

DOMESTIC

By MAUREEN.

Cocoanut Sandwich.

Beat up four eggs until very light, add one cupful of sugar, one cupful of flour, and one teaspoonful of baking powder. Mix well together, and bake it in a shallow tin. Boil all together, one cupful of milk, one tablespoonful of sugar, one tablespoonful of cocoanut, one teaspoonful of cornflour, wet with cold milk and one egg well beaten. Boil and stir for three minutes. Cut open the cake when cooked, and spread with the mixture instead of jam.

Apple Jelly Made From the Parings.

In making apple jelly there might be considerable waste in parings and so forth. Wash these in cold water and put into a kettle with enough fresh water to cover them. Set the kettle at the side of the stove and allow it to simmer for three or four hours, taking care that it does not boil dry. You may add the whole of three or four apples, peel and all, they will soften and press through the sieve with the rest. After the sieve has done its work measure the liquid left and apportion an equal quantity of sugar. Boil it until it jellies and finish in the usual way. This is an economy of fruit and makes an excellent jelly, for there is much gelatinous substance in the parings and cores of the fruit.

Milk as a Food.

Economy in the diet does not always depend upon limiting the use of certain foods, but sometimes it is a question of actually increasing the use of foods which furnish nutritive material at relatively low cost. Milk belongs to the latter class, and the housewife would do well to study its food value and decide whether her family is using as much as it should. The average person in this country uses only a little more than a

half pint of milk daily, and this quantity can very profitably be increased when safe milk is available.

Many people think of milk only as a beverage, but if they understood that it is in reality a nourishing food they would increase their daily allowance.

We eat foods for two main reasons: First, to renew body wastes and promote growth by forming new tissues and fluids; and, second, to supply energy for carrying on body functions. Milk contains the body-building materials (protein and mineral substances, such as lime and phosphorus), and also supplies energy for carrying on the body functions.

Household Hints.

An easy way to clean saucepans that have been used for cooking oatmeal: Fill the pan with boiling water; empty it away and then fill it with cold, and the oatmeal will almost fall away from the sides of the pan.

A letter closed with the white of an egg cannot be opened by the steam of boiling water, as the steam only adds to its firmness.

For those who do their washing at home it may be interesting to know that some ammonia in the water in which new flannels are washed will take all the roughness off and save both labor and soap. The ammonia also takes out the oil in flannel.

Combs should never be allowed to lie in hot water when they are being washed, as hot water is apt to soften them and render them liable to snap. Soap and water should be applied to them with a nail-brush.

It is an excellent plan, also, to keep a comb clean by drawing a piece of coarse thread in and out between the teeth. The thread will attract any particles of dust and dirt lingering between the teeth of the comb, and is an easy means of removing them.

For cleaning enamelled ware use a little common salt instead of soap, and it will remain smooth and white. Salt is also the best thing for removing stains from china.

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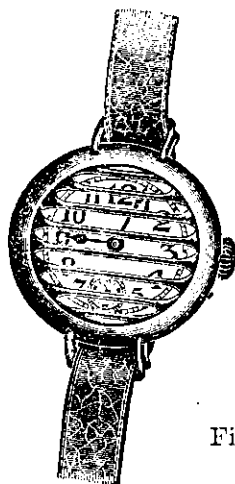
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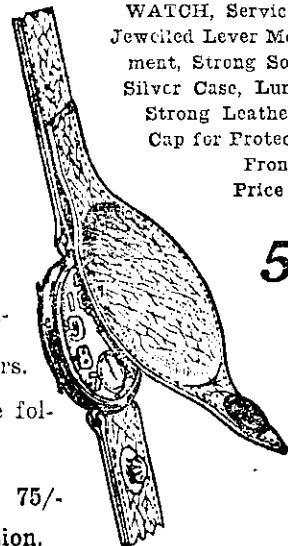


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