

THE HOUSEHOLD ECONOMIST

REDUCE THE HIGH COST OF LIVING

By Securing The Very Best Grade Of Sugar
Your Money Can Buy

"IMPERIAL" BRAND

Standard Fine Granulated Sugar

A TEXAS PRODUCT. GUARANTEED THE BEST.

COMPLIMENTS OF
IMPERIAL SUGAR COMPANY

"THE PURPOSE"

Copyright 1915, Brown & Bigelow, St. Paul, Minn and Sault Ste. Marie, Ontario

No other Question is so important to the Happiness of a Home as the mutual understanding by all the members of a family regarding the distribution of the total income, in other words apportioning the wages, etc., before actually spending them.

Without a Budget (paper expenditure), we have slipshod guesswork methods, without a definite standard for expenditures, with a certainty of extravagance, waste, a purposeless living and no records on which to base future expenses.

The distribution of the income cannot or should not be settled by any one member of the family, on account of the difficulty of imposing any such plan on the other members of the family, resulting in a lack of co-operation.

Why not call a Family Council to plan and decide on the Year's Expenditures? If all act together and agree how the income shall be divided, each feels a personal responsibility in seeing that the Budget is lived up to.

Next in importance of the mutual agreement as to how the income should be spent is the necessity of keeping an accurate account of how the income was spent.

If the husband thinks too much money was spent on food the housewife can show why the sum allotted cannot be reduced.

If the grown daughter believes more money should be allowed for clothing, let her suggest how some other household expense can be cut down.

If the son feels his weekly allowance is too small, let him devise some means of increasing the income in proportion.

This is the finest preliminary training for young folks who some day will have to make a budget of their own to learn the value of money.

There are two essentials to the keeping of accounts: First, system; second, faithfulness in following it.

This Household Economist has been devised to help the Busy Mother keeping her records with a minimum expenditure of time and effort.

How Shall an Income Be Divided.

The following chart, grouping and classification gives a suggestion for a well balanced budget for a family of four and a yearly income of \$1,200:

Individual opinion or variation in income will probably mean a change in the proportionate division of the income, but our table will serve as a base (and we believe a correct one) to draw up a satisfactory schedule of weekly and monthly expenditures.

An itemized account will discourage many a useless or purposeless expenditure and cultivate thrift instead of extravagance.

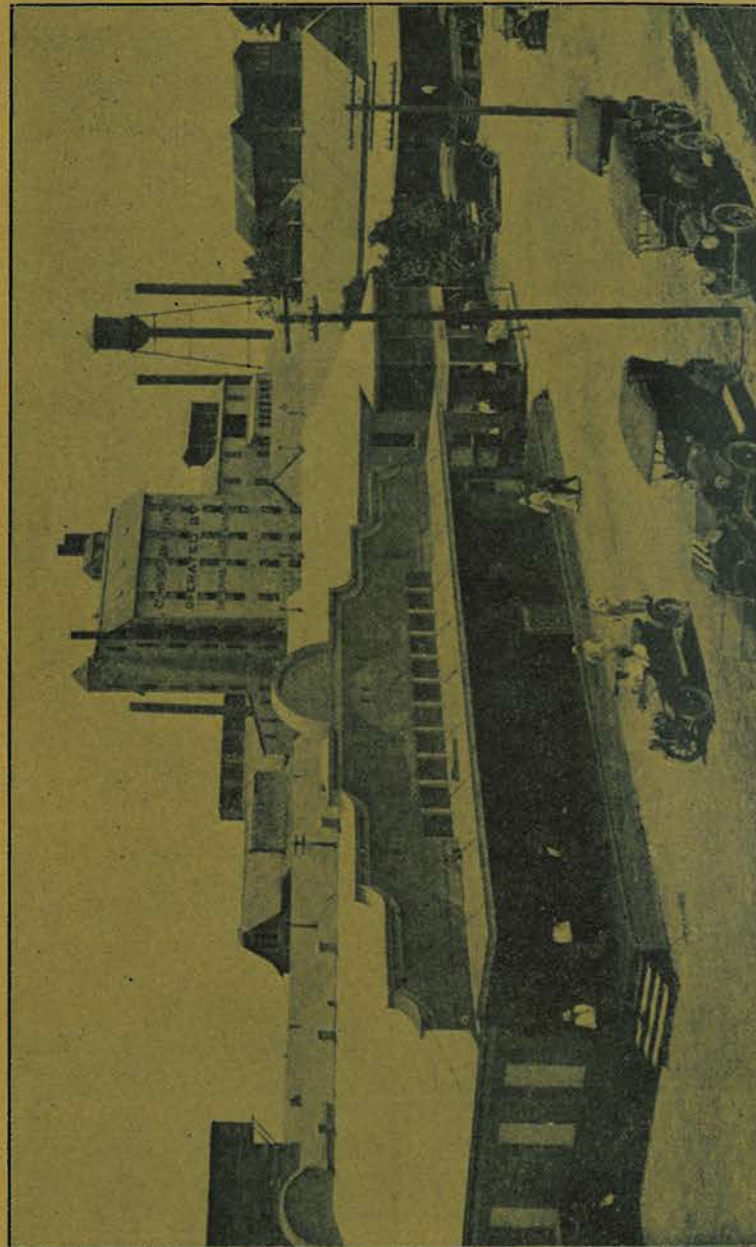
Budget.

\$ 1200.00 YEARLY INCOME				FILL OUT COLUMN BELOW TO CORRESPOND WITH YOUR INCOME. *SEE FOOT NOTE.	
DIVISION OF INCOME	Allowance per Month	Allowance per Week	INTERPRETATION	Allowance per Month	Allowance per Week
10 % SAVINGS	\$ 10.00	2.32	This item should be laid away before any expenditures are made from the income.		
22 % SHELTER	\$ 22.00	5.08	Rent, or payments on Property, Taxes, Fire and Life Insurance.		
30 % FOOD	\$ 30.00	6.92	Meats, Groceries, Dairy Products, Ice, etc., and meals taken away from home.		
15 % CLOTHING	\$ 15.00	3.46	Articles of Clothing, Shoes, Dressmaker or Tailor hire, repairs and pressing.		
13 % INCIDENTALS	\$ 13.00	3.00	Light, Heat, Laundry, Telephone, Car Fare, House Furnishings, Sundry Supplies.		
6% ADVANCEMENT	\$ 6.00	1.38	Lodge dues, Books and Periodicals, Church and Charity, Education, Music and Amusements.		
4% LUXURIES	\$ 4.00	.92	Indulgences and Pleasures which are not necessities.		

* As will be noted in the above table showing the division of a yearly income of \$1,200, a certain percentage is allotted to savings as well as to the various classified expenditures, and in order to obtain the equivalent or corresponding figures to any other income, multiply the amount of percentage given under each classification by the number of dollars constituting either your monthly or weekly income.

As 10 per cent in this case means 10 cents for every dollar, if your income is \$75.00 per month your savings should be 75 times 10 cents, or \$7.50; and your shelter account 75 times 22 cents or \$16.50, etc.

By following this simple method the same division of income as shown in above table can be computed for any income.



VIEW OF THE ONLY SUGAR REFINERY IN TEXAS
IMPERIAL SUGAR COMPANY, SUGAR LAND, TEXAS

A reprint of the original "The Household Economist"
published in 1915 for the Imperial Sugar Company, Sugar Land, Texas.

[illegible]

LIFE INSURANCE POLICIES IN FORCE

[illegible]

FIRE INSURANCE POLICIES IN FORCE

WHAT ON	AMOUNT OF POLICY	PREMIUM	LIFE OF POLICY	WHEN EXPIRES	AGENCY

NOTES PAYABLE

[illegible]

NOTES RECEIVABLE

[illegible]

MORTGAGES

DATED	MADE TO	ON	AMOUNT	INT. RATE	INTEREST PAYABLE	SATISFIED ASSIGNED OR SOLD

DATES TO BE REMEMBERED

[illegible]

DIGESTION.

Average number of hours and minutes required for the digestion of various articles of food:

Apples, sweet (boiled).....	2:30	Lamb (boiled)	2:30
Barley (boiled)	2:00	Milk (raw)	2:15
Beans, lima (boiled).....	2:20	Milk (boiled)	2:00
Beef (roasted)	3:00	Mutton (boiled)	3:00
Beef (fried)	4:00	Mutton (roast)	3:15
Beef, salt (boiled).....	2:45	Oysters (roast)	3:15
Bread	3:30	Oysters (stewed)	3:30
Butter	3:30	Pigs' feet, soused (boiled).....	1:00
Cheese	3:30	Potatoes (baked)	2:30
Chicken (fricaseed)	2:40	Pork, salt (stewed).....	3:00
Custard (baked)	2:45	Pork (roast)	3:15
Duck (roasted)	4:00	Rice (boiled)	1:00
Eggs (raw)		Sago (boiled)	1:45
Eggs (soft boiled).....	3:00	Soup (barley)	1:30
Eggs (hard boiled).....	3:30	Soup (chicken, etc., average)....	3:15
Eggs (fried)	3:30	Tripe, soused (boiled)	1:00
Fish	2:45	Turkey (roast)	2:20
Fowl (roast)	4:00	Veal (boiled)	4:00
Hashed meat and vegetables.....	2:30	Veal (fried)	4:30

PROPORTIONS.

