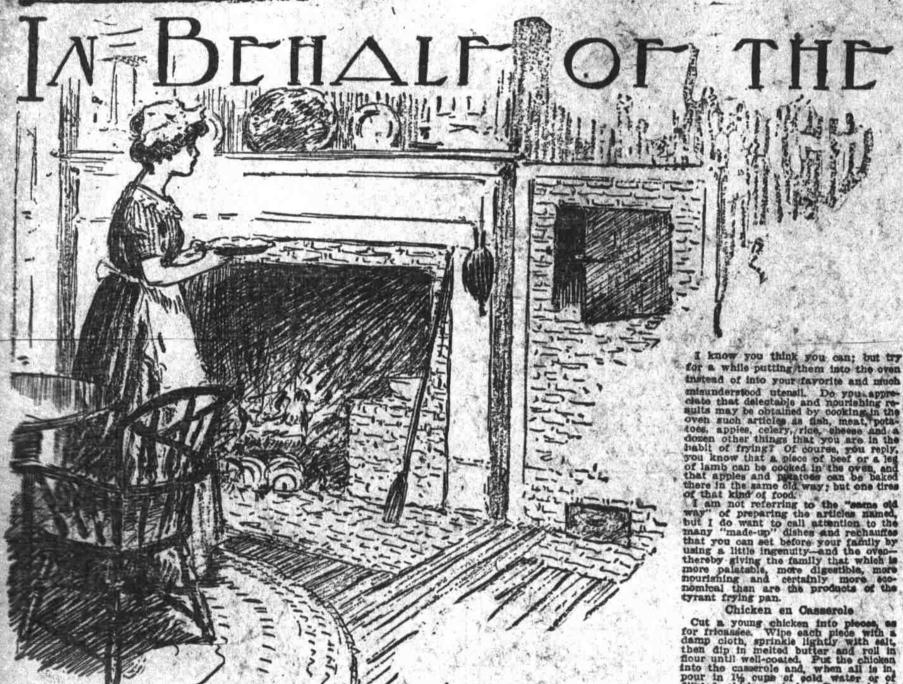
## COMMON SENSE in the HOME EDITED by MARION HARLAND



No might write an essay on the evolution of the oven. In studying the history of cooking from the days of our forbears down
e present wonder-age of gas and
icity, the several appliances for
g food—called in their time by vanames—have all been really ovens.
modern woman who, when she
I make bread or cake, sets it in a

would make bread or cake, sets it in a receptacle underneath or on top of her gas range, turns on a cock and applies a match, scarcely appreciates how her great-grandmother brought about the same culinary results for which she, her descendant, strives.

The dictionary defines the original oven as "a chamber built of brick, tiles or the like, and usually heated by fuel which was allowed to burn away before the food was introduced, the cooking being done by the heat retained." Our grandmothers made huge fires in their brick ovens, which were as a rule, built next to or close by the chimney, and often projected on the outer wall of the house. In some old country places today these structures are still seen, reminders of the time when living was not reduced to its simplest lines and when work was not made easy by labor-saving devices. When the oven was thoroughly vices. When the oven was thorough

heated, the fire was drawn out and heated, the fire was drawn out and "batches" of pies, loaves of bread, pans of cake and rolls were put into the vast interior. A long-handled shovel was used for this purpose and for drawing out the smoking goodles when they were done. The number of articles baked at one time was sufficient to last for several days, as the baking was not done oftener than once or twice a week.

Still another apparatus for baking and rossting was the tin oven, closed at the top and bottom and on three sides. In this the article to be "baked" was placed. The tin receptacle was then set close to the fire burning in the huge chimney, the open side of the "oven" turned toward the heat.

