

## FOR THE HOME

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

### CRUST AND FILLING.

In most households pies are eaten at the November feast day, even if they are usurped by ices and puddings or fruits on other days. Miss Farmer made both puff and plain paste and both pumpkin and apple pies that no famous old-time cook could excel.

**Hotel Paste.**—Mix three cups flour, one level teaspoon salt and three level tablespoons lard; moisten with cold water to make a dough that can be handled. Toss on to a floured board or piece of cotton duck pat and roll into a long rectangular piece. Spread with one-quarter cup of butter, dredge with flour, fold in three layers, pat and roll out, again spread with one-quarter cup of butter, dredge with flour and roll out like a jelly roll. Pat and roll out for the third time, spread with butter, dredge with flour and roll out like a jelly roll. Cut from the end, to use in making pies.

**Pumpkin Pie.**—Steam a small sugar pumpkin until soft, dry off in the oven and rub through a sieve. To one and one-half cups sifted add one and one-half cups milk, one-half cup cream, two thirds cup brown sugar, two eggs slightly beaten, one level teaspoon cinnamon, one-half level teaspoon each salt and ginger. Bake in one crust until firm.

**Hamburg Apple Pie.**—Pare, core and cut in eighths 10 sour apples. Sprinkle with one cup brown sugar, one-half level teaspoon grated nutmeg, one-quarter level teaspoon salt, two teaspoons lemon juice, a few gratings lemon rind and one level teaspoon butter. Allow just enough water to prevent the apples from burning; cover and bake slowly three hours. Use this apple filling with two crusts and when the pie is cold cover the top with confectioners' sugar, moistened with hot water to spread easily.

**Puff Paste.**—Wash one-half pound butter, rub one tablespoon of it into one-half pound of flour, add cold water to form a soft dough, knead on a floured cloth, cover and let stand five minutes. Pat, roll out, fold in the butter, roll and fold six times. Every time the paste is folded air is enclosed and it is made lighter.

**Oyster and Celery Patties.**—Roll puff paste one-quarter inch thick, shape with patty cutter, remove centers from half the rounds. Brush over the edge of larger pieces with cold water and fit on rings, pressing lightly. Chill and bake in a hot oven 20 to 25 minutes.

**Filling for Patties.**—Parboil one pint of oysters, reserve the liquor and heat to boiling point. Melt three tablespoons butter, add four and one-half tablespoons flour, pour on gradually the oyster liquor and enough milk or cream to make one and one-half cups of liquid. Season with salt and pepper and celery salt. Reheat oysters in sauce and add one-half cup of finely cut celery.

**Almond Pudding.**—Line a charlotte mould with hotel paste; fill, bake until firm and serve with whipped cream.

**Filling.**—Blanch one-third pound almonds and pound or chop finely, with two tablespoons cracker dust, three eggs slightly beaten, two cups milk, one-third cup sugar, one-third level teaspoon salt and one-half teaspoon vanilla.

### MAKING BABY HARDY.

Watch the temperature of baby's room. Always have a thermometer in every room where you carry the baby. Normal temperature, as we all know, is 68 or 70 degrees, but experience has proved that all babies cannot at once be brought down to this degree, particularly a winter baby. It is well to begin with 72 degrees, or even 74 degrees, and slowly drop to 70 degrees, and later 68 degrees.

A healthy baby is always a fat baby. Babies do not take after father or mother or grandfather or grandmother in being thin. Children may, and certainly do, follow in the footsteps of their forefathers. But all healthy babies are fat babies. Therefore they all feel the heat. Do not weaken them by keeping them in a constant perspiration. This of itself will give them a cold.

When bathing baby, from the very day of his birth, souse cold water on his chest and head after his bath. This will strengthen his chest, close the pores and prevent colds.

These remarks presuppose the healthy, properly fed baby. The baby that is not well fed can never be toughened. He will not be a ball of fat, that you can roll about with more or less unconcern, but a sickly, puny little thing that must be watched at every turn. But the well fed—that is to say the properly fed—baby will be fat and healthy, other things being equal, and can, therefore, be easily hardened.