1 measure of liquid to 1 measure of flour for pour batter.
 1 measure of liquid to 2 measures of flour for drop batter.
 1 measure of liquid to 3 measures of flour for doughs.
 1 teaspoon of soda to pint thick sour milk.
 1 teaspoon of soda to one cup of molasses.
 $\frac{1}{4}$ teaspoon of table salt to one quart of milk for custards.
 $\frac{1}{4}$ teaspoon of table salt to one cup of soup or sauce.
 $\frac{1}{4}$ teaspoon of table salt to one pint of flour.

$\frac{1}{2}$ teaspoon of flavoring extract for a medium sized cake.
 1 teaspoon of flavoring extract to one quart of custard cream.
 1 desert spoon of flavoring extract to one quart of mixture to be frozen.
 $\frac{1}{2}$ cup of Imperial Brand Sugar to a quart of milk.
 4 eggs to a quart of milk for plain cup custards.
 2 dessert spoons of gelatine to pint of liquid.
 8 dessert spoons (pkg.) gelatine to two quarts of liquid.
 Meat from $3\frac{1}{2}$ -lb. chicken equals about one pint of meat cut for salad.

COOKING
WEIGHTS AND MEASURES.

4 teaspoons of liquid, =	= 1 tablespoon.	$\frac{1}{2}$ cup of butter, =	$\frac{1}{4}$ lb. or 4 oz.
4 tablespoons of liquid, =	$\frac{1}{2}$ gill or $\frac{1}{4}$ cup	2 cups of granulated Imperial Brand Sugar, =	1 pound.
$\frac{1}{2}$ cup, =	1 gill.	$2\frac{1}{2}$ cups of powdered sugar, =	1 pound.
2 gills, =	1 cup.	1 pint of water or milk, =	1 pound.
2 cups, =	1 pint.	4 tablespoons of coffee, =	1 ounce.
4 cups (2 pints), =	1 quart.		
4 cups of flour, =	1 qt. or 1 lb.		
2 cups of butter, =	1 pound.		

BOILING TIME OF VEGETABLES.

Asparagus, 20 to 25 minutes.	Macaroni, 20 to 30 minutes.
Beans (string), 1 to 2 hours.	Onions, $\frac{3}{4}$ to 2 hours.
Beets (new), $\frac{3}{4}$ to 1 hour.	Parsnips, $\frac{1}{2}$ to $\frac{3}{4}$ hour.
Beets (old), 4 to 6 hours.	Peas, $\frac{1}{2}$ to 1 hour.
Beet Greens, 1 hour or more.	Potatoes (white), 20 to 30 minutes.
Brussels Sprouts, 15 to 20 minutes.	Potatoes (sweet), 15 to 25 minutes.
Cabbage, $\frac{1}{2}$ to $1\frac{1}{2}$ hours.	Rice, 20 to 30 minutes.
Carrots, 1 hour or more.	Squash, 15 to 20 minutes.
Cauliflower, 20 to 30 minutes.	Spinach, 15 to 20 minutes.
Celery, 2 hours.	Tomatoes (stewed), 30 to 45 minutes.
Corn, 10 to 20 minutes.	Turnips, 30 to 45 minutes.

ROASTING AND BAKING TIME FOR
MEATS, FISH, ETC.

Beef Ribs, rare, per pound,	8 to 10 minutes.
Beef Ribs, well done, per lb.,	12 to 16 minutes.
Beef Ribs, rolled, rare, per lb.,	12 to 15 minutes.
Beef Fillet, rare, per pound,	20 to 35 minutes.
Mutton (leg), well done, per lb.,	14 minutes.
Mutton (shoulder), well done, per lb.,	13 minutes.
Lamb, well done, per lb.,	15 to 18 minutes.
Pork, well done, per lb.,	20 minutes.
Chicken, per lb.,	15 or more min.
Turkey, 8 to 10 lbs.,	3 hours.
Goose, 8 to 10 lbs.,	$2\frac{1}{2}$ hours.
Ham,	4 to 6 hours.
Fish (large and whole),	1 hour or more.
Small Fish,	20 to 30 minutes.
Baked Beans (Boston),	6 to 8 hours.

BOILING MEATS AND FISH.

Fresh Beef,	4 to 6 hours.
Corned Beef,	4 to 8 hours.
Corned Tongue,	3 to 4 hours.
Leg or Shoulder of Mutton,	$3\frac{1}{2}$ to 5 hours.
Leg or Shoulder of Lamb,	2 to 3 hours.
Turkey, per lb.,	15 to 18 minutes.
Fowl, 4 to 5 lbs.,	2 to 4 hours.
Chicken, 3 pounds,	1 to $1\frac{1}{2}$ hours.
Ham,	4 to 6 hours.
Lobster,	20 to 30 minutes.
Codfish, per lb.,	6 minutes.
Salmon, whole or large cut,	10 to 15 minutes.
Clams and Oysters,	3 to 5 minutes.
Braised Meats,	3 to 5 hours.

BROILING.

Steak one inch thick,	4 to 10 minutes.
Steak $1\frac{1}{2}$ inch thick,	8 to 15 minutes.
Lamb or Mutton Chops,	6 to 10 minutes.
Spring Chicken,	20 minutes.
Slices of Fish,	12 to 15 minutes.

FRYING.

Croquettes or Fish Balls,	1 minute.
Breaded Chops,	5 to 8 minutes.

BAKING TABLE.

Loaf Bread (1 lb.),	40 to 60 minutes.
Rolls, Biscuit,	10 to 30 minutes.
Muffins,	20 to 25 minutes.
Popovers,	30 minutes.
Sponge Cake (loaf),	40 to 60 minutes.
Layer Cake,	15 to 20 minutes.
Fruit,	2 to 3 hours.
Small Cakes,	15 to 20 minutes.
Custards,	20 min. to 1 hour.
Steamed Brown Bread,	3 hours.
Steamed Puddings,	1 to 3 hours.
Pie Crust,	30 to 45 minutes.
Potatoes,	30 to 45 minutes.
Scalloped or Au Gratin Dishes,	10 to 20 minutes.
Timbales,	20 to 25 minutes.

STANDARD TEMPERATURE

Much of the success in preparing food depends on the temperature to which it is subjected. The degree of heat necessary to cook certain meats, for instance, would ruin bread and cake.

The expressions, a "fast" or "quick" oven, a "moderate" oven, a "slow" oven are often seen, and many of us guess what they mean, but unless we use a thermometer we never can tell accurately. Good thermometers, one for the oven and one that can be used in liquids, cost very little, and pay for themselves quickly in the quality of flavor of the foods.

Using a Fahrenheit Thermometer, it should register:

For Baking Potatoes—300° for 45 minutes.

For Boiling Meats—212° for five minutes, and 180° for the remaining time of cooking.

For Stews—180°.

For Roast Turkey or Chicken—400° for 30 minutes, and 280° for remaining time.

For Roast Duck—360° for 30 minutes, and 230° for remaining time.

For Roasts (of all meats)—400° for 30 minutes, and 260° to finish.

For Bread in one-pound loaves—300° for ten minutes, and 260° for fifty minutes.

For Pastry—360°.

For Muffins—360°.

For Cakes without Butter—300° to 360°.

For Angel Foods—230° to 260°.

For Cakes with Butter—230° to 250°.

For Fruit Cake—220° to 260°.

For baking with gas, deduct twenty degrees from above table.

SOUPS AND CHOWDER

HOW TO MAKE SOUP STOCK.

A stock pot should have a place on every kitchen range where there are three or more in the family. It furnishes the foundation for nearly every kind of soup and sauce and the bits of meat, etc., that would otherwise be thrown away can be utilized and made to form the chief ingredient in a good nourishing soup. The stock pot may be any large size kettle, and its contents should be left-over pieces of fresh or cooked meat, odds and ends, raw or cooked vegetables, cracked bones, in fact anything but fish or something fish has been cooked in. Add just enough water to cover the meat and let it boil gently six or eight hours. The stock (the liquid part) may then be removed and placed in a large jar or bowl and allowed to cool. The grease arising to the top as the stock cools will form an airtight cover and prevent souring or spoiling. After the stock has been removed from the stock pot, the pot may be cleaned and made ready for the next lot.

TOMATO BISQUE.

1 quart tomatoes. $\frac{1}{4}$ cup butter.
 $\frac{1}{2}$ teaspoon soda. Salt and pepper.
 $\frac{1}{2}$ cup cracker-crumbs. 1 quart boiling milk.
 Stew the tomatoes, add the soda. Stir well and strain. Heat again and add the cracker, seasoning, butter and the boiling milk.

CREAM OF CELERY SOUP.

