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HOUSEHOLD

Apple Kuchen.

Cream one tablespoon butter
or substitute with one tablespoon
of sugar, add one egg, six table-
spoons of milk, one and one-half
cups flour, one teaspoon baking
powder. The dough must be
quite stiff enough to roll. Save
a small piece of it for a thin cov-
er. Put the dough in an oblong
tin, fill with sliced apples which
you have parboiled to insure
their being tender when the cake
is done, add sugar, some raisins,
and cinnamon, roll top piece
very thin and cover cake. Bake
about twenty minutes. Make a
frosting of milk and sugar (pow-
dered) and spread on cake while
it is still warm. Other fruit may
be used, as dried apricots boiled
and thickened.

Honey Apples.

Four apples, $\frac{1}{2}$ tablespoon
flour, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup honey,
1 tablespoon butter or oleomar-
garine, cinnamon.

Score and core apples and ar-
range in baking dish. Mix flour,
water and honey and pour over
apples, dot with butter or oleo-
margarine, sprinkle with cinna-
mon and bake the apples until
soft.

Chocolate Cake.

Two tablespoons butter.
One cup sugar.
One egg.
One cup boiling water.
Square and a half of Baker's
chocolate.
One-half teaspoon soda.
One teaspoon baking powder.
One and one-half cups of flour.
Dissolve the chocolate in one-
half the boiling water, and the
soda in the remainder. Use only
the yolk of the egg for the
cake, putting the white into a
boiled frosting to cover it. Bake
in a square loaf in a moderate
oven for thirty minutes.

**Ways of Using
Milk, the Best
Of All Foods**

A famous doctor says that no
family of five should spend any
money for meat until three quarts
of milk have been purchased
even though the price of milk
should go to twenty cents a quart.
The reason given for this is that
nothing can take the place of
milk as a food, especially for
children.

There are four or five ounces
of solid food in every quart of
milk as can be readily seen when
it is made into cottage cheese.
Milk supplies building material,
energy, mineral and regulating
substances in the one food. The
solid substance which is seen in
cottage cheese contains a most
valuable form of protein and the
amount from one quart of milk
is equivalent to from four to eight
ounces of meat or four eggs.

The fat (or cream) and sugar
in milk are especially easily di-
gested. A quart of milk will
supply as much energy as eight

eggs. Skim milk and butter-
milk should also be used more
extensively than they are at the
present time.

Here are a few recipes which
use milk in attractive ways:

MILK TOAST.

Three cups scalded milk, $\frac{1}{2}$
cup bread flour, $\frac{1}{2}$ cup cold milk,
2 tablespoons oleomargarine, 1
teaspoon salt.

Mix flour and cold milk and
when smooth add slowly to the
scalded milk; stir constantly until
it thickens, cover and cook
twenty minutes. Add salt and
oleomargarine just before serv-
ing. Cut a one-pound loaf stale
bread in half-inch slices, toast
on each side. Dip slices separ-
ately in sauce; when soft, re-
move to dish and pour remain-
ing sauce over all. War bread
or Boston brown bread may be
used. Before dipping the toast
in sauce, chopped meat, flakes
of salmon, finnan haddie, or oth-
er smoked, salt, canned, or cold
cooked fish. Hard-cooked eggs
or cheese cut in small pieces
may be added. The amount
used may vary from one-half to
three cups.

AFRICAN SOUP.

One quart milk, 1 slice onion,
1 cup mashed potatoes, sweet or
white, $\frac{1}{2}$ cup cooked squash, 5
tablespoonfuls oleomargarine, 2
tablespoonfuls rye flour, few
grains pepper, few grains nut-
meg, 2 pimentos. Scald milk
with onion, potato and squash.
Melt three tablespoons oleomar-
garine, add flour mixed with sea-
soning, and stir until smooth.
Add the hot milk, boil five min-
utes, and strain. Cream two tab-
lespoons oleomargarine, add
pimentos rubbed through a sieve
and a few grains of salt. Stir
into the hot soup and serve at
once.

**OLD-FASHIONED INDIAN
PUDDING.**

Five cups scalded milk, $\frac{1}{2}$ cup
corn meal, $\frac{1}{2}$ cup molasses, 3 table-
spoonfuls chopped beef fat, 1
teaspoonful salt. Pour milk
slowly on meal, cook in a double
boiler twenty minutes, add re-
maining ingredients and bake
three hours in a slow oven.

Serve hot or cold with top
milk.

BUTTERMILK CHEESE.

Put buttermilk in double boil-
er, heat to 140 degrees. Remove
from fire, let stand one-half
hour, strain through cheesecloth,
pour over one quart warm water,
and drain again. Repeat if the
curd has an acid taste. Add salt
to taste and use in any way in
which Neufchatel or cottage
cheese is used.

World's Highest Tide

Navigators state that the highest
tide in the world is in the Bay of
Fundy, between Nova Scotia and New
Brunswick. The tide there sometimes
reaches the height of seventy-one feet,
and the increase is occasionally as
much as a foot every five minutes.

Islands Warmer

Islands are less cold in winter than
continents, as the sea is warmer than
the frozen land, and mitigates the
coldness of the land air.

Causes of Frost Tracery

Frost tracery on bedroom windows
is caused by the warm breath of the
 sleeper being condensed and frozen
on the ice cold window.

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SICK ROOM HINT

Place Marker in the Medicine Bottle
Gives Lots of Worry

This time indicator on a medicine
bottle is a convenient thing to have
so that the hour when the next dose



to be taken can be known. A small
strip of paper is marked with figures
from 1 to 12 and pasted around the
neck of the bottle so that the figures
will plainly show the hours and half
hours. A pin is then pressed into the
work of the bottle.

When a dose of medicine is given the
time for the next dose is marked by
the adjustment of the pin in the work
over the proper figure. In cases where
different kinds of medicines are given
at different hours a series of bottles
equipped with these markers is a
great convenience in the sick room.

LIGHT IN THE BARN

Dingy Stables Breed Disease in Many
Canadian Farms

One of the commonest mistakes
made in planning Canadian farm
buildings is the small number of win-
dows in the stables. In the placing
of the buildings, in their relation to
one another or to other surroundings,
care may have been taken, but in so
many instances there has been an
utter disregard of the proper lighting
of the stables. Many fine barns and
stables, well painted and of excellent
outward appearance, are miserably
lighted and are dark and gloomy
within.

Prevention is better than cure, and
light is the cheapest preventive meas-
ure known against disease. Dark and
dingy stables are much more favor-
able for the development and spread
of disease than a stable flooded with
light. In working it is both difficult
and unpleasant to grope one's way
around in a stable which is dark
when the sun is shining. The work
can be done better, in less time and
more cheerfully in a well-lighted
stable than in one where at the
brightest time of the day a dismal
twilight reigns. For the sake of com-
fort and health, which means in-
cidentally greater profits, let us have
more light in our farm buildings.

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