teaspoon soda

1 glass warm water

When the child gargles get him to say "ah", as this open the throat and allows the gargle to reach a greater surface.

Cold Sores.—Make a solution of 1 teaspoon of baking soda to a glass of water and immerse the sore in it, holding it there for a few seconds. It is soothing and healing, if used when first the sore is noticed.

Burns.—When a surface of the body has been burned lay over it strips of sterilized cotton soaked in a solution of baking soda. Keep this renewed until the pain is eased, and do not allow the cotton strips to become dry. Add more soda solution to them.

Indigestion.—A glass of warm water containing a level teaspoon of soda sweetens the stomach and helps to ease the distress caused by faulty digestion.

Morning Drink.—Many people drink a glass of warm water upon rising each morning. If half a level teaspoon of soda is added to the hot water the result is beneficial.

For the Baby.—For external redness and soreness caused by acid urine, bathe the surface with soda solution (one teaspoon soda to a glass of water) and give the child a drink consisting of $\frac{1}{4}$ teaspoon soda in a glass of water three times a day to correct the acidity.

Washing Brushes.—Keep a package of soda in the bath room. A tooth brush may be washed in a solution of soda water. In washing a hair brush use a teaspoon of soda to a pint of warm water.

CHILDREN

While many books on the care of infants and young children can be secured free either through the Provincial or the Federal Department of Health many mothers are still to be found who are not getting these books or who are ignoring the advice given in them. This booklet cannot do much more than refer to these and advise every mother to read and carefully note the important points on the care and feeding of infants. One note however, might be added because of the common use of comforts to keep children quiet. We sound this warning because the results are so harmful.

Comforts or Pacifiers.—One of the greatest harms that can befall a baby is the use of a so-called "comfort" or "pacifier." This device may quiet a babe for the time being, but does untold harm and only makes trouble in the future, very often making an adenoid operation necessary. Wise is the mother who will not soothe her child in this way, and *all* mothers, if they stopped to realize the harm being done would discard at once this health destroying agent. In the first place, the constant sucking fills the stomach with gas and when fed the child does not take sufficient food to satisfy until next feeding. Consequently, the mother nurses the child at frequent short intervals and frequently in place of feeding supplies the child with a so-called "comfort." The child is never satisfied and does not get the proper amount of nourishment at a feeding. Again, the constant sucking of this rubber nipple destroys the shape of the child's mouth and tends to promote the growth of tonsils and adenoids.

The use of these comforts or pacifiers is considered by *all* doctors as a very dangerous habit and should not be practised.

Note.—Every mother may obtain free the Canadian Mother's Book, by Doctor Helen MacMurchy, from the Department of Pensions and Health, Ottawa, or from the Provincial Health Department, or from the Canadian Council on Child Welfare at Ottawa, Canada.

DECORATING THE INTERIOR OF THE HOME

It is a simple matter to make our homes attractive when we have at our command cash to buy those things which we need, but when we establish ourselves on a farm and buy the hundred and one little things we really had not "counted on", we find the cash which we had hoped to use in touching up our homes has disappeared and we must rely upon our ingenuity to add those feminine touches which a house must have to make a real home of it.

It is surprising what a half gallon of paint and a brush will do, and a few rolls of wall-paper will transform a sordid looking room into an attractive place.

Painting.—If your woodwork has previously been stained and varnished, one coat of varnish, applied thinly, will usually give the desired effect. A flat finish ivory paint makes a cheerful, clean-looking room, and two coats will nicely cover any other wood finish, or you may lay on any sort of priming coat (a light paint is preferable), and then apply the ivory paint. Bluish grey and dull green also make good shades for woodwork. Brown and yellow paint are rather sordid for woodwork, but a yellow wall is very cheerful. If you wish the natural woodwork, apply a wood filler and when thoroughly dry, varnish it. If a dark finish in the natural wood is preferred apply the wood filler, then a wood stain, and if a glossy surface is desired, varnish it after the surface is dry. Some prefer the prepared wood stains, as they stain and varnish at the same time, but in the long run the work is not so satisfactory as if it had been done in the proper way. In painting or varnishing it is much better to apply two or even three thin coats than one heavy application.

Papering and Tinting.—Wallpaper catalogues which any mail-order house will send on request give rules for papering walls, but first the walls must be prepared to receive the paper. If the walls are plastered or of beaverboard, it is a simple matter to decorate them. If you wish to paper such walls, dissolve a small amount of glue in boiling water, then fill the pail with cooler water and brush over the walls with a paint brush, or better still with the larger size brush which is used for applying the paste to the paper. These brushes are large and inexpensive, and can be used later for whitewashing outside buildings. This glue and water treatment is called "sizing."

