

FOR THE HOME

Recipes for the Kitchen,
Hygiene and Other Notes
for the Housekeeper.

WAYS TO COOK MACARONI.

This article of food being largely composed of flour and water, the greatest care must be taken to start it cooking in boiling water, never cold as this causes it to assume a mushy appearance, and it must be preserved in a tubular form. The large-sized tubes are called macaroni; the quite small ones, spaghetti.

There are imported varieties, and others produced in this country. Which is the best depends entirely upon the cook.

For a family of six break up one-half pound into one and one-half inch pieces. Pour over it enough boiling water to cover, and let it cook rapidly fifteen minutes, then pour off the hot water, and pour on cold to whiten it; pour that off and return it to the stove covered with hot water again. It should cook at least forty minutes, and needs very careful watching to keep it from burning or cooking dry. Do not stir while cooking, but use a vessel with a handle, and toss it about to keep it from sticking. Season with pepper, salt and butter and a very little milk. This we call the plain style.

Another way to cook it is as above until tender, then put into a baking pan with layers of grated cheese between layers of macaroni; cover the top with bread-crumbs mixed with a well-beaten egg, and set in the oven until browned on top. Again cook as directed, adding one pint of cooked tomatoes, seasoning well, and bake in the oven for twenty minutes.

Still another appetizing way is to add mushrooms and chopped beef's tongue or chopped veal. It is a very healthful dish, and especially nice for children prepared in the ways without cheese.

Spaghetti is cooked much the same way. Have the water boiling, then take the spaghetti without breaking it, putting it slowly into the water, curling it around inside the pan. Do this until you think you have enough for the family, then let it boil for about five or ten minutes. Take it out of the pan carefully, so as not to break it, and pour over the top one cupful of cooked tomatoes, after having seasoned it with pepper and salt. Some are fond of a dash of nutmeg in this dish. This is eaten, too, without cutting, winding it around the fork.

LUNCHEON DISHES.

Chicken and Veal Jelly—Cut a four-pound fowl and two and a half pounds of veal into small pieces; and five cups of cold water, one small onion stuck with six cloves, half a bay leaf, a strig of parsley, a teaspoon each of peppercorns and salt and six slices of carrot. Heat slowly to the boiling point and then simmer on the back of the range, keeping the heat below the boiling point. Wet a piece of cheese cloth in hot water, then strain the hot liquid through and cool. Remove the fat, clarify and then mould or beat with a fork after it is firm and pile on a serving dish.

Fried Chicken with Vegetables.—Dip pieces of cold boiled fowl in egg and crumbs and fry in deep fat. Make a sauce of three table-spoons of melted butter, three level table-spoons of flour and three-quarters cup each of chicken stock and cream, pour on the yolks of two eggs, season with salt, lemon juice and pepper. Pour over the chicken and serve with green peas, carrots and toast joints as a garnish.

Strawberry Neapolitans—Make a strawberry ice and serve in champagne glasses in alternate layers with strawberries cut and powdered with sugar. Decorate the top with half a cup of heavy cream beaten stiff, sweetened, flavored with strawberry juice and mixed with the white of an egg beaten stiff.

Junket Ice Cream—Add one tablet dissolved in lukewarm water to four cups of heavy cream, one and a quarter cups of sugar and one-eighth teaspoon of salt. Set in a cold place over night and in the morning turn into the freezer and add any flavoring and coloring that is liked. Use three parts of ice to one of salt for freezing. Serve with sliced peaches.

AIR FOR THE BABY.

Don't for a moment fancy that sending an infant outdoors in its carriage for an hour or two when the weather is fine will atone for keeping it in unventilated rooms in the house. What it needs and what all children, and grown people as well, need is not simply a few breaths of fresh air a half dozen times a day, but a continuous supply. Not even a half day in the open can atone for spending the rest of the day, and very probably the night also, in a close room.

