

The Home Department

Conducted by Helen Watts Meyer

"To Endure Unto the End"

The sheep are not always led through green pastures. The path is sometimes bestrewn with craggy rocks; sometimes it leads over precipices; sometimes the storm hangs dark, the whirlwinds blow, the hail cuts, and the lightnings flash along with the deafening roar of terrible thunderbolts. But keep near the Shepherd—climb on through the storm and darkness, nor wander beyond sound of His voice. Following Him, the storm will be outclimbed, the rugged path will end, the clouds will sink below us, and the "Good Shepherd" will lead us at last into

the green pastures, beside the still waters, "and there shall be no more tears."—Chapin.

"New Corn" Bread

Do you remember the bread "Mother" used to make of the new crop of corn? Do you ever taste any that equals it, these days? Do you know why not? In the old days, as soon as the corn had hardened sufficiently to allow of grating it on the "gritter," some one of the family would grate enough to last a day or two—not more at one time, as it would not keep sweet; the sweet-flavored meal was very uneven in size of grains, and there was a good deal of bran, but it made delicious bread when mixed with fresh buttermilk, soda and eggs. Later on, when the corn ears had become fully hardened, it was shelled from the cob, and taken to the mill, where it was ground between mill-stones—some parts of it being very fine, while other parts were coarse, and it was well mixed with a coarse bran which had to be sifted out, by use of the old-time coarse-meshed "meal-sieve." No very great quantity could be ground at one time, as it would not "keep," owing to the moisture in the corn, and the heating by the grinding process. It usually had to be spread out on sheets and left overnight, after being brought home, in order to cool it sufficiently to keep it well until used up. "The children's children" know nothing of this delicious meal. Now, the corn is thoroughly dried by heat in kilns, and the corn grains are cut instead of being ground, making it of uniform fineness, and in some grades it is little coarser than coarse flour. This meal will keep a long time; but the old sweetness of flavor is all gone. There is no more any corn bread "like mother used to make," unless one happens upon a real backwoods neighborhood, where modern methods are unknown. Like the real "country sausage," you must go to the real country to find it. It is not made in the cities, nor is it to be found at the butcher's stalls.

Some Good Recipes

Mince meats should be made several weeks before they are used, and allowed to "ripen." Here are two good ones that will answer for the Thanksgiving dinner.

Plunge four pounds of nice round steak into boiling water enough to cover it, and bring to a boil, then let simmer for five hours. Let cool in the water in which it is cooked, free it from fat and run through a meat chopper; there should be a good quart of the chopped meat; to this add three quarts of pared, cored and chopped apples, a pint of finely chopped suet; a quart of seeded and chopped raisins, a quart of nice dried currants, a quart of good molasses, three pounds of sugar, half a cupful of ground cinnamon, a tablespoonful of ground cloves, two tablespoonfuls of ground allspice, two of mace, six nutmegs grated, half a cupful of salt, and a quarter of a pound of citron, sliced thin. Mix these ingredients well with the hands and add three quarts of good cider; let the mince meat stand overnight, and heat it the next morning, bringing it slowly to the boiling point and keep it simmering for an hour, then turn into stone jars and set in a cool, dry place, well covered.

No. 2—Three pounds of tender

round of beef, half a pound of chopped suet, three quarts of pared, cored and chopped apples, three cupfuls of seeded raisins, two cupfuls of dried currants, one-fourth pound of citron, one cupful of New Orleans molasses, three cupfuls of sugar, one tablespoonful each of ground mace and allspice, four tablespoonfuls of ground cinnamon, half a tablespoonful of cloves, three nutmegs grated, two lemons, three tablespoonfuls of salt, two quarts of cider. Cook the meat until tender, free it from fat and fiber; run meat and suet through a chopper, chop the apples rather coarse, and put all the ingredients except the cider, and lemons into a large bowl; grate on it the rind of the lemons, then squeeze the juice into it; mix all together well, and add the cider; put the mince meat into a porcelain kettle and bring it slowly to a boil, then remove from the fire. Pack in stone jars closely covered.

Fruit Fritters

Almost any kind of fruit can be used as fritters. A good recipe for the batter is as follows: One cupful of flour, half a cupful of milk, two eggs, tablespoonful of sugar, tablespoonful of melted butter, half a teaspoonful of salt, and the yellow rind of one quarter of a lemon grated. Mix the dry ingredients; beat the eggs until light and add the milk stirring; pour this over the dry mixture, beat until smooth and add the melted butter; oil is liked by some better than butter, as it mixes with all the mixture more freely if the other ingredients are cold. Prepare the fruit, dip in the batter, coating each piece well, and fry in very hot lard, lift out of the fat, lay on a piece of brown paper to drain, sift powdered sugar over them and serve very hot.

"A Boiled Dinner"

A great many people think there is nothing that quite equals an old-fashioned boiled dinner, when the weather is cold and stormy. One of the methods of preparing the dinner is to boil all the articles, meat and vegetables, together in one kettle; but some people prefer that each vegetable be cooked separately from the meat and from each other. The requirements are a large piece of nice corned beef—according to the size of the family, about six to eight pounds; a small head of cabbage, about three quarts of chopped yellow or white turnips, two or three beets, a dozen good sized potatoes, three or four carrots, and, if liked, a few parsnips. If cooked separately and seasoned, the vegetables retain their distinctive flavor, while, if cooked altogether, there is a combination of flavors not agreeable to many palates. The rump, or brisket piece of beef is usually chosen, washed well, and if very salty, put into a kettle and covered with cold water and slowly brought to a boil, skimming carefully. Then draw the kettle back where it will simmer for five hours, simply bubbling, as rapid boiling will harden it. When done, put the meat on a large platter and serve. If cooked separately, the vegetables may be flavored with the meat by dipping the water from the kettle and boiling them in it.

Basting roasted or baked meats frequently makes them juicier and better flavored than they would otherwise be.

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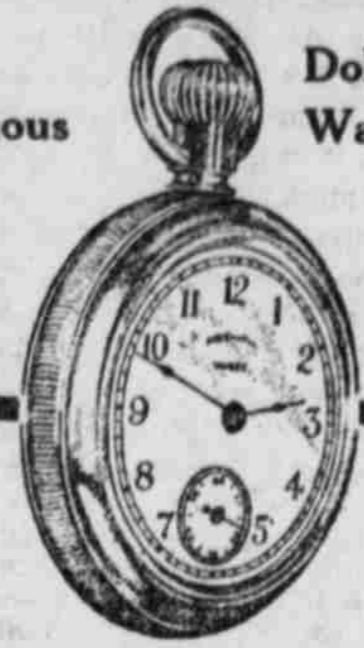
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