In the days when the housewife was forced to use what seem to us now as clumsy methods for rossting and baking, we may understand why she may have preferred frying, boiling or brelling meats, fish and vegetables. But the housemother of 1911 has not that excuse for using the frying pan upon all occasions. I have said elsewhere that the crest of the average American housewife might be the smoking frying pan. I wish I could persuade her to adopt instead the covered rosster! The food she sets before John and the children 'batches' of ples, loaves of bread, pans

would then be more digestible and more would then be more digestible and more nourishing. Let her bake her chops finestead of frying them, and make the hamburg steak best into a loas and roast it in a covered pan, uncovering it at the last so that it will brown, instead of moiding the chopped meat into hard cakes and frying it so that a crust forms on the outside and the inside is a soggy, grease-soaked mass. For the strange part of the frying-pan arraise is that so few people know how to fry! They know how to cook an article so that it is grease-soaked or dried to a crisp or edged with a black rim that reminds one of a new widower's note paper. But not one cook in ten understands how to saute vegetables so that they will be savory and tender or to fry in deep fat croquettes and fritters so that they are golden brown on the exterior and creamy and delicious inside. For, be it known, the art of frying is one of the most difficult of culinary accomplishments. Therefore, I would beg of her who is not an adept in this like to avoid the promisouous "But," says the young hossewife, in comsternation, "I can cook so many things in it!" nourishing. Let her bake her chops m-

for a while putting them into the oven instead of into your favorite and much misunderstood utensil. Do you appreciate that delectable and nourishing results may be obtained by cooking in the oven such articles as dish, meat, potatoes, apples, celery, rice, cheese and a dozen other things that you are in the habit of frying? Of course, you reply, you know that a piece of beef or a leg of lamb can be cooked in the oven, and that apples and paratrees can be baked there in the same old way; but one tires of that kind of food.

I am not referring to the "ease old way" of preparing the articles named, but I do want to call attention to the many "made-up" dishes and rechauftes that you can set before your family by using a little ingenuity—and the oventhereby giving the family that which is more paistable, more digestible, more nourishing and certainly more sconomical than are the products of the tyrant frying pan.

Chicken en Casserole

Cut a young chicken into pieces, as for fricassee. Wipe each piece with a damp cloth, sprinkle lightly with selt, then dip in meited butter and roll in flour until well-coated. Put the chicken into the casserole and, when all is in pour in 1½ cups of sold water or of diluted chicken stock. Cover closely and bake for 1½ hours. Remove the cover and drop into the casserole the centents of a can of French mushrooms, drained from their liquer, and when these are heated, season to taste and add a small glassful of cooking sherry, if this is liked. The gravy may be thickened or not, as you like. Sprinkle the chicken with minced paraley and send to the table. Eciled rice goes well with this dish.

Baked Bound Steak Chicken en Casserole

Baked Bound Steak

Lay a thick round steak on the pastry board and pound it hard on both sides with a wooden mallet until tender. Rub into the fiber of the meat melted butter, then spread over it ½ cup of flour seasoned with celery sait and white pepper. Sprinkle this with a few drops of onion juice, and roll up the steak as you would a sheet of music. Tis up with a piece of soft white twine and lay in the covered roaster. Pour in a gill of water in which a tempoonful of butter has been melted and cover closely. Cook in a moderate oven for an hour. When done, transfer the rolled steak to a hat platter, thicken the gravy left in the pan and pour it over the steak just before sending to the table.

Baked Hash Baked Round Steak Baked Hash

potatoss, chopped fine, and season with sait, pepper and onion juice. Put this mixture into a greased pudding dish and pour over it a large cupful of thickened tomato sauce. Cover closely and bake for a half hour, then uncover and became.

Creamed Potatoes Baked, With Onion Flavoring

Peel white potatoes, slice them thin and put them into a sauce an of boiling water into which you have piaced two peeled onlons. Cover closely and parboil. Drain off the water, take out the onlon and arrange the potatoes in layers in a bailing dish, covering each layer with a white sauce to which a half dozen drops of onlon juice have

the seeds and membrane have been removed; season with salt, pipper, a dash
of sugar and a teaspoonful of maited
butter. Put this mixture into the tomatoes, set them in a greased pudding
dish, sprinkle them lightly with brown
sugar, cover and bake fifteen minutes;
then uncover and bake for fifteen minutes more, or until tender all through.
Send to table in the baking dish.

