

Herald Home Corner

Housewives may mail requests for recipes or ask any questions concerning recipes published. A Herald subscriber, a woman versed in cookery, who desires to remain anonymous, will be delighted to publish requested recipes or answer questions.

—The Editor



"But who shall so forecast the years
And find in loss a gain to match?
Or reach a hand through time to catch
The far-off interest of tea?"

A FEW QUICK BREADS

The waffle is especially welcome during cold weather, and is good made of sour milk.

Waffles.—Take one and one-half cupsful of flour, one-half teaspoonful of soda, one-fourth teaspoonful of salt, one tablespoonful of sugar, three well beaten egg yolks and one cupful of sour milk. Add the soda to the milk, then the egg yolks and flour with salt; fold in the stiffly beaten whites of the eggs and two tablespoonfuls of melted butter or other shortening. Beat well and cook on a hot waffle iron. Serve with any cold sirup.

Peanut Butter Bread.—Sift two cupsful of flour with three teaspoonfuls of baking powder and one teaspoonful of salt, add one cupful of peanut butter, one-half cupful of sugar and mix well. Beat two eggs, add one cupful of milk, then add flour and beat well. Put in a well greased bread pan and bake thirty to forty minutes.

Health Biscuit.—Take two cupsful of whole wheat flour, one teaspoonful of salt, two teaspoonfuls of shortening, three teaspoonfuls of baking powder, one cupful of milk and one quarter of a cupful of minced raisins. Drop by teaspoonfuls on a buttered baking sheet and bake one-half hour. This makes a dozen biscuits.

Coffee Cake.—Mix together two tablespoonfuls of flour, two tablespoonfuls of shortening and two tablespoonfuls of sugar with a teaspoonful of cinnamon. When well blended set away and later sprinkle over the cake. Take two cupsful of flour, one-half teaspoonful of salt, four tablespoonfuls of sugar, two teaspoonfuls of baking powder, four tablespoonfuls of shortening, one egg and one-half cupful of milk. Mix well and bake in a sheet about twenty to thirty minutes. A few raisins may be added if desired.

Cream Biscuit.—Take one quart of flour, three teaspoonfuls of sugar, one teaspoonful of salt, four teaspoonfuls of baking powder and when all are well blended add enough sweet cream to make of the right consistency to roll. Bake in a hot oven.

Cream Sandwich. Spread very thick cream on thin slices of graham or brown bread. Add grated cheese sprinkled over the cream to make it a cream cheese sandwich.

Walnut Sandwich. Chop the nuts very fine and add either salad dressing or cream cheese; season well and spread on thin slices of brown bread.

Celery Sandwich. Cut fresh crisp celery in tiny pieces, then add a mayonnaise dressing and hard boiled eggs mashed to a paste. White or graham bread may be used for this sandwich.

Corned Beef Sandwich. Chop the beef fine add a little oil, vinegar salt and pepper. The further addition of cream is an improvement.

Chicken Sandwich. If very tender, the meat may be sliced thin and then seasoned to taste, but the better way is to mince it and add mayonnaise dressing or a little rich cream and a taste of mustard, if desired.

Fish Sandwich. Take any kind of cold cooked fish—Salmon or halibut are best—flake it carefully, removing all the bones, and by the addition of mayonnaise dressing make it sufficiently moist to spread, or instead of the dressing use cream, salt and pepper and a little melted butter.

Egg Sandwich. Mash the yolks of hard boiled eggs with a little mustard salt and pepper and a little melted butter, in the proportion of one tablespoonful to three yolks, then add whites of eggs finely chopped.

FOOD FOR THE CHILD—FROM 12 MONTHS TO 2 YEARS

By Margery M. Smith
Nutrition specialist, extension service.

(Feed the child regularly, if possible, eight ounces.)

