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RAILROAD TIME TABLES

THE DULUTH & IRON RANGE RAILROAD COMPANY

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*7:30 a.m. Knife River Two Harbors, Tower, etc. 11:00 a.m. *8:15 p.m. Iron Range, etc. 11:45 p.m. *9:45 a.m. Knife, Rapids, etc. 1:45 p.m.

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Department for Women

FRUGAL COOKING OF OUR GRANDMA'S DAYS

Six Recipes Which Show the Sensible Economy of Old Time Cooking.

In these days of high priced provisions, the Labor World in deference to the trials of our good wives, in their honest efforts to keep down expenses, submits the following old time recipes:

Baked Indian Pudding.—This has an old world flavor. Boil one quart of milk. Take one cup of molasses and stir it stiff with Indian meal. Beat one egg, stir it into the boiling milk and bake.

Cake Without Eggs or Milk.—A frugal cake is a sensible economy worth working out in these days of high priced provisions, and you may be sure this one is as good as it is inexpensive. One cup of butter, one cup of brown sugar, one cup of molasses, one cup of coffee, one teaspoonful of cinnamon and cloves and nutmeg, two teaspoons of baking powder, flour for stiff dough, and add last of all two cups of dredged raisins.

New England Doughnuts.—Two cups of sugar, one cup of lard, two eggs, one pint of sweet milk, two teaspoonfuls of soda, four of cream of tartar, caraway seed or cinnamon.

Dandy Pudding.—One quart of sweet milk, two tablespoons of corn-starch or flour, yolks of four eggs, scald the milk, stir in the sugar, eggs and starch and dissolve in milk. When thick, put in a pudding dish and set in the oven while you whip the whites with powdered sugar to make meringue. Put on top the pudding and set in the oven a minute to brown.

Mother's Gingerbread.—One cup of sugar, two cups of molasses, one cup of lard, two tablespoonfuls of soda, dissolved in one-half teap of hot water, one teap. cup of cold water, thicken with flour and add ginger to taste.

Old Time Cookies, which can be highly recommended, come down to us from Mrs. Ogden, the ancestress of some of the famous Ogdens of today. Two and a half pounds of flour, one and a fourth pounds of sugar, three-quarters of a pound of butter, one-half pint of milk, one large teaspoonful of soda dissolved in the milk. Use caraway seed if desired.

HOW TO CARVE ROAST OF BEEF Success Depends Upon How the Joint is Placed Upon the Platter.

How to carve a roast of beef depends upon the form in which the roast is placed upon the platter. If it include several ribs, furnishing sufficient room for a base of bone, it may be so put before the carver that he may cut perpendicularly in thin slices, passing the knife in a line parallel with the ribs. If, however, the roast be laid upon the side, as is

usual, the same direction is to be observed as to the cutting in lines parallel to the ribs.

When a tenderloin roast is to be carved, having but the one large bone which divides the tenderloin from the more solid portion, there is little choice whether the knife is drawn with or transversely to the grain; the tenderness of the meat is assured in either case. It may be more convenient to sever entirely the tenderloin from the firmer part of the roast before beginning to slice. This will leave the carver at liberty to serve a portion of each quantity of the meat to every guest, as the tenderloin may not be of sufficient size to serve to all.

BOILING MEAT PLAN EQUAL TO ROASTING Suggested by a French Cook and Well Worthy of Being Tried.

A French writer on the science of cookery advises that in boiling meat the piece be first plunged into boiling water, and that after boiling for a few minutes enough cold water be added to lower the temperature to about 160 degrees Fahrenheit at which point the meat should be allowed to cook for several hours. This odd method, which the author acknowledges is diametrically opposed to common practice, will result, he says, in making the boiled meat as juicy as a good roast. The reason for adopting it is that the albumen of the meat will coagulate at once on contact with the boiling water, and will protect the fibrin from solution without opposing the passage of heat. The meat will thus cook slowly, after the addition of the cold water, without becoming tasteless, retaining all its natural juices as when roasted.

SOME GOOD HINTS FOR HOUSE WIFE A tablespoonful of caramel added to the pot of black coffee served after dinner will add much to its flavor.

Mix pastry several hours before it is to be rolled out, and much labor is saved and a better result obtained.

Parmesan cheese sprinkled thickly over stewed tomatoes that are later browned in a baking dish gives them an added zest.

When brushing a room sweep toward the fireplace, otherwise the draft from the chimney draws the dust in that direction.

Always heat salt crackers before bringing them to the table with the soup. It makes them more crisp and appetizing.

Save your bacon fat and use it to fry fish in. It will give the fish a good flavor, and will also keep the fish from falling apart.

Break the eggs into a small-sized funnel. The whites will all pass through into the bowl below and the yolks will be left in the funnel.

DON'T LET MOTHER WAIT ON TABLE I do not approve of the too prevalent custom of mother waiting on the mother gets it; if Nellie wants iced tea instead of milk, mother gets it; if the bread is old, mother gets it. I know many women who must carve and serve in addition to the weariness of preparing the meal, and in many homes where everyone helps himself, "mother" never thinks of sitting down to the table with the rest of the family. She pours coffee, milk and water, brings on and replenishes the dishes, and after an hour's work of this sort, she sinks into a chair exhausted, with only scraps left to revive her strength, says a writer in an old number of "Good Housekeeping."

This is all wrong. If anyone waits it should not be the mother. Her life is valuable. Besides the injustice to herself, it teaches selfishness to her family. I have always noticed that drudge mothers are not the ones who have the greatest influence upon their children. I believe in the wife and mother sitting at her own table, giving that poise and dignity which she alone can give to the family meal. By care in preparing the meals, a regular water can be dispensed with. Have a chair; rest for the coffee pot, and the water pitcher at papa's plate and let him serve that and the milk. If something has to be got, let some one else get it occasionally. It is no worse for Johnny or Nellie, or even August papa himself to get up on some necessary errand for the table than for mother to feel that, whatever the call, she must jump to answer it.

Plan and cook the meal carefully, so that it can all be brought to the table except dessert, then coax—implore, insist—that the "gude man" carve and serve the plates. This gives grace and elegance to the simplest meal. Then eat with the rest of the family, and as good as they eat. If there is a daughter, teach her early to deftly and quietly remove the dishes and bring on the dessert.

One of my pleasantest memories of home is the picture of my mother, white haired and stately, pouring coffee from the large table urn. We did not know we could eat until mother was in her place.

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