

ARE RIPE ()DADES

ALF a century ago, Doctor Hall, a noted physician of his time, and best known as the editor of the Journal of Health. shocked conservative dietitians by boldly declaring that in his opinion it was hardly possible for a healthy person to eat enough ripe grapes to injure the digestion. or even to disagree seriously with the stomach.

He guarded the assertion with two provisos: The eater must be a healthy adult and the grapes must be fully ripe and absolutely sound.

"Given these conditions," he went en to say, "and one may eat a pound and more of the fruit without inconvenience to himself."

At that date physiologists were

just beginning to lean toward new thought in the matter of human diet. Fruits were classed with such luxuries as cakes, candles, pastry and wines. They might not be unwholesome when eaten in moderation. Nobody thought of them as nourishing foods. The schoolboy crammed his pocket with apples and lollypops, and devoured them indiscriminately at recess when he had satisfied hunger with sandwiches and an obtuse angle of leathery pie. Nor did it matter much to him if the apples were green or ripe. The passions of the aver-

age small boy for green apples has been proverbial from time imme-The question arises whether or not he would ever have puckered his tongue and griped his diaphragm with the stony, sour pellets had he been taught from the first that ripe fruit is as legitimate an article of daily food as bread, and unripe no more to be desired by eye or taste than unbaked dough. The Journal of Health was an edu-

cator of the best kind and the editor served his generation valiantly. We owe more to both than most of us suspect. A half century back. grapes were cultivated in a slovenly, happy-go-lucky fashion, so unlike the respectful attention paid to them now that we smile incredulously in

hearing of it.

I recalled it with quiet amusement läst autumn when a gentleman of the old school, whom I knew as a boy, was discoursing to me upon the boy, was discoursing to me upon the time and pains bestowed upon his vineyard. As the different varieties of grapes attain their full size and bagin to color richly, each bunch is tied up in a bag of tissue paper, to defend it from the depredations of the birds. They ripen leisurely into luscidusness under the thin veil. When the bags are stripped off to let the sun king the purpling globes into the sun kiss the purpling globes into fetthe sun kiss the purpling globes into fullness of beauty and flavor, bits of shining tin or of glass are hung among the leaves to frighten away the feathered robbers. Finally, each cluster is clipped from the stem with a pair of shears and laid with care a pair of shears and laid with care a pair of shears and laid with care upon cotton batting in a broad

"Then," concluded the vintner, with what, would have been a relishful smack of the lips had he been less refined, "we know and appreciate the grape in its perfection—the most deicious and wholesome fruit ever grown upon the earth!'

I did not remind him of the tottering trellises at the bottom of the country garden which we visited when the fancy took us. Peaches and melons

A Rose For You

WISH I had room for the whole of

a letter from a Georgia member who

is bringing up a family of five

"healthy, sweet children" in a village where "there is room enough for her"

to have the children and the chickens to themselves. She makes her own butter, raises all the poultry needed for her family and has abundance of vegetables at all seasons. In this connection she slips in the friendly wish that I were near enough to share fruits and vegetables with her.

of put up more fruit, vegetables, pickles,

vegetables with her.

I put an more fruit, vegetables, pickles, etc., than we can use
I read and hear much of the high prices of living. That does not trouble us personally, for we raise nearly everything we need for our own family. I do most of my work, with the children's help. I think one cause of the discontent of city women is idlentess. Some or them seem to do nothing but go to card farties, matiness and different places of anusement, while the husbands work in offices and different places of anusement, while the husbands work in offices and tally a large percentage of them for \$15 a month. The tired man goes home at night to find his wife absent and a poor supper, cooked by a carriers ignorant negro. One can hardly blame him if he loses love for his wife, or grows as indifferent of her comfort as she is of bis. One of the sweetest pictures in my mind is the gathering together of father, mother and children, when the day's work is ended, to base an hour in pleasant that and play before the little ones are tucked in their beds for the might.