Baked Squash Select small squashes for this purpose, Cut each little squash in half length-wise, peel it, scoop out the seeds and parboil the vegetable until very tender, but not seft. Mix together I cup of breadcrumbs moistened with a very little milk; I egg, beaten light; 2 slices of, onion, minced fine, and % cup of

layer of cold boiled ham, minced. Over all pour a gill of tomato liquor and bake until hot all through. Stuffed Potatoes

good-sized white potatoes and out a place in each, leaving a canos or boat shaped piece. Fill the hollow with a mixture of chopped ham. chopped hard-boiled egg and chopped green peppers, seasoning to taste with salt, pepper and melted butter. Bake until the potatoes are done. Baked Corn

Take enough corn to fill a pint measure. To this add a gill of milk, a beaten egg, salt and pepper to taste and a tablespoonful of melted butter. Stir in a teaspoonful of sugar and pour the mixture into a greased baking dish. Bake covered for fifteen minutes, then uncover and bake until brown. Serve

Salmon in Green Pepper Shells

Drain the liquor from a large can of salmon and pick it into pieces with a sliver fork, throwing away all bits of skin and bone. Or, boil fresh salmon and prepare it in the same way. Season the fish with salt and pepper and rub finto it 2 tablespoonfuls of melted butter. Mix with the salmon one-third as much fine breadcrumbs as you have fish. Have green peppers made ready by removing all the seeds and membrane through an opening made when the top is cut off, laying the green shells in cold water and bringing this to the boil, then letting the peppers get cold in it. Drain them well and wipe them out, and stuff them with the salmon mixture. Place side by side in a baking dish, pour a little boiling water about them and



added. When the dish is full, his the top layer with mined sy and set the dish in the even to for a half hour.

Baked Tomatoe

Select tomatoes of uniform size, wash them and cut off the tops. With a small spoon take out the pulp, and add to it enough breadcoumbs to suffen it.

grated cheese. Fill the squashes with this mixture, seasoning it with salt and pepper, put them in baking pan and make of it a gravy, thickened, to pour about the peppers when you transfer them to a hot dish. Ham and Potato Scallop

Baked Hash

Put through the mest grinder cold roast beef, mutton or any other mest. To 2 cups of this add 4 large cold boiled

Belect tematoes of uniform size, wash them and cut off the tops. With a sprinkle a few drops of onion juice over the bottom of it. Have ready hot boiled to it enough breadcrumbs to stiffen it. a green pepper chopped very fine, after the dish, and on top of them put a

Marin Harlang

# THE HOUSEMOTHERS' EXCHANGE

#### IMPORTANT NOTICE

BECAUSE of the enormous number of letters sent to the Exchange, I must ask contributors to limit their communications to 100 words, except in cases of formulas or recipes taken require areases. 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 possible 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.

#### Beer Seed

With a few words anent California beer seed? I have saved the rules printed some time ago—i, e., to use barley in awestened water, also to boil corn in weak lys and to use little "cores." I have not tried either, but I mean to do it unless the real witch less the real article is brought forward by semebody.

I know how interesting the growth is.

Temow how interesting the growth is. From a little risce no larger than a bean there will grow in three days a big lump that looks like paste.

We used to let them dry and, when hot weather came, drop them into sweetened water and set it in the sun. Very soon the seed would begin to move up and down and when the "beer" sparkled and foamed we would odd it and have a fine drink. I do hope the recipe may be soon unsattled.

Do you know of this recipe for the cure

#### Warts

Burn common willow bark to ashes and save these. Put some luto a small bottle and cover deep with strong vinegar. Touch the wart with the solution often, and it will steadily vanish. It was recommended to me for corns, also, but it was too painful and I did not follow it up. It might work all right with some people. was too painful and I did not follow it up. It might work all right with some people.

