



The Home Department

Life's Mirror

There are loyal hearts, there are spirits brave,
There are souls that are pure and true;
Then give to the world the best you have,
And the best shall come back to you.

Give love, and love to your heart will flow,
A strength in your utmost need;
Have faith and a score of hearts will show
Their faith in your word and deed.

For life is the mirror of king and slave,
'Tis just what you are and do;
Then give to the world the best you have,
And the best will come back to you.

—Madeline S. Bridges.

Democracy in the Home

In these trying days, there is great need for cultivating and stimulating democratic ideals in the home. To be content with what you have, while a large majority of the world's population is undergoing the privations of war, is indeed a virtue, but there is need of a return to the old-fashioned economy in home management, especially in these times.

Love of display—to outshine their neighbors—seems to be the sole ambition of many women. Circumstances do not concern them—they want to get ahead of those around who are more prosperous than they are, and sometimes do get ahead regardless of the fact that they are compelled to go beyond their means to accomplish this end.

Persons whose incomes are limited know, or should know, that they can not imitate those to whom money is a secondary consideration, yet many misguided women, who should count every penny, live or try to live as their well-to-do neighbors. For a time the farce is kept up, but when the crash comes the only real sufferer in the foolish drama is the merchant or firm who extended a line of credit to the woman in the case.

These are the days when it is well to learn to do without some of the things which may seem necessary to social distinction, and to realize the certain folly of keeping up a show of appearances in the home to gratify a desire to have things better than our neighbors. There is little happiness in this sort of living. It is far better to live in a home, no matter how humble, if that home is one in which democratic instead of aristocratic ideals prevail, where there is no concern or desire to imitate others, and where there are no needless debts or burdens to destroy the happiness of the household.

The Training of Children

It pays to have high ideals for our children and to respect their individuality, says Mrs. Elvira Hyatt. Much can be accomplished by expecting children to be good, and by showing them that we trust them.

We should never call a child "bad," never wound his self-respect. This does not mean that his naughty actions should be "glossed over," but as one wise educator has expressed it, we should realize that every fault

is simply the absence of some virtue, and we should try to build up that quality in which the child is deficient, rather than condemn him for that which he has not.

Build up the virtues and the faults will disappear. If a child is selfish we should dwell on unselfishness; if the child is untidy, on neatness; if slow, on quickness; and we should always remember to praise even the slightest sign of the virtue we are working to cultivate. A child will try to live up to the thing for which he is praised. "How quiet and helpful my little Peggy is today" will do more good than a dozen scoldings about noise and mischief.

Stories can be told to arouse and stimulate high ideals. Stories have a wonderful educational value and almost any lesson can be taught in story form. Tell stories about birds, trees, animals, great and good men, simple stories of home and family life, stories from history and from the Bible. The eager little minds are ready for anything you wish to give them, and if you are a natural story-teller great indeed is your opportunity. Ideals of right conduct, love of family and sympathy with every living thing can all be given through the right use of stories.

Much has been said and written about parental influence, but volumes more are needed on post-natal influences. One of the first things a baby learns is to "smile back" at his mother, and in all his earliest years the child reflects the attitudes of those around him. He imitates the things which he sees and hears, in order to understand them, and "as the twig is bent the tree's inclined."

A Card For Your Kitchen

The states relations service of the United States department of agriculture has recently issued "A Guide in Baking." The whole thing is printed on a card, ten by five and a half inches, suitable to hang on the kitchen wall. On it are the measurements of substitutes equal to one cup of wheat flour. The weights and measures were tested in the office of home economics. The table, adhered to, will enable the housewife to make good griddle cakes, muffins, cakes, cookies, drop biscuits, and nut or raisin bread without using any wheat flour.

Whatever recipes she has used successfully with wheat flour, she may continue to use successfully with substitutes for wheat flour. For instance, the table shows that, if one cup of wheat flour was used in a certain recipe and it is desired to substitute barley flour, one and three-eighths cups will be necessary, while all the other ingredients remain as in the old recipe. A number of good combinations are worked out. By mixing two of the substitutes as indicated, the housewife will get better results than if she used one substitute. At the bottom of the card are half a dozen "cautions," aids in baking with substitute flours that have been carefully worked out by experts. A copy of the card may be had from the States Relations Service, Department of Agriculture, Washington, D. C.

Planning the Kitchen

In planning a new home or remodeling an old one it should al-

ways be borne in mind that the placing of the stove, sink, and work table in such a way as to secure the advantages of a compact workshop, will save the housekeeper many steps in the tasks of the kitchen. Time and energy will also be saved if the shelves, cupboards, and drawers are located near the place where the supplies or equipment which they are to contain are to be used, and they will be even more convenient if they are so planned that their contents may be easily and quickly removed or replaced. In selecting the equipment only that which is most convenient and durable should be purchased. As in any well regulated workshop, all the equipment necessary for the convenience of the worker should be supplied, but that equipment should be installed first of all which will be used most often, and it should be of such a character and so located that it will result in the greatest saving of labor.

Breads

Mixture Bread—One pound potatoes, one pound rolled oats, one pound white cornmeal, one tablespoon lard, one cup milk, one-half cup sugar, two cakes compressed yeast, one tablespoon salt.

