

Of course, you can  
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# "SALADA"

is undoubtedly the most economical and what appears to be 'cheap' in price will prove to be extravagant in use. The fresh young leaves of "Salada" will yield you generous value for your money.

B 115



## DOMESTIC SCIENCE AT HOME

### Sixteenth Lesson. Rolls, Tea Biscuits and Buns.

Rolls and tea biscuits make a delightful addition to the daily bill of fare. The regular bread dough may be used in making them.

#### Parker House Rolls

Use the recipe for white bread, the sponge method. When the bread is ready for the pan, roll on a slightly floured pastry board one-quarter inch thick. Cut with a four-inch cookie cutter, brush them with melted butter, then fold over in pocketbook style, pressing firmly. Set on a well-greased pan two inches apart. Set to rise for thirty minutes. Then brush with egg and milk wash. Bake for eighteen minutes in a hot oven. Quickly brush the tops of the rolls upon their arrival from the oven with melted butter.

#### Tea Biscuits

Prepare the dough as for the Parker House rolls. Roll it one-quarter inch thick, then brush with melted butter. Fold over the dough and beat with a rolling pin for three minutes. Cut with two-inch cookie cutter. Set in warm place to rise for eighteen minutes. Then brush with egg wash. Sprinkle with granulated sugar and bake in a hot oven for fifteen minutes.

#### Cinnamon Cake

Use the recipe calling for straight dough method in the bread recipes. When the dough is ready for the pans, roll it three-quarters of an inch thick. Cut the size of the pan. Place in a well-greased pan and set to rise for thirty minutes. Brush the top with egg wash and cover one-quarter of an inch deep with one-half cupful of brown sugar, one-half cupful of flour, two tablespoonfuls of cinnamon, five tablespoonfuls of lard. Mix the dry ingredients well, then rub in the lard until crumbly. Place on the dough in a moderate oven and bake for twenty minutes.

#### Cinnamon Buns

Use the straight dough mixture. Take the dough as ready for the pans and roll it on a slightly floured pastry board one-quarter of an inch thick. Then spread it with brown sugar, cinnamon and currants and one ounce of butter to every pound of dough. Roll like jelly roll, but in slices one and one-half inches thick. Place so that the buns barely touch

### PLANNING THE BILL OF FARE

The arranging of the daily bill of fare requires careful planning to avoid waste. The first essential to be considered is the season of the year. Fall and winter menus will require a substantial protein, a generous portion of carbohydrates and starches, together with fats and mineral salts. Protein is available in meats, fish, cheese, milk, eggs, grains and legumes (dried peas and beans). Starches are found principally in vegetables, roots and tubers, sugar, both cane and beet. Mineral salts are found principally in fresh vegetables and garden greens.

In order that we make no mistake in arranging our menus, I will class certain groups of vegetables that will form good combinations:

In the first group are potatoes, rice, hominy, peas (dried), beans (dried), beets. The second group contains tomatoes, string beans, celery, asparagus, spinach, cabbage, parsnips, turnips, eggplant, cucumbers, lettuce, watercress, fresh peas.

It is also desirable to use a salad in some form with the luncheon and dinners, thus providing the necessary vitamins that are absolutely necessary to maintain our balance.

Do not serve meats and eggs or fish and eggs at the same meal; as for instance, hash with poached eggs, or boiled fish with hare-boiled eggs, sliced or chopped fine in the dressing. This supplies the body with a larger proportion of protein than necessary. The body requires one-tenth of the total number of calories in protein. All protein taken in excess of this amount is eliminated from the body, and in this way overworks the kidneys and liver. An abundant supply of starches and fats are required during the cold weather for the reason that the heat radiates from the exposed surface of the body.

