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# Home and Community Page

## Bran Recipes

In these days of too much riding and not enough walking (unless you are a golf enthusiast) more thought must be given to one's diet, especially the item of roughage, of the physical mechanism is to be kept in perfect running order. Bran is prescribed by dieticians as the best of these. Prepared with some of the following good recipes it will not be hard to take.

### Bran Muffins (Makes One Dozen)

Two tablespoons shortening, one-quarter cup of sugar, 1 egg, 1 cup sour milk, 1 cup bran, 1 cup flour, one-half teaspoon soda, one-quarter teaspoon salt, 1 teaspoon baking powder. Cream shortening and sugar together, add the egg. Mix and sift flour, soda, salt and baking powder. To the creamed mixture add the bran then the milk, alternately with the sifted dry ingredients. Pour into greased muffin tins and bake in a moderate oven for 20 minutes. If sweet milk is used instead of sour milk, omit the one-half teaspoon of soda and use three teaspoons baking powder. Raisins or dates may be added to the muffins if desired.

### Bran Yeast Bread

1½ cups bran, 1 and one-half cups boiling water, 1 tablespoon fat, 1 and one-half teaspoon salt, one-third cup molasses, 1 yeast cake softened in ½ cup lukewarm water, 4 cups flour. Pour the boiling water over the bran. Add the shortening, molasses and salt and let the mixture stand until lukewarm. Add the lukewarm water. Sift in the flour. Beat well. Let the dough rise until double in bulk beat and put into a greased bread pan. Let rise again. Bake in a moderate oven for 50 minutes.

### Bran Griddle Cakes

1 Cup bran, 1 cup flour, 1 tablespoon sugar, 2 teaspoons baking powder, ½ teaspoon salt, 1 egg, 1½ cups milk 1 tablespoon fat. Mix and sift flour, sugar, baking powder and salt; add bran. Combine egg with milk and add the dry ingredients. Add melted shortening. Beat well on a hot griddle.

### Bran Pudding

Two eggs, 2 cups bran, 2 cups milk 1 cup sugar, 1 tablespoon butter, ¼ cup seeded raisins. Soak the bran in the milk. Beat eggs and sugar, then add butter, bran and raisins. Bake in a moderate oven about 20 minutes until firm. Serve with cream or hart sauce.

### Bran Doughnuts

One tablespoon shortening, one-quarter cup sugar, 1 egg, 1 and one-half cups bran, one-half cup milk, 1 and one-half cups flour, 2 teaspoons baking powder, 1 teaspoon salt. Cream the shortening and sugar add the egg well beaten, bran and milk. Mix and sift dry ingredients and add them to the first mixture. Roll on a floured board. Cut with a doughnut cutter. Fry in deep fat.

### Bran Squares

Three eggs, one and one-half cups brown sugar, three-quarters cup flour three-quarters teaspoon baking powder, 1 cup bran, 1 cup nut meats, one-half cup dates. Beat the eggs until light add the sugar and beat well. Add the flour, baking powder, bran, chopped nuts, and seeded dates. Spread the mixture in a layer one-half inch thick in a greased shallow pan. Bake in a moderate oven for about 20 minutes—until the mixture is firm. Remove from the oven and while warm cut into squares or bars. Roll the pieces in powdered sugar if desired.

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## CANADA NATION OF EGG EATERS

Eggs Are Imported Item On Daily Menu Of Every Home

The people of England have long been known as a race of meat-eaters, and the tradition of the "roast beef of old England" has come down from the ages of antiquity. According to the federal minister of agriculture the people of Canada are achieving fame in a somewhat similar direction, the difference being that they are becoming known as a nation of egg-eaters. He has estimated that every person in Canada eats 28 dozen of eggs a year, on the average, making 336 eggs in all, or an average of almost one egg a day for the year. This remarkable record is responsible for the fact that ninety-nine per cent. of all the eggs produced in Canada are now consumed by the home market, leaving only about one per cent. for export purposes and Canadians are now the greatest individual consumers of eggs in the world. This is an achievement which speaks well for the quality of eggs produced in Canada, and the care taken in marketing them. A heavy consumption of eggs can only be built up when the quality can be fully guaranteed, and the fact that this has been done speaks well for the effect of the grading laws and marketing regulations which are in effect in this country.

## HOUSEHOLD HINTS

Always grease new pie plates, pot covers, saives, tin cups and bread pans with lard before using, them and put them in a warm oven. They will never rust if treated in this way.

Use eggshells to wash bottles or vinegar cruets. Crush them fine put into the cruets with warm soapy water and shake well. This will clean the finest glass without scratching it. There should always be moving air in a room. We breathe out impurities into the room. If the windows are closed, the air becomes stale and poisonous and we cheat ourselves of the pure air that feeds our blood and keeps us strong.

It is quite easy to make ammonia at home in the following way. Mix one ounce of rock ammonia with half a gallon of cold water. When this is dissolved the addition of a little yellow soap will make it quite cloudy. Always scald rhubarb before cooking, for it requires so much less sugar and yet loses none of its flavor. When mayonnaise has curdled the addition of a little unbeaten white of an egg will make of it a smooth successful dressing.

For baking bread and pastry have an oven that will in five minutes turn a piece of white paper a dark brown. Home-made bread is often spoiled by too much salt being added to the dough. It makes the loaves heavy.

When boiling a cracked egg rub the shell over with lemon juice. The egg albumen is quickly coagulated by the acid.