Toughen, then, the exterior of baby all you can. Tend him with the greatest care. Have him always exquisite in his rosy loveliness, but see to it that that loveliness is firm, hard flesh that can endure all or sudden climatic changes. But the interior—never, never try to

harden that. Guard his stomach against any change. Do not experiment with foods and sweetmeats and this and that change of diet.

### HINTS TO HOUSEKEEPERS.

A mattress cover is made of two layers of light-weight unbleached muslin, with wadding between. Quilt on the machine and bind the edges with tape. It can go through the wash like a sheet.

Bread-sticks, crackers, wafers, etc., are improved by being put into the oven for a few minutes before sending to the table.

Do you know that a streak of fresh paint on a woolen garment may be quickly and effectually removed by rubbing with another woolen cloth, or even by pulling another surface of the garment over it and rubbing till all trace of paint has disappeared?

Freshness is the prime quality of fish. The sooner a fish is cleaned and drawn the better. After this is done it should be washed quickly in cold water and wiped with a dry napkin. Never let fish stand in water after they are cleaned.

If in boiling a ham it should be found necessary to add more water, see that the water used is boiling. To fill the kettle with cold water makes the meat tough.

Don't be afraid to try a new recipe now and then. Provide sparingly of it until it has been tested and approved by the family; then add it to the list of chosen recipes. Where most cooks fall short is in the monotony of their bill of fare. Try something new occasionally.

A woolen rag wet with kerosene and rubbed over the galvanized iron kitchen ware or the zinc sink lining will brighten them brilliantly with little labor. Moreover, kerosene will brighten brass better than most of the pastes and powders specially recommended for the purpose.

### DIVERS SOUPS.

Some might object to a comparison which likens mankind to soup. The unpretending bean soup, most primitive of all, yet sweet, palatable, brown-and-sinew-making, stands for the working, serving class, the day laborers. The wholesome, strengthening, universally beloved beef and vegetable soups represent the substantial, reliable farmer and trader and merchant fraternity, the bone and sinew of our country.

The delicate, refreshing chicken soup, so welcome to the sick room, is a type of the consoler, the nurse, the physician, the good Samaritan—God bless them every one.

Calf's head and noodle soups, which are most excellent, are like many homely, lowly-placed persons much better than their names and appearance indicate.

The rich invigorating oyster soups, turtle soups and bouillon are symbols of culture and refinement.

They represent those men and women whose conversation is seasoned with "attic salt," and who by their very atmosphere enrich and ennoble.

### A RECIPE FILE.

A good way to keep the various recipes that accumulate, those written on a stray slip of paper, as well as those cut from a newspaper or magazine, is to put them in an ordinary commercial filing cabinet such as your husband probably keeps on his desk. These cost 25 or 30 cents and are so thoroughly indexed that they will save one enough time and trouble to more than pay for themselves.

Under A can be put the recipes for apple dumplings, apple snow, etc.; under B those for bread and biscuits, under C those for cake and so on, indefinitely. If you wish to find your favorite recipe for plum pudding, a minute's glance through the recipes filed under P will bring it forth. It may be kept out of the file while being used, and so quickly slipped back again in the same place from which it was taken that you will wonder you did not have one of these convenient receptacles long ago.

### FOR SLEEPLESSNESS.

The apple is such a common fruit that very few persons are familiar with its remarkably efficacious medicinal properties. Everybody ought to know that the best thing they can do is to eat apples just before retiring for the night. Persons uninitiated in the mysteries of the fruit are liable to throw up their hands in horror at the visions of dyspepsia which such a suggestion may summon up, but no harm can come even to a delicate system by the eating of ripe and juicy apples before going to bed. The apple is excellent brain food, because it has more phosphoric acid in easily digested shape than any other fruits. It excites the action of the liver, promotes sound and healthy sleep, and thoroughly disinfects the mouth. This is not all; the apple prevents indigestion and throat diseases.