If you have valuable paintings and books that were being ruined by the impurities in the atmosphere, you would doubtless remove them from the pollution that threatened to impair the absolute integrity of their beauty. How strange it is that people, as a rule, do not safeguard their health and that of their

children with one-half the care or common sense that they bestow upon their bibelots and bric-a-brac.

The only hope of wide-spreading, radical reform in this respect is in the invention of a delicate instrument, accessible to every household, that will record the impurities in the atmosphere with the accuracy that the thermometer does the temperature.

FACIAL BLEMISH.

Just as the successful hostess carefully selects her guests from the standpoint of congeniality so should the wise woman who covets a clear complexion judiciously choose viands for their digestive compatibility. A well-cooked cereal with cream for breakfast is unexceptionable. So is grape-fruit, orange juice or other fruit. Yet when placed in ill-advised juxtaposition what internal conflicts often ensue! The chemical action of one food upon another should be studied.

Like the testy German who rebelled at the various side dishes in which his repast was served with the remark to the waiter, as he scraped the mass upon one plate—"Do you think I haf bartitions in mine stomach?" many eat as if partitions really existed. A glass of milk is taken with salad or lobster; a dish of ice cream is followed by a full glass of lemonade; acids and sweets are mixed in thoughtless profusion, and then the query is: "I wonder why my face breaks out so?" Food affinity is a subject worth study. An indiscriminate mass of utterly antagonistic eatables stands sponsor for many a bad complexion.

STARCH FOR LACES.

Laces are worn so much that directions for doing them up are especially helpful.

To starch lace mix one teaspoonful of starch with two teaspoonfuls of cold water and pour on this one pint of boiling water. Place on the fire and add one-fourth of a teaspoonful of sugar and one-fourth of a teaspoonful of gum arabic which has been soaked in one table-spoonful of cold water. Boil for five minutes stirring all the while. Strain through cheese cloth. For laces in which only a suggestion of starch is desired double the quantity of water. For heavy laces that are required to be rather stiff use only half the quantity of water.

Gum arabic starch is made by putting one-fourth of an ounce of the best white gum arabic in a cup or wide-mouthed bottle with one gill of cold water. Let it soak for two or three hours, then place in a basin of cold water and put on the fire to dissolve. Stir frequently; strain through cheese cloth. This makes a very stiff starch. For articles that need to be only slightly stiffened a quart of water or even more may be added to the dissolved gum arabic.

DE WETS ON ENGLISH SOIL

WILY WARRIORS WHO HAVE GIVEN BRITAIN TROUBLE.

Counterparts of the Famous Boer General Who Harassed John Bull.

There can be no doubt that were Christian de Wet to land in England to-morrow, and make a progress through the large towns, he would receive such a greeting and such a welcome as would surprise him, coming as it would from a generous foe. For whatever be the faults of we Britons—and we have some want of appreciation of a brave man is not amongst them, whether the man be for us or against us, says Pearson's Weekly.

We English have met our "De Wets" before. Now and then they have been on our side; often they have been on the enemy's. But we have seldom, even in half-civilized times, failed to honor their courage and tact, and to appreciate their work.

Probably our first "De Wet" was the gallant Hereward the Wake, a true Saxon to the core. What a pretty dance he led. William the Conqueror after the fight at Hastings had, as William thought, settled his succession to the crown by the defeat and death of Harold! But Hereward got a body of men round him—tried men—and he fortified the Isle of Ely, amongst the Fens.

In vain did William try to dislodge him, to trap him, to conquer him. Hereward watched his opportunities, came down upon the unsuspecting Norman leaders just when he could best strike a blow, captured their men and stores, and harassed them on every hand, always escaping, just as De Wet has done in South Africa.

THE ENGLISH "DE WET."

William offered him terms; he scornfully rejected them, offering his own in return. The Normans tried treachery, tried to get Hereward's men to betray him. Their plans failed; Hereward the Wake—i.e., the "Watchful"—was not so-called for nothing! Every move of the foe he foresaw and provided for, and at last William agreed to accept his own terms of submission, and gave the brave Saxon large grants of land, thus allowing him to end his days in peace. In fact, the King offered to give him high rank and power at Court, but the Saxon refused this.

