Household Department

Useful Hints and General Information for the Busy Housewife

Useful Recipes.

Bran Gems—Mix a cup of white flour, two cups of bran and a cup and a half of milk, a teaspoon of soda, two tablespoons of molasses and one egg. Bake in gem pans twenty minutes.

Cocoanut jumbles—Cream a cup of sugar and half a cup of butter. Add a cup of milk, half a cup of cocoanut, two eggs, two teaspoons of baking powder and flour enough to roll. Drop by spoonfuls on a buttered pan.

Cottage Pie—Line baking dish with mashed potatoes. Fill with chopped meat of any kind, after seasoning with onion, salt and pepper. Over this pread a layer of any cooked vegetable. Cover with buttered cracker crumbs and bake in moderate oven about one-half hour.

Cornstarch Cake.—One cupful cornstarch, two of flour, one of butter, two of sugar, one of sweet milk, one teaspoon of cream of tartar, one-half teaspoon soda, yolks of six eggs. Split the cake after it is cold, take the whites of the eggs, and, with sufficient sugar to sweeten, spread on layer, then put on top; press a few pieces of popcorn over top.

Fruit Puffs.—Sift together one and one-half cups flour, one and one-half teaspoonfus baking powder, two tablespoons granulated sugar and one-third teaspoon salt; add two-thirds cup dates, stoned and chopped, two tablespoons melted butter, one cup milk and one egg, the white and yolk beaten separately. Bake in gem pans in a hot oven and serve with lemon sauce, or any preferred. Use raisins, chopped figs and fruit instead of dates for a change.

Pudding Sauce.—Mix two tablespoons flour with one cup sugar, add a little cold vater to stir smooth, then one and one-half cup boiling water, a pinch of salt and butter the size of a walnut. Let cook until clear, and flavor with a generous teaspoon lemon extract or the juice of half a lemon.

Minced Ham.—Two cupfuls minced ham, four eggs, a scant half-cupful flour, one cupful milk, one-quarter teaspoonful pepper. Dissolve the flour in the milk, bring to a boil, and add the ham and pepper. Separate the eggs, beat yolks thoroughly and the whites till stiff. Add yolks to mixture, and fold in the whites. Put in a buttered baking dish, set in a pan of hot water, and let the puff rise to the top of the dish. This takes from one-half to three-quarters of an hour. Remove from the water and brown.

Rice Cake.—Cook, drain and cool half a cupful of rice. Mix it with a quart of milk, a little salt, the yolks of four eggs and beat. When it is smooth, add alternately half a pound of flour and a heaping teaspoonful of baking powder mixed with the stiff whites of the four eggs. Cook in spoonfuls on a hot greased griddle.

Eggless Dutch Loaf.—Use one cupful of light bread dough, add half cup of sugar and one tablespoonful of butter. Work all together until very smooth. Add half cupful of raisins and any desired spice. Shape into loaves. Let raise to double the size. Bake forty-five minutes in moderate oven.

Nut Bread.—One egg, one cup granulated sugar, one and one-half cups sweet milk, four cups flour, four large teasppons baking powder, one and one-quarter cups chopped nut meats and a pinch of salt. Pour in two baking pans, let stand fifteen minutes, then bake forty-five minutes in a slow oven.

Tea Crumpets.—Put two well-beaten eggs in one quart of milk and as much flour as will make them rather thicker than batter pudding. Then make bake stone or griddle very hot and grease it well; pour a large spoonful of batter so that it may run the size of a saucer. When ready to use, toast them crisp on both sides and butter them.

Suitable Accompaniments to Meats.

Roast beef—Tomato sauce, grated horseradish, cranberry sauce, pickles.

Roast pork—Apple sauce.

Roast veal—Tomato, mushroom and onion sauce.

Roast lamb—Mint sauce.

Roast turkey—Cranberry sauce, currant jelly.

Boiled fowl—Bread sauce, onion sauce, lemon sauce, jellies.

Roast mutton—Caper sauce.

Goose or duck—Cranberry sauce, jellies, apples sauce.

