

### Urge Feeding of Game Birds; Many Starving

An appeal is being made by the Izaak Walton league to every bird lover, sportsman, Boy Scout and outdoor person, to join in the work of feeding the starving pheasants, partridge and other birds which stay here through the winter. At the present time this work is being carried on by the various local chapters and the state conservation department under direction of Game Warden Henry Kern.

The condition of the bird at present is pitiful. Owing to the lack of feed and grit, especially the grit, they are in a weakened condition, which makes them an easy prey to mink, fox and other vermin, and the sub-zero weather has taken a heavy toll.

During the recent wolf hunt, several starving pheasants were found in a half frozen condition. They could hardly run to say nothing of flying.

### HINTS FOR THE HOME

#### Meals and Weather

In these changeable days it is rather harder than usual to plan the meals so that they will surely be satisfactory. For you may plan three meals that would be delicious on a crisp, frosty day, and the day may turn out to be a mild, languorous one of Indian summer.

Or the other way round. You may plan a day's meal that would be tempting on a warm day and the day may turn out to be cold, wet and dreary — and the warm-day meals may be quite inadequate.

So when you are planning your meals, plan them so that they can be adapted to either warm or cold days.

You can, for instance, have potatoes ready for potato salad, with canned salmon or sardines, for luncheon. If the day is chilly, mix the potatoes with white sauce instead of mayonnaise, and heat them thoroughly. Nothing is more warming than creamed potatoes if they are good and hot. You can then serve lettuce separately, to give the desired raw green to the meal.

Or for dessert. If the day turns out warmer than you expected it to be, and you have listed a steamed fruit pudding, serve instead fresh or stewed fruit with cookies or crackers.

You can always add to the substantiality of luncheon and make it more comforting for a cold day by adding hot chocolate made with milk. You can use cooked cereal on cold mornings when it is warmer. You can serve hot toast instead of bread and butter to make breakfast more suitable for cold days.

Another way to add to the heat of the meal is to serve some such simple and easily prepared dish as boiled rice. For luncheon, served honey or hard sauce or stewed fruit or dessert, it is always delicious, and makes a slender meal seem substantial as well as warmer.

#### Cleaning Light Bulbs

Your electric light bulbs will have an extra sparkle, when cleaning them, you will use ammonia in the water.

#### Potatoes en Surprise

Bake large mealy potatoes and scoop out the centers; mash them, add a generous lump of butter, seasoning and two heaping tablespoons of grated Switzerland cheese; add one teaspoonful of chopped parsley and milk enough to make the consistency of mashed potatoes; beat well until light and fluffy, refill potato cases, return to the oven and bake until the filling puffs and becomes a golden brown. Serve at once. These are delicious with creamed codfish or Finnan Haddie Delmonico.

Cut the crust from a thick slice of bread and brown the bread in a pan containing 2 tbs. hot melted butter. Remove and put in the pan 2 tbs. chopped ham, 2 tbs. grated cheese and ½ cup cream. Season with salt and cayenne, mix well and when hot spread on the browned hot toast.

#### Protection for Food

In most homes the kitchen cupboard or pantry shelf is filled with the food staples which are necessary for the preparation of meals. Coffee, flour, sugar, rice, spices and so on,

are among the products that need to be on hand, and that most women keep in air-tight containers.

It is just as important for food cleanliness that the containers themselves be kept in spotless condition. They get almost daily handling and soon the outsides are smudged and marked and unsightly. The particular housewife wipes them with a soapy cloth before she sets them back on the shelf. As for the insides, they should be thoroughly washed and dried at least every two weeks to insure sweetness. If measuring cups and spoons are kept in the container they should be washed and thoroughly dried after each use.

#### Oatmeal

One cake yeast, one-fourth cup lukewarm water, three tablespoons sugar, two tablespoons butter, one cup hot milk, one cup rolled oats, one-half cup whole wheat flour, one-half cup sifted white flour, one teaspoon salt. Boil the rolled oats and butter in milk one minute. Let stand until lukewarm. Dissolve yeast and sugar in lukewarm water and combine the two mixtures. Add flour and salt, and beat well. The batter should be thick enough to drop heavily from the spoon. Cover and let rise until light, about one hour, in a moderately warm place. Fill well-greased muffin pans two-thirds full. Let rise about 40 minutes, bake 25 minutes in a moderately hot oven.

#### Orange Frosting

Grated rind one orange, three tablespoons orange juice, one teaspoon lemon juice, one egg yolk, confectioner's sugar. Mix grated orange rind with fruit juices and let stand 15 minutes. Strain into egg yolk, beaten until thick and lemon-colored, and add sifted confectioner's sugar until of right consistency to spread.

#### Orange Pie

One cup sugar, one-fourth teaspoon salt, one cup orange juice, two tablespoons butter, one-third cup flour, grated rind; add fruit juice, and cook in double boiler 10 minutes, stirring until thickened, and afterward occasionally. Add butter and egg yolks beaten light; cook two minutes, and cool. Put in baked pastry crust. Cover with meringue or whipped cream and bake in moderate oven until delicately browned.

"I'm going to have a divorce—my husband hurled thousands of insulting words at me."

"You exaggerate — thousands in two weeks."

"Yes; it was a dictionary."

One time when a homely man has an even break is on Hallowe'en when they wear false faces.

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