

Steamed Cup Pudding:

½ cup chopped suet,
1 cup flour,
2 t. baking powder,
½ t. salt.

Method: Mix with water or sweet milk. Place in cups and steam until done—about 1 hour. Fruit may be put in bottom of cups first; such as jam, etc. Our raisins or currants may be added to the batter. 1 or 2 tablespoons molasses may be added, and a little cloves or nutmeg. Serve with sauce or syrup.

Three-Day Buns**First Day—**

In the evening take one cup luke warm water, soak one Fleischman's yeast cake, add one cup flour, beat and let stand until next morning.

At seven add ½ lb. or 1 cup shortening,
1 cup white sugar,
2 tbs. salt,
6 cups luke warm water,
Enough flour to make a dough.

Let rise until double its size and mix down twice during the day. Then in the evening make small buns and place in pans about two inches apart, let rise until morning. Start about 7 o'clock and bake each pan about 15 or 20 minutes, hot oven. This makes about 10 dozen buns.

Mrs. M. W. Shearer,
Buckhorn Branch.

Filled Cookies

1 c. white sugar,
1 c. brown sugar,
1 c. butter and lard mixed,
3 eggs,
1 c. sour milk,
1 t. soda, 1 t. baking powder,
½ t. salt—1 t. nutmeg,
2 t. vanilla.
Flour to roll as cookies.

Filling:

1 c. raisins,
1 c. water,
1 c. sugar,
2 t. cornstarch,
1 t. vanilla,
¼ t. nutmeg,
½ c. nuts,
2 t. molasses.

Cook until thick and cool.

Cut dough as cookies, place small teaspoon of filling on cookie and place another cookie on top—press slightly at edge.

Mrs. J. M. Percival.

SAVING LABOUR IN THE HOME

Miss L. A. Row

In industry and business there is a constant striving for efficiency, and any change in methods or equipment that may mean better work, or work accomplished in a shorter time, is readily accepted. The same eagerness for efficiency and labor saving might well be carried into the home, since there are few busier persons than the homemaker, especially if she lives on the farm.

House work has been revolutionized wherever the hydro lines have extended and there has been the money necessary for wiring and purchase of equipment. Too many farm women, however, are still denied this service and must do a great deal of work not lightened to any great extent by modern invention. If she would have time for any recreation, for companionship with her family and for community work and at the same time maintain a well-kept house and the simple

niceties of living, she must be an expert executive. She must take time occasionally to check her system and methods and be ready to adopt any improvements.

As housekeeping consists of a multitude of small tasks, considerable labor saving may result from a number of small contrivances and slight changes in method, each one seemingly insignificant in itself.

Castors fitted on to all larger pieces of furniture make any necessary moving of them, as on cleaning day, much easier. Have them on the woodbox and find what help they are when it can be drawn to the door for filling and moved aside for sweeping.

A cupboard on the second floor for storing dust mop, dusters and other cleaning equipment will frequently save steps up and down stairs. If there is none, and little space in which to construct one, a short diagonal partition across a corner can usually be arranged, and the space enclosed will not be missed. Inside, a shelf for small articles may be placed above hooks for larger pieces.

A dumbwaiter also saves much climbing of stairs and can be installed by any man about the place who uses hammer and saw well.

His services may also be pressed into use to make a wheel table from an ordinary small table by the addition of rubber-tired wheels. A piece of linoleum or floor oilcloth may be glued to the top, while picture molding at the edge insures dishes staying on. A wooden bar or metal handle attached to each end completes the table, for which so many uses may be found. When canning it may be brought beside the stove to receive the jars as they come from the boiler. At meal time it carries hot food and plates to the table, and used dishes to the sink afterward. It may soon make itself indispensable in some households.

The skins of carrots and some other vegetables may be very easily and economically removed by rubbing with one of the fine copper mesh cloths sold for cleaning pots and pans. Very little of the layer under the skin need be lost by this method.