Though the home be humble, it may be made pretty by a few well-kept flowers if everything be neat and orderly. I think you would do much good by persuading women to go to work. Let the housemother of moderate means dismiss her cook, and see if she cannot live better as to food and general comfort and save what they pay thesides feeding! a colored inefficient servant, who wastes more than they may be used for the mean to boast. I have never had one who could gook as well as myself. I don't mean to boast.

May I send you my recipe for potato reast? It makes delicious bread, and I have not written this for publication.

I thank you will live a long time.

N. M. J. (Corinth, Ga.).

I thank you with all my heart for the "rose" and reciprocate the wish. I

N. M. J. (Corinth, Ga.)

I thank you with all my heart for the "rose" and reciprocate the wish. I could be more easily spared from the working world than you, who have five little children to bring up.

Hend the recipe when you like. Living must be cheaper in Georgia than in the east or west, if women whose hus-

the east or west, if women whose hus-bands make but \$1000 a year can attend



"As the different varieties of grapes attain their full size, each bunch is tied up in a bag of tissue paper, to defend it from the depredations of the birds."

were guarded from juvenile despollers until the fruit was Npe.

No one cared to forbid the grapes to our lawless hands. The vines were draped with cobwebs and the leaves heavy with must. There was a tradition to the effect that if ripe grapes were picked from a bunch on which green were growing, the latter would never ripen. Sometimes, with this in mind, we selected the ripest hunches. mind, we selected the ripest bunches mind, we selected the ripest bunches. Usually we plucked the purplest globes wherever we espled them. There was not a vineyard in the length and breadth of one of the richest agrioreactive of the state.

Now every suburban cuttage has its jealously tended vines and every "villa"

with wise and extensive cultivation of the royal "fruit of the vine." and lively markets for it, have come many and various ways of preparing it for table use that were unknown to our grandams. Resisting the inclination linger upon the esthetic features of that which has been in all ages the favorite theme with poet and painter, pass we on to the practical possibilities and values of the grape to house-mother and to home.

Let the children eat as freely of grapes-ripe and sound-as they will, when you can afford it. They are the prettlest and most toothsome of our many breakfast fruits. Wash them by letting the cold water run upon the clusters; then hang them in the air for a few minutes. Line a platter with tissue paper or a linen cloth to absorb

tissue paper or a linen cloth to absorb
the missture and set the platter in
the refrigerator for an hour or more
before dishing for the table. Pass
grape scissors with them, that the
larger clusters may be divided without
bruising the berries.

Mingled with pears and peaches in
a deep glass dish, grapes make the
most graceful of desserts. I cherish
with prideful delight the memory of
a dinner party over which I presided
as hostess forty years ago, when the
central ornament was a glass salver
crowned by an immense cluster of crowned by an immense cluster of grapes, the gift of a friend who had raised the vine in his grapery from a root brought from Mount Lebanon. Every berry was perfect; each was as large as a robin's egg, and the light streaming over the glorious cluster threw rounds of purest amethyst upon the damask cloth.

upon the damask cloth.

Among the guests was a distinguished scholar and divine, who pronounced, ex cathedra, that the superfruit had a pedigree dating back to the days when the spies sent by Moses to view the promised land "came unto the brook of Eshcol and cut down from thence a branch with one cluster of grapes, and bare if between two upon a staff." Indulgent readers will pardon the twice with a spoon.

reminiscence. The picture stands with me for the very apotheosis of our royal grape. Grape Juice

has leaped joyously into favor within a decade as a substitute for fermented wine-a "soft drink," refreshing, flavorous and pleasing to

sight as to palate. I said to a temperance lecturer years ago:

"We shall make no headway with the Povers of the refined and poetical in the matter of eating and drinking until we can offer something more nearly like the wine that maketh glad the heart 'of man' and is the inspiration of Anacreonic bards in all ages. One cannot introduce lemonade, ginger ale or tea a la russe into a Rubaiyat, or drink toasts in coffee." He could not deny it.

When I first drank grape juice on the hottest of summer noons, I said: "We have found it!" I have not changed my mind.

