

breaks, secret sorrows, moist pillows and sleepless nights might the average girl of sixteen save herself if she would just "talk things over" with her mother, and find out that instead of mother "knowing nothing" she "knows it all." And what is more—that she stands ready and anxious to help her little girl over the rough and unsure places that she traveled herself and knows and remembers so well.—Selected.

CARE OF THE GUEST ROOM.

There is no room in the house where greater precaution should be taken against disease germs than in the room occupied by visitors. A guest may spend but one night in a room and yet if he is suffering from catarrh or sore throat, a thorough cleaning of the room after his departure is necessary for the well being of the one that will next occupy it. The room should, of course, be swept, dusted, well aired and the mattress and bedding sunned for at least a few hours. An excellent plan is to put a teaspoonful of carbolic acid in a pail of hot water and cleanse each piece of crockery about the washstand in the solution, but care should be taken to rinse well before drying.

See that the towels, wash-rags and soap are replaced by fresh ones. Guest size cakes of toilet soap are not only dainty and attractive, but are a real economy and fill a long-felt want with the careful housekeeper.

If the hostess has reason to believe that the latest visitor had tuberculosis or any disease that would render the room particularly unsafe, it is well to close the windows and doors of the room securely and burn a formaldehyde candle. After disinfection, thorough airing will drive away any unpleasant odor.—Selected.

CAKE RECIPES.

Orange Cake.

Two cups each of pulverized sugar and flour, half a cup of cold water, five eggs, two teaspoonfuls of baking powder, the juice and grated rind of one orange. Beat the yolks of the eggs with the sugar, add the water, then the flour with the baking powder, then the whites of four eggs beaten stiff (leave out one for icing), a little salt, and last the orange.

Lemon Cake.

Three cups of sugar, one cup of butter, four cups of flour, five eggs, beaten separately, one cup of milk, one cup of milk, one teaspoonful of soda, juice and grated rind of one lemon.

Lemon Jelly Cake.

Two cups of sugar, half a cup of butter, three and a half cups of flour, one cup of milk, three eggs, one teaspoonful of baking powder. For the jelly, use the juice and grated rinds of two lemons, two tablespoonfuls of cold water, two cups of sugar, and two eggs; warm the lemon, water, and sugar gradually, add the eggs, well beaten, when scalding hot. Let it cook slowly, as it burns easily.

Nut Cake.

Two cups of sugar, one cup each of butter and cold water, three cups of flour, four eggs, two teaspoonfuls of baking powder, two cups of hickory or white walnut kernels.

Cocoanut Cake.

Two cups of sugar, half a cup of butter, three eggs, one cup of milk, three cups of flour, two teaspoonfuls of cream of tartar, one teaspoonful of soda. Bake in jelly-cake tins. For the filling, use one grated cocoanut, add to half of it the whites of three eggs, well beaten, and one cup of pulverized sugar, spread this between the layers. Mix with the other half

of the cocoanut four tablespoonfuls of sugar, and strew thickly on top of the cake.

Loaf Cocoanut Cake.

One cupful of butter and milk, two cups of sugar, three cups of flour, four eggs, one and a half cups of grated cocoanut, two teaspoonfuls of baking powder.

Icing For Cakes.

Whites of four eggs, one pound of pulverized sugar. Flavor with any flavoring extract preferred. Break the whites into a broad, clean, cool dish. Throw a small handful of sugar upon them, and begin whipping it in with long, even strokes of the beater. A few minutes later, throw in more sugar, and keep adding it at intervals until it is all used up. Beat until the icing is of a smooth, fine and firm texture. If not stiff enough, put in more sugar; use at least a quarter of a pound of sugar for each egg. Pour the icing by the spoonful on the top of the cake and near the center of the surface to be covered. If the loaf is of such a shape that the liquid will settle of itself to its place, it is best to let it do so. To spread it, use a broad-bladed knife, dipped in cold water. If it is as thick with sugar as it should be, one coat will be enough. Set it in a moderate oven for three minutes.

ORANGE COUNTY FARMERS

Mr. Editor:—Please give me space in the Union Farmer to say that the next regular meeting of the Orange County Farmers' Union will be held in the Court House at Hillsboro, Sat., April 5th. Let every Local send a full delegation, as we have business of importance on hand. Will the Secretary of each Local in Orange County please send me his name, and address, and the number of his Local? There were some changes made at the last election of officers and it is important that I have a full list of Local Secretaries in the County. Fraternaly,

G. ED. COPELAND, Teer, N. C., R. F. D., 1, January 13, 1913.

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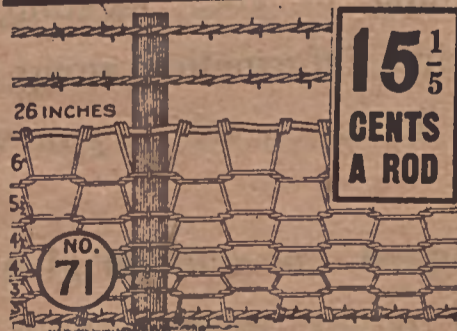
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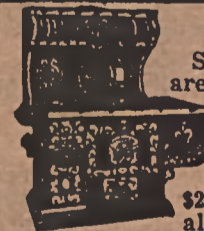
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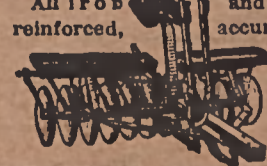
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