

# HOME

## Good Things for Picnics.

**Lemon Cheese Sandwich.**—Put a quarter of a pound of butter, a pound of sugar, the juice of three lemons and the grated rind of two into a pan and allow them to become very hot until the sugar melts. Stir constantly until the mixture thickens. Then put it into jars and cover them and keep them in a cool place. Spread between slices of bread for a dainty picnic sandwich or for afternoon tea. This same lemon cheese can be used in layer cake or in dainty shells of puff paste.

**Sardine Sandwiches.**—Brown bread makes excellent sardine sandwiches. Make a paste of sardines, the contents of a can with one anchovy, one ounce of butter and cayenne pepper, salt and mace to taste.

**Minced Meat Sandwiches.**—A tempting filling for sandwiches is comprised of two-thirds minced chicken, and one-third minced ham and tongue chopped together. Moistened with mayonnaise dressing and spread on white bread with lettuce leaves, it is a delicacy.

**Gold Sandwiches.**—Rub the yolks of three hard-boiled eggs to a paste. Add two tablespoons of olive oil, mixing with a silver fork. Now add a pinch of mustard, cayenne pepper and salt, and lastly one tablespoon of vinegar. When this is thoroughly mixed, add one cup of grated yellow cheese. Spread on white buttered bread.

**Fig Sandwiches.**—Between slices of buttered graham bread spread figs which have been chopped to a smooth paste. The bread must not be cut too thin and the sandwiches if they would be kept moist and palatable, should be wrapped in moistened tissue paper.

**Where There Are Eggs.**—Many persons do not know how to hard-boil an egg properly, and consequently have come to believe that because the white is tough and the yolk discolored the egg is indigestible. An egg should be put into warm water and left until the water is about 200 deg. Fahr. Then it should be left 30 minutes and dashed into cold water and peeled. After this process the egg will be mealy and the white will be hard and firm without being tough. Never let a hard-boiled egg cool in the water.

**Sardines in Eggs.**—Allow one sardine for each hard-boiled egg. Cut the eggs lengthwise and remove the yolks. Remove the skin and bones from the sardines. Make a paste of the yolks, the sardines, a little minced parsley, melted butter and pepper and salt to taste. Fill the whites of the eggs with this mixture and put two whites together. Garnish with fresh water-cress.

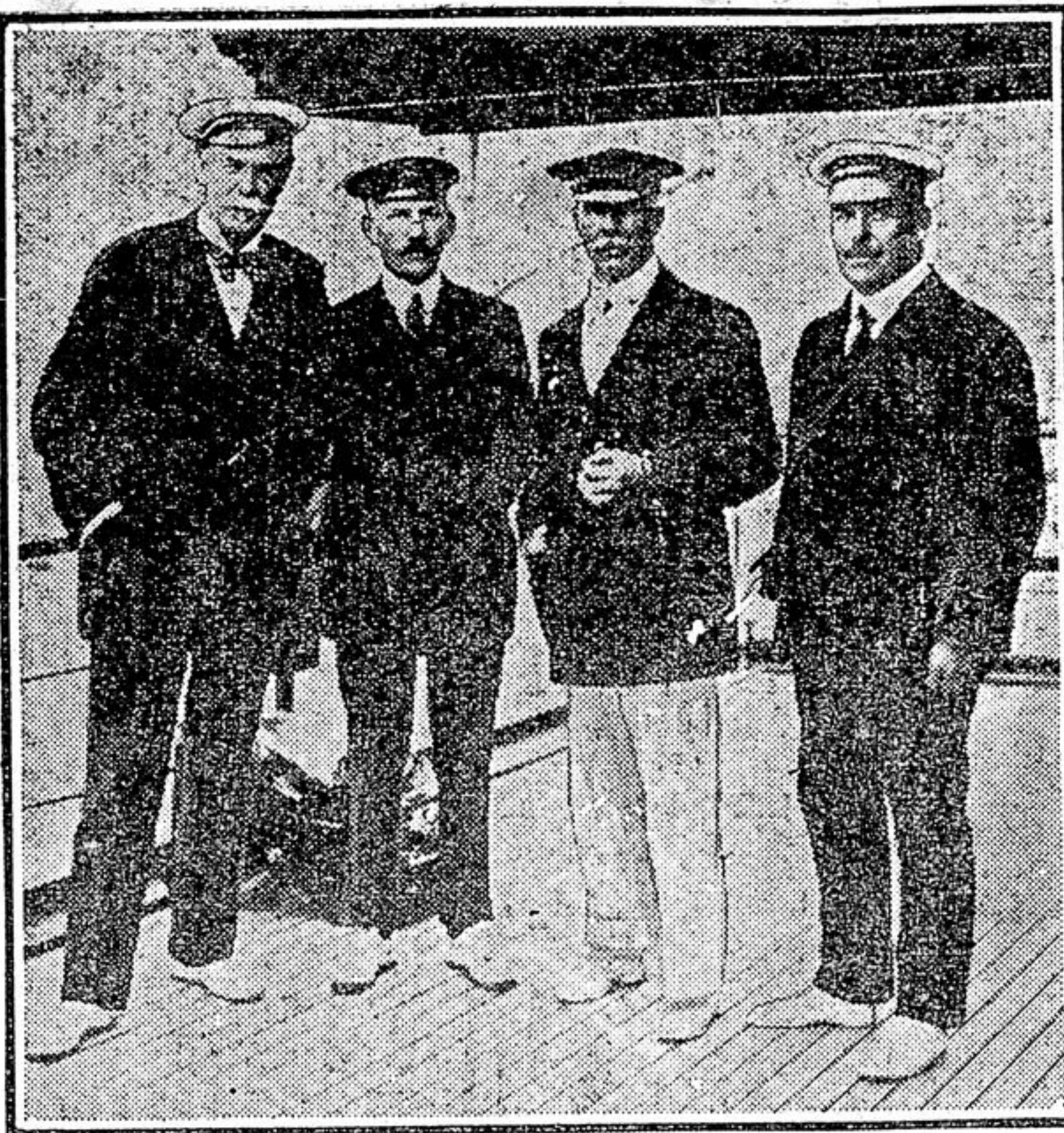
**Eggs with Ham.**—Mince boiled ham and mix it with the yolks from hard-boiled eggs, with a little mustard and cream. Then fill the egg whites generously, rounding each off. Wrap in waxed paper to carry.