I inclose a self-additissed envelops for the person, who industred about beer seed. If the widness to tell me that she has found some I shall be pleased to hear from her.

Mrs. S. A. Fry Creek, N. Y.).

An old and esteemed correspondent, whom we should be gird to serve. But I am at a loss to know to what inquirer the refers. Several have written of boar seed, and before "Mrs. S. A." roads this she will have seen the letters sent in on the subject of beer seed by our chemical expert and others. Should any of the writers of these wish to communicate with the querist, we hold her address.

## Culinary Combinations

Culinary Combinations

Ton have upon sundry occasions called upon "scientists" to explain why cream, put lute a sack and buried in the earth for twenty-four hours, should be converted into butter.

May I offer the (probable) solution that the soil absorbs all the whey, leaving the butter fat with all the caselin in the sack? This is a pseudo-butter. May I suggest, further, that for the sake of cleanliness, the sack be inclosed in another?

The notion of the arrangement described in a later issue of the Exchange by a louiselfle housementer presumably samilises a similar explanation, and supports my hotolosis. The loose fabric of the towel absorbs the liquid pertion of the cream; he histories the liquid pertion of the cream; he histories as above stated. For quick home managements is all right-butter and case, it will not do for the market and he is reason.

combinations Americans evolve, as though dictated by an utterly blase appetite. The way in which delicately flavored fruits are abused by the use of mustard, horse-radish, pepper, sait, etc., is herrifying to those of foreign extraction.

For example, here is a good lady who murders delicious granefruit with sait. Sait: "And to kill the lard and butter taste!" The very taste for which those who can afford it pay famey prices.

But, to return to granefruit Soberly speaking, grapefruit — or "shaddock"—is eaten for its supposed influence upon gout, rheumatism and billousness, which are, largely, complications of diseased kidneys. And here sait should be shunned. In fact, it is often absolutely prohibited. Apropos of cacao, or cocoa. This bean does not contain the digestion-disturbing tennin of coffee. It does contain caffeine, the principle harmful to the nerves and for which coffee and tes are condemned. The "nibs" contain a very little tannin, but the decoction is practically harmless, Have you room for one more "item" in today's issue?

Cream of Tartar Baking Powder

Cream of Tartar Baking Powder

The standard proportions are: Cream of tartar, one part; sodium bicarbonate, two parts; starch, one part—making four parts in all. None of the ingredients spoil or deteriorste by age or exposure, but the mixture does. Hence, relatively small quantities should be mixed at one time for household use. Everything should be weighed, and never measured.

All popular standard brands now in the market are harmless. As to economy, baiding powder may be made more cheaply at home only when the ingredients are hought in large quantities, as shown by getting quotations from your druggist in half or one pound lots. Grocers' "bulk standard strength.

Freaumably you consider me an unnities and lifelong training I am ready to give information at any command, and I shall, with your permission, comment, now and then, upon some features of the Exchange.

So far from looking upon you as an intrider (which I acknowledge). Cream of Tartar Baking Powder

So far from looking upon you as an intruder (which I assume is early English for the modern American "buttinski"), I am always glad to make room for you when the act is feasible. You have given us useful and interesting communications. Those still in my desk will follow when I can print them without doing injustice to others who have

out doing injustice to others who have the same right to our attention.

The editorial is a thankless task when duty involves the use of the blue pencil abhorred by contributors the world over Yet, were it not piled with what discretion the editor can muster, a hundred contributors would be thrust to the wall. It is absolutely essential to the success of our department that the editor should have the right and the skill to extract the pith of each communication and present it as attractively as is consistent with the original meaning of the writer. Sometimes the patchwork effect is apparent. Usually the "joins" do not show, except to the indignant eather. the "joins" do not show, except to the indignant author.

#### Spanish Stew

Some one asked for a recipe for Spanish stew. I copy from a private letter lately received: received:
One may imagine Soville or Madrid in Chicago, but the poor of Spain, are found nowhere but at home. They do not reast or boil or braise or even fry much. Spain atews and simmers! The cheapest stew is the potago, is. France it is a dainty soup. In Spain it is cooked to a mass.