Three roots celery, one quart milk, one tablespoon butter, two table-spoons flour, pint water, salt, pepper to taste, piece onion size of silver quarter. Wash the celery and cut into small pieces. Cover it with water and boil thirty minutes; then press it through a colander. Put the milk on to boil in a farina boiler, add to it the water and celery that was pressed through the colander, also the onion. Rub the butter and flour together, and stir into the boiling soup, and stir constantly until it thickens. Add salt and pepper and serve at once.

CROUTONS.

Cut one or more slices of bread into dices and fry in hot grease. Croutons should be served with all thick soups.

OXTAIL SOUP.

Take two oxtails and two whole onions, two carrots and a small turnip, two tablespoonsful of flour, a little white pepper, add a gallon of water; let all boil for two hours, then take out the tails and cut them into small pieces, return to the pot and boil for another hour, strain the soup, add slowly two spoonsful of arrowroot previously mixed with cold water and let all boil for a quarter of an hour.

GREEN PEA SOUP.

Boil the empty pods of half a peck of green peas in one gallon of water one hour, strain, add four pounds of beef cut into small pieces and boil slowly an hour and a half longer. Half an hour before serving add the shelled peas and twenty minutes later half a cup of rice flour, salt, pepper and a little chopped parsley. After adding the rice flour stir frequently so as to prevent scorching.

POTATO SOUPS.

Simmer a small onion finely chopped in a tablespoonful of butter until brown, add half a spoonful of flour, one pint of milk, stirring to a creamy consistency; then add four mashed potatoes, strain and heat again after seasoning with salt and pepper and stir well.

CLAM CHOWDER.

45 clams chopped, one quart diced potatoes, half a pint sliced onions, cut a few slices salt pork, fry crisp and chop fine, put in a kettle a little fat from the pork, a layer of potatoes, clams, onions, a little pepper and salt, another layer of chopped pork, potatoes, etc., until everything is in; pour over all the juice of the clams, two cups of cold water, boil for half an hour and add a pint of milk before serving.

NEW ENGLAND CHOWDER.

Five pounds of codfish cut into squares, fry plenty of salt pork cut into thin slices, put a layer of pork in your kettle, then one of fish, one of potatoes cut into thick slices and one of onions in slices, plenty of pepper and salt; repeat as long as your materials last and finish with a layer of Boston crackers, water sufficient to cook with, milk if you prefer, cook for half hour and turn over on your plates, disturbing as little as possible.

FISH

BAKED SHAD

Have the fish split. Remove the backbone, and as many of the fine bones as your time and patience will allow. Make a stuffing with one cup of bread moistened in butter and hot tomato seasoned with salt, pepper, chopped parsley, and a little onion-juice. Spread this over the fish; sew the edges together. Put several slices of salt pork on the pan, lay the fish on these; rub all over with soft butter, dredge with flour, and bake about forty minutes, or till brown. Remove to a platter, spread with butter, and sprinkle with chopped parsley and lemon-juice. Pike, bass or pickerel can be baked in the same way.

FISH CAKES

Take what is left of picked-up salt codfish, also the cream; add twice as much cooked potato and more salt and pepper. Chop very fine, and mash until potato and fish are thoroughly blended. Add more potato or soft bread-crumbs if too moist, an egg if too dry. Shape into small flat cakes. Roll them in flour, and fry them in hot salt-pork fat.

CREAMED MACKEREL.

Soak over night and simmer fifteen minutes in one cup of milk for each medium sized fish. Remove the fish to a hot platter and thicken the milk with one and a half tablespoonsful of flour, add one tablespoon of butter and pepper, one tablespoon of chopped parsley or green pepper, pour the sauce around the fish.

ESCALLOPED SALMON.

One can of salmon broken fine with liquor, then butter your dish well; layer of salmon; white sauce; buttered bread crumbs. Repeat this until dish is filled having buttered crumbs for the top layer. Bake about half an hour. **White Sauce.**—Melt two tablespoons butter, add three tablespoons flour, when smooth add gradually one and one-half cup milk, a little salt and pepper.

OYSTERS

SCALLOPED OYSTERS.

Heat the strained liquor from a quart of oysters with one cup of milk. Melt in it quarter of a cup of butter. Cover the bottom of a buttered baking-dish with cracker-crumbs, wet them with the butter and milk, then add a layer of oysters, salt and pepper; then crumbs again and oysters, having a thick layer of crumbs on the top. Beat one egg, stir it into the milk that is left, and pour it over. Bake about half an hour.

OYSTER PIE.

1 cup flour, heaping.
 1 saltspoon salt.
 1 teaspoon baking-powder.
 1 tablespoon butter, melted.
 $\frac{1}{2}$ cup milk.

Mix salt and baking-powder with the flour. Put the melted butter with the milk, and stir them into the flour, mixing as soft as can be handled. Roll out to fit the top of the dish.

Fill a deep pudding-dish with oysters, dredge each layer with flour, salt, pepper, and butter. Cover with the crust, leave an air-hole in the centre, and bake quickly.

MEATS

LEG OF MUTTON WITH RICE.

Boil a leg of mutton until tender. Remove meat when done, leaving at least three pints of stock in the kettle. Add two cups of cleaned rice to the stock and cook twenty minutes. When done, pour contents of kettle over meat on platter and serve. Season meat as usual while boiling.

BAKED HAM.

Take a ham weighing eight to ten pounds and soak in cold water for at least twelve hours; then cover with boiling water, add a little vinegar and boil slowly for two and a half hours, take out, remove skin, put the ham in a pan fat side uppermost, cover with breadcrumbs and stick with cloves. Bake for half an hour until brown.

BEEF A LA MODE.

Take a piece of beef four or five inches thick, cut holes through it and stuff with pieces of salt pork rolled in pepper and cloves, lay in a pan, cover closely and cook in steamer three hours; when done, thicken gravy with a little flour.

MOCK DUCK.

Take a round steak cut thick, wipe dry, cover with dressing made of one cup fine bread crumbs, half teaspoon salt, pepper, tablespoon butter, three finely chopped onions and enough milk to make a stiff mixture; roll steak carefully, tie with string and lay in dripping pan with enough water to prevent it from touching steak. Bake half an hour in hot oven, basting frequently. Serve with brown gravy and slice without unrolling.

CURRIED BEEF.

Put two tablespoonsful butter in saucepan, add two small onions cut into slices, let fry until light brown, then add one and a half tablespoons of curry powder and mix well. Cut beef into pieces an inch square, pour into pan with one-third pint of milk and simmer for half hour, take out and put in a dish with a little lemon juice and serve with wall of boiled rice.

CHICKEN POT PIE.

Clean and cut up chicken. Melt enough butter in a granite pan to cover the bottom. Dredge the chicken with salt, pepper, and flour; lay the pieces in the butter, and let them warm through. Add one minced onion if you prefer. Cover with cold water, and simmer one hour, or until the chicken is nearly done. Make a crust with one pint of flour, two teaspoons baking-powder, half a teaspoon salt; wet with milk, just stiff enough to roll out. Lay it over the chicken. Butter the inside of the cover, cover tightly, and cook half an hour. Serve in the same dish, or cut the crust in sections, and serve all on a platter.

JELLIED CHICKEN.

Boil a chicken until tender, remove skin and bones, season to taste and place in mould. Put the bones back into liquid and boil down to one quart, add quarter box of gelatine and the juice of one lemon, salt and pepper to taste, strain over the chicken and cool until stiff.

PAPRIKA CHICKEN.

Fry three medium sized onions, sliced, in quarter pound of butter until light brown; add medium sized chicken cut up as for fricasee, and simmer slowly in its own juice until tender, season with salt and good teaspoonful of Paprika (Hungarian Red Pepper), then add pint of sour cream and dash of tomato ketchup. Simmer for ten minutes more, thicken with flour water and serve with boiled rice.

ROAST RABBIT.

Clean the rabbit and fill with dressing made of bread crumbs, a little chopped onion, sage, pepper and salt and a small piece of butter; sew up and cover rabbit with sliced salt pork, put into pan with a little water and roast in quick oven, basting often. Serve with currant jelly.

VEGETABLES

POTATO SOUFFLE.

One cup of mashed potatoes, $\frac{1}{4}$ cup of milk, 2 eggs, 1 teaspoon salt, $\frac{1}{8}$ teaspoon of pepper, 1 tablespoon of butter. Mix potato, milk, melted butter and beaten yolks of eggs, fold in the stiffly beaten whites, bake in a moderate oven twenty-five to thirty minutes.

POTATO CROQUETTES.

Two cups mashed potatoes; two tablespoons butter; one-half teaspoon salt and a little pepper, one-fourth teaspoon celery salt, and one teaspoon minced onion. Shape them and roll in flour and then roll in egg which has been beaten, with one tablespoon water and then in bread crumbs, and fry in deep fat.

POTATO PAN CAKES.

Pare and grate six or eight potatoes. Add pinch of salt, one egg, two tablespoons flour. Drop by spoonfuls in hot fat. Stir the remaining mixtures occasionally to keep from turning dark.