At 12 Months

6 A. M.—Whole milk (warm) in bottle, eight ounces.

9 A. M.—Fruit juice (1 to 2 ounces) or pulp (1 to 2 tablespoons), orange, tomato, prune or apple.

10 A. M.—Cereal, 1 to 3 tablespoons, any thoroughly cooked and strained cereal salted to taste, but not sweetened, and served with milk; milk (warm) to drink, 4 to 6 ounces.

2 P. M.—Vegetable soup, 4 to 6 ounces, or green vegetable pulp, 1 to 2 tablespoons. Crisp toast, or zwieback, 1 slice; fruit pulp, apple or prune, 1 to 2 tablespoons; milk (warm) to drink, 4 to 6 ounces.

6 P. M.—Cereal, as at 10 A. M. Milk (warm) to drink, 4 to 6 ounces.

At About 13 Months
(Add to the foregoing)

2 P. M.—Baked potato, 1 small, or

him to taste only the foods he should eat.

3. New foods should be added only one at a time in very small amounts at first. A child should not be forced to eat when he is not hungry nor to eat a food which makes him ill, neither should a poor excuse be accepted for not eating a desirable food.

4. Meat should be given not over once or twice a week, 1 tablespoon at a time, and should never be allowed to take the place of green vegetables at a meal. Fried meat must never be given to little children.

5. A child should be eating practically all of the following cooked vegetables by the time he is 2 years old: spinach, chard, carrots, beets, celery, string beans, asparagus, green peas and cauliflower.

6. The child under 2 should take from 3 to 4 cups of milk (warm) a day.

7. Give boiled water several times a day.

8. The following foods should never be eaten or even tasted by small children:

- | | |
|--------------|------------|
| Tea | Pork |
| Coffee | Sausage |
| Pie | Salt fish |
| Doughnuts | Radishes |
| Hot cakes | Cucumbers |
| Hot biscuits | Green corn |
| Waffles | Peppers |
| Corned beef | Salads |
| Ham | Pickles |
| Liver | |

Fried foods of any kind
Green or over-ripe fruit

9. Meal time should be a happy time and a quiet time. Excitement, fear, grief or anger may cause indigestion.

Coddled Egg

Have a small saucepan three-fourths full of boiling water. Remove the saucepan from the fire and put in the egg. Cover the dish closely and leave the egg in the hot but not boiling water for about seven minutes. A large egg or a very cold egg will take a longer time. This method cooks the yolk without overcooking the white. The white should be of a jelly-like consistency.

Rice Pudding

1 quart of milk
1-3 cup of rice
1-3 cup of sugar
½ teaspoon of salt

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Points to Remember

1. Teach your child to eat slowly and to chew well. Give him something hard to chew every day.

2. A child learns to like foods by tasting them. Help him learn to like the right kinds of food by allowing

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¼ teaspoon of ground nutmeg or cinnamon

Wash the rice thoroughly, mix the ingredients and bake about three hours in a very slow oven, stirring occasionally at first. This pudding may be poured over stewed prunes or baked apple pulp in place of soft custard.—Bulletin, Oregon Agricultural college.

Lloyd George warned against excessive ambition when he said, "the mountain of fame has great responsibility, the higher you climb, the colder and lonelier it becomes; you are exposed to every attack of the elements, also it is necessary to deny yourself the comforts of peaceful home life."

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Why Do So Many People Have Weak Arches?

If shoe clerks are correct in saying that 60 per cent of the women they wait on have weak arches; if the army examiners were correct in rejecting, on account of flat foot enough men to make a big city—then it does seem strange that so many people should have to suffer from failure of the foot to hold up under the weight of the body. They're not all fat people, either.

The Answer

Broadly speaking, the reason is this: Every part of the body is always clad so as to permit reasonable muscular freedom, except the foot. Here the ligaments and muscles which should hold the arch bones in place, become atrophied through restricted circulation and lack of exercise in shoes that are rigid, tight, ill-fitting. Down goes the arch. There are other special causes, but the bulk of the sufferers can blame the shoes they have worn.

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