A brown clay pot is half filled with red beans seasoned with sait, red pepper and oil. This pot is set in the center of the table and each person helps himself. It is the dinner of the poor.

Another lighter stew is the result of prison labor. The government buys all the stale bread, which is shredded by machinery and sold for stews. It is called "gaspacho." or sound bread. Rich and poor eat of this stew. In summer it is made of oil and chopped onlon, chopped lettuce and cucumbers. It is sold upon the

made of oil and chopped onlon, chopped lettuce and cucumbers. It is sold upon the streets.

Then there is the "oils diversa," made of vegetables and sausage, and sold on the streets at 5 cents a plate.

The alla podrida of the poor: Planty of gourd (say Hubbard squash), potatoes, cabbage and any vegetables handy, a little bacon and water.

The oils podrida of the rich: One pound of bacon, 3 or 4 pounds of beef cooked slowly in water in a clay pot set in a larger vessel, potatoes, cabbage, red peppers and rice. When it smells ac good that it makes St. Ceclla stop playing the organ in heaven (a local saying), the soup is poured into a deep dish; the bacon and meat are put into a deep platter and the rice and vegetables poured over it. Serve in two courses.

The Spanish use quince as a flavor with the stew and also as a compliment or ceremony. Sometimes they use apple in the same way. In inviting a friend or acqualtance to dinner, they say, "We have quince in the oils today.

All this struck me as rather interesting, and I pass it on.

BLIZABETH R. (Chicage).

So very interesting that I copy it en-tire, believing that readers will like the story as well as I do. It is a touch of story as well as I do. It is a touch of local color that appeals to the fancy.

Other recipes for the national stew are before me. While upon the subject. I will give two more, leaving the rest for later issues. It is amusing to note the diversity of the formulas, all purporting to describe the same dish.

"Mrs. G. T. F." (Chicago) asks for a recipe for Spanish stew. Here is one that suits the take of my family to a "T."

Cut beef from the round into squares. Tou need about 1 pound of meat. Cover with water and simmer until very tender. Cook a 5-cent package of macaroni in salt-

Southern housemothers will recognize in this last recipe a strong family re-semblance to the famous Brunswick stew, so christened in honor of the county that gave the recipe to the state, it is so much more palatable than the "olla podrida" of the native Spaniard that we must confess to a thrill of pride in comparing the two.

Drives Away Mice We have a wee cottage in the woods near the sea, and are shutting it up for the winter. Last winter the field mice gnawed their way into the rooms and made havoc of books and clothing, although these were stored in boxes and drawers. How can we prevent similar inroads? HANNAH H. (Babylon, L. I.). Strew camphor balls and gum camphor liberally among your valuables. Mice dislike the odor of camphor almost as heartly as do moths. They never tres-

ed boiling water until done. Butter a pudding dish, put in the meat, season with sail, cayenne pepper, finely chopped onion and grated Parmesan cheese. Cover with a layer of the macaroni, then a cupful of stewed formatoes. Cover with cracker crumbs and pour the best stock over all. Bake about an hour in a slow oven.

NELLIEF, C. (Wheaton, Ill.).

In answer to "Mrs. G. T. F.'s" request for Spanish stew.

This is the way I make it:

Joint a chicken and boil it for thirty minutes, skimming frequently. Then add a can of mushrooms, a large stalk of celery, 2 green peppers, 2 onlone, a can of tomatoes or a pound of fresh tomatoes and a can of steen peat.

Celery, peppers and colons must be cut small, and the peas added just before serving. Season with sait to taste. Siew until the chicken is tender. It is delicious.

Mrs. C. J. A. (Chicago), Southern housemothers will recognize Tour answer to "Mrs. W. H. D." (Paterson, N. J.) does not suit me. I wish, her to try my method of making toe cream at home.