His descendants live to-day, the brave old family of Hereward Wake,

of Courtenhall, Northamptonshire, and in memory of their great ancestor every son of the house since Norman days has been called "Hereward."

The Welsh had a famous "De Wet" who did not fare so well in the end as did the Saxon Hereward. Llewellyn, Prince of Wales, gave the great Crusader, King Edward I., such a time as he had not had in all his fights in the Holy Land. Edward called Llewellyn to submission; the Welsh Prince refused to come except upon certain terms. Edward sent a force to bring him, but in vain; he had decamped into the hilly districts. Then, when all was quiet and Edward was congratulating himself upon the peaceful state of Wales, down came the Prince and his brother David from the Flint Hills, and put the garrison of Harwarden to the sword. Another army from Edward, another ruse by Llewellyn, leading it further and further amongst the mountains, until at last it was surprised in the front and rear and totally routed.

THE WELSH "DE WET."

Then Edward swore a great oath, and sent forth a large army, following himself as fast as State affairs would allow. But Llewellyn had retired to Anglesea, and the English had made a bridge of boats across the Menai Straits. Llewellyn kept himself and his men out of sight, yet watched this bridge. By showing himself at the proper moment to the English army he enticed the foe to cross the bridge while the tide was rising. Then, having let a portion of the enemy land, his followers swept down on the Anglesea end of the bridge, broke it, and the English soldiers crossing were all carried away by the strong currents of the Straits. The few who had landed were then cut to pieces by the Welsh.

Llewellyn kept Edward engaged for years. Finally he was betrayed by a follower, captured, and beheaded. But he is to-day the Welshman's hero, and justly so.

Wales, however, produced a greater "De Wet" than even Llewellyn was. Probably the greatest of all former "De Wets" of any country was the famous Owen Glendower. The stratagems by which Glendower defied such a man-of-war as Henry IV. for nearly ten years, and his warrior-son, Henry V., for another five years, have given Owen a right to be considered the most cunning and brave of all "De Wets" of the past.

How many times Glendower was "hemmed in," yet got away; how many times the war against him was "finished," yet he reappeared again when and where least expected; how many times he outwitted the crafty and bold Henry of Monmouth amongst those Welsh hills and marshes, are tales too long to tell. But it may be safely said that England owes Glendower a debt of gratitude, for it was he who really taught Henry how to use his brains as well as his strength in fight, and so led up to the glorious victory of Agincourt.

Scotland has given us William Wallace, his methods of eluding the English lace, who was a real "De Wet" in and reappearing just where least expected. A braver soldier than Wallace can hardly ever have existed; he kept the spark of Scottish independence burning when it seemed that it must go out owing to the attacks of Edward I. upon it.

THE SCOTTISH "DE WET."

And then, too, there was Bruce, the man who could even be taught by a spider how to deal with the enemy, and was, like all brave and sensible soldiers, not too proud to learn from such a humble source. Bruce was a veritable "De Wet" of the first class in that troublesome beginning of the fourteenth century. He made things hum all over Southern Scotland—hum for the English invaders! And, like the De Wet of to-day, he seemed to bear a charmed life, for capture him his foes could not. If they blocked up a cave where they had heard he was, somehow or other he passed through the floor or through the roof; at any rate, he was never inside it when they entered. And he won Scotland's independence and crown at Bannockburn.

For fourteen years a marvellous "De Wet" kept us going in Northern Africa, as his namesake has done in the South. It was with feelings of utter incredulity that Britain at last heard that Osman Digna had been taken and killed. He had so often been "taken," or been "about to be taken"; he had so often been "cornered," so often been "located" so often "surrounded," so often actually "killed." Yet he ever rose again from somewhere, and dropped with his desert followers upon unsuspecting British soldiers. Yet he was a real soldier, a true "De Wet" of his time and country. We breathed more freely when we knew that his "final end" had truly come.

KETTLE-BRIDGES.