Select ripe grapes and stem them, rejecting all that are imperfect. Wash and put them over the fire, with a cupful of water to a gallon of grapes. Bring slowly to the boil, breaking them now and then and stirring up from the bottom with a wooden spoon, When all are broken, strain through doubled cheesecloth into a porcelain-lined or enameled kettle. Stir in a cypful of sugar to each gallon of juice and boil again hard and fast for one minute after ebullition begins. Skim off every vestige of scum and bottle, dipping from the boiling kettle and pouring directly into the bottles, which must be lying in hot water awaiting the filling. Let an attendant drive in sterilized corks and scal at once by dipping the corks into a melted mixture of becswax and sealing-wax. When the bottles are cold, lay them upon their sides in ground cork or in sand.

Grape juice prepared in strict accordance with these directions will keep for years and be better for age.

Lay the bottles in ice for an hour before using the Julce. Half-fill each glass with pounded ice and pour in the beverage. Or, having put in enough cracked ice to fill the glass a quarter of the way up, pour in juice within an inch of the top and add lively lee-cold ginger ale. The beverage will have the sparkle and life of champagne, without its intoxicating qualities

out its intoxicating qualities.
Some add a few sprays of mint to
this "grapefruit cup."
This recipe is for ripe but rather
tart grapes, such as grow wild in the
woods, or for Latawbas. Many housewives use no sugar in the julie when
it is drawn from the "dead-sweet" berries, such as Concords and Niagaras,
that have yet a fine distinctive flavor.

Grape Jelly

Put the grapes into a large double boller and add no water. If you have no boller large enough, pack them into a stone jar and set in a pot of warm water, bringing it slowly to the boll. Cover closely and cook until the fruit is broken to pieces. Some prudent timesavers put the pot and contents at the back of the range in preparing the evening meal and leave it there all night. By then the grapes will be soft and broken.

Drain without squeezing, but get out

Drain without squeezing, but get out every drop of juice by shaking the bag and stirring up the contents once or

Measure the juice and allow a pound of sugar to each pint of the liquid. Put the sugar into flat pans and set in the open oven to heat gradually, stirring now and then to prevent scorching. Put the inice into a porcelainlined or enamel kettle and bring quickly to the boll. Long cooking darkens it. Ball for twenty minutes after it begins to bubble; turn the hot sugar into the kettle; stir and boll one minute to throw up the scum. Take this off and pour the jelly into glasses set in a shallow pan of hot water, rolling each. in this to wet the inside before the felly goes in.

When the jelly is cold, pour melted paraffine upon it and fit metal topsupon the glasses. Jelly made thus retains the flavor of

the fruit and has not the taste of

cooked preserves inseparable from that made in the old way. Spiced Grapes

Seed the grapes and squeeze out the pulp. If you have a vegetable press, you may simplify the process by cutting each grape across and, when all are cut, pressing the mass, seeds and all, in the press. The seeds will not pass through the fine holes.

Weigh the seedless pulp and allow half as much sugar as you have pulp. That is, for six pounds (or pints) of the one allow three pounds of sugar. Mix with the above quantity of the sugared pulp a teacupful of vinegar, 3 tabletablespoonful of ground cloves, tied up in tiny bags of thin cheesecloth. Return to the fire and boll down to the thickness of mush. It should be so thick that it will not run on a plate when you test a spoonful of it. Fish out the spicebags and turn the mixture into jelly glasses or, better still, small fruit jars with screw tops. Seal while hot. It will be good to eat in a week and keep well,

#### Preserved Fox Grapes

The wild grapes associated for hundreds of years with the "sour grapes" of Aesop's fable make a delicious preserve if gathered just as they begin to redden. Old-time cooks put them up while really green. Wash and stem the grapes and with a small, sharp knife with a pointed blade cut each grape halfway across, to enable you to extract the seed. Keep them as nearly whole as you can. Weigh fruit and sugar, allowing pound for pound. Pack into a preserving kettle in alternate layers and set away in a cool place, covered to keep out insects, for three hours. In this time the sugar and juice will have formed a syrup. Stir up from the bottom to make sure that the sugar is dissolved and put over the fire. Let it heat slowly, then keep at a steady boil for an hour, for until the syrup is thick. Have your jars ready in hot water and fill with the preserve, stirring after each filling to mix syrup and fruit



"The schoolboy crammed his pockets with apples and lollypops."

evenly. Seal while boiling hot. With the lovers of tart conserves this will be a prime favorite, holding as it does the fragrant, fruity flavor of the wildwood grape.