Bald Teacher—"Now, my boys, after what I've told you, can any of you define 'nothing'?" Little Yorick—"Yes, sir, I can." Teacher—"Well, how would you describe it?" Little Yorick—"Please, sir, it's what you've got on the top of your head."

## FOR FARMERS

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

### CURING BEEF.

Beef for dry-curing should be well mixed through with fat, and be in prime condition, freshly killed, but cold all through. It should be a clear red color of fine, firm grain and with yellowish-white firm fat. For drying it pays to use only the tender side of the round, for though it costs a few cents more a pound, it is many times better than the tougher side which answers for corning.

Trim the pieces in good shape, and then for every twenty pounds take a pint of salt, a teaspoonful of saltpeter and a quarter of a pound of brown sugar. Rub these well together, divide them in three equal parts and rub well into the beef for three successive days. Push in and rub a handful or two of extra salt in the hole where the string for hanging goes through. Keep in a vessel or tray and turn the meat every day in the liquor it will make. At the end of eight or ten days from the beginning it will be ready to hang in a dry place. Keep in a cool, dry place during the winter, and before the flies come in the spring, sprinkle with red pepper, wrap in newspapers closely and put in a muslin bag, tied tight. The outside may mold, but the mold can be scraped and scrubbed off and will not injure the flavor of the meat.

When using trim off the outside and chip fine and thin with a sharp knife. It is excellent as a relish, either uncooked or simply thrown into a hot frying pan in which has been melted a small lump of butter, stirred around a moment and a few drops of water added. Or, instead of the water, sprinkle lightly with flour, rub smooth and pour in cream and let it cook a minute or two. This will give a fine flavor to the cream gravy.

**Liver.**—This frizzled beef may be varied by occasionally cooking with it a few slices of beef's liver cured thus: Make a brine from two gallons of water, three-quarters of a pound of brown sugar, a half ounce of saltpeter, and salt until the brine will float an egg. Pour it into an earthen vessel; wash and wipe a perfectly healthy young beef's liver and put in the brine for a week; hang in a cool place and keep like the beef.

**Tongue.**—Beef tongue for curing should be well mixed with fat. Trim them neatly and to every twenty pounds of tongue use a mixture of a pint of salt, a teaspoonful of saltpeter and a quarter pound of brown sugar. Drop the tongues into boiling water for three minutes; when cool rub them well with the mixture and sprinkle them with it as you pack them closely in an earthen vessel. Put a weight to keep them down and turn every other day, putting bottom ones on top. If they do not make enough pickle to cover them, sprinkle lightly with salt and let them lie ten days. Hang to dry, then bag away from the flies like the beef. To cook, soak in cold water overnight; in the morning put to boil in a kettle full of cold water, bring to a boil and simmer gently for four hours or until you can pierce it with a fork; if the water boils away, add more boiling water. When done stand to cool in the water in which it was boiled. When cold, remove the skin, beginning at the tip and stripping it back; cut in very thin slices.

**Butchering.**—Butchering tools are needed only once a year and then they should be on hand. It's a disagreeable task to hitch up and go to a neighbor's after a kettle, lard press or some other implement; then they have to be taken home again. We think nothing of buying other tools; why not buy an outfit for butchering? When buying kettles we find it pays to get the large sizes. The small kettles that do not hold much more than a good-sized dish-pan are a nuisance. And about meat cutters or grinders—they will all do the work well that is required of them; but there is a whole lot of difference in the amount of power it takes to run them. The small, or medium size, we prefer, because they are not so tiresome to operate even if they do not grind the meat as fast as the larger ones.

### BARNYARD NOTES.

The stable should be located on high ground with good drainage.

No stagnant water should be allowed near the stable, and no manure deposits should be within 100 feet of the building.

Keep a wagon handy and draw the manure directly to the fields, where there will be no waste.