If the walls are plain boards they must have cloth tacked on, stretching it very tightly and then "size" before applying the paper. The easiest and most satisfactory cloth to use is cheesecloth, but old clothing, flour and sugar sacks or any such thing can be used, care being taken that all wood is well covered and the joining edges well tacked down. If these smaller pieces of cloth are utilized it is well to first paper them over with newspaper or brown wrapping paper, then paste on a figured wallpaper, as plain or striped paper should only be used for a smooth wall surface.

Many pretty wallpapers can be bought for a small sum and as the border is the most expensive part of the wall, buy a roll of striped wallpaper with the colours in the stripe harmonizing with your wallpaper, cutting out the stripe and using it as a border. If the ceilings are high, paste a band of the ceiling paper around the top of the wall to form a "drop ceiling", then join to the wallpaper with the cut-out band. This "drop" can be nine or eighteen inches in depth.

Left-over wallpaper may be used to do a small room, by pasting one kind on the lower part of the room as a wainscoting about a yard and a half up from the floor and using a contrasting shade for the top of the room, joining the two with a cut-out band for a border. If there are several pieces which do not blend, paste them on to the walls with the plain side out and make a plain white room, then tint over with any shade of wall tint you prefer. This wall tint, such as alabastine, muresco, etc., makes a less expensive room than a

papered one as one package usually does a good sized room. Plastered, papered or beaverboarded rooms can be tinted. If the paper is loose, paste it down. If any figure in the paper is inclined to fade wash the walls well, removing all the colour you can for the dampness of the tint will bring the fading colour through. Allow the wall to thoroughly dry, and then apply the tint according to directions on the package. With left-over tints you can tint your wall down within a yard or two of the floor and use a base of wallpaper, joining the two with a small cut-out strip. This is a splendid treatment for the walls of stairways.

Yellow makes a lighter room than any other shade and is splendid for dark hallways, wardrobes, etc. Green is cool and restful and some shades of tan, cream and brown are good. You must decide the colour scheme according to the location of your room.

Left-over tints as well as left-over paints can be applied to a few coffee cans, olive bottles or small jars and used as flower receptacles. Contrasting bands can be painted around or small pictures cut from a magazine painted solid with the colour of the band, and pasted on. Any number of things suggest themselves when one starts painting.

LAMP SHADES

Pretty lamp shades can be made by brushing over light coloured heavy paper with raw linseed oil and allowing it to dry. This makes the paper transparent. Lay it over any magazine picture you choose and with a lead pencil trace around the picture and the principal lines. When you have the design to your liking, go over these pencil markings with the indelible ink. Any pencil marks that are left will easily erase. You are now ready to colour your design with water colours or oil paints.

About two-thirds of a circular piece makes a good shape for the shade. Paste the two edges together and bind top and bottom of shade with a bit of gold braid or lace, cloth or plain braid.

RUGS

Old bits of cloth can be cut in small strips and hooked through burlap into lovely rugs. If you have a very coarse hook you can use them this way, but if not, braid your strips and then sew the braid together with coarse thread. If your materials are very light, a package or two of dye will help you out and a few dark stripes give your rug more character. Old stockings are ideal for this darker band.

CUSHIONS

Burlap sacks can be washed, dyed, and made into very pretty sofa pillows. These may be decorated with a design stencilled on in paint, or a few scraps of bright colour, in the form of flowers or fruit appliqued with a band of the same colour around the edge, produce a pleasing effect.

Flour and sugar sacks bleached can be used for many things. Joined together with crocheted or bought lace they make nice curtains, table covers, bed-spreads, etc., and by embroidering a design for a face and using wool yarn for hair a pretty doll can be made. Tint the cheeks with crayons.

CURTAINS

Checked gingham is pretty for kitchen curtains. Little cross stitch designs can be worked near the hems. Scraps of gingham can be used effectively for making towel ends with a little applique design of the same material just above the hem of the towel.

Scrim curtains are inexpensive and pretty and it is surprising how the addition of a bit of brightly flowered cretonne enhances the cheerfulness of a room.

Empty boxes may be joined together to form a cupboard, and with a bit of curtain across the front, we have a convenient place for all little knick-knacks which seem to keep our house untidy. Inverted boxes of a larger size with a cretonne curtain will serve as a dressing table. Hang a small mirror just above.

An old chair may be brightened up by painting it the colour of the wood-work in your room, or an amber yellow or a dull green or mauve. Put a little pad on the back and a small cushion of common material such as linen or burlap on the seat, with a bit of very bright cloth with the edges turned under, button-holed around with black or any shade you prefer and put a cross stitch or a few French knots in the centre. Then with a simple darning stitch run in some green stems (wool, silk or cotton thread will do). Place the stems in the form of a bouquet and put a few little lazy daisy stitches at irregular intervals along the stems to form leaves. If you cannot draw a bow knot to be darned in where the stems join at the base of the bouquet, sew on a little bow of real ribbon. After making one design many things will suggest themselves to you.

We love our work in proportion to our skill in doing it, and the little home which we have pieced together out of odd bits of this and that is often much dearer to us than a home which we acquire in later life when economy and thrift are not a necessity.