Peel and boil potatoes well covered with water; when soft mash in potato water and add to that, while hot, the rolled oats, cornmeal, lard, milk and sugar. When cool add yeast.

Knead it down stiff with as much white flour as it will take, let rise twice the size, knead it again and let rise. When it has increased to double its size, put in pans, let rise again and bake.

It takes but a short time for the rising and you will find it makes finer bread combining the cereals if this course is followed.

Liberty Bread—Cook two cups rolled oats, add one cup mashed potatoes, dissolve one cake yeast in one-half cup lukewarm water, add to the oats and potatoes; also add one tablespoon shortening, two tablespoons molasses, one cup lukewarm milk, one teaspoon salt; then add two cups rice flour and enough wheat flour to finish the batter.

Let rise about three hours, knead, let rise again until light, then put in pans and bake one hour in slow oven.

Contributed Recipes

Scalloped Ham and Potatoes—Two cupfuls stale bread-crumbs, one cupful cooked minced ham, two tablespoons flour, one cupful cooked, diced potatoes, one cupful milk, two tablespoonfuls fat, seasoning. Melt fat and add the flour gradually. Cook until it begins to bubble; add the cold milk, a little at a time, stirring constantly until thickened. Season to taste. Add the cooked, diced potatoes. Soak bread crumbs in water, and squeeze until dry. Into a buttered baking dish put a layer of bread crumbs, then alternate with ham, creamed potatoes and bread-crumbs until all are used. Top with bread crumbs and brown in the oven.—B. L. T.

Scrapple—One pound sausage meat, put in one quart water, boil, add salt and pepper to taste. Take one teacup cornmeal, one and one-

half hour; add red pepper if desired.—Miss E. L.

half cups flour; mix well together, add to boiling sausage meat and keep stirring until it is as thick as mush. Pour out in pan or mold. Fry in slices like mush.—Mrs. H. S. P.

Cheese Souffle (very economical)—Two cups milk, one egg, piece of cheese size of an egg, sprinkle of salt. Beat egg, add milk, salt and grated cheese and pour over two large or four small slices of stale bread. Bake in moderate oven one-

Rice Omelet—To four well-beaten eggs add two-thirds cup cold cooked rice, one-half cup milk, one-half teaspoon salt; beat well. Heat one tablespoon fryings in omelet pan, pour mixture in, let brown on one side, turn, place on hot platter. This may be served with powdered sugar sprinkled over omelet.—Mrs. J. M. C.

Spanish Frico—Peel and half boil six large potatoes, slice them and in a pudding dish put first layer of potato sprinkled with chopped onion and bread crumbs, then a layer of cooked meat (or cheese) cut in thin slices and sprinkle with salt and pepper. Repeat until dish is almost full, add a pint of sweet cream and steam two hours.—C. L. D.

War Cake (With Barley Flour and no Butter)—Two cups brown sugar, two cups hot water, four tablespoonsful lard, one teaspoonful cinnamon, one teaspoonful cloves, 1 cup raisins. Boil all of these together five minutes after they start bubbling, when cool add: three cups barley flour, two teaspoonfuls soda dissolved in 1 tablespoonful hot water. Bake in moderate oven for one hour.—Mrs. Ira T.

Requested Recipes

Old-Fashioned Shortcake—Two cups sifted flour, one-half teaspoon salt, two teaspoons baking powder, one-quarter cup butter, three-quarter cup milk, one egg. Mix and sift dry ingredients four times; cut and rub in butter; add milk, lastly add beaten egg. Spread on a buttered biscuit tin and bake in quick oven. Split apart at edge, spread with softened butter and fill with fruit.

Moist Gingerbread—One tablespoonful shortening, one cupful molasses, one and one-quarter teaspoonful salt, two cupfuls flour, one teaspoonful soda, one and one-half teaspoonful cloves, hot water. Mix and sift the dry ingredients; add the molasses. Put the shortening in a cup and fill with boiling water. When the shortening is melted add to the mixture. Beat well, pour into a buttered cake pan or muffin pan. Bake in a moderate oven 25 minutes.

Breakfast Cake—Very inexpensive. Take for two layers one cup granulated sugar, two cups flour with three teaspoons baking powder, one teaspoon cinnamon, four tablespoons melted butter, two eggs, one cup sweet milk, vanilla or any flavor.

Prune Butter—Two pounds prunes, one pound raisins, one-half cup sugar, one cup corn syrup.

Cornmeal Muffins—One cupful of white cornmeal, one egg, one cupful of buttermilk, one-half teaspoonful each of salt, soda, and sugar, one tablespoonful of vegetable fat. Sift the dry ingredients together and rub fat into this. Beat egg until light, add buttermilk, and beat into dry ingredients. Pour into smoking-hot and well-greased muffin-rings and bake quickly.

Cornmeal Batter Bread—One cupful of white cornmeal, one and one-half cupfuls of boiling water, one cupful of buttermilk, one-half teaspoonful of soda, one teaspoonful of salt, one-half teaspoonful of baking powder, two eggs. Scald the meal