SCALLOPED RICE.

Cover bottom of baking dish with a layer of boiled rice, dot with three-fourths tablespoons of butter. Sprinkle with a thin layer of grated American cheese, a few grains of cayenne and continue with alternate layers until two cups of rice and a quarter of a pound of grated cheese are used. Pour over milk to half the depth of the baking dish, cover with buttered crumbs and bake until cheese is melted and crumbs are brown.

BAKED TOMATOES.

Select smooth, round tomatoes, of uniform size, not very juicy. Put them in hot water, remove the skin, cut them in halves and scoop out all the seeds. Chop, and rub to a powder one-third of a cup of boiled ham or tongue. Add two-thirds of a cup of soft bread-crumbs, one teaspoon of chopped parsley or one saltspoon of thyme, a little pepper and sufficient melted butter to moisten. Fill the tomatoes with the mixture, place them in a shallow dish, and bake fifteen minutes.

FRIED GREEN TOMATOES.

Cut off both ends from nice, large green tomatoes, cut in thin slices; roll them in flour, and cook them in hot butter in the frying-pan. Sprinkle with salt, pepper, and sugar, and cook until brown. Fry a sliced onion with them if you like the flavor. Serve them with fish-balls.

EGG-PLANT.

Cut the plant into slices one-third of an inch thick, without removing the skin. Sprinkle salt over each slice, pile them, and cover with a weight to press out the juice. Drain, and dip each slice first in fine crumbs, then in beaten egg, and again in crumbs, and sauté them in hot fat.

BOSTON BAKED BEANS.

Soak one pint small white beans over night. In the morning parboil in water with a little bicarbonate of soda, drain and put in crock, season with salt and pepper, one teaspoon mustard and quarter cup molasses, put piece of salt pork on top, fill with water and cook slowly twelve hours, adding water as needed.

SALAD DRESSINGS

HOLLANDAISE SAUCE.

Mix two tablespoons of butter, heaping teaspoon of cornstarch, tablespoonful of lemon juice into a third cup of water, cook over a low fire until thick, then add yolk of one egg beaten and take from fire immediately.

FRENCH DRESSING FOR SALADS.

Mix together $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika, three tablespoons of olive oil, one tablespoon of vinegar and chill in ice chest.

SALAD CREAM.

Beat two whole eggs, add a tablespoon of salt, three tablespoons powdered sugar, two teaspoons mustard dissolved in half cup of water. Melt half cup of butter in one cup of vinegar, add a heaping spoonful of flour and mix the above together, stirring over hot water until smooth. Can be thinned with cream.

MAYONNAISE DRESSING.

Mix one teaspoon mustard, one of powdered sugar, half teaspoon salt, quarter salt spoon cayenne, add yolks of two eggs, stirring well and gradually add a few drops at a time $\frac{1}{2}$ pint olive oil. When thick add two tablespoons of lemon juice and two tablespoons of vinegar. When ready to serve half a cup of whipped cream should be added. Don't mix with meat or fish but spread over the top.

By adding chopped olives, pickles, parsley, capers and onions to the above a delicious sauce tartar is made.

SALADS

FRUIT AND NUT SALAD.

Cut equal amounts of apples and celery in cubes. Sprinkle with lemon juice and chill. Mix one-half cup of peanut butter with three-fourths of a cup of mayonnaise. Arrange the fruit and celery on lettuce leaves, add dressing and sprinkle chopped olives and pimentos over the top. This makes an attractive Christmas dressing.

WALDORF SALAD.

One cup sour apples, one cup celery, one tablespoon lemon juice, one-half cup walnut meats broken in pieces. Cut apples in thin slices; cut celery in small pieces. Dust with salt and pepper. Mix with mayonnaise or boiled dressing.

TOMATO AND CUCUMBER SALAD.

Scald two ripe tomatoes, peel them, put them in cold water or fine ice to become cold; drain, and either slice or divide into sections. Peel and slice very thin one cucumber; line a salad bowl with crisp lettuce leaves, add the tomatoes and cucumber, a teaspoon of minced parsley, with a few blades of chives, if possible add a few green tarragon leaves. Over all pour a plain salad dressing of olive oil, vinegar, salt and pepper.

LUNCH SALAD.

Soak one envelope of sparkling gelatine in cup of cold water for five minutes, then dissolve in one and a half cups of boiling water.

Add the juice of three lemons and half cup of Imperial Brand Sugar. Pour in mold and when it begins to set add three tart apples, sliced, one cup celery cut into small pieces, and half cup of pecan nuts. Serve with mayonnaise dressing on lettuce leaves.

DESSERTS

ORANGE PUDDING.

Peel, remove seeds and slice thin five good oranges, cover with cup of powdered sugar. Heat a pint of milk in double boiler, add the yolks of three eggs well beaten, one tablespoon of corn starch made smooth in a little cold water, stir constantly and when thick pour over the fruit, cover with whites of the three eggs sweetened with a tablespoon of powdered sugar and beaten to a froth, set in oven for a few minutes to harden. Can be eaten hot or cold. (Best when cold.)

POACHED EGG DESSERT.

Cut slices of sponge cake with large biscuit cutter into circles, moisten with sherry and cover thickly with whipped cream and place in center on top of cream half a preserved peach. A very delicious and simple dessert.

PLUM PUDDING.

One-half cup raisins, one-half cup currants, one-half cup molasses, one-half cup sweet milk, one-half cup suet (chopped fine), two cups flour, three-fourths teaspoon soda, cloves, nutmeg and cinnamon to taste. Steam three hours.

COCOANUT CUSTARD PUDDING.

Soak one cup dessicated cocoanut and 1 pint soft bread-crumbs in one quart of milk for half an hour. Beat the yolks of three eggs, add half a cup of powdered sugar, a dash of salt and nutmeg and a tablespoon of butter; stir this into the milk and bake in a moderate oven an hour. Beat the whites of the eggs to a froth, add $\frac{1}{2}$ cup of powdered sugar and a teaspoon of lemon juice. Spread this over the pudding and brown slightly.

SOUFFLE PUDDING.

Line a well buttered mold with large raisins, place ladyfingers or pieces of stale sponge cake around sides and bottom of mold, then fill mold with a rich custard, made from three eggs, a pint of milk and two heaping tablespoons of Imperial Brand Sugar; flavor to suit.

Steam one hour and serve with wine sauce made from one cup of Imperial Brand Sugar, half cup of butter, half cup of wine and one egg; beat sugar, butter and egg together, heat on stove until smooth then add the wine and a little nutmeg.

PASTRY FOR ONE PIE.

1 heaping cup pastry flour.
1 saltspoon baking-powder.
1 saltspoon salt.
 $\frac{1}{4}$ cup lard.
 $\frac{1}{4}$ cup butter.

Mix salt and baking-powder with the flour and rub in the lard. Mix quite stiff with cold water. Roll out, put the butter on the paste in pieces the size of beans, and sprinkle with flour. Fold over, and roll out. Roll up like a jelly-roll. Divide in two parts, and roll to fit the plate.

DELICIOUS BISCUITS.

Sift together one quart of flour, three heaping teaspoons of baking powder and a teaspoonful of salt, mix with a pint of sour cream into which has been dissolved a half teaspoonful of baking soda. Roll out until half an inch thick, cut with small biscuit cutter and bake in quick oven until brown.

OLD-FASHIONED JOHNNY CAKE.

Mix together one cup of flour, one cup of corn meal, a quarter cup of Imperial Brand Sugar, teaspoon of salt, two teaspoons of baking powder, one beaten egg, one cup of milk and one tablespoon of butter, melted. Pour into greased tin and bake in moderate oven 20 to 30 minutes.

DATE BISCUITS.

Mix and sift two cups of pastry flour, four level teaspoons of baking powder and one-half teaspoon of salt. Work in two tablespoons of butter, using the tips of the fingers and then add gradually three-fourths of a cup of milk. Toss on a floured board, roll to a third of an inch in thickness and cut with a small cutter. On half the rounds place selected dates from which the stones have been removed, brush the edges with melted butter, cover with the remaining pieces, press the edges together, and bake in a hot oven for about twelve minutes.

CAKES

NUT BREAD.

Three scant cupfuls of flour, four level teaspoonsful of baking powder, half a level teaspoonful of salt, half a cup of Imperial Brand Sugar, all sifted together. Mix together one beaten egg, one and a quarter cup of milk and one cup of walnut or pecan meats. Add to the above and bake in a bread tin for one hour. Have the oven slow for the first fifteen minutes to prevent the crust from splitting.

POP OVERS.

Mix one cup of milk, one cup flour, one beaten egg. Put tablespoonful in each cup and bake in hot oven.

MUFFINS.

Stir together one tablespoon of butter, two tablespoons Imperial Brand Sugar and two eggs; add one cup of rich milk, three teaspoonsful baking powder and enough flour to make a stiff batter. Bake twenty minutes in quick oven.