The possibility of going away for the day and still leaving a dinner hot and freshly cooked for the men is not a dream with a fireless cooker in the house. This equipment is inexpensive if made at home according to the following instructions:

The materials required are:

1. Outside container—this may be any strong, well-constructed box large enough to allow for at least 2½ inches of packing at sides, top and bottom of the "well" or inner container. A long box or old trunk will permit of using two wells, doubling the capacity of the cooker. A hinged lid with secure fastening should complete this outer container.

2. Well or inner container—A metal pail or can with lid is satisfactory or it may be made to order of galvanized metal. It must be kept enough to hold a soapstone and cooking utensil. A minimum depth of 9 inches is suggested. A "collar" of the same metal fits around it at the top and extends to the inner walls of the outer container.

3. Packing of excelsior, ground cork, hay, or newspaper

torn into small pieces and crumpled.

4. Sheet asbestos.

5. A soapstone bought for the purpose and slightly smaller in diameter than the well.

6. Oilcloth for cushion.

To assemble these, first press a layer of the packing firmly and evenly in the bottom of the outside container until there is a depth of at least 2½ inches.

Cut a piece of sheet asbestos long enough to wrap around the metal well at least three times, and wide enough to extend below the bottom to a depth measuring 2 inches more than one half the diameter of the well. Wrap this around allowing it to come within ½ inch of the top, and tie a cord around to hold it firmly in place. With scissors make slashes in the lower part 2 inches apart and reaching up to the bottom of the well. Fold these strips of asbestos flat against the bottom of the well and set it on to the layer of packing in the container, placing it exactly in the centre of the box. The wrapping of asbestos is very important to avoid all danger of fire. Now use more packing to fill in around the well on all sides, to within ½ inch of the top of well. The collar is pressed on top of this packing—the collar being a piece of flat galvanized sheet metal cut to such a size that it slips down inside the other case easily but closely, with a circle cut out of the centre so that it fits over the top of the well and rests on the packing.

An ordinary tin lid covers the well and over this an oilcloth cushion stuffed with packing fills the remaining space below the lid of the box. The well is now completely surrounded by packing sufficient to retain the heat until food is cooked.

To use the cooker, put both food to be cooked, and soapstone, on the stove. Allow the soapstone to heat until a pinch of flour dropped on it will brown in one minute. It is lifted by a hook and placed in the week of the cooker, and the food, which has simmered five minutes, is set on top of it immediately. The cooker is closed, not to be opened until cooking is completed.

Any food requiring long slow cooking, cooks especially well in this—as porridge, beans, rice and tough cuts of meat. Porridge may be placed in at night and taken out at breakfast time ready to serve. Meat should be allowed four to five hours, and a whole dinner of stew with vegetables and a cereal pudding can be cooked at the same time by sitting a shallow pudding dish on top of that containing the stew.

It should be remembered that the longer cooking is more destructive of vitamin C in the vegetables than the shorter cooking period, so that this method of cooking them is not recommended for regular use. Occasionally, however, by doing so the housewife may go away for a day even in the busy seasons, content that the men of the family are enjoying the hot dinner she has put in the cooker earlier in the morning. At such times the vitamin C may be supplied by raw fruit or a salad left ready to be combined.

HINTS ABOUT HOUSEHOLD LINENS

By Grace Conover, M.A.

In these strenuous days when it is difficult to get a market for all natural products and with diminishing returns for our labor, it becomes increasingly necessary to make each dollar go as far as possible and also to make the material on hand last for a greater length of time. Much emphasis has been placed upon the utilization of food material but very little upon the subject of household linens and wearing apparel. Very frequently the construction of our garments or of household linen has been the cause of the lack of endurance.

Have you ever had your tea towels fray at the corners after they have been laundered a few times? This makes them unsightly and also reduces their length of life. The first essential relating to tea towels is to buy linen—even if it be coarse it proves to be much more satisfactory. Some folks prefer a full yard for each towel but thirty inches makes a very useful size. Cut the towels, evenly on a thread of the goods, turn in the raw edge narrowly and then fold a hem about one quarter inch in width. If this is pressed firmly in place the stitching may be done without basting. Begin the machine stitching about an inch from the selvage edge on the first fold, stitch toward the selvage, then turn the towel and stitch completely across the end and before cutting the threads stitch back again for about an inch. This will prevent the hem fraying out during washing.