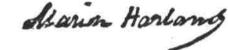
Candied Grapes

Put a pound of sugar and a coffeecupful of water over the fire. Heat very gradually until the sugar is fully melted. Then boll steadily skimming often but not stirring, lest the syrup

often but not stirring, lest the syrup should granulate.
At the end of half an hour drop a little into cold water. If it becomes brittle and clear, it is done.
Set in a pan of boiling water and add a tablespoonful of lemon juice. Have rendy selected large, sound, ripe grapes—sweetwater and black Hamburgs are best—washed and dried upon a soft cloth. They must be perfectly dry. Run the end of a clean pointed wire into each and dip it into the syrup, roll it around to coat it well and dexterously loosen it from the wire to lay it upon waxed paper to dry.

A slender new hatpin is good for this purpose. It should pierce the grape

ourpose. It should pierce the grape ust far enough to get a fair hold. If t pass through it, the juice, exuding, will soften the hardening syrup. Heaped upon green vine leaves in a pretty dish, these candled grapes give a dainty touch to a dinner or evening-



## **FAMILY MEALS** FOR A WEEK

SUNDAY BREAKFAST

Grapes, cereal and cream, broiled chicken, corn muffins, toast tea and coffee. LUNCHEON

Chicken and oyster broth in cups (partly made from carcass of breakfast fowls, simmered all the forenoon, then mixed with oyster liquor), baked Weish rabbit, baked potatoes, toasted breakfast muffins, thin bread and butter, lettuce salad, hot graham crackers, peaches and cream, tea.

DINNER Melons, cereal and cream, soused mack-green peas, beets, lemonade sherbet, black coffee.

## MONDAY

BREAKFAST Melons cereal and cream soused mack-erel, chopped potatoes (a left-over), whole wheat bread, tdast, coffee and tea. LUNCHEON

Salmi of calf's tongue, garnished with fried brains (a left-over from head of which the soup was made), macedoine salad of beets and peas, heated crackers and Swiss cheese, bread and butter, grapes, iced tea.

DINNER
Yesterday's soup, lamb, sliced and deviled, then fried in batter (a left-over), baked eggplant, carrots, peach shortcake, hot, with hard sauce; black coffee.

## TUESDAY

BREAKFAST Grapes, cereal and cream, bacon, poached eggs, rolls, toast, tea and coffee.

LUNCHEON Savory omelet, breakfast rolls, bakea sweet potatoes, tomato teast, fruit deswert,

DINNER Polato soup potroast of beef, stuffed tomatoes, onlons tapicca pudding with cream sauce, black coffee.

#### WEDNESDAY BREAKFAST

Pears, cereal and cream, frizzled beef with cream gravy. Boston brown bread, toast, tea and coffee.

LUNCHEON

Barbecued ham, fried hominy, chopped and saute sweet potatoes (a left-over), brown betty, tea.

DINNER

Onion soup (a left-over), cold potroast, mushrooms baked, green corn pudding, homemade ice cream, black coffee.

THURSDAY BREAKFAST

Grapes, cereal and cream, bacon and fried green tomatoes, green corn griddle cakes, toast, tea and coffee.

LUNCHEON

Beef and potato cakes (a left-over), pota-tous boiled in their jackets, tomato salad, crackers and American cheese, marmalade and cookies, tea.

DINNER

Tomato and pea soup, Irish stew, mashed turnips, green corn on the cob, baked custard, black coffee.