I use only pure cream, which I sweeten with kranulated sugar, stirring until it is dissolved. I take but I quart of cream if I would have ½ a gallon of ice cream, for, if it is properly frozen, it will double the original quantity. When the sugar is dissolved, which swill be in a few minutes, I pack the inner vessel of the freezer with alternate layers of cracked ice and salt until the freezer is entirely covered, then turn it slowly until I know by the resistance to the dasher that the cream is congealing. Then I turn very rapidly until the resistance slackens. This is the "whipping" you give with the spoon when you open the freezer. Now I turn slowly, and in about five minutes I find that the contents of the freezer are so hard that the dasher does not move. The freezer is then opened, the Gasher taken out, the freezer is re-covered with kee and salt and set away until the cream is to be seved.

This makes the most delicious plain fee cream, which we serve with fruits or with sweet sauce. If fruits or nuts are to be seved.

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This makes the most delicious plain fee cream is to or the freezer. I want the cream goes into the freezer, before it is closed and heaped with creamed to buy stichen or dairy sait by the barrel, at \$1.55 a barrel. This I use for all my cooking and for freezer a quarts: 25 to 60 cents for fruit, and if cents for sugar, and but a cents for sugar, and be

canned string beans, junket, cake, black

THURSDAY

BREAKFAST

DINNER

FRIDAY

BREAKFAST Apple sauce, cereal and cream, bacon and fried mush, whole wheat bread, toast, ten and coffee.

LUNCHEON

\$1.65 or \$1 per gallon. The whole process takes but half an hour.

E. G. M. (Louisville, Ky.).

I know that pure cream recipe of old, and can certify that it is as fine as you say it is. I know, too, that it may be frozen with plain sait, as any kind of cream or custard or sherbet may be congealed in a freezer where a dasher or crank is used. The recipe that "does not suit you" is for self-freezing cream. For this, rock sait must be used. I compute that the difference in cost is partly made up by the saving in the housewife's time and labor.

Ripe Cucumber Pickle

Ripe Cucumber Pickle

I saw in a recent issue of the Exchange a request for a recipe for ripe cucumber pickle and green tomate pickle. I take pleasure in sending these to "Beth L." and hope they are what she wants.

Pare cucumbers that are mature but not dead ripe; cut lengthwise and scrape out all the seeds with the soft pulb. Cut into pieces of convenient size and fill a stone jar with alternate layers of cucumbers and sail.

Leave thus, covered until next day. Then wash and drain. Put into the pickling kettle and cover with a mixture of vineger and water in equal parts. Boil for ten minutes and drain in a colander. Have ready a pickle of I quart of vineger, 1½ pounds of sugar, whole cloves and chnamon to taste. Boil for one minute and skim; add the cucumbers and simmer until they are soft. Remove the small bags is which are the spices; take up the cucumbers with a perforated ladie and pack lifto jars. Let the syrup boil five minutes longer and pour over the cucumbers. Put up in alirtight jars, seal and keep in a cool place.

Green Tomato Pickle Green Tomato Pickle

Green Tomato Pickle

Slice 10 pounds of green tomatoes, each about haif an inch thick Let them stand in salt water twenty-four hours. Drain and boil tender in clear, fresh water. Drain all this off; put the tomatoes into the pickling kettle and cover with a syrup made of 4½ pounds of sugar, 1 pint of vinegar and 1 tablespoonful of cloves and clunamon. Boil together for a minute before pouring over the tomatoes in the kettle. Cover closely and cook for five minutes. Turn into air-tight fruit juts and seal while hot.

Mrs. J. D. D. (Amboy, III.).

Both of these are novel to me! I hope, with you that they are what was wanted by "Beth L." They are good enough to satisfy her, should they be as new to her as to me.