Boiled mackerel—Stewed gooseberries.

Boiled bluefish—Cream or lemon sauce.

Boiled shad—Mushroom sauce, parsley or egg sauce.

Fresh salmon—Green peas and cream sauce.

Boiled halibut—Egg sauce.

Time and Heat in Cooking.

Roasts of meat should be put in a very hot oven and the heat reduced in fifteen minutes.

The usual allowance of time for a medium rare roast is fifteen minutes for every pound of meat.

The length of time required for baking potatoes depends on the size of the tubers, but an average time for fairly large potatoes is forty-five minutes.

Boiled potatoes are ever so much better if they are boiled gently. The simmering burner of the gas range is just right for this. Test with a fork at the end of a half hour, and when mellow drain off the water, and if they must stand before serving place a cloth over them rather than a tin cover. Old potatoes with a strong flavor should be pared before boiling and soaked in cold water.

For creamed potatoes use chopped, baked or boiled potatoes. When these are mixed with the ingredients for the cream sauce, set the saucepan over the simmering burner upon an asbestos mat. This slow process will ensure a delicious creamy mixture.

Kitchen Knowledge.

Corn starch, arrow root or tapioca may be used to thicken cream soups.

Oranges, bananas and figs cut up together make a very delicious dessert.

Winter fruits that need cooking are most wholesome cooked without sugar.

Thin cold beef served with potato salad and brown bread is a good supper.

When making pudding soak the bread or cake in cold milk; it makes it light. Hot milk causes heaviness.

Eggs, fruit and whole-wheat bread make a perfect early breakfast for a business man.

When mixing fruit or nuts in a cake, they should be added before the flour. They will then be evenly distributed.

Dates are so nutritious and can be cooked in so many different ways, it is surprising they are not more generally used.

Five cents worth of tartar emetic mixed with an equal amount of sugar, moistened and placed where the ants are, will drive them away.

It is a very wise plan to put sheets of newspaper under bedding and carpets, and in frosty weather to tie them around water pipes to prevent bursting.

When the spring of a window shade is run down, it is a good idea to wind it up with a button hook—putting the hook around the small metal end which is to be turned.

Beets are much better and sweeter baked than boiled. They should be put in the oven in a baking pan and turned frequently, then when tender served with olive oil and lemon juice.

Shoulder of pork is delicious when stuffed. Buy a nice fresh shoulder; have the butcher bone it, then stuff it. Sew it up tight, roll it in a cloth and boil it two hours. Then remove the cloth from it, put it in an iron baking pan and bake it two hours.

BUILD MERCHANT ARMADA.

Britain Will Construct Vast Fleet of Mercantile Shipping.

The creation of a mighty armada of British mercantile shipping within six months after the end of the war was prophesied by a high naval authority in a statement made in London recently. Facilities for shipbuilding in Great Britain, it is asserted, have been so greatly augumented during the war that British yards can easily outdistance all German competition.

"Once our effort is concentrated on merchant shipping," this official said, "it will be possible to build vessels in less than ninety days, and perhaps faster, if they are standardized ships. Even with so much labor diverted to war purposes we have been able to construct 9,000-ton liners in three months' time.

"The stimulus to shipbuilders working under war pressure and on war vessels will continue when it comes to building merchantmen, for the men will accept the challenge of the Germans. Never in her history has Britain had at her disposal such a highly efficient and large body of shipbuilders as she will have when the war closes. We can view the future with equanimity, regardless of German predictions."

WAR FOOD FLOWER BEDS.

Convalescent Homes Plant Gardens in Potatoes.

Sir Alfred Mond, the First Commissioner of Works, London, England, is setting an example to local authorities in dealing promptly with food production in parks and open spaces. With the King's approval he has given instructions for the grounds of the Convalescent Home for Officers of the Navy and Army, at Osborne, Isle of Wight, to be planted with potatoes.

Before the war those portions of the grounds open to the public, notably the Swiss Cottage gardens, were a blaze of color all the summer. Very little gardening has been done since, but the decision of the First Commissioner of Works cannot fail to be an object-lesson in the use of idle ground.

