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 fabric for young girls raincoats.

**Corn Bread.**  
 Hot breads are always appreciated  
 for breakfast, and properly made are  
 wholesome and digestible. Here is  
 the recipe for a delicious corn bread.  
 Sift together one cupful of corn meal,  
 one of flour, three tablespoonful of  
 sugar, a half teaspoonful salt, one tea-  
 spoonful of cream of tartar and a half  
 teaspoonful of soda.  
 Add one cupful of sour cream and  
 two eggs. Beat vigorously and bake  
 twenty minutes in a hot oven. If sour  
 cream is not attainable, use sweet  
 milk and two tablespoonful of melt-  
 ed butter.

**HOUSEHOLD.**

**All About Pies.**

**Squash Pie.**—This is almost as good  
 as pumpkin pie when it is made from  
 Hubbard squash. Break the shell open  
 with a hatchet, remove the seeds and  
 fibres, then place in a granite dripping-  
 pan, shell side down. Add enough water  
 to keep from sticking, put in the oven  
 and bake until tender.

When thoroughly done, scrape out the  
 pulp, and press through a colander. To  
 every quart of the pulp allow two cup-  
 fuls of sugar. Mix well, then to a quart  
 of mixture add two tablespoonfuls of  
 melted butter, the beaten yolks of four  
 eggs, two teaspoonfuls of ginger a tea-  
 spoonful each powdered cinnamon and  
 mace, a saltspoonful of salt, and the  
 grated yellow rind of one lemon.

Cook all these ingredients well to-  
 gether. Add a little over a cupful of  
 milk, stirring in well, and fold in the  
 stiffly whipped whites of the eggs. Line  
 the pie-tins with a good paste, fill with  
 the squash mixture and bake until set  
 in a rich brown.

**Plain Pie-Crust.**—For a plain pie-crust  
 allow to each heaping cupful of pastry  
 flour one-half cupful of shortening—lard  
 or beef drippings, or lard and butter; a  
 pinch of salt; a saltspoonful of baking-  
 powder and just enough ice-water to  
 make a stiff paste. This amount suffices  
 for one pie.

Sift the salt and baking-powder with  
 the flour and rub in the lard and most of  
 the butter with the tips of the fingers.  
 Wet with the ice-water, putting in a lit-  
 tle at a time until the paste is of the re-  
 quired stiffness. Sprinkle a little flour on  
 the molding-board and toss the ball of  
 paste on it. Pat it deftly into shape,  
 and, having scored the rolling-pin, roll  
 out lightly toward the right or left, or  
 even backward, but always lightly.

When rolled into a rectangular sheet,  
 put a few dabs of butter over it at  
 intervals, dust a little flour over the  
 buttered dough, roll up, pat into shape,  
 and again roll out.

Divide in the middle and lay one piece  
 aside while the other is rolled out about  
 the size of a pie-tin. Experience soon  
 teaches one how to gage this almost  
 exactly.

Fold over, lift up, and, having dredged  
 the pie-tin with a little flour, lift on to  
 the tin. Unfold and press around the  
 rim, taking care that all the air-bubbles  
 get out. Otherwise the under crust  
 will puff into the filling of the pie.

**The Perfect Lemon Pie.**—Few cooks  
 know how to make the perfect lemon  
 pie. The shell should always be baked  
 first in order that it may not soak up  
 the juice.

The filling is made in this way: Stir  
 into a cupful of boiling water one  
 tablespoonful corn-starch dissolved in  
 cold water. Cook until clear. Add  
 one cupful of sugar, one, tablespoonful  
 butter, the yolks of two eggs well  
 beaten, and the grated yellow rind  
 and juice of one large lemon. Cook  
 two minutes longer, and pour into the  
 shell. Beat the whites of two egg  
 stiff, using a wire whip to entangle as  
 much air as possible, add two table-  
 spoonful powdered sugar and spread  
 lightly over the pie.

The next step is where so many  
 other wise successful cooks fail. In-  
 stead of the meringues proving to be  
 of a delicate, foam-like consistency to  
 a tough, leathery compound is the re-  
 sult.

The trouble is in the heat of the  
 oven. The albumen of the egg re-  
 quires slow cooking—so slow as to  
 resemble a drying rather than a bak-  
 ing. Twenty minutes in an oven with  
 the heat turned off is the usual time.

Allow the filling of the pie to cool a  
 little before spreading the meringue  
 on; if too hot it would toughen the  
 meringue.

Under these favoring condition the  
 result will be a tender delicate meringue  
 that will retain its original foam-  
 ness.

**BAKED APPLES.**

There are baked apples and baked  
 apples. For variety's sake try peeling  
 them before baking. Peel and core the  
 apples carefully, fill the hollows with  
 sugar and any spice preferred, lay in an  
 enameled bakingpan pouring just enough  
 water to cover the bottom, then bake in  
 moderate oven until tender and delicately  
 crisped on the surface. Sometimes a  
 bit of butter is placed on top of each  
 apple before putting in the oven.

Meantime take the cores and peelings  
 cover with water and stew gently for  
 an hour. Strain, sweeten slightly, add a  
 little nutmeg, cinnamon or lemon, and  
 pour over the apples, cool in the pan in  
 which the apples are baked, then serve  
 cold with cream.

Apples should never be baked in tin  
 which darkens both apples and juice.

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 children's coats and  
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**THE SPAN OF LIFE  
 SHOWN BY FIGURES**

For Those Under Thirty the Expecta-  
 tion of Longevity Has Increased—  
 Married People Fortunate

How long do you expect to live?  
 Perhaps you have never given the  
 matter a thought. The majority of  
 people simply want to live as long  
 as they can—and let it go at that.  
 Therefore maybe it would be better  
 to ask: How long can you expect to  
 live?

Suppose you are between 25 and 30  
 years of age. If that is the case you  
 may expect to live 23.4 years more—  
 if you happen to live in a city. The  
 matter of where you live changes the  
 figure slightly but not much.

It occurred to the health department  
 of one city to prepare a table of the  
 expectation of life among the inhabi-  
 tants of its city, in the hope that the  
 people would help fight disease and  
 so prolong their calculated allotted  
 span.

The preparation of a table of this  
 sort is a very complicated proceeding  
 that requires an expert. But the re-  
 sults obtained are highly valuable.  
 The figures are practically the same  
 for all sections of the country. These  
 show that there has been an increase  
 in the expectation of life, as it is cal-  
 led, from the age of 1 year to the  
 age of 30 and a decrease from 30 years  
 on. For instance, a child 5 years old  
 might expect to live 52 years more.  
 That is an increase of 11 years over  
 the expectation of life calculated a  
 third of a century ago. An adult be-  
 tween 25 and 30 years of age has 32.6  
 years more to live, according to this  
 table, while a person 35 years old may  
 reasonably expect to live only 3 years  
 and 3 months longer.

The expectation of life for men and  
 women is different, for people in dif-  
 ferent trades it is different. These  
 differences bring to light some curious  
 facts. For instance comparison of the  
 sexes instead of ages shows that wo-  
 men in general have about 6 years  
 longer to live than men. The figures  
 also show that married men live longer  
 than single men and that married  
 women live longer than single women.  
 The Jew lives longer than the Gentile  
 by a round dozen years. The negro  
 appears to have less chance of life  
 than the white man.

But throughout it is found that the  
 span of life for people up to the age  
 of 30 has increased during the last 30  
 years while that for people beyond  
 the age of 30 has decreased.

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