Success in cooking and serving food depends entirely upon the seasoning and garnishing. Good seasoning will turn the plainest dish into a banquet fit for a king. The epicure and food connoisseur alike declare that the delectable goodness of the highest-priced food lies chiefly in the delicate flavoring and seasoning used during cooking. Yet many persons believe that Worcestershire sauce and catsup, pepper and salt are the only flavorings required. The French housewife keeps a supply of delectable seasonings which she prepares herself, and the herb garden supplies her with many varieties which she skillfully blends.

Onion Salt.—Grate one large onion and add one-half cupful of salt, one teaspoonful of white pepper. Mix well and place in an earthenware dish

in the oven to dry. Rub between the hands and rub through a fine sieve to remove the coarse onion particles. Place in a jelly glass or fruit jar. Use for seasoning meats, fish, vegetables, soups, etc.

Add one teaspoonful of sugar to the boiling water in the saucepan when cooking green vegetables. When baking beans add two large onions and two green peppers chopped very fine.

### VERDUN'S INTEREST TO US.

Famous Fortress is Spot Where Napoleon Imprisoned British Civilians.

Verdun has always been looked upon with interest by the British race, for it was there that our civilians were imprisoned at the time of the Napoleonic war. For a time they enjoyed their internment, and were allowed a good deal of liberty. Horse racing and kindred sports were permitted on those very plains where the Germans have been attacking, but under Wirim's regime those concessions were withdrawn, and the plight of the prisoners affords the most painful reading in all that melancholy period. They were taxed out of all comparison to their means, and those who were unable to pay were often cast into dungeons, where they lingered until death came as a release. For no apparent reason numbers of these unfortunate beings were marched barefooted to the neighboring fortresses only to be ordered to renew the journey back some months later.

Verdun was the blackest stain on the Corsican's character, and the horrors perpetrated there have only been excelled by the German treatment of the civil population of Belgium and northern France.

### BIRDS GREAT TRAVELLERS.

Swallow Marked in England Caught in Africa, 6,000 Miles Away.

A thrush was caught at Southport recently with a ring on its leg marked "Inform Witherby, High Holborn, London." Mr. H. E. Witherby, who is the editor of British Birds, has, since 1910, had 75,000 birds so marked in the hope of learning something about their travels. A swallow ringed in Lancashire was found seven months later at Grahamstown, South Africa, 6,000 miles away. A "lesser black-backed gull," ringed at the Farne Islands, off Northumberland, was found eight months later at St. Louis, Senegal, and a blackbird, ringed London, was found in Moscow a few weeks afterwards. It would seem that birds are greater travellers than most of us imagine.

### BLOOD-MAKING MEDICINE

It took centuries for medical science to discover that the blood is the life. Now, it is known that if the blood were always abundant, rich and pure, very few people would ever be ill. It was not until the end of the 19th century that an instrument was invented for measuring the red part of the blood. Then doctors could tell just how anaemic a patient had become, and with medicine to make new blood the patient soon got well.

All the blood in the body is nourished and kept rich and red by the food taken daily, but when, for any reason, a person is run down and cannot make sufficient blood from the food to keep the body in health, then a blood-making medicine is required. The simplest and very best of blood-makers suitable for home use by anyone, is Dr. Williams' Pink Pills. When a course of these pills is taken their good effect is soon shown in an improved appetite, stronger nerves, a sound digestion and an ability to master your work and enjoy leisure hours. For women there is a prompt relief of, or prevention of ailments which make life a burden. As an all-round medicine for the cure of ailments due to weak, watery blood no medicine discovered by medical science can equal Dr. Williams' Pink Pills.

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### A Nicely Chosen Word.

Of Nijnski, the famous Russian dancer, who is himself a good musician, the following story is told:

At a reception the other day M. Nijnski listened without wincing to a pianoforte performance, more vigorous than skillful, on the part of the daughter of the house.

"M. Nijnski, how do you like my little girl's playing?" the hostess asked her guest of honor.

"Ah, madam," M. Nijnski replied tactfully, "I think your daughter haff a vairy firm trade."

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