

sound when pulled off. Roll thin as piecrust and cut into strips one-half to three-quarters of an inch wide; twist with hands and lay in baking pan; the oven should not be too hot. When done they are crisp, and the starch is dextrinized (partially digested,) as in the zwiebach.

**Graham Crackers**—Seven cupfuls of graham flour, one cupful of thick sweet cream (or butter), one pint of sweet milk, two teaspoonfuls of baking powder; sieve and rub the baking powder into the flour; add the cream (or butter, which should be rubbed into the flour well), a little salt, then the milk; mix well, and roll as thin as soda crackers; cut in any shape; bake quickly; then leave about the stove for a few hours to dry thoroughly.

**Bran Biscuits**—One quart of milk or water; three teaspoonfuls of butter (or lard), three tablespoonfuls sugar; two tablespoonfuls baker's yeast (any live yeast will do); pinch of salt, and flour, wheat and graham. Take enough wheat flour to use up the water, making it the consistency of batter cake dough; add the rest of the ingredients and as much graham flour as can be stirred in with a spoon. Set away until morning. In the morning, grease a pan, flour the hands and take a lump of dough the size of a large egg, roll lightly between the palms; put into the pan and let them rise twenty minutes, and bake in a tolerably hot oven.

**Graham Wafers**—One-third cupful of butter, one-third cupful of sugar; half teaspoonful of salt; one pint of white flour; one pint of graham flour. Mix the butter, sugar and salt; chop this mixture into the white and graham flour mixed; wet it with cold water into a very stiff dough; knead well, and roll out very thin; cut in squares, or any shape desired and bake quickly.

**Contributed Recipes**

**White Fruit Cake**—Have all the materials at hand, as the cake should be quickly made and not allowed to remain out of the oven after it has been stirred. To make the cake, use two cups of white sugar, one cupful

**FOOD HELPS**

**In Management of a R. R.**

Speaking of food a railroad man says:

"My work puts me out in all kinds of weather, subject to irregular hours for meals and compelled to eat all kinds of food.

"For seven years I was constantly troubled with indigestion, caused by eating heavy, fatty, starchy, greasy, poorly cooked food, such as are most accessible to men in my business. Generally each meal or lunch was followed by distressing pains and burning sensations in my stomach, which destroyed my sleep and almost unfitted me for work. My brain was so muddy and foggy that it was hard to me to discharge my duties properly.

"This lasted till about a year ago, when my attention was called to Grape-Nuts food by a newspaper ad, and I concluded to try it. Since then I have used Grape-Nuts at nearly every meal and sometimes between meals. We railroad men have little chance to prepare our food in our cabooses and I find Grape-Nuts mighty handy, for it is ready cooked.

"To make a long story short, Grape-Nuts has made a new man of me. I have no more burning distress in my stomach, nor any other symptom of indigestion. I can digest anything so long as I eat Grape-Nuts, and my brain works as clearly and accurately as an engineer's watch, and my old nervous troubles have disappeared entirely." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville" in pkgs.

of butter, the whites of seven eggs, one cupful of milk, two and one-half cupfuls of flour, two teaspoonfuls of best baking powder, one cupful sliced citron, one cupful of seeded raisins, one cupful of blanched sweet almonds, and one cupful of chopped figs. First, prepare the flour by sifting with it the baking powder; stir the sugar and butter to a cream, then add the milk and flour alternately, a little at a time, stirring rapidly until all is stirred in. Beat the whites of the eggs until stiff, then fold in the dough; then stir in the fruit, after having floured it well, and bake in a rather slow oven.—S. C.

**Dark Fruit Cake**—Two scant teaspoonfuls of butter, three cupfuls of brown sugar, six eggs (whites and yolks beaten separately,) one pound each of seeded raisins and currants (washed and dried;) half a pound of citron cut in thin slices; half a cupful of cooking molasses; one-half cupful of sour milk. Stir the butter and sugar to a cream; add one teaspoonful of ground cinnamon and one of cloves; add the molasses and sour milk; stir well, then put in the beaten yolks of eggs, a wine glass of brandy, and beat all together thoroughly. Then add five cupfuls of sifted flour, alternately with the well-beaten whites of the eggs, a little at a time; now dissolve a level teaspoonful of soda and stir in thoroughly; mix the fruit together and stir with it two heaping teaspoonfuls of flour; then stir all into the mixture. Butter two common-sized baking tins carefully, line them with letter paper well buttered (or with buttered paper from the grocer's) pour in the cake batter, and bake in a moderate oven two hours. After it is baked let cool in pans; then turn out and put in tight cans; or let remain in the pans covered closely. Chopped nut kernels added with the fruits, a cupful before chopping, is a fine addition.—J. L.

**Baked Beans**—For the old-fashioned baked beans, pick over carefully and put to soak in water over night. In the morning pour off any water not soaked up, put the pot on the back of the stove and cover with boiling water; after they have boiled half an hour, put into a colander and pour a dipper of cold water through them. This should remove any hardened skins. Take a deep earthen bean pot or jar holding about two quarts, and put in part of the beans, then half a pound of well-washed salt pork, then fill in the rest of the beans. Take one teaspoonful of salt, half a teaspoonful of mustard, and table-spoonful of molasses; dissolve all in hot water and pour over the beans, filling the pot with hot water. Set the jar in a moderately hot oven and bake slowly six hours, or even longer, if you wish. The jar should not be allowed to get dry, but as the water boils away, refill until the beans are nearly done, then allow the water to cook away.