The water supply should be secured from a water source uncontaminated by barnyard or any other source of impurities.

Next to bread and water milk is the most common article of food.

With a very few exceptions milk is the most economical source of food.

It contains proteins, fats, carbohydrates and mineral matter in the most available form—the four nutrients required by the body.

To be a wholesome article of food milk must be kept clean. The requisites of cleanliness are that the food given the cattle be wholesome and that the sanitary conditions of the stable be maintained.

The water for cooling the milk should be pure and clean, as well as the water used in cleansing the dairy utensils.

The stable floors must be tight and smooth, with sufficient incline to insure drainage. The gutters should be open.

The ceiling should be tight to prevent dust sitting through. There should be windows on the sunny side. Sunlight is death to germs and filth.

The stable should be ventilated so that no strong odor is noticed on entering the building.

Each stall must be at least three feet wide and long enough so that the cow need not stand with her feet in the gutter.

The yard should be so located that it can be kept clean and dry.

The stable should be whitewashed three or four times each year and the dust and cobwebs kept brushed down.

The stable should be kept scrupulously clean, and at least one-half hour before milking time all manure should be removed from the building and the building thoroughly ventilated.

If necessary sprinkle the floor before milking to keep down the dust. Use sand plaster in the gutters and about the stable. It is valuable for absorbing liquid and odors.

Every three months at least the mangers should be thoroughly scrubbed with washing powder.

Any animal showing evidence of disease should be removed from the herd and taken to the hospital building.

Every farm should have a separate building where sick animals can receive special care and attention.

The cost will be repaid by saving one good animal.

The cows should be bedded with only clean, bright material.

It is best to have water accessible to the cows at all times, otherwise water twice each day.

Do not make the mistake of turning the cows out to roam the fields in the cold winter days. It will only result in loss.

The clean, warm stable is the place for profit.

### DAIRY WISDOM.

If the ventilation is not good in the stable don't let a day pass until you make it so.

Make an air shaft reaching from within a foot of the floor to a short distance above the ridge of the barn like a chimney. It can be made of rough boards. Make a slide in this like a damper in a pipe. If the temperature of the stable drops too much close the damper part way. Arrange a small flue for fresh air coming in at the sill outside and discharging the fresh air in the warm air near the ceiling. In this way there will be no drafts. It is very simple—any one can do it—and the cost will be very little.

Keep the bedding well up under the cow's knees. A cow can have little comfort when her knees are bruised on a hard floor.

Dairymen, start in the new year with resolutions to be up to date in your business. Go to the institutes and find out what successful men and women are doing. It don't pay in these times to stay in the background. Every one must get out and hustle or be left way back out of the procession.

If you have not already done so it would be worth the trouble to seriously consider if it would not pay you well to put in a water system in your barn so that the cows will not have to go out on cold, stormy days in winter to drink ice cold water at an open tank.

As milk contains eighty-two per cent of water it will readily be expected that a cow can hardly be expected to give a large flow of milk unless she can have a chance to drink in a comfortable place.

### DISEASE IN THE WELL.

Down in the average farm well lies the source of much of the sickness in the country to-day. In it too frequently lurks, amongst others, that deadly organism, coli communis, the active agent in the production of typhoid fever. From the results of official analysis of drinking water, which are continually being made, it is surprising that so many are enjoying the measure of good health which they do. If you have any doubts as to the chemical or bacteriological purity of that which is being used in your home, all it costs to have the test made is the express on a sample to and from the Ontario Agricultural College, where the officials will be glad to make the required examination.

When the rush of fall work is over it is a good time to pump the well out and remove all decayed animal or vegetable matter which may have collected during the summer, and if a bucket of charcoal, or even a few small lumps of lime, be placed in the bottom much of the impurities still remaining will be absorbed.

London averages 475,000 telegrams daily; Paris has 120,000 only.