To renovate black kid gloves, dip a feather in jet black ink and give the shabby portions two or three coats, letting one coat dry before applying the next.

Feature For The Children Make sure the children read "The Story of Canada" which appears elsewhere in this issue. It will help them appreciate the significance of "Jubilee Year."

## Appetizing Fritters.

Apple Fritters Two cups flour, 1 cup sugar, three-quarters cup milk, 2 tablespoons butter, a pinch of salt and four apples.

Sift the flour and mix together the dry ingredients. Add the milk, gradually, stirring into a batter, beat well cut the pared apples into slices and mix into the batter. Pour a spoonful of the mixture at a time into a pot of deep fat which has come to a medium heat before immersing the fritters. Serve with powdered sugar sprinkled over top. Lemon, fruit or vanilla sauce is usually served hot with these fritters.

### Meat and Apple Croquettes

Peel 1 tart apple and grate quickly, mix it with 1 pound chopper raw meat 1 egg, one-quarter teaspoon salt, and one-half teaspoon pepper. Form into small flat croquettes. Roll in sifted flour and fry in hot deep fat. Drain on brown paper and serve with a garnish of crisp parsley.

### Banana Fritters

Three bananas, 1 cup bread flour, 2 teaspoons baking powder, 1 teaspoon salt, one-quarter cup milk, 1 egg, 1 tablespoon lemon juice. Mix and sift dry ingredients. Beat egg until light, then add lemon juice and banana fruit forced through a sieve. Drop by spoonfuls, fry in deep fat and drain. Serve with orange juice.

### What Is Home?

Home is the human nest, and the woman who fails as a home-maker fails as a woman. Home is the social unit. A nation is built up of its homes, and will be strong or weak according to the strength or weakness of the home-force, home being to the individual the rallying point of nearly all the social virtues. Home is the child's birthright. The world should unfold to a child from the home-centre; all experience and education should there begin, that centre meaning love, protection,

## TO-DAY AND TOMORROW

Tomorrow is usually a little further off than yesterday. Both, however, have a perspective which in some ways show them up in nearly their true relation and in otherways distorts the view and makes them appear in strange ways. Yesterday was a little while since, to-day and to-morrow will soon be just one of the present days.

There are dreamers who are continually looking for the better day, for the time when men and women will become almost perfect. They forever talk about the "good old days" and deplore modern conditions and morals. They never tire of comparison particularly of the modern girl with the girl of their youth and always to the disadvantage of the girl of to-day. So obsessed have they become with the idea that the trend of morals and manners are on the downward track that acts of slightest indiscretion become degrading and the failure of extreme courtliness shows a decadence in manners.

Yesterday was not a whit better than the to-day in which we live and the morals of the youth to-day are the equal of those in the "good old days." Manners of to-day are better, there may be less gesticulation but there is more gentleness and unselfishness than was the case yesterday. Prudishness and snobbery are at a minimum and the advancement in these two phases of politeness alone more than recompense for what may have been lost in the manners of other days.

If you will back up those who continually hark on conditions today and forever praise those of other days, in a corner and let him recall specifically the customs and manners of the old days, it will be easy to convince him that conditions to-day are as good as a quarter of a century ago.

trust, honor, discipline.

Home is the woman's kingdom. Her power radiates from the hearth, which is the natural focus of her highest strength, gifts and ambitions. The farther from the hearth she goes the weaker her grasp of happiness, whether as giver or receiver.

Home is the man's anchorage, his point of security, the harbor to which he returns after toil and weariness, after wandering; home, whether the man be in it or out of it is his remedy against the roughness and incertitude of life; it shields him, repairs him, softens him, steadies him, holds him to his best. Home in its highest aspects is all this; and even when it falls short of the highest it remains a portion of its inevitable virtue and power. Beside the hearth we grow up, beside the hearth we must die.

### A Good Town

Put a peg of prosperity into your community by staying with it. Always greet our neighbors with a grasp of confidence.

Criticize in the spirit of God-speed. Say a good word if it hurts. Remember that those who insist on hanging themselves will do it if given enough rope.

Give your neighbor a right to an opinion as long as he keeps it to himself. Discuss questions involving your better welfare instead of arguing with them.

Apply the golden rule regardless of consequences. Back up your churches and relative affiliations. You will feel better and besides are setting a good example for the young people.

Failures reflect on the entire town. See what you can do to keep your neighbor on the top of the water. Don't let him drown.

Let's have more handshakes and arm in arm confidences with a goodwill parting. It adds to that day's events. Let's break the shell and step out. The world is wondering what we are going to do next. Let's show 'em.

### A Better Time Is Coming

For every ill there is some cure. Or a remedy that at least will mend it.

But for the ill of being poor, Little has been recommended—Promoters, politicians, or the profiteer To the rule of want seem an exception.

They are immune from any fear That may arise in this connection— They smile at circumstances even at the weather.

If it become too dry, wet, hot or cold They move to more congenial heather, By having plenty of ready gold— If in the south and the heat gets too oppressive,

They can hop into a boat, car or plane, To where zephyrs are more progressive; And till cooled off there remain— Manners, Customs, habits, wrong or right,

Equally strong have been defended By champions who vigorously fight And on whom little can be depended The poor the inevitable must face If they fry, roast, freeze, starve or rot,

Stay at home in any old place If they like it well or not— But this will not always be so, There is God's promise of a season, That pride and selfishness is doomed to go.

And people ruled by reason— Loving great and gifted minds Have the millennial age foretold. The evidence everywhere one finds, That beacon lights unfold.

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