## FRIDAY

BREAKFAST

Melons, cereal and cream, fishballs, quick biscuits, toast, tea and coffee. LUNCHEON -

Irish stew, warmed up; baked beans, pea-nut butter sandwiches, apple sauce, cake with American cheese, tea. DINNER

Yesterday's soup, codfish steaks, potato croquettes, green peas, baked pears and cream, gingerbread, black coffee.

#### SATURDAY BREAKFAST

Grapes and peaches, cereal and cream, bacon and fried sweet peppers, hot Scotch scones, toast, tea and coffee. LUNCHEON

Gramed codfish (a left-over), fried po-tatos, scones (left from breakfast), hot crackers, devonshire cream and jam, ginger ale cup. DINNER

"Scrap soup." boiled corned beef, string beans, succetash, baked peach dumplings with brandy sauce, black coffee.

for ice. We have gotten many good recipes from I have not room to enlarge upon these points. I but drop a word of caution justified by the testimony of the correspondents I have mentioned.

## Sweet Beets

Having seen several recipes in the Exchange for sweet beets. I thought I would tell how I "do" mine. Built the beets until tender, lay them in wild water to cool and silve thin. Pur as much vinegar as needed in a saucepas. If vinegar is very strong, thin out with water, and by this enough sugar to make them sweet. Set on the stove and fet them sould to a boil, shon pour over the beets, which have been sailed and peppered. When sold they are ready for use. I have kept beets scoked in this way for a week and how are fine.

I am sending you a recipe for a "frozen dessert," but unfortunstery I don't know the name. Perhaps you will kindly name it for me, as you did the "leanake."

A Kentucky "Surprise"

Wishes Magazine I should like the magazine, the American soy spoken of by "Mrs. J. P. S." in the exchange a while ago. And here is a recipe for a delicious dish:

Two eggs, I cup of milk or cream, I cup of maple sugar, I tablespoonful of flour, a piece of butter the size of a walnut. Hake in a crust his you would cupfard pie. Cover with whipped cream when done and the whites of 2 eggs beaten stiff with half a cupful of sugar. Flavor with vanilla.

LAWRENCE R. SOUTH (Hero, Vt.).

111 1 1

the heartstrings when I have to dis-

appoint a boy or a girl. I am especially sorry to have to tell you that the copy of the American Roy offered by "Mrs. J. P. S." was given to another lad before I got your letter. Especially sorry, because the boy who cares enough for us to well out a new recipe for the Exchange ought to get his magazine. I hope and believe that somebody will see the eminent propriety of sending for your address with the exsending for your address with the ex-press intention of passing over the magazine to you when he has finished reading it each month. I shall keep reading it ea your address.

## A Rose Pillow

Kindly tell how to prepare rose leaves for a pillow. Please answer as scon as possible, as the rose season will soon be over ELIZABETH F. (Chicago). Luckily, the most fragrant roses are monthly bloomers and the September blossoming is nearly as rich as that of The month of roses.
The June, who would by ardent sun
lier glowing heart discloses.

Gather the petals of full-blown roses Gather the petals of full-blown roses daily and lay them upon soft white paper to dry in an airy room. If you have a well-ventilated attic, spread the paper upon the floor. Do not dry the rores in the sun. It robs them of fragrance after they are gathered. The ardent wooer's work is over. Turn the petals twice a day, tossing them up to let the air visit all. When you are ready to make the pillow, strew among the thoroughly dried petals a handful of powmake the pillow, strew among the thoroughly dried petals a handful of powdered orris root, mingling it well throughout the mass. If you can afford a few drops of genuine strar of roses, you will secure long-lived sweetness. Make the inner case of lines, the outer of soft silk or satip—never of velvet. The velvet would not let the perfume pass through.