Worcester Cathedral schoolboys during the Christmas holidays dug up the Cathedral close, an acre-plot, whose ancient elms were blown down last year.

Some folks don't know the value of money and others over-value it.

General Nivelle—of Verdun—France's New Generalissimo.

"I leave you after a splendid day. We have once more tested our methods, and the result is conclusive. Once more the Second Army has shown its moral and material supremacy over the enemy. Victory is certain. I give you my word on that, as Germany will learn to her cost." With those ringing words, General Nivelle bade adieu to his staff at Verdun, on leaving to take up the post of French Generalissimo on the western front. He cleared the outworks of Verdun of the enemy by his October victory at Douaumont-Vaux. His last act was to witness the magnificent victory between the Meuse and the Woevre of December 15. He planned the coup; Generals Petain and Mangin carried it out under his eyes. General Robert Nivelle is in blood half an Englishman. His mother was the daughter of one of Wellington's officers, and other English connections were Elizabeth Carter, Dr. Johnson's friend, and a grandfather, the celebrated writer, George Sale, translator of the Koran.

ROADS IN CHINA.

Made So Narrow That Vehicles Cannot Pass.

Every Chinese road is a forced contribution on the part of individual Chinamen to the public welfare. But nothing on earth is of so little interest to a Chinaman as public welfare. That he should be compelled to make any contribution to it is extremely galling to him. Add to that the fact that the road is made across his land is still counted as part of his land when it comes to paying taxes, and you may form some idea of the reluctance with which the Chinese landowner gives up his portion of the public highway. The very sight of neighbors and strangers making use of that strip of land brings the bitterest resentment to his bosom.

In order to lose as little soil as possible, he puts the road at the end of his field, where the adjoining owner must share one half of the public donation with him. But his neighbor's land may not be of the same length as his, so that the two pieces of road do not fit together well. Chinese highways have a wonderful tendency to zig zag.

The road is the exact width of the Chinese vehicle. It is true that carts must meet somewhere, but for such inevitable meetings no provision is made; in such case the drivers must turn out on the planted field. To prevent that, the owner has cut a ditch alongside the road, as deep and as steep as a gas-main ditch in our cities. The driver on the road can neither turnout for the driver he meets; nor can he pass under or over him. Just how the two will pass is one of the many Chinese puzzles, which the landowner does not think that it is his business to work out.

Constant travel over this narrow road causes dust, which is blown across the near-by fields, and tramples the surface of the way down hard. Both causes lower the road perceptibly. As soon as the rains begin and the land has received its fill of water, the remaining moisture seeks the lowest level—which is the road. But one road is still lower than another, so that the water flows in the direction of the lower "highways." The higher roads form creeks, and the lower ones collect the watery into lakes. In any case, travel is out of the question during the rainy season.

The action of the flowing water is not favorable to the roadbed. The water tears away the looser soil and cuts great gaps in the path. Gradually the roadbeds become well-nigh impassable.

The farmer does not trouble himself about the uneven road; he is concerned with his field. In case some soil has been carried away by the water, he digs into the road and throws whatever soil he can get back into his field. It sometimes happens that a road is lowered as much as one foot during a single year. Next year's rains will work still worse havoc; but why should the farmer worry? Public welfare is concerned, not he. If folks wish to travel by a better road, they may look for one.

The obvious suggestion that roads be built higher than the fields falls on deaf ears. One farmer could not do it by himself. To find two farmers agreeing on this one issue would be too much to expect in China. As for the traveling public, not one of them would raise a finger to encourage or assist the farmer; that would help too many other people The municipal government on its part has enough to do keeping the imperial highway in order; rural roads are none of its concern.

Should the Chinese villager come to see some day that the welfare of the many is the welfare also of the few, and that service is worth while according to the benefit it affords, these troubles will doubtless have an end. Meanwhile, traveling in the land of Confucius is, not a pleasure, but a penance.

GROW FOOD IN SCHOOL PLOTS.

Minister of Education Urges the Cultivation of Garden Space.