**Beverages.**—Grape juice, lemons, tea and fruit juices can all be used for delicious punches if there is ice and plenty of good water. Iced coffee, too, with whipped cream, is delicious. Children like raspberry shrub, which is made in this way: Take eight quarts of fresh berries, one pint of acetic acid and four quarts of water. Put these into a stone jar and let stand for 48 hours, stirring it occasionally. To one quart of the juice add one pound of sugar, boil 15 minutes and bottle while hot. When the liquid has cooled in the corked bottles open and refill them; pound the corks in very tight. If this liquid is to be kept any length of time, cut the cork off close to the bottle and dip it in hot wax to seal it.

**Cold Meats.**—Cold meats can be served as they are, or in sandwiches. A ham is almost essential to good picnic fare. Veal loaf, too, is delicious in sandwiches, and pressed chicken is one of the cold meats that can be carried and sliced at the picnic.

**Baked Ham.**—Soak a whole ham in cold water over night, remove and cover the lean side with a paste of smoothly mixed flour and water, taking care that it is of sufficient thickness to keep in all the meat juice. Bake in a moderate oven 25 minutes for every pound. Remove the case, then skin; cover the top with bread crumbs and brown.

**Veal Loaf.**—Three pounds of chopped veal, one-quarter pound chopped pork, one teaspoonful pepper, two teaspoonfuls salt, one cup bread crumbs, two well beaten



The Big Four of the Shamrock IV.

SIR THOMAS LIPTON, owner, Mr. Nicholson, designer; Captain Burton, skipper, and Duncan Hill, who will sail the challenger for the America Cup across the Atlantic.

eggs. Mix well, press in a square form and bake 1½ hours. For sandwiches a perfectly square mold cuts to the best advantage.

**Pressed Chicken.**—Boil three fowls until the meat comes off the bones easily. Remove all the bones and chop the meat up fine, add a piece of melted butter the size of a large egg. Season highly with salt and pepper. Take about one pint of the liquor in which the fowls were boiled, add to this half a box of gelatine and let it dissolve. Put the chicken meat into a saucepan and add the dissolved gelatine and cook until the broth is evenly distributed. Put into a pan and under a heavy press until perfectly cold.

**Ginger Snaps.**—One pint molasses, one cup brown sugar, one cup butter and lard, one teaspoonful of soda dissolved in one-fourth cup water, one tablespoonful ginger and flour enough to roll soft and thin. Bake in a quick oven.

