

Cereals for Breakfast

By LORETTA C. LYNCH.

Cereals are grasses the seeds of which are used for food. Among the most important are wheat, Indian corn, oats, rice, rye and barley. From these are prepared various breakfast foods such as oatmeal, cornmeal, farina and the like.

Of course, it is well nigh impossible to change the food habits of grown-ups, and if an adult who has been unfortunate enough not to have been given a steaming hot dish of cereal for breakfast when a child, refuses it for breakfast, every housewife should make it a point to see that the children get it.

It is no more expensive to serve the child a bowl of oat meal for breakfast than it is to give him half a dozen thick slices of bread. The trouble is that cereal takes time to cook, while bread may be bought ready to eat. But the mother who has the welfare of her little ones at heart, will see to it that they manage to get a bowl of cereal, if not every morning, then perhaps three or four times a week.

The old-time housewife had to sit over the cereal and stir it for hours and hours. Yet she was willing to do this so that her boys and girls might have it to keep them warm and put strength and energy into their little bodies. But the modern woman who must leave her home early in the morning to play bread-winner, has a valuable aid in the fireless cooker. The cereal may be cooked for five or 10 minutes over the flame and then put into the fireless to continue cooking without flame or need of watching, the long night through.

In preparing oatmeal, for one cup of oatmeal allow four cups of boiling water and one level teaspoon of salt. Cook directly over the flame at first stirring to prevent burning. Then continue the cooking either in the double boiler or in the fireless cooker.

Fine cereals like farina should be mixed with cold water before being stirred into the boiling water. This will prevent lumping.

Rice is the one cereal which may be prepared rather quickly and should be served frequently. Put to boil two quarts of water, to which a level teaspoon of salt has been added. Pick over and wash one cup of rice. When the water boils drop the rice slowly so as not to stop the boiling.

If the grains settle to the bottom stir gently with a silver fork. Boil rapidly uncovered for 20 minutes or until the grains may be easily crushed between the fingers. Turn into a strainer and drain. Rinse with hot water to remove excess starch.

Try serving fruits with cereals. Ripe bananas are delicious when served cut up with mush. Serving the fruit right in with the cereal saves the washing of several extra dishes. Figs, dates alike, should be scalded with boiling water to remove dirt, then cut up and served right in the saucer with farina or other cereal.

It is much better to cultivate the taste of the children to depend on the natural sugar in fruits like dates, figs, raisins and prunes for sweetening than to have them add quantities of cane sugar to the cereal. If the child must have sugar with his cereal lightly sprinkle it with a scant teaspoon of sugar.

Cereals should absorb all the moisture they are cooked in. If moist when nearly done, cook uncovered for a while.

Fruits for Breakfast

When the fruit begins to be scarce on the city fruit stands, often there is a general letting up on the fruit course at breakfast. For with oranges at 10 and 15 cents a piece, says the housewife, "I simply cannot afford it."

But there are plenty of other fruits within the range of even the poor woman's purse, and the thrifty housewife will look about and find the cheaper kinds. The dried fruits, dried as they are today, are one of the real privileges of the modern home. Not only should you be acquainted with dried peaches, pears, and prunes, but you should also know the dried plums, apricots, seeded cherries and apples.

Dried fruits are more bother to prepare than fresh fruit, but it is cheaper, especially when fresh fruit is out of season or has to be brought from a great distance. But, dried fruit is dirty. Even if it looks clean and comes in a clean, fancy package, nevertheless it will stand a thorough cleaning.

A new toothbrush will be found convenient. Keep it especially for this purpose. Scrub each piece of the fruit with this brush and lukewarm water. Several waters may be needed. The last rinsing water should be clear. Then put the fruit to soak in clean water. Cover the vessel containing the soaking fruit to keep out dust. Put the fruit to stew in the water in which it has soaked.

Many housewives do not take the precaution to give the fruit this thorough cleaning. Some cannot believe it necessary. But, viewed under the microscope, the fruit is very dirty and you surely would not care to eat it yourself or give it to the family if you could see it under the microscope. It is a mistake to throw off the water in which the fruit has soaked, as this contains some of the mineral salts and much of the fruit juice and flavor.

Stew the fruit very slowly to develop the natural flavor, adding the sugar toward the end of the cooking. Less sugar is required if it is added at the end. Cooking causes sugar to lose some of its sweetness.

Not enough housekeepers use stewed raisins. These should be cleaned with the brush and soaked and stewed. They, of course, require no sugar, but are improved by the addition of a little lemon juice or rind during the cooking.

The Great Critic.

The Victorian poet who said that "good critics are rarer than good authors" was right. To feel deeply and yet to think profoundly, to know much and yet to write well—it is no easy task. That the great critic has to climb—J. E. Spingarn.

Caraway Seed and Raisin Cookies



Take two cups of flour, one-half cup of sifted sugar, one-half cup of butter, one-half ounce of caraway seeds, three eggs, and one-half cup of seeded raisins. Beat the butter to a cream, stir in the flour, sugar, raisins and caraway seeds; and when these ingredients are well mixed, add the eggs, which should be well whisked. Roll out, and shape the cookies with a round cutter, and bake them in a moderate oven from 10 to 15 minutes. The tops of the cookies may be brushed over with a little milk, or the white of an egg.