Perhaps the most remarkable bridges in the world are the kettle-bridges, of which Cossack soldiers are expert builders. The materials of which they are constructed are the soldiers' lances and cooking kettles. Seven or eight lances are passed under the handles of a number of kettles and fastened by means of ropes to form a raft. A sufficient number of these rafts, each of which will bear a weight of half a ton, are fastened together, and in the space of an hour a bridge is formed on which an army may cross with confidence and safety.

FOR FARMERS

Seasonable and Profitable
Hints for the Busy Tillers
of the Soil.

FARM BOOK-KEEPING.

One of the greatest hindrances to the farmer's success is his failure to keep accurate accounts of his farm transactions. Most farmers keep no account at all of what they get or what they spend. They buy when they have to and pay for it when they can, and cannot tell for their lives whether they are making or losing money. As a result of this lax method the farmer often spends more than he ought, buys at the wrong time, spends money for things that he could do without, and then has to use every possible means, and often even borrow to meet necessary expenses. But the farmer will say that he is not a book-keeper and that he does not know how to go at it to keep accounts. He does not need to be a book-keeper. Anyone who knows the ordinary operations of arithmetic can keep all the accounts necessary on the farm, the simpler the better.

First, at the beginning of each year, say April 1, for that is the beginning of the farm year, every farmer should make a list of the probable year's expenses. This list should include so much for help, for blacksmith's bills, for new machinery, if any will be needed, for seed, for household expenses, etc. These estimates should be carefully made and a little too large rather than too small. A farmer who has had any experience at all and makes his estimates with care, will find that he will come below them, and the tendency will be to try to do so, when if there were no accounts he

WOULD NOT THINK OF IT.

Then every venture on the farm should be kept account of. For instance, against the field of rye there should be charged so much for interest on the value of the field, so many days' work for man and team, so many loads of manure at a fair value, so many bushels of seed; and to balance, you should enter the account of the rye and straw sold. So with every field crop. In this way and only in this way can the farmer tell what he is making out of his crop and what his fields will produce best. He may find after trials that he always loses money on corn and oats in a certain field, but makes when he sows it to rye or leaves it in grass. The lesson should be so plain not to sow it in corn or oats.

The same kind of accounts should be kept with the stock. The hay given to the cows should be estimated, the feed measured, and with the value of the labor expended on them should be charged against them. Then credit them with the butter and milk sold and used by the family, and the value of the skimmilk used. If you have reason to think that any one cow is not paying her way, keep a separate account of her for a few weeks, and if you find that she is unprofitable, get rid of her at once and put in her place a cow that will give you a profit. Keep a like account with the hogs, sheep and poultry, not forgetting to credit them with what is used in your own family.

But my farmer reader has already begun to say: "If I did all that, I would not have time to do any farming." Not so; it is not as much work as it seems. If kept regularly the accounts will take but a few minutes each day. Nor do you need an elaborate set of books; four 10-cent account books will be

ALL THAT YOU WILL NEED.

All the field crops can be kept in one book, as the entries for them will not be many. The sheep and hogs will take another, and the cattle and poultry one each. With the last, a good way will be to put the credit account in the front of the book and the debtor account in the back, and go until you meet and the book is full. You do not need to make daily entries as to the amount of feed given. Estimate the amount of hay in a portion of the barn, which can be easily done by taking measurements, charge it against the cattle, and feed only them from it until it is gone; likewise weigh a ton or half ton of feed and charge it against them. So do with the feed of other stock and with the poultry.

When once you have started the system of accounts you will be surprised to see how little work it is, and you will also be surprised to see how much more profit you will have at the end of the year than when you kept no accounts. You will find yourself planning how to make the things which are least profitable more profitable; getting rid of unprofitable stock, guarding against spending money unnecessarily and spending what you do spend to the best advantage.

Carefully kept accounts make thrift and guard against extravagance. It is true that farming is not as profitable as it was years ago in the "good old days" the older farmers tell of; but we believe that there is still profit in farming if you conduct it as you would conduct any other business enterprise.