## Peanut Butter

Kindly mail me a recipe for peanut but-er. BESSIE H. (Alhambra, Cal.). One of the few cast-iron rules of the

One of the few cast-fron rules of the Exchange is that recipes are not to be sent by mail. I regret the stringent prohibition in your case, but I may not break it. Here is your recipe:

Shell the peanuts and scald the kernels to get the skins loose. Rub these off and set the peanuts in the oven until they are dry and crisp, but not until they are browned. The butter will be of a better color than if the numerical had been reasted in the usual way. Test one to see if it be brittle and friable; then pound or grind to a smooth powder. Mix to a smooth paste with half as much butter as you have ground half as much butter as you have ground nuts. Pack into small jars hard and pour melted paraffine upon the top. Fit on a close cover and keep in a cool

We have lately removed into a cottage

get rid of. I have sprinkled borax all around and set the legs of the table in saucers of kerosene, but still they come: •Can you suggest some remedy for the evil?

HOUSEKEEPER (Louisville, Ky.). Tack strips of tar paper under and around the sink and other places where

around the sink and other places where they like to congregate. Sticky fly paper may be also laid about the floor at night. In addition to this, set saucers containing black pepper and tartar emetic mixed with sugar and water-like syrup on the tables and in the sink overnight. Take them up early in the morning and throw out syrup and dead ants together. It is a deady poison. ants together. It is a deadly poison. The combination I prescribe will clear your premises shortly if persevered in for a few nights and days.

## Maraschino Cherries Kindly give me a recipe for preserving maraschine cherries, using the old-fash-foned sour cherries. A. B. F. (Newark, N. J.).

By the old-fashloned tart cherry you mean the Morello, or perhaps what were called "short-stemmed reds." We pickled, preserved and brandled both varieties. The Morellos were larger and richer in flesh and flavor than the other. Maraschino Cherries

Maraschino Cherries

Stone the cherries, saving all the juice. Allow a pound of sugar to each pound of fruit. Drain all the juice from the cherries and set the fruit upon the lee while you make the syrup. To do this, put juice and sugar together over the fire and cook until thick, not stirring during this time. When you have a "ropy" syrup, add the cherries and simmer fifteen minutes after the boil begins again. Now draw off half the syrup and supply the place with the syrup and supply the place maraschino. Bring to a quick keeping the kettle covered, and as a as the contents bubble take from re, turn into small jars and seal while

#### Seeks Old Poem

Many years ago I had a poem, entitled "The Parewell of the Soul to the Body." I shift it to some one. It was never returned. I have tried in vain to find another copy, searching the libraries, etc. Some one suggested to me that you might possibly discover the author. The only dis I can recal are Quit thy hold!" I considered it—as do others—the most beautiful and pathetic poem in the English language.

iful and pathetic poem in the English language.

If you can put me in the way of finding it you will lay me under lasting obligations.

JOHN B. R. (Louisville, Ky.).

Unless I am grievously mistaken, the poem to which you refer was written by Mrs. Sigourney—a writer of note in her day. She died in 1855, but there must be copies of her poetical works in the public libraries. The poem was "The Soul's Farewell to the Body," and, as you say, was beautiful and touching. as you say, was beautiful and touching, asking forgiveness for any wrong done to the lifelong comrade of the departing soul. I hope this mention of it may the means of recovering the lost

"Let the children eat as freely of grapes-ripe and sound-as they will

when you can afford it."

# The Housemothers' Exchange

ants to do the housework. You are wholly in the right in condemning the indolence of well-to-do women. It is a source of continual amazement with me IMPORTANT NOTICE BECAUSE of the enormous number of letters sent to the Exchange, I must ask contributors to limit their comto note the aimless, useless lives of that class. A woman told me the other day that "life is a perpetual bore. I am puzzled to know what to de with my time. It is cheaper to have my sewing contributors to limit their com-munications to 100 words, except in cases of formulas or recipes which require greater space. I want all my correspondents to have a showing in the Corner, and if my request in this respect is complied with it will be possi-ble to mint many many letters. done than to do it myself. I have competent servants, I hate fancywork, and one cannot read all the time. My children are married, with homes of their own. In a word, I am a drone!" ble to print many more letters.
Attention is called to the fact
that Marion Harland cannot receive money for patterns, as she
has no connection with any department that sells them. A witty woman, in a speech before a literary club, described the mother of grown and married children as "a grown and married children as "a woman out of a job." Everybody applauded and several women confirmed the statement in the debate that succeeded the address. I was but a visitor,