Luncheon Hints

Rice with Eggs and Tomato Sauce.

To one tablespoonful of bacon fat add one minced onion and fry without browning. To this add two cups white sauce and one cupful partially cooked rice and boil until rice is tender. Put this into a buttered baking dish and keep hot. Poach the number of eggs to be used and place on the rice. Garnish with parsley and serve with tomato sauce.

Bacon and Potato Omelet.

Cut four slices of bacon into small pieces and fry. Cut two cold boiled

potatoes into cubes and add to the bacon, stirring until the potatoes are heated through. Beat two eggs slightly, adding two tablespoons of cold water, season with salt and pepper and pour over bacon and potatoes. Cook until eggs are set. Fold and serve on hot platter.

In lifting the baby the mother should place her hands on either side of his chest below his armpits and gently raise him to the required position. Never lift a baby by his hands or arms, as this may strain the delicate muscles.

A baby ought to be kept quiet most of the time and should not be excited by too much talking or

What's What

By HELEN DECIE



Letters of congratulation are sent to friends who have been publicly honored in any way, whether by political office or promotion in business, or by some signal professional achievement or reward. When a boy or girl graduates from high school or college congratulations are in order. When a girl is engaged or married she receives "best wishes," and the "congratulations" are tendered to the happy man.

But, by and by, when in the course of time, the stork comes, bearing "hostage to fortune" to the wedded pair, when a son or daughter is born, then the congratulations are extended to both. Sometimes a visiting card is sent with "congratulations" written in one corner, but this is rather cold formality among friends. A letter is best; a letter expressing the sender's rejoicing in the fortunate event and his or her most cordial wishes for the health and happiness of the little newcomer.

He should not be trotted on the knee, especially after feeding, as this may cause vomiting and indigestion.

What's Yours?

Women's Ideas That Paid Big Dividends

By FRANCES L. GARSIDE.

Nancy Homan's Idea Was a "Peach" and She Refused to Let It Be Wasted.

When Nancy Homans asked a friend for the privilege of renting a little cottage in her peach orchard, it was that she might take her paint brushes and easel there, and without interruptions, put some of the spring pinks and blues onto her canvas.

It was granted, and all through one spring she sat in the orchard day after day and painted. The petals fell from the trees; the fruit ripened and Miss Homans, finding inspiration as the season advanced continued to paint.

It was mid-summer, she noticed that the fruit fell to the ground and was lost. No one cared for it, though in a large city a few miles away there was a crying need for it, the waste seemed criminal. She was tired of painting. Her studio offered opportunities for preserving the fruit

equal to those it had furnished in preserving its likeness. She asked permission of the owner of the place to have the peaches for her own. It was given her. She put a kitchen apron over her smock and soon there was an odor as delicious as that which filled the orchard when the trees were in blossom.

She put up preserves as long as the fruit lasted; she sold to her friends in the city. She succeeded. The next season found her again in the orchard, and, though she painted in the spring, her real paying job began when the fruit began to ripen.

Perhaps she puts into her jellies and pickles and preserves some of the sunshine she puts on her canvases. Who knows? But every one knows that Nancy Homans has made a great success.

When the inspiration came to her she did not dismiss it idly, but accepted it as heaven-born. What do you do with yours?

Eye Injuries.

The commonest eye injury is the lodging of some sort of a speck between the eyeball and the lids, or on the surface of the eyeball. Don't rub the eye; close it and the tears may wash the speck out or into view, so that it can be removed.

If this does not succeed, close the eye and blow the nose hard. If still unsuccessful, look at the lower lid, turning it down gently. Remove the speck with the corner of a clean handkerchief. It is much harder to see the inner surface of the upper lid.

To do this, seat your patient in a chair with the head bent backward,

stand behind him and place the small end of a pen handle about one-half an inch above the edge of the lid. Have him look down and turn the lid back over this. Remove the speck as before.

But if you can't do all this with the greatest gentleness, don't do it at all, but soak some soft fine cloth in cold water and bandage this in place on both eyes. Then send for a doctor. Do the same when the eyeball is injured.

When a speck has been removed from the eye the latter will be soothed by a couple of drops of castor oil. If acid has entered the eye neutralize with baking soda and water.

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"Well—not exactly, Smith."

"But it looks like new duds, Bill."

"Yes—guess it does. At least a half dozen pals have stopped me this morning and have asked me the same question you did."

"How come, then, Bill? If it isn't new what is it?"

"Well, it's an open secret, Smith. I didn't care to blow in a year's salary for a new overcoat, so I had Dreshers fix up this one. It's three seasons old."

"Great stuff, Bill. Oh, that's that Dresher Brothers outfit on Farnam St., eh?"

"You're on, Smith—their phone number is Tyler 0345."

"Much obliged for the tip, Bill—guess I will slip Dreshers a coat."

"So long, Smith."

"So long, Bill."

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