Original Recipes

I have had it in my mind for some time to send to the Exchange some of my tested and true rectpes. Here are one or two things I have discovered and practiced for myself which may be useful to other housemothers: miyeff which may be useful to other housemothers:

1. Do you know that graked horsersdish sauce we buy from the shops is composed, in part, of white turnips?

2. The tomato catsup we buy is so much lighter in color than the homemade that I was puzzled for a long time to think what made the difference. Carrots seemed to me the most likely color. So, when I put up catsup that year, I mixed with every quart of tomato pulp a cuprul of grated raw carrots then proceeded to cook the catsup in the usual way. It thickened the liquid and saved much time in the cooking; and, as every one knows, carrots are an exceedingly wholesome strice of giet. I have put up catsup in this way for three years.

Another original recipe:

Carrot Salad

Ten large ears of corn, I large head of cabbage, or half as much onbhage and stalks of colory, out small; 4 onlons,

chopped; 2 green peppers, seeded; haif a pound of white sugar, a scant quarter of a cupful of sait, 3 teaspoonfuls of ground mustard, 2 quarts of yinegar.

Put all into a large kettle and boil twenty minutes after the bubble begins. This will make more than 2 quarts of the relish.

Put up in small jars and seal.

Mrs. T. C. M. (Dubuque, Ia.).

Other original and tempting recipes by our ingentous frameworkhas will be

our ingenious housemother will be pre-sented in due time.

It is refreshing to see what a hold the revival of practical and enterprising

cookery has taken upon the minds and affections of our younger generation of housewives.

## Home-Brewed Beer

You will find inclosed a reliable recipe for home-brewed heer and ale, as requested in the Exchange. Its manufacture is dying out in England, and I do not believe any one in this country will undertake to provide the equipment and wait two years for the beer. However, as the recipe was asked for, it may be of interest. Strong Beer and Ale

Sirong Beer and Ale

The temperature in March and October is most favorable for making mait liquora. Use il bushels of mait to the hogshead for beer; 8 for ale. Four on a hogshead of warm, but not boiling, water; mash during the first half hour and then let stand 2% hours without stirring. For beer use & of a pound of hops to the bushel of mait; for ale, 'n pound. Boil hops with the wort two hours. Cool a paliful and add 8 quarts of yesst. If possible, mix the hop yeast with the beer the same night, though it may be left until the following day. Pour off and put in casks or hogshead. When the beer is done working put in 1½ pounds of dried hops at the bunghole and festen if up. After one year put in bottles and left it stand another year. It will keep several years—eight or ten.

A milder table beer may be made from the remaining mail by repeating the process after the first brew has been drained off.

HILDA N. (Los Angeles, Cal.).

Our member from Los Angeles sur-

Our member from Los Angeles surmises shrewdly that in this day and country few would wait two years for the ripening of any beverage. However, since the recipe she contributes has been called for, and more than once, we thank her, and publish it.

The Ant Pest

The Ant Pest

Seeing in the Exchange a request for some method of setting rid of ants. I venture to relate my experience.

For a long time I could not keep them away, do what I would. Everything was so overus with them I made up my mind to leave the house unless. I could devise some way of exterminating them.

I devoted a whole afternoon to this undertaking. I filled two large kettles with water, put them on the stove and built a good fire under them. When they reached the boiling point, I brought out a large crock in which sugar was kept, emptled the sugar into a big dishpan on the kitchen usble, put a hilr sieve over a pail and took the crock back to the sum of the paints with a three-quart dipper of boiling water, held if down close to the sop of the crock and lifting the cover, poured the scaling water in quickly. Not an ant escaped. The sugar-coated slows at the crock to the kitchen and smoothed it into the paint into the hilbert and the crock to the kitchen and smoothed it into the paint into the fine and smoothed it into the paint into the intention of the crock and little the wet crock and carried it scaln into the mean into the intention and the work of destruction was repeated as long as one ast apported. I took all the afternoon, but it was worth it, for I never saw angther sur'm that painty.

Mrs. W. M. (Presect, Ont.).

I congratulate you upon the ingenicular ways and the way of the house? Usually, when driven from one quarter, they betake themselves to another.

#### FAMILY MEALS FOR AWEEK

WE ARE indebted to a correspond-ent for menus for the first day of the week.