yet I could not help saying, when called upon to express my sentiments, that "if I were a woman out of a job, I would make one to keep myself alive and There is no place in the world's great hive for drones. The cardinal preservative of sensity and listicss uselessness is to have specific work in life and to

do it with one's might while the day

Plain Apple Cake Perhaps the following will meet the needs f her who asks for a "plain apple cake":

Apple Sauce Cake One cup of sugar, half a cup each of hutter and of apple sauce, 2 cups of flour, 1 cup of raisins, 2 teaspoonfuls of sada in one of hot water, 1 teaspoonful of cunnamon, half a teaspoonful each of ground cloves and of salt. A cupful of chopped nuts may be added. This cake is particularly good when baked in two layers with a fig filling. It will keep as long as fruit cake.

will keep as long as fruit cake. HOUSEKEEPER (Shebuygan, Wis.). An enticing recipe for which we re-turn hearty thanks. But I should hardly class the product with "plain Our second attempt bears a homely

name and, as the petitioner for the recipe is a Knickerbocker, it may be more nearly what she is looking for. "Carrie" (New York city) wants a recipe for plain apple cake. I gladly send one I got in cooking school for Dutch apple cake, to be eaten with lemon sauce. I likewise have a formula for a delightapple sauce cake, which any member to would like to have it may receive the asking.

## Dutch Apple Cake

Two cups of flour. % teaspoonful of baking powder, & cup of sugar, 2 table-spoonfuls of shortening, 1 egg, % of a cup of milk 2 spoles. spoonfuls of shortening, 1 egg. % of a cup of milk, 3 spoles.

1 Sitt flour and baking powder together.

2. Rub in shortening 3. Heat the egg and mix with the milk. 4 Sitr this gradually into the prepared flour 5. Spread this mixture upon two small, well-greased ple plates. 6. Core, pare and cut up the apples and stick the pieces, with the sharp edges down, all over the dough 7. Sprinklo sugar over all, about a tablespoonful for each cake. 8 Pake about half an hour, or until the apples are soft.

Serve with this sauce:

Lemon. Squee.

## Lemon Sauce

One cup of water. 3 cups of sugar, 1 emon, 1 tablespoonful of cornstarch. One cup of the control of curns and the fablespoonful of butter. It is tablespoonful of butter. Put sugar, water, grated lemon rind and the juice into a succepan. Rub the cornstarch smooth with a little cold water. When the sugar, lemon, etc., boil, stir this into the kaucepan. Cook for two or three minutes. two or three minutes.

If peaches or apricots are used instead of

apples, you will agree with me that the cake is delicious.

I trust this will be helpful to others as well as to our New York friend

ZELMA (Long Beach, Cal.).

As I read, there comes to me a remi-niscence of enjoying both apple and peach cake made after this fashion and eaten hot, years and years ago, I should call them "puddings" rather than cakes. They are delightful, under any name

And since this is the season for apples and for peaches, the reader will thank and not chide me for inserting yet another recipe for the coveted daintythis time from one whose signature is a guarantee of excellence. The appended recipe may be what the member from New York wish a to find:

## Apple Sauce Cake

Apple Sauce Cake

One cur each of apple sauce and of sugar, by cun of hotter, 2 cups of flour, 1 cup of chopped raisins, 1 tesse onful of media, 1 teaspoontul cach of cloves, cinnamin, allanice, natures and sair less the sair in the apple sauce and lear into the above mixture. Flour the raisins and stir them in with the flour Beat well and bake in a loaf in a moderate oven.