When making pillow slips see that they are not too tight for the pillows as the constant strain weakens the fibre and causes slits much more quickly. It is necessary to allow a little for shrinkage, also, to be on the safe side. The closed end of the pillow slip should be finished with a French seam (the first row of stitching with the pillow slip should be finished with the pillow slip right side out and the next with it wrong side out, enclosing the raw edges). Be careful to catch plenty of material as the constant washing tends to fray the seam. See that the tension is not too tight on the machine as tight stitches break during ironing, making an unsightly opening in the seam. The open end of the pillow slip may be finished with a two inch hem or decorated as elaborately and the individual desires.

It always pays to buy good heavy sheeting, it wears considerably longer and it makes a more comfortable bed—there are fewer wrinkles, the sheet staying in place better. Materials of a firm weave, such as sheeting should be torn, not cut, into the correct lengths, otherwise after the first laundering they will be crooked. Nick the selvage and tear as quickly as possible, with smart jerks. It should be possible to tear at least a year across the sheet with each quick jerk. If the sheet appears crooked get someone to pull with you diagonally on the short corners and it will adjust itself. Make the sheets the length of the mattress, plus twice the depth of the mattress, plus nine inches on each end for hem and turning under the mattress. Make a narrow hem of an inch for the bottom and a two inch hem for the top—stitching the same as the tea towel.

Perhaps some of you have forgotten that the usefulness of sheets may be prolonged, if, when the centre becomes thin, they are torn down the centre and the outside edges sewn together. The edge of the sheet gets very little wear and is frequently quite firm when the centre has ripped. Sometimes it is necessary to take away some of the thin part before hemming the edges, but the narrower sheet may be used for a smaller bed in that case. Even after using a turned sheet there might be part of it which later could be used to make a pillow slip.

Now for some suggestions which should make linens last longer. Do you know that in the spring of the year in the old country the bleaching green is frequently covered with linens. Good housekeepers consider this a part of their spring work. We might buy unbleached cottons or linens, which are frequently of a heavier quality, and bleach them in the sun. They will become as white as snow and be more durable not having had chemicals used on them. The materials should be kept dampened and left for several days. Indeed, household linens which have become grey with usage would be better whitened in this way rather than with bleaching solutions used in laundering.

Do not allow towels to become too soiled as it is hard on the fibre trying to get the dirt out. Fresh dirt is more readily removed.

Then when wringing towels or garments by hand do not be too energetic, twisting them as tightly as possible. This strains the fibre and shortens the life of the article. Bath towels, stockings, and garments of similar weave are more readily affected. Just squeeze out the moisture so there will be no dripping or use a machine wringer. When putting sheets or table cloths on the line fold the hems together and pin by the hems, thus often preventing a small disaster should the wind come up suddenly. Even the slight whipping in the wind, of loose edges tends to tear them.

HOSPITAL NEED

Mrs. R. B. Colloton,
Lorne Park

A very urgent appeal has been received from the branches of Manitoulin Island, where the loss of their hospital is imminent unless sufficient funds can be raised to purchase it. If this can be done they have the assurance that it will be taken over and run by the Red Cross. It is a private hospital which has been operated for some years by a splendid and public spirited doctor who is now leaving the Island. Unless the money can be raised to retain it as a hospital it is likely to be sold to American interests as a Country Club. Without it the nearest hospital will be one hundred miles away, entailing hours of travelling in great discomfort.

What the loss of this hospital will mean only those who have visited this area can tell, and we are sure that those branches which can contribute without lessening the effectiveness of the local organization will do so, sending their donation to Mr. A. J. Wagg, Secretary, Manitoulin Hospital Association, Mindemoya, Ont.