We Reone—"Madam, I ain't had anything to eat for twenty-four hours, and—" Mrs. Goodhart—"Poor fellow! There's an old coat of my husband's hanging on that line over there, and you—" W. R.:—"Pardon me, madam. I know my whiskers are getting long, but do I really look like a goat?"

## THE MODERN INVITATION.

THE TELEPHONE IS NOW USED FOR THE PURPOSE.

Blow to Letter Writing Among Women Wins Because of Convenience.

One reason why the art of letter writing is dying out is that the telephone is being used more than ever as a means of communication between friends in the matter of invitations, for the announcement of important events, and for the sending of messages of congratulation and condolence.

Those who cling to the old forms seem to be in the minority to-day. The younger generation refuses to be hampered by the time-consuming methods of several years ago, when a note of invitation for instance, could not even be sent through the mail, but must be delivered by hand.

The modern youth or maiden picks up the telephone and dispatches an invitation to luncheon or the matinee, and even for so serious a function as a dinner it is quite common now for a hostess to call up a friend at the last moment, frankly admitting by the action that she only desires to fill some place that has been left vacant at the last moment.

### FAD FOR TELEPHONE.

In fact, there is a fad for telephoning messages of this sort nowadays. When it first gained entrance to residences the telephone was intended as a means of communication between a man's office and his home chiefly; then it began to be used for marketing, for hurrying up slow tradesmen and the various uses connected with housekeeping.

By degrees friends began to make use of the quick method of communicating with each other, and it was so delightfully informal that it became a vogue. Of course, old-fashioned persons regarded with horror the idea of transmitting messages of a social nature in this way; but the age is in such a hurry that the time saving method has grown to be accepted as quite the proper thing.

### LIKE THE INFORMALITY.

The informality of the telephone method of communication is what appeals to the younger generation of society. An invitation given or accepted or rejected in this way has not the importance attached to the old method of a note delivered by a messenger. This was a serious affair, and one pondered over the answer to send, the extent of social obligation involved, and other matters.

But the message over the wire is different. One does not have time to study questions as to motives, dress, the people one is to meet, or any other of the small problems that frequently arise on the reception of a formal invitation.

The telephone bidding reeks of the up to date. It simply states that the occasion is there waiting and it calls for a quick decision. There is no reading between the lines and no time to ask why and wherefore. It lacks the chilling dignity and importance that sometimes linger quite unintentionally about a note.

### CANADIAN'S GIFT.

Munificence of Lord Strathcona and Mount Royal.

Just prior to the coronation of King Edward the news came from London that Lord Strathcona and Lord Mount Stephen had made munificent donations to King Edward's hospital fund for London, but no amounts were stated, and it was merely a matter of conjecture as to the sum given. Now, however, the veil has been lifted, and the honorary secretaries of King Edward's hospital fund acknowledge the receipt at the Bank of England of the sum of £4,094 2s. 4d., being the first quarterly dividend arising from the securities so generously given to the fund by Lord Mount Stephen and Lord Strathcona. This announcement shows that the two Canadian peers have devoted securities to this object which for all time (at the prevailing rate of interest) will give an annual income of £16,376 13s. 4d., equal to \$79,699.83. The munificence of the two famous Canadians was fittingly referred to by the Prince of Wales in a speech which he made at the general council of King Edward's hospital fund, held at York House, London, on November 24, when His Royal Highness said: "Mrs. Lewis' gift was followed by the splendid endowments from Lord Strathcona and Lord Mount Stephen, who have thus extended to King Edward's fund, that open-handed generosity by which they have in Canada created and endowed so many great works of charity."

### LAVA REMAINS HOT.

The lava streams from the eruption of Vesuvius in 1858 were so hot twelve years later that steam issued from their cracks and crevices. Those that flowed from Etna in 1787 were found to be steaming hot just below the crust as late as 1840. The volcano Jorullo, in Mexico, poured forth in 1759 lava that 87 years later gave off columns of steaming vapor. In 1780 it was found that a stick thrust into the crevices instantly ignited, although no discomfort was experienced in walking on the hardened crust.