That the value of Ontario's food production could be increased by $10,000,000 by proper cultivation of garden plots and vacant land in urban municipalities of from one to nine thousand population, is the statement Hon. Dr. Pyne is making to school teachers and inspectors in an endeavor to "speed up" food production in the province next year.

The Minister has issued instructions to teachers of agriculture and horticulture in the schools to devote their attention to practical food growing next Summer, increasing the space devoted to plants of food value and limiting that given to flowers.

"With the same object in view the home garden projects should be enlarged and extensive use made of vacant lots and other unoccupied areas in order to take advantage of the potential labor of boys and girls from eight to sixteen, much of which in the ordinary course of events is not utilized," says the Minister. The inspectors are urged to enlarge the scope of agricultural education and to induce school boards that have not established classes in agriculture to undertake the work, and so utilize school and home garden space.

What Belgium Wants.

At a meeting held at Paris in January to protest against enemy deportation of Belgian workmen M. Vandervelde of the Belgian Cabinet, himself a Socialist, read from a manifesto issued by his countrymen, the victims of German slavery, as follows: "Whatever be our tortures we want peace only with the independence of our country and the triumph of justice." It is as natural for normal individuals to applaud this heroic stand as it is to condemn, even impatiently, the agitators for peace who afford the secret agents of dastardly enemy intrigues a golden opportunity for service.

Don't save all your smiles for the parlor—use a few in the kitchen!

No man has a right to expect his wife to be a good cook unless he is that kind of a provider.

FOX-HUNTING IN ENGLAND

FAMOUS BRITISH SPORT MAY PERISH AFTER THE WAR.

Many Prominent Hunting Men Are Among the Fallen on Europe's Battlefields.

Fox-hunting circles in England are reported by the London Daily Telegraph to be seriously disturbed over the prospects for their sport after the war. They are now trying to combat a movement which, if successful, would exterminate all existing foxes, and would thus absolutely destroy the sport. In time of peace fox-hunting has always been held in contempt by a certain portion of the community. It has been denounced as cruel to foxes, as the sport of the wealthy, as a detriment to agriculture, and as a sinful waste of money. Now, in time of war, the attacks have redoubled, and the champions of the great English outdoor sport fear that the reformers may be able to destroy it absolutely. It cannot be said that fox-hunting is keeping eligible men out of the army. No class rushed with greater determination to arms than the sporting community in England, nor the country gentlemen and their families. Now that there is conscription, no man who is qualified to serve can remain at home to chase the fox. It is urged, however, that there are hundreds of thousands of acres of land in the British Isles which are reserved for fox-hunting which ought to be used for the production of food, though, as the hunting takes place only in the Fall and Winter, it is not plain how it interferes with agriculture.

Hunting and War.

In defence of their sport the masters who have remained at home because they are too old to go to the front or because the nation has decided that they are more useful on the north side of the English Channel, have been compelled to point out what a great part in the war hunting men have filled. Up to the present cavalry has not played a very important part in the fighting along the Western front, although there are exceptions to this rule, and in the Mons retreat the cavalry did work that will never be forgotten. But if it is admitted that cavalry is likely to prove important in this war or in future wars it is not to be denied that in the production of cavalry horses the sport of fox-hunting has had a leading role. The ideal hunter is the ideal charger, and that is as true to-day as it was in the days of Charles O'Malley.

Sport Makes Good Soldiers.

The sport, however, is one that makes demands upon those qualities of manhood that are likely to be most valuable in time of war. A man cannot follow the hounds without having plenty of nerve. Often the coldest kind of courage is needed. Quick thinking is stimulated. Riders get "an eye for country" which would be invaluable for a leader of mounted troops; and if it were not for the hunting there would not be nearly so many men who are at home on horseback. The sport conduces to physical hardihood and to longevity. Mr. W. de Salis Filgate was master of the Louth hounds for more than fifty years, and in that time he did not miss a single day they were out, either cubbing or regular hunting, and he never altered a meet for his own convenience. Many similar instances might be quoted if it were necessary, but that fox-hunting has the advantages mentioned is not denied by those who oppose the sport.

How Are the Mighty Fallen!