GRAHAM MUFFINS.

One pint graham flour, two full teaspoons baking powder, one teaspoon salt, one tablespoon granulated Imperial Brand Sugar; mix well, then add sweet milk till rather soft, put in gem pans and bake in quick oven. Makes one dozen muffins.

GERMAN POUND CAKE.

Three-quarter pounds (three cups) flour, half pound of butter, half pound powdered sugar, four eggs, quarter pound mixed peel, quarter pound large raisins, two ounces peeled almonds, two ounces candied cherries, one teaspoon lemon extract and half teaspoon baking powder. Mix into a dough, put into paper lined tin and bake one hour.

LADY BALTIMORE CAKE.

Cream a scant cup of butter and add gradually two cups of powdered sugar, beating until very soft.

Mix into $3\frac{1}{2}$ cups good pastry flour two teaspoons of baking powder and add slowly one cup of milk, half teaspoon vanilla extract and the whites of six eggs beaten very stiff and dry. Bake in three square shallow pans.

For filling, heat gradually three cups of Imperial Brand Sugar and one cup of water in a saucepan and boil without stirring until formed into a syrup, add the beaten whites of three eggs. Beat until heavy enough to spread, flavor to suit and add one cup chopped walnuts, one cup chopped, seeded raisins and half a cup of chopped figs. Spread this filling between layers and on top and cover with plain icing.

CHOCOLATE NOUGAT CAKE.

One-quarter cup butter, one and a half cups Imperial Brand Sugar, two eggs, one cup sour milk, two cups bread flour, half teaspoon soda, three teaspoons baking powder, three squares chocolate, melted; half teaspoon vanilla, one-third cup powdered sugar, one cup shredded blanched almonds.

Cream butter and Imperial Brand Sugar, add the eggs unbeaten, mix and add alternately the sour milk, to which the soda is added, and the flour, to which the baking powder is added. Add the vanilla and almonds. To the melted chocolate add the powdered sugar and the sweet milk; cook until smooth. Cool slightly and add to the cake mixture. Bake in loaf and frost.

ORANGE CAKE.

Two eggs, one cup of Imperial Brand Sugar, one tablespoon melted butter, one-half cup of milk, one and one-half cups of flour, two teaspoons baking powder, one tablespoon of orange juice, one teaspoon grated rind; mix in order given, bake in square pan, split and fill with following cream.

Put into a cup the rind of one-half and the juice of one orange, one tablespoon of lemon juice, and fill with hot water. Strain and put on to boil, add one tablespoon corn starch, wet with cold water and cook ten minutes, being careful not to scorch. Beat yolk of one egg with two heaping teaspoons Imperial Brand Sugar, add to the mixture with one teaspoon butter, let cook until the butter is dissolved, and cool.

Frosting.—White of one egg beaten stiff; add alternately powdered sugar and orange juice till the juice of one large orange and one-half a lemon has been used.

CANDY

SEA FOAM.

Three cups light brown Imperial Brand Sugar, one cup water, one tablespoon vinegar, pour over beaten whites of two eggs, one cup nuts. Add vanilla when done.

BUTTER SCOTCH.

Four cups brown Imperial Brand Sugar, two of butter, vinegar to taste, two tablespoons water and a little soda, boil half an hour or until it hardens when a little is dropped in hot water.

COLLEGE FUDGE.

Melt a quarter cup butter. Mix together in a separate bowl one cup each white and brown Imperial Brand Sugar, a quarter cup molasses and half cup cream. Add to the melted butter and bring to a boil. Cook three minutes, stirring very rapidly at first, but decreasing toward the end. Take from the fire, add a teaspoon and a half of vanilla, then stir constantly until thickened. Pour into buttered pan and set in a cold place.

TURKISH PASTE.

2 packages gelatine—1 large, juicy orange—1 lb. granulated Imperial Brand Sugar—1 lemon.

Soak the gelatine in two-thirds cup cold water five minutes. Put Imperial Brand Sugar on stove in two-thirds cup cold water, and when it comes to boiling point add the gelatine. Boil slowly but steadily twenty minutes; add the grated rind and juice of the orange and the juice of the lemon (there should be one-half large cup of fruit juice). Wet tin with cold water and pour in the mixture to the depth of one inch. When firmly set immerse mold in warm water; turn out and cut in cubes and roll in confectioner's Imperial Brand Sugar to which has been added a teaspoonful of cornstarch. Vary by using different fruit juices, flavorings and colorings.

COCOANUT DROPS.

To one grated cocoanut add half its weight of Imperial Brand Sugar and the white of one egg beaten into a stiff froth; mix thoroughly and drop on buttered white paper; bake fifteen minutes.

ICE CREAM

Base: Use milk or cream in proportion to richness desired, usually half and half. Add for each quart, $\frac{1}{4}$ pound Imperial Brand Sugar or more, according to sweetness desired, $\frac{1}{2}$ cup cornstarch, flavoring as desired according to table below.

Dissolve starch in half the liquid, the Imperial Brand Sugar in the other half, mix together and stir over light heat until thickened, then add flavoring, cool and then freeze.

Two eggs well beaten can be used instead of cornstarch.

Flavoring	Quantity of Base	Quantity of Flavoring or Fruit Juice	Juice of Lemon	Remarks
Coffee	one quart	2 oz. soluble coffee		
Chocolate	one quart	$1\frac{1}{2}$ oz. chocolate		$\frac{1}{2}$ oz. vanilla sugar
Lemon	one quart		4 lemons	Grate peel of 2 lemons into Imperial Brand Sugar
Peach	one quart	$\frac{1}{2}$ pint	$\frac{1}{4}$ teaspoon	
Pineapple	one quart	$\frac{1}{2}$ pint	$\frac{1}{4}$ teaspoon	
Raspberry	one quart	$\frac{1}{2}$ pint	$\frac{1}{4}$ teaspoon	2 oz. orange juice
Strawberry	one quart	$\frac{3}{4}$ pint	$\frac{1}{4}$ teaspoon	
Vanilla	one quart	$\frac{1}{2}$ ounce		
Orange	one quart	3 large oranges	1 lemon	Grate peel of 1 lemon into Imperial Brand Sugar

PINEAPPLE SHERBET.

Mix $\frac{1}{2}$ pint pineapple juice, 1 pint water, juice of 1 lemon, $\frac{1}{2}$ pound Imperial Brand Sugar, beaten whites of 2 eggs and freeze. Grated or diced pineapple can be added if desired.

REMOVAL OF STAINS AND GREASE SPOTS.

In removing spots or stains from fabrics it must be borne in mind that acids have an injurious action upon vegetable fibers, and alkalies upon animal fibers; in other words, vegetable fibers will withstand the action of alkalies, and animal fibers will withstand the action of acids.

The principal solvents for removing spots or stains are: Acetone, alcohol, amyl acetate, amyl alcohol, aniline, benzene, benzol, carbon tetrachloride, chloroform, ether and turpentine. These liquids are employed alone or in combination.

Where possible, water should be used, either hot or cold, and, if necessary, slightly heat the fabric with steam in order to make ordinary soap and water perform the functions of removing stains or spots.

Where refined alcohol distillates are used and very mobile solvents, such as ether, care has to be taken, as they will spread rapidly, the solution will creep along the fabric and carry with it some of the substance which is to be removed, and when dry will leave a well defined mark showing where the spot was.

The cloth or fabric should be well rubbed with a dry cloth to avoid defining of the edges on the spot.

Where acids are used on cotton or linen goods or fabrics containing these fibers, the place must be sponged with a weak solution of sodium acetate, which treatment is safer than merely sponging with water, which does not always remove all traces of acids.

After removing a stain it is sometimes found that the color of the fabric has faded. In such cases the color can be revived by sponging with either acetic acid or touching up with a suitable dye color dissolved in benzene.

The following table shows the different agents for removing stains on silk, wool, cotton or linen goods.

Nature of Stain	Silk Goods	Woolen Goods	Cotton and Linen Goods
Grease, oil, wax.	Benzene, benzol (see also Paints and Iron Mold.)	As silk goods.	As silk goods.
Paint.	Ether, aniline, acetone, nitrobenzene, chloroform, carbon tetrachloride.	As silk goods.	As silk goods.
Enamel.	As paint, or with a mixture of acetone and amyl acetate.	As silk goods.	As silk goods.
Varnish (oil).	As paint.	As silk goods.	As silk goods.
Varnish (rosin).	Aniline, or methylated spirit, or carbon tetrachloride and a little methylated spirit.	As silk goods.	As silk goods.
Varnish (shellac).	Methylated spirit alone, or with carbon tetrachloride.	As silk goods.	As silk goods.
Sealing wax.	Methylated spirit.	As silk goods.	As silk goods.
Tar and pitch.	Benzene, benzol, aniline, or ether.	As silk goods.	As silk goods.
Blood.	Water, followed by solution of neutral soap in methylated spirit.	As silk goods.	As silk goods.
Sugar, glue, etc.	Water.	As silk goods.	As silk goods.