### Household Hints.

To keep your garbage can sweet, put a folded newspaper in the bottom of the can every time it is emptied.

Boil a bit of orris root with the handkerchiefs before putting them in a violet sachet and they will be delightful.

In making omelet or scrambled eggs, to six eggs add a tablespoonful of cornstarch and a half glass of milk. The cornstarch takes the place of about three eggs.

### WRONG BREAKFAST.

#### Change Gave Rugged Health.

Many persons think that for strength, they must begin the day with a breakfast of meat and other heavy foods. This is a mistake as anyone can easily discover for himself.

A carpenter's experience may benefit others. He writes:

"I used to be a very heavy breakfast eater but finally indigestion caused me such distress, I became afraid to eat anything.

"My wife suggested a trial of Grape-Nuts and as I had to eat something or starve, I concluded to take her advice. She fixed me up a dish and I remarked at the time that the quality was all right, but the quantity was too small—I wanted a saucerful.

"But she said a small amount of Grape-Nuts went a long way and that I must eat it according to directions. So I started in with Grape-Nuts and cream, 2 soft-boiled eggs and some crisp toast for breakfast.

"I cut out meats and a lot of other stuff I had been used to eating all my life and was gratified to see that I was getting better right along. I concluded I had struck the right thing and stuck to it. I had not only been eating improper food, but too much.

"I was working at the carpenter's trade at that time and thought that unless I had a hearty breakfast with plenty of meat, I would play out before dinner. But after a few days of my 'new breakfast' I could do more work, felt better in every way, and now I am not bothered with indigestion."

Name given by Canadian Postum Co., Windsor, Ont. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

## On the Farm

### Good Beef Cattle.

The block is the supreme and final test of the beef animal that will deliver the highest percentage of good cuts, and show refinement in parts that are not edible, in order to reduce waste. Fineness of bone, lack of paunchiness and a small head are thus desired by the butcher, but the steer with light bone, small paunch and a frail head would be unable to go through the feeding period and make economical gains, writes Mr. J. L. Tormey.

Even though the strong, vigorous, capacious feeder may not turn out at the finish into the exact ideal of the butcher, he is the one that puts on the largest and steadiest gains, endures heavy feeding for the longest time, finally finishes out with the greatest weight, and yields the highest percentage of prime beef.

In selecting feeders, there is perhaps no point more important than the back. A wide, straight, strong back, with a well sprung rib, is essential. The girth of the steer should be large—that is, the distance around the body back of the shoulder should be as large as possible. This means more room for vital organs and insures a better constitution than is otherwise likely to prevail. Associated also with a large girth is a well sprung rib, making a wide back on which there is room for the deposition of a large quantity of high-priced meat. There is also greater depth of chest and greater digestive capacity with a large girth.

The head is an excellent index to the character of the feeder, because there is a relationship between the different parts of an animal's body. The steer with a wide head has usually a good food capacity for putting a large amount of flesh. Usually the steer with a wide head will grow thick through the body and wide across the back. Width of muzzle is also important because it indicates capacity for food consumption and for good breathing. The neck, although not choice meat, is thick and short on a good steer. The shoulder should be evenly covered, compact and wide at the top. While width of shoulders at the top is a mark of a good feeder, steers with extremely wide shoulders should not be selected for they are usually coarse. The shoulder should blend smoothly with the neck, leaving no crease or definite line where the neck and shoulder meet. The rump should be long, wide and level. A drooping rump is undesirable.

The coupling, that is the distance from the last rib to the hook, or hip point, should be short in accordance with the general compactness desired throughout. The steer should also be wide in this region and well muscled, with no indication of being swaybacked. This is the region of the loin from which cuts are taken.

Select steers with short legs, for short legs increase the amount of offal and increase the killing percentage. Also, short-legged animals do not travel about much. They thus save their energy and use their feed for gain. A strong

## Beware of Fake Baking Powder Tests

("THE SPICE MILL" (N.Y.), SEPTEMBER, 1913.)

Unscrupulous manufacturers of baking powder, in order to sell their product, sometimes resort to the old game of what is known as "the glass test." In reality it is no test at all, but, in cases where the prospective buyer does not understand that the so-called "test" is a fake, pure and simple, the salesman is sometimes able to make him believe it shows conclusively that the so-called baking powder he is selling, and which of course contains egg albumen, is superior to other brands which do not contain this ingredient.