A notable list might be compiled of the prominent hunting men, masters and others, who have fallen in the present war. The Earl of Faversham, who fell last September, not only filled a large place in public affairs, but was master of the Sinnington hunt in Yorkshire. Lord Lucas was an enthusiastic fox hunter, as well as a great authority upon agriculture. He fell on the field of honor. Sir Robert Filmer, who died of wounds several months ago, was formerly master of the Blankney, and that he treasured memory of his early days is proved by the fact that he left $2,500 to the widow of his former huntsman. Major Lancaster, who was killed last May, also left a bequest to the Hunt Servants' Benefit Society. Major Allen Palmer, killed in action, was a F.H., of the Cattistock, and Capt. M. K. L. Loyd, who hunted the Lamerton hounds, was also killed in the war. Brig.-General, the Earl of Longford, one of the heroes of the Gallipoli expedition, hunted the Westmeath hounds. He was for a long time reported wounded and missing, but is now listed with the dead. A famous hunting man and poloist who died in the Egyptian campaign was Major Leslie Cheape.

Staggering Blow to Sport.

Lieut.-Col. Harold Brassey, another noted polo player and devoted hunter, is among the fallen, as is Colonel R. J. Carden, Mr. Cecil Aldin, noted artist and master of the South Berks, has lost his only son at the front. Midshipman Eden, Lieut. J. Twinbarrow and Lieut. R. Assheton Biddulph were all the sons of masters of hounds. All have been killed, and the Telegraph compiles a list of many noted hunting men who were early in the field and first among the fallen. Several hunt secretaries have been killed, and it is no exaggeration to say that there is not a hunt in England or Ireland that has not mourned many members killed in action, died of wounds or so disabled that never again will they be able to take their old places. The sport has suffered not only from the loss of leaders and prominent supporters in action, but from the death of veteran masters, whose places because of the war are not likely to be filled. Even the women are working for their country. Therefore, the great old sport is left naked to its enemies. If the war should result in the destruction of fox-hunting, there can be no doubt that a great many thousands of fine old English gentlemen and their families will continue to cherish for Germany a hatred, passing the hatred of women, as long as they live.

GRAVES OF SOLDIERS.

Prince of Wales Speaks at Meeting of Committee on This Work.

The Prince of Wales attended a meeting in London recently of the committee for the care of soldiers' graves at which there were present Sir Geo. Perley and other representatives of the Dominion.

The Prince mentioned that 150,000 graves were now registered. "Over 60 of 400 burial grounds have already been laid out under advice of the Director of the Royal Botanic Gardens. I have seen how beautiful these cemeteries look when the flowers are out. It is especially gratifying to me to know my visit from the front should coincide with the first attendance of this committee of representatives of the Dominion Governments. As the army in the field is now an Imperial army, so this committee should be an Imperial committee, entrusted by the Empire with the task of fittingly and enduringly commemorating the common sacrifice of the best blood of the generation, a sacrifice which forms one of the sacred links of the Empire."

The committee subsequently considered the questions of marking the graves of the Dominion soldiers who died in England.

Mick's Share Doubtful.

Two Irishmen were one day going over a bridge and saw the following notice:

"Any person saving a life will get $5, and for a dead body $2.50."

Said Mick to Pat: "We ought to make some money out of this."

"Thrue for ye," said Pat. "You fall in the water, and I will pull you out."

"All right," said Mick, and he dropped over the bridge.

Pat, after trying some three or four times to get Mick out, was arrested by a voice from the water, calling out:

"Bedad, if you don't look sharp, we shall only get $2.50."

New Regulation.

According to the German papers a new regulation has been issued in regard to old boots and clothing. For the year 1917 only two pairs of so-called "shoes de luxe" will be allowed each person in return for cast-off but still wearable pairs. The utilization of cast-off clothing is entrusted to communities which will have a monopoly of purchase of the articles. The exchange of old for new articles will be carried out on the ticket system, the number and character of the changes allowed each person being regulated by appropriate ticket.

Women may live longer than men, but, as a rule, they don't live quite as much.