SUNDAY BREAKFAST

Nutmeg melons, ham and macaroni mines, toast, graham muffins, coffee.

LUNCHEON

Jellied chicken and celery, blackberry salad in lettuce oups, cottage cheese, whole wheat bread, tea. DINNER

fallbut scallop, potato balls creamed with peas, oucumbers with green peppers, onion pickles, peach foam, golden drops, coffee. (Note.—Use sag yolks saved from peach foam for the golden drops.) RECIPES FOR THE ABOVE

Stewed Cucumbers With Green Peppers Peel and quarter 2 cucumbers and lay in iced water for a quarter of an hour. Drain, lay in a shallow saucepan, cover with boiling water and cook slowly for half an hour. Meanwhile, seed and remove fibers from 2 green peppers and cook until tender; then cut into rings. Take out the cucumbers with a slit spoon; place pepper rings (pipping hot) around and over the cucumbers. Dress with melted butter, minced paraley and lemon juice, sprinkling with salt and pepper. (Original with the writer.)

Peach Foam

Peach Foam Peach Foam

Pare and cut up half a dosen peaches; strain through a sieve and mix the pulp with half a supful of powdered sugar. Beat the whites of a sage to a stiff froth; add these to the peach pulp and best until they have smooth and vervety. Turn into a mold and set is ice until served. Pass whipped cream (sweetened) with it.

NANNIE E. V. E. (Oak Park, III.),

## MONDAY

BREAKFAST Oranges, cereal and cream, fishballs, Bos-on brown bread, toast, tea and coffee, LUNCHEON

Oranges, cereal and cream, bacon, boiled eggs, muffins, toast, tea and coffee.

LUNCHEON Creamed eggs, brown bread from break-fast, stuffed potatoes, lettuce saled with pimento sandwiches, gingerbread and cream cheese, tea. DINNER Savory omelet with chicken gravy (partly a left-over), baked tosat, saind of string beans and lettuce (a left-over), crackers and cheese, bread pudding tea. Mutton broth, pork chops, apple sauce, scalloped sweet potatoes, mashed turnips, baked custard, black conee.

Onion soup, hamburger steak, molded and breaded garnished with fried bananes; car-rots, creamed; browned sweet potatoes, pineapple taploca pudding, black coffee.

#### TUESDAY BREAKFAST Baked apples and dried risk eaten with cream, lamb's liver and bacon, French rolls, tomat, ten and coffee. LUNCHEON

LUNCHEON Hash of hamburger steak and potatoes (a left-over), ininced sweet potatoes (a left-over), thin bread and butter, sweet crackers and tea.

DINNER Julienne soup, fried chicken with chicken and cream gravy, mashed potatoes, span-ish rice, canned peach pie, black conces.

WEDNESDAY BREAKFAST Grapefruit, cereal and cream, sale mackerel with tomato sauce, quick biscuits, toast, tea and coffee.

LUNCHEON

Mince of liver and bacon (a left-over), breakfast biscults, egg and cress salad with French dressing, cream cheese sandwiches (a left-over), cookies and tea. DINNER
Testerday's soup, chicken and oyster ple

DINNER Black bean coup corned beer, ladles cabbase, fried saleify, grange fritters, black comes.

Scallop of pork chops and hominy (partiy a left-over), sweet potato left from dinner, baked potatoes, walkes and syrup, tea.

DINNER

Yesterday's broth, baked halibut, mashed potatoes, canned green peas, Indian meal pudding, black coffee. SATURDAY / BREAKFAST Oranges, ceredi and cream, bacch and fried eggs, shortcake, toast, coffee and tea.

LUNCHEON

Hallout pudding (a left-over), potato puff is left-over), slortonic (warmed over), toasted grackers and cheens, remains of last night's Indian mest pudding with sauce, ten.

Two cops of raw carrots put through the grinder or graind. I cupful of apples cut small, I cupful of minced celery.

Toss and mix with a silver fork and cover with mayonnaise dressing. A few chopped raisins improve the saind.

Green Corn Relish