**Succotash**—Take one pint can of corn, mix with one quart of well-washed lima beans, and boil until tender; let boil as dry as possible without scorching, then add to them two tablespoonfuls of butter, season with salt and pepper, let simmer ten minutes, add a cup of sweet cream or very rich milk, and serve hot.

**French Fried Potatoes**—Peel nice potatoes, cut into lengthwise strips, crosswise, or any way one likes, throw into cold water as peeled and then dry them on a soft towel. Have a vessel containing smoking (not scorching) hot fat or lard, enough to cover (or "swim") the potatoes, and as soon as they float on the surface they are brown and done; skim into a draining basket, or on coarse paper, and keep hot until served. There should be no grease on them, and they may be eaten with the fingers without soiling, while perfectly mealy and sweet inside. The potatoes must be raw, and are so much nicer than

"cold boiled" fried potatoes, and not half the trouble to prepare or eat.

**An Object Lesson**

Here is an idea which may be useful to the invalid or the restless little folks, during these dull January days: Take a glass jar, glass dish, tall tumbler or confectioner's jar and fill it with good soil to within an inch of the top; lay on the soil next to the outside of the vessel a row of peas, beans, corn, or nasturtium seeds; then add another inch of earth. Set in a warm place and keep the soil moistened—not wet, but do not let it dry out. The glass wall will enable one to watch the swelling, sprouting, budding and the growth of top and root, which will be watched with interest, and is very instructive.

Mrs. Fannie Epstein died in a tenement house in Chicago January 3. The Chicago Record-Herald says that Mrs. Epstein was 117 years of age, and that her 85-year-old daughter stood at her bedside. Children of four generations survive her, and she has another daughter 98 years of age. There are thirty-eight great grandchildren and two great great grandchildren, the latter being five and nine years old.

**Adolescence**

"In order to act with wisdom," says American Motherhood, "parents should understand the physical, mental and moral significance of adolescence; should realize that it is a crisis of grave import to the boy or girl. Most mothers do recognize that this is to the girl a critical time, and they watch with much anxiety the physical unfolding of their daughters, guard their health, have patience with their moods and tempers, and overlook many perversities with the feeling that 'she will be better by-and-bye.' Few parents realize that to the boy the period between fourteen and twenty-one is equally grave; that it is marked by physical changes of equal importance; that the crisis is for him even of graver import, because the inner forces work with greater energy and the outer temptations come with stronger power. This is the time when the father should relax the hand of authority, and offer the hand of friendship, treating the boy with a patience and wisdom of which he stands sorely in need."

**The Coffee Pot**

In many kitchens the remnant of the morning portion of coffee is left in the pot on the back of the range for a mid-forenoon cup for the cook. Not only is the rank flavor extracted from the long-steeping grounds, but a certain deposit is made upon the sides of the pot which is hard to remove, even by the most thorough washing. This deposit, if left on, will surely taint the coffee that is subsequently made in the pot and injure the flavor of the best berries to be had. The pot should be washed and scalded every time it is used. If any liquid is left, it should be strained off into either a porcelain, china or earthenware vessel, or into a glass jar, when it may be added to any new brew which is made.

**Problems for Women**

An exchange says: Mrs. L. L. Blankenburg believes that women are obliged to come in touch with politics whether she wills or not. She says: "We are obliged to come in touch with politics in our housekeeping. We have the politics of the ash barrel and the garbage can to contend with; we have the politics that comes into the house through the water pipes and the gas pipes. The very air we breathe is polluted by the politics of smoke. Our children go to schools managed by politicians. We are taxpayers; we contribute one-fifth of the revenue required to run the affairs of

the municipality. I speak in behalf of an industry more important than the most powerful corporation, or the greatest industrial establishment—it is the business of housekeeping. We have no direct voice in saying what kind of politics shall affect our business; our only recourse is complaint."

**Tanning a Skin For a Laprobe**

A simple way to tan the pelt of a calf or sheep is to stretch it tightly and smoothly on a frame of boards, hair-side down, and tack by the edges, firmly, after thoroughly soaking it if it is not fresh and pliable. Then scrape off the loose flesh and fat with a dull knife, or sharpened stick, until the whole surface is even and smooth. Then work in powdered chalk with much rubbing. When the chalk begins to powder and fall off, remove the skin from the frame and rub in plenty of powdered alum. Then fold, flesh sides together, tightly, and keep in a dry place for a few days. Then unfold and beat and work the skin until dry and pliable, and it will remain so, if it is not allowed to get wet—in which case it must be again rubbed until dry, or it will get hard.

**Out of Work**

It may be that your losing that "job" that was slowly but surely making a machine of you was the best thing that ever happened to you.

You can make as much, or even more, money than your last position paid you, and be independent and your own employer.

We will help you to better things by appointing you our sales representative in your town or community, in charge of the local agency of THE LADIES' HOME JOURNAL and THE SATURDAY EVENING POST. As our representative you can work independently yourself and in time employ assistants and cover a larger territory as a general agent.

The commission on each renewal and each new subscription is the same. You can work up a business better for your future than the "job" you were lucky enough to lose.

Three classes of distributive prizes every month: for Beginners, for Previous Non-Contestants and Free-for-All—bring extra money every month. There are no cheap clubs or tawdry premiums. You sell two valued periodicals at attractive subscription prices. The occupation is one of dignity, pleasure, profit.

Write us and we will advise you.

THE CURTIS PUBLISHING COMPANY  
1072-E Cherry St., Philadelphia, Pa.