Nature of Stain	Silk Goods	Woolen Goods	Cotton and Linen Goods
Fruit, tea, coffee, wine, beer.	White Silk. Water, followed by potassium permanganate and removal of the brown stain produced with sulphurous acid.	As silk goods.	White Goods. Water, followed by sodium hypochlorite.
	Colored Silk. Water, followed by sulphurous acid, or hydrogen peroxide, if the colors are fast to these re-agents; otherwise, methylated spirit and soap.		Colored Goods. Aqueous soap solution and ammonia.
Iron mold (rust).	Aqueous solution of oxalic acid.	As silk goods.	Titanous chloride, with or without hydrochloric acid. Oxalic acid.
	Cream of tartar and citric acid.		
(1) Ink stains. Marking ink (silver).	Solution of potassium cyanide.	As silk goods.	As silk goods.
(1a) Marking ink (aniline black).	Aniline; or a solution of benzene soap in chloroform.	As silk goods.	As silk goods.
(2) Copying pad inks.	Methylated spirit and ammonia.	As silk goods.	As silk goods, or, on white goods, dilute caustic soda.
(3) Writing inks.	Dilute mineral acids or oxalic acid.	As silk goods.	Acetic or formic acid, followed by dilute mineral acids or oxalic acid.
Grass stains.	Ether, or soap in methylated spirit.	As silk goods.	As silk goods.
Color stains (substantive and basic).	White Goods. Decolorine (or other stable hydrosulphite) and acetic acid, or methylated spirit and ammonia, or hydrogen peroxide.	As silk goods.	White Goods. Titanous chloride (warm).
	Colored Goods. As above, if colors are not affected thereby.		Colored Goods. Titanous chloride (cold and dilute).
Scorch stains.	Potassium permanganate, followed by sulphurous acid, or hydrogen peroxide.	Hydrogen peroxide.	Hydrogen peroxide or sodium hypochlorite.

HOUSEHOLD RECEIPTS

Preserving Eggs.

Experiments conducted in a number of universities in the U. S. and Europe have shown waterglass (Silicate of Soda) to be the best preserving medium and the following method is strongly recommended.

Waterglass or Silicate of Soda usually is sold as a thick, syrupy, colorless solution. Dip the eggs and on drying the silicate forms a thin, hard film over the shell. Pack in powdered charcoal with the small end down and keep in a cool place.

Eggs, preserved in this manner have been found fresh and palatable after two years.

Lemon Cough Drops.

Granulated Imperial Brand Sugar	10 pounds
Brown sugar	4 pounds
Licorice paste	1 pound
Cream tartar	½ ounce
Tincture capsicum	½ ounce
Oil anis.	½ ounce
Water	2 quarts
Lemon flavoring.	

When the Imperial Brand Sugar has been melted in the water, bring the solution to a sharp boil, add the cream tartar and continue the boiling up to a strong crack degree. Pour the mass out on an oiled slab, spread the licorice on the Imperial Brand Sugar and add the flavoring, capsicum and anis. Work these thoroughly into the batch, then roll out and cut into shape desired.

Bronchial Cough Tablets.

Granulated Imperial Brand Sugar	8 pounds
Brown sugar	6 pounds
Glucose	2 pounds
Licorice paste	1½ pounds
Tartaric acid	1½ ounces
Paragoric	1 ounce
Tincture tolu	½ ounce
Oil anis.	¼ ounce
Water	2 quarts

Dissolve the Imperial Brand Sugar in the water and bring to a sharp boil, stir in the glucose and continue to boil until the crack degree is reached. Pour the mass out on an oiled slab, spread the licorice paste on it, turn the edges of the sheet, add the acid and remaining ingredients. Work all thoroughly into the Imperial Brand Sugar, then roll out and cut into shape desired.

Cold Cream.

Oil of sweet almonds	3 ounces
White wax	2 ounces
Rose water	4 ounces
Powdered borax	1 drachm
Oil rose geranium	20 drops

Melt the wax and oil together with a gentle heat. Dissolve the borax in the rose water and heat to the boiling point, then mix with the wax and oil and stir constantly until cold.

Cold Cream to Remove Wrinkles.

Lanolin	8 ounces
Vaseline	2 ounces
Rose water	2 grains
Vanillin	3 grains
Oil rose	2 drops

Mix in mortar without heat.

If applied morning and night will remove wrinkles. Lanolin, one of the constituents in the above, is a true skin food. Wrinkles are caused by the absorption of adipose tissue. Lanolin being absorbed into the skin, gives nutriment to wasted tissue; hence, in time will cause eradication of wrinkles.

Glycerine Lotion.

For Chapped Hands, Lips, Sore Nipples and Rough Face.

Glycerine	6 ounces
Rose water	2 ounces
Zinc oxide	1 drachm
Tincture benzoin	½ drachm

Mix and shake well before using.

Face Powder.

Corn starch	7 pounds
Rice flower	1 pound
Powdered talc	1 pound
Powdered orris root	1 pound
Extract cassia	3 ounces
Extract jasmine	1 ounce

Mix.

Face Bleach.

(Said to resemble Mme. Ruppert's.)	
Corrosive sublimate	8 grains
Tincture benzoin	1 drachm
Water sufficient to make	8 ounces

Mix. Apply night and morning.

Chapped Lips.

Compound tincture benzoin	2 drachms
Glycerine	6 drachms

Mix. Apply 3 or 4 times a day with a camel's hair pencil.

Chapped Hands.

Soft soap	64 parts
Spermaceetl	16 parts
Olive oil	4 parts
Camphor	1 part
Alcohol	2 parts
Spirits of lemon	1 part
Water	64 parts

Mix. Apply on retiring.

Treatment of Fissured Hands.

Wash the hands in lukewarm water, apply to the fissures or cracks a small quantity of the following:

Tannin	45 grains
Glycerine	5 drachms
Water	3½ ounces

After which the hands are allowed to dry. On retiring the following salve should be applied:

Extract of Rhatany	30 grains
Lanolin	1½ ounces
Oil rose	2 drops

Gloves should be worn at night.

Freckles.

Glycerine	½ ounce
Lactic acid	½ ounce

Mix. To be applied night and morning with a sponge or soft rag.

Comedones, or Blackheads.

Caused by lack of healthy condition of the skin. A concretion of sebaceous fluid pitting the pores of the skin, the surface becoming black from atmospheric dust. Due attention to the proper functions of the system is essential to a cure. Constipation is most frequently present. With an occasional dose of calomel (calomel, 3 grains; bicarbonate of sodium, 10 grains, in the morning on an empty stomach) and the following mixture:

Epsom salts	1½ drachms
Sulphate iron	16 grains
Dilute Sulphuric acid	2 ounces
Water	8 ounces

Mix. Dose: Tablespoonful in water before breakfast.

First of all, squeeze out the contents of each blackhead every day, then wash with hot water, followed by:

Washed sulphur	1 drachm
Oleate mercury (5 per cent.)	½ drachm
Cold cream	1 ounce

Mix. Apply at night.

Pimples (Acne.)

Wash the affected parts with warm suds, rub well and frequently, in so doing express the contents of the pimples and apply the following mixture:

Flowers sulphur	25 grains
Tincture camphor	1½ drachms
Lime water	2½ ounces

Mix.

Dandruff.

Local treatment is always necessary. If the scales are adherent they should be first removed by soaking in oil, after which apply—

Alcohol	½ ounce
Green soap	4 ounces

Mix.

Take a teaspoonful of this mixture with water and shampoo the part thoroughly. Then apply the following salve:

Precipitated sulphur	2 drachms
Cold cream	1 ounce
Zinc oxide	½ drachm

Mix.

Hair Tonic.

Cologne	2 ounces
Quinine sulphate	15 grains
Tincture cantharides	2 drachms
Borax	1 drachm
Ammonia water	1 drachm
Glycerine	3 ounces
Bay rum to make	1 pint

Mix and filter.

To Arrest Falling Out of Hair.

Galleic acid	45 grains
Olive oil	6 drachms
Vaseline	1½ ounces
Essence lavender	15 drops

Mix. This ointment is to be applied with friction to the part affected, morning and night, for the arrest of the disease.

Hair Bleach.

First shampoo the hair thoroughly with one ounce salts of tartar dissolved in one pint of water. Wash out well with water and dry hair with towels, then apply:

Peroxide hydrogen (10 vols.)	4 ounces
------------------------------	----------

Apply with soft brush or sponge on retiring.

Hair Curling Liquid.

Salts tartar	2 drachms
Water of ammonia	1 drachm
Glycerine	4 drachms
Alcohol	12 drachms
Rose water	18 ounces

Mix together. Moisten the hair, adjust it loosely, and it curls upon drying.

Odor from Perspiration.

For the unpleasant odor produced by perspiration, a source of vexation to many persons, place from one to two tablespoonfuls of compound spirits of ammonia in a basin of water. Washing the face, hands and arms with this leaves the skin as clean, neat and fresh as one could wish.

Hives.