Five other recipes for apple cake have been sent in One for Dutch apple cake from "Dalay J." (Collinsville, Conn. 18 so, nearly identical with that contributed by "Zelma" (Long Beach, Cal.) as to

y "Zelma" (Long Beach, Cal.) as to uggest the thought they may have at-ended the same cooking school. The Connecticut member adds to her formula that "it may be served hot as a tea cake, or with sauce as a pudding" —which is my recollection of the deli-

## Freezing Without Ice

Is it possible for me to get "Woman's Section" of Sunday, May 28, 1911, through the Exchange? On receipt of soldress of any one who has it. I will define expenses. I have inquired at the newspaper office and received answer that the edition is exhausted. mee and received answer that the edition is exhausted.

I see several inquiries as to the method.

I freezing without ice. I read the formula is the Exchange, but I have forgotten the reportions.

If G. (Cincinnat), O.). An Illinois member sends in a couple of recipes for the freezing preparation. Insert her letter in full.

# I am Inclosing two recipes that will, perhaps, help some of the country readers who cannot get ice. The first one was sent in by "R. S. V. P." Pittsburgh, Pa., and I copy it just as it was given. I wish who would send the proportion of sulphuric acid and water. Freezing Preparation No. 1

Ice cream may be frozen in five minutes and for an expenditure of 2 or 3 cents if I the preparation to be frozen be placed in a the preparation to be frozen be placed in a tin bucket or other vessel and this set in a pail containing a weak solution of submirle acid and water. Into this sit a handful of common salt. The result is cold so in tense that a bettle of wine immersel in the mixture will be frozen in a few minutes. Freezing Preparation No. 2

Common sal ammoniac, well nulverized, 1 part: salipeter, 2 parts; mix well together. Then get common soda, well pulverized. To use, put equal parts or quantifies of these preparations (which must be kept separate and well covered hefore using) into the freezing pot; add of water a proper quantity and put in the article to be frigen (in a proper vessel); cover up and your wants will soon be supplied. For freezing cream or wine this cannot be beaten. I have never tried either of these recipes, but converted as found them. If you could supply the proportion of sulphuric

acid and water, it would be a great help, for using one of these preparations would certainly beat paying 75 cents per 100 pounds for her

your department and like to send a mil now and then E. L. H. (La Place, 10.). It is but just to remark, before leaving this matter of self-freezing preparations, that we are in receipt of numerous complaints from housemothers who have tried the formula which calls for sulphuric acid. One and all testify to failures, more or less mornifying, and three scientific men have written in condemnation of the combination as unsafe in the hands of the average cook. safe in the hands of the average cook

. A Kentucky "Surprise" A Kentucky "Surprise"

Mix I glass of rasphorty or strawberry
jam with a run of hot water and strain
through a coth add a small cup of sugar,
the lube of 2 lemons and 4 oranges, the
lube of 2 lemons and 4 oranges, the
lube of 2 lemons and 4 oranges, the
lube of 2 lemons and 4 oranges, the
guild from a can of pitnespile and a wineglass of sherry. Strain all of these, add a
quart or cold water and partly freeze Hefore finishing the freezing add a few candled cherites cut in quarters. More sugar
may be used if preferred. I hope you will
like the two recipes I have inclosed. I
think my way of cocking waves beets'
caster than the two recipes given in a late
issue of the Exchange. It is a pleasure to
aerve and give, but I don't want, to wear
out my twelvome."

Dismiss all fears upon that score!

Dismiss all fears upon that score!
You always have something to say we cannot afford to lose. I wish you, or some other housewife of experience, would answer a query put by a new reader who would like to can beets with-out using vinegar. As I do not care for heets without the sauce of hot butter and vinegar which enlivers the some-what insipid sweetness of the excellent vegetable. I do not know how to cook and serve them in any other way. Yet they come to us in cans and require the sauce in making them fit for the table.
You see, I have christened your fruit sherbet "A Kentucky Surprise."

Maple Sugar Pie

always causes a sharp twitch

- Kills Black Ants

and my kitchen is overrun with black anta--horrid old things -that I am unable to