EFFECT OF FEED ON SWINE.

For a number of years the Wisconsin experiment station has been mak-

ing tests to determine the exact effect of different classes of feeds upon the hogs intended for market. Summarizing the work of three carefully conducted experiments, Prof. Carlyle finds that feeds which are given to growing pigs exercise a marked influence upon the proportion of fat to lean meat in the carcass. They may also materially affect the development of internal organs and the breaking strength of bones and tendons.

A ration of peas and shorts gives a large proportion of lean meat, firmer flesh, stronger bone and more blood than a ration of corn and rye. The full ration of peas also gave more marked results in each of these than did a ration of peas and shorts when compared to corn and rye. The ration of corn and rye fed to growing pigs tends to retard the development of internal organs and to increase the proportion of fat meat. The thigh bones of pigs fed upon peas were on the average 26.9 per cent. stronger than those of pigs of the same age and breeding given corn.

With breeds noted for fineness of bone, such as some strains of the Poland-China, this is a very important item. At prices which ordinarily prevail in the market, corn is a cheaper feed than peas. However, in raising breeding stock it may be advisable to feed a high-priced ration if it will thereby build up an animal of stronger vitality. All the experiments in the three tests noted go to prove that hogs are more profitable when fed a balanced ration, are more healthy and more vigorous. Of course the ration will be determined largely by the price of feed, but for young animals this should not be given as much weight as it is later when they are being prepared for market.

SKILL IN MILKING.

Milking is an operation which requires skill, as it has an important effect on the amount and quality of milk given. Dairymen know that there are as great differences between milkers as between cows and that cows will do much better with some milkers than with others. Indeed, good cows are often almost ruined by poor milkers.

The milker should avoid handling the cow more than is necessary and he should make it a rule to do his work quickly and thoroughly. He should never go from a sick to a well cow without first cleansing his hands. The habit of wetting his hands with milk is filthy in the extreme and should never be practised. Some people think it necessary, but this is a mistake. The hands should be kept dry. If they are not it is impossible to prevent drops of milk from constantly falling from them into the pail.

The pail should be held close to the udder, so as to expose the milk to the air as little as possible. The farther the stream falls and the more it sprays the more dirt and bacteria it collects. Contamination from the fore milk must be avoided by discarding the first few streams drawn, or less than a gill in all. This entails little loss, as the first milk drawn is always poor in butter fat, and if it happens to be badly contaminated, as is frequently the case, much injury and trouble may be saved.

FINDING THE WAY.

The business man who is wide awake to his own interests wants to advertise. He knows that advertising will benefit his business and is anxious that every bit of publicity be used which will help him in the way of pushing for what he wants. He is anxious to spend as much money as is necessary to make business what it should be, and to get into the business all the value which may be obtained by persistence. It isn't possible to do this by merely jumping into a campaign. The merchant must decide in what way he can best benefit his business. If he is uncertain about the value of pushing through the newspaper announcement he must satisfy himself and then follow the line of work dictated by his experience. After the plan or the means or the method has been adopted it is easier to get at the question of profits. No man is justified in pronouncing advertising a failure until he has tried the kind of advertising suited to his business. No man is justified in plunging into advertising until he is sure which is the proper way to invest his cash. Keep pushing after the course has been decided. Keep at it even if the tide seems against you. It is better to push and think and plan and strive so that in the end prosperity may come as a reward for effort.

SHAM CHAMPAGNE.

The manufacture of sham champagne is a flourishing business. American apples are cored, sliced, and dried, sent to France, and then converted into cider. With the addition of carbonic acid gas and yeast and a little flavoring powder, the cider becomes champagne, and much of it comes to this country, and is drunk under the delusion that it is the real article.

Saturn has eight moons; Jupiter four; Mars two; the earth one, 2,000 million cigars are smoked yearly in the United Kingdom.

The cod, laying 45,000,000 egg yearly, is the most prolific of fish. The average duration of life in towns is 33 years; in the country 53 years.