



The Home Circle

How to Remove Fruit Stains From Cloths.

Canary or Sugar—Apply clean cold water.

Chewing Gum—Use carbonyl and elbow grease.

Coffee, Tea and Fruit—Dip in hot solution of soda—one pound to a gallon of water—then in hot soapy water. Should this not remove stain, dip in ammonia and soda and hang in sun.

Grass Stains—Rub with ammonia, wash in solution of soda—one pound to the gallon of water. Solution should be hot.

Ink—Soak the spot in strong salt water and rinse in strong solution of ammonia. Repeat if necessary.

Mud—Soak in kerosene and rinse in hot water.

Nicotine—Hot water and soap.

Oil and Grease Stains—Place clean cloth or blotting paper beneath spot, rub with gasoline or benzine. Cover with Fuller's earth or powdered chalk and leave in sun for a few hours.

Paint—Mix half ammonia with half turpentine. Shake well and dab on stain. Scrape off and remove spot with benzine. If not thoroughly removed, proceed as for oil and grease stains.

Perspiration—Wash out in clean cold water and dab on ammonia. Dry in shade.

Rust—Lemon juice and salt. Leave in sun to dry. Repeat if necessary. Rust may also be removed with oxalic acid—this should be used carefully, as oftentimes it injures the fabric.

Scorch—If not too severe, rinse in soapy water, dab on white vinegar and allow to dry in sun. Repeat if necessary.

Shoe Polish—Use turpentine and remove with benzine or gasoline.

Tar—Soften tar with glycerine. Scrape off well. Dab on benzine. Wash in soda water to soak in warm milk and salt.

How to Remove Pulp From Oranges.

Pare the orange with a sharp knife, removing every particle of the thin inside membrane with the peel. This will leave the orange pulp exposed. Hold the orange over a plate, so that any juice which may drop will be saved. Insert the point of the knife at the stem end of the orange, close to the membrane that divides the sections. Carefully work the knife in, separating the membrane from the section. Then carefully separate the section of orange from the membrane on its other side; remove the whole orange section, complete in shape, and entirely free from membrane. Repeat until all the sections are removed.

Vegetables

Why We Should Eat Them and How to Prepare.

EVERYWHERE, in these parts, greens or roots, vegetables are sprouting. The mere thought of it makes one's mouth twitch with desire and the juices flow with avidity. The markets are fairly bulging with hot-house and southern vegetables. Now is the time to partake of them, for they yield the food elements necessary—indispensable to man, we should say.

In the vegetable world the cereals form a very essential part of our diet, for they, in the main, supply the carbohydrates or heat-giving matter.

Another nutrition group termed pulse are those which have their seed enclosed in a pod. The most familiar are peas, beans and lentils; peas and beans are eaten in the green or unripe state as well as in the dried. They contain a large amount of flesh forming matter, usually a fair amount of starch, but are deficient in fat. Peas and beans also contain sulphur and have a gas forming tendency. Lentils have less sulphur and, by reason of it, are more easily digested.

The more juicy vegetables, such as potatoes and cabbage, spinach, celery, onions, carrots, parsnips and cauliflower, are very valuable on account of their mineral content, chief of which is potash salts, so necessary to keep the blood in a healthy condition.

When cooking vegetables care should be taken not to lose the salts. Steaming is preferable to boiling, though it does not improve the color of greens. However, by adding a little lemon juice to the water in which new potatoes are boiling, the color can be vastly improved. Mint is sometimes cooked with new potatoes.

To secure a good color in vegetables when cooked careful cleaning and preparation before cooking is essential.

Earthy roots, such as potatoes, turnips and carrots must be both well scrubbed and rinsed in clean water before peeling. Should you discover any coarse or discolored leaves or any dark or decayed spots, they should be removed before cooking.

Peel potatoes thinly, or if new merely brush them to get the skin off.

Turnips should be thickly peeled, for their rind is hard and woody.

Carrot, unless old, need scrap-

Something About Eggs

WITH the approach of the laying season eggs, of course, drop in price, due naturally to the plentiful supply. At such time one needn't worry over whether the eggs purchased are fresh or not. But at off seasons, when eggs are scarce, it pays to test them to ascertain whether or not they are fresh.

Quite fresh eggs will sink in a strong solution of hot water, and, as they become stale, they remain suspended at different depths in the brine and will eventually float.

When eggs are cheap that is the time to preserve them. Care should be exercised in the selection of eggs to insure freshness. Put them to the test above mentioned.

There are different methods of preserving, but all aim at the same thing, namely, at coating the porous shell with some substance which will prevent the air entering and setting up decomposition.

When eggs are used as food they should be cooked at a low temperature. The time required for cooking varies with the size of the egg, from two and a half minutes for poaching a medium sized egg to four and a half minutes for boiling a large one. If too much cooked the white becomes tough, hard and, to many people, indigestible.

When required for salads, garnishing, etc., the eggs must be boiled from 10 to 20 minutes, and if the yolks are to be powdered for sprinkling they must be cooked for a longer time or the centers will be somewhat tough and elastic and useless for the purpose.

While beating eggs a little salt added to the white helps to bring them to a froth more quickly.

After the removal of the skin, all root vegetables (except the onion kind), should be placed in cold water until wanted. Potatoes, artichokes and salsify especially, must not remain a moment out of water after peeling or they will turn dark. To the water used for two last a little salt or lemon juice should be added to keep them white.

Root vegetables should be boiled with the lid of the pan on; green vegetables should be boiled with the lid of the pan off, for the preservation of the color.

Important Little Things About Pie Baking

Good pies with light, flaky crusts are not easy to make, as you know. But there are a number of little knacks that help to assure satisfactory results. For instance:

Materials for pie paste should always be cold to start with. Then, when the pie paste is mixed, chill it before rolling it out. It will be easier to roll and the crust will be flakier.

Paste covered and placed in the icebox or other cool place will keep for several days.

Another aid to perfect crusts is to cut the lard and water into the flour.

Pie and tart shells, single crusts baked separately, lessen the chance for a soggy crust, and make attractive looking pies.

The paste for these shells should be moulded on the back of the tin, pricked on the bottom and sides to prevent the crust from puffing unevenly, then placed in a quick oven (about 375 degrees) and baked with the temperature lowered.

You can bake a number of shells at a time and keep them for several days in a closed container, freshening them, if necessary, by reheating.

An interesting variation for fruit pies is to put the fruit in the bottom of the pan and use only a top crust.

Chocolate Covered Figs

This toothsome and wholesome confection comes from New Orleans, and is especially to be recommended for children, because it satisfies the craving for sweets with a food that is digestible, nutritious and has a tonic effect on the system.

The figs should first be steamed until they are very tender. This may be done conveniently in an enameled ware steamer with a removable rack. When the figs have cooled remove the soft centers and chop this portion fine with a few nuts and candied fruits. Fill the figs with this mixture and dip them in unsweetened chocolate which has been melted in an enameled ware double boiler. The chocolate coating will keep the figs soft and moist for a considerable time.



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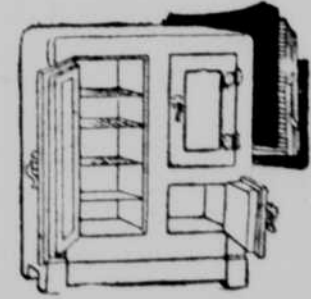
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