Carbolic acid	1 drachm
Alcohol	4 ounces
Water	1 pint

Mix. Apply locally night and morning to quiet itching.

Itch.

Balsam Peru	1 ounce
Flowers of sulphur	2 drachms
Vaseline	3 ounces

Mix. Rub thoroughly over the body twice a day. Take a warm bath every three days at night.

Eczema.

Zinc oxide	1 ounce
Glycerine	2 ounces
Mucilage gum arabic	2 ounces

Mix. Use locally.

In extensive patches of eczema this paste is very agreeable. If there be severe itching, one per cent. of carbolic acid may be added.

For Poisoning by Poison Ivy.

Make a strong tea of sassafras root; when cold, wet cloths in it and apply frequently to parts affected. A day's treatment will usually effect a cure.

Ivy Poisoning.

Aristol freely dusted on will afford prompt relief in ivy poisoning. The free use of lime water is also good.

Bee Stings.

Aqua ammonia is a specific or sure cure for bee stings; it should be applied to the injured parts at once and thoroughly, when all pain and swelling will immediately subside.

Toothache.

Oil cloves	½ drachm
Oil peppermint	½ drachm

Mix. Moisten a small piece of cotton in this mixture and insert in the hollow tooth.

Liquid Dentifrice.

Powdered Castile soap	1 ounce
Water	20 ounces

Dissolve and add

Oil cloves	½ drachm
Oil cinnamon	½ drachm
Oil nutmeg	15 drops
Powdered borax	6 drachms
Simple syrup	5 ounces
Solution burnt sugar	15 drops
Honey water	5 ounces

Mix.

For Preserving the Teeth.

Use a teaspoonful of the following wash in a glassful of warm water:

Tannic acid	15 grains
Tincture iodine	8 drops
Tincture myrrh	8 drops
Iodide potassium	12 grains
Rose water	4½ ounces

Mix.

Gargle for Offensive Breath.

Salicylic acid 1 drachm
 Bicarbonate soda 1 drachm
 Saccharine 1 drachm
 Alcohol 4 ounces
 A teaspoonful in a cup of water, used as a gargle several times a day.

Tooth Powder.

Precipitated chalk 1 ounce
 Phosphate calcium 1 ounce
 Powdered orris root.. 2 drachms
 Mix.

Tooth Powder.

Chlorate of potas-
 sium 15 grains
 Prepared chalk 30 grains
 Powdered guaiacum 10 grains
 Carbonate of magne-
 sia, powdered ½ ounce
 Attar of roses ½ drop
 Boric acid, powdered 20 grains
 Mix together thoroughly. Will pol-
 ish enamel of teeth, take off tartar and
 sweeten breath. Nothing better for
 the teeth.

Smelling Salts.

Muriate of Ammonia. 3½ ounces
 Salts of tartar..... 4½ ounces
 Oil of lavender ½ ounce
 Oil bergamot 1 drachm
 Oil of cloves 16 drops
 Oil of lemon 3 drachms
 Strong water of ammonia enough to
 moisten.

Developing the Bust.

At the morning and evening bath the
 breast should be lightly sponged with
 cold water containing one-half tea-
 spoonful of powdered alum to the pint,
 then dried by gentle friction with a
 soft towel. This will stimulate the
 circulation and make the flesh firm.
 Should it be desirable to assist in
 greater development, gentle massage
 or manipulation may be given daily,
 using the bare hand with the following
 lotion:

Spirits camphor ½ drachm
 Tincture myrrh ½ ounce
 Alcohol 1 ounce
 Peppermint water ... 2½ ounces
 Mix.

If at first this feels too strong, add
 water.

After using this lotion with gentle
 manipulation the skin will glow and
 new life will be felt coursing through
 the parts. This, with the removal of
 pressure, will be followed in due time
 by a gratifying increase in size and
 firmness.

Care of the Feet.

Corns are the result of pressure.
 After the corn has been removed, find
 out where the shoe pinches then bathe
 the feet in cold water every morning
 upon arising and rub the part with
 prepared chalk.

For dry feet bathe in ice cold water.
 For moist feet, inclined to perspire
 freely, use water as hot as you can
 stand it and bathe before going to bed.
 If the feet swell after much walking,
 put a little vinegar in the hot water.
 If they ache use a few drops of am-
 monia or a little borax. Rest the feet
 often by changing the shoes as fre-
 quently as possible.

For Corns and Bunions.

Salicylic acid 10 grains
 Lard (free from
 salt) 7 drachms
 Mix. Spread enough to cover the
 corn on a piece of patent lint; bind on
 with rubber adhesive plaster. Do this
 for two nights, then wash in quite
 warm water and remove the dead tis-
 sue with the finger nails. Avoid cut-
 ting corns at all times; it makes them
 worse.

Corns and Warts.

Salicylic acid..... 1 drachm
 Lactic acid..... 1 drachm
 Collodion 10 drachms
 Mix. This is recommended as an ex-
 cellent application to corns and warts,
 effecting their removal in a short time.

To Clean Marble.

Soft soap ¼ pound
 Powdered whiting... ¼ pound
 Sal soda 1 ounce
 Blue vitriol size of a walnut.
 Boil together for fifteen minutes and
 while hot rub it over the marble with
 a piece of flannel. Let it remain for
 twenty-four hours. Wash off with
 clean water and polish with a piece of
 flannel or what is better, a piece of
 an old felt hat.

Nail Powder.

Oxide tin, very fine.. 4 pound
 Carmine ¾ ounce
 Oil bergamot 2½ drachms
 Oil lavender 2½ drachms
 Mix.

Nail Polish.

Pure oxide tin..... 1 ounce
 Oil lavender flowers... 30 drops
 Carmine, sufficient to color.
 Rub on nail with finger or nail pol-
 isher.

Borax Lotion.

(Excellent to use after Shaving.)
 Powdered borax 1 drachm
 Glycerine 1 ounce
 Bay rum sufficient to make 4 ounces.
 Mix.

Glycerine Jelly—Carbolated.

Isinglass, French.... 1 ounce
 Glycerine 16 ounces
 Water 3 ounces
 Carbolic acid 1 drachm
 Mix.

Cologne Water, Good and Cheap.

Oil of bergamot ½ ounce
 Oil of lemon ½ ounce
 Oil of lavender 2 drachms
 Acetic ether 1 drachm
 Alcohol 1 quart
 Mix.

Florida Water.

Oil lavender 2 drachms
 Oil bergamot 2 drachms
 Oil lemon 2 drachms
 Oil neroli 1 drachm
 Oil melissa 30 drops
 Oil rose 10 drops
 Tincture turmeric ... 1 drachm
 Alcohol 1 quart
 Mix.

Toilet Water.

Oil lavender flowers.. 2 drachms
 Oil lemon 2 drachms
 Tincture of turmeric.. 1 drachm
 Oil neroli 1 drachm
 Oil balm 30 drops
 Oil rose 10 drops
 Strong alcohol 1 quart
 Dilute alcohol 1 quart
 Mix the oils with the strong alcohol,
 then with the dilute alcohol. The fin-
 ished product will mix with water and
 make a fine toilet water.

Fumigating Pastilles.

Oil nutmeg 1 drachm
 Oil cloves 1 drachm
 Oil cinnamon ½ drachm
 Powdered saltpeter.. ½ ounce
 Powdered charcoal .. ½ pound
 Mucilage, enough to make a thick
 paste. Shape into small cones. To
 use, touch a cone with a lighted match.

Spanish Paste.

For perfuming jewelry boxes, glove
 or handkerchief boxes, fine leather
 goods, shoes, belts, etc.
 Powdered ambergris ¼ ounce
 Powdered gum ben-
 zoin 1½ ounces
 Powdered musk ¾ ounce
 Powdered vanilla bean ¾ ounce
 Powdered orris root.. ¾ ounce
 Powdered cinnamon
 bark ¾ ounce
 Oil bergamot 1½ ounces
 Oil rose ¼ ounce
 Gum arabic 1½ ounces
 Glycerine 1½ ounces
 Add water drop by drop until a
 doughy mass is formed. Divide into
 pieces the size of a filbert.

To Estimate Weight of Block of Ice.

A close estimate of the weight of a
 block of ice can be made by multiplying
 together length, width and thickness
 of the block in inches and divide by 30.
 This gives very closely the weight in
 pounds.

Example: A block 10x10x9 inches
 multiplied as above gives 900, divided
 by 30 gives 30 pounds as approximate
 weight.

A block 10x10x6 would estimate 20
 pounds.

**To Improve the Appearance of Oil
Cloth.**

Rub them with a mixture of half
 an ounce of beeswax in a saucer of
 turpentine. Warm them until they
 are thoroughly mixed and apply with
 a mangel cloth and rub with a dry
 flannel.

**Transparent Cement for Mending
Crocery Ware, Etc.**

Gelatine 1 ounce
 Acetic acid..... 2½ ounces
 Dissolve by putting in a vessel and
 placing in boiling water.