Bulletin No. 21, issued by Dairy and Food Bureau of the State of Utah, reads as follows:—

"The sale in the State of Utah of baking powders containing minute quantities of dried egg (albumen) is declared illegal. The albumen in these baking powders does not actually increase the leavening power of the powder, but by a series of unfair and deceptive tests such powders are made to appear to the innocent consumer to possess three or four times their actual leavening power."

bone without coarseness is to be desired. Too much refinement is associated with a weak constitution.

Symmetry of outline or balancing of parts is a very important point in selecting steers. By symmetry is meant a general uniformity throughout with no part out of proportion with any other part. Depth of chest should be balanced by depth of twist, and width of shoulders should be accompanied by width throughout.

In addition to the foregoing points, the steer should have a pliable skin of reasonable thickness, covered by a heavy mossy coat of hair. Pliability of skin and mossiness of coat indicate thrift and general well-being. Thickness of skin and hair indicates good constitution.

Beef cattle on the market are classed according to the commercial use for which they are adapted. Class designates the use to which an animal is to be put. Grade indicates the quality or degree of fitness of the animal in that class. The same grades, prime, choice, good medium, fair, common and poor or inferior, run down through the classes and the best to the poorest in the order above named.

The highest percentage of good cuts and the least waste in killing are the qualities desired in beef steers. In selecting feeders, however, a strong frame with plenty of room for vital organs, must be chosen, for the steer that would kill with least waste might not be strong enough to put on the greatest amount of flesh economically. A wide, strong back, great heart girth and smooth covering of bones are essentials in a good feeder. The head is an excellent index of the power of a steer to make economical gains. A side view of the body from hocks and knees to back bone should show a well filled rectangle. The general form should be compact and deep and broad. Short legged animals are desirable. Good balance or proportion are usually bought at the big markets or from local buyers. High priced land cannot be profitably used to raise steers. When to buy, depends largely on the buyer's equipment, the amount and time he intends to feed, and on the condition of the steers.

It costs more per pound to fatten a steer than the extra flesh will sell for consequently the selling price for the whole carcass must be enough greater per pound to pay the loss on the added flesh and make a profit. The difference between the cost price per hundred pounds of the feeder and the selling price per hundred pounds of the same steer when fat, is called the feeding margin. There must always be a sufficient margin to

break even. A greater margin means a profit. The necessary margin depends on the cost of feeds, the ability of the steer to make gains, the initial cost and weight, distance from market, season of year, the length of the feeding season.

Cattle are usually fed 60 to 90 days as a longer period often does not pay. It is the best to select that grade of feeders which seems at the time of buying, to offer the widest margin, or the quickest gains in flesh on a narrower margin. It may sometimes be better to fatten thin stockers up to the butcher class than selected feeders up to prime beef. Selling to a local buyer is usually the best policy unless one has two or more carloads to market. However, shipping to the market has advantages as well as risks. The best time to market is when prices are going up, for there is a keener demand.

### POINTED PARAGRAPHS.

Nerve and tact are a combination that is difficult to sidetrack.

If you think you can't do a thing—well, you know the answer.

Riches have wings—otherwise there would be but few high flyers. Opportunity knocks but once—but it's different with the human knocker.

Happy is the man who can forget all the mean things he knows about himself.

After sizing up their husbands, we don't blame some women for being fond of dogs.

Did you ever think what a lot of good you might have done had you begun yesterday instead of waiting until to-morrow.

Instead of trying to stir up trouble in this old world, let us get busy and help those who are in trouble and see how much we shall enjoy the change.

### POINTED PARAGRAPHS.

Industry is the mother of success. Politeness is an air cushion that eases the jolt.

Two heads are better than one—except in a family.

The one strong point of a busy bee is not in his favor.

Paintings are never hung until after they have been executed.

Lots of fool men exchange single bliss for matrimonial blisters.

A woman in love is more or less foolish—but a man in love is always more.

Hardship comes when the fire of genius isn't hot enough to keep the pot boiling.

If it is true the good die young, will the oldest inhabitant please offer an explanation?

The average man might just as well fall in love, for he has to make some kind of a fool of himself.

When a girl is a belle she naturally wants to be tolled so.

# Redpath

PACKAGE SUGAR

Why take chances by asking for "A Dollar's Worth of Sugar?"

Buy REDPATH in Original Packages and you'll be sure of full weight—highest quality—absolute purity.