**Black Varnish for Iron Stoves and Fire
Places.**

Stir ivory black into ordinary shel-
 lac varnish. Apply when article is per-
 fectly cold.

**To Clean Zinc Bath Tubs, Copper and
Tin Utensils.**

Wash them occasionally with a hot
 solution of vinegar and salt, then rinse
 them immediately in clear, hot water.

Ink Eraser.

Chloride of lime... ¼ pound
 Water 2 pints
 Acetic acid 2½ ounces
 Mix. Let stand for several days and
 filter through paper.

To Clean Marble or Tin.

Powdered oxalic acid 4 ounces
 Baking soda 4 ounces
 Powdered pumice
 stone 4 ounces
 Sifted whiting..... ¼ pound
 Mix well together. Moisten and rub
 on with a rag.

Furniture Polish.

Curd soap 4 parts
 Spirits turpentine 5 parts
 Boiled linseed oil.... 5 parts
 Water 50 parts
 Mix.

**To Remove Old Putty Out of Window
Frames.**

Paint the putty with a camel's hair
 pencil dipped in nitric or muriatic acid.
 It soon becomes soft enough to remove
 with the fingers.

Grease on Wall Paper.

Cover the spot with blotting paper
 and press a heated flat iron over it
 several times; or, spray on benzine and
 proceed as above.

Cleaning Kid Gloves.

White soap..... 30 ounces
 Water 21 ounces
 Dissolve by heat, when cold add
 Javelle water..... 20 ounces
 Water of ammonia... 2 ounces
 Mix.

Dressing for Tan Shoes.

Four parts oil of turpentine to one
 part beeswax makes a fine dressing
 for tan shoes.

Lamps That Smoke.

The best means of preventing lamps
 from smoking is to saturate the wicks
 with strong vinegar and allow them to
 dry before using them. Following this
 little device one will be astonished to
 see how clear and brilliant a flame is
 produced by this very simple procedure.

Windows and Mirrors.

To wash windows and mirrors add
 two or three spoonfuls of kerosene to a
 pail of water to be used for this pur-
 pose and the result will astonish you.

To Clean Plaster Casts.

In their natural state they are best
 freed from dust by covering them with
 a thick layer of starch, when the starch
 is dry brush thoroughly with a stiff
 brush.

Floor Gloss or Polish.

Rosin 2 parts
 Venice turpentine 1 part
 Red shellac 4 parts
 Strong alcohol 20 parts

RESIDENCE INVENTORY

[illegible]

RESIDENCE INVENTORY

[illegible]

Household Economist

Published by
BROWN & BIGELOW
St. Paul, Minn.

INDEX

	PAGE		PAGE
Addresses	47	Index	48
Antidotes for Poison	46	Introduction	1
Baking Table	29	Meats (Cooking of)	32
Boiling Time of Vegetables	28	Parcel Post Scale	46
Boiling Time of Meats and Fish	29	Proportionate Measurements	28
Broiling Table	29	Roasting and Baking Table	29
Cakes, etc.	36	Residence Inventory	44-45
Candy	37	Removal of Stains	38-39
Cooking Recipes	30-37	Salads	34
Dates to be Remembered	27	Salad Dressing	34
Daily Expense Account	2-25	Soups and Chowder	30
Desserts	35	Standard of Temperature	29
Digestion Table	28	Vegetables (Preparation of)	33
Fish (Cooking of)	31	Weights and Measures— (Cooking)	28
Frying Table	29	Weights and Measures— (General)	46
Grand Summary	26		
Household Recipes	40-43		

1915											
JAN.	S	M	T	W	T	F	S	JULY	S	M	T
1	2	3	4	5	6	7	8	1	2	3	4
9	10	11	12	13	14	15	16	7	8	9	10
17	18	19	20	21	22	23	24	11	12	13	14
25	26	27	28	29	30	31		15	16	17	18
								19	20	21	22
FEB.	1	2	3	4	5	6	7	23	24	25	26
8	9	10	11	12	13	14	15	27	28	29	30
16	17	18	19	20	21	22	23				
24	25	26	27	28	29	30	31	AUG.	1	2	3
								4	5	6	7
MAR.	1	2	3	4	5	6	7	8	9	10	11
8	9	10	11	12	13	14	15	12	13	14	15
16	17	18	19	20	21	22	23	16	17	18	19
24	25	26	27	28	29	30	31	20	21	22	23
								24	25	26	27
APR.	1	2	3	4	5	6	7	28	29	30	31
8	9	10	11	12	13	14	15	SEP.	1	2	3
16	17	18	19	20	21	22	23	4	5	6	7
24	25	26	27	28	29	30	31	8	9	10	11
								12	13	14	15
MAY	1	2	3	4	5	6	7	16	17	18	19
8	9	10	11	12	13	14	15	20	21	22	23
16	17	18	19	20	21	22	23	24	25	26	27
24	25	26	27	28	29	30	31	28	29	30	31
JUNE	1	2	3	4	5	6	7	OCT.	1	2	3
8	9	10	11	12	13	14	15	4	5	6	7
16	17	18	19	20	21	22	23	8	9	10	11
24	25	26	27	28	29	30	31	12	13	14	15
								16	17	18	19
								20	21	22	23
								24	25	26	27
								28	29	30	31
								NOV.	1	2	3
								4	5	6	7
								8	9	10	11
								12	13	14	15
								16	17	18	19
								20	21	22	23
								24	25	26	27
								28	29	30	31
								DEC.	1	2	3
								4	5	6	7
								8	9	10	11
								12	13	14	15
								16	17	18	19
								20	21	22	23
								24	25	26	27
								28	29	30	31

1916											
JAN.	S	M	T	W	T	F	S	JULY	S	M	T
1	2	3	4	5	6	7	8	1	2	3	4
9	10	11	12	13	14	15	16	7	8	9	10
17	18	19	20	21	22	23	24	11	12	13	14
25	26	27	28	29	30	31		15	16	17	18
								19	20	21	22
FEB.	1	2	3	4	5	6	7	23	24	25	26
8	9	10	11	12	13	14	15	27	28	29	30
16	17	18	19	20	21	22	23				
24	25	26	27	28	29	30	31	AUG.	1	2	3
								4	5	6	7
MAR.	1	2	3	4	5	6	7	8	9	10	11
8	9	10	11	12	13	14	15	12	13	14	15
16	17	18	19	20	21	22	23	16	17	18	19
24	25	26	27	28	29	30	31	20	21	22	23
								24	25	26	27
APR.	1	2	3	4	5	6	7	28	29	30	31
8	9	10	11	12	13	14	15	SEP.	1	2	3
16	17	18	19	20	21	22	23	4	5	6	7
24	25	26	27	28	29	30	31	8	9	10	11
								12	13	14	15
MAY	1	2	3	4	5	6	7	16	17	18	19
8	9	10	11	12	13	14	15	20	21	22	23
16	17	18	19	20	21	22	23	24	25	26	27
24	25	26	27	28	29	30	31	28	29	30	31
JUNE	1	2	3	4	5	6	7	OCT.	1	2	3
8	9	10	11	12	13	14	15	4	5	6	7
16	17	18	19	20	21	22	23	8	9	10	11
24	25	26	27	28	29	30	31	12	13	14	15
								16	17	18	19
								20	21	22	23
								24	25	26	27
								28	29	30	31
								NOV.	1	2	3
								4	5	6	7
								8	9	10	11
								12	13	14	15
								16	17	18	19
								20	21	22	23
								24	25	26	27
								28	29	30	31
								DEC.	1	2	3
								4	5	6	7
								8	9	10	11
								12	13	14	15
								16	17	18	19
								20	21	22	23
								24	25	26	27
								28	29	30	31

THE AMERICAN
SUGAR REFINING COMPANY
132 N. PETERS STREET.
NEW ORLEANS.

P. O. Box 347.

July 14th, 1914.

C. O. Yates, Esq.

Food & Drug Commissioner, State of Texas,
Austin, Texas.

Dear Sir:

We are in receipt of your letter of the 11th inst. in which
you say that you

"notice that you (we) are shipping into
Texas two brands of sugar in sacks known
as 'Commercial' and 'Pure Cane Sugar'".

and asking us to inform you whether or not "either or both" are Standard
Fine Granulated Sugars, or Standard Granulated Sugars.

In reply we beg leave to say:

1. All of our sales in Texas are based on interstate shipments.
2. We do not ship the two brands which you say you "notice" we
are shipping, and are curious to know how you have been able to notice what
we have not done.

3. We are shipping into Texas a sugar which is, and is offered
as, an "off" granulated cane sugar, which is correctly branded "Pure Cane
Fine Granulated Sugar, H.O., La." We brand no sugar "Commercial". On
our books and invoices we use the word "Commercial" in reference to this
"off" granulated for the sole purpose of keeping separate the production
and sales thereof from our "Standard".

If any further information be desired, please advise us.

Yours truly,

J. T. McComb
Manager.

"The American Sugar Refining Co.'s own statement in regard to the inferior sugar